

## Americans Float Food on Sea Of Alcohol, Nutritionist Says

By GAY PAULEY  
United Press Correspondent

New York—(UP)—A British authority on food says Americans don't know how to eat or drink.

"You float your food on a sea of alcohol," said Lord Boyd Orr, an internationally recognized authority on nutrition and medicine and winner of the Nobel Peace Prize in 1949.

Orr, a native of Scotland, said it astounds him to watch Americans eat. One extreme is the quick snack at the drug store counter or the sandwich and coffee at the desk while a couple of telephones are going. The other is three or four drinks before we even get around to the first course of the evening meal.

Orr is a hale man of 76 with a hearty sense of humor and a pair of eyebrows bushy enough to make John L. Lewis envious. He is here with his wife, who is 75 "but looks only 55," for a few days' visit.

Orr said the rest of the world should learn to eat as cultured Chinese do. This, as he outlined it, means very little to drink before a meal, but wine with various courses. "Finished off naturally with a glass of fine port," said Orr. Alcohol, he said, aids digestion . . . if consumed with food.

"And," he said, "to go with the mixture, add plenty of time, pleasant surroundings, good talk.

"No family arguments at mealtime. And, better not to eat, than to eat under strain or in anger.

"You in America either must slow the pace or go over the precipice.

"What's your hurry anyway? Why don't you start enjoying the enormous wealth you have?"

I talked with Orr at the offices of Doubleday and company, which in the fall will publish his newest book, his first for children, called "The Wonderful World of Food."

Orr has served in Parliament, was rector and chancellor of Glasgow university, and from 1945 to 1948 was director general of the United Nations Food and Agricultural Organization FAO.

"I've been doctor, scientist, politician, and teacher," said Orr. "Now I've retired to making an honest living. I'm a farmer."

The talk with Orr covered a variety of topics. Some examples—

On sex: "Sex and food are the two subjects of fundamental interest to all mankind."

On medicine: "It has done remarkable things . . . it has in my lifetime added 30 years to the average life span."

On old age: "My mother, when she had lived out her three score and ten began to worry. She thought God had forgotten her. But I told her the biblical reference to a life span of three score and ten referred to the wicked . . . the Bible spoke also of the godly living to 120 years. Mother felt better after that."

On dieting: "We're overdoing it. I don't believe in eating to excess, but a woman can become too thin for her health's sake as well as her beauty's sake. Each individual is different . . . some people are healthier with a little fat."

On why he can't understand the American love for rare steaks:

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## Society

### Audition Winner Announced

Miss Joanna Lester, Grants Pass, coloratura soprano, will be soloist for the spring concert of the Philharmonic Society of Southern Oregon. Miss Lester has been declared winner of the auditions held last week by the society at Hedrick Junior High school.

Miss Lester was one of four vocalists who sang before a committee of seven judges and a small audience. Contestants were judged on a point system. Chairman of the judging committee was Justin Dyrude, supervisor of vocal music in Medford public schools. His committee, which represented a variety of musical interest in the valley, included James Corliss, Mrs. J. C. Collins, Seth Bullis, Almus Pruitt, Mrs. LeRoy Jensen and Mrs. I. E. Schuler.

The audition was the first held by the Philharmonic society. It is hoped that annual auditions will be held in the future in order that local musicians may be given the opportunity to perform with the symphony orchestra.

Arrangements for the auditions were made by the Philharmonic guild, with Mrs. Charles Freeman as chairman, and with the cooperation of the Medford Public schools.

The concert for which Miss Lester will be soloist will be held Sunday, March 31, at 3 p.m. in Medford Senior High school.

### Colorado Couple Visits Gardeners

Mr. and Mrs. Worth Krouse, Pagosa Springs, Colo., were guests of Mr. and Mrs. Ben Gardener last week end. Mrs. Krouse and Mrs. Gardener were school friends. Mrs. Gardener having formerly lived in Colorado, and both Mr. Gardener and Mr. Krouse operate welding shops.

The two couples drove to Crater Lake Sunday but because of heavy fog, the visitors were unable to see the lake. The Krouses spoke of the unusually heavy snows in Colorado this winter and how Tucker Snow-Cats were used to rescue people from a train snowbound on Cumbres Pass near Pagosa Springs.

