

QUICK BARBECUE SAUCE
Make your own barbecue sauce, suggests the Gas Appliance Manufacturers association, by adding to one can of condensed tomato soup a tablespoon of Worcestershire sauce, another of tabasco, a quarter cup of chili sauce. Thin if desired with one of beef broth. Especially delicious over spare ribs or hotdogs.

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Hollywood
Special Formula BREAD

Designer Gives Rules On Clothing

By GAY PAULEY
United Press Correspondent
New York—U.P.—Follow the advice of an ancient Greek philosopher if you want one of those "best dressed" lists, says a famous woman designer.
"Know thyself," said Madame Valentina, the Russian-born designer whose roster of customers reads like the who's who of both the social and theatrical world. "This is the most important rule."
Valentina, in one of her rare talks with a reporter, recalled some of her contributions to fashion and defined what to her is the state of being stylish.
"Well dressed means nothing more than wearing the right clothing in the right place," she said.
No Tears
"Where is the belt... where is the bustline, the hemline... is absurd, means nothing. The shape of woman's face can chop three inches off a hemline."
"Clothes should be simple, without tears."
She said American women just about the ultimate in compliments on clothes know-how.
"They are the world's most soigne," she said. (Webster says the term means "well groomed, sleek.")
"How free they are, how well prepared with the fundamentals. They have learned the lesson of simplicity."
She conceded there are exceptions—"like local weather."
Yet Valentina is the first to urge a woman to break the rules occasionally. "Try the dramatic," she said. "But not everyday."
The Long View
Valentina, a tall, beautiful woman who resembles Greta Garbo, a customer, is best known for elegant clothes with timeless lines.
Her customers are perennials on best-dressed lists. Her clothes have been worn on and off stage by such stars as Lynn Fontanne, Lillian Gish, Katharine Cornell, Lily Pons and Katharine Hepburn.
She does not plan to follow the route of some of her colleagues who produce wholesale lines—sold through department stores and specialty shops throughout the country.
"It's not for me," said Valentina. "I work with the big swoop... the long view. Not just next season."

Society

Grandmother Earns College Degree By Studying Nootimes

Waco, Tex.—U.P.—Mrs. Herman Kettler, a grandmother, made her lunch hours pay off with a college degree.
Mrs. Kettler, a graduate of Baylor University with a business degree in accounting, forfeited her lunch hour for nine years to earn her diploma. She took her first class, a course in accounting, in 1947 during a break from her job at the school's business office. The 46-year-old University employee next took an English course.
She said both these courses were "just for fun." So were a few others she enrolled in. Then in the fall of 1952, she began to think about getting a degree so she added night courses too. She continued her job at the University and went right on keeping house for her husband and two sons, who also are Baylor graduates.
Now, Mrs. Kettler said, she may take some post-graduate courses in philosophy.
"The more I learn, the more I want to learn," she said. "I believe I could go to school forever."
Turn Leftover Ham Into Open Sandwich
Chicago—U.P.—Turn leftover ham into an open-face sandwich for a quick supper or late evening snack.
This one comes with tangy meringue topping.
Arrange a generous slice of ham on a slice of bread for each serving. For 4 sandwiches, fold 1/3 cup of salad dressing and 1 tablespoon of prepared mustard into a stiffly beaten egg white. Cover the ham slices with the meringue mixture and bake in a very hot oven (450 degrees) about 8 minutes, or until the meringue is golden brown. Serve hot with hot coffee and spiced crabapples or pickled peaches.
Orange Glace
For a warm-colored dessert which also offers the winter-time protection of vitamin C, follow these directions to make Orange Glace. Prepare a package of orange-flavored gelatin as directed on package. Chill slightly; arrange fresh orange sections in six sherbert glasses. Fill with thickened gelatin and chill until firm.

