

Sunlight Destroys Vitamins In Milk

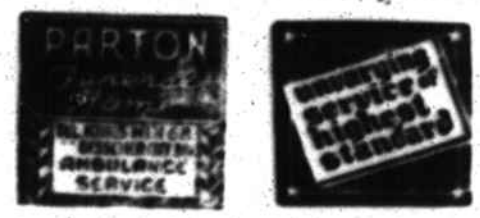
Sunlight destroys the riboflavin or Vitamin B2 of milk and therefore this valuable food, which is such an important part of the every day diet, should be stored in a cool, dark place, say W. J. Peterson and F. M. Haig of the Animal Industry Department at N. C. State College.

They report that recent studies at the North Carolina Experiment Station show that the riboflavin is rapidly destroyed when milk is exposed to sunlight in standard bottles under normal conditions. The tests showed that 44 percent of this valuable vitamin was lost in one hour's time and that only 28 percent of the riboflavin remained after the milk had been exposed to sunlight for three hours.

The scientists report that milk contains two of the most important sources of the vitamin in the human diet although it is also found in green leafy vegetables, the whole cereal grains, liver, eggs and yeast. Practically none of the vitamin is found in such foods as butter, fats of all kinds, unenriched flour, and white potatoes.

The importance of riboflavin in the daily diet and the results of these tests, showing that the vitamin is rapidly lost when milk is exposed to sunlight, suggest that handlers of milk and housewives should cooperate in the proper storage of milk so that its full food value may be maintained.

Average daily listening time for radio programs has increased from three to five hours on farms since the beginning of the war.



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State College Hints To Farm Women

(Both Current N. C. State College) This is the way to wash and dry wool. To wash or not to wash? For most wool clothing, dry cleaning is better than washing. However, for knit garments, flannel and chamois may be washed satisfactorily at home. And many a homemaker learns to wash a blanket so it won't turn out shrunken or lumpy.

The warmth of a blanket depends very largely upon the amount of nap, so it's well worthwhile to take care in the washing to hold the fluff softness. For a comforter, dry cleaning is best. Washing is likely to leave the filling lumpy and matted.

Use lukewarm soft water and mild soap. Hard water can be softened with an ammonia or borax solution. Use cautiously or you may add too much alkali for the good of the wool. And be sure the water is lukewarm, for you may shrink wool in one hot or cold dip. Allow plenty of water more than for most fabrics.

Dissolve mild soap in the water. Or use one of the soapless oil washing materials such as are sold for hair shampoo. Make generous suds before the wool goes in.

Never soak wool. Wash by hand. If you can, squeeze suds through fabric. Rubbing shrinks and hardens wool. If you use a washing machine, don't crowd wool articles and wash them quickly. Never boil them.

When wool is clean, rinse 2 or 3 times in clear lukewarm water. Squeeze water out gently. Don't wring or twist. A warm but not hot place is just right for drying. Never let wool things freeze. Hang blankets over a line with a half or a fourth on one side, and without clothes pins. A blanket dries quicker if two lines, one together or share the weight. Squeeze water from the ends, occasionally, and shake the blanket to fluff the nap.

Facing the uncertainties of equipment and supplies and labor, farmers are doing their spring planting in the American spirit: "Damn the torpedoes, go ahead." —Chester C. Davis.

A FINE GIFT FOR SOME ONE



A SUBSCRIPTION TO THIS NEWSPAPER

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LET'S BE FREE WITH OUR MONEY—FOR WAR BONDS.

NORTH CAROLINA WEEKLY WAR ROUND UP

OCR TO SUPPLY FARMERS NEEDS

The War Production Board's newly created office of Civilian Requirements has worked out an emergency farmers supply program which will quickly make available to farmers in the State some 50 items essential in the production of food. The procedure will enable a farmer to buy reasonable amounts of food items directly from his dealer without complicated forms. Materials to be made available under the program include adjustable wrenches, agricultural forks, auger, barbed wire, chisels, hand saws, fence pliers, garden hose, batteries, motors, grain groups, straws, guns, harness hardware, horse collars, nails, neck yokes, poultry netting, cold chisels, hog rings, knives and many other products.

