

# Women's Page

## Women of Rotary to Hold Cotton Coffeete on Friday

An informal morning party planned by Medford Women of Rotary for Friday, July 27, is expected to attract a large number of valley women. The party, given in the morning room of the Cotton Lodges, will be held at the home of Mrs. Phil Brainerd, 226 Valley View drive, from 10 a.m. to 12 o'clock.

The party will benefit the Women of Rotary fund for Rogue Valley Memorial hospital and all interested women are invited to attend.

A large number of Rotary Annes are assisting Mrs. John

## Luncheon Given For New Officers Of Sojourners

New officers of Medford Sojourners club were entertained by the retiring officers at a luncheon, Friday, July 20, at Rogue Valley Country club. Mrs. Gerald von Tine, president, held a short meeting of the new officers after the luncheon.

Present were Mesdames von Tine, Gene Chamberlain, Floyd Robertson, Roy Stein, Eugene Ingram, Carl Christensen, Edwin Harper, Meredith Parsons, John Mansfield, Wilson Borge, Carl Borg, Jim Winslow, George Lovborg, Don Carlson, Marvin Nelson and Owen Ludwig.

The next meeting of the club will be held Thursday, July 26, at 1:00 p.m. at the Pythian hall. An invitation is extended to all inactive members to attend and newcomers to Medford and vicinity who have lived here less than two years also are invited to join the group and become members.

The organization which meets the second and fourth Thursday of each month is purely a social group and its main purpose is to help newcomers to become acquainted. Refreshments are served and after the business meeting bridge, canasta and pinocle are played.

Anyone desiring more information may call Mrs. Ingram, 3-4037, or Mrs. Mansfield, 3-1967.

## Herrick Family To Hold Reunion

The annual reunion of the Herrick family has been set for July 28-29 at Big Springs near the Redding entrance to Mt. Lassen National park. All members of the family and friends are invited to attend.

Those in charge state that overnight camping facilities are available at Big Springs and that those attending should be prepared to serve picnic meals.

The Herricks are descendants of Capt. Leffingwell Herrick who came west over the Oregon trail about 1863 and settled in northern California.

## WINE COOKING TIP

New York — U.P. — Wire cooking tip from the Bordeaux kitchen: Brown any meat on all sides before adding wine. This prevents the meat from getting soaked in the wine.

## Rebekahs Hold Session In Glendale

Mrs. George Briwiler, Rebekah from Jacksonville, was elected chairman of District 12 of the order at the 48th annual district meeting held last week at Glendale, Ore. Mrs. Brownlee, who has advanced from the vice chairman's position, succeeds Mrs. E. Mae Baye of Glendale in the office.

Mrs. Marshall Weidman of Central Point was elected vice chairman. Mrs. John M. Black, Medford, member of the Jacksonville lodge, was named secretary-treasurer. Other Medford women holding district office for the coming year are Mrs. A. H. Gregory, was named chairman, and Mrs. Ed Danvers, inside guardian.

The 1957 district meeting will be held in Jacksonville, with Mrs. Brownlee presiding, and the 1958 session will be held in Central Point during Mrs. Weidman's term of office.

Mrs. Roy Gibbs, Oceanside, president of the Oregon Rebekah Assembly, addressed the convention. Present were Mrs. Mary Barker, Sutherlin, vice president of the state assembly and Mrs. Velma Hermann, Roseburg, chaplain.

Retiring officers who presided at the session were Mrs. Baye, Glendale, chairman; Mrs. Brownlee, Jacksonville, vice chairman; Mrs. Nadine Reynolds, Glendale, secretary-treasurer; Mrs. Gibbs, who served in the traditional capacity of right supporter to the chairman; Mrs. Ivy Gilmore, Grants Pass, left supporter; Mrs. Lewis Thompson, Medford, right supporter to vice chairman; Mrs. Margery Daniels, Jacksonville, left supporter to vice chairman; Mrs. Delores Lester, Gold Hill, warder; Mrs. Libby Pfaff, Central Point, conductor; Mrs. Homer Vinzant, Medford, inside guard; Mrs. Twyla Salvage, Kerby, Ore., outside guard; Mrs. Clarence Jordan, Medford, chaplain; Mrs. George Nichols, Ashland, musician; Mrs. Irene Johnson, Gold Hill, junior post chairman; Betty Overcash and Judy LaPrath, Glendale, pages.

Reports, exemplification of lodge work, a memorial service and other business was conducted during the day. Members of Zulema Woodlawn Nile club served luncheon, and a banquet was served at the Masonic temple by members of the Women's association, O.U.E.F. Presbyterian church.

Members of Olive Rebekah lodge chartered a Greyhound bus for the convention trip.

Overweight Said Greatest Problem For Nutritionists

The only advantage an overweight person has is his ability to float," Dr. Valdo A. Getting, professor of public health practice, school of public health, University of Michigan, Ann Arbor, Mich., said recently in a speech before the annual summer conference of the National Dairy council.

"Overweight citizens are our greatest nutrition failure," Dr. Getting continued.

"Overweight is a characteristic of both the American male and female. The overweight adult, especially over 40, is more likely to develop high blood pressure, arteriosclerosis, heart disease, kidney disease, diabetes and some types of cancer.

