

Woman Works Full Time At Giving Away Money

By GAY PAULEY
UPI Women's Editor
New York—UPI—Mrs. Albert D. Lasker, one of the wealthiest women in America, works full time at one big job—giving her money away.

Why does she do it?
"You have to throw something back into the pot," said Mrs. Lasker, matter-of-factly. "My mother taught me that. She was a civic-minded woman... very public spirited."

As a memorial to her mother, Mrs. Lasker started a giant floral planting project in public places around New York, and in the traffic islands along Park Avenue—"a touch of lipstick for the city," she called it.

Now the city fathers have taken over the plantings, and that is why Mrs. Lasker wants it. "The private citizen should be the sparkplug," she said. "But beauty is just good business. Look at Washington. The Japanese cherry trees attract 500,000 tourists each spring."

As a director of the Rogue Valley Council for the aging, Mrs. Lasker visited Talmadge Hamilton house, a recreation center for senior citizens. A new venture in Seattle, Mrs. Thatcher reports that the center is well planned and well directed as a recreation and hobby center. Members may play cards or billiards, listen to music, sew, paint, do art work, weaving, woodworking or cane chairs.

These activities are for members who pay 25 cents a month. The center is open four days a week, Monday through Thursday. On Fridays, outings are held, with trips to parks, museums or other places of interest.

Mrs. Thatcher was told that the center has been operating only three months, and now has over 200.

Frank Van Dyke, Medford attorney, introduced the candidate.

Miss Susan Baker, one of the delegates to the 1958 Girls' State in Salem, reported on her experiences. Miss Baker held county and state offices in the model government set up and operated by the young women during their stay in Salem.

These were among the new shades shown this week for visiting reporters covering fall fashions from the New York couture group. For the first time, the fur industry participated, through its Information and Fashion Council.

Black Ranks High
In addition to all the bold shades, black ranks high for the new season. There are coats of black otter, black Alaska seal, black-dyed squirrel, Persian lamb, and also that siren fur of the Roaring Twenties, black monkey.

Republican Women Hear Candidate for Congress

Paul Geddes, Roseburg attorney who will oppose Charles E. Porter, representative in congress from the fourth congressional district, in the coming general election, spoke yesterday for the July meeting of Jackson County Republican Women in Girls Community club.

The speaker said the prime purpose of a representative in congress should be "to serve people at home and not those in some other part of the world." He charged that Congressman Porter "carries water on both shoulders" and added that he changes his stand overnight.

As examples of his charges, Mr. Geddes stated that Congressman Porter had failed to work for a reduction in Southern Pacific freight rates between Oregon and neighboring states, and added that had the lowered rate been granted, it would have meant a substantial saving in charges for lumbermen of this district.

Mr. Geddes also said that Congressman Porter had voted for an omnibus farm bill which, had it passed, would have resulted in increased prices to the consumer on milk and wheat products.

The candidate also stated that the federal government owns more than 50 per cent of "our land and resources" in southern Oregon and that the type of representation in congress has a considerable effect on the economics of the district.

Mr. Geddes declared.

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Toastmistress Member Returns

Mrs. C. A. Thatcher has returned from Seattle where she attended the annual convention of the International Toastmistress club.

Mrs. Thatcher, member of the Medford club, reports that Mrs. L. C. (Ethel) Daniel, Eugene, was elected first vice-president of the international organization. The international speech contest award went to Mrs. Margaret Robison, Seattle. The title of her speech was "The Eleventh Commandment" and the theme was "Thou Shalt Not Grow Old."

Mrs. Robison stated that this nation has a "youth complex" and that every individual should strive to grow old as a "ripening" and not as a "creeping paralysis."

While Mrs. Thatcher, who is a director of the Rogue Valley Council for the aging, was in Seattle she visited Talmadge Hamilton house, a recreation center for senior citizens. A new venture in Seattle, Mrs. Thatcher reports that the center is well planned and well directed as a recreation and hobby center.

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UN Chapter Sets Meeting To Discuss Middle East

"Middle East Hot Spots: What Would You Do?" will be the theme of a special meeting of Medford chapter, Oregon United Nations association, this week. It is set for Thursday, July 24, at 8 p.m. at Girls Community club.

