

## Day Camp Dates Are Announced

Pre-registration for all Girl Scout day camps of Rogue Valley area will be conducted in Jackson and Josephine county schools May 22 and 23. No additional registrations will be taken the first day of day camp unless enough adult workers have volunteered so that there will be one adult on the staffs for every eight girls. Girl Scout officials have announced. This is a national Girl Scout standard and also a standard of American Camping association.

Girls should take registration cards and fee at the time of pre-registrations. The day camp fee is \$1.50 and covers cost of milk, program supplies and camper's insurance, headquarters states. The fee is not refundable.

**Help Needed**  
Adult help is needed and mothers are asked to note on the registration cards whether they may be interested in assisting on staffs to assure their daughter's good camping experience.

All camps will operate from 10 a.m. until 3 p.m., excepting Medford which is on a 9 a.m. until 2 p.m. schedule. Medford's day camp is held at the Bear creek site behind the county shops. The dates are June 11-14, and 18-21.

Grants Pass Brownie camp will be at the city park from June 18-21 and 25-28; Grants Pass intermediate and senior camp will be at Sleepy hollow on the Applegate June 18-21 and June 25-28; Ashland day camp, in Lithia park, June 12-14 and 19-21; Talent day camp, at El-Rods place June 11-15; Illinois Valley day camp in Grayback Forest camp, June 25-29, and Rogue River day camp in the city park June 25-29.

**Camp Explained**  
For mothers of girls who have not attended day camp before, it is explained that day camping is camping by the day. In a day camp, girls from several troops meet together in small unit groups with trained adult volunteer staff to spend part of the day in the out-of-doors. The campers arrive at the camp site at the scheduled time and spend their time enjoying outdoor cooking, hiking, resting under the trees, getting acquainted with birds and insects. In short, the girls enjoy all the activities that are found in other types of camps, except that the campers do not sleep at the campsite.

Day camping has been a part of Girl Scout camping since 1921. It brings the fun of outdoor living in groups to the doorstep of the girls living in towns, and often is the first camping experience of the Brownie age girl. "Outdoor fun, a new opportunity for group participation, the learning of camping ways, the development of resourcefulness and growth in appreciation of the out-of-doors, all of these are day camping," headquarters states.

Mrs. Maurice Ritchey is day camp chairman. The day camp directors are, Medford, Mrs. Lynn Hayes; Grants Pass, Mrs. William Baker and Brownie camp, Mrs. Charles Kudrac. For Rogue River is Mrs. R. W. Hargitt; Ashland, Mrs. Monte Polk; Talent, Mrs. W. R. Bagley, and Illinois Valley, Mrs. W. E. Colpitts.

**Science Tailoring**  
**Potatoes to Taste**

Osage, Iowa—(U.P.)—An Iowa State College nutritionist says that now potatoes can be tailored to the taste.

Leslie Smith said that by adding a pre-cooking step to the making of potato flakes, the texture can be regulated between mealy, creamy or smooth. By merely varying the cooking times and temperatures, the different textures can be obtained, he said.

Smith said the development of the pre-cooking process makes it possible to use "low-solid" potatoes which previously had too much water in them to make flaking practical.

However, Smith added, it will be some time before these new potato products are at the corner grocery store. He said that they have not gone into commercial production yet.

**20-SPEED MIXER**  
Chicago—(U.P.)—An electric corporation has introduced a new food mixer with 20 speeds and no stalling. W. B. Massenburg of the company's appliance division, said the new mixer will whip eggs or stir heavy cookie batter, without stalling. He said the beaters can be removed from the mixer with the touch of a button.

**Pancakes With Sour Cream**  
New York—(U.P.)—New breakfast ideas sometimes are hard to come by, but here is a taste tempter using an old-favorite, pancakes. To save time, use your favorite pancake mix and when the cakes come from the griddle spread them with jam and a sprinkle of confectioner's sugar. Roll them and place a dab of dairy sour cream on top. Serve immediately.

To remove rain spots on suede shoes rub lightly with an emery board such as the one used in manicuring.

## Tips on Rock Garden Given; Many Plants Said Suitable

By Edna King Mandeville

Originally, rock gardens were created so that the delicate, oh-so-lovely alpine flowers could be grown at home. But now, most gardeners plant any variety that looks and grows well among rocks, even though real alpine purists seem to think that sowing a garden is in the same category as an air-conditioned log cabin.

The best rock garden varieties require little moisture, and rock gardens should be pretty well drained. If built up from level ground, artificial drainage must be provided.

For proper drainage, excavate about two feet below ground level and fill with one foot of gravel or clinkers. Then fill to ground level with one foot of good soil containing 25% leaf mold. Pack down this top soil thoroughly before placing the rocks, so that no air pockets remain.

