

Is That So?

By EUGENE BURNS
Ranger-Naturalist

Over Hawaii, with Hawaiian Air Lines—Climbing higher and higher, looking down on this lovely fleet of islands from our plane's wide view windows, one thing impresses:

Anchored in this illimitable ocean, how were these islands discovered by the Polynesians in the first place? Then, discovered, how did they colonize them in their seemingly frail canoes?

In compliment to these great voyagers of the Pacific, they have been called Vikings of the Sunrise—a beautiful poetic title if there ever was one, but why Vikings? To my thinking the Vikings could have taken a lesson or two out of the Polynesians' book. Their exploits were vastly greater.

Consider: Where the Vikings had the benefit of iron and metal tools, the Polynesians used fibers and stone adzes; where Vikings used cloth sails, the Polynesians planted pandanus leaf sails.

Where the Vikings had a comparatively large boat, that of the Polynesians was usually made of hand-hewn single pieces—and shallow-drafted so that it could ride in over the reefs and ride through the breakers on shores where there were no harbors.

But, more important, where the Vikings hop-skipped from one comparatively large island to another across the comparatively small Atlantic—from Iceland to Greenland to the broad side of the continent of North America, these Polynesians, centuries before the Vikings left sight of their land, were hurdlung distances twice as far and pin-pointing tiny islands. One of their islands, Easter Island, which was inhabited and planted with banana and sweet potatoes, is surrounded by a greater expanse of empty ocean than any island in the world!

How Was Discovery Made? How did these Polynesians discover these remote islands in the first place?

Unlikely by accident. The distances in the Pacific are much too vast, the losses would have

been much too great. No, more likely these fearless sons of the sea struck out in the direction of the migrating birds. They very likely followed the path of the golden plover which strikes a true course from Tahiti to Hawaii and on to Alaska.

Then, taking that course and keeping on it by reading the



4-21-56

stars which they knew, these intrepid navigators continued on their course despite tides, and winds and ocean currents, week after week, month following month, until they found their tiny spot of green land; and colonized it.

For these long journeys, food was a great problem—and more so because the islands which they visited were sometimes inhospitable. So on their planked-over double-hulled canoes they carried live chickens, pigs and dogs kept alive mainly on coconut meat and water from old nuts. As the need arose, these were slaughtered.

Shellfish they carried too, and dried and salted fish—although here, again, water was a pressing problem. This food was varied with eggs packed in sand; pounded taro—poi breadfruit, sweet potatoes, and coconuts rich in fat.

Curious Fish Netted

To take food from the sea, they carried nets and lines—taking sharks which followed their canoes, bonito and tuna. When they sailed through schools of flying fish during the night, they would light clamnet torches and net the curious fish.

Their clothing was light, hence they carried their own fire—besides, settlers must have their fire. So besides stones and earth for the fireplace on the wooden-hulled canoes, they had to carry an ample supply of firewood with plenty of extra cordage.

In storms—and the Pacific is a violent ocean despite its name—the pandanus leaf sails often carried away, so they carried extra rolls of dried leaves to mend sails or plait new ones. Should a canoe be bashed in, they were masters at patching—sewing in a new piece of hard wood. That called for tools, stone adzes and chisels; besides they carried other tools for making fish hooks—all of these things stored in large wooden calabashes or plaited baskets. Remember, they had no metal.

But this was not all. There were yet the extras to carry for establishing a new colony. For this they carried banana and bread fruit plants; germinated coconuts; slips of mulberry for tapa clothes and slips of olona for strong fibre; and sweet potatoes, yams and sugar cane.

And besides this, courage! But because of their faith in their strong gods of the sea and the land, the sky, and in their own prowess, they thought little of it; with songs they took leave and, undaunted, struck out for the Rising Sun.

(Copyright 1956, by Eugene Burns) (Released by McClure Newspaper Syndicate) Free: By special arrangement with the editors of the Encyclopedia Americana, my panel of judges will award each week to the reader who sends me the best true-life nature adventure, the best nature observation, or the best question on nature and wildlife, a complete 30-volume set of this world-famous reference work in a handsome Sealcraft binding. Each week new submissions will be considered. Sorry, I simply can't answer your many friendly letters. Please address your letter to: IS THAT SO? care Medford Mail Tribune Box 575, Sausalito, Calif.

To get more milk into your meals, serve creamed dishes such as creamed eggs, creamed chicken and creamed corn.

