

# SIMPLE DIET BEST FOR OLDER FOLKS

## SAY S. E. BUREAU

Age Marked by Infirmities, Not Years, so Far As Food Requirements Go—Activities Also Big Factor

"What is the right kind of food for old people?" This is a question that comes many times to the Bureau of Home Economics in the U. S. Department of Agriculture. Housewives ask it because of the elders in their families. Institution managers ask it. "Old" people themselves ask it.

But what do we mean by "old" people? The answer depends upon that, says the bureau. Nobody needs a special diet merely because he has lived a certain number of years. Some people at 80 are actually younger, physically, than others at 60 or even at 40. People who are really old are those whose bodies are no longer so strong or active as they were, people who with their years have become worn, infirm, disabled or sick. For people in middle life or later who are merely not so active as they were the answer may be different.

**Inactive Need Less**

People who are really, physiologically old, unless they are on a special diet prescribed by a doctor, should have meals planned with reference to the general slowing down of their internal processes, and also to meet any difficulties they may have in chewing or digesting. Because they are inactive, such people need less food, particularly less of the high-calorie foods than active people need. They probably need only half or two-thirds as many calories as they require in their most active years. Their food should be simple, simply prepared, easily digested and well-balanced—that is, it should include all the different classes of food that everybody needs. The chief problem is to provide the necessary variety of foods, with texture and form suitable to elderly people.

**Use Fruit Juices**

Use fruit juices rather than fruit itself; stewed fruits rather than raw ones. Citrus fruits, however—orange and grapefruit—may be used raw.

Milk, soups, purees and broths are good. Milk, in fact, is very important in this kind of diet, because it contains so many food values, and is easily digested. Milk fat and milk protein, especially, are more easily digested than any other fat or protein.

For protein foods, broiled ground beef, chicken, lamb, flaked fish, oysters, soft-cooked eggs, cottage cheese, cheese soufflé or cheese fondue, and the cheddar cheese is finely divided and mixed with other foods that are readily digested. One average serving of protein food per day is usually enough.

Vegetables are a more difficult question. With their texture in mind, the bureau recommends potatoes and sweet potatoes, baked, boiled or mashed; fresh snap beans, fresh lima and fresh peas, preferably sliced; spinach, finely chopped; cauliflower; squash (no seeds); carrots, cooked or grated raw; corn pudding if the corn is scraped and no skin of the grains included. Tomato juice rather than tomatoes unless the seeds and skins are strained out.

**Chop Hard Vegetables**

Vegetables that are hard to masticate, such as cabbage, turnip tops, collards, and stalks of celery, should be chopped fine. Older people also find grains of corn are hard to digest, whether on or off the cob, cooked or canned.

For desserts, use custards, rice puddings, junket, gelatin, stewed, canned or baked fruit, but not pastry or rich cakes. Cream and sugar or top milk and sugar are allowable with puddings, however. Ice cream is good, and simple candies sometimes, unless they cause obvious trouble.

As for breads, all kinds are allowable unless they cause discomfort, as may happen if they are not well chewed. Toast and sweetbreads are good because the starch is partly changed to dextrin, which is easier to digest than starch.

Coffee, tea, malted milk, and cocoa are allowable and usually very welcome. Coffee and tea with sugar and cream or milk is desired.

Rich gravies and sauces put too much of a burden on a weak digestive system, and high seasonings and condiments of all sorts are too irritating.

**Eat Offener and Less**

A good rule for comfort in the declining years is to eat offener, and eat less at a time. A glass of milk and a cracker or wafer early in the morning—a cup of tea or coffee or broth in the afternoon, and hot milk at bedtime. These in addition to three meals, help to keep up the energy during the day and make for better sleep at night.

There are suggestions for people whose years have brought some degree of infirmity. There is another class of people whose diet needs adjusting with their years, though maybe not because of the years. The need for adjustment may be due, rather, to their habits. These are the people of middle life or later who use less physical energy than they once did, but who keep on eating just as much energy-giving food.

**Women Require Less**

The man of ordinary weight and activity in his best years needs foods that will supply probably 3000 to 3500 calories a day. The inactive active woman needs on an average 2500 to 3000 calories. But that same man or woman, when less active, does not use as many calories as before. Surplus calories in the food in such cases are likely to go to fat, and so we see many people in their "forties" and "fifties" and "sixties" beginning to take on weight.

