Four young Irish Rangers, the equivalent of the American senior Girl Scouts, arrived in the Rogue Valley Saturday. The girls will spend three weeks here as part of the exchange program sponsored by the Juliette Low World Friendship fund. The girls will spend their time between Low Echo, the Girl Scout camp at the Lake of the Woods, and visits in private homes. A delegation of Girl Scout and city officials greeted the quartet upon their arrival at the airport. Also included on their schedule is a trip to the Oregon Caves and the Shakespearean Festival in Ashland. Shown at the airport following their arrival are (left to right) Miss Hannah Balbirnie, Miss Barbara Massey, both Dublin; Council President Mrs. T. R. Lytle, Miss Valerie Calder, County Wicklow, and Miss Sheila Moody, Dublin.

# Homemade Dressings Recommended for Salads

Summertime and salad time go hand in hand, but it's the dressing that adds the zest to the salads, shoppers are reminded.

Buying hints that will save shoppers money are listed by Oregon State college home economists at the county extension office.

The costliest item in salad dressings is the oil so the type and amount of oil used determines the cost of dressings made at home or purchased. Dressings may vary from 1½ to five cents an ounce, depending on the type used. A quart of mayonnaise costs 10 to 20 cents more than a quart of salad dressing because mayonnaise contains more oil. Soybean, cottonseed and olive oil are most common vegetable oils used in dressings, the home economists report, and may be substituted for one another in recipes.

Mayonnaise, salad dressing and French dressing are the three basic dressings on almost all markets. According to federal food and drug standards mayonnaise must contain at least 65 per cent oil, and salad dressing 30 per cent. Egg yolk, vinegar or lemon juice, and seasonings are the other ingredients.

French dressing must contain at least 35 per cent vegetable oil in addition to seasonings and vinegar or lemon juice.

Compare cost per ounce of various oils, home economists recommend, to save on purchases. Savings may be also had by making dressings at home.

**Low Calorie Recipe**

Homemade low calorie dressings are among the biggest money savers. A low calorie recipe recommend by the home economists includes the following:

Soften 1 teaspoon gelatin in one tablespoon cold water and dissolve in ¼ cup hot water. Add 3 tablespoons of sugar and ½ teaspoon salt. Cool, then add ¼ cup lemon juice and ¼ teaspoon paprika. The recipe yields 2/3 cup of dressing which is excellent for fruit salads.

For vegetable salads, add to the basic recipe ⅛ teaspoon pepper, ⅛ teaspoon dry mustard, 2 tablespoons catsup or chili sauce, and ⅛ teaspoon Worcestershire sauce, onion or garlic. Shake mixture in covered jar and do not refrigerate. The dressing should be used within a few days.

## Sister Mary Reine Honored at Tea

Sister Mary Reine, superintendent of Sacred Heart hospital, was honored at a tea in the social room of Sacred Heart hospital July 17. Sister Reine is scheduled to leave the valley later this summer.

The event, attended by more than 100 persons, was given by members of Providence guild. Employees of the hospital, hospital board members, and guild members attended.

Garden flowers decorated the serving tables. Members of the guild poured. The honored guest was presented flowers and gifts.

## Californians McLeod Visitors

McLeod — Several California visitors are visiting relatives in the area. Houseguests of Mr. and Mrs. John Stille are Mr. and Mrs. Mack Stille, Woodland, Calif. The two men are brothers.

Other visitors are Mr. and Mrs. George DeGregori and family of Castroville, Calif. They are guests of Mrs. DeGregori's parents, Mr. and Mrs. Scott Brill.

## Family Returns From Fishing Trip

Mr. and Mrs. Ronald Coltrane and three children, Donald, Becky, and Jill, of 1116 Winchester avenue, returned recently to their home after spending a week at the Jessie M. Honeyman Memorial state park.

During their vacation the Coltrane's fished on Cleawox lake and in the ocean.

## Returns Home

Mrs. Agnes C. Kelly, 725 Pennsylvania avenue, returned Saturday from Longview, Wash., where she visited two weeks with her daughter and son-in-law, Mr. and Mrs. Jack Sailors.

## CALENDAR

**Wednesday:**

11 a.m. — Townsend club, Hawthorne park.

12 noon — Fidelity club, home of Mrs. Lloyd Smith, 3232 Jacksonville highway.

# Sea Shells Are Business of New Yorker

By LEROY POPE
United Press Correspondent

New York—(UPI)—It hardly fits the old alliterative chant for a "he" to sell sea shells, but Crosby D. McArthur has built a nationwide business upon them.

He has run a sea shell shop here for eight years, catering to collectors all over the United States and in other countries.

