

Apple Season Adds Tang To Michigan Autumns

By EVELINE OEN
Arts Editor

Apples are tempting. They are as tempting as the fall air—and it's apple season again. Kids, and a few adults, dream of luscious red apples, of apple cider, of apple Betty. Canned apples can be seen at any self-respecting football contest—and, of course, there's the annual display of all American institutions—the apple pie.

MICHIGAN, well-known as an "apple state", this year will produce a crop of 13 million bushels, it has been estimated. The figure is three million bushels short of last year's.

About 75 per cent of Michigan's apple production is of the Jon-

than, Delicious, McIntosh and Northern Spy variety, according to Josephine Lawyer, County Extension agent.

And all but the Delicious are classed as "all purpose" apples, she says. The Delicious variety are best in fresh salads, school lunches and fruit trays, she says.

THE COOL nights have helped to give the apples a fine, bright color this year, according to Mrs. Lawyer, although this does not affect eating quality.

However, the size of apples has suffered because of a drier than usual summer. This means the time-honored practice of "apple polishing" the teacher will take a slight beating this fall.

WHILE THE largest apples are a "good value" for teachers, smaller apples are a "good value

for families with small children because a small apple may be all a small child can eat—and the cost per pound will be lower than for apples of larger size. In case you may wish to identify some of the better-known varieties, Jonathan apples have a solid deep red color, are of medium size and have a firm flesh.

YELLOW Delicious ones are yellow, while Red Delicious have skin washed with dark red color. Their flesh is less firm than the Jonathan and their flavor is mild and sweet.

McIntosh apples are large and deep red in color with a soft, juicy, white flesh. The Northern Spy variety is brightly striped and "mottled red on yellow". They are large, have a fine flavor and hold their shape well in pies and other baked goods.

Pounds Away Club Elects New Slate

Newly elected officers of the PAC (Pounds Away Club) which meets Thursdays at 8 p.m. in the Birmingham Community House are:

Mrs. John Barnowski, president; Mrs. C. Redinger, vice-president; Mrs. J. Vaneck, recording secretary; Mrs. P. J. Valleau, treasurer; Mrs. P. Monks, corresponding secretary, and Mrs. Al Hill and Mrs. F. Harland, weight recorders.

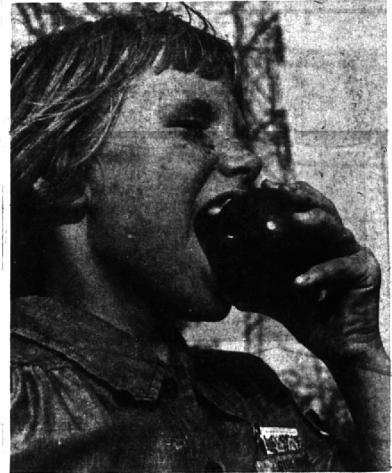
Mayfair Nursery Sets Smorgasbord

On Monday the annual smorgasbord dinner of Mayfair Cooperative Nursery will be held downstairs at the City National Bank at Ten Mile and Orchard Lake Roads in Farmington.

This general meeting for fathers and mothers begins at 7:00 p.m., with the dinner and continues with a program on adult enjoyment of children's literature.

Mrs. Arnold Ruby, Mrs. Leonard Bellinson and Bernard Cantor will read excerpts from children's books to the group.

It is a myth that elephants, in general, have a longer lifespan than humans. They are not the jungle methuselahs most people suppose. Records show that an elephant in government service in India was usefully employed for more than eighty years, but this is exceptional. Most elephants start feeling and showing their age when they are about fifty; very few totter on beyond the age of sixty.



A LOCAL Girl Scout thinks apples are simply delicious! And they are a marvelous and handy snack when you are learning about the great outdoors on a nature hike in Manor Park with the rest of your troop. Just about to take her first big bite is Linda Conn of Troop 1012. She is the daughter of Mr. and Mrs. Kenneth L. Conn, 1184 Yorkshire, Birmingham.

HOMEMAKING

Identification Ability May Make Big Difference

Michigan duck hunters will be called upon this season to play their biggest role to date in shaping the future of their sport. To meet the test, the state's waterfowlers will have to know their ducks like they've never known them before. Their prudence in shooting will face its stiffest challenge.

The reason is this: duck flights will be down throughout the Mississippi Flyway this fall. Certain species like mallards, black ducks, canvasbacks, and redheads are in particular trouble. Others such as scaup (bluebills) are more plentiful than a year ago.

SHOOTING regulations reflect this general decline plus the ups and downs of individual species. They again give canvasbacks and redheads full protection; bag limits on mallards and black ducks have been trimmed. On the liberal side, Michigan hunters may take two scap per day in addition to the regular daily limit of two ducks.

