

Feeding the Family

By Zola Vincent
Food Editor

Wheel of Fortune Spins Good Health for Lucky Children

The future good health (and fortune) of our Nation depends largely on what our growing boys and girls are eating today. During the growing years, quantity as well as properly balanced variety of foods is essential. Growing children are building new bones, teeth, blood and tissues.

A wise mother frequently takes time to appraise the diet provided for the child or children. Now is a fine time to spin the wheel of good nutrition and review what it reveals.

As to types of food, there are three general classifications which should be combined in the child's daily diet. They are: **Body-Building Foods**

The body-building foods build and repair muscle and tissue. In this class are milk, eggs, meat, fish, cheese, nuts and certain elements in grain foods.

Protective Foods

These are rich in vitamins and minerals that help fortify the body against many diseases and encourage buoyant well-being. Outstanding in this group are milk and dairy products, eggs, fruit, vegetables, whole wheat and vitamin enriched breads. Certain meats, notably liver and kidneys are in this class.

Energy Foods

Last but not least, the "energy" foods since 85 per cent of all we eat is used by the body

for its energy requirements. In this category are bread, cereals, macaroni, rice, cake, cookies and many vegetables. The "fuel" foods are butter and all meat and vegetable fats and oils.

Daily Food Guide
Plan your child's menus to include foods in each of these classes every single day and you'll be giving him the variety of nutrients he requires. The Council on Foods and Nutrition gives us this chart:

Milk. Three to 4 glasses. To drink, combined with other foods in ice cream and cheese.

Vegetables. Two or more servings besides potato. One green or yellow; "greens" often.

Fruits. Two or more servings. Citrus fruit or tomato daily.

Eggs. Three to 5 a week; 1 daily preferred.

Meat, Cheese, Fish, Poultry. One or more servings.

Cereal and Bread. Two or more servings. Whole-grain value or enriched.

Butter or margarine on bread and with other foods.

We are also reminded that Vitamin D is important in the daily diet of growing children. Rich sources are fish liver oils and Vitamin D milk.

Other Foods. To satisfy appetite and complete growth and activity needs, give additional servings of any of the above foods and simple desserts.

Servings. Vary in size with the age of the child. Give small one at first. Let the child ask for more.

Food Binges Not Abnormal

So Junior comes to a food binge. In special clinics such as the Rochester Health Institute, they are making an intensive study of the psychological aspects of infant and child feeding. Through these experiments it has been shown that children, provided with a spread of nutritious foods, made wise choices when they used only their appetite as a guide in making their food selections.

Parents, they have concluded, should respect the wishes of their children in food. They further conclude that there will be changes in tastes and food binges where a certain food or class of foods will be preferred for a period of time. From which we conclude that food binges are natural child phenomena and should be indulged. They'll undoubtedly outgrow the notion; perhaps quickly, unless frustrated.

Parents Advised Not To Make Moral Issue of Child Feeding
Most parents make a moral is-



OLD ADAGE EASY TO PROVE—"As the twig is bent, so the tree will grow" is an old adage that's easy to prove in terms of nutrition; and it's one that mothers will do well to remember.

sue of food, says Dr. Clara Davis of Rochester Health Institute. This is typical, she says, "Johnny, you may have your dessert only after you've eaten your carrots". Food choices, the experts declare, should be automatic.

Some other wrong techniques deplored are these: Urging one more bite when the child is full; offering bribes of one kind or another or special privileges; forcing the child to sit at the table when everyone else has finished; eating to please mother; spoon feeding way beyond the age when he should be feeding himself.

The amount of food a child eats depends on how much exercise and fresh air he has had and how tired he feels. Not all children eat the same amounts nor does a child always eat the same quantity at every meal.

The best guide in overcoming these mistakes is to allow flexibility in the selection of foods and a willingness to consider the child's wishes.

Children Like Variety

The experts agree that the right selection and preparation of food and the atmosphere in which it is offered the child are extremely important factors in promoting good eating habits. Children react favorably to contrasts in color, texture, consistency, flavor and temperature. A very young child prefers lukewarm foods and may be reluctant to eat heavily creamed dishes and food mixtures.

Finger foods like whole pieces of fruits, vegetables, are excellent for toddlers who learn to eat through touch as well as taste.

The commercially packed junior foods along with milk, cereals, orange and tomato juices and cod liver oil, are the real answer to the toddler's diet. They are available in amazing variety: soups, vegetables, meat food products, puddings and fruits. These require only heating and they're ready to serve. They save time, energy, money.