### 45th Anniversary To Be Celebrated

In observance of the 45th wedding anniversary of Mr. and Mrs. J. R. "Jim" Purcell, open house will be held Sunday, Mar. 10, at the home of Mr. and Mrs. Homer A. Conger, Route 1, Box 544, Scenic avenue, Central Point.

Friends are invited to call between two and five o'clock. Mr. and Mrs. Purcell have been residents of Medford for many years. Mr. Purcell, formerly employed by the Medford corporation, is now owner of the Court Street Radiator shop.

### Knife-Fork Club Announces Speaker

Ashland—John V. Deuel, authority on Latin America, will speak for the March dinner of Siskiyou Knife and Fork club Thursday, March 14. His title will be "South America—New World Colossus."

Described as an adventurer, author and linguist, Mr. Deuel has traveled extensively in South America, visiting many out-of-the-way spots where few people venture.

Reservations for the dinner are to be made with the club secretary, William Dawkins, P. O. Box 84, Ashland, no later than Tuesday, March 12.

### Department Head To Visit Medford

Mrs. Earl T. Andresen, Salem, departmental chapeau of 8 and 40, subsidiary organization of the American Legion auxiliary, will be guest of honor at a dinner Saturday evening, March 9, at Rogue Valley country club. Jackson County salon will act as hostess salon for the dinner, which will be at 7:30 p.m.

Reservations are to be made with Mrs. Clark Walker. Guests will include members of Josephine County salon, and Mrs. R. W. Bryant of Grants Pass is in charge of arrangements for her salon.

Meeting Announced For Junior Club  
Junior Degree of Honor will meet Saturday, March 9, at 9:30 a.m. in Lincoln school gymnasium. Games will be played, and refreshments served.

Always hang synthetic furs on wide hangers free from heavier clothing; do not use wire hangers.

"My doctor prefers St. Joseph Aspirin For Children"

Says MRS. W. C. KEIM, Washington, D.C. "The 1/4 grain tablets assure accurate dosage without breaking. Children like its orange flavor, accept it willingly."

ST. JOSEPH ASPIRIN FOR CHILDREN

### Oregon UN Head To Speak Here

Dr. Karlin M. Capper-Johnson, founder and president of the Oregon United Nations' association, will speak for the next meeting of the Medford branch. It will be held Thursday, March 14, at 8 p.m. in the annex of St. Mark's Episcopal church.

Dr. Capper-Johnson is an authority on all phases of the United Nations and his talk will be designed to bring the audience up to date on the aims and accomplishments of UN.

Now a teacher at Lewis and Clark college in Portland, Dr. Capper-Johnson has a broad background in education, travel, politics and social welfare. His interest in international affairs dates back many years and includes work with the League of Nations before the United Nations was founded. His experience includes his appointment by the Hungarian and Czechoslovakian governments in 1946-47 to conduct an investigation into deportation of a Hungarian minority into South Slovakia.

For a party luncheon salad, fill avocado halves with crab salad and serve on lettuce leaves with chunks of fresh pineapple. Garnish plate with ripe olives.

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Pioneer Club Plans St. Patrick's Party  
Pioneer club will hold the regular monthly dance Saturday, March 9 in the form of a St. Patrick's day party at Kershaw Square. A round dance review is set for 8 p.m. and square dancing at 8:30 p.m.

Kenneth Howe and Gordon Kershaw will call. Guests are welcome to attend. Pot luck refreshments will be served.



117 SOUTH CENTRAL  
Open 9:30 to 5:30—Wed. 9:30 to 9  
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Full 100 in. zipper. Plaid flannel lining. Detachable canopy. 2 1/2 lb. **14.88**

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Contoured auto mats. Molded rubber, full front floor protection. Color choice. **2.88**

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Electric model, guaranteed 5 yrs. Two emersion type elements. Fiber-Glas insulation. **74.88**

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Wards Spun Rock Insulation. 15x 48x2 in. Batts, covers 80 sq. ft. Easy to install. **4.88**

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