"The chances are that he may have social problems, discomfort in hot weather and limitation of many activities.

"It is difficult to lose weight; it is even more difficult to maintain the loss. Persons should be helped to achieve these objectives. And the prevention of obesity—this should be the prime objective of nutritionists.

"People must be taught not to lose good health for granted," Dr. Getting said. "Health like wealth must be earned—by diligent and carefully planned programs of health supervision and early care as indicated."

Speaking of nutrition for older persons, Dr. Getting said: "Perhaps the greatest nutritional deficiency of oldsters is calcium. In the future oldsters will be more accustomed to the use of milk and they will use it more generously. But in the meantime, persons over 65—as well as those over 45 in some instances—must be taught that a pint of milk a day, or milk equivalent, is essential to a well balanced diet."

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## Russian Sandwich, Coffee Cost Traveler Large Sum

By MARY PRIME  
United Press Correspondent  
New York — U.P. — The first U.S. food export to visit post-war Russia when tourists take along their pocketbooks—and small appetites.

Myra Waldo, a cookbook author and food consultant for Pan American World Airways, has just returned from a three-weeks taste tour behind the Iron Curtain. Miss Waldo said she has gathered recipes from more than 80 countries and 500 restaurants in recent years, but this was her first trip to Russia.

"I've always heard so much about the Russians politically, I decided to see them as a people," she said in an interview.

Miss Waldo's main complaint against Russian foods was the price—it's too high. She also found beef and green items scarce.

"Service in restaurants I visited is discouragingly slow," she said. "And the food often is not worth the wait."

She learned to buy a ticket for the ballet or opera, where buffet meals are served.

"Prices were just as high, but the food more filling and there was no waiting," she explained.

Miss Waldo and her husband, Robert Schwartz, an attorney, traveled on a tourist plan in which each of them paid \$30 a day for four meals, counting tea for a car and an interpreter. She said that American tourists stay in one of three hotels in Moscow, and the Russians decide which one.

"The tourists may eat at any one of the three hotels, but the food Miss Waldo said 'is nothing to write home about.' She said her husband tried to take in as many restaurant meals as they could, mostly as the meals were figured that a chicken dinner, with the traditional trimmings, costs about \$20 per person. Everything on the menu, even to rolls and coffee, was also rare. Green stuff is so rare, she said, that an item like a cucumber salad could cost \$1.50, in season.

"I talked to some U.S. Embassy wives who said that they had on occasion paid as much as \$5 for a cucumber," she said. Even a quick lunch is costly. Miss Waldo said a chicken sandwich and coffee cost her \$3.50.

**Cooking Art Not Lost**

She said the typical Russian diet, meager by U.S. standards, is built around borscht, black bread and tea.

"But the art of cooking has not been lost in Russia," she said the pretty, dark-haired Miss Waldo.

To prove it, she asked the chef of the famous Hotel Metropole to cook her an elaborate dinner.

Martin, care of Medford Mail Tribune, Pattern Dept., 232 West 17th St., New York 11, N.Y. Print plainly NAME, ADDRESS with SIZE and STYLE NUMBER.

Said Miss Waldo, "It was out of this world. It included buck-wheat cakes and caviar, sturgeon, trout smoking pig, parakee and strawberry jam, cucumber salad, vodka and wine. The Hotel anxious to please, gave the food, but normally it would have cost several hundred dollars.

In exchange for eating Soviet food, Miss Waldo introduced some American dishes to her Russian hosts, including a Thanksgiving dinner, package mixes and scrambled eggs and lamb.

Myra Waldo also visited Russian homes, Moscow courts, schools, a maternity hospital and a vodka factory.

"There," she said, "I thought I'd have some fun."

"I turned to one of the Russians and said, 'You know, of

## Festival Director Exhibits Prints; Institute Opens

Ashland—First showing of a collection of prints assembled by Dr. Margery Bailey as part of the Institute of Renaissance Studies being conducted by her for the annual Oregon Shakespearean festival, was held yesterday.

Second showing of the prints for the general public will be held Saturday, July 28, in the Assembly room of the Ashland public library. An added showing for students has been set for Thursday, July 26, in the same

course, that the Americans invented vodka."

"But the remark was lost. Not because he lacked a sense of humor, but because the average Russian apparently isn't aware of the government's propaganda which claims the Soviets invented almost every modern convenience."

Chicago — U.P. — Plastic slip covers for upholstered furniture can be held fast by cutting old rubber hose into four or six-inch lengths and forcing them down between the cushions and arms of the chair or sofa.

Hours both days are from 10 a.m. to 2 p.m.

Dr. Bailey, education director for the festival and noted authority on Shakespeare, states that the prints show the connection between graphic art of the medieval period and the renaissance to early staging. She states that the collection is an excellent one, and that prints may be rented or purchased at the end of the season. It is suggested that those interested make arrangements for rental or purchase at once since the prints are valuable.

Dr. Bailey's classes, given as part of the institute, opened Monday and have attracted students from all parts of the nation. Dr. Bailey was retired from the faculty of Stanford university this spring after having taught there for many years.

Herberts Home  
Mr. and Mrs. Russell Herbert have returned to their home at 447 Fairmount street after spending a 10-day vacation in California. They visited Mr. Herbert's sister in San Carlos, and friends in San Francisco.

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