

## Fats Necessary For Good Diet, Says Director

New York—Discussion about fats in the diet sometimes obscures the fact that fats are necessary to protect health as well as to make foods more palatable. Fats are also efficient as a source of energy.

"At present there is no evidence that a regular practice of fasting at least one-fourth to one-third of the total calories in the form of fats and oils," states Dr. Charles Glen King, executive director of the Nutrition Foundation. "In an 1800-calorie diet, this means that fat of proper quality could furnish 450 to 600 calories."

It should be borne in mind, too, that cholesterol, a fatlike substance present in many foods, is also formed by the human body. Although recognized as a normal body constituent, cholesterol may accumulate in excessive quantities in the arteries of persons afflicted with coronary heart disease.

"It is these excessive accumulations of cholesterol that are regarded as unfavorable while the reasons for such deviation from normal are not clearly understood. Research has shown that cholesterol tends to be formed in excess when total calories are more than enough to maintain ideal weight."

Grants from the Nutrition Foundation have assisted scientists in uncovering the pathways by which cholesterol is formed from fats and sugars and deposited in the body. Research on fats is also helping to provide basic information which can be used by the food industry as a guide in developing nutritionally improved table spreads, salad oils, and shortening agents. There is evidence that normal concentrations of blood cholesterol are lowered when the diet is balanced by salad oil types of fat.

## College Marriage Hazards and Helps Topic of Survey

Corvallis—While college marriages are becoming increasingly common, too little attention is being given by students and college officials to make them increasingly successful, an Oregon State college family life specialist contends.

The "standard" arrangement of the wife working while husband goes to school has drawn major attention, and questions as to its desirability in many cases. In a survey made by OSC's Dr. Lester A. Kirkendall, having the wife Oregon her education but the husband through college may handicap her in later years when she may want to go to work to work but is not qualified, Mr. Kirkendall insists. Another problem arising from the arrangement is that an "educational gap" may develop between the two and endanger the marriage, he says. Mr. Kirkendall recommends that "serious consideration" be given by young people to arrangements for both husband and wife to continue their education. "If all possible, perhaps both should work part-time because, if the couple may find it wise to extend their education over more than the usual four years."

Regarding the need to complete their college education together may be a "good investment" in some cases, he believes.

Postponing the marriage until after the college years may help ease the "strain" of the transition of studies and financial life. Family life specialists point out, however, that a marriage that continues and unrelievedly can also weaken it, Kirkendall cautions.

College authorities need to place greater emphasis, Mr. Kirkendall found, on services



**TRAVELING LIGHT**—South Carolina's Marian McKnight, who captured the coveted "Miss America 1957" crown, is surrounded by her luggage as she arrives in San Francisco to start her tour throughout the U. S. and Canada. Marian needs all these bags to carry her exclusive wardrobe. While in the San Francisco Bay Area she will star in four fashion shows in two days before heading into Northwest.

## Majestic Sequoias Said Rulers of Plant Kingdom

By AL HOBART  
Sitting securely and majestically in the number one spot of the world's tree genera are the Sequoias. Because they possess so many qualities that we consider distinctly superior in the makeup of a tree—grandeur, beauty, permanence—the Sequoias easily qualify as undisputed rulers of the plant kingdom.

There are two species of Sequoias in the west, the only ones in existence. A closely related tree was discovered growing in a remote area of China a few years ago and was given the name Dawn Redwood. The botanical placed it in a genus of its own, Metasequoia. To most westerners the name Sequoia and Redwood are synonymous.

Actually the northern coastal species is properly called Redwood, and the species that grows farther south in California, up in the Sierras, is the Bigtree. However, the Bigtree is often called the Sierra Redwood, and many consider that the most appropriate and best name for the partner species of the coast: Redwood.

**Match Alike**  
In appearance of bark and wood, and in immensity of size, the two species are much alike, but their foliage is entirely different. Leaves of the Bigtree are in the form of overlapping scales, something like those of the cedar, while those of the Redwood resemble the needle-like leaves of Pacific Yew. And cones of the Redwood are much smaller, up to one inch long, half as wide. Bigtree cones are as much as three inches long.

