

Ida Risser

This spring I've been plagued by squirrels. They run across the porch roof in the morning, they dig up the lima beans and run through the garden even when I'm outside hoeing.

They got my dander up so I headed for Jeff's gun cabinet but couldn't find the clip to my favorite gun - the .22 rifle. (Someone who reads this article borrowed it and didn't return it.) So I took my deer hunting

shotgun and hit one in a tree. It dropped but when I hit it with the stock of the gun it broke off as a bolt snapped.

Next time I selected a double-barrel shotgun and the proper gauge shell and killed two more in the yard. I may have scared a few cows out of half a days milk but now I'm hoping we'll get to eat the garden produce instead of them.

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## Doctor in the Kitchen®

by Laurence M. Hursh, M.D.  
Consultant, National Dairy Council

### NUTRITION A LA CARTE

• Salt tablets won't really help the athlete when he sweats. He's already lost a lot of body water. To dissolve the salt tablet in his body it takes more water from his blood. And before the water can get back into his blood stream he's lost still more water perspiring. So it's a useless procedure. Just have him drink a lot of water instead. The salt that a person needs, he can get with his regular food.

• There is no diet that will prevent arthritis, or cure it. But good nutrition is an important factor in the successful treatment of arthritis. You need protein, calcium and other minerals and vitamins — all provided by foods in the four food groups. Dietary advice for people with arthritis

should come from their physicians, not hearsay.

• By eating a good breakfast you'll find it easier to control weight. You'll be less tempted to fill up mid-morning with poorly chosen snacks (the kind that are high in calories, but low in the nutrients you need). Breakfast "skippers" often end up with more calories for the day than do breakfast "eaters".

• A good point for everyone to keep in mind is to "choose calories by the company they keep." The calories in milk, for example, keep company with protein, calcium, riboflavin and significant amounts of many other nutrients. The calories in meat and eggs keep company chiefly with protein, iron, and thiamine.

• Beside providing energy, carbohydrates add enjoyment to our meals because of the flavors they offer. The sweetness of sugar makes many foods more palatable. Then there are foods that are sweetened by their own sugars. For example, young peas and corn and other vegetables are sweeter

tasting than older, riper plant foods that contain little sugar.

• Is fat essential in your diet? The answer is "Yes." Some fat is necessary for good nutrition. Some fats provide vitamins A, D, E, and K, and some are important as sources of essential fatty acids. Fat is a concentrated source of calories. The fats you use for energy will save other nutrients such as protein for body building and repair.

• Don't be afraid of an occasional snack for your pre-school child. If food he's eating provides essential nutrients, it'll be all right. In fact, young children can become too hungry from one meal to the next, and overtired, so they become irritable and unable to eat well when regular mealtime rolls around.

### Fix-It Tip

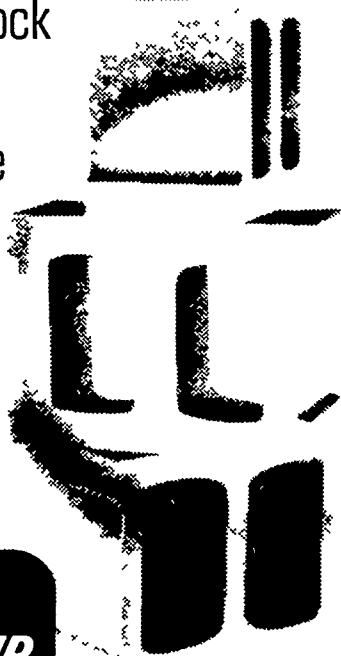
What stops many people from painting a room is the mess that generally results. Before you begin, clear the room. What cannot be removed should be covered, even if it is at the other end of the room.

Spread plenty of newspapers around and try to use cotton dropcloths because they absorb paint drops. You can't have too many dry rags on hand for wiping up spattered paint. Do not use rags soaked in a solvent. That makes for a bigger mess.

