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HOMEMAKERS' CHAT

Monday, July 15, 1940.

Subject: "VACATION HELPS FROM UNCLE SAM." Information from press release and various bureaus.

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From the mother's standpoint, an ideal vacation must provide change, recreation, and out-door life for all the family. She wants a vacation in some place not too hard to reach and not too costly for the family budget. Also most women would like a brief let-up from the routine of housekeeping. So for many a family, the first vacation thoughts are immediately linked with camping in one of the National Forests. If there is no forest within fairly short driving distance some other woodland may do, but the fundamental idea is the same.

Last year some 32 million people visited the National Forests, either for short one-day stays or picnics or for full vacations. They came by auto, by bus, on horseback and on foot, and found roads and trails to take them to remote corners of the forests, to high places, forest lakes and streams.

If you and your family would like to try the same kind of a vacation, write to the Forest Service at Washington, D.C. for its free circular called "The National Forests and Field Offices." This contains a map of the United States showing the location of all the forests, their names, and the headquarters of the regional forest officer from whom you can get detailed local information about any individual forest. Free camp areas are established in all The National Forests, and you and your family may use them as long as you please. Moreover, these camp sites have fireplaces, tables, benches, safe drinking water, and other conveniences. Many of them provide space for tents and trailers.

You can get an illustrated booklet on "Forest Outings", but unfortunately it isn't free. To get it you have to send 75 cents to the Superintendent of

Documents at Washington. This publication gives you the "feel" of the forests, and suggests what to do and what to expect in different regions.

But whether or not you intend to go camping for your vacation, undoubtedly your holiday will include as much outdoor life as possible. And that brings up the likelihood of certain discomforts from plants and insect pests. Better start on your vacation armed with some information on these possible annoyances.

For example, poison ivy and poison sumac are widely distributed, and you will want to know how to identify and avoid them. I understand that the free supply of Farmers' Bulletin, 1166, which deals with both plants, is temporarily exhausted. But you can get a copy by sending 5 cents to the Superintendent of Documents. Don't send stamps. Fasten a coin to a card with adhesive tape or put it in a small envelope with your letter.

Our pleasure in outdoor life is sometimes lessened because of insects. As far as mosquitoes, flies, and buffalo gnats are concerned, fly sprays and bed nets provide some protection. Oil of citronella will keep mosquitoes off to some extent, but is not a sure repellent. Stay away from wasps, if you can.

If you know that chiggers abound in a camping area, you can provide yourself with a leaflet which tells about dealing with these pests before and after encountering them. The number is E-281, and you get it from the Bureau of Entomology and Plant Quarantine, in the U. S. Department of Agriculture.

Perhaps the most dangerous insect found in the woods is the dog tick or wood tick. This insect is found in the central and eastern states as well as in the West, and sometimes it causes Rocky Mountain spotted fever, and also rabbit fever, or tularemia. So while you are writing to the Bureau of Entomology and Plant Quarantine, ask for the circular, No. E-454, that tells how to avoid bites and infection from ticks.

Another circular this bureau will send on request deals with the "black

widow" spider. Entomologists say that the widespread fear of the black widow spider is not justified, for very few deaths have been traced to it, and it is not aggressive. However, in case you want to include some information about it in your vacation literature, the number of the circular is E-345. It will show you how to identify the "black widow", and, if necessary, how to give first aid.

One more insect that may bother you- the flea. There's a U. S. Department of Agriculture leaflet, No. 152, telling how to control fleas.

And now for something a little more pleasant than plant and insect pests. While you are in camp you will undoubtedly prepare meals of some sort. I've just received a copy of a mimeographed leaflet from the Forest Service entitled "Cooking over the Camp Fire." You'd do well to send right away for this leaflet, because it lists the best foods to take on a camping trip and gives recipes for easy ways to cook them out of doors. The Forest Service suggests that campers learn how to cook staple foods in a variety of ways, rather than carry many kinds of foods.

Shall I check over the publications I have mentioned? "National Forests and Field Offices," free, from the Forest Service. "Forest Outings", cost 75 cents, from the Superintendent of Documents. Farmers' Bulletin 1166, "Poison Ivy and Poison Sumac," cost 5 cents, also from the Superintendent of Documents. Free leaflets on chiggers, ticks, and black widow spiders from the Bureau of Entomology and Plant Quarantine. Leaflet 152, on "Fleas", from the U. S. Department of Agriculture. And Cooking over the Camp Fire, from the Forest Service.