Teen Ager Has Big Appetites

When Junior comes of teen age, he often surprises and even dismays his parents by his enormous appetite. Many a mother complains that he eats more than his Dad, yet is always hungry, that he gets the lion's share at meals and still raids the refrigerator.

Nutritionists of the U. S. Department of Agriculture, however, view this appetite favorably. When his period of rapid growth and development begins they say, a boy needs more calories and also more protein, vitamins and minerals—not only food to fill him up but the right kinds of food.

When Junior asks for seconds or thirds or even more, reconcile yourself to the fact that the extra cost of feeding him well is a good investment in health. This condition is likely to last throughout the teens, so don't say we didn't warn you.

Asparagus Cheese Casserole Certain To Please Family

Serve this with toast points or hot biscuits on the side; or arrange the asparagus on toast points or hot biscuits in the casserole or shallow baking dish.

2 bunches fresh asparagus
1 cup grated American cheese
1 egg
½ cup of top milk
¼ teaspoon salt
Dash pepper

Clean and cook asparagus until just tender. Spread half the asparagus over the bottom of a shallow baking dish. Sprinkle with half the cheese. Add remaining asparagus and sprinkle with rest of cheese. Beat eggs in the milk with salt and pepper. Pour over asparagus and cheese. Bake at 350 degrees for 15 minutes or until "custard" is done.

Plentiful Prunes, Raisins

Plentiful, penny-saving, nutrition-wise prunes and raisins deserve your special interest now. Children love them for eating out of hand. Team prunes and raisins in cakes, cookies, stuffings for pork or poultry, steamed puddings, spiced fruit cake or brown bread. In an up-side down cake, raisins can fill the chinks between the prunes.

Smiths, Area's Population, Theater Seats Tabulated In 1952 County Directory

Medford has 198 Smiths, 3,178 theater seats and a trade area population of 100,000.

These seemingly unrelated facts are among the thousands in the 1952 Polk's Directory of Jackson county, which was distributed here this week.

The directory, published bi-annually by R. L. Polk and company, Seattle, also contains an alphabetical listing of county residents, with their addresses, occupations and telephone numbers, statistical and general reviews of Medford and Ashland, and for the first time in several years, a numerical listing of Medford telephone numbers.

Area, Valuation Told

The statistical review of Medford shows, among other things, that the city has an area of ½ square miles and has a 1951-1952 assessed valuation of \$18,036,815.

There are 25 churches of various denominations in the city, five hotels with a total of 358 rooms and three hospitals with a total of 113 beds. The city has 10 schools and a public library containing 40,000 volumes.

"Medford is generally known as 'The Pear City' and the Gateway to Crater Lake," according to the general review carried in the directory. It was first incorporated as the town of Medford on Feb. 24, 1884, and was reincorporated as the city of Medford on Feb. 7, 1905.

Business Described

There are 11,000 acres of pear trees in the Medford district, 21 fruit packing and exporting firms, six modern cold storage plants and a large modern ice plant, the directory states. It adds that "lumbering is the major industry near Medford as the city is surrounded by 772,000 acres of virgin forests, hav-

Bt. Falls Seniors And 8th Graders Receive Diplomas

Butte Falls — Commencement exercises for Butte Falls schools were held May 23 in the high school gym. Seniors graduating from high school were Beth Abbott, Lee Joffine, and Warren Brown. The senior motto was "Hitch Your Wagon to a Star." Class colors are green and white and the class flower is white rose.

Eighth graders graduating were Vernon Arnold, James Capello, Patricia Irwin, Frances Seals, Dale Ray Smith, Jimmie Lee Burg, Terry Edmondson, Mickie McConachie, Eleanor Sheppard, Kenneth Webber, Mary Ann Wright. Instructors were Leslie Horn, Mrs. Eugena Edwards, Mr. Ward Sybouts, Mr. Ralph Holbrook and Mrs. Tinnye Murry.

The commencement program included: processional, Barbara Ellis; invocation, John Fuiten; girls glee club; valedictorian, Beth Abbott; salutatorian, Warren Brown; presentation of awards, Mr. Leslie L. Hain; girls glee club; address, Dr. Elmo Stevenson; presentation of class of "52", Mr. Leslie Horn; presentation of awards, Mrs. Robert Beeman; benediction, Mr. Arthur Jackson; recessional, Miss Barbara Ellis.