The one of these two species that interests us in particular is the Redwoods (Sequoia sempervirens), because it actually extends north into our northwest Oregon area. Any day that we have the time and can afford, burn or swipe a few gallons of gas for the jalopy, we can, in a couple of hours or less, drive down to the nearest grove. This of course will be down toward Crescent City and inside California. Or if our sense of loyalty demands that we do our pick-nicking only to the shade of our Oregon trees, then we can hurry through this grove, along the cutoff down the Smith river to 101 highway. A short drive north into Oregon brings us to the Winchuck, and up this beautiful little river about eight or ten miles is the first of our three Oregon groves of Redwoods.

The other two groves are on the Checco, a few miles farther south, the first a few miles east of the highway and the other five or six miles further up the river.

These are the only Redwoods inside Oregon and extend only eight or ten miles north of the California border. Of course these three renegade groves are really a part of one of California's own tree species; but they invaded our domain, we met them north of the border and they are ours!

**Sequoia to Massive**  
The Bigtree, or Giant Sequoia (Sequoia gigantea), is the more massive of the two trees. But although it becomes greater in diameter (over 37 feet) it is not so tall as our northern species. Our Coast Redwoods are the tallest trees in the world. The Founder's Tree, located in a grove at North Dyerville Flat, 130 miles south of Crescent City, until recently was the highest known. It is 364 feet high. Now a couple of others have been

found to be even taller. Companion trees are themselves so tall that the champion, whichever it may be, is not at all conspicuous. Others are up to 350 feet high and 20 feet through.

The Coast Redwood is the largest lumber tree in existence, and its valuable lumber is outstanding in many respects. It has a beautiful reddish color, is bluish free and easily worked. It is termite and fungus resistant and almost indestructible. There is an old California law that demands the use of Redwood in wooden building foundations. Even the fibrous, fire-resistant bark, which gets to be a foot or more thick, has many uses, such as in felt making, insulations, soil mulch, etc.

But the greatest benefit we get from the Redwoods is esthetic or spiritual, not material, and we can be thankful that many of the finest groves of these great trees are securely and permanently shielded for our everlasting enjoyment from profit-blinded commercial interests.

**Indian Name**  
The generic name of the Redwood, Sequoia, is in honor of a famous Indian chief, Sequoyah, who invented an alphabet for the Cherokees. The specific name, sempervirens, means ever-living.

A perfectly appropriate name for this species could very well be sempervirellum, which means ever-beautiful; for this is one tree that possesses the rare virtue of being symmetrical and beautiful from its seedling days to full-blown maturity—a magnificent monarch of all the world's forests, the Redwood.

## Light Weight, Light Colors Features of Men's Clothing

New York—Clothing designers will take a big weight off the American men's shoulders this coming season, for advance spring showings of men's clothes stress lightness and more lightness—light weight, light construction, light colors as compared to the somber tones of past seasons, plus a light silhouette without bulk.

This trend to lightness importantly includes sports coats and slacks in the spring casual wear picture. Finely tailored jackets in silk and wool blends, special blends of miracle fibers, blazer fabrics, cotton and silk, raw silk and alpaca and wool give the American man's "leisure time uniform" new warm weather importance and comfort.

The attention given to lightening casual tailored clothes is growing proof of the "dressiness" trend that has taken over the sportswear picture. Men have shown they want to look neat and smart as well as comfortable and the designers are out to help them succeed.

Another important development in the new spring clothing is the growing trend to "year around" suiting weights. Botany Manufacturers have developed a 10-ounce fabric especially woven to give the warmth of wool but providing the lightness and porosity needed to make it comfortable on all but very hot days. A brand new clothing idea has

its preview at the H. Daroff and Sons, showrooms. It is known as the "matchmaker" and features a suit with jacket and trousers made of custom woven fabric of the same overall background shade, but with the jacket featuring an additional stripe or plaid pattern on the background. The contrast is a subtle one and makes for an extremely "dressy" casual wear outfit, or an unusual and attractive business suit for the man who wants something different.

