





## The Gazette-News

A Consolidation of The Kendrick Gazette and the Genesee News

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### CONSERVE ENERGY—KEEPING COOL AND WARM

By making yours an energy conserving house you'll have a more comfortable home in cold and hot weather.

Joanne Anderson, Latah county extension home economist, lists these ideas for major long range things to do:

- Have your home well insulated to keep heat out during the summer and in during the winter. Attic floors and walls of your home should be insulated.
- Weatherstrip and caulk around all exterior doors and windows. It is amazing how much cool air can slip away. Use a fan to ventilate and cool the attic.
- Install storm windows or insulating glass windows. If the house is air conditioned, keep the storm windows up all summer on windows not used for ventilation. The storm windows will form significant barriers to the transfer of outdoor air heat to the indoors.
- Provide shade trees to shade windows and roofs, (shade windows by roof overhangs, porches, balconies, or other horizontal projections. Shade trees, awnings or sun screens can also be used. This shade can reduce the transfer of heat from outside to the inside by as much as 80 percent. The changing angle of the sun from winter to summer makes it possible to shade sun out in the summer and let it in during the winter).

### CREATIVITY IN BAKING IMPORTANT TO 4-H'ERS

When many cooks prepare homemade baked goods, it's for bread-and-butter economy reasons. But when 4-H girls start creating with yeast doughs, they find the joy of creation just as important as their dollars-and-cents savings.

"Baking unusual, distinctive foods is a major objective of 4-H cooks," says Becky Dahl. She is a U. of I. extension agent in Clearwater county—and she recently supervised a bakery workshop for 4-H'ers who attended the Idaho 4-H Congress in Moscow.

With Mrs. Dahl giving instructions 4-H girls from all areas of the state worked with yeast-rising mixtures during the second week in June.

The choice of recipes was left up to the 4-H girls—and their tastes proved to be very cosmopolitan. Not one girl chose to produce the kind of white bread grandmother used to make.

What did the 4-H girls bake? Picture the little pancakes served in elegant French restaurants. They are called crepes. Usually, they're dusted with powdered sugar and rolled up in cigar shapes. And they're delicious, according to Mrs. Dahl's students.

Think of a hearty, not-too-sweet chocolate cake. Made from yeast-rising batter, this cake has a texture that is distinctively different. It was another product from the 4-H kitchen.

Pizzas, coffee cakes, cookies, bread for dessert and breads for breakfast all of these were successfully executed by the 4-Hers.

Instead of making ordinary white bread, the 4-Hers experimented with specialty breads. Two favorites were whole wheat bread and San Francisco sourdough.

The purpose of the workshops at the Idaho 4-H Congress is to give 4-Hers information they want," says Mrs. Dahl. "Because the 4-H cooks this year liked novelty and creativeness, that's what we emphasized in the bakery workshop."

ter, a mixture of one teaspoon of salt to one quart of water. Call a physician.

The symptoms of heat stroke, which is completely different from heat exhaustion, are flushed and hot skin and a rapid and strong pulse. The victim is often unconscious.

In cases of heat stroke, call a physician immediately. Then cool the body by sponging with cold water and by cold applications.

If the victim is fully conscious and can swallow, give him salt water, again a mixture of 1 teaspoon of salt to 1 quart of water.

Do not give alcohol in any form.

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### IT HAPPENED WAY BACK WHEN

Genesee News 50 Years Ago

Miss Lois Marguerite Mangus of North Liberty, Indiana and Dr. Oliver M. Nisbet were united in marriage at Portland on June 14, 1924.

A delightful day was spent Saturday when all children of the Shirrod family and many grandchildren and other relatives gathered at the old home 5 miles south of Uniontown to celebrate the 50th anniversary of a happy and successful married life. Mr and Mrs. Shirrod were married June 21, 1874. Mr. Shirrod will reach his 80th birthday December 26 while

Mrs. Shirrod passed her 68th birthday March 19.

The K. P. Hall was damaged by fire Wednesday morning.

Little Margaret Springer, daughter of Mr. and Mrs. Arthur Springer had the misfortune to fall from a fence near her home on Sunday afternoon and break her left arm above the elbow.

The Genesee section has been experiencing some "cooly" pleasant weather.

At a meeting of the Genesee Union Warehouse Co. Saturday, Joe Knapps, former manager of the company was again made manager and Frank Hoorman, who has been manager for the past two years will assume the position of bookkeeper.

Meredith Holben has purchased a combine harvester for use on his grain this season.

Ellis Odberg, D. W. Aherin, Mr. Sweeney, Gus Gamble, Barney Meyer and Harley Clark took a bunch of horses to pasture Friday morning above Forest.

283 hours since January 1 completing 115 articles also that 35 wash cloths have been donated.

Wm. Freytag and Mrs. Ted Freytag returned Friday from a visit in Seattle with relatives. Mrs. Ward Helton and baby came with them to visit her parents for awhile.