CALENDAR

Sunday
1 p.m.—Cebu swamp, MOL, USWVA, Mrs. Harry Barneburg, 1297 Sunset ave.
Monday
7:30 p.m.—Medford Rose society, courthouse auditorium.
7:30 p.m.—Guardian council, Job's Daughters, Bethel 38, Mrs. A. M. Setnes, 733 Pine st., Central Point.
7:30 p.m.—Holy Cross guild, St. Peter's Lutheran church, Mrs. A. Huntemann, 2207 Capital ave.
7:30 p.m.—SPEBSQSA, Grange all, Phoenix.
8 p.m.—Degree of Honor lodge, Redman hall.
8 p.m.—Scottish Rite Women's club, Medford Masonic temple.
8 p.m.—St. Mark's Evening guild, parish house.
8 p.m.—FL club of Olive Rebekah lodge, Mrs. Jim Williams, 1831 North Riverside ave.
Tuesday
12:30 p.m.—Kiwanian Dames, Mrs. William J. Peek, 2511 Hillcrest ave.
1 p.m.—Howard Garden club, Mrs. J. R. Campbell, route 2, box 389D, Merriman rd.
1 p.m.—Women's association, First Presbyterian church, social hall.
1:30 p.m.—Rogue Valley Herb society, Mrs. C. C. Stearns, 522 West Fourth st.
7:30 p.m.—Medford Truth center, "Unity," Room 203, Holly Theater bldg.
7:45 p.m.—Toastmistress club, radio station KBOY.
8 p.m.—Nevita chapter, OES, Central Point Masonic temple.
8 p.m.—Pythian club, Mrs. Morley Lamp, 2781 Howard ave.
8 p.m.—Crater Lake post, VFW, and auxiliary, VFW hall, 42 North Front st.
8 p.m.—American Legion auxiliary, Legion home.
Wednesday
12:30 p.m.—Chapter AA, PEO, Mrs. C. E. Hedberg, 1206 East

Main st.
12:30 p.m.—Cow Belles, auxiliary to Jackson County Livestock association, Jackson hotel.
8 p.m.—VWWI Medford barracks, auxiliary, Redman hall.
8 p.m.—Bow Bells chapter, Girls Community club.

Thursday
11 a.m.—First Christian church, Circle 1, workday, covered dish luncheon, Mrs. B. E. Ford, 176 Perrydale ave.
1 p.m.—Sofjourners club, Medford hotel.
1 p.m.—First Christian church, Circle 2, annex, dessert; Circle 3, dessert, Mrs. Wilbur Culp, 932 Queen Anne ave.; Circle 4, home of Mrs. Ralph Cook, dessert; Circle 5, dessert, annex.
8 p.m.—Reames chapter, OES, Medford Masonic temple.

Friday
10 a.m.—First Christian church, Mrs. Elmer Gott, 542 South Ivy st., work day.
11 a.m.—Medford Truth center, "Unity," Room 203, Holly Theater bldg.
12:30 p.m.—Electa Social club members meet at Girls Community club for transportation to Nevita Social club style show, Central Point.
12:30 p.m.—St. Mark's church, St. Elizabeth guild, parish house.
1 p.m.—Style show and luncheon, sponsored by Nevita Social club, Central Point Junior High school, gymnasium, Old Pacific highway.

Saturday
1 p.m.—Rogue River chapter, National Secretaries association, room 127, Southern Oregon college.
2 p.m.—Crater Lake chapter, DAR, Mrs. C. O. Lovejoy, route 2.

Specialist Tells Best Food Buys For Springtime
Corvallis—Build spring meals around plentiful foods now on Oregon markets and you'll eat well on a trim budget.

Miss Zeima Reigle, Oregon State college consumer education specialist, passes along this market information about supply, cost and variety as she sees it from visiting Oregon food stores.

Juicy roast beef and lean pork are in most meat markets in an assortment of cut and prices. Record cattle numbers coming in from western feedlots and a big fall pig crop, 12 per cent higher than last year's, assure continuing good prices on pork and beef during April and May, she states.

Although Oregon-produced fruit supplies are fairly quiet, there are still some apples in local grocery stores. Citrus fruits remain in abundance on most fruit counters. Grapefruit and oranges, two of the most popular, add tartness to fruit cups and are good appetite whetters when served at breakfast. Vitamin C, abundant in citrus fruits, builds up the blood and makes gums healthy, besides being a good tonic for spring fever, according to Miss Reigle.

In canned goods, Blue Lake green beans are spotted as a bargain by the OSC specialist. Northwest production of Blue Lakes reached an all-time high last year making a greater stock of canned beans available.

Fresh produce from southern states is arriving in local markets daily. Strawberries from California, tomatoes from Florida and Mexico, and pears from Texas are already in local stores. Prices are fairly high, but as supplies increase, prices will improve, Miss Reigle explains.

Tender new green, red and purple cabbages are an easy way to provide low-cost vegetable servings. Difference in price between the colors is slight, so try all three kinds, she suggests.

Large Grade A and Grade AA eggs continue as good buys at about 57 to 59 cents a dozen. Medium size Grade A's are one to two cents a dozen less than the large size. Large eggs are the best buy when there's such a small difference between the price per dozen of the two sizes, says Miss Reigle.

Use a good cream silver polish to give toaster, waffle iron or other electrical appliance a brighter look.

