

Potpourri

"Somehow, it seems easier for people to accept food nonsense than food sense," says Dr. John Yudkin, professor of nutrition, University of London. "It may be quite difficult to persuade people to drink milk and eat vegetables and fruit, but much easier to persuade them to take yogurt, molasses, brewers' yeast and wheat-germ, or to eat their meat and their potato at separate meals."

Dr. Yudkin wrote thus in a book entitled "Man's Choice of Foods." He may be correct, but what we wonder sometimes is this: How are we to decide which ideas are sense and what is nonsense? Great quantities of food material comes to our desk, much of it quotes from individuals, like Dr. Yudkin, who should be authoritative, and a lot of it is contradictory. One day we receive a release from a nutritionist who says give children molasses in their milk. It will supply iron and necessary minerals; the next day we get one which reads "The benefits of blackstrap molasses have been overestimated."

One day we read that only fresh oranges have the proper vitamin C, a day or two later we get a release from the citrus fruit industry itself quoting a number of nutritionists and dietitians to the effect that frozen orange juice has just as many vitamins as does the fresh, particularly if the latter has been exposed to the air for any length of time.

We distinctly remember a Medford eye specialist once telling us to eat lots of raw carrots—that they were just chock-a-block with vitamin A; now we have a release on our desk which quotes an assistant professor of biochemistry, College of Medical Evangelists, Loma Linda, Calif., which says "The vitamin A in raw carrots is not so available as it is in cooked carrots."

But Potpourri has the answer. We eat everything. Everything but horse-radish, that is. And caviar. We eat the seven basic foods, (which the authorities are reducing to four now) and then (we add whatever else comes our way, slapping ourself on the wrist from time to time for eating too many sweets.

However, it seems to be generally agreed by many food authorities that the people in this country eat the wrong kinds of food, and that most of us eat too much for really top notch health. Last week a story which came to The Tribune, quoted Cornell university researchers as saying that homemakers don't really know the rudiments of good nutrition.

Only a fifth to a third of the homemakers polled planned their meals on the basis of some real knowledge of nutrition, the release said. Only a third of the women could give an adequate reason relating to nutrition for their selection of any group of foods. It was found that many had erroneous ideas about food and nutrition.

Only a fourth attached a valid meaning to the phrase "balanced diet." It was found that the greatest need for more nutritional knowledge by homemakers is in regard to ascorbic-acid-rich and vitamin-A-rich fruits and vegetables, and in regard to milk, bread and cereals and butter or margarine.

The same release announced that two U.S. Department of Agriculture experts, Louise Page and Esther F. Phipard, have written a pamphlet entitled "Essentials of an Adequate Diet." (Agricultural Research Service Report No. 624.) It explains the importance of the various food groups and the authors advocate that everyone drink some milk daily, eat two or more servings of meat or allied foods daily; four or more servings of the vegetable-fruit group daily, including a dark-green or deep-yellow vegetable important for vitamin A (here're those carrots again) at least every other day and a citrus fruit or other fruit or vegetable important for vitamin C daily; and four or more servings of whole grain, enriched or restored bread or cereals daily.

And please, you who disagree with this "enriched and restored" business, write to the Department of Agriculture—don't write to me. We're on your side already.

We hit the jackpot on letters last week. Both of the young marrieds wrote in one week. The soldier said he found discipline less rigid at Fort Jay, on Governor's Island, than at Fort Ord, and was pleased to find that the First Army band, to which he is assigned, plays mostly concert music.

Writing about the subways he said, "In the morning you find the working man and the Wall Street man side by side, keeping their eyes fixed in space with their faces set in an attitude of habitual boredom. In the evening all are reading something. The tabloids are the favorite since, being smaller than the conventional paper, they are easier to read and handle in the crowds."

Now, having moved to Brooklyn, the two take the ferry each day to Fort Jay, and according to the soldier, it is one of the interesting parts of the day. "I was interested to note that the statue is not the tall graceful object I had pictured. Viewed from a distance, the lady is short, stubby and decidedly and definitely green. Although she is the symbol of liberty in America, I did not find her as thrilling as I had anticipated."

He enjoys the evening ferry trip because "you have the



Mr. and Mrs. Burdette W. Holroyd
(Brainard photo)

famous skyline view in front of you. The sky is just becoming darkened with the forthcoming night and the lights of the many famous buildings are winking on, one by one. All of the buildings are outlined by the lighter sky and the daytime, dirty city of New York becomes the magic city of lights and glamour."

The two of them have decided that Brooklyn isn't so bad after all. They discovered that it wasn't filled with "thieves, bums and hoods, and cops with Irish accents." They do find the Brooklyn accent difficult, and have decided, like a lot of other newcomers to New York, that many of the residents are provincial. Many live and die in one borough, it seems, without ever getting more than a few blocks from home and "they consider anyone from Pennsylvania a westerner. Imagine what they think of us!"

