



**Bounty for the Birds**

► **CHRISTMAS GIVING**, it is pretty generally agreed, should not be confined to one's kinfolk and closest friends. In times like these, when so many of our unknown neighbors are needy, our bounty must overflow the boundaries of our immediate acquaintanceship.

It may require a little sacrifice to bring a measure of Christmas cheer to our hard-pressed human neighbors, but it costs us practically nothing at all to distribute largesse to our lesser brothers, the winter birds.

They will be glad of the crumbs from the table, of scraps of suet trimmed from a roast before it is put into the oven. A simple pan of water, warmed up to the temperature of good, hot coffee so that it will not freeze so quickly, will be high wassail for them.

Birds will accept your gifts gratefully even if they are only tossed out onto the ground or the crusted surface of frozen snow. It is better, though, to provide some kind of feeding tray, preferably in some corner with shelter from the wind, and as well as possible out of the reach of prowling cats. Food on such a tray will not be wasted through scattering or by burial in loose snow.

Suet is especially prized by birds. It is one of the best of fuel-foods, to keep their small bodies warm against the cold to which they are always exposed, even on relatively good winter days.

This also should be secured in some way to prevent a whole lump from being carried off and monopolized by one greedy individual. Squirrels are fond of suet, too, and will steal the birds' supply if they get a chance.

Many persons make a kind of suet pudding by melting the suet, adding raisins, cracked grain and other things that birds like, and pouring the mixture into a half coconut-shell or some other container to harden. Hung up on a wire, this is difficult for squirrels to get at, and no bird can get more than a fair beakful at a time.

A much simpler suet-holder can be made of an old-fashioned wire soap-dish. This can be hinged against a tree trunk with a couple of staples or bent-over nails, with another bent nail on the other side left free to turn as a latch. Birds are able to peck out the suet through the meshes, but squirrels find the cage completely inaccessible.

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#### NUTRITION

### Squeeze Orange Juice For Baby Properly

► **SQUEEZE BABY'S** orange juice by hand or in a Mixmaster, if you have one. Don't use a mechanical extractor.

This advice seems justified on the basis of a study reported by Drs. C. L. Joslin and J. E. Bradley of the University of Maryland department of pediatrics, Baltimore, in the *JOURNAL OF PEDIATRICS* (Sept.).

Reason for advising this kind of squeezing is that with these methods less of the oil from the orange peel gets into the juice. And apparently it is the peel oil that causes the skin rash, regurgitation and bowel disturbances some babies get when first started on orange juice.

Orange juice is good for babies and older children and grown-ups because of its vitamin C. Of course, there are other foods and juices that supply this vitamin. The other citrus fruits, tomatoes, cabbage and strawberries are among them. Vitamin C is essential to prevent scurvy. This has been known for a long time.

More recently, scientists have reported that this vitamin is also necessary for utilization of certain amino acetic acids from food, for helping resist infections and for helping the healing of wounds. It is intimately involved in such important body processes as utilization of minerals and calcium.

In the studies by Drs. Joslin and Bradley, the babies were started on their daily orange juice at the beginning of their third week. They got one-fourth of an ounce diluted with an equal amount of water to start. The quantity was gradually increased to four ounces of orange juice at one year. Of course, baby's own doctor is the person to say when and how much orange juice he should get.

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#### TECHNOLOGY

### Better Cup of Coffee Promised by New Urn

► A **BETTER** cup of coffee for G.I. Joe is promised through use of a new coffee urn unveiled.

In the new urn, hot water is sprayed over the coffee grounds, assuring uniform distribution and leaching. The exact amount of water needed is assured for every pound of coffee. The grounds are not suspended in brewed coffee. Result: a good cup of coffee every time.

This quantity brewing device was developed by the Research and Development Division of the Office of the Quartermaster General so that soldiers could get more satisfaction from each cup of coffee. Latin-American coffee growers applaud the new urns because the United States soldier is their largest customer now and they hope to keep him a customer when he returns to civilian life.

The new urn will first be used in Army mess halls here and abroad, later it will be made available for civilian use.

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#### INVENTION

### Live Wire Detector Tells of High Voltage

► **ELECTRICAL WORKERS** servicing apparatus dealing with high voltages will be able to tell if circuits with which they are working contain dangerous currents by means of a simple, improved detector which brought patent 2,575,680 to an English scientist, Herbert Stanley Petch, Edgeware, England. Rights are assigned to Elliot Brothers Limited, of London.

His device consists of a small windowed chamber which contains two liquids that ordinarily can not mix together. It has a pair of electrodes so placed that the production of an electric potential difference between them will cause a visible change in the distribution of the fluid within the chamber. When held near a wire, the device gives instant information whether it is a live line or not.

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