## Girls Enroll for Dance Contest



Jean Arthur, popular movie star, is shown dancing the fascinating "Hollywood Tango" with Gene LaVerne, famous dance instructor, now in this city.

Jean Parker, popular M-G-M star, is showing dancing the fascinating "Dance of the Stars" with Gene LaVerne, famous dance instructor who created this new ballroom dance.

Entries for the Mail Tribune and Craterian theater's first instruction and dance contest to be held at the Craterian September 8, 9 and 10, are already being left at the box office of the theater.

Those who wish to enter the contest and receive the free lessons from Gene LaVerne, famous instructor to the Hollywood stars, are urged to register their names names now.

A first prize of \$25 will be awarded the girl who proves herself LaVerne's best partner, in the audiences' opinion.

When the children of the Jackson school return to their studies in a few weeks, they will find an entirely new decoration scheme in their lunch room, murals done through the summer by Alice English, Medford artist, in order to bring a little more color into the students' daily lives.

Three walls of the basement room are decorated with an attractive lake scene, showing clever coloring in the water, with turtles and cat-tails along the bank. Different kinds of Oregon waterfowl are shown on the water or flying above, and mountains rise on the far side of the lake.

On the fourth wall are shown various western snow-peaked mountains, including Mt. McLoughlin, Mt. Balner and Mt. Hood, each set in a separate panel.

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**Adjutant Indicted**

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## Southwestern Oregon Development Projects Call State Officials

### Governor, Forestry Officials Will Meet With Curry Co. Heads to Map Recreational Program

GRANTS PASS, Aug. 29.—(Sp.)—State officials will be concentrated in southwestern Oregon this week end, interested in two major development projects—one by private initiative and one under county, state and federal control.

Gold Beach and Port Orford, two historic communities and lone settlements in Oregon's last primeval frontier, will be the scenes. The actors will be Governor Charles H. Martin, the state and Curry county planning board, and federal forestry officials at Gold Beach, who plan to keep an "eyes-on" program at Port Orford they will be Gilbert E. Gable, president of six companies with an ambitious program of industrial expansion, the governor, and other state officials—strangely planning industrial development of the primeval empire.

Curry is the only county in the United States without an incorporated city.

Cape Glancio is claimed to be the farthest western limit of continental United States (exclusive of Alaska).

On the Rogue river is the watershed district in Oregon. Until this month no wheeled vehicle ever traveled under its own power as far as Agnes, on the lower road, although roads have been envisioned since the military established Port Orford in 1841.

The governor and the planning board will meet Saturday morning at Gold Beach to devise some plan for keeping the lower Rogue recreational area forever a primeval territory save for the many tourists and sportsmen who may be drawn there. The district expands for miles on each side of the Rogue river, from the Grants Pass and is known the world over for its fine fishing and for its scenery. The U. S. forestry service already has designated the district as the lower river recreation area and Siskiyou national forest headquarters at Grants Pass are striving to maintain the forest as a stream for best advantage of tourists from Oregon and other states.

**Seek Angling Sites**

With the expectation that thousands more of tourists will travel north along the Coast highway, Gold Beach and the whole county is seeking some means of providing angling sites.

One company, the Macley estate, owns miles on miles of the Rogue river banks, and it is feared that if a transfer of title should be made the new owner might charge tolls to reach the river.

The planning board may devise some way for creation of state parks at suitable intervals so that this condition may never recur.

On the other hand, at Port Orford, a start has already been made toward creation of a new mid-Pacific industrial center. The ambitious program lined out by six companies headed by Gilbert E. Gable, includes a new wharf and breakerwater, lumber mill, mine development of the interior, trans-Pacific and coastal shipping, and eventually a railroad along the Rogue river to Leland, a few miles north of Grants Pass.

**Dock Partly Done**

Port Orford will celebrate completion of part of that program in a few short months on Labor day. The governor and other officials will attend immediately following the Gold Beach meeting.