McArthur once was an antiquarian. He owes his success in the sea shell business to his first wife, who started it in a small way years ago. She sold local shells to tourists at Passe-a-Grille, Fla.

When the depression came, the McArthurs left Florida for New York. He opened an antiques shop, and his wife, Christine, got a small concession in a Fifth avenue book store (Brentano's) to sell shells.

She started collecting rarer shells, brilliantly colored, from Japan, Hawaii, the Philippines and the South Pacific.

**A $1,200 Item**

Finally McArthur decided to devote his full time to the business. Today, his shop is filled with shells from the four corners of the globe, from fresh and salt water. But the shells must come from tropical and sub-tropical waters, he said. Cold waters produce almost no pretty shells.

The shells' values range from 10 cents a dozen to $50 each. In 1954, McArthur obtained a Gloria Maris, a rare, brilliantly colored conical specimen, which was shaken off a deep water reef by an earthquake in the Philippines. He sold it for $1,200 to a marine museum at Ft. Myers, Fla.

Generally, collectors want small shells, he said. And the more brilliant the color, the more vauable they are. Interior decorators prefer the large, spectacular shells, he added.

McArthur also is building up a business selling shells to industrial firms. The companies use the shells as promotional souvenirs. For example, he filled a large order for chambered nautilus shells when the atomic submarine, Nautilus, was launched.

Fill cake pans, only half full for best baking results.

ENDS THURSDAY, 8 P. M.
LUCAS & HOWARD'S JULY STORE-WIDE
FURNITURE SALE!
10% DOWN
½, 1 and 2 years to pay. Contract payments may be made in Medford or Central Point.
Everything Reduced Except Beautyrest Mattresses
Lucas & Howard FURNITURE BARN
Hiway 99 South of Central Point—Phone NO 4-1226

# Modern Farming Methods Advocated By FAO Head

By JEANNE LESMEN

New York—(UPI)—If modern farming methods are introduced throughout the world, synthetic foods won't be needed for at least another century to help feed our fast-growing world population.

So says Lord John Boyd Orr, 78, first director-general of the United Nations Food and Agricultural Organization and author of a new food book for children.

Lord Boyd Orr wrote "The Wonderful World of Food" (Doubleday) for the younger generation because they will have the responsibility of saving a large part of the world from starvation, he said in an interview.

**Women Always Helped**

Although it is written specifically for children, and illustrated in terms a child of 10 can understand, it should be fascinating to anyone who likes to eat.

For instance, homemakers learn that women always have played an important role in feeding expanded populations. The first women, writes Lord Boyd Orr, "probably invented cooking-pots and the potter's wheel for making them."

And they probably invented the first primitive stone mills for making flour from the grain which their husbands raised, he added.

As early families gradually learned to raise larger crops and cook their food, the population began to grow faster. Men became merchants, many of them dealing in food. They used a food, barley, as the first money.

**Sharing Needed**

This rapid population growth led to the development of all our modern sciences and engineering. And has brought us to a world in which man has learned to make milk directly from grass itself, instead of relying on cows.

But don't expect to buy this artificial dairy product any time soon at your local grocery store. It's still too expensive to be practical, said Lord Boyd Orr. Besides, it doesn't taste good enough.

Will we ever have to rely on such synthetic foods as this to keep from starving to death?

Possibly, Lord Boyd Orr said, but not during the next few generations. Farming could feed three times the present world population if the third of the world that has food surpluses shares its know-how with the two-thirds that's undernourished, he said.

## Local Family Returns Home

Three major events scheduled this year in Alberta, Canada, were attended by the Victor Milneses recently during their three week camping trip.

Mr. and Mrs. Milnes and their children, Gregory and Nicki, attended the Calgary Stampede, Edmonton Exhibition, and Banff Indian Days during their vacation.

While in the area they also visited Jasper National park with a stop at Lake Louise and the Columbia Ice fields. They re-entered the United States at Kingsgate and returned to Medford by the way of Boise- Idaho.

## Many Pre-Mixed Foods Available

By JEANNE LESEM
United Press Correspondent

New York— (UPI) —It's a mixed-up, calorie - conscious food world and getting more so every year.

The prevalence of premixed and low-calorie foods at the first all-food show here recently at New York's Coliseum leaves only one major problem for busy housewives: which products to buy to satisfy the family's diverse tastes and diets.

For those who are not weight watchers, there are two fancy French sauces now available in powdered form: Hollandaise and Bernaise. Add water and butter or margarine, stir and serve. The same company also offers a white cream sauce mix and two soup mixes, shrimp bisque and vichyssoise, a leek and potato soup. Only milk need be added to the soup mixes before serving.