For a final cleanup, use turpentine on the rags for oil-based paints, soap and water for latex paints

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The land in this loop in the Conestoga Creek, which we call our farm, has been farmed for at least 200 years. Therefore when I dig and hoe there are often surprises hidden in the ground.

One day I found a 1903 Indianhead penny and an odd colored piece of dish. When I planted 150 marigold plants back of the house, I found a rusted piece of metal used to keep the shutters open.

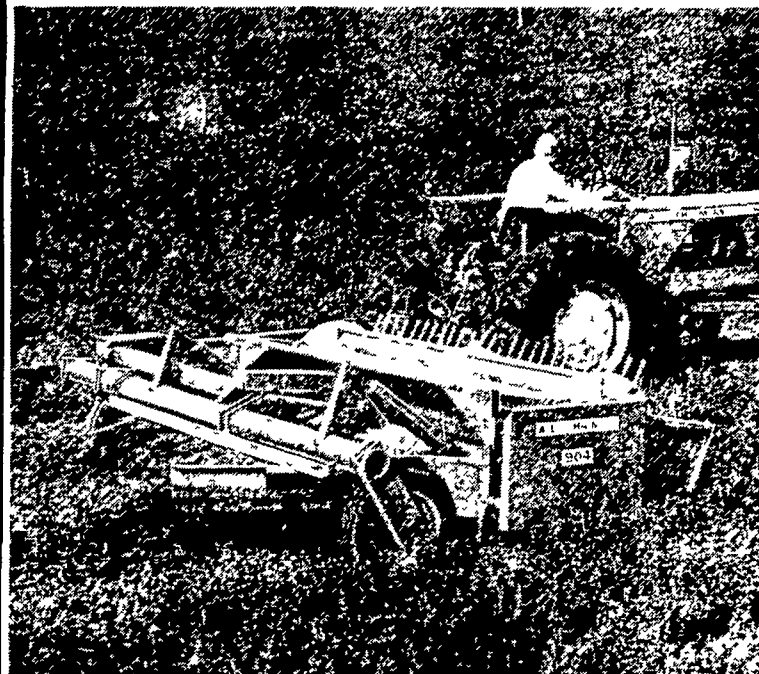
There was an Indian settlement at the confluence of the Cocalico and Conestoga Creeks near here - so it is told and sometimes we're lucky enough to find a nice arrowhead.

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There is always something happening on a farm. Our four pigs just discovered their electric fence had shorted out. So they had a lovely time rooting up the sawdust around the blueberries before I saw them.

I can't chase them! They just run after me when I turn my back. Why, they even crawled into an antique canoe made by my great-uncle 70 years ago and tore the canvas.

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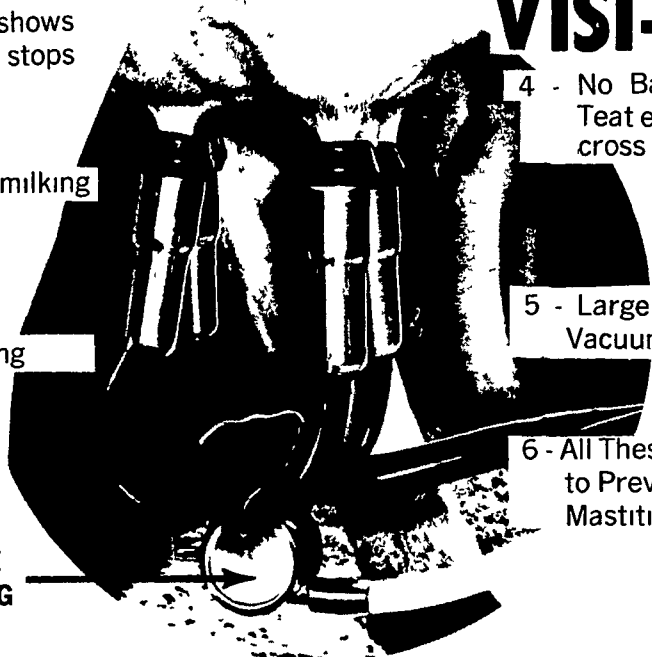
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