

Society and Clubs

By BETTY ALLEN

NOTICE

Social items submitted by telephone for the society page must be turned in before 12 o'clock Monday through Thursday and by 10 a. m. Friday at which time the social calendar and Saturday's society page are closed weekly.

SHOWER HONORS MRS. JAY SHINN AT OHMAN HOME

Mrs. Jay Shinn was honored at a pink and blue shower at the home of Mrs. Ralph Ohman Wednesday evening with Mrs. Ohman, Mrs. Carl Wasson, Mrs. Pete Rudolf and Mrs. Jack Truitt as hostesses.

Bridge and pinochle were at play with prizes being awarded Mrs. Dick DeBernardi, Mrs. Don Forbes, Mrs. Ladd Marcell, Mrs. Paul Casey, Mrs. Lois Crocker and Mrs. Bob Harris.

PITTIMS HONOR SMITH FAMILY

Mr. and Mrs. L. W. Pittam and family were dinner guests at the home of Mr. and Mrs. M. C. Smith in Cloverdale Park Wednesday, Oct. 5. Visiting was enjoyed during the evening hours.

DINNER PLANS COMPLETE FOR BPWC CONFERENCE

Plans were completed for a dinner to be given Business and Professional Women of Southern Oregon, who will attend the southwest district conference in Yoncalla, Oct. 16, at the meeting of the Rice Valley Home Economics club Tuesday afternoon at the hall.

Dessert luncheon was served by the hostesses, Mrs. Eugene Turner and Mrs. Opal Taylor to Mrs. Charles Ward, Mrs. Harry Dunbar, Mrs. Glen Walker, Mrs. J. G. Wales, Mrs. William Castor, Mrs. Herman Schosso, Mrs. James Kidwell, Mrs. LeRoy Churchill, Mrs. Al Fonken, Mrs. Cecil Hartford, Mrs. Ralph Emerson, Mrs. Frank Churchill, Mrs. James Shepherd and Mrs. Emmett Churchill.

FAMILY REUNION HELD AT SMITH HOME NEAR MELROSE

Mr. and Mrs. L. W. Smith of Callahan trail district, Melrose, held a family reunion for the Drake family, of which Mrs. Smith is a member, at their home recently. This is the first time in ten years that the family has been together.

Enjoying the reunion were Mr. and Mrs. Clyde Drake of Los Angeles, Calif., and their nephew, Jimmie Warren, Albert Drake of Wendover, Utah; Mr. and Mrs. Fred Linec of Yakima, Wash., Mr. and Mrs. Russell Drake of Coulee City, Wash. One brother, Millard Drake and his wife were unable to attend.

EXTENSION UNIT TO BEGIN FALL PROGRAM FRIDAY

Rice Valley Home Extension unit will hold a no-hostess meeting Friday, Oct. 14 from 10 a. m. until 3 p. m. at the Rice Valley Community hall. The lesson will be "Streamlined Home Sewing." Mrs. Corrine McTaggart, Douglas county home extension agent, urges all ladies in the community to join the unit and take advantage of the program being offered during the winter months.

NURSES ASSOCIATION PLANS TUESDAY MEETING

District No. 11, Oregon State Nurses association meets at the nurses quarters of the Veterans hospital Tuesday evening, Oct. 11 at 7:30 o'clock. This will be "silver anniversary" night, honoring those who have been nursing 25 years. A special program and music have been arranged and refreshments will be served. All graduate nurses are urged to attend.

CAMP FIRE GROUP ELECTS NEW OFFICERS

Nawadah Camp Fire group elected officers when they met at the home of their guardian, Mrs. Virginia Russell last Tuesday. Several projects were discussed including a bulb sale which was held the end of the week.

DINNER GIVEN COUPLE TO OBSERVE EIGHTH

Mr. and Mrs. L. W. Pittam honored Mr. and Mrs. Montey Glover at a dinner at their home the evening of Oct. 4. The affair celebrated the eighth wedding anniversary of the Grovers. Enjoying the evening were the Pittams and Grovers and their children.

Liquor, Car Defects Contribute To Fatal Crashes

Defects of drivers and vehicles, including drinking, contributed to a high percentage of Oregon's fatal traffic accidents in the first half of 1949, Secretary of State Newberry reported.

MRS. ALLEN HONORED BY FRIENDS ON HER 84TH BIRTHDAY

Mrs. Clara Allen was surprised at her home Wednesday afternoon at Rice Valley when her neighbors called to celebrate her 84th birthday.

hazardous winter driving, and to avoid driving when drinking or fatigued.