Already completed is the administration building, blasting of Graveyard Point into the ocean to form a breakwater and dock, erection of a sawmill, and construction of 210 feet of the dock. Progress has been made on the rest of the program.

The first ship ever to use the new farthest western wharf will be loaded Labor day with 1,500,000 feet of lumber. Port Orford will celebrate its progress which has already led the community to dream of incorporation.

**Celebration Arranged**

In the evening a "wedding" will be celebrated at the base of the new dock, symbolizing the union of sea and land with all the showmanship which has marked the project from the time a key pressed in New York City set off the first blast for the dock. "Neptune" will approach from the sea on an elaborately decorated fishing ship and wows and wins "Daphne" goddess of earth, with proper symbolism.

Picnics are planned which will illumine a message sent to the builders by President Roosevelt. "The recovery from economic doldrums and the return of prosperous conditions must depend in large part on initiative of private industry."

One important part of the Port Orford program is the Gold Coast

railroad, which has made application to the interstate commerce commission for permit to build to a junction with the Southern Pacific a few miles north of here. It is expected that freight savings would be made for Roseburg, Klamath Falls, Ashland and Medford as well as Grants Pass, which will be the official terminal.

A special examiner advised rejection of the application on grounds that demand is insufficient, but on request of Senator McNary a new hearing will be held with representation of "demand" made for the first time in full.

Although the railroad would tap the fertile Rogue River valley and draw freight from the Umpqua valley and Klamath basin as well, its main tonnage would come from known deposits of minerals such as chrome and from lumber.

Side By Side  
The locomotive would shrill its way

## Bantam Hurries Job of Hatching Her First Brood

Here, on the 29th day of August, is an April fool joke of some kind or other. On April 1 a bantam chick was born at the Jim Murray chicken coop. A few weeks ago the chick, now grown into a fine young bantam hen, took up her henly duties with a serious mien, and started to lay eggs as all good bantam hens should do.

She laid one on Friday, August 3. This she surveyed with pride, walked around a few times, and on the next day calmly repeated the performance. And so it went for 10 more days—an egg a day, until there was a round dozen. Then, just a week ago, she moved in on the eggs, and started raising a family.

If Jim's arithmetic is correct, and he is noted for scrupulous arithmetic, it won't be long before the cycle is completed, and more little chicks will be peeping about the Murray yard. The name of the story, of course, is "From Egg to Egg in 180 Days."

through the area which the planning board is striving to keep primitive. Axes would fell only those trees outside the recreation area. And visitors to the lower Rogue river district—the newest scene of government experiments—could see industry and playground side by side.

Use Mail Tribune want ads.

## THREE ABOARD BUS SWEEPED TO DEATH BY ARIZONA CLOUDBURST

DRAGON, Ariz., Aug. 29.—(AP)—An eight-foot wall of water, caused by a cloudburst, took the lives of three persons and was believed to have swept two others to their deaths when it struck a Golden Eagle bus waiting for water to recede in a railroad underpass near here late last night.

The bodies of the victims, a woman about 25 years old, a nine-year old girl and an elderly man, the latter believed to be N. Sevin of Chicago, were brought here.

R. M. Rottman, a mortician, said there was nothing to identify the woman and girl.

Rottman said the bus had stopped on comparatively high ground to wait for the swirling waters to allow the underpass to lower sufficiently to allow it to proceed.

Suddenly the occupants of the bus saw the flood, 1 1/2 miles in width, surging down upon them. Terror-stricken they began to rush to safety. The bus was turned over twice and half buried in the water and debris.

KEYS and expert lock repairing Medford Cycles, 23 N. Fir St. 261

## HOG OWNER FACES HEARING TODAY

David I. Wilson of the Willow Springs district, charged in a complaint signed by John Thomas, with permitting hogs to run at large in a herd district, will be given a hearing before a jury in justice court this afternoon. Wilson will be represented by Attorney Gus Newberry.

Wilson was a defendant about a year ago in a similar complaint. He was acquitted by a justice court jury on the grounds that no herd district existed in the Willow Springs section. The verdict held that the district was abolished by a county-wide vote on herd districts in 1932.

Last May, the Willow Springs district voted a new herd district.

