

More Protein, Less Fat Found in Today's Meats

Corvallis—Weight watchers who omit meat from the diet to restrict the calorie are only shortchanging themselves in safe, satisfying nutrients.

Mrs. Ruth Klippstein, Oregon State college extension nutritionist, points to a national livestock and meat board financed study in which it was reported that meat produced and eaten today has more protein, fewer calories and less fat.

As a result of the study conducted by Dr. Ruth Lever-

ton at the University of Oklahoma, old food composition tables are being revised for meats. Old tables included only a limited number of meat cuts and the value of meat was figured on an uncooked basis only. Caloric values were out of proportion and many diets were not adequate in protein.

Production of meat has changed in the last 30 years, the home economist noted, as a result of consumers' meat eating habits. Surveys have shown that when meat is served, the lean is usually all eaten, the lean and marbled portion eaten by most people, and in most cases the exterior or visible fat is left on the plate.

To meet the demand for leaner meat, producers are raising more meat-type animals. Processors and meat packers have also trimmed meat so that today's lean pork chop for instance contains about 15 grams protein and about 80 fewer calories.

Food needs of today's families are much different today than they were in the 1920's, the home economist says. Today's farm, factory or office workers use fewer calories than their fathers did. With today's labor saving devices, women do not have to expend as many calories as they did in grandmother's day either.

Although men and women today need fewer calories, they still need ample amounts of protein, vitamins and minerals. Mrs. Klippstein points out. They help the body to function and help the body resist infections and diseases.

Thirty years ago, nutrition was of little interest or concern to most Americans, Mrs. Klippstein explains. The science of nutrition was new and few people were aware of the relationship of nutrition to health. Meat was not considered one of the best foods. Research has shown, however, that meat is an excellent source of body-building protein.



Carl Thompson

Delight a Mother

7156



by Alice Brooks

A handmade baby set — what a delight for a new mother! Simple pattern stitch quickly learned; set costs little.

Straight edges—jacket and cap crocheted in one flat piece. Pattern 7156: directions for set in 3-ply fingering yarn.

Send Thirty-five cents (coins) for this pattern—add 5 cents for each pattern for 1st-class mailing. Send to Medford Mail Tribune, Household Arts Dept., P.O. Box 168, Old Chelsea Station, New York 11, N.Y. Print plainly NAME, ADDRESS, PATTERN NUMBER.

Send Twenty-five cents more for a copy of our Alice Brooks Needlecraft Catalogue. Two complete patterns are printed right in the book... plus a variety of designs that you want to order: crochet, knitting, embroidery, huck weaving, quilts, toys, dolls.

Camp Dance

Ladies' auxiliary to the Veterans of Foreign Wars, Department of Oregon, will hold a dance at the Camp White theater Monday, February 3, at 8 p.m.

Music will be furnished by the Camp White orchestra. Those wishing transportation may take the bus at the Trailways depot.

You can slice hard-cooked eggs without breaking the yolks by dipping the knife in warm water.

Freshen coconut by soaking it in sweet milk for a few minutes before using.

Potpourri

From time to time the notion strikes us to drive down South Grape street and then, after passing Eugene Bennett's studios, we'd wonder again about the interesting poles standing near the newest building. Finally we found time to write and ask Eugene himself, and a few days ago he replied.

"The poles are a version of sculpture (first I've done) taken from totem poles. They are really decorative architectural sculpture to enhance the solid wall, which was a necessity because of the two levels. They more or less represent a family group. I hope to do more next summer since there is plenty of redwood available and there are a number of things I would like to experiment with in combination with this wood. The present group is decorated with galvanized and rusted nails."

Eugene, an artist who spends the school year in Chicago and the summer weeks in Medford, recently drew favorable comment from Chicago newspaper art critics for his entries in a show, most of them with flowers as the subject. He spoke of the show in his letter and said "After spending a number of years in the city I was suddenly struck with the beauty of Oregon forests and gardens. I'm still working on this theme—particularly trees—now without foliage."

One critic said of the show "He (Bennett) has departed from his mosaic-like patterns, approaching his new subject matter mostly from the stand point of color. Exhibited works include 'Sylvan Glen,' a feather-like suggestion of grasses and other growths, and 'Flower Bank' an impressionistic color-all-over design."

Another critic wrote that the Medford artist has not only gone through a metamorphosis of technique and medium, "he has successfully turned to trees and flowers for subject matter." Edith Weigle of the Chicago Daily Tribune had the highest praise of all. She wrote "Eugene Bennett's work is evolving continually, and is getting better and better. In the Feingarten show he has a series of vibrant, gay, beautifully executed flower pictures each showing masses of variegated blooms as they grow in the field or on a sheltered bank. 'Wild Flowers' and the masses of white blossoms in 'Flower Bank' are especially charming. 'Twilight,' showing a maze of dark branches against a cerulean sky, is his most important work in this show."

During Adlai Stevenson's campaign we remember reading one of his articles in which he wrote that the people of the United States must get over the idea that all we had to do to solve our problems was to appoint more committees, hire more experts and spend more money. Now comes Claude M. Fuess, former headmaster at Phillips Academy, Andover, Mass., and elaborates on the same theme in an article in the Saturday Review entitled "Money is Not Enough."

"Until our national attitude has changed, no expenditure of mere money will enable us to hold our own with the Russians," wrote the educator. "They have realized for some years the necessity of guiding every child as far along the educational path as he is qualified to go, of identifying talent early and cultivating it to the utmost, of rewarding scholarship and research, and making teaching a reputable, dignified profession."

