

**Food Suggestions
For Older Folks
Outlined By OSU**

Older folks can add more life to their years and perhaps years to their lives by following good eating hints from Oregon State University nutritionists.

In 1900, 48 was considered the average life span for adults. Today, 70 is an overall average. And those who reach 70 have prospects of living another 12 years.

Following a basic food pattern all through life plus daily exercise of some kind contributes greatly to vibrant living, say home economists. Here are some of their suggestions for older folks:

1. Forget birthdays and enjoy good eating by regular use of foods selected from basic food groups—meat, fish, poultry, milk cereals and breads, vegetables and fruits. The many vitamins now known to be essential in human nutrition are available through the generous supply of foods on grocery store shelves. Are vitamin pills necessary? Only if advised by your doctor.

2. After you reach 40, your metabolism will likely slow down, even though you remain as active as always. Although you need less food, you still need all the nutrients food provides, advise specialists, so cut down on calorie-rich foods that supply energy but not special vitamins. Desserts (especially those that contain fat and sugar), carbonated drinks and sweet rolls fall in this class.

3. If you live by yourself, how can you make foods taste and look good? Buy small amounts. They may cost more but they stay fresh for the length of time it takes to eat them. Use many of the dried, frozen and canned foods. Nonfat dry milk stores well for months on the pantry shelf and can be mixed a glass at a time. A loaf of bread goes a long ways if you freeze half and use the rest fresh. Storing bread in the refrigerator retards mold but hastens staling.

Take time to prepare something that looks good and it'll taste better, they advise. Put a small bouquet of flowers on the table, use some of the nice dishes you save for "good," and invite a friend into eat.

4. If you need to watch your weight, go easy on high-calorie foods. Generally, those foods that are greasy, heavy for their size, sweet and gooey, carry the most calories. Substitute low fat toppings (made from nonfat milk) for whipping cream, lemon juice for mayonnaise, and a little grated cheese for rich gravies.

By just cutting down on the amount of fats, you can reduce your calorie intake quite easily. All foods contain calories but fat foods carry 9 calories per gram compared to 4 calories per gram for protein and carbohydrates.

5. If chewing is difficult, cube chop or grind some foods. Think twice before you invest a large sum of money in a blender or juicer. You can't put any more food value into a food than was originally there.

In other words, vegetable juices are not anymore nutritious than the fresh vegetables. Cook vegetables until just tender in about 1/2 cup of water. See that greens are kept in the refrigerator in plastic bags and used while still crisp and fresh.

6. Walking is a good cheap tonic even in the rain. It keeps circulation in the coronary muscles and heart strong and in many areas.

7. Be reasonable when dealing with fats. No conclusive evidence exists at present that there need to be drastic changes in the diet unless under doctor's orders. Studies have shown that Americans eat too much of all kinds of fats and they could cut considerably on total amount eaten.

Since food plays such a vital part in our lives, you can never "retire" from the responsibility of eating kinds and amounts you need, home economists stress.

**Eighth Graders Enjoy
Progressive Dinner**

The eighth grade class of Moro Grade School had a progressive dinner on Saturday evening May 18, 1963 beginning at 5:30 they left the school by bus going to the Ronald Powell ranch for cocktails, then to the Glen Virtue residence for salad, then to the Masonic lodge dining room for the main course, prepared by Dorothy Heater and served by Mesdames Helgeson, Bayer, Shipley, and Decker, mothers of the students.

Dessert was served at the Curlic DeMoss residence. The class then proceeded to Wasco for a graduation dance where all 7th and 8th grade students of the county had been invited.

For Quick Results, Use a Journal Want Ad—JO 5-3515.

Congratulations

Sherman High School Class of '63



(Not Pictured: Timothy Allen and Gary Woodrow Netcher)

Sharon Diane Austin
Velma Jane Baker
Byron Eugene Bayer
Kenneth Earl Briar
* Jacqueline Ann Bucholtz

Barbara Ann Byars
Mary Hockett Cyphers
Terry LaVern Decker
William Patrick Doolin
Mona Faye Eakin
* Rosalee Eslinger

Connie E. Faria
Virgil Leonard Fields
Cheryl Louise Gentry
Jane Ardyce Helgeson
Linda Lee Helyer
Nancy Lee Hicks

Kathleen Ina Higby
Noel G. Hockman
* Carol Jean Hoye
* Alice Neale Kaseberg
Jack D. Kellogg
Ginger Dale Laughlin

Karen Marie Macnab
* Nancy Kay McKean
* John Robert McMurtrey
Douglas C. Medler
Patricia Jeanne Miller
Juanita Kay Morchouse

Robert Carl Parker
Karen Elaine Powell
Floyd William Rathbun
Katherine Jane Reckman
G. Douglas Reid
Dean S. Rich

* William Arthur Smith
Mary Ann Thompson
* Virginia Fay Todd
* Karen Takako Tsubota
Arlyn L. Van Gilder
Billie Rae Wade

* Members of National Honor Society

We Join In Extending Sincere Congratulations to the 43 Graduates of Sherman High---

Sherman Super Market, Moro
Cushman Equipment Co., Moro
Robie's Motel, Moro
Dale's Richfield Service, Moro
Sherman County Journal, Moro
Hotel Moro - Edna Jewel
Muller Farm Equipment, Moro
Douma's Grocery, Moro
Roy and Lillian Rayon, Moro
Beefo's - George & Linda Reed, Moro

Flatt Truck Line, Moro
Moro Grain Growers, Moro
Sherman County Title Co., Moro
Eslinger Equip. & Supply Co. Grass Valley
Duniap Chevron Service, Grass Valley
C & C Food Store, Grass Valley
Grass Valley Grain Growers, Grass Valley
97 Cafe - Jack & Hazel Adams, Grass Valley
Valley Refrigeration, The Bowdens, G. V.
Moro Beauty Shop, Sandy Hurn

Andy's Radio and TV, Moro
Wasco Barber Shop, James Holts
Wasco Union Service, M. H. Burnett
Chuck's Chevron Service, Wasco
Wasco Equipment Co., Ray & Norma Shafer
Wasco Pharmacy, The Bidgoods
Wasco Market The Hastings
Wasco Tavern, Pinky & Bill
McMillin Tavern, Wasco
Pacific Power & Light Co.