From here on in, it's completely up to sportsmen to carry out this flexible program of species management. Well-planned as the regulations are, they will be only as effective as the hunter's ability to identify ducks and to shoot discriminately.

IF HUNTERS do their job, shooting the right combination of targets, they can actually bag two more birds each day than last year. More importantly over the long haul, there is some optimism that drought conditions are nearing their end in the continent's northern "duck factories."

With the right break from the nation's gunners this fall, these birds might bounce back enough so that regulations can be eased in 1963. Any shortcomings on the part of hunters in Michigan and elsewhere could mean even tighter regulations when next season rolls around.

THIS BUSINESS of selective shooting won't be a snap by any means, according to Conservation Department officials. For most hunters, it's going to require some pre-season homework in duck identification.

Conservation Department game men offer the following as a sort of primer for fall shooting. Michigan ducks are divided, for convenience, into Mergansers (fish ducks), Dabblers (marsh ducks) and Divers (open water ducks). In flight, certain characteristics are useful for distinguishing the major groups. The dabblers have a slow wing-beat and, except for mallards and

black ducks, a long stroke. Divers fly with rapid, short strokes of the wing, while Mergansers have a distinctive stretched-out horizontal position in the air that separates them from the other ducks.

DABBLERS in rising from the water, spring up almost vertically, especially when surprised, but Divers and Mergansers "taxi" along the surface of the water before they take off. Coming in to decoys, Dabblers tend to circle the blocks and hover for a moment with outstretched legs a foot over the water, while Divers usually fly in at lower altitude and "touch down" directly. The traits of these three groups provide good clues for identifying ducks. Of course, hunters need to know the birds that belong to each group. And there are some look-alike species within a category which test the most discerning eye.

HUNTERS WHO need to brush up on telling species apart may obtain copies of "Know Your Ducks," a free pocket-sized folder, through the Conservation Department's Publications Room in Lansing. Identifying ducks in flight is something like recognizing airplanes.

Here are some of the things you should look for in a duck on the wing: the size, shape and position of its bill, neck, body, wings, tail; the tempo of the bird's wing-beat and the length of its stroke; its pattern of dark and light areas; the position, size, and shape of its wing patches; and its voice.

CANVASBACKS and redheads, two duck species protected from hunters this fall, fly in V-shaped formations. They prefer large bodies of water. In Michigan, their favorite spots include Saginaw and Munising bays, Houghton Lake, Lake Erie, and the Detroit River-Lake St. Clair area. A distinctive feature among canvasbacks is their sloping profile set off by their long, slender necks. Scaup (bluebills) and ring-necked ducks are two species apt to be confused with canvasbacks and redheads. Unlike canvasbacks and redheads, the scaup has a broad white stripe on its wings. The ringneck's smaller size and its ringed bill are major pointers in distinguishing it from a redhead.


NEW IDEA HOME DECORATIONS

Family rooms are wonderful, but often they are a real headache to mother or the housekeeper. The problem is usually storage of toys and the odds and ends that children collect. A solution is a series of cabinets across one end of the room. Doors can be painted different colors, to add attractiveness to the color scheme. A happy thought is to have half doors so smaller children can open them easily and be trained to store their own toys. Upper shelves can be reserved for older children and adults. If there's a handyman in the family, this could be a home project to keep down costs.



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Home Ec Agent Warns Against 'Over-Nutrition'

"Too much" nutrition? It's possible, especially if you go in for buying vitamin and mineral supplements instead of relying on a wise diet for your daily nutrients, says Mary Hardy, home economics extension agent in Oakland County. She explains that some nutritionists are using the term "over-nutrition" to describe cases where people get too much of a vitamin or mineral. "Overnutrition" might also apply to excess intake of calories.

She reminds us that Roberta Hershey, Michigan State University nutritionist, has warned us against the use of supplements.

"TODAY," Miss Hershey says "all reliable authorities agree that supplemental vitamins and minerals are not needed by persons who are able to eat well-chosen, every-day meals. In fact, there is some evidence that too much of some of the vitamins and perhaps of few minerals is injurious.

"Scientific studies," she says, "are showing that too much vitamin D can interfere with growth and appetite in young children. Vitamin D is important to help in the formation of bones and teeth, but 400 units daily is usually enough."

"Leave the prescribing of food concentrates and capsules to your physician," she adds.

To protect yourself against "overnutrition," Mrs. Hardy suggests, follow a diet containing sufficient amounts of the key foods groups. These are dairy foods; meats, fish and eggs; vegetables and fruits; and breads and cereals.

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