Advice on Decorating Given by New Yorker

Editor's Note: Spring is the traditional time for redecorating. William Pahlmann, head of a New York interior decoration and industrial designing firm, offers some timely suggestions and warnings in the following regular column by Elizabeth Toomey, who is in Monaco covering the Grace Kelly wedding to Prince Rainier.

By WILLIAM PAHLMANN
Written For United Press

New York (U.P.)—The refurbishing job nature does outdoors in the spring inspires home-makers to follow suit indoors. Spring is a good time to redecorate, but as at any other time, keep basic principles in mind when you start renovating.

Analyze the problem in terms of what your family needs; how you are going to take care of your interiors; how much you can spend, as well as what you like. Spring is a time when you think of light, gay colors and fabrics. Do be sure you will want to live all year long with what you buy.

Do have a long-range plan so you will get the most for your investment. A new floor covering may create a zest that nothing else will supply. A coat of paint on the ceiling, in a different color, can give a room a new aspect. Do consider the high cost of reupholstering furniture. Slipcovers may provide a solution that is less expensive, easier to keep and just as attractive.

Hesitate before you clutter the house with gimcracks. Accessories should be bought as if they were jewels, not souvenirs. Do remember, when you choose colors and fabrics, that homes are to be lived in, not just looked at. Sunlight, air and sometimes wet bathing suits are part of living. Remember not to choose a color scheme so delicate that it won't stand up to climate and the activities of a family.

Opposite Side
On the opposite side of the coin, don't overlook the disruption and confusion occasioned by painting and redecorating. Plan wisely so it will be worth the trouble and the investment. Don't start without a budget. Rooms should be planned to suit their uses and the people who live in them. Don't fail to consider comfort and restfulness first.

Don't choose a color scheme without reference to plan and just splash color around, or you may wind up with confusion. In the spring it is easy to be carried

Exercise Said Useful In Reducing

New York—A recent finding at Harvard university introduces a new note into reducing regimens: Moderate exercise plus good eating. Lack of exercise can lead to excessive weight gains, the Harvard group claims.

In their studies, which were supported in part by the Nutrition Foundation, an inactive group of high school girls was found to be overweight even though they ate less than their more active, slimmer class mates. For these lethargic girls "less" was still too much. In fact, the number of girls who skipped breakfast twice a week or oftener was higher among the overweight.

Harvard's School of Public Health has long championed the role of exercise in weight reducing. Now they have evidence that a little exercise taken regularly can separate the slim from the stout. Even in the group that was not overweight, the controls, schedules showed relatively little time given to household chores, little participation in active sports, and very little time for walking or other exercise.

The overweight students, however, spent still less time in such activities. Only three-fourths of the overweight group took part in ballroom dancing in contrast to almost all of the controls. Of the 28 controls, two were cheer leaders and four were ballet or acrobatic dancers. None of the overweight took part in these activities.

This study answers the criticism that exercise uses little energy. It shows clearly that regular exercise pays off in a reducing regime; that it isn't necessary to chop wood for hours or exercise strenuously to lose weight. By walking only a mile a day, we can burn up a pound of fat in a month, 12 pounds in a year. This may be all that is needed to keep one in good trim, it is claimed.

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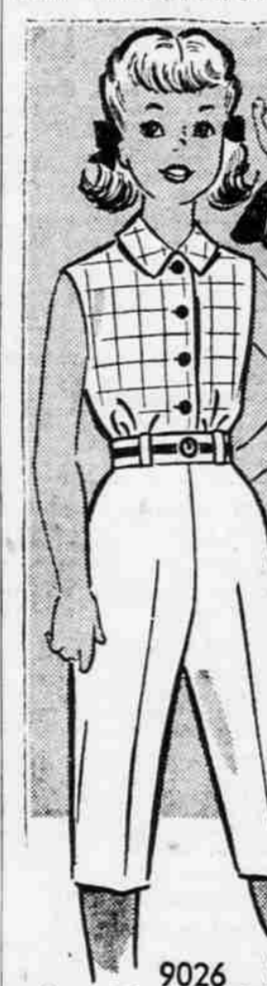
by Alice Brooks

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Sun-Wardrobe!



by Marian Martin

Wonderful wardrobe for any young miss—FIVE separates add up to a whole summer of sun and fun! Cool sun-top, shirt, whirl skirt, trim shorts, pedal pushers too—all mix and match for many pretty fashion changes!

Pattern 9026: Girls Sizes 6, 8, 10, 12, 14. Size 10 shirt, 1 yard 35-inch; pedal pushers, 1 1/2 yards; sun-top and skirt, 2 7/8 yards.

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Send Thirty-five cents in coins for this pattern—add 5 cents for each pattern for 1st-class mailing. Send to Marian Martin, care of Medford Mail Tribune, Pattern Dept., 232 West 18th St., New York 11, N.Y. Print plainly NAME, ADDRESS with SIZE and STYLE NUMBER.

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