





**Cereal Twilight Tour  
Set for July 7**

A Cereal Twilight Tour is being organized by Duane Erickson, Latah County Agent. The tour will begin at 7:00 p. m., Wednesday, July 7. The evening tour will be held

at the University of Idaho Plant Science Farm, 1 mile east of Moscow on the Troy Highway.

Anyone interested in the adaptation of selections and varieties of winter wheat and barley are encouraged to attend. The twilight tour will allow you the opportunity to review variety characteristics.

At the twilight tour we'll observe

plantings of winter wheat, winter barley and triticales. The trials will provide you with a side by side comparison of selections and varieties.

The results of this year's winter barley trial is providing much information on winter survival. With the severity of our winter weather, there is a marked difference between

barley varieties.

As part of the tour, we'll observe a wheat introduction trial, where wheat heads are individually planted. The "head hill" plantings provide information on genetic and plant characteristic differences.

For further information, contact the County Extension Office in the Courthouse, 882-8350.

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A nationwide study to determine whether lowering cholesterol will reduce the risk of heart attack is currently underway at four medical centers throughout the country.

The Western clinic is conducted by the University of Southern California School of Medicine in Los Angeles with Doctor Albert Yellin as the principal investigator for the program.

Heart disease is the number one cause of death in the United States today. It is essential that the cholesterol controversy be resolved.

The study has accepted over 500 volunteer participants and will be accepting 500 more within the next year.

Persons who are aged 29 through 64, have suffered a first and only heart attack within the past 5 years, have not had heart surgery, have not had a stroke and do not have diabetes may be eligible and wish to join.

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Published every Wednesday (dated Thursday) and entered as second class matter at the Post Office in Kendrick, Idaho 83537 and Genesee, Idaho 83832, Latah County, under Act of Congress of March, 1879. The Official Newspaper of Genesee, Kendrick and Juliaetta, Idaho

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**Stretching Protein: More Mileage from Meat**

One way you can trim meat costs is by shopping smart—purchasing grades and cuts that give you the most for your money. Another way is through smart meal-planning — using protein extenders that increase the m. p. p. meals per pound

value of the meat you buy. Before learning how to stretch protein, though, it helps to know a little bit about this essential nutrient. You need protein for manufacturing new body cells as well as enzymes, antibodies and certain hormones. There are many different proteins but they all have this in common: they're "spelled" by an "alphabet" of 22 amino acids. Of

these amino acids, 14 (13 for infants) are produced by your body. The other eight (or nine) must come directly from food.

Here's where meat comes into the picture. We call it the "best" source of protein only because it's the most complete, providing you with all the amino acids your body can't produce on its own. The same goes for several other foods of animal origin, such as milk, cheese and eggs.

There are, however, also many incomplete sources of protein—foods that contain some but not all of the amino acids found in meat and other animal proteins.

Kidney beans, lima beans, pinto beans, soy beans, black-eyed and split peas, peanuts and peanut butter are all "incompletes." So are whole grains—barley, oats, rice, rye, wheat—as well as corn and the many forms of pasta. Most nuts and seeds are also incomplete sources of protein.

By preparing meals that combine one or more of these foods with meat you can "stretch" beef, ham, lamb, poultry, fish and other "completes." You'll get all the amino acids necessary for a balanced diet—and you'll save money.

Chances are you're already combining incompletes with completes. Do you pour milk on whole grain cereal for breakfast? Do you make tuna casserole with noodles? With milk? With cheese? Do you serve beans or rice with beef. If so, you've been stretching protein.

Think of the possibilities. By serving chicken noodle soup and peanut butter on whole wheat bread sandwiches, you can extend the complete protein (chicken meat and broth) with several incomplete proteins (noodles, peanut butter and whole wheat bread). Even a single-dish meal can be packed with complete and incomplete proteins. Take lasagna, for instance. There's ground meat, noodles and several kinds of cheese, including cottage cheese.