Some of the very best rocks to use are those gray, deep-pocketed chunks known in my part of New York state as Lockport dolomite. They are rocks that originally contained minerals which washed out over the years, leaving holes or pockets. If these are not available, use weather worn, porous, fairly flat rocks that will hold soil. Try to find rocks that are all the same general texture. You are not aiming for variety here, but for natural appearance. Let the flowers provide the contrast and excitement. Be sure to use rocks of varying sizes, or your rock garden may look like a rock pile.

**Placing Important**  
Place each rock so that the one below extends beyond it a little. Then a plant growing between the two will have both light and space.

If rocks are placed against a bank, incline each one toward the bank, so that water will run back into the soil. Soil areas between the rocks, in which plants will take root, should be open at the back (no other rocks, just soil) to provide room for root development.

Let portions of the rocks be underground. This gives the desirable appearance of reality. Place the rocks on their natural bases. Most rocks do not lie

**Thumb-Sucking Said Fault of Parents**  
Detroit—(U.P.)—Dr. Hans Freudenthal says parents often are to blame when children suck their thumbs.

Dr. Freudenthal said thumb sucking is likely to begin because bottle-fed babies don't get enough mouth exercise.

But he cautioned, "if the habit continues after the fourth year it means either that the child feels rejected and needs more attention and affection; or that the child is maladjusted or mentally retarded."

Pediatricians could prevent a great deal of thumb sucking by making certain that nipples on nursing bottles have small holes so that the baby has to work harder for his or her food, Freudenthal said.

**MORE FROZEN SEAFOODS**  
New York—(U.P.)—Two new frozen sea foods now are available nationally. They are scallops and fish bites, which are a combination of potato, cod, had-dock or ocean perch, and seasonings. Both foods need only a few minutes heating in a hot oven before serving.

To clean door knobs without injuring the wood finish behind them, cut cardboard shields to fit around the door knob and key plate.

point down on the ground, but flat side down.

What flowers to plant? That is a whole subject in itself. As a rule of thumb, if you do not care to specialize in true mountain or alpine plants, low growing varieties not over 12 or 15 inches high, are preferable. Those that spread out or climb among the rocks are also very attractive. Either annuals or perennials may be used successfully.

Let me recommend the following: Ageratum, blue cap; Alyssum, gold dust, snow cloth or royal carpet; arabis (rock cress); candytuft; daisy, English; Dianthus galei; forget-me-not; lobelia, crystal palace; marigold; spry or yellow pygmy; nemesia; petunia, dwarf; phlox, drummond dwarf; pinks, clove or maiden; portulaca; purple robe; snapdragon, magic carpet; sweet william, dwarf; verbenia; viola; wallflower, siberian; zinnia, creeping.

A simple solution for what to plant in your garden is offered by a nationally known seedsmen who triple-tests all his varieties. This is a special rock garden packet containing an excellent selection of both annuals and perennials. If rock gardening is new to you, such selections provide an easy way to start the first season. Later, when you see how different varieties look in your garden, you can begin to exercise your own individuality.

**Research Shows Importance of Proteins in Diet**

As a guide in planning balanced meals, recent findings in nutrition research have been announced by the Nutrition Foundation.

Research, supported in part by the Nutrition Foundation, continues to spotlight proteins . . . needed to form new cells and rebuild body tissues. Recent findings help to understand more clearly how proteins act as regulators in maintaining body tissues in the best state of health.

For example, University of Wisconsin scientists found quality of protein, rather than mere quantity, to be a decisive factor in maintaining the liver in a healthy state. Amino acids, the units that link together to form proteins and are set free again when foods are digested, are studied in detail. When amino acids were not balanced as they occur in the good quality proteins of milk and milk products, meats, fish and eggs, the amount of fat deposited in the liver increased considerably, endangering health.

It was discovered, too, that proper balance of amino acids was needed for the normal development and activity of enzymes that act as regulators in all parts of the body. And that balancing amino acids improves the way the body makes use of all food eaten.

As a practical way of supplying an efficient, healthful balance of amino acids, nutritionists recommend that some animal proteins be included in each meal. This can be done by serving cereals with milk, for example, or a sandwich made of whole grain or enriched bread with a meat or cheese filling. Besides good proteins and cereal foods at each meal, include generous servings of fruits and vegetables together with spreads and desserts to supply additional energy, minerals and vitamins. In this way wise homemakers assure their families of well balanced meals that provide enjoyment and help to keep a sense of humor.

## Number of Wives Working Off Farm Said on Increase

More and more farm wives are beginning to bring home the bacon. The picture of the bustling farm wife, busy with her chores, has been changing. She still has her chores, but more than one-fifth of farm wives also have jobs away from the farm, reports the Institute of Life Insurance on the basis of a recent survey by the Bureau of the Census.

The survey, which covered farm families in 24 states, showed that 22 per cent of all farm wives were in the "labor force"; that is, had jobs off-the-farm, or were actively seeking jobs. Five years ago, only 17 per cent of farm wives were doing outside work.

Although the study does not indicate why there has been an increase in the proportion of farm wives with jobs, it seems reasonable to assume that many of the women are working simply to increase family income. In those families where income has gone down, the wife may have gone to work in order to restore it, and thus help maintain the family's standard of living.

