

Nutritionist Says Many Beliefs Only Food Superstition

Los Angeles — (UP) — Do aluminum cooking pots cause cancer, is fish a "brain food," and can milk cause harmful mucous? Definitely not, says a nutritionist's expert in regard to these and dozens of other "superstitions" about food.

Dr. Cora Miller, assistant professor of foods and nutrition at UCLA, said there are almost as many superstitions about food as there are about the weather.

"Aluminum pots may boil over but can't cause cancer," she said. "Fish is an excellent food but it won't improve your IQ any more than it'll improve your backstroke."

"Proponents of the 'brain food' theory have been known to base their belief on the nebulous argument that fish contain iodine needed for the thyroid gland which controls the working of the brain."

"The milk mucous myth probably got started because the physical character of the protein in milk may give persons the sensation of a film similar to that experienced in phlegm formation during a cold. However, in a few rare cases individuals do produce more mucous when drinking milk but this is in no way harmful."

Dr. Miller currently is making a study of food fads and fallacies.

"It's amazing to hear an indi-



Mr. and Mrs. M. C. Murray, 1034 West Ninth street, celebrated their 53rd wedding anniversary March 17, St. Patrick's day. The Murveys, pictured here on their 50th anniversary, have lived in Medford for 52 years. They received many gifts and messages of congratulation on the recent anniversary, and refreshments in the St. Patrick's day motif were served to friends who called. Mr. and Mrs. Murray, who came here from North Dakota, purchased an orchard south of the city. Mr. Murray now owns and operates Murray's Bicycle shop, 115 South Nolly street.

Extension Units Plan Meetings

Four extension units of the county will meet this week, with a variety of programs scheduled. Medford Parents Home Extension unit will meet Tuesday, April 2, at 7:30 p.m. at the home of Mrs. William J. Thompson, 1836 Woodlawn drive.

Project for the evening will be cake decorating. Mrs. Arthur Hertager, Mrs. A. F. Filatreau and Mrs. J. T. Johnson will be leaders.

Mrs. J. C. Chapman and Mrs. Donald Lue will be hostesses. Anyone interested in home extension is cordially invited. Those wishing transportation may call Mrs. William Jensen, telephone 2-4690.

The meeting of Griffin Creek unit will be held at the home of Mrs. George Mero, Friday, April 5, at 11:00 a.m. The morning business meeting will be followed by a covered dish luncheon at noon.

The lesson "Window Treatments" will be presented by Mrs. Mero. In addition, members who have had lessons on different sewing problems, will review them for the newer members.

Everyone is reminded to bring silverware coupons for the County project. All women of the community are cordially invited to attend.

Lake Creek unit will meet Wednesday, April 3, at the home of Mrs. Frank Kingle, McCallister Soda Springs road, at 10:30 a.m.

Due to a change in the instruction of project leaders, the lesson will be "Window Treatment." It will be given by Mrs. Murray Bartling and Mrs. LeLand M. Charley.

Individual, the self styled food expert type, pass on beliefs that were proved false years ago," she said. "One such belief is that if one abstains from drinking water he or she will lose ugly fat."

Primrose Matinee Planned by Club In Rogue River

Rogue River—Plans for two coming events were made at the last meeting of Rogue River Garden club, held at the home of Mrs. Walter Carroll, Mrs. Haydn Williams and Mrs. Sam Bellah were co-hostesses, and dessert was served.

Final plans were made for a Primrose Matinee to be held April 16 at the VFW hall at 1:30 p.m. Slides of all varieties of primroses will be shown, and plants from Barnhouse Garden, Gresham, Ore., will be on sale, as well as other plants from the gardens of club members and friends.

Plants not sold will be given to Camp White for the camp's beautification program.

Further plans were made for the annual flower show to be held June 5-6 at VFW hall. Roses are to be especially featured, but all flowers, plants, shrubs, etc., will be accepted. The public is invited to attend both the Primrose Matinee and the June flower show.

