

Women's Page



Dr. Ida Bailey Allen, one of this nation's best known personalities in the field of foods, was presented a basket of famous Rogue River valley pears when she arrived at the Medford airport Sunday evening. The pears were presented by John Snider, city councilman who represented Mayor Earl Miller, while Harold Holmes, president of the Rogue River Valley Traffic association (center) and Chef Charles Premmac look on. Chef Premmac, of French ancestry, works with Dr. Allen on her radio and television programs as a star of the CBS program "Evening in Paris." Dr. Allen, who has written 49 books on food, is the author of a syndicated food column which has a reader potential of many millions.

(Landsi-Share photo)

Americans Undernourished, Noted Dietitian Declares

Americans as a nation are undernourished, according to Dr. Ida Bailey Allen, noted nutrition authority and author who left for Portland last night after a one-day visit in Medford. The people of the United States consume an "empty calorie" diet, she declared, eating far too much sugar, starch and animal fats and starving themselves on such nutrition essentials as protein and minerals.

Dr. Allen is one of this country's best known authorities on food, nutrition and diet. She has published 49 popular books on food, cooking and homemaking, is a former food editor of Good Housekeeping, the Family Circle and Parade; has starred in thousands of broadcasts on major networks, makes movies on food, appears on television and writes a syndicated column which has a reader potential in millions.

Dr. Allen and her associate and co-editor, Charles Premmac, were honored at a dinner given by Mrs. Julie Tummers of Mon Desir inn Sunday night shortly after their arrival, visited Harry and David's Bear Creek plant yesterday morning and at noon were guests at a luncheon at the Medford hotel by the Rogue River Valley Traffic association at noon.

The guest dietitian talked briefly for the group at luncheon, saying that almost everyone in the United States needs to consume more protein in the form of meat, protein vegetables, fish, eggs and cheese, to drink more milk and to eat more fresh fruits and vegetables. She pointed out that per capita consumption of fresh fruits and vegetables has not kept pace with the population and said that most persons could improve their health by eating more fresh fruits and vegetables and consuming fewer laxatives and teen-agers are the poorest nourished of all, Dr. Allen declared.

"We literally are 'what we eat'" she stressed and added "You can't be any more healthy than the balance of what you eat. We're spending more for food, and buying more empty calories."

Dr. Allen works with the American Medical association, and has written many articles for the association's publication. She has written one on freak diets for AMA, and next spring will prepare another on the use of fresh fruits and vegetables.



not too hot... not too bland!
Slow-simmered for just-right home-kitchen flavor

Rushing Party Given by Chapter At Country Club

Alpha Phi chapter of Beta Sigma Phi sorority held a fall rush party in Pilot room of Rogue Valley Country club October 3.

Theme of the party was a French Cafe, Moulins Rouge, with guests and members seated around colorful candlelit tables. Mrs. David Legg and Mrs. Robert Norris, dressed as cigarette girls, circulated among the table serving refreshments. Mrs. Mark McKenzie served punch.

Mrs. Richard Henselman, in tuxedo and top hat, was master of ceremonies for the event. She welcomed guests to the cafe and announced the Can Can Girls, Mrs. William Winer, Mrs. Herman Schroeder, Mrs. Raymond Morton and Mrs. Dan Kidd.

Mrs. John Middleton was applauded for her two pantomimes of songs "La Vie en Rose" and "C'est Si Bon." Mrs. Larry Allen, chapter president, gave two dances. Glenn and Debra Rader, pupils of Colleen Hope, gave their version of an Apache dance. Mrs. William Tyler and Mrs. Richard Riggs presented a comedy skit of "The Pussy Cat Song." The Can Can Girls ended the program with another dance.

All members came dressed in French inspired costumes. Guests of the sorority were Mrs. Robert McIntyre, Mrs. Harry Baker, Mrs. William Singer, Mrs. Paul Antony, Mrs. John Lynch, Mrs. Al Williams, Mrs. Gerald McDougal, Mrs. Robert Hankins and Mrs. J. M. Paulazzo. Mrs. M. E. Sletter, was sponsor of the sorority was also a guest. Mrs. Middleton planned the party.

A model meeting and fashion show by Raths of Medford will be held this Thursday, October 11 in the home of Mrs. Henselman, 333 Ardmore ave.