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Americans' Menus More Healthful Than They Were Twenty Years Ago

By DOUGLAS LARSEN
NEA Staff Correspondent

WASHINGTON—(NEA)—Americans are learning what to eat. The most comprehensive study ever made of the eating habits of the American people has just been released by the Department of Agriculture. For the first time it reveals all of the details of U. S. diet trends since 1909.

Expert nutritionists who helped prepare the report agreed that today's average American menu is far more balanced and healthful than it was 20 years ago. Advertising and public health campaigns for years have been trying to educate the people to this end.

There has been a steady shift away from the foods that make you fat to the foods that give you more energy and supply more of the important vitamins. In 20 years the average person has reduced his potato eating 63 per cent. During that same period his consumption of canned fruit juices has jumped 453 per cent. That phenomenal increase is the biggest single change that has occurred in the American diet.

From the standpoint of health, the experts say that increases in the consumption of dairy products, all fruits, and vegetables are the most significant changes. The eating of dairy products, exclusive of butter, has gone up approximately 40 per cent. For vegetables the rise was 40 per cent, and for all fruits, 41 per cent.

Less Wheat Foods Eaten
The relative increases are only slightly minimized by the fact that the average American's intake of all fruits has gone up about 12 per cent. The big increases in consumption of dairy products, fruits and vegetables means that these items have become a much bigger fraction of the American diet than potatoes and wheat products, the latter having dropped 6 per cent in relative popularity during the past 20 years.

The diet experts point out that there are important food elements in wheat products which are essential to life. But in the past there was a tendency to make them too big a fraction of the diet. The trend away from that large quantity which used to be eaten is considered good because it has been in the direction of a more balanced diet.

Today the average person eats about 1581 pounds of food per year, according to the report. Here it is broken down according to major food groups:

At the top are dairy products

with 431 pounds as the average yearly quantity consumed per person. Next most popular group is 348 pounds of leafy yellow and green vegetables, other vegetables except potatoes, and fruits except citrus fruits and tomatoes.

Corn Bread Use Drops
Third on the list are 171 pounds of grain products including those made from wheat, corn, rye, barley and rice. Then next in order: 158 pounds of meat, poultry and fish; 115 pounds of potatoes and sweet potatoes; 106 pounds of sugar and syrups; 105 pounds of citrus fruit and tomatoes; 65 pounds of fats, oils and butter; 7 pounds of eggs; 19 pounds of coffee, tea and cocoa; and 16 pounds of dry beans, peas, nuts and soya products. They add up to the total of 1581 pounds.

In 1909 grain products were the second most popular foods after dairy products. Since 1909 potatoes dropped from fourth to fifth place, switching places with meat, fish and poultry.

Within the major groups there have also been some interesting shifts. Corn bread used to be a popular food down south and with the lower income groups to the north. Average per capita consumption dropped from 52.1 pounds to 14.5 pounds. Hominy grits which are eaten almost exclusively in the south have dropped from an average per person consumption of 4.5 pounds per person to 2 pounds.

The report is of greatest interest to all persons connected with the food business.

Tele-fun by Warren Goodrich



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The answers to everyday insurance problems
By KEN BAILEY

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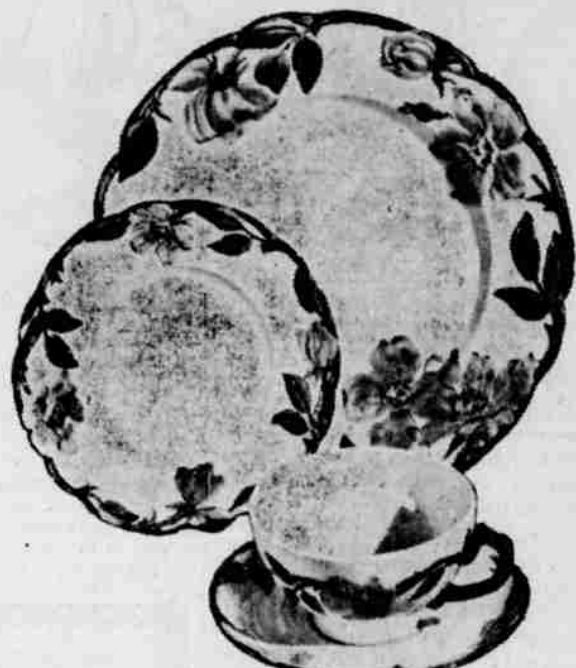
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