**Income Needed**  
The prospect of cash income coming in regularly can mean a great deal to farm families, who often find it awkward to plan their finances on the seasonal income basis that is typical of farming.

Many wives, whether they live on a farm or in the city, take jobs in order to achieve some special goal. For a farm

## American Teen-Agers Need Better Diets

Chicago—(U.P.)—Teen-agers need from one-third to one-half more protein, minerals and vitamins than their parents, one nutritionist says.

But Rita Campbell, Chicago director of the National Live Stock and Meat Board's nutrition department, said both teen-agers and parents should form better eating habits—beginning with the first meal of the day.

Surveys indicate that most Americans either ignore breakfast or make a skimpy meal of it, Miss Campbell said. If this is done in the interests of reducing weight, she said, the dieters are defeating their own purpose.

A balanced breakfast, including high-protein foods, is not likely to add unwanted pounds, she said.

"And the weight reducer who eats a adequate breakfast is much less likely to be tempted by starchy, fattening foods at lunch or supper," she said.

family this may be helping to pay for some special piece of equipment, to improve the farm home, or to reduce the farm debt. Wives often work to pay for a child's education at college.

Surprisingly enough, the proportion of farmers working off their own farms has also been rising. The survey figures show that 24 per cent of farm operators are working 100 days or more away from their home farms, compared with the 20 per cent of farmers who worked off the farm five years earlier.

Snack treat: roll small, new potatoes which have been boiled and buttered in freshly chopped chives. Serve on toothpicks.

# CALENDAR

**Sunday**  
1 p.m.—Colonel Sargent camp and auxiliary, Redman hall.

**Monday**  
12:30 p.m.—Kiwanian Dames style show and luncheon, Rogue Valley country club.

2 to 4:30 p.m.—Jackson County Republican Women, tea, Mrs. J. C. Boyle, Ross lane.

7:30 p.m.—SPEBSQSA, Grange hall, Phoenix.

8 p.m.—VFW department auxiliary dance, Camp White theater, transportation from Trailways depot.

8 p.m.—Olive Rebekah lodge, IOOF hall.

**Tuesday**  
10:30 a.m.—First Baptist church, Esther circle, Mrs. N. A. Mead, route 1, box 209 Grants rd., Central Point; Martha, Mrs. Ethel Van Cleave, 730 Alder st.; Ruth, Mrs. James Neeley, 1037 West 11th st.

1 p.m.—Women's association, First Presbyterian church, at church.

1 p.m.—Howard Garden club, Mrs. W. J. McCulloch, route 2, box 378, Merriman rd.

2 p.m.—St. Mark's Episcopal church auxiliary, parish house.

7:30 p.m.—Unity Truth center, Room 203 Holly theater bldg.

7:45 p.m.—Medford Toast-mistress club, radio station KBOY.

8 p.m.—Pythian club, Mrs. Harry Barneburg, 1297 Sunset ave.

8 p.m.—Nevita chapter, OES, Central Point Masonic temple.

8 p.m.—Carnation club, Mrs.

Frank Gleaves, 1170 McAndrews rd.

**Wednesday**  
10:30 a.m.—Rogue-Elk Extension unit, Mrs. Mose Bush, Elk Creek rd.

12:20 p.m.—Howard school visitation day, at school.

12:30 p.m.—Chapter AA, PEO, Mrs. Grace Collins, 1810 East Main st.

1 to 9 p.m.—Eagle Point Garden club show, Grange hall.

8 p.m.—Bow Bells chapter, DBE, Girls Community club.

**Thursday**  
12 noon—First Christian church Circle 6, progressive luncheon, beginning home of Mrs. Ruby Hicks, 1001 Murray st.

1 p.m.—First Christian church, Circle 1, Fellowship hall, dessert; Circle 4, Mrs. W. C. Kindred, 1911 Grandview ave., dessert, and Circle 5, Mrs. W. I. House, Fern Valley rd., dessert.

1 p.m.—Sojourners club, Pythian hall.

7:30 p.m.—Lively Rogues, Ashland Elks club.

7:30 p.m.—Hedrick Junior high school PTA, open house, at school gymnasium.  
8 p.m.—Reames chapter, OES, Medford Masonic hall.  
**Friday**  
12:30 p.m.—Elizabeth guild, St. Mark's Episcopal church, at church.  
1 p.m.—Electa Social club, Girls Community club.  
**Saturday**  
2 p.m.—Crater Lake chapter, DAR, Mrs. E. Ronald Rice, 215 Saginaw dr.

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  - 129,000 PRISONERS AND PAROLED
  - 1,449 MISSING PERSONS LOCATED
  - 42,900 MEN GIVEN SELF-HELP EMPLOYMENT
  - 10,300 UNWED MOTHERS AND INFANTS
  - 2,197,000 IN VETERANS HOSPITALS, CHILDREN'S WARDS AND HOMES FOR THE AGED
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