

Rice Enrichment Standard Announced by Food-Drug

Washington, D. C. — Consumers now get more nourishing foods when they buy "enriched" rice as the result of an action announced by the Food and Drug Administration.

Although several brands of nutritionally improved rice were sold previously, few if any came up to the level required by a new standard which FDA has just put into effect. The administration says. Also under this standard the label must specify the amounts of enriching ingredients added, the proportion of the minimum daily requirement that each ingredient supplies and how to cook the rice to avoid losing vitamins.

The FDA said its action is part of the nation's food enrichment program and will benefit particularly people in areas where rice is an important part of the diet. The enriching ingredients, recommended by nutritionists, are the same as those required for other enriched cereal products.

Under the standard, each pound of milled rice that is labeled "enriched" must contain 2 to 4 milligrams of thiamine (Vitamin B1), 16 to 32 milligrams of niacin, and 13 to 26 milligrams of iron. Four ounces of milled rice make about 2 cups of cooked rice supplying 50 per cent of the minimum daily requirements for thiamine, 40 per cent for niacin and 32 per cent for iron.

The standard also requires the additional of riboflavin (Vitamin B2). This requirement, however, has not been put into effect because of objections from the rice milling industry. Industry representatives acknowledged the nutritional value of riboflavin but said that under one enrichment process riboflavin gives the rice a yellow color, which they felt some consumers might not like. In accordance with requirements of the law, FDA will hold a public hearing later on the riboflavin question.

Two Processes
The consumer will have the choice of rice enriched by two processes. One makes the product resistant to loss of vitamins when it is rinsed before

cooking, FDA explained. Some of the rice kernels in each package are coated with the vitamins. These kernels have a golden yellow color when riboflavin is added. The standard sets forth a test for determining that this kind of rice is "rinsed resistant."

In another process, powder containing the enriching ingredients is dusted on the rice. This rice is not changed appreciably in color by addition of riboflavin, but may be subject to loss of vitamins in rinsing. To protect the homemaker against such loss, the label must include the caution: "Do not rinse before or drain after cooking." However, pre-cooked rice already labeled with directions to avoid washing or draining off enriching ingredients need not carry the caution statement.

The rice pucker may in addition enrich his product with Vitamin D, or calcium, or both. If he chooses to do so, each pound of his product must contain 250 to 1,000 U.S.P. units of Vitamin D, or 500 to 1,000 milligrams of calcium, and be so labeled.

Daughter Born

Mrs. Fred Greene has returned to her home on Long Mountain road, Eagle Point, after spending three weeks with her son-in-law and daughter, Lt. and Mrs. Dennis R. Mitchell, Enid, Okla. The Mitchells are the parents of a daughter, their first child, born March 27 and named Anne Paige. Mrs. Mitchell is the former Shannon Greene.

Auxiliary-Guild To Meet Friday

Women's auxiliary guild of St. Mark's Episcopal church will meet Friday, April 25 at the parish house. Luncheon will be served at 12:30 p.m.

Communion will be celebrated at 11:45 a.m. "A Lawyer Looks at the Trials of Christ" is the title of a talk to be given by Robert Dames. Mrs. Dames is a vestryman of St. Mark's church and a Medford attorney.

Potholders will stay clean longer if they are starched lightly after laundering.

Winners Of Contest Honored

Mrs. Fred Lawrence, essay chairman, introduced winners of the annual essay contest and their parents at a meeting of the auxiliary to Crater Lake past, Veterans of Foreign Wars, held last Tuesday evening.

Joe Burns was first prize winner in the contest. He is a son of Mr. and Mrs. J. W. Burns. Second prize winner was Miss Pat Rushton, daughter of Mr. and Mrs. Roy Rushton.

Miss Rushton and the mothers of the winners were given corsages by Mrs. Russell Zundel.

The winner read his essay to the group. It now will be sent to the department for judging in the state contest. Mrs. B. B. Ramsey made the presentation of a check and medal to the winner and a check to Miss Rushton.