Moore Hamilton, president and Mrs. H. P. Bosworth Jr., program chairman, state that a forum discussion will be held in an effort to bring out as many facts as possible on the crisis in the Middle East and crystallize the thinking of UN members and other interested persons on what policies the United States should adopt in the future.

Discussion leaders will include Mrs. Tucker McEvoy of Washington, D.C., who is spending several weeks at the Nion Tucker ranch near Prospect. Mrs. McEvoy, former New York and Washington newspaper reporter, will be the only non-resident speaker on the forum.

Others will be a faculty member of Southern Oregon college, a member of one of last winter's Great Decisions study groups, and representatives of groups in the city interested in foreign policy and international relations.

All interested persons are invited to attend and it is suggested that leaders and members of last winter's Great Decisions study groups might find the discussion of particular interest.

Gingerbread served with peaches in orange sauce makes a delicious dessert. Combine syrup from Number 2½ can cling peach halves with 1½ tablespoons cornstarch, ¼ cup orange juice and 1 tablespoon grated orange rind and cook until thickened. Add peach halves and heat slightly.

Antipasto Salad
Try antipasto salad tonight. Tastes as good as it looks. On lettuce leaves, arrange slices of canned beets; hardcooked eggs; ripe olives; green onions and canned mushrooms. The dressing? Oil and vinegar.

Horseradish and sour cream make a tangy sauce for canned green beans. Mix 1 teaspoon of the cream-style horseradish with ½ cup of sour cream. Serve on hot, seasoned beans.

Serve canned green beans with braised short ribs of beef or chicken fricassee. Combine the drained beans with a little celery, pimiento and whole kernel corn. Season with wine vinegar salad dressing and spoon into crisp lettuce cups.

Youngsters will love this easy new sundae topping. Simply combine a can of caramel sundae sauce with chopped light or dark raisins and a little grated orange rind. Spoon over vanilla ice cream.

Special guests were Mrs. Fred E. Rankin, representative from Jackson county for Oregon Council on Aging; Mrs. O. A. Eden, American Red Cross representative; Miss Grace M. Stuh, chief of nursing service; Father Lawrence Eskay, Catholic chaplain and Robert Kelley, Social Work service.

Floral decorations, which were later divided between the infirmary and the library, were furnished by Mrs. Martha Gregory and Mrs. John Atwell of Medford Garden club and the Camp White Flower club. Prizes were donated by F. W. Woolworth company and Snider's Dairy supplied ice cream for a gathering of over 125 Fifty-Plusers.

Prospect Group Announces Show

Prospect—Prospect Garden club will meet August 11 at one o'clock at the Community club to complete final plans for the club's first flower and hobby show.

"Everything Under The Sun" is the theme chosen for this non-competitive event, to be held August 22, from 1 to 8 p. m. in the Community club building. There will be no admission charge, and the Prospect club invites members of the community as well as garden club members throughout the Siskiyou district to contribute as many entries as they wish to both the arrangement and horticultural classes.

Further information can be obtained from either Mrs. Ella Warren, or Mrs. Willard Huffman, or local club members.

Rogue River Club Announces Events
Rogue River—Coming events were planned at a meeting of Rogue River Garden club held at the home of Mrs. Alma Shontz, Highway 99 south.

A theme for the club's display at the Josephine County fair was selected. August 9 was chosen as the date for the club picnic and it will be held at the home of Mr. and Mrs. Earl Brooks.

A rummage sale in October and a bazaar in December were discussed. Dates for these will be announced.

The meeting opened with prayer by Mrs. Carl Christensen.

Convention Reports Given for Daughters
Mrs. Maude Daugherty and Mrs. Elmer Gott reported on the recent state convention of the Daughters of Union Veterans at the business meeting of Elta Deuel Hubbs tent last week.

Plans for the summer vacation were made by the group and it was announced that no sewing for Camp White will be done during July and August.

Attending the meeting was Miss Ora Cox, Bushnell, Ill., former member of the group who is visiting in the valley. Miss Cox was principal of Lincoln school prior to her retirement.

The next meeting of the tent will be August 25.

Plants Displayed By Garden Club
Phoenix—Members of the Phoenix Garden club displayed plants and flowers at the July 11 meeting of the group at the Girls Community club. Each member then explained the characteristics and growth of the particular plants she had brought.

