

Value of Iron in Diet Explained By Nutrition Foundation; Needed Daily

Iron-rich foods each day help to avoid fatigue, weakness, and nervousness... early symptoms of the anemia that results when diets are deficient in iron, according to the Nutrition Foundation. Our thirty trillion red blood cells need iron for their hemoglobin, a key substance which enables the red cells to carry oxygen throughout the body.

Since little iron is stored, it is essential to have a steady supply of iron-rich foods, the Foundation warns. Also, the ability of the body to absorb the iron from foods depends to some extent on the quality of the diet as a whole. For example, in reports of the way the body uses its iron supply, reviewed in the October 1955 issue of Nutrition Reviews, it is shown that iron is absorbed better when liver, vegetables, yeast, or enriched bread are included in the diet. Citrus fruits or other sources of vitamin C also enhance iron absorption.

Topping the list of iron-rich foods are the various types of liver. One serving will provide more than 12 milligrams of iron usually recommended per day. Oysters, scallops, clams, lean meats, sweetbreads, and liverwurst are good sources of iron, as are dried fruits, loganberries, avocados, eggs, dried beans and peas, whole grain and enriched breads and cereals, potatoes, green vegetables, sauerkraut, escarole, mustard and other leafy greens.

Combine these high iron foods with other protective foods in the following daily pattern for a diet that will be high in quality too, the Foundation says. Serve the proteins of eggs, meat, milk, cheese, fish, or poultry at each meal; two or three servings of fruit each day with one citrus fruit or juice, tomatoes, or melon; green and yellow vegetables and legumes; potatoes once a day; whole grain and enriched breads and cereals two to three times daily.

As iron dissolves from foods easily, canned foods, cooked after being put in the cans and sealed, may be better sources of minerals than fresh foods improperly prepared. To avoid loss of iron and other minerals, nutritionists recommend quick preparation (no presoaking) of vegetables, and especially a short cooking time. This conserves vitamins and flavor, too! Serving foods with the liquid in which they are cooked is also a good practice. To keep the minerals and fresh flavors of frozen foods, prepare them according to package directions.



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Red plaid cotton makes an eye-catching fashion in a turtle neck dress designed by Lanz. The dress can be worn either with or without its white dickey.

Mother Creates Bedtime Pictures For Two Children

By CLAIRE COX
United Press Correspondent

New York—(U.P.)—Joy Batchelor draws bedtime pictures for her two children instead of reading to them.

The kids like it that way and Miss Batchelor gets in return inspiration for the animated cartoons she and her husband, John Halas, turn out for a living.

"It's easier to draw picture stories than to read them," Miss Batchelor said. "And sometimes the children draw pictures themselves that turn out to be better than our own."

"We get good ideas from them. Of course, it won't last forever. They'll grow up. Children are much more imaginative than adults. Everyone under seven has an absolutely gorgeous imagination."

Mitt Batchelor and Halas came here from their London headquarters for the premiere of George Orwell's famous satire on Communism. Their next effort will be "Pilgrim's Progress," which will include both live actors and cartoons.

The couple has made more than 100 government cartoons to publicize various ventures such as the Marshall Plan and NATO. They specialize in turning out cartoons for adults, but they test their ideas first on nine-year-old Vivien and five-year-old Paul.

The children's artistic efforts frequently reflect the mood they are in and a few minutes at the drawing board often gives them a chance to let off steam, more or less as adults do, Miss Batchelor said.

"When Vivien is in a bad mood, she draws storms at sea, full of shipwrecks, or railway accidents with lots of bodies scattered about," the proud mother related. "When she is in a good mood, she does flowers and fields. It's really quite tranquil."

"There are days when we are littered with railway accidents and storms at sea. It's only a matter of handing out enough paper to keep up with the child."

Doctor McCauley To Speak for DAR

Members of Crater Lake chapter, Daughters of American Revolution, will hear Dr. John D. McCauley of Southern Oregon college speak on the subject, "Education's Role in Protecting America's Future," when they meet Saturday, November 26.

The session will be held at the home of Mrs. G. R. Carter at 2 p.m.

Potpourri

Last week's snow was unusual, beautiful, a nuisance, wonderful, good for business or bad for business, etc., depending upon whether one was young, old, poetic, operated a drive-in theater or a fuel business.

When we looked at the front garden, we wished for a color camera. The big willow tree, which still has most of its leaves even though it's mid-November, looked strange against the blanket of snow on the ground and the surrounding hills, and the pyracantha branches hung low against the house with the scarlet berries showing through the tufts of snow.

It was even fun to shovel a little snow—a very little. But when it came to backing the car out of the garage we wished the cold white stuff was all on the trees instead of on the ground under the car wheels.

Imagine the dismay of the hostesses who had invited friends to tea at their home in the country. It seemed a shame to waste the party food and the decorations, but what if someone ditched a car? There was much phoning back and forth, and finally the bravest of the guests set forth.