**Spice Shelf**

One spice company has taken most of the work out of making dips by pre-mixing spices for use in sour cream blends or cottage cheese. The two new tangy mixtures are called angel dip and pink poppy seed dip.

For the spice shelf, there also are dried powdered orange peel, fine for cake or candy decoration or in salads, and powdered mushrooms, good for flavoring almost any course.

Saffron, an expensive herb that used to lose strength and aroma in paper packages, now is available in an aspirin-type metal box.

Another new mix makes eight Scotch scones — hot breads good for breakfast or tea-time.

The weight-conscious who have been skipping the soup course, except for consomme and bouillon, may now try four new dietetic canned varieties. They are tomato with rice, cream of mushroom, vegetable and split pea.

**Rice and Peanuts**

Good news, too, for rice fanciers who are watching their waistlines. A new Italian import, avorio rice, has only 22 calories to the ounce.

The fast-growing popularity of Italian-style meals was apparent in a big assortment of exhibits, from flavored bread crumbs to pizza pie spice mix to an Italiano Buffet cold cuts package. The package contains four varieties, including three kinds of ham and wine-flavored salami.

One of the biggest hits of the show, however, was a snack-type food, dry-roasted peanuts, said to contain only 1 calorie per peanut. None of the nutty flavor is lost in 17 hours of roasting in a slow oven, but the greasy flavor and touch disappear.

**Hand Roll Hem**

A narrow, hand-rolled hem is best if you're making a dress from one of the pretty new cotton sheers. Stitch near the edge of the fabric as a stay, then roll edge between fingers and hand stitch.

## Too Many Jobs Means Trouble For Outdoor Cook

By JEANNE LESEM
United Press International

New York—(UPI)—An outdoor cook who tries to do too many jobs at once is heading for more serious troubles than burned food, a safety expert advises.

She's jeopardizing her own safety and that of her family if she fails to organize her work so that she can stick to her cooking while someone else minds the children and a third person keeps an eye on anything simmering back on the ranch-house stove indoors.

As the nation heads into its biggest cook-out season ever, Mrs. Marjorie May of the Greater New York Safety council had these safety tips to offer for head chefs at back-yard grills and camp fires.

**Grease-free Grill**

Plan ahead. Choose a menu that will keep all the cooking outdoors, if you can't find someone to watch the pots in the kitchen.

However, if you must supplement the meal with food prepared inside, carry it to the serving area in containers small enough to be handled safely with one hand, especially if you have stairs enroute.

Hot foods should be covered tightly so they won't splash in transit.

"Before you build a fire in your grill, make sure it's grease-free," warned Mrs. May. "Many people tend to let the cleaning job go from one meal to the next, and it's this accumulated old grease that causes dangerous flare-ups."

"And learn to build a fire properly without a starter," she suggested. "The Boy Scout manual is as good a teacher as you'll find."

**Use Fire Extinguisher**

The best cooking spot is a cleared area, she added, with no overhanging branches or bushes. Even then, Mrs. May said, it's a good idea to have handy a small fire extinguisher, a large box of salt, and a garden hose. But don't use the hose on a grease fire, because it might scatter the flames. If a grease flare-up is too big to smother with salt or a tightly-fitted pot lid, use the fire extinguisher.

Never use warped grills or pots and pans with warped or rounded bottoms, the safety expert said.

Finally, when dinner's over, make doubly sure the fire is out. Dump ashes from the grill and soak them thoroughly with the hose. If you're camping and no water is handy, bury the fire completely so that a puff of wind can't fan a dying ember into flames again.

COMPLETE GLASS SERVICE
Phone SP 3-3613
SELBY GLASS CO.
303 North Bartlett

## Jens Jenson Returns Home

Jens Jensen, 418 Park street, returned last week from a three month visit in Denmark. While there Mr. Jensen, who is 72 years old, visited relatives and friends.

Mr. Jensen came to the United States at the age of 18 and has made several return trips to his homeland since that time. While in Denmark his sister and brother-in-law, Mr. and Mrs. Viggo Damkar, Portland, were also visitors.

On his return flight to the United States Mr. Jensen visited his grandson, Cadet David L. Espey, son of Mr. and Mrs. L. V. Espey, 619 Park street, Medford, at Kings Point the United States Merchant Marine academy. Other stops were also made in Minnesota and Portland to visit relatives prior to returning to the valley.

Visiting at the Espey home in Medford upon his return from abroad, is Mrs. S. M. Bronson, Castroville, Calif., a sister of Mrs. Espey and Mr. Jensen's daughter.