A service award was presented to the club by Camp White domiciliary at a meeting held at the camp.

Roll Call for the last meeting was answered with gardening tips. It was said that daphne or other flowering shrubs should not be pruned now, but cuttings taken for use in bouquets

Navy Mothers to Hold Meeting on Tuesday

An all day meeting will be held by the Navy Mothers of America club Tuesday, April 2, starting at 10 a.m. at the home of Mrs. L. C. McCay, 2617 Howard avenue.

A potluck luncheon will be served at noon. Those attending are asked to take their own table service and sewing supplies.

All mothers and wives of Navy and Marine Corps personnel are invited to attend the meeting.

Mrs. Lewis Kilbourne Speaks for Meeting

Central Point — Mrs. Lewis Kilbourne spoke on Hong Kong at the Thursday afternoon meeting of Central Point Presbyterian Christian circle held at the home of Mrs. Orville Hamilton, on Table Rock road.

A dessert luncheon was served followed by a business meeting with Mrs. Della Tex giving the devotional. Several members made plans to attend the spring Presbyterian held in Medford last week.

and arrangements. Evergreens may be trimmed at this time. An extensive program against "litterbugs" is underway by all garden clubs at this time and the public is asked to help beautify cities and highways by keeping them free of unsightly litter.

Duplicate Bridge Club To Play Tuesday Night

Master point play will be held Tuesday evening by the Medford Duplicate Bridge club.

At the last meeting eight tables of Howell movement were played with Mrs. Bernard Hughes and Mrs. Marrs Gibbons first with 113 points.

Other players and their points were Mrs. George Dean and Howard Boyd, 103; Mrs. W. W. Stevenson and B. L. Sanderson,

Neighborhood Club Announces Meeting

Oak Grove Neighborhood club will be entertained by Mrs. Clare Shores in her home, 52 Oak Grove road, Tuesday, April 2. Dessert will be served at 1:30 p.m. followed by a short business meeting.

101; Mrs. Robert Elliott and Mrs. Richard Milestone, 100½; and Mrs. Fred Purdin and Mrs. C. L. Howard, 100.

Cancel Session

A meeting of Medford Council of Parent-Teacher associations scheduled for Thursday, April 4 at the YMCA has been canceled. A number of the members will attend the annual convention of Oregon Congress of Parents and Teachers to be held in Vert Memorial building, Pendleton, Ore., April 9 through 12.

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Sams Valley Club Discusses Bill

Sams Valley — Sams Valley Ladies' club, meeting at the home of Mrs. Paul Shultz, discussed the bill now before the legislature to abolish capital punishment in Oregon.

Mrs. Ralph Ellis and Mrs. C. C. Sanderson were prize winners in a game led by Mrs. Lloyd Beers.

Mrs. Joe Mayfield was a visitor. The club will meet next with Mrs. Ralph Koger, 2376 Howard avenue, Medford, April 4, at 2 p.m. Mrs. Paul Shultz will be program chairman.

Members are reminded to bring their rag dolls for Fairview Home. Mrs. W. M. Lemmon is in charge of this outside activity of the unit.

The menu will consist of any recipe taken from the cooking lessons of the extension service. Election of officers will be held at the April meeting.

Any woman interested in the meeting is extended an invitation to attend. Table service is required.

Westside unit will meet in the Central Point Grange hall at 10:45 a.m. Several important matters will be considered in the morning business session and final plans will be made for the unit's participation in the Homemakers' Festival to be held in Central Point April 30 and May 1.

Unit officers will be elected to serve during the coming year, and members will also ballot on projects to be included in next year's extension studies.

Luncheon will be served at noon; members who are to bring food will be contacted by the luncheon committee. Each member and guest should bring her own table service.

In the afternoon, Mrs. Harrison Meyer and Mrs. C. E. DeBrock will present the lesson "Reupholstering Kitchen Chairs."

All interested homemakers of the community are invited to attend. Child care is available at 235 South Laurel street, Central Point.

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