The mild hazards of the trip were forgotten with the warmth of the welcome, the beauty of the tea table, and the comfort of the hot tea with sweets. The afternoon served to point up again the widely varying talents of American women who are efficient business women, charming hostesses and good cooks. Mrs. Kathryn Heffernan, who helps to manage a farm and supervise a very large garden, also is a member of the West Side School board, makes wonderful cookies and arranges flowers with artistry.

Her guests Wednesday exclaimed over the tea table centerpiece which boasted delphinium, little pink roses and small white carnations. They came from the garden, said Mrs. Heffernan, who had the foresight to pick quantities of blooms before the extreme cold and snow beset the valley, and store them in just the right temperature.

Somewhat unsure of what might happen on the road between the family domicile and the Hanleylands, we had the chains put on the car. It had been a long time since this driver had been at the wheel of a car with chains, and the resulting noise and vibration practically unnerved us. And the interviews with service station employees unnerved us too. We learned one cold fact—men in service stations don't want to put on chains, even if they get paid for it. The first brusquely said he would do it later—much later and since we didn't have time to wait, we tried a second. He plaintively said "lady, it takes 20 minutes to put on a set of chains."

Having lived for years and years where the snow was so common that it didn't stop business—except during and after blizzards—we took this with a grain of salt. At the third station—which we should have tried in the first place, the young man said sure, he'd already put on 15 or 20 sets. He whizzed them on in less than five minutes, pocketed his buck and that was that. Let's see, at \$1 for every five minutes, in an hour we could earn—never mind, it was worth it.

At the tea Mrs. Victor Birdseye questioned Potpourri, with deep sympathy in her voice, as to how we were coming with daughter's wedding preparations, and asked "Are you putting everything down on lists?" She should watch us for a time—the house is full of lists—lists of what to buy down town on the next trip, people to call, people to write letters to, lists of things to borrow, lists of special little chores around the house, notes to remind me to remind some one else to do something important, lists of mending, cooking and cleaning. Yes sireee—we know all about lists.

The question of which is more valuable to the housewife, time or money, when it comes to the preparation of food, has been the object of one of the endless pieces of research carried on in this country. This particular bit of researching was done by the Bureau of Human Nutrition and Home Economics of the U.S. Department of Agriculture and the results will be particularly interesting to housewives employed outside of the home, and to those whose household tasks, in addition to cooking, are extremely heavy.

The bureau found that a day's food for four persons costs \$6.70 in Washington D.C. at chain store prices using ready-to-serve items; the same menus using partially-prepared foods cost \$5.80 for four persons for a day's food. These same menus cost \$4.90 when the cook did all the possible work herself. That means a saving of 90 cents a day for meals using partially-prepared foods and \$1.80 saving for the meals made practically from "scratch" by the cook.

According to Miss Lila B. Dickerson, extension specialist from Washington State college who released a statement on the survey, the point a homemaker must decide for herself is what is more important—to save \$1.80 or 31 hours of time.

Mrs. W. H. Ziegler wrote Potpourri a note several days ago to say that she and other members of Ruch PTA appreciated the page on the school carnival, but that we had credited her with a job she doesn't have any more. Mrs. Ziegler, who wrote publicity for the group for a number of years, has been succeeded by Mrs. Fred West.

Mrs. D. K. West probably won't bother to write her daughter, Ellen, about how cold it has been in Jackson county, for Ellen is attending St. Andrews university in Scotland and is having plenty of troubles herself with the cold. Ellen has written her parents that the ancient dormitory in which she is living has no central heating and that each day she is given a bucket of coal and a little pile of shavings with which to build a fire in a tiny fireplace to heat her room.

The girls sometimes pool their coal supplies and then two or three huddle around the one fire, Ellen wrote. Because of the penetrating cold, everyone wears old-fashioned "woolies." Ellen was unprepared for the fact that all students wear academic gowns and mortarboards to classes, and ride bicycles from building to building, and she described how she pedals along in the cold wind, with her student robes flowing behind.

It had to happen some time. Last Monday Potpourri and Photographer Bob Dyer made an unscheduled run to the airport in the hope of getting a picture. With only 20 minutes to drive out and get the picture the two of us made a mad dash, whizzed into the terminal, received kind but maybe a little reluctant permission to do the picture, grouped our subjects, had the United Airlines attendant set up a sign, piled up some luggage for atmosphere and aimed the camera. The shutter stuck.

One of the men helpfully held the big camera while the red-faced cameraman tried to unstuck it, but it was no good. So, dear readers, Mrs. I. E. Schuler left on the plane for Portland and Europe with Mrs. W. H. Fluhrer, Mr. and Mrs. J. E. Collins and Robbie saying goodbye but with no picture of the farewell to print in today's Tribune. O.S.

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