Mrs. Zundel presented Mrs. Ramsey a past president's pin; Mrs. Bert Hukill received a 25-year pin from Mrs. I. D. Canfield; Mrs. E. J. Taylor and Mrs. Russell Johnson, daughters of Mrs. Ben F. Allison, new president of the group, gave their mother a bouquet of roses; Mrs. Canfield received a gift from the auxiliary for serving three years as treasurer, and Mrs. Allison gave a gift to Mrs. Ramsey, retiring president.

Mrs. O. O. DeBerry, president of the Past President's club, extended Mrs. Ramsey an invitation to join the club.

Mrs. Allison has announced her committee heads for the year.

Mrs. O. O. DeBerry is chairman of the legislative committee; Mrs. Russell Zundel, publicity and scrap book; Mrs. Jack Brummond, ways and means; Mrs. R. E. Schultz and Mrs. Etha Wall, cancer committee; Mrs. H. E. Heim, Sewing club; Mrs. Wall, Oregon Cottage; Mrs. Canfield, national home fund; Mrs. Fred Lawrence, essay; Mrs. T. R. Pitcock, Camp White hospital; Mrs. Canfield, rehabilitation; Mrs. Amy Randle, refreshments; Mrs. Lawrence, community service; Mrs. Louis Kula, civil defense; Mrs. Zundel, poppy sales; Mrs. Brummond, Americanism; Mrs. Ramsey, home and hospital; Mrs. Canfield, delinquent work; Mrs. Ramsey, entertainment; Mrs. Pitcock, dinner committee; Mrs. Kula, hospitality; Mrs. Zundel, corsages; Mrs. Canfield, membership, and Mrs. Ruth Beard, youth activities.

Mrs. Canfield gave the officers obligation to Mrs. E. G. Heim and Mrs. Ted Fuget, and then gave the officers charge of all officers.

A rummage sale is planned for May 16 and 17.

A district convention will be held Sunday, May 4 at Grants Pass. Crater Lake post and auxiliary members are to take salads for a potluck noon dinner and officers are to practice at 10 a.m. in the VFW hall, it was announced.

It also was announced that Thomas Flynn is now living at Parkview nursing home and is interested in having visitors. Mrs. Harry Birch was given a birthday card shower.

The next meeting will be held May 6 at 8 p.m., at 42 North Front street.

Take a tip from good Swedish cooks and let almonds give your cookies a festive touch. Chop 1/2 cup almonds (blanched or unblanched) very fine and mix with 1/3 cup sugar; spread out on waxed paper. Brush a roll of refrigerator cookie dough with slightly beaten egg white; coat with the almond-sugar mixture; slice and bake as usual.

Easiest To Grow Annuals Listed by Garden Expert

By EDNA KING MANDEVILLE

Which flowers are easy to grow? I do believe that question is the one most frequently asked me by my friends and neighbors — especially those who are somewhat less than expert in the garden. Fortunately for me, no question about gardening is easier to answer, for there are numerous varieties that may be grown without difficulty. As a matter of fact, once these seeds are in the soil, it's really difficult to keep them from growing. If the weather is warm and the ground moist, the tiny seedlings will be sticking their heads out of the ground in forty-eight hours. As one famous seed house jokingly puts it, "Plant Triple-Tested Flower Seeds and Jump Aside!"

One easy-to-grow variety is zinnia. Plant the seeds one-eighth of an inch deep (no more!) when the ground is warm. Keep them moist and watch them grow. A tip on zinnia culture: Plant zinnias where you want them to grow. Thin them out. But avoid transplanting, as this tends to retard them. Of the scores of wonderful zinnia varieties, I especially recommend three — the "cut and come again" strain, which is not lilliput, not giant, but just right for cutting; giant hybrid, with its graceful curved petals and lovely colors; and polka, a giant strain of the smaller peppermint stick with many unusual colors, bi-colors, combinations (red and white, pink and yellow, pink and red) and many others.

Number Two
For number two on any easy-to-grow list I'd choose nasturtiums. The large seeds are easy to handle, but don't plant them too deep — and be sure the ground is warm! There have been many interesting developments in the nasturtium family since childhood days when you probably planted the old-fashioned single varieties. Of course, the trailing and dwarf singles are still popular, but now they have been joined by such delightful semi-doubles as the gleam hybrids (trailing) and gem (dwarf), in all colors. Among the separate colors I especially recommend Mahogany Gem for a really dark red, and Cherry Rose for an attractive pink. Golden Gleam, the original semi-double, is still the most popular of the yellows.