Former Resident Visitor in Valley

Eagle Point—Mrs. C. W. Ashpole, formerly of Medford and now of Pocatello, Ida., is a guest of her brother-in-law and his wife, Mr. and Mrs. Roy Ashpole. Last Friday Mrs. Vern Brophy, Medford, family friend, spent part of the day with the Ashpoles and their guests.

The visitor expects to spend about two weeks in the valley, and will then go to Eugene to see her son, Charles, senior at the University of Oregon.

Mrs. Gwen Caster On Vacation Trip

Mrs. Gwen Caster, Phoenix, left Saturday for Spokane, Wash. where she will visit relatives. Mrs. Caster will also attend a meeting of the Northwest region, National Secretaries association, to be held in that city October 12-13-14. She will represent Rogue chapter.

Mrs. Kay Thomas, Oregon division president of National Secretaries, will also attend the meeting.

Civic Music Workers Hold Dinner

Volunteers who will conduct the annual membership campaign of Jackson County Civic Music association met at the Jackson hotel last night for dinner and to receive instructions. The campaign will last through Saturday, October 13, and no memberships will be available after that date. No single admissions are sold for concerts.

Seth Bullis, association chairman, welcomed the workers and Miss Dorothy Van Anders, representative of the national organization, instructed the volunteers. She pointed out that through community music associations such as this, it is possible to hear first rate artists at bargain rates, and that the concerts are a major contribution to the cultural life of the city.

She stated that civic music doesn't "sell any particular artist, but just sells music." Membership holders are provided talent lists and indicate their preference vocalists, pianists, violinists, dancers, etc., and the composite list is used as a guide in selecting artists for the coming season.

Mrs. Dorell Huson membership chairman, also spoke. Workers are asked to check in at headquarters at Purucker Piano house today or Wednesday, again on Friday and on the final day of the campaign, Saturday. The Ashland drive will close Friday night.

Dinner chairmen were Mrs. Lynn Schoppert and Ray Lewis. Lynn Sjolund, vocal music instructor at Medford Senior High school sang, endorsed by Mr. Lewis.

Roosevelt PTA To Hold Meeting

Roosevelt Parent-Teacher association will hold its first regular meeting of the year Friday October 12 at 2:30 p.m. in Roosevelt school auditorium. William Duhaime will give a talk on "Dental Health" and also show a film on the same subject.

After a short business meeting a reception will be held to welcome new teachers and new PTA members. Hostesses of the afternoon will be members of the executive committee.

Roosevelt Parent-Teacher association is for the parents of children attending Roosevelt school and Roosevelt annex in Hedrick Junior High school building.

Officer to Speak For Garden Club

Mrs. A. O. Floyd, Medford, treasurer for the Oregon Federation of Garden clubs, will be guest speaker for a meeting of the Gardeners Wednesday, October 10. It will be held at the home of Mrs. Robert Stokes, Foothill road, at 1 p.m.

Mrs. Griffin will be cohostess. Mrs. H. Chandler Drew is president of the club.

Community Day Plans Announced By Local Council

Plans for the annual World Community day were made at a board meeting of the Council of Church Women held last week in the Methodist church parlors. World Community day observances will be held this year in the First Christian church November 2 with Mrs. Wilbur Arnold as chairman.

"For the sake of my brethren, my kinsmen" A speaker and special music will be featured of the afternoon program. Newly elected officers will be installed during the afternoon. The morning session will be devoted to business and at noon a salad-sandwich luncheon will be served.

Mrs. Harlan P. Bosworth Jr. gave a report on a recent conference held at Willamette university which she attended as a delegate from the local council. The conference was called to consider affairs pertaining to the problems of the American Indian. The local group gave a free will offering during the afternoon for assistance to an Indian student attending Oregon Technical Institute.

The clothing drive for overseas relief was discussed. All churches were urged to participate in the work which officials of the Council of Churches in Oregon report is so very needed this year since supplies of warm clothing are very low. Rogue valley churches are actively engaged in assisting in the clothing drive.

Teachers Attend Meeting of Deans

Four Jackson county women attended the annual fall retreat of the Oregon Association of Deans of Women, held last week end at Yachats. They were Mrs. Grace Berg, dean of girls of Medford High school; Mrs. Carol Ashland, dean of girls, Crater High school; Mrs. Mabel Winsten, registrar and dean of women, Southern Oregon college and Miss Frances Bortis, director of women's dormitories, Southern Oregon college.

