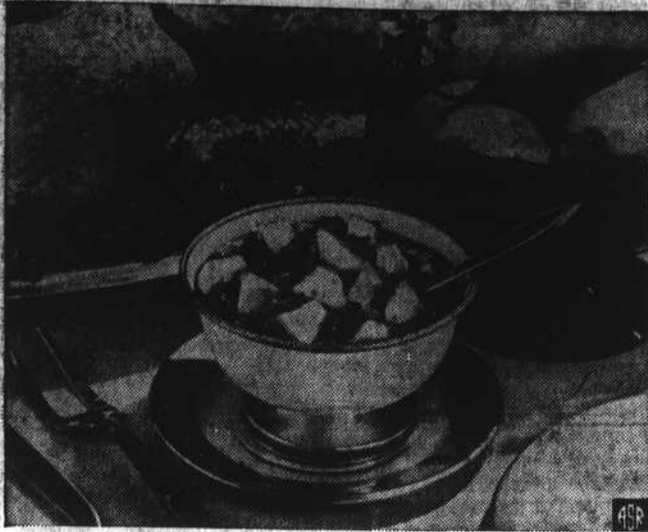


### Fresh Pears In Festive Relish



Winter marks the arrival of many festive seasons. Mother nature takes this into account when she brings fresh winter pears as her contribution to the festivities. These royal delicacies come in three delicious varieties: D'Anjou, Bosc, and Comice.

All three varieties may be found in the markets in good supply by November. The Bosc and Comice varieties arrive first in September and October. D'Anjous are available now, through the month of May.

Combined in this festive relish are flavorful fresh winter pears, tangy cranberries, and a hint of onion and green pepper. A dash of ginger adds a personal touch to the traditional cranberry relish enjoyed so much during the winter holiday seasons.

You'll usually find fresh Western pears ripe and ready to eat at your favorite market. Ripe pears yield to gentle pressure regardless of color. You can always buy firm pears with confidence. They'll ripen at home in a few days at room temperature, becoming sweet and juicy the way you like them.

#### Fresh Pear Cranberry Relish

- |                                       |                             |
|---------------------------------------|-----------------------------|
| 3 fresh D'Anjou, Bosc or Comice pears | 1 cup brown sugar, packed   |
| 1 lemon, seeded                       | ½ teaspoon ginger           |
| 2 cups fresh cranberries              | 2 tablespoons grated onion  |
|                                       | ½ cup chopped green peppers |

Core and chop pears. Squeeze lemon juice over pears. Grind lemon peel and cranberries using medium plate of food chopper. Combine with pears and remaining ingredients. Mix well. Cover and store in refrigerator. Relish will keep for two weeks. Makes about 3 pints.



### Doctor in the Kitchen®

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

### NUTRITION AND MENTAL DEVELOPMENT

One need only to have children be totally interested when the discussion turns to the relationship between infant nutrition and mental development.

We all want our children to have as great a mental capacity as possible. And it goes without saying that peace in the future world will depend in no small part upon the intelligence of people everywhere.

If a man is mentally retarded, as well as starving, in a foreign country, he will not be able to choose what form of government he wants or needs. He will be solely concerned with filling his belly. If his children are malnourished, hence subject to arrested mental development, the people of that country will not, as we would hope, be able to demonstrate for themselves the virtues of a democratic society.

#### 300 Million Undernourished

It's estimated that approximately two-thirds of the world's children — 300 million youngsters — are undernourished and have some degree of retardation of growth as a result of low nutrition. Thus it is that nutrition research is now investigating one of the most important problems facing mankind.

What is the evidence that has excited nutrition researchers?

Most of the evidence of a relationship between nutrition and mental development comes from overseas nutrition studies and from brain chemistry and animal behavior studies. It has not been United States children and family situations that have produced the evidence, though malnutrition is a serious problem in our nation. But the so-called developing nations have served as a sort of world laboratory, unfortunately full of human subjects whose condition could be directly studied and attempts made to improve their lot.

The proof of brain damage being caused by malnutrition is not iron-clad. Genetic and other environmental factors are difficult to separate out. But overseas where this has been done, the evidence is so strong that scientists generally now believe that lack of proper diet, especially if coupled with infection, retards or reverses mental development.

#### Brain Growth Early

More than 80% of total brain growth of the human takes place during the first three years of life. If the mother, while pregnant, or during lactation, also suffers from malnutrition, the later mental development of the baby may be retarded as much as 10 to 25% below normal.

According to UNICEF News, studies show that undernutrition definitely affects mental development and eventual mental performance of children. Infants who show superior mental abilities (from early neurological examination) can within a year, because of poor nutrition, decrease to lower than normal. Such changes are cellular and irreversible.

#### United States' Needs

What does all this mean to the United States in terms of our own people? In my opinion, it suggests that it is of paramount importance that we set our own house in order, making sure that no avoidable mental defects contribute to the admittedly giant problems that already beset us in terms of American individuals who are unemployable or nearly so. Part of the preventive program must include nutrition. And within the concept of nutrition, milk is the paramount food for the infant and vital in the diet of youngsters and pregnant and lactating women, whether it be for healthy physical or mental abilities.