"Meanwhile, American men and women who might have been contributing to the Space Age have been designing new and better television sets, automobiles and the countless gadgets which are a part of the daily life of every American. We have been voting ourselves and our children longer and longer holidays at precisely the moment when we need to utilize more profitably all the time available."

"We have become so enervated by prosperity that, according to accurate testimony from sportswriters, more and more spectators are watching fewer and fewer athletes. According to Harold Kaese, athletic clubs are vanishing because the average boy 'won't stick to anything tough.' Child for child and man for man we read fewer books proportionately than almost any so-called cultured country in the world. Sweden, with a population of 7 million, has nearly as many public libraries as the United States. And now we delude ourselves into believing that by increasing the budget, we can quickly redeem ourselves and demonstrate our superiority!"

Mr. Fuess says that what we need, and haven't got, are more and better teachers and should give them not only bigger salaries but "respect, encouragement and some deserved applause." The Russians, he says, work longer and harder than Americans, and they don't waste their educational institutions by letting them stay empty and idle during long vacation periods.

He criticized parents who don't want their sons and daughters to work as hard as their parents did, and says that in addition to spending millions of dollars on educating retarded children, we should have been spending equal or larger sums on the especially gifted.

Several years ago we remember an argument with three young Medford women, all extremely intelligent, over the matter of divided work groups in the Medford school system. They condemned the system as "undemocratic." Wish we had known then what Mr. Fuess repeats in his article—the fact that Thomas Jefferson was particularly interested in the intellectually superior and proposed that Virginia educate its most promising boys at the expense of the state. "Jefferson saw nothing undemocratic in this recognition of the fact that some children are mentally superior to their mates and therefore, if rightly trained, are likely to become leaders."

Commenting on this nation's state of mind in recent years he wrote "Indeed, our present problem can be solved only in part by the expenditure of vast sums of money. Deep in the consciousness of a large percentage of American is an anti-intellectualism almost sinister in its manifestations, an emotional distrust of the human mind whenever it functions above the twelfth-grade level. Our only half-concealed contempt for or indifference to the operations of scholars and teachers has brought them into disrepute. How can we help being dismayed when we learn from a recent survey that six out of every 10 Americans hadn't read a book—not a single book—in the preceding year."

The writer warns that only by drastic measures can we reverse our trend and repeats the aphorism of Voltaire "History is only the pattern of silken slippers descending the stairs to the thunder of hobnailed boots climbing upward from below."

Run for the dictionary: In addition to 57 kinds of commercial vegetable crops, California grows chayote, dandelions, daikon, Florence fennel, Pak-choi, broad beans and cardoon.

The outside artistic ticket which Tudor guild members dreamed up for the coming Mardi Gras festival confused ye editor and we referred to them last Sunday as invitations. Mrs. Harry A. Skerry Jr., informed us by note that no invitations are being issued, no reservations are needed and the unique event is open to anyone interested. It will be held Saturday, February 15, at Rogue Valley Country club and will raise money for the guild's Shakespearean festival club's funds. At suggestion of festival board member, Robby Collins, tickets are going at the sale price of \$8.99 per couple.

Story of the week: Embarrassed bridegroom explains that five different members of the family have failed to decipher the signature of the officiating person as written on the marriage papers and adds "his name is just a bunch of loops." Bright-eyed sports writer suggests to society editor "Why don't you say they were married by Judge B. O. Loops?" —O.S.

LOBSTER EXPERIMENT

Augusta, Me.—(AP)—Maine's Sea and Shore Fisheries Department reports "encouraging results" from experiments in shipping live lobsters packed in wood shavings. However, Commissioner Ronald W. Green said "far more expensive tests will have to be made before we can make specific recommendations to the industry."

PENNY WEDDING

San Jose, Calif.—(AP)—Dixie Lane, 19-year-old telephone operator, and Alfred J. Clements, were married here, paying all expenses with 2,750 pennies saved during the past year. They used the \$27.50 this way—\$2 for the license, \$10 for the minister, \$5 for the organist, \$10 for the church janitor, and 50 cents for refreshments.

Jrs. New Chemise

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9022
SIZES
9-17
by Marian Martin



Corduroy braves the elements in a boldly printed houndstooth check. Double breasted storm coat by Lawrence of London is lined with alpaca for warmth. Matching belt and hat come with the coat.

SPECS OKAYED

Waterbury, Conn.—(AP)—The police department was having so much trouble getting recruits that it finally relaxed a rule. Now cops here are allowed to wear glasses.

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24 Million Leaky Faucets Estimated

Washington—(AP)—The Plumbing Fixture Manufacturers Association estimates there are about 24 million leaky faucets in American homes.

The drips not only are troublesome but costs householders money in higher water bills and increased fuel costs (when the faucet drips hot water).

The association suggested that the washer be replaced at the first sign of a drip. If the leak continues, replace the faucet.

Oregon's population of deer, elk, antelope and bear is estimated by wildlife authorities at about 654,000.

GOLDEN DAY

Hardwick, Vt.—(AP)—Two couples who were married in a double wedding ceremony in 1907 celebrated their golden anniversaries together. More than 100 persons turned out to honor Mr. and Mrs. Carroll Hines and Mr. and Mrs. Philip Eastman.

BABY BILL

Biddeford, Me.—(AP)—Webster Hospital reported that a Vermont resident recently paid the hospital bill for delivery of a baby—\$24.29. No, prices have not come down. The baby was delivered in 1925.

Residents of New Guinea, distrustful of modern steel axes, often spend as long as three months in making an ax from stone.

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On their 48th ANNIVERSARY!



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Feb. 7-13

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