About 50 women from all parts of Oregon attended. The spring meeting will be held April 13 at Oregon State college.

October Wedding Planned by Couple

The engagement and marriage wedding of Mrs. Mary Jane Day, 441 North Grape street, Medford, to Donald F. Mang, Central Point, has been announced. Mrs. Day is a daughter of Mrs. J. B. Marshall, 1122 North Central avenue, Medford, and J. H. McCarley, Circle G Ranch, Jacksonville. Mr. Mang is a son of Mr. and Mrs. Walter P. Mang, Central Point.

The wedding has been set for October 27 at 7 o'clock in the evening at the Eagles' hall, with a reception to follow.

Jefferson PTA To Meet Friday; Drive to Open

Jefferson Parent-Teacher association will hold its first meeting of fall in the school cafeteria Friday, October 12, at 2:30 p.m. A special invitation to attend is extended to all those parents new in the district, and to first grade parents.

This will be a get acquainted meeting and will feature a coffee and buzz session to provide an opportunity for parents to meet teachers and talk with them.

New officers and committee chairmen will be introduced and plans will be discussed for the year's major activities.

This will also inaugurate the annual membership drive for the school. Mrs. Fred Simcox, PTA president, has expressed the hope that Jefferson will reach 100 per cent PTA membership.

Lutheran League Plans Institute in Klamath Falls

St. Andrews' zone of the Lutheran Women's Missionary League will meet in Klamath Falls October 16-17 for a Christian growth institute. Zion Lutheran church of that city will be the host church.

Topics will be "Training Kingdom Workers," "Deepening the Inner Spiritual Life," and "Personal Evangelism."

Lecturers will be a number of pastors from the Oregon district of the Lutheran church, Missouri synod. The Rev. Kenneth Korby of St. Peter's church, Medford, will be included.

Other churches to send delegates will be St. Paul's, Grants Pass, Grace, Ashland and Zion, Klamath Falls.

Cast Announced By Footlighters

Cast for "The Devil Passes" has been announced by Mrs. Max Wimmer, president of Footlighters. The play will be produced early in November and rehearsals are already in progress. The cast includes Mrs. Colleen Romine as the young Miss Paul Robinson, Richard Graham as D. C. Magnus, Miss Ruth Kilbourne as the accomplished actress Dorothy Lister, and Clyde Wheaton as the "interesting artist fellow," Louis Krishch.

Les Boardman has been cast in the role of the writer, Cosmo, while Thayer Tarvin will appear as the Rev. Mr. Messiter, Mrs. Frankie Burton as Mrs. Messiter, Mrs. Charlene Tarvin as Ellen.

CALENDAR

Tuesday
6 p.m.—Lone Pine PTA, annual membership dinner at school.
7:30 p.m.—First Presbyterian church circles: Candlelight, home of Mrs. W. Peñley, 932 Reedy ave.; Vesper, home of Mrs. LeRoy Williams, 1316 West Main.
7:30 p.m.—Howard PTA, buzz session, second grade.
7:45 p.m.—Toastmistress club, KBOY.
8 p.m.—Legion, auxiliary, at Legion home.
8 p.m.—Neveda chapter, OES at Central Point Masonic hall.
8 p.m.—Pythian club, home of Mrs. James Cech, 29 Quince.
8 p.m.—Elta Deuel Hubbs tent, courthouse auditorium.

Wednesday
10:30 a.m.—Medford Extension unit, courthouse auditorium.
12 noon—Seal sale chairmen, Rogue Valley Country club.
12:30 p.m.—Mistletoe club, home of Mrs. L. S. Bashaw, 18 Almond street.
12:30 p.m.—Medford Town-

send Harmony club, Carpenters Union hall, 123 1/2 West Main st.
12:30 p.m.—Women of Rotary, Rogue Valley Country club.
1 p.m.—Afternoon book review group, Medford branch, AAUW, home of Mrs. A. J. Munro, 4748 South Pacific highway.
2 p.m.—Table Rock Ladies club, home of Mrs. Alan Fleischer.

Dead line Sunday. Classified is at Monday. Saturday, 10 a.m. Monday for noon; other days 5:30 previous day.



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