## GRANGES ARE ASKED TO BRING SANDWICHES

Mrs. Hickson, home economics chairman of the Eagle Point Grange, issued a request today that all Granges coming to the Eagle Point meeting on September 3 bring enough sandwiches and pickles for their individual Grange.

TOPEKA, Kan., Aug. 29.—(UP)—Governor Alf M. Landon and a roomful of newspapermen heard the piercing notes of a callopie at the same time. "That's all boys," Landon said. "Circus is in town and I love a parade."

Use Mail Tribune want ads.

## JACKSON SCHOOL ROOM DECORATED

When the children of the Jackson school return to their studies in a few weeks, they will find an entirely new decoration scheme in their lunch room, murals done through the summer by Alice English, Medford artist, in order to bring a little more color into the students' daily lives.

Three walls of the basement room are decorated with an attractive lake scene, showing clever coloring in the water, with turtles and cat-tails along the bank. Different kinds of Oregon waterfowl are shown on the water or flying above, and mountains rise on the far side of the lake.

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## TRIO CRUSHED BY SUDDEN CAVE-IN OF ROAD TUNNEL

OAKLAND, Cal., Aug. 29.—(AP)—Trapped beneath tons of earth and rock, three men were dead today and three others recovering from injuries received in a cave-in last night in the \$3,702,000 highway tunnel being bored under the Berkeley hills to connect Alameda and Contra Costa counties.

Stephen D. Bechtel, president of six companies, Inc., which has the contract for the tunnel, said bodies of the three trapped men were buried deep under debris in the north portal of the tunnel. A crew of 100 picked men working in short shifts early today was still trying to recover the bodies.

The construction company named as killed: Roy Houchin, 40, Berkeley, survived by a widow and son, Raymond, 7; Howard Davis, 24, of Oakland, survived by a widow and two children, Madeline, 7, and Barbara, 4; Steve Belton, 44, Oakland, single.

The injured: Frank Braithwaite, 43, sprained wrists; Ora W. Matthews, 41, possible leg fracture; Irvin Endicott, 38, lacerations of face and scalp.

The cave-in broke without warning through heavy timbering above the heads of 11 men at work on platform strengthening the wood braces.

One important part of the Port Orford program is the Gold Coast

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Very smart in appearance. Loud and pleasing tone. Chrome finish.

**Do Luxe Gallon Outing Jug**  
98c  
An extra quality gallon jug. Keeps contents hot or cold for a long period.

**6 Volt—13 Plate "Special" Battery**  
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**6 Volt—13 Plate "WASCO" Battery**  
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A Big Value No. 1 Size Battery. Molded one-piece Ebyok case, cedar separators, large, powerful plates.

**Seat Cover SAVINGS**  
98c and UP according to car and make of material.

**LEADER Coupe, Roadster \$ .98**  
4-Door Sedan \$1.98

**DURO, as shown Coupe or Roadster \$1.87 and \$1.95**  
2-Door Sedan or Coach \$3.48 and \$3.90  
4-Door Sedan \$3.67 and \$3.75

**HOLLYWOOD Coupe or Roadster \$2.57**  
2-Door Sedan or Coach \$4.85 to \$5.95  
4-Door Sedan \$4.85 to \$5.20

**"KUSTOM-BILT" covers for all cars including 1935 models—cover all upholstery up to window line. \$4.85 to \$36.**

**Piston Ring Sets \$89c**  
Four oil rings and eight compression rings... for Ford Model "A"... .005 oversize.  
Six oil rings and twelve compression rings for Chevrolet "6"... .005 oversize. \$1.29

**3-in-1 Pocket Screwdriver \$9c**  
Small brass screwdrivers fit in handle of large one.

**Octagon Shape Goggles \$29c**  
Octagon rims, tinted lenses... Adjustable ear pieces.

**Valve Oil and Top Oiler Combination \$89**  
Both For \$89 Cents  
Top Oiler... and a pint bottle of LONG RUN high grade Valve Oil.

**"Pick-Up" Pliers \$12c**  
Long... bent needle-nose, for picking up parts that are hard to reach.

**Out-O-Way Ash Receiver and Wireless Lighter**  
8502  
Handy clamp-on combination. Dependable wireless lighter and ash receiver.

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Large, well made shield with adjustable bracket.

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