The Kendrick Grange Bond-Pie sale held Tuesday evening was success in spite of the small crowd. Ernest Roberts purchased the highest priced pie, paying \$520.00 for it.

Happenings of 20 Years Ago

Miss Audrey Stanton and Kester Dammarell were quietly married at the Methodist parsonage Thursday afternoon, June 19 at 3 o'clock. Rev. Poolton officiating. After the wedding the happy couple left for Deary where they will visit briefly at the home of the groom's sister, Mrs. Philip Asplund and husband. Both Mr. and Mrs. Dammarell are graduates of Kendrick high school and Kester took two years at the U. of I. He is now associated with his father in the Kendrick Store Company. They will make their home in the Waltz residence, east of the school house.

Some of the melon vines in the Juliaetta section are beginning to bloom and prospects are that ripe melons will be on the market by August.

Mrs. Marvin Vincent went to Agatha Friday to visit her mother, Mrs. Hoskins.

### UI SPECIALIST SUGGESTS WAYS TO KEEP MEAT FRESH AND SAFE

Store meat properly to keep it safe and fresh, Dr. John Miller, U. of Idaho extension meats specialist at Caldwell reminds consumers.

Actually, proper storage begins at the supermarket Miller notes. By that he means wise shoppers choose meats just before checking out at the store. That helps keep meat cold longer.

Miller also suggests picking up other refrigerated items, such as milk and eggs, last so they will have less time to become warm and lose quality.

After checking out of the store, take groceries straight home to keep meat fresh and safe. Avoid other shopping stops Miller advises.

Once home, promptly refrigerate meat intended for immediate use to prevent bacteria growth. Leave meat in its original wrap. In most instances today's food wrap is bacteria-proof. Rewrapping gives bacteria an opportunity to contaminate meat.

Miller explains that refrigerated fresh meat should be used within 3 to 7 days. At 30 degrees Fahrenheit it will keep about a week. Meat will freeze at 28.6 degrees.

An accurate thermometer is recommended to check refrigerator and freezer temperatures. Another way to check temperature is to place a paper cup half filled with water in the meat storage section. If the water partially freezes, the temperature is 32 degrees.

If meat is to be stored longer than 7 days before use Miller urges freezing. Prevent freezer burn by rewrapping meat in a moisture-proof, vapor-proof material. Place meat in the coldest part of the freezer. Store it at zero degrees or colder. Thaw frozen meat in the refrigerator so it will remain fresher.

If meal plans change, meat partially thawed in a refrigerator and still containing some ice crystals can be refrozen.

Miller reminds that cooked meat also needs proper refrigeration. Refrigerate leftovers promptly, before bacteria can grow.

### Smokey Says

Always keep fire under control!

Kendrick Gazette  
June 22, 1934

Mr. and Mrs. Leonard Wolff of Leland are the proud parents of a 9 pound baby boy born Monday, June 18. Mother and babe are doing nicely.

Mr. and Mrs. Herman Travis of Southwick are the parents of a 7 lb. daughter, who arrived at their home Wednesday, June 20.

Mrs. A. O. Kanikkeberg, production chairman for the local Red Cross reports that 15 women have put in

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## Pets are Worth Saving

The city of Lewiston impounds about 800 dogs a year. Less than 25% of these are reclaimed by their owners.

The animal shelter receives about 2,500 additional animals a year. About 400 are placed with new owners. The rest are given euthanasia. The problem grows with each passing year. Please help us reverse this trend.

You can help in two ways:

- BE A RESPONSIBLE DOG OWNER—unless you are a breeder, have your dog or cat spayed, or neutered by a veterinarian. (Yes, the statistics on cats are also painful). Write or call us for a pamphlet on the effects of neutering and spaying.
- SEND US PEOPLE WHO WANT A DOG—The shelter has healthy pets for adoption. If they are old enough we have them spayed. They have had distemper shots.
- If we all just recognize our problem maybe we can solve it.

## Lewis-Clark Animal Shelter

Box 804 Mill Road — Ph. 743-1301  
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Lewiston, Idaho 83501

This Ad Donated by The Gazette-News

## HEAT EXHAUSTION

Heat exhaustion is not uncommon, observes the Idaho Medical Assoc.

Its symptoms are clammy, pale skin, a rapid and weak pulse and complaints of weakness, headache or nausea. The victim may have cramps in the abdomen or limbs.

When giving first aid for heat exhaustion have the victim lie down with his head level with or lower than the body. Move him to a cool place, but protect him from chilling. If he is conscious, give him salt wa-

## Cancer's Warning Signals!

1. Unusual bleeding or discharge.
2. A lump or thickening in the breast or elsewhere.
3. A sore that does not heal.
4. Change in bowel or bladder habits.
5. Hoarseness or cough.
6. Indigestion or difficulty in swallowing.
7. Change in size or color of a wart or mole.

If your signal lasts longer than two weeks, go to your doctor.