The Ivy League trend will continue strong this spring according to the House of Worsted-tex which pioneered the style in the popular price field. The slim natural shoulder, three button jacket and tapered trousers that characterize Ivy League have been a major style moment all across the country, retail checks show.

For the man who does not care for or can't wear Ivy styling, the Worsted-tex firm will introduce a "British Module" new silhouette this spring patterned after "Bond Street" London tailoring. The new suit features a squarer shoulder line and a more shaped jacket to give a "custom" look to the wearer.

**Medium Shades**  
Medium shades will lead the color parade this spring, according to an across the board check of leading manufacturers. In fabrics, dactron and worsted will again lead consumer demand, say the designers, because of its special wearing and crease resistant qualities.

Wash and wear suits will be more important than ever this coming season. Special new blends and weaves have produced suiting fabrics that have the texture and appearance of conventional suitings but which go through the laundry like a nightshirt. A new cotton and dacron, designed to look like fine worsted, has little weight and can be washed and drip-dried over night.

One manufacturer will promote his finely tailored wash and wear suits with their own special hangers to help the woman of the house shape and hang the suit properly when it is dripping wet. A blend of dacron and linen, with all the expensive look of fine linen without any of its wrinkling or cleaning problems, bids well to be the "suit of the year," according to advanced reports.

Pared apples can be kept from turning dark by sprinkling them with citrus or pineapple juice. For large quantities of apples, place the slices—as you cut them—in cold, salted water (1 teaspoon of salt to each quart of water).

**For Waistline Watchers**  
New York—(U.P.)—If it's calories you're counting, eat as much skim-milk cottage cheese as you like. Add a few drained, canned purple plums for a delicious taste and for pretty color at the table.

For the first time in decades, valentine senders will be able to choose elaborate cards that unfold to reveal castles and gardens in which cupids and love birds frolic. These full-dimensional cards are authentic replicas, complete with red crepe paper accordions, of the celebrated "mechanical" valentines imported from Germany at the turn of the century.

Elegance is present, too, in large expensive valentines. Sachets, scalloped borders and extensive use of attachments make these valentines true keepsakes for those who receive them. Some convey gifts of costume jewelry—such as a heart-shaped brooch studded with rhinestones.

With each passing year, valentines have taken on new meaning as expressions of friendship as well as of affection. The result has been the exchange of valentine greetings among many persons without romantic connections. Special cards now are available to wish a happy St. Valentine's Day to almost every relative, to mark a birthday or anniversary that falls on Feb. 14 or just to say "hello" to a friend or acquaintance.

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**HAPPY TOGETHER**—Stanford University's All-American quarterback John Brodie toasts his fiancée, Sue Berrins of Woodland, Calif., as they announced their engagement in the Palo Alto, Calif. home of Brodie's parents. They will wed in June. Brodie, the nation's top collegiate passer last year, has signed to play with the San Francisco 49ers next fall.

## Furniture To Have Light Low Lean Look

By SHERI GILES  
United Press Correspondent

Chicago—(U.P.)—Light, bright, low and lean will be the "new look" in 1957 home furnishings, designers say.

Manufacturers agree that beige will be the color of the year, with blues and aquamarines close behind.

The forecasts were made as 45,000 buyers and sellers gathered here for the 1957 International Home Furnishings Market, January 7-18.

Chick Waltman of Waltman Associates, Chicago, said that designers are shying away from the bulky look of yesteryear. American provincial is growing in importance, he said, but for artistic inventions, "Italian has everybody backed off the board."

Alice Alexander, speaking for the Kroehler Manufacturing company, stressed the trend toward lighter lines in the lower price brackets.

"Chairs will have slimmer legs and trimmer arms," she said. "This escape from the overstuffed look gives the home more visual space but just as much comfort. Nylon and other smooth, flat fabrics are on the upswing."

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For more light, replace lamp shades and shade lining with light, transparent ones.

Better follow the major directions in use of bleach. Use large quantities of bleach on non-whiten fabrics any better or faster, but they do bleach the fabrics.

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