## Teacher Retires After 56 Years

San Antonio, Tex.—(UPI)—A woman college professor who in 56 years of teaching become known for her strict discipline and helped to train 3,000 other teachers has retired with this comment:

"I'm going to buy be a sack dress—then I'm going to buy a rocking chair, put some casters on it and rock and roll with the young set."

Miss Maude B. Davis, 75, is leaving Trinity university, where she has been teaching for 35 years. She retires as a full professor.

Miss Davis has been noted throughout her teaching career both in secondary schools and colleges as a strict disciplinarian. Recently, her colleagues at Trinity honored her with a luncheon and presented her with her first television set.

"I hear there are two young fellows on television nowadays who are pretty good disciplinarian themselves," Miss Davis commented. "Now that I have a television set, I plan to study their techniques.

**Began at 17**

Will someone please tell me what educational channel carries Marshal Dillon and Wyatt Earp?"

Miss Davis began her career as a country school marm in 1900 in a rural school near Waxahachie, Tex. She was 17 at the time.

Later she joined the faculty of the Texas State Colilege for Women and went to Trinity university as dean of women in 1923. She was dean for 22 years.

Miss Davis is known as a "teacher's teacher." She helped train 3,000 school teachers who now are helping teach the 30,000 Texas school children.

The professor is listed in "Who's Who in America" and in "American Women." She belongs to a long list of professional and fraternal organizations.

"There is one basic principle which I try to impress on my students in the hope that they will in turn practice it—the importance and worth of the individual," Miss Davis said and paused.

Then, she broke into a bright smile and continued:

"Stay young."

**Matching Towels**

When you're buying new cotton towels, select those in matched ensembles of harmonizing colors. The colorful towels will not only make your bathroom prettier, but they also will help each member of the family identify his towels.

# U.S. Singer in West Berlin Opera Said Discovery of Year

By JOSEPH FLEMING
United Press International

Berlin—(UPI)—An American girl barred from her California high school chorus because she had a "weak voice" has become the hit of the hard-to-please West Berlin Opera.

Mary Gray has been hailed as the "discovery of the year" in a city where the people do not really believe that an American has a voice of grand opera caliber.

For the 27-year-old lyric coloratura soprano, her triumph in this tough school is a victory of voice over body.

In the United States Miss Gray was considered a pin-up girl with a voice. Here she is thought of as a wonderful voice with a shape unusually attractive for an opera singer.

Just 10 years ago she was modeling bathing suits in San Francisco's fashionable I. Magnin department store. Now she is singing Gilda in "Rigoletto," Violetta in "La Traviata," the countess in "Le Comte Ory" and the Queen of the Night in "The Magic Flute."

Critical audiences here have acclaimed her, and her performances have been sellouts. She even has won over the poor music students who pay 37 cents for a seat in the third balcony and who usually go to the opera to jeer.

**Fan Club**

The music students formed a "Mary Gray Fan Club" and hitch-hiked all the way to Lucerne, Switzerland, for her guest performance there last year as Violetta.

When she sings in Berlin, students line up before the Municipal Opera house all night to be first in line for the limited number of cheap tickets.

The West Berlin newspaper Kurier said her performance as the countess was "the surprise of the season."

From pin-up girl to opera star was a long hard road.

As a student at Garfield Junior high in Berkeley, Calif., she applied to join the school chorus and was rejected.

"They said my voice was not big enough," she said.

Her mother, Mrs. G. R. Heath, lives at 1716 Buena avenue, Berkeley.

But Mary was determined to be an opera singer, and as a teen-ager she modeled while waiting for a chance.

She got her first role in 1948 in a small part in the "Great Waltz" for the Los Angeles-San Francisco Light Opera company.

**Cheesecake**

"It was a sexy, part," she said. "That's why I got it. I had to get dressed on stage. I appeared in bloomers and had to put on about 15 petticoats."

From there she went to the chorus of the San Francisco Opera company for two years.

"I was just another voice in the chorus," she said. "But whenever the opera wanted any publicity I was photographed in cheesecake."

The turning point in her career came when she auditioned for world-famous Carl Ebert, now director of West Berlin's excellent Municipal Opera. At that time he was head of the opera school at the University of Southern California.

"Go to Europe to study," he told Miss Gray. "You have a great voice. But here you are thought of only as a body."

In 1950 she went to Italy and studied and sang small parts with opera companies in Sienna, Genoa, Naples and at La Scala in Milan.

Her first big chance came after four years in Italy. She was hired by the opera company in Wuppertal, West Germany.

"Wuppertal is strictly minor league, but I sang big parts where there was always the chance a big league scout would hear me," she said.

