

Rice Principal Food for Half of World; Five Billion Pounds New Crop Estimate

New York—This year's rice crop is estimated at 50.2 million 100-pound bags, or 5,020,000,000 pounds of rough rice, according to Paul S. Willis, president of the Grocery Manufacturers of America.

For centuries, rice has been the staple diet of millions of people and the fact that practically every rice package the consumer buys today gives quick-cooking methods and recipes is responsible for more and more rice making it way to the family table.

High in nutrition, rice is easily digestible, providing carbohydrates, protein, minerals and vitamins. And the newer methods of processing and milling do insure this increased vitamin and mineral content. Rice is primarily an energy food, although it does contain important amounts of tissue building and organ regulating elements. Rice and rice products are often recommended to persons who are allergic to numerous foods, since allergy to rice is rare.

Earliest recorded mention of rice in history occurred in 2800 B.C., when a Chinese emperor established a ceremonial ordinance for rice planting. In fact, in classic Chinese the word rice means "culture" and "agricul-

ture." It was first brought to the United States in 1694 by a ship blown off its course in a storm. Forced to land in South Carolina, the captain gave the Governor of the colony a small parcel of rough rice. Soon after, enough rice was grown to supply many of the neighboring colonies.

The grain called wild rice—an aquatic grass and not really rice at all—is considered a delicacy much higher in price than real rice. Harvesting it in the traditional manner, with two men in a canoe . . . one bending the stalks over the boat and knocking the kernels off with a stick, the other maneuvering the craft . . . is still done today. This is for the reason that machines would clean the stalks too thoroughly, leaving no grain for re-seeding the crop.

Rice is considered one of the world's most important foods. Countries which lead in the production of rice are the Philippines, Turkey, Brazil, Indonesia, China and India, and over half the world's population eats it three times a day. Rice is an amazing food when we consider that it has been the principal sustenance for half the people of the world for thousands of years.

Consumers Lack Information About Meat, Survey Shows

How much do Oregon shoppers know about the meat they buy?

Miss Dorothy Sherrill, consumer education specialist at Oregon State college, has announced results of a meat information survey taken this fall of 3000 farm and city people.

Results show that only about one-third of those surveyed—men and women from farm and city—know what they are getting when they buy meat. "When you consider that on an average 25 cents out of every food dollar goes for meat, the amount people don't know about meat becomes pretty significant," Miss Sherrill says.

The survey on consumer "know how" was in the form of a simple test given visitors at Oregon State fair and the Pacific International Livestock Exposition. Volunteers were asked to match pictures of 15 meat cuts—lamb, beef and pork—with 15 names of cuts. People from 15 states, Hawaii and Canada participated in the survey.

City people received scores about 4 per cent higher than rural people. Television home-making programs originating in metropolitan areas may be a reason, Miss Sherrill explained. Helping conduct the survey were three other OSC specialists—Miss Zelma Reigle, consumer education, John Landers, animal husbandry, and William Fowler, livestock marketing.

In cities, shoppers are more apt to buy meat pre-packaged and labeled with cut-name at self-service markets. Tray displays at retail markets also allow the over-the-counter purchaser to buy by names.

On farms where butchering is done, some wives reported to Miss Sherrill that they never see the meat cuts. Men cut up the animal, package the cuts and the meat goes to the locker—labeled as roasts or steaks and not as definite cuts.

Most common "misses" by men and women, farm and non-farm, were in confused identification of porterhouse and sirloin steaks. People called the porterhouse a roast and the flank steak was often checked as a "Frenched leg of lamb."

Black and white pictures of cuts, instead of meat, may account for some mistaken identifications. However, clues were given in identifying meat by color—beef and lamb as bright red meat, and pork as light pink. Locating bone and muscle structure, which is the same in all three animals, was another help given.

Beef rib roast was often misnamed a pork roast because of generous fat deposits on the prime cut of beef. Most people were able to identify the shank half of ham, beef short ribs, leg

We **SANDBLAST CLEAN**

Waffle Irons, Range Grates

OREGON GRANITE CO.
4th & Front
DIAL 2-2214

Potpourri

A New Yorker named Max Sherover says women don't know the correct meaning of many words they use in connection with fashion. Take the word "chic," for instance. Mr. S. says most women think the word means a stylish or smart outfit.

But it doesn't. Chic, says Mr. Sherover, is not French at all but a term which the French picked up from the Germans. It is from the German word, "schicken" which means to arrange or to prepare. "Chic should be used to describe the manner with which a garment is worn, not the garment itself," Mr. Sherover told Elizabeth Toomey in a United Press interview.

A man who speaks 11 languages, Mr. Sherover has compiled an impressive list of fashion words and their derivatives. Glamour, he says, is a Scottish word which was taken from the old English word "glamarye" or "grammar" meaning something magic or supernatural.