Third of the easy-to-grow varieties would be cosmos. Use as a background and for cut flowers. An excellent mixture is the Sensation strain, and Radiance is an attractive bi-

color having a red center with pink outer petals. Indoors, under artificial light, Radiance takes on a rich, velvety appearance that makes it especially appealing for room decoration. A striking color combination of orange-scarlet and yellow makes Fiesta a truly different cosmos. Fiesta thrives in hot weather blooms freely over a period, and lasts long after cutting.

Marigolds Good
Fourth, we cannot overlook Marigolds. This variety does well even in poor soil that does not receive much water. In fact, too much water and rich soil often tend to produce an abundance of foliage at the expense of the blossoms. Crackerjack, one of the largest marigolds grown, produces flowers measuring five inches across. The huge, ruffled, tightly-petaled peony-flowered blooms extend beyond the foliage to give quite a showy effect. I highly recommend the Golden Pygmy, a double French dwarf strain, for low borders, miniature bouquets, or cultivation in small pots. Though the mature flowers are pure yellow, the younger blossoms are marked in mahogany at the base of the petals, producing a delightfully contrasting sparkle. The Harmony strain is a crested center type, with bright golden centers and the mahogany guard petals. The flowers are medium size and bloom earlier than most French marigolds.

Our fifth easy-growing variety is scabiosa, its rather unfortunate name may have caused many gardeners to overlook it, and you can call it pincushion flower or mourning bride, and has the virtues of compact, uniform growth habits, profuse blooms, and long stems, making it ideal for cutting. Blue Cockade produces the outstanding color of this variety, a pure deep azure-blue without a trace of rose. No other annual has the same wonderful color. The flower itself is so large and deep as to be almost conical in shape.

The giant hybrids strain produces the very largest scabiosa with colors ranging from a pure white to almost black, and flowers that live a long time after cutting. The fully double Peace grows more compactly and not as tall as most scabiosa, while Rosette introduces a beautiful new shade, deep rose heavily suffused with Salmon.

Pansy Dainty
For the sixth of our easy-growing varieties I have chosen the everpopular and dainty pansy, one of my personal favorites. Although pansies are a perennial variety, they bloom late the first year. The second year, however, they bloom early in the spring. They thrive best in cool and partially shady locations, and if picked frequently the plants will continue to blossom over a long period. Swiss Giants

are one of the finest strains of pansy, and is often selected by florists who must have the very best in size and color for their own gardens. One leading seed company puts out a special mixture of pansies which is slightly less expensive than Swiss Giants and produces flowers that are just about as large and colorful.

Try any of these six, and you'll learn that gardening can be as easy as well as gratifying.

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Then and Now Theme of Show

"Then and Now" will be the theme for a style show to be given at a meeting of Chapter AA, PEO, Wednesday, April 23 when Mrs. Otto Frohnmayer will be hostess at her home at 1656 Spring Street. Luncheon will be served at 12:30 p.m.

Mrs. C. W. Lemery and Mrs. R. J. Cunningham will arrange the style show. Assisting Mrs. Frohnmayer will be Mrs. Gordon Hudson and Mrs. John Dellenback.

Gardeners Plan Show Saturday

Medford Garden club will hold a judged flower show "Spring Harmony," at the Red Cross building, 60 Hawthorne avenue, Saturday, April 26, from 12 noon till 8:30 p.m. Non-members are welcome to enter.

The public is invited and there will be no admittance charge. Further information may be obtained from Mrs. Charles Stearns, SPrg 3-1584.

Club Plans Tour Of Hanleylands

Howard Garden club members will make a tour of Hanleylands Tuesday, April 22 after a regular meeting scheduled for 1 p.m., at the home of Mrs. Howard Lind, Old Military road.

Mrs. J. S. Lydiard and Mrs. E. A. Walton will assist Mrs. Lind. Members should take plants for an exchange.

When buying whole fish, allow about 1 pound per person. For steaks, fillets or sticks buy 1/3 pound per serving, or 2 pounds for 6 persons.

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as seen in New York Times Magazine, April 27 and McCall's, May

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