Gay Stockings For Mantelpiece Easy To Make

For extra-joyous cries of pleasure from gift-seeking youngsters on Christmas-morn, and to induce Santa to leave more gifts than ever before, decorate the mantelpiece with gay stockings of your own design and making. They're so easy to make, and fun, too, because of the many do-it-yourself decorating items on the market today. The simplicity trick is in the use of a new clear drying glue which can make any decoration stick perfectly to the Christmas stocking.
This versatile all-gluing polyvinyl acetate adhesive is a real blessing for the do-it-yourself Christmas decorator.
To make the extra-gay Christmas stocking, buy ready-made white, red or green felt stockings, or make your own, in a jiffy. Here's how: Draw a simple stocking pattern on brown wrapping paper. For each stocking use two thicknesses of felt, one on top of the other, and pin the pattern to them. Cut out the felt with pinkish shears. Stitch the two thicknesses together to make the stocking.
Then take the stocking and glue a two-inch piece of contrasting felt around the top. And glue a striped piping to the bottom edge of this for extra decor. Draw your own simple designs on felt of various colors. Such decorative designs as Christmas trees, snow men, candy canes, holly leaves, Santas, bells, and reindeer are easy to make.
Cut these out with shears or razor blade and glue them on the stocking. Small packets of sequins, gold and silver glitter, and stars, colorful braid can be bought almost anywhere this season. Use the sequins for ornaments on your felt Christmas tree and for reindeer eyes. Glue star at the top of the tree. Apply a thin line of glue behind the reindeer and dust with silver glitter for a sparkling trail. Use braid, ribbon, cord, tiny bells and Christmas tree ornaments for added decoration. Make each stocking sparkle with originality.
BREAKFAST SOUP
Instead of tomato juice for breakfast some morning soon try giving the family cups of hot tomato soup. Doubly nourishing if made with milk.

American Kitchens Said Producing Bad Dispositions

By JERRY REYNOLDS
United Press Correspondent
Lodi, Calif.—U.P.—The American kitchen is the world's greatest producer of grumpy dispositions and neurotic personalities, a nutrition authority says.
Dorothea Van Gundy, a representative of the International Nutrition Research Foundation, pointed out that the modern homemaker is eager to please her family's palate with fancy dishes made from highly refined products.
As a result, Miss Van Gundy said, "she often unwittingly shortchanges her family nutritionally."
She spoke recently at a Seventh-Day Adventist meeting on the Lodi Academy campus.
The nutritionist urged a return to the use of simple natural foods as a solution to the health problem in America. She said that today only 24 Americans out of 1,000 are in perfect health.
"Feeding experiments have demonstrated that a normal, well-adjusted person may be made sickly and neurotic when sufficient amounts of the essential elements are missing from the diet," she said.
Dangerous Habits
Miss Van Gundy termed the following dietary habits as "dangerous."
The use of large quantities of foods containing white sugar, breads and pastries made with highly refined white flour, cereals which have the natural oils and plant germ removed, and spices such as black pepper.
She also listed the excessive use of coffee, tea and soda pop as being factors which are "causing Americans to fall apart at the seams healthwise."
"The much-vaunted coffee break is definitely not the blessing to Americans it first was thought to be," she said. "Instead of easing tensions built up by workers in offices or factories the caffeine in coffee cause the blood pressure to rise. It also affects the heart and may even produce muscular tremors."
She also declared that the "American practice of giving children coffee to drink is almost as bad from a health standpoint as the French practice of letting children drink wine."

Tuesday, December 11, 1955

MEDFORD (OREGON) MAIL TRIBUNE—THREE

Engineer Produces New Device for Hanging Up Clothes

West Boyston, Mass.—U.P.—The American housewife's clothesline habits may be the invention of a local engineer.
He has produced a revolutionary clothes-hanging device that weighs only four grams. It takes 113 of the new plastic "pins" to weigh a pound.
"My wife was the inspiration," says Roger L. Nowalk. "She suggested it and all I did was work out her idea and find a way of producing it. There's no doubt it will sweep the country."
The ringed, pronged device is produced in six colors. It is one piece. The tension is in the plastic and in the shape. He calls them "ringlets" because you can load them on a finger while hanging clothes.
Parents Should Provide Good Study Conditions
Urbana, Ill.—U.P.—To encourage good study habits in your children provide them with good study conditions, says Dorothy Twig, University of Illinois home furnishing expert.
Miss Twig recommended a dull-finished desk because it won't reflect light. If you have a shiny-finish desk, cover it with a light-colored blotter to reduce the contrast between the dark desk and the light pages of a book or paper.
If walls are dark or heavily patterned, place a light-colored bulletin board in front of the desk to reflect light toward the working area of the desk top.
TASTY RICE DISH
If the rest of your meal tends to be bland or all light in color, this golden rice will lift it from everyday to perfection. Brown a half cup of raw rice with a can of mushrooms (drained) in two tablespoons of butter or margarine. Add a can of condensed onion soup, a half can of water, cover and cook for 20 to 25 minutes.
The Micmac Indians in Nova Scotia number about 3,400 which is almost the same as their population estimates in the early 1600's.

Anthony Eden Cancels Press Conference

London—U.P.—Prime Minister Sir Anthony Eden has cancelled a press conference scheduled to be held in Jamaica Wednesday on the advice of his deputies in London, it was reported today.
Eden is scheduled to return to London Friday from his health-restoring vacation in Jamaica.

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