American Cancer Society

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**BLISTERING SUNBURN**  
 It's not difficult to get a painful, blistering sunburn, observes the Idaho Medical Association.  
 Just stay out in the sun in your shorts or swim trunks all day on a hot, sunny summer day. A burn is inevitable.  
 To pick up a tan without burning, try this simple plan: 15 to 20 minutes exposure the first day; 20-25 the second day, 25-30 the third day, 30-35 the fourth day.  
 Thereafter, base exposure time on the degree of redness and tenderness of the skin. The shorter exposures are those with light skin, the longer time for dark skins.  
 The American Medical Association points out that there is no health value in tanning. In fact, it most likely contributes to early aging and wrinkling of the skin, and to proliferation of skin cancer. But if you must tan, start slowly and build up gradually.  
 Rays of the early morning and late afternoon sun are ineffective for tanning. One can burn on cloudy days, on the water and at high altitudes.  
 Properly applied suntan lotion can help prevent a burn or promote a tan. Lotions contain a chemical screen that absorbs some of the rays, while letting others through, as well as a lubricant to keep the skin from drying out.  
 Ointments, wet compresses and soothing lotions will help the discomfort of a sunburn. A bland cold cream or lightweight mineral oil may be applied to the skin. If pain is excessive or if there is extensive blistering, consult your family physician.

**DEPT. OF EMPLOYMENT**  
 During the month of June 1974, a total of 39 young people were placed on summer jobs in the Moscow area. The youngsters were provided with employment through the special summer youth program currently in operation through the Idaho Department of Employment.  
 Frank J. Hartstein said that the young workers were provided with work stations in governmental and non-profit establishments. They are paid \$2.00 per hour and will work a maximum of 40 hours per week. The jobs will last until school starts in the fall.  
 Hartstein said that his office placed, during the past week, 12 county workers in regular employment. This is the same number as placed on jobs during the preceding week and a few less than the 16 given job finding help during the same period a year ago. At the end of the week, Hartstein's report indicated there were a total of 50 jobs still available in the Moscow area. Most of these were for highly skilled workers and in some cases professional workers. A few were for well-trained and experienced secretaries. Many young people who do not meet the requirements laid down for employment in the Summer Youth program are still seeking work, and employers with jobs are urged to contact the Moscow Employment Office to make their needs known.  
 At the end of the week there were 238 workers still using employment insurance benefits. This is a reduction of 50 from the previous week, and is even below the number of jobless pay seekers reported at this time a year ago. Even though a total of 24 workers filed new

**MOTORCYCLE SAFETY**  
 Emphasizing safe operation of motorcycles, a workshop at the Idaho 4-H Congress brought young cyclists into contact with experienced drivers, mechanics, law enforcement officers and others concerned with recreation vehicle safety.  
 Charles M. Thomas of the U. of I. was the workshop leader. He is assistant state 4-H leader for the UI Cooperative Extension Service. "Motorcycles and snowmobiles are very much on the minds of the 4-H youth this year," said Thomas. The purpose of our workshop was to aid 4-H'ers in selecting, using and caring for recreation vehicles.  
 Forty 4-H'ers, including 7 girls, participated in the workshop. It was held the second week in June while the Idaho 4-H Congress was meeting on the UI campus.  
 One highlight experience for the students was "shopping" for a used cycle. They inspected vehicles, noting good and bad points on a special checklist they prepared with the assistance of local mechanics.  
 Guest speakers at the workshop included a deputy sheriff and a state park manager who discussed safe operation of recreation vehicles on highways and in recreational areas.  
 For 4-H'ers attending the June 8-14 conference, UI staff members presented special classes dealing with the science of weather, computers, identification of wild and edible plants, rocketry, golf, marksmanship and wilderness survival.

**Legal Notices**  
**CALL FOR BIDS**  
 July 8, 1974  
 The Board of Trustees of Joint School District No. 232, Latah & Nez-Perce Counties, Idaho, in conjunction with the City of Genesee, Latah County, will accept bids for gas and furnace oil for school district only. Specifications and bid requirements may be inspected at the Superintendent's Office of the Superintendent of Schools.  
 Bids will be accepted at the Office of the Superintendent of Schools until 4 P. M. on the 8th day of July 1974.  
 The Board of Trustees reserves the right to reject any or all bids or to accept the one deemed best for the School District and to waive any technicality.  
 Mahlon Follett, Clerk  
 Joint School District No. 232  
 pub dates; June 27, July 3, 1974

**UI GRADUATES PASS ENGINEERING EXAM**

Moscow — Thirty-nine University of Idaho graduates have passed the engineer-in-training examination given earlier this year by the Idaho State Board of Engineering Examiners and will be awarded their certificates.  
 Students from the College of Engineering and College of Mines who passed the exam include: Patrick J. Flanagan and Martin D Gilge, both of Genesee.

claims during the week, every area in the county showed a decline in the number of persons seeking unemployment compensation benefits during the previous week.

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