For some reason or the other everyone laughs when we tell them this. We're going to San Francisco to celebrate the 100th anniversary of the canned peach. (By the time this is in print we will have gone and the celebration will have ended). But looking back on the enjoyment we've had from peaches, canned and fresh, it doesn't seem so amusing to celebrate such an anniversary.

Potpourri's canned peach eating dates back to the days when the family lived in Pacific county, Washington. We all loved canned peaches, so each September mother ordered boxes and boxes, and canned peaches for days on end. A hundred quarts or more. And by spring they would be all gone. Eaten with freshly baked bread slathered with butter and apple butter, or with mother's white cocoanut cake, they were wonderful.

Any woman knows that many small things go wrong when you're trying to pack in a hurry. There's always an unexpected run in the hose, or the hem that needs fixing, or the broken strap. But did you ever take an evening gown from its paper sack, fresh from the cleaners, and find the straps sewed on—with the hanger bar inside?—O.S.

Newlyweds Leave for South After Rites in Central Point

Mr. and Mrs. Burdette William Holroyd left for a two-month trip to Arizona following their wedding Tuesday, January 1, at Pilgrim Holiness church in Central Point. The bride, the former Miss Lois Kiplinger of 717 Posse lane, is a daughter of C. M. Kiplinger, Los Angeles, who came north for the wedding.

The bridegroom, of 748 Oak street, is a son of Mr. and Mrs. William Holroyd of Foley, Minn. The Rev. John M. Root of the Free Methodist church, Medford, officiated for the 3 o'clock afternoon ceremony attended by about 100 guests.

Mrs. Roland Pruett, Vacaville, Calif., sister of the bride was the honor attendant. Mrs. Lawrence Larson, Foley, Minn., a sister of the bridegroom, was bridesmatron.

Lois Harger, Medford, a niece of the bride, and Pamela Larson, Foley, a niece of the bridegroom, were flower girls.

Virgil Crum was best man and Dillon Arnold, cousin of the bride, was chief usher. Roland Pruett and Ira McDonald Jr., assisted Mr. Arnold.

Mr. Kiplinger gave his daughter in marriage. Her gown was of lace and net over satin and styled with fitted bodice. A headpiece trimmed with seed pearls held her fingertip length veil. She carried pink carnations and stephanotis on a white Bible.

The matron of honor wore a pale green gown with matching headband. Mrs. Larson's gown was yellow as was her headband. Both carried bouquets of white chrysanthemums.

The flower girls' gowns were

Meetings Set During Week

Pythian Sisters will meet Tuesday, January 15, at 8 p.m. at the Pythian building. This will be the first meeting at which the 1957 officers will preside.

Past Chiefs club will meet Wednesday, January 16, at 1 p.m. for a covered dish luncheon at the home of Mrs. Harry Bryant, 1312 Reddy avenue. All of the past chiefs are invited to attend.

Pythian club met Tuesday with Mrs. Weidon Jackson. Following the meeting refreshments were served by Mrs. Jackson, Mrs. Ida Ireland and Mrs. Ruth Dodge. Cards were played.

Day of Prayer Plans Told

Board members of the Medford Council of Church Women met in the fireplace room of the Presbyterian church on Monday afternoon, January 7, for a business session and to plan for World Day of Prayer which will be held the afternoon of March 8, in the First Church of the Nazarene. Mrs. George T. Johnstone is chairman for the observances. As is the custom of the local Council, a chain day of prayer will be observed the day before in the small chapel of St. Mark's Episcopal church. The several affiliated churches will each be responsible for one half hour devotions. Periods for the churches participating will be announced at a later date.

The newly elected president, Mrs. James Morrow, presided during the business period. Mrs. Grover Corum gave the opening devotions. The president, Mrs. Morrow, and several other members plan to attend the state Council sessions which are to be held in Salem Jan. 21 and 22. These delegates will also remain for the meetings of the state council of churches scheduled for January 22 through 24. All sessions are to be held in the First Methodist church in Salem.

Mrs. Henry Padgham told of work of the Juvenile Court and urged interest and attendance at the monthly discussion held in the courthouse. Miss Elizabeth Burr reminded members that the work of the Women's Christian Church Union is a branch of church work and that more interest is desirable in the monthly meetings of that organization. The local group is presently meeting in the Salvation Army social hall.

Bringing before the meeting legislative matters, Mrs. Harlan P. Bosworth, stated that the sale of Indian lands has been deferred for another 15 months. She also announced that the UN program for the next two months in the interest of peace for the world is to be strongly stressed.

Mrs. Morrow and Mrs. J. Claude Sparks, immediate past president, were hostesses for a

Dance Group to Start Third Session

Children's square dancing at Moose hall, Thursday evenings from 7 to 8 p.m. is starting a third session on Thursday, January 17.

New children will be accepted in the present course only through that date in order that children coming since the first night can progress. Children accepted for the course must be at least in the fifth grade and not beyond junior high.