Using protein extenders to raise the m. p. p. value of meat is sound nutritionally and economically.

**Keep Kids Curious**

Learning is a complex process and children, like the rest of us, are complex creatures. One way kids learn—though certainly not the only way—is by imitating behavior. Thus when kids imitate their parents, they sometimes learn a behavior a habit.

That includes eating habits. Often a child will pass up a nutritious vegetable like spinach simply because "Dad never eats it." Or reject a protein-packed meat like liver because "Mom doesn't like it." Later, the child may actually come to believe he doesn't like the taste of these foods—even though he has never tried them. This is how food prejudices begin.

To grow strong and healthy, kids need a variety of nutrients. To get these nutrients, they need to eat a variety of foods. And, left to their own nature, they usually will—because are wonderfully curious and ever eager for new experiences. Unfortunately, we adults, who have had years to develop our narrowmindedness, often dampen that curiosity and eagerness.

How can parents help their children stay naturally inquisitive to food?

First, encourage tasting by example. You don't necessarily have to shovel everything from the table onto your plate, but why not at least sample each food? This shows your child that learning involves firsthand experimenting. It also shows your child that you, as a parent, are still willing to learn.

If one parent simply cannot stand the taste of a particular food, introduce your child to the food when that parent is not at the meal. This lets the child taste and freely decide for himself.

Second, don't give up on a food because your child, at first, rejects it. Instead make a mental note to serve it again someday, prepared in a different manner. By the same token don't offer to fix your kid another meal if he turns up his nose at the one you've prepared. Let him experience the logical consequences of his decision. This, too, is part of the complex learning process.

Last, serve a variety of foods, but choose them from the four food groups—milk, meat, fruits, and vegetables, grains. This shows your child that there is both theme and diversity in a balanced diet.

**Nutritious Pots And Pans?**

For many years, there was a popular old wives' tale that said one way to get iron in your diet was by cooking foods in—you guessed it—iron pots and pans.

Ironic. Ironic, that is, that research later bore out a certain amount of merit to this common belief. There actually is a slight increase in the iron content of foods when cooked in iron utensils—sort of an incidental mineral enrichment.

If course, the best way to get this vital nutrient is—and always has been—from food. Good sources are liver, eggs, red meat, prune juice and dried beans and peas.

And what role does this mineral play in your health?

We need iron to produce hemoglobin, an important component of red blood cells. Iron gives these cells the ability to pick up oxygen from your lungs and carry it to other body cells, which need the oxygen to release energy.

Persons with iron deficiencies, consequently, have trouble getting enough oxygen to their cells. That's why they're always tired, easily fatigued, short of breath and usually pale as sheets.

Your body contains about 3 to 5 grams of iron. Most of that amount is present in your blood. The rest is stored in your liver, spleen and bone marrow.

Since iron is not broken down or used up by your body, it's remarkably reusable. Still, you lose some of this mineral every day and, thus, need to replace it.

An adult male needs about one mg. of iron per day. Menstruating and lactating women, however, have a higher iron requirement. So do pregnant women. This increased requirement may not always be met in even a well-balanced diet. In such cases, a physician may recommend an iron supplement.

Otherwise, your best bet for getting the iron—and all the other nutrients—you need is eating a variety of foods from the four food groups.

Do you have a nutrition question for Dr. Hursh? Write "Nutrition for Today," P. O. Box 721, Rosemont, IL 60018. Answers to question will appear in future columns.

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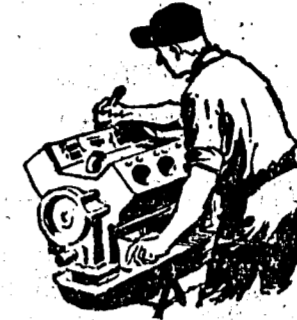
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**SOUTHWICK NEWS—**  
 Mr. and Mrs. John Blankenship and Mr. and Mrs. Edwin Nelson spent Wednesday and Thursday at Lake Chatcolet.  
 Saturday evening the Blankenships hosted a picnic in their woods for Mr. and Mrs. Ernie Brammer, Mr. and Mrs. Kenneth Wilken and Mr. and Mrs. Walt Koepf and granddaughter Rona Pryor.