Here's what Mr. Sherover found out about fashion words. Poplin is from the French word papeline, and means "pertaining to the Pope." This cloth was first manufactured in Avignon, France, he told Miss Toomey, which was a papal seat in the Middle Ages. Calico, it seems, is a word which European traders used to describe the cloth they bought in Calcutta. Gingham is from the name of the French town, Guincamp, and jacket is from the French word "jacques" which meant a piece of armor over the upper part of the body. The term "pants" is derived from Venetian pantalone, which in turn were named for their patron saint, San Panteleone.

While on this subject we might as well add a bit of information which came from New York. It was to the effect that part of the fashion industry is tired of the word "elegant" and the Couture Group of the New York Dress Institute has found a replacement. The Institute says the new adjective to be used is "soignee" meaning "perfectly groomed as well as perfectly dressed."

Potpourri has always thought it would be interesting to pick a list of 10 best dressed women in Medford, or Jackson county, some year. Maybe we'll give it some serious thought during 1956.

This brings us to the subject of Mrs. Lester Adams, who came into the office last week wearing, with considerable chic, an all-white raincoat trimmed with rhinestones and a little white hat. Potpourri had been meaning to call Mrs. A. and ask her about a party, so we inquired if the event was of a sort to write up for the society column.

Mrs. Adams said the party had been a little one to celebrate the birthdays of her husband and Frank "Scotty" Fairweather. Just for fun, she said, they hid the presents and then sent the men on a treasure hunt. "And would you believe it," she added, "neither of them could find anything. Mother finally took pity on them and told them where to look."

Avery Clafin has composed a madrigal, entitled "Lament for April 15th." Mr. Clafin, toiling over his income tax report last year, decided that the tax instructions lent themselves to music. His five-and-a-half minute madrigal, according to AMP news, opens with the portentous phrase: "Who Must File?" and then stirringly answers: "Every citizen or resident of the United States—whether an adult or a minor, who had \$600 (\$1,200 if 65 years of age or over) or more gross income in 1954 must file."

The composer added a note of jollity with the line, "You can deduct your mother-in-law" and concludes solemnly "After reading these instructions you should be able to prepare your return unless you have complicated problems."

It was all very easy for Mr. C. He is the former president of the French-American Banking Corporation. He is also the composer of "Madrigal for the Atomic Age" which was given its first performance at Oak Ridge, Tenn.

Changing Times, the Kiplinger magazine, has figured out what happens to a medium-sized city when a hundred new families move to town. "It means about 450 new people, including 100 children, 67 in grammar school, 33 in high school. This calls for 2.2 new rooms in grade school and 1.65 new rooms in high school, which will cost about \$120,000. Four new teachers will have to be hired. The 100 new families will add about \$30,000 a year to the school operating budget."

"Besides teachers, the city will need four-fifths of a new employee in the police department and two-thirds of a new fireman, upping the police budget by \$4,510 and the fire department by \$2,820. All sorts of extra jobs will have to be done from collecting taxes to collecting garbage. Add four new city employees at a total price of \$12,000 to \$15,000."

"The water department must pump 10,000 gallons more each day and traffic will be increased by 140 cars and trucks. And the city may have to add 500 new volumes to the city library, part of a visiting nurse, and a fraction of a cell in the town jail."

Things were a little confusing for a time at the rehearsal which preceded the Dunn-Tonn wedding. There were three sets of twins in the wedding party, and another set spectating in the church. The bride, Helon Tonn and her twin brother, Harvey, didn't pose any problems to the minister, Dr. Norman Tully, but after he had given instructions to Robert Dunn about where to stand and what to say, Richard Dunn, his twin, spoke up and said "I'm the groom."

No one, except their mother and father, can tell Lan Dusenberry from twin Jan, so no one even tried and the Lacy twins, John and Jim, just stayed quietly out of the way. Their mother, Mrs. Stanley Lacy, was soloist. Bride's mother, Mrs. Harry Tonn (bridegroom's father is also named Harry), wished afterwards she had invited John and Jim to be in the wedding, too, just to make the story really good.

Thought from Gandhi: The study of other religions besides one's own will give a grasp of the rock-bottom unity of all religions and afford a glimpse also of the universal and absolute truth which lies beyond the "dust of creeds and faith." Let no one even for a moment entertain the fear that a reverent study of other religions is likely to weaken or shake one's faith in one's own.

Mrs. Percy Bearden is real proud of the safe driving certificate which she received in the mail last week. She pinned it up on the wall, and shows it to all her friends. Mrs. Bearden values this one, because she knows she'll never get another one. Mrs. Bearden doesn't drive a car, and never has.—O.S.

say "Be My Valentine" with

Hallmark Cards

The request to "Be My Valentine" is one of the nicest compliments you can give. Add to that compliment by sending Hallmark Valentines that show "you care enough to send the very best." Choose yours soon at

Swem's BOOKS • GIFTS • RECORDS
217 EAST MAIN • MEDFORD, ORE.