One did. Strangely enough the scout worked for the man who told her to come to Europe, and she started at Ebert's West Berlin Opera last year.

## Couple Honored At Open House

Mr. and Mrs. Harold Allen, 95 Bigham drive, were honored at an open house July 20 on their silver wedding anniversary. Approximately 70 guests called during the afternoon.

Hostesses for the event were Mrs. Theron Van Sickle, Medford, sister-in-law of Mrs. Allen, and Mrs. Charles Cooper, Talent, sister of Mrs. Allen.

Assisting with the serving were Mrs. Vern Allen, sister-in-law of Mr. Allen, who baked the tiered anniversary cake; Mrs. Tom Wisely, who decorated the cake; and Mrs. Marjorie Williams, Los Angeles, Calif., sister of Mrs. Allen.

Pink and white carnations decorated the serving table.

Mr. and Mrs. Allen were married July 20, 1933, in Emporia, Kan., at the Christian church. Their attendants were Mrs. Williams and Vern Allen, both of whom were present for the open house recently.

Mrs. Allen chose a navy blue dress for the event.

## *Frozen Lemonade Concentrate Makes Cool Summery Pie*

A summery pie in a party dress is this one made with frozen lemonade concentrate. Chill 1 cup evaporated milk in the freezing compartment of the refrigerator until it is almost frozen around the edges. Soften 1 envelope unflavored gelatine in ¼ cup cold water. Add ½ cup boiling water and stir until gelatine is dissolved. Add 2-3 cup sugar and a 6-ounce can of frozen lemonade concentrate. Stir until lemonade thaws, then chill until the mixture is very thick but not set. Whip the chilled evaporated milk until stiff, then fold in the gelatine mixture. Pour into a crumb or coconut crust and chill at least three hours.

GIRLS 8 to 15

have fun with your friends at
YMCA Summer Camp
August 10-16
Enjoy friendly Summer Camp living with your friends for an entire week! There's lots to do—Sailing, hiking, swimming, crafts, archery—and much more!
Enjoy a magic week of fun at beatuiful Diamond Lake
Come In . . . or Call
The YMCA—SP 2-6295

# Women in Shorts Pose Problem For Congressmen

By PATRICIA WIGGINS
United Press International

Washington —(UPI)—Should women be allowed to wear shorts while sightseeing in the U. S. Senate? Or the House of Representatives?

The question comes up about this time each year—when short shorts and brief tops begin to appear in the galleries, to the distraction of lawmakers trying to unsnarl details of a new space agency or farm bill.

But it's one question Congress steadfastly has refused to answer.

As Sen. Hubert H. Humphrey (D-Minn.) quipped, "I can't think of anyone so ornery or obnoxious" as to complain about the brightly hued and sometimes brief hot weather get-ups.

"We get very few pleasures" he added, with a smile, indicating that few if any of the distinguished senators are unaware of the casual summer wear displayed in the gallery overhead.

**No Action**

One veteran representative recalled that a committee once took up a suggested regulation on garb in the visitors' galleries. But it never got out of committee.

Veteran House doorkeeper William M. (Fishbait) Miller claims that in his 26 years on the "Hill" there hasn't been even that much of an attempt to set tourist garb standards. He declined to take sides in a favorite debate over whether women's shorts are getting shorter.

Actually, there are no regulations to require even a coat on a male in the galleries.

In fact men's Bermuda shorts — which set off a small flurry when they once appeared — are almost as commonplace now as the Hawaiian sport shirt.

One senator, who declined to be identified, suggested that the one big reason there probably never will be any regulations in this: every tourist — no matter what he or she wears — is somebody's constituent.

## Couples Spend Time at Coast

Mr. and Mrs. R. H. Claussen, and their daughter and son-in-law, Mr. and Mrs. H. B. Looper, all of 2133 Siskiyou boulevard, Medford, returned Friday after spending the week at the Oregon coast. They vacationed in the Lakeside and Winchester Bay

ELIZABETH ARDEN
Soap Sale!
BLUE GRASS and JUNE GERANIUM
*The world's most luxurious soap!*

. . . limited time only!
HAND SOAPS
Blue Grass or June Geranium (box of 3) regularly 2.25.....now 1.50
BATH SOAPS
Blue Grass or June Geranium (box of 3) regularly 3.50.....now 2.50
Elizabeth Arden's famous Hand and Bath Soaps are offered now at extraordinary savings. These custom-made Soaps have a luxurious cold cream base . . . are perfumed to sachet strength with rare French essences and are milled eight times to give them long lasting firmness and rich easy lather. *And every Elizabeth Arden Soap is enriched with lanolin.*
Mann's MEDFORD