## Disease Threat Constant for Livestock Producers

The threat of a disease epidemic hovers over the livestock farmer like a dark cloud. It never goes away.

Cattlemen remember the black days of cattle fever that ravaged the southeast 40 years ago. And just 20 or 30 years ago there were sections of the country where hogs couldn't be grown because of cholera.

Hogmen, including those in North Carolina, dread the thought of cholera even more than low pork prices. Whole herds numbering in the hundreds have been completely wiped out by the disease in the not too distant past.

What these farmers may not be aware of, however, is that there is a disease of hogs even more dreadful than cholera — African swine fever. Fortunately, it hasn't reached the shores of the United States. And every effort is being made, by the U.S. Department of Agriculture and the livestock industry, to see that it never arrives.

Dr. F. J. Mulhern, deputy administrator of USDA's Agricultural Research Service, in a speech to hog producers in Raleigh recently discussed the threat of African swine fever and other foreign disease to U.S. livestock.

"Some may say nothing could be worse than cholera," Dr. Mulhern said, "but we are told that African swine fever kills hogs quicker and spreads more rapidly, and there is not an effective vaccine for it."

He explained that the disease spread from Africa to Portugal and Spain and then to Italy just a few years ago. Until that time it appeared to be contained within Africa.

"We are told that the swine industries in those countries have not recovered from that experience," Dr. Mulhern said.

Another disease that is a constant threat throughout the entire world is foot-and-mouth disease. The last case in this country was in 1929. Then, it's entrance into the country was traced to feeding ships' garbage to hogs.

"Most occurrences of this disease in countries that were free usually were found first in swine that had eaten animal meat scraps or by-products that originated in countries that had the disease," the USDA official said.

The threat of these and other diseases to the livestock in this country rises and falls with the incidence of the diseases throughout the world. With the rapid modes of world travel and heavy international traffic of people and goods, only constant vigilance at entry points keeps diseases out of the U. S. And sometimes they sneak in anyway.

Dr. Mulhern added that once disease breaks out, it is difficult to isolate due to heavy movement of livestock within the country. This is the element of the disease threat that affects virtually every producer.

Elaborate control measures followed by USDA to keep diseases out of the country were outlined for the hog farmers by Dr. Mulhern. These steps include patrols along the Mexican and Canadian borders in search of animal smugglers and checking all animals entering this country including horses, zoo animals, pets, etc.

Similar precautions are taken to see that disease organisms don't enter by way of animal by-products brought ashore by individuals, in ships stores or by way of ships' garbage.

Turning to the problem "that really bugs us," Dr. Mulhern called attention to the some 200

million people who come through U. S. ports annually. These people have difficulty understanding why they are suspected as possible carriers of an animal disease.

They bring in meats in their hand luggage or in their checked luggage sometimes disguised as ears or corn or in cans marked olive oil, as bread, inside umbrellas, inside money belts, as cigars, etc., the USDA deputy administrator described.

"They also bring it in their personal clothing — hanging within the arms of their coats or pinned to the insides of their overcoats," he said, reporting that last year 124,385 pounds

were confiscated from passengers.

"To the jet-age interests, the larger planes indicate progress; to us, they enlarge our nightmare," Dr. Mulhern concluded.

### GETS OFF LIGHTLY

Monday in Lenoir County District Court Michalee Harris from Camp Lejeune was permitted to plead guilty to unauthorized use of a car, after being charged with stealing it. He had a six-month jail term suspended on condition he not violate any law for two years and pay a \$100 fine and the court costs.

## WARM UP WITH HOT CHOCOLATE



A chill in the air is all that is needed. Serve hot international chocolate to the jet set or Mexican chocolate to the teens.

### HOT INTERNATIONAL CHOCOLATE

- |                                      |                           |
|--------------------------------------|---------------------------|
| 2 cups freshly made strong coffee    | ¼ cup heavy cream         |
| 2 cups milk                          | Cinnamon, if desired      |
| ½ cup Bosco chocolate flavored syrup | Brandy or rum, if desired |

Prepare double strength coffee. Heat milk in a medium saucepan. (Do not boil). Slowly stir in chocolate flavored syrup. Keeping mixture over low heat, add hot coffee and cream; beat with rotary beater until frothy. Pour into mugs. Add a lacing of brandy or rum. Sprinkle with cinnamon or use cinnamon sticks as muddlers. Serves 6.

### MEXICAN CHOCOLATE

- |                     |  |
|---------------------|--|
| 2 cups milk         | ½ cup Bosco fortified chocolate flavored syrup |
| ¼ teaspoon cinnamon |  |

Scald milk with cinnamon in saucepan over low heat. Stir in Bosco syrup. Beat vigorously with rotary beater until chocolate foams. Pour into cups. Makes 6 servings.

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