There is no charge to the children for the course of square dancing. Medford Lodge of the Loyal Order of Moose is the sponsoring organization.

with us . . . hair styling is an art



yes, we do for you what others claim they will do

- sculptured styles
- 'touch of glamour' hair styling
- permanents that pamper your hair as well as your purse
- shear cuts, razor cuts, lamp cuts from 1.50
- permanents from 7.50

Only the best products and equipment, plus our artistry and techniques result in the best beauty care for you . . . Come in or call 2-6434 for an appointment soon!

Mann's Beauty Salon

Extension Units To Hear Programs On Yeast Rolls

Three county extension unit meetings are set for this week. Central Point — Women of the Central Point unit will meet at the home of Mrs. C. L. Ghelardi Wednesday, January 16, at 10:30 a.m. The Ghelardi home is located on Old Stage road. The lesson will concern yeast rolls.

Members of Central Point Poultry club will give a demonstration.

Child care will be provided at the home of Mrs. Eunice Jones, 235 Laurel street, Central Point. All interested women are invited.

Rogue-Elk—Mrs. Roy Vaughn, Laurelhurst road, will be hostess for Rogue-Elk unit members Wednesday, January 16 at 10:30 a.m., when they also will have yeast rolls for the project. Mrs. Harold Corliss and Mrs. Kenneth Lacey will give the demonstration and a business meeting will be conducted by Mrs. Morris Bush at the opening of the session.

Scottish Rites Group Schedule Business Meeting Monday

Scottish Rites Women's club members will hold their first business session of the year on Monday, January 14, at 8 p.m. in their rooms at the Masonic temple.

Scottish Rite men will join the women during the refreshment hour.

Mothers, wives, sisters, daughters and widows of Scottish Rite members are always invited to the meetings.

Mrs. Fred Purdin, Mrs. Ralph Krows, Mrs. Morris Boughner and Mrs. George Thomas are on the committee for the evening.

Tent Installs Officers During Tuesday Meet

Officers for the 1957 term were installed by members of Elta Deuel Hubbs tent, Daughters of Union Veterans, when they met January 8 in the courthouse auditorium. Mrs. F. A. Daugherty, department president, was installing officer and Mrs. L. J. Schade was installing officer and Mrs. L. J. Schade was installing guide.

Mrs. Elmer Gott is the new president of the group and the senior and junior vice-presidents are Mrs. Kay Kohler and Miss Joan Guyer.

Mrs. Cleve Ferris holds the office of chaplain and Miss Sadie De Mater is treasurer.

Council members in the order of their positions are Mrs. Mabel Buchanan, Mrs. Maud Walton and Mrs. Oda Thomason.

Mrs. George Ware will serve as patriotic instructor and the office of secretary is held by Mrs. Clarence Hershiser. Mrs. F. A. Daugherty is press correspondent; Mrs. Ruby Malloy, guide; Mrs. Maud Walton, guard; and Mrs. Ethel Hartle, assistant guard. Mrs. James Cech is musician.

Color bearers in their order are Mrs. Carrie Milnes, Mrs. Mabel Buchanan, Mrs. Orpha Wendel and Mrs. Joseph Carr.

Mrs. Daugherty presented Mrs. Gott a past president's pin. Members decided to continue work at Camp White domiciliary for the year.

Members who had birthdays during the past three months were honored.

Next meeting of the tent is to be held January 22 at 8 p.m. in the courthouse.

Meeting Place Change

Alpha Lambda Chapter, Episcopa Sigma Alpha sorority will meet Monday, January 14, 8 p.m., at the home of Mrs. Lyman Smith, 317 Howard street.

To Meet Monday — St. Catherine's guild of St. Mark's Episcopal church will hold the first meeting of the new year Monday, January 14, at 8 p.m. in the Parish hall. The retiring officers will be the hostesses for the meeting.

Winnie's STYLE SALON

528 EAST MAIN STREET



CHRISTINE ROSE

Is Proud To Welcome... Christine Rose and Ann Bruning To Their Staff

Christine and Ann wish to invite all their customers and friends to visit them at

Winnie's Style Salon

PHONE 3-4559



ANN E. BRUNING

Estimate the number of Aspirin in the huge McKessin bottle in our window

Any adult may enter at absolutely no cost. Just write your guess on the entry blank inside. Children may participate if accompanied by parent. First place winner will receive choice of toaster or coffeemaker. Second place will receive remaining appliance.

FREE

Universal Coffeematic

10 Cup Automatic Coffee Maker

or



G.E. Fully Automatic Toaster

And Look At This \$25.00 Cash Bonus!

The appliance will be delivered to the home of the winner and if there is a McKessin product in the home at the time of delivery the winner will receive a \$25.00 cash bonus!

Central Rexall Drug

Reliable Prescriptions Phone 2-9431

MAIN and CENTRAL — MEDFORD

Open 8 a.m. - 9 p.m. Daily—Closed Sunday