Desserts Provide Added Nutrition For Winter Meals

Puddings, custards, and desserts take on added importance in winter meals, not only for the eating pleasure they contribute, but for the extra food value they give to a meal. No longer do we frown on desserts as "nice but unnecessary," for we have learned that many of them contribute valuable protein, food nutrients, and quick energy to the family diet.

Perhaps an outstanding example of the change in attitude toward desserts is the case of one of America's favorite desserts: ice cream. Long considered a confection, ice cream has now reached the enviable position of being considered a wholesome nutritious dessert. Ice cream can raise the food value of other desserts when served with them as a topping. Milk and cream, too, can help boost the family's milk intake by being incorporated into puddings, custards, and

Sunday, January 29, 1956

MEDFORD (OREGON) MAIL TRIBUNE—SEVEN

simple refrigerator desserts. Whipped cream not only adds a luscious party touch, but contributes a substantial amount of Vitamin A with each spoonful.

For a variation of the old favorite, rice pudding, try this recipe for Empress Pudding. Add one-half cup rice and one-half teaspoon salt to one quart of scalded milk, cover and cook in double boiler for one hour or until rice is tender and milk almost absorbed. Stir occasionally. Beat two eggs, add one-half cup sugar and blend. Stir some hot rice into egg-sugar mixture, then return to rice mixture. Add one teaspoonful vanilla and one-fourth teaspoon nutmeg. Alternate layers of rice with one and one-half cups cooked apricots or one cup apricot jam, ending with fruit layer. Bake at 325 degrees for one hour. Serve warm or cool with whipped cream.

The capstone of the Washington monument weighs 3,000 pounds, and the monument itself about 81,000 tons.

Goldsmith Restores Shrine of Cathedral

Berlin—The Straurothek of Limburg cathedral, one of the most precious shrines belonging to a German church, has been restored after four years of work by the Munich goldsmith, Johann Michael Wilm, and is back in the cathedral's thesaurus, according to the German Tourist Information office.

The shrine is a magnificent

chest of gold, precious stones and delicate enamel made in Constantinople between 945 and 960 A.O. by a master Byzantine goldsmith, and contains a particle of the Cross. The 700-year-old Limburg Cathedral is a gorgeous seven-towered structure of Late Romanesque architecture, begun in the 13th and completed in the 16th century.

Use Mail Tribune Want Ads Dead line Sunday Classified is at noon Saturday, 10 a.m. Monday for Monday other days 5:30 previous day.

You are urged to **ATTEND THE REVIVAL**
Conducted by Evangelist
ADINE MACKEY and MAMIE KUNKEL
Nightly at 7:30
(Monday and Saturday Excepted)
FOURSQUARE CHURCH
East Jackson & Biddle Rd. — Rev. R. H. Mathewson, pastor
☆ A FRIENDLY WELCOME AWAITS YOU ☆

PENNEY'S

ALWAYS FIRST QUALITY!

LAST 2 DAYS

At These Low Prices!

EXTRA SPECIAL
500 Bleached Unhemmed FLOUR SQUARES

• 33" Square When Opened **15¢** ea.

ALL PENNEY BRANDS AT TREMENDOUS SAVINGS!
ALL WANTED SIZES! FLAT! FITTED! WHITE! PASTELS!
EVERY ONE LABORATORY-TESTED, FIRST QUALITY!

Full Size Nation-Wide® Muslin Sheets!
Flat or Sanforized! Fitted! All Perfects!

Penney's offers you first quality Nation-Wides at history-making savings so why settle for "slightly imperfects." Pile high your linen closet with muslins known to generations of homemakers for their comfortable texture, exceptional service!

Penney's Own Combed-Yarn Pencale® Sheets!
Flat or Sanforized! Fitted! All Perfects!

Like luxury percales? Have them for just a few pennies more than many advertised muslins. Pencales are loomed of long-staple cotton, combed to eliminate short strands, firmly woven to give you light weight, silken texture, superior strength!

Deluxe Penco® Muslin Sheets Sold at Penney's Only!
Flat or Sanforized! Fitted! All Perfects!

See how much you save on about the finest muslin you'll see anywhere at any price. Unusually high in thread count. They're extra smooth, extra-strong...pay off the small difference in price with a big dividend in long wear!

Famous Penney Brand Sheets in Decorator Colors!
Nation-Wide® Quality Muslins!

Sleep in color! Wake up to a new beauty in sheets! Select generations-famous Penney Nation-Wides in shades that go with your decorating scheme. Tremendous values!

163 81 by 108 inch Flat or full fitted bottom

207 81 by 108 inch Flat or full fitted bottom

197 81 by 108 inch Flat or full fitted bottom

217 81 by 108 inch flat.

†Shrinkage will not exceed 1%