Highlight of the evening was when Mr. Fuiten read a letter from higher school officials declaring Butte Falls school a standard school.

Residents of the community expressed their appreciation to the school board for their work in acquiring this long awaited honor for the school. Members of the board are Mrs. Robert Beeman, Charley Jenkins and Albert Hartlerode. John Fuiten is clerk.



CLYDE BEATTY
Circus Founder Coming

Two Performances Slated June 10th By Beatty Circus

The Clyde Beatty circus will give two performances, at 3 and 8 p.m., at the fairgrounds south of Medford on Tuesday, June 10. It was announced today by an advance publicity man for the show.

The circus will appear here under the local sponsorship of the Medford Lions club, he said. Beatty is both the owner and the star of the circus, and will appear in his famous wild-animal training act during the performance. In support of him will be a group of internationally known circus performers, acrobats, wire and trapeze artists and a host of clowns.

Big Menagerie

The "Noah's Ark" menagerie carried by the circus is one of the largest in the country, and the circus itself is said to be the second largest in the nation. Four ensemble numbers will provide exciting and colorful spectacles, the advance publicity said, including "dancing girl" along with the largest trained elephants in the world and sensational and exotic aerial ballets.

Former Central Point Man Killed in France

Cpl. William T. Garret, Springfield, a former resident of Central Point, was killed in an automobile accident in France, according to word received here from his brother, Milton.

The corporal, known as Bill here, attended schools in Central Point, along with his brother Milton and his sister, now Mrs. Charles Russell, in the mid-1940s. Other survivors are his mother and another sister, Mrs. Earl Downe.

Corporal Garret was serving with the 547th airborne company at the time of his death May 12.

Dead line on Classified Ads: 5:30 p.m. for following day; 10 a.m. Monday; noon Saturday for Sunday ads.

Dr. George Ruhle, Park Naturalist, To Be Transferred

Dr. George C. Ruhle, naturalist for Crater Lake National park and Oregon Caves National monument since 1941 except for four years in the Navy, will be transferred to Hawaii to serve as a naturalist there for the National Park service. His term is set tentatively for two years. He will soon leave Medford for Washington, D. C., to attend a national convention of the Sigma Chi fraternity of which he is a member. He expects to embark for Hawaii about July 4.

Maintaining Home
Dr. Ruhle has been active in the Navy reserve, Hi-Y and YMCA work while here. He also is a member of the University club and the Rogue Valley Country club. Being fond of the Rogue valley Dr. Ruhle is maintaining his home here at 50 Black Oak drive and plans to return here at the close of his service.

Though eligible for retirement, he is continuing to work and plans to undertake special research work in natural history with Pacific Science, a part of the National Research council. Dr. Ruhle previously has done work on the islands and was there to gather background materials used in an exhibit at the Chicago World fair.

Surveyed Caves

While stationed here, he and Dr. William S. Baker of the University of Idaho department of botany, made a botanical survey of the Oregon caves. One of his final projects was to arrange a new set of exhibits as a part of the display at Sinoet Memorial at the park to celebrate the 50th anniversary of the organization of Crater Lake National park on May 22.

The naturalist will be succeeded here by Harry C. Parker, now associate naturalist at Yosemite National park. He, his wife and two children should arrive here about June 8 and will go directly to the lake, Dr. Ruhle said.

CALF COMES BIG

Laurel, Miss. — (U.P.) — A calf weighing 162½ pounds at birth, believed to be a record, was born on the J. D. Blakeney farm near here. The highest recorded world record is 115 pounds.

Plan for Traffic Control in Event Of Disaster Told

Salem — (U.P.) — The Oregon Civil Defense agency has outlined a plan for controlling the movement of traffic in the event of a large-scale disaster.

The plan is based on the belief that any enemy attack in Oregon would occur in the Portland area, according to State Civil Defense Director Jack Hayes. He said, however, the plan was flexible and can be adopted elsewhere if necessary. Highway Use Limited

Only emergency vehicles would use the principal state highways while evacuation vehicles would use secondary roads and some routes would be set aside for the military only.

Hayes said the plan called for police control points to keep motorists from jamming high-priority roads. In case of any emergency, the public would be asked to stay home for the first 24-hour period following a disaster.

Routes To Be Kept Open
The major concern, in the event of an emergency, would be to keep routes open so that help can reach the scene of a disaster.

Police and army officials, along with Civil Defense agency, helped formulate the plan.

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