During the business meeting Mrs. George Crawford and Mrs. Jesse Wilson volunteered to decorate the chapel at Camp White July 19. Mrs. Wilson received a plant prize.

Miss Vicky Seeburger played accordion music for the meeting and hostesses were Mrs. Charley Lewis, Mrs. Chester Parker and Mrs. W. A. Grochocik.

Meeting Planned By Sojourners
Sojourners club will meet at Girls Community club Thursday, July 24, at 12:30 p.m. After dessert and a short business meeting, pinocchle, bridge and canasta will be played.

Any woman who has lived in Medford or vicinity less than two years is invited to attend.

Returns
Mrs. Winifred Vail has returned to her home on North Orange street after a visit in Poughkeepsie, N.Y., with her three sons and their families. Mrs. Vail made the trip by plane.

Leaves
Talent—Mrs. Muriel Carter, 101 Wagner avenue, Talent, has left for Crescent City, Calif., to visit a daughter and other relatives.

Calendar
Calendar notices and news for the society section of The Mail Tribune must be submitted in writing and deadline for the Sunday edition is 4 p.m. Friday. Deadline for the weekly calendar is 9 a.m. of the day of publication and for week day news is 5 p.m. the day before publication.

Tuesday:
7:30 p.m.—Pythian club, home of Mrs. Joe Cook, 1205 East Main st.
8 p.m.—Christian Women's fellowship, First Christian church, circle 7, with Miss Deloris Lee at home of Ralph Cook, Route 3, box 174.

Wednesday:
10 a.m.—Home Extension Unit officer training school, Crater High school.
11 a.m.—Medford Townsend club, Carpenters hall, 123½ West Main st.

Program Needed For New Furs

By GAY PAULEY
UPI Women's Editor
New York—UPI—It's getting so you can't tell the fur without a program.

Furriers have altered nature to such an extent that this fall we will be seeing beaver and lamb dyed a fire engine red, beaver also tinted a delicate wedgewood blue, and nutria almost orange in hue.

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Bread-cereal Group—Four or more servings of bread or cereals, whole grain, enriched or restored.

Other foods not mentioned, the nutrition report says, should be included in the preparation of the basic foods mentioned. This would include such foods as butter and sugar.

This new series of USDA publications, designed to provide the basis for good nutrition education, is the result of years of research. Prepared by the Household Economics Branch of the Agricultural Research Service, in cooperation with the Human Nutrition Research Branch, "Essentials of an Adequate Diet" was checked by many reviewers before publication and represents the USDA's analysis of nutrition facts and how they should affect human eating.

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Diet Essentials Listed in New USDA Publication

Washington, D.C.—In "Essentials of an Adequate Diet," one of a new series of publications by the U.S. Department of Agriculture, four major kinds of foods are listed as needed daily in the human diet in order to maintain health.

"For health," says the booklet, "our daily food must supply many kinds of nutrients—Proteins, minerals, vitamins, fats, carbohydrates. Most foods contain more than one nutrient, but no single food furnishes all the necessary nutrients in proper proportions to maintain good health. It is not difficult to obtain the nutrients needed if the types of foods listed below are eaten daily in the amounts suggested."

Milk group—Children, 3 to 4 cups daily; teenagers, 4 or more cups daily; adults, 2 or more cups daily; pregnant women, 4 or more cups daily; nursing mothers, 6 or more cups daily. Cheese and ice cream can replace part of the milk.

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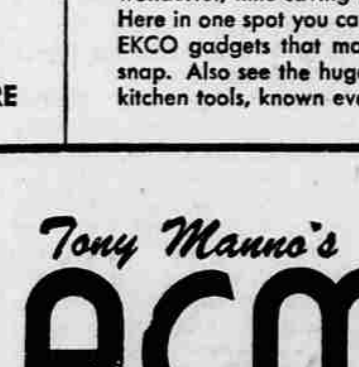
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So why gamble? Best way to avoid buying mistakes is to use the basic rule of sound buying: A good brand is your best guarantee.

Whatever you buy, you know the maker stands behind a good brand. You can't go wrong.

The more good brands you know the surer you are. Get to know them in this newspaper. They'll help you cut buying mistakes, get more for your money.

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