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**American Ridge**  
 By Jo Benschoter

Sunday, June 27, callers in the George Havens home were Ira and Vickie Havens and Vickie's father, Duane Smith of Lewiston; Joyce and Werner Brammer, Kendrick and Mr. and Mrs. Glen Henson of Moscow.

Dick and Vicky Benschoter visited relatives in Spokane over the weekend. Jo Benschoter called on Ella Monday morning.

Andy and Minnie Cox had an enjoyable day Sunday as they visited in the homes of Ed and Emma Carlson, Fred and Gladys Glenn and Perk and Hazel Cox in Lewiston.

Callers in the Walt Benschoter home have been Nancy Nye and son Stephen of Fix Ridge Tuesday afternoon and Don Benschoter, Sweetwater Friday afternoon. Others who called were Judy and Audra Callison and Ted Groseclose.

Don Benschoter visited here Friday afternoon and pruned some trees and attended some other yard work around the yard. Lawrence and Nell Heimgartner were also callers during the week and Sunday evening.

**Family Reunion in Colorado—**

Ernie and Rena Andrews, Sheila Andrews of Missoula; Evelyn Russell, Curtis and Angela of Moscow; Norma Crocker of Lewiston; Wesley and Brenda of Seattle were among the 131 people present at a reunion of the Andrews family, held June 16 through 26, at Burlington, Colorado.

Uncles, aunts and cousins from Nebraska, Kansas, Colorado, California, Oregon, Washington, Idaho, Montana and New Mexico were present for this gathering. Twenty-two of the Andrews family were present from this area.

Ernie and Rena reported seeing some hail stones of golf ball size on the trip and had several tornado alerts while they were in Colorado.

Rain would be a welcome sight around this area, but all we seem to get are clouds and thunder.

**Park News Items**  
 By Jody Smith

Visitors — Visiting Mrs. Charles Stratton have been her grandson, Mark Gudmunson and great-grandson Jonathan Lemmon of Colfax, Washington.

Mr. and Mrs. Clinton Smith, Kay and Leah, and Mrs. Smith's mother, Mrs. Eva Daniels of Juliaetta, made a 4-day trip to Polson, Montana to visit Mrs. Ellison Mitchell.

Mr. and Mrs. Jerry Smith have received word that their daughter, Barbara (Mrs. Dean) Kinzer of Fullman won first place in the Washington State Grange talent contest at the state convention in Vancouver last week. Barbara is now eligible to compete in the national contest at the convention in November.

**Last Chance to Register For Summer Courses at UIU**

Moscow—Registration for several summer evening enrichment classes offered by University of Idaho Continuing Education is still open. The courses include beginning bridge, hand gliding, ground school, pocket billiards and office practice refresher courses. The courses begin late in June and early in July.

University Continuing Education encourages anyone who is planning on registering for these classes to do so as soon as possible by calling the Continuing Education office at (208) 885-6486, 7:30 a. m. to 4:30 p. m. Monday through Thursday.

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**Danger to Babies:  
 The Smoking Parent**

Pregnant mothers who smoke can injure the unborn children. How and why a mother's smoking can harm the fetus or threaten the baby's respiratory system after the child is born is explained in the booklet "Smoking and the Two of You" published by the American Lung Association.

When a pregnant mother smokes, harmful gases from the smoke enter the blood and pass through the placenta directly into her baby's circulatory system. These gases narrow the baby's blood vessels and those in the placenta, and they force oxygen out of the red blood cells of mother and baby—cutting down the amounts of badly-needed oxygen and food that are delivered to the developing child.

Women who smoke while pregnant have a higher percentage of stillborn babies, spontaneous abortions and premature deliveries than do women who don't smoke and their babies are more likely to be born undersized or to die soon after birth.