CAN BUY ICE CREAM ALONE

Retailers cannot force their customers to buy an equal amount of sherbet or any other frozen confection to obtain any given quantity of bulk or package ice cream. OPA and WPA have emphasized this requirement is a violation of the prohibition against tie-in sales under the General Maximum Price Regulation.

FARMERS FIRST FOR GAS

Any person in the State using gasoline for non-highway purposes will be given preference by a recent order of the Petroleum Administrator. The requirements of any person who presents valid E. R. or bulk coupons for motor fuel for non-highway farm uses will receive first consideration by all suppliers. A ten day inventory restriction on fuel oil has also been removed, to permit stocks to be built up in preparation for next winter.

USED INNER TUBES ARE NOW RATION FREE

Used inner tubes for passenger car or truck tires can now be purchased without a ration certificate. All rationing regulations have been removed on used tubes to help conserve the supply of new ones.

LONGER FURLOUGH GRANTED

The War Department has authorized extension of the furlough period between the day of induction and the date men must report for duty from seven days to fourteen days. This change will be made in all commands not later than July 1. After July 1, but before Sept. 1, the period will be increased from fourteen days to 21 days.

STOVES TO BE RATIONED

Rationing of six types of stoves (including laundry stoves but excluding water heaters) will begin late in June. They include coal or wood, oil and gas cooking stoves. After the plan becomes effective, you must have a purchase certificate from your ration board to buy a stove. Certificates will be issued on the basis of need.

MEAT PROCESSED WITHOUT POINTS

The War Food Administration is permitted to have meat products canned, cured, rendered, frozen, packaged or otherwise processed by a recent OPA amendment to rationing regulations. No points need

STOP EGG SHORTAGE

No more shell eggs can be kept in storage after June 15. The War Food Administration says, except to fill Government contracts or for a small "working inventory." Putting eggs in storage has been prohibited since May 200 when all eggs in storage were reserved for Government purchases.

TO RENEW GAS RATIONS BY MAIL

The State's car owners and motor cycle owners may renew their present gas ration stamps by mail. The OPA has not yet completed plans for this, but they will be announced soon.

MORE RADIO BATTERIES

To bring relief to farmers in non-rationed areas of the nation, production of radio batteries has been increased 425,000 a month. The Consumers Durable Goods Division of WPA has announced. If the present rate of production is continued over a 12 month period, normal requirements for the 2,200,000 radios estimated to be on farms will be met.

GET 50 GALLONS OF GAS ANY TIME

North Carolina farmers will benefit from a change made in Petroleum Administrative Order No. 4 which allows bulk deliveries of gasoline in quantities of 50 gallons or more, to be made at any time. This will be particularly helpful to farmers who drive to town after work and buy gasoline in steel drums of 50 gallons or more capacity.

GUARD AGAINST CARBON MONOXIDE

Because the hazards of carbon monoxide poisoning have increased greatly with the shortage of certain fuels, the U. S. Bureau of Mines has published a circular describing home protective measures to minimize dangers from this gas and methods of treating persons affected by it. A colorless, odorless, and tasteless gas, carbon monoxide is deadly when inhaled with an insufficient supply of oxygen.

The Government's conservation and simplification program in the manufacture of men's, women's and children's hosiery is extended to save 11,800,000 pounds annually of cotton rayon and wool yarns.

Thirty-two percent of the total of 1.8 billion pounds of protein feed meals for last year came from cotton seed. Conservation programs

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Distribution by mail of 12¢ mail A new directive was recently issued by the War Food Administration which will include chemical nitrogen for any and cotton to assure equitable distribution.



PLANNING IS NEW

There's a lot of people who, these days, would think planning is something a factory knows. But anybody who's ever been in a factory knows that if you don't plan, you can't get the most out of what you have to work with.

To plan properly, the farmer has to know about crops, soils, seasons, tools, and stock, and the man operating a factory has to know about machines, markets, science, and engineering.

Yet for all this specialized knowledge which each of these activities requires, the managers of both farm and factory have much in common in their planning. They have the same problems—to mention a few—of employment and taxes, of costs and a fair profit, of setting aside reserves for a "rainy day."

And they have the same objective in their planning—to do everything they can for their country today, and tomorrow, to make a fair living through greater service to their fellow Americans. General Electric Company, Schenectady, N. Y.

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