

Hand
INTERBRAIDED RUGS
by Elizabeth Porch, Originator
at
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179 Pierce MI 4-2002

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NATURE NOW
By LYDIA KING FREHSE
Primitive man in his struggle for existence must have early discovered many uses for the seed. It figured prominently in the history of the oldest of recorded civilizations, not only as a staple food but as a medicine, a narcotic, a decorative object and a ceremonial symbol. Many ancient peoples placed bowls of seeds in tombs, provisions for the spirit on its journey to an unknown world. It is significant that the development of our seed-bearing plants antedates that of man, for neither he nor the animals which serve his uses could have existed in a primitive state until the seed-bearing plants were stored in the basic foods which feed the world. Corn, oats, wheat, rye and barley are the important grains in the west. Rice takes their place in the eastern half of the world. These seeds feed animals and man in his turn.

THE unmodified nourishment for the new plant and is a rich solution of sugar and oil in suspension. In addition to the fresh coconut which is an important food item, two million tons of the dried meat called "copra" are produced annually. It has many uses in food production and the oil extracted from it is an important ingredient in making butter substitutes, cooking fats and soaps. Peanuts, walnuts and almonds lead the list of oil-bearing crops in the United States. All these are among the richest of foods in both flavor and nutritional value. In recent years we have discovered a new source of wealth hidden in the soy bean. It is used especially in making rubber substitutes, lubricants and soaps. Due to the experiments of the distinguished scientist George W. Carver, a whole new industry has grown up around the lowly peanut, which botanically is not a nut at all. It is a legume—of the same family as the pea and bean which blooms above ground, later sending its fertilized flower stalks underground where the pod develops and the seed ripens. Among the most delicious of our foods are the large number of attractive fruits and vegetables which are nothing more than the pulp or fleshy covering which nature has invented to surround and protect the seed. By long cultivation man has enhanced their flavor and texture so that a luscious apple or berry is a far cry from the small, bitter native variety which was its ancestor. THE THICKENED walls of the ovary, or seed box, make up the edible portion of such vegetables as pumpkin, squash, cucumber and melons. Berries, including the versatile tomato, are fruits whose seeds are scattered throughout the bright pulp. This structure is not only a protection for the seed, but acts as an aid to its dispersal by birds and mammals as well. Many of our spices and condiments are ground seeds. These include mace, nutmeg, cloves, pepper and mustard. Vanilla is made from the seed of a tropical orchid. A shepherd on an Ethiopian hillside is supposed to have discovered coffee when his sheep, instead of browsing peacefully, nibbled away at an evening when they ate the berries of a certain tree. Coffee is the roasted seed of the berry of the coffee tree. Cocoa, chocolate and cocoa butter are made from the seeds of another tropical tree named "cacao". The medicinal use of the seed is a science of its own. Such familiar drugs as strychnine, made from

the seeds of the strychnos tree grown in the East Indies, belladonna from nightshade and digitalis from foxglove, are examples. The betel nut, fruit of the graceful Areca palm, is so extensively grown in the tropics that one-tenth of the entire human race uses this narcotic. The dried kernel of the nut is made into pellets to be slowly chewed. Opium is extracted from the milky juice of the unripened seed pods of the opium poppy. Turkey, Persia and India make a profitable industry of supplying the world with this narcotic, also used as a drug. THE SEED FIGURED prominently in the potions of the ancient herbalists, who could kill or cure as the occasion demanded. Deadly poison made from hemlock, cowbane and nightshade were in common usage. Countless Indian "cures" employed the seed and our pioneer mothers depended greatly upon their knowledge of it. Such remedies as the mustard plaster and flax seed poultice saw these familiar things through many a crisis. There is much superstition here which clings to the seed. An English herbalist recommended for use in the colonies "a few seeds of the snapdragon which when scattered about the neck preserve a man from being bewitched". The seeds of the juniper boiled in wine "strengthen the Brain".

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extinguishers should never be used directly on oil grease, paint, gasoline or electrical fires, they are highly effective for wetting surrounding combustibles so fire won't spread. The common garden hose makes available an unlimited water supply. You can install pipe and faucet connections in the house or place of business at several locations—head of cellar stairs, foot of attic stairs, etc. Keep hose attached, neatly coiled, ready for quick use. Light-weight plastic hose is easy to handle and should be long enough to reach the hazards. FOR ELECTRICAL fires, keep water and water solution type fire extinguishers away from electrical appliances, etc., while they are still connected to live circuits.

Cherry Court Sewer In
The new Cherry street sewer, which residents have been pressing the city for several years, has been constructed and is now operating. City Engineer L. R. Gare said.

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