After birth, breathing smoke-filled air can cause a baby's tiny airways and lungs to constrict, blocking or impairing the child's breathing. And because babies and young children breathe much faster than adults, they inhale more pollution in proportion to their total body

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**Pepsi Cola, Diet Pepsi  
 Pepsi Light, Mt. Dew**

12 oz. cans  
**6 pak — \$1.79**

**Kingsford Charcoal**

**10 lb. bag — \$2.19**

Limit 1 per family at Sale Price  
 additional at Reg. Price

**Photo Developing Special**

Monday, July 5 to Saturday, July 10

12 exp. — \$1.99    20 exp. — \$3.19  
 24 exp. — \$3.99    36 exp. — \$5.99  
 ASA 400 — Add 50c

**HAMM'S BEER**

12 oz. cans

**1/2 case — \$3.99**

**Fresh Fryers**

Gr. A—Family Pak

**59c lb.**

**Fresh Watermelon**

Luscious, Red

**13c lb.**

**Fresh Corn**

Golden Kernels

**5 ears \$1**

**BONELESS HAM, Sunny Morn. Whole**  
 Fully cooked, water added ..... lb. \$1.69  
**HALF HAM** ..... lb. \$1.79  
**HOT DOGS, Armour, all meat or all beef, 12 oz. 99c**  
**RESER'S POTATO SALAD** ..... lb. 59c

**ASSORTED NAPKINS, Western Family, 300 ct. \$1.19**  
**BUGLES, SNACKS,** ..... 7 oz. Pkg. 69c  
**WESTERN FAMILY CATSUP, decanter btl. 32 oz. 99c**  
**PORK & BEANS, Western Family** ..... 30 oz. 66c  
**BLUE BONNET MARGARINE, quarters** ..... 1 lb. 49c  
**LARGE GRADE AA EGGS, Western Family, Dozen 69c**  
**LISTERINE MOUTHWASH,** ..... 12 oz. \$1.29  
**APRICOTS, Golden Blush** ..... lb. 89c  
**BROCCOLI, Green Bud** ..... lb. 59c  
**PLUMS, Juicy, Sweet California** ..... lb. 79c  
**CARROTS, Snappy, Fresh, Clip top,** ..... 4 lbs. \$1.00  
**RED RADISHES Fresh Crisp,** ..... 4 bunches \$1.00  
**GREEN ONIONS, Garden Fresh** ..... 4 bunches \$1.00

**'BURGER BUNS OR CONEY BUNS**  
 Snyder's 12 oz. pyk. .... 8 ct. 74c  
**ALKA SELTZER, Foil Wrap** ..... 36 ct. \$2.15  
**JERGEN'S LOTION, Aloe Lanolin** ..... 12 oz. \$1.99  
**BAD-AID Bandages, J&J** ..... 3NO ct. \$1.49

**Miracle Whip**

Kraft — 32 oz Jar

**\$1.44**

**Banquet Chicken**

Frozen — 2 lb.

**\$3.99**

**Frozen Lemonade**

W. F. — 12 oz. Froz

**39c**

**We have ICE (block & cubes)**

- FLAVOR CRISP CHICKEN
- CORN DOGS
- BURRITOS
- GERMAN SAUSAGE

ORDER NOW  
**Klicker Strawberries**  
 28 lb. Tub. \$30    7 1/2 lb. \$10

**Sale Days July 1, 2, 3**

**PHIL'S FOOD CITY**  
 Phil, Donna and Scott Heinen    Kendrick, Idaho    Open Sundays Noon to 3

**Kendrick Garage, Inc.**  
 STANDARD OIL DISTRIBUTOR



CHEVRON GASOLINES & MOTOR OILS  
 DELO MOTOR OIL — OUTBOARD MOTOR OILS  
 CHEVRON GREASES

**Standard Heating Oils and Diesel Fuels**  
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 Tires — Tubes — Car Accessories — BATTERIES

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