

Physically Handicapped Aided by Research Center

By GAY PAULEY
UPI Women's Editor

New York—UPI—In a combination office—kitchen at the famous Bellvue Medical Center, one woman is working to make life easier for some 10 million of her sisters.

The woman is Mrs. Julia S. Judson, consultant in home-making at the Institute of Physical Medicine and Rehabilitation. The 10 million women are the physically handicapped in this country—victims of cardiovascular disease, arthritis, hemiplegia, or some other orthopedic disabilities.

"For some of the handicapped, the pure mechanics of living are hard to handle," said Mrs. Judson, a small, blonde woman. "Yet men and women can do amazing things despite disabilities. We have totted up 120 'little things' that many handicapped women have learned to do—things most of us take for granted.

"Imagine, for instance, what's involved for a woman who does not have full use of her arms to brush her teeth, drive a car, apply lipstick . . ."

Help In The Kitchen

Mrs. Judson is advisor on the first project aimed at giving the technical counseling to the homemaker. But since Bellvue opened its center in 1950, some 40 other such centers have been started in all parts of the country.

Part of the training the handicapped homemaker gets is in work simplification in the kitchen, and some of the methods adopted at the institute would be helpful in any woman's kitchen.

The kitchen is planned for the sit-down worker—often the handicapped housewife gets around by wheelchair. Counter space is lower than average, the sink is low enough for her to wash dishes while sitting. Utensils and foods are stored in open shelves and at lower than us-

Food Facts Bulletin Published

Corvallis—Build good food habits through well-balanced meals, and you'll never be bothered by claims from food faddists according to a new bulletin published by Oregon State college.

Titled, "Food Facts Versus Fads," the bulletin exposes certain misleading, but popular, ideas people have about food.

"There is no field of knowledge in which there are so many self-appointed advisors as in health and food cues," according to the publication.

Doctors, nutritionists and other experts answer some of the most frequently asked questions about sweeteners, cereals and breads, milk and dairy foods, meats and poultry, and vegetables and fruit in the bulletin. A miscellaneous section contains information about vitamins, food additives, and cooking equipment.

Some of the questions include:

Are frozen vegetables better than canned ones? When cooked and served properly, there is very little difference in vitamin content of the two.

Are antibiotic dips harmful when used to increase shelf-life of dressed poultry? No, cooking destroys the antibiotic activity.

Does adding iodine to table salt improve health? Yes, it helps reduce simple goiter in areas where water and soil are low in iodine.

According to OSC's nutritionist, Ruth Klippstein, milk, meat, vegetables - fruit and breads - cereal, provide the best framework for well-rounded, appetite satisfying and economical meals. The bulletin describes how daily food plans can be built on each of these food groups.

Copies of "Food Fad Versus Facts" are available from county extension offices or the college bulletin clerk.

Potpourri

Potpourri recently received a note from Mrs. Edward Leach chiding us for calling Mt. McLoughlin by the name of Mt. Pitt. Mrs. Leach is correct—the legislature did officially give the mountain that name, but we hazard the guess that at least half the residents of this area, we've fallen into the same habit.

Mrs. Leach suggested that we call either Miss Claire or Miss Mary Hanley for "the story" of the mountain, but it was a lot easier to just read about it in Lewis McArthur's book, which we've found so useful throughout the years.

McArthur says that the mountain was called McLoughlin on a map issued in 1838, and that later it was commonly called Mount Pitt, for Pitt river, which was named for the pits dug by Indians to trap game. Some, including Peter Skene Ogden, early day settler in Oregon, spelled it Pitts, and others who called it by the other name, spelled the name McLoughlin.

Some early settlers in the Rogue valley called it Snowy Butte or Big Butte, and the town near-by was thus named Butte Falls. One man, Hall J. Kelley, made an effort to have the mountain named after John Quincy Adams. McArthur concludes that the name Mount Pitt came into common use about 1864 due to George H. Belden, a civil engineer in the employ of the United States surveyor general of Oregon. Klamath Indians called the mountain M'laikini Yaina, or mountain with steep sides. The name Mount McLoughlin was restored by the legislature in 1905 in honor of Dr. John McLoughlin, "who as chief factor of the Hudson's Bay company at Fort Vancouver, in 1824-46 possessed almost autocratic power in affairs in the Oregon country up to the time of the provisional government, and has therefore been called the first governor of Oregon," McArthur says in his book.

What McArthur did for Oregon with his "Oregon Geographic Names" a man by the name of George R. Stewart has done for the United States in a revised and enlarged edition of "Names on the Land." It's a fascinating story—this business of how towns, rivers, mountains and lakes came by their names. Some were chosen by the Congress or state legislatures, some were voted in town meetings, some were given by explorers and others were named by chance. Stewart relates in his book how a Texas storekeeper saw a brand name on a baking powder label and named a town Bebe. Some times names are changed, and one of the amusing stories about such changes is how the inhabitants of Mole Hill, West Va., changed the name of the town into Mountain.

Stewart traces the name Oregon back to a careless French map maker who made it appear that there was a river called the "Ouragon."

McArthur, of course, devotes considerable space in his book to the origin of Oregon, and quotes extensively from the editorials of the late Harvey W. Scott, editor of the Oregonian. McArthur writes that Jonathan Carver may have appropriated the name, but not the spelling, from a Major Robert Rogers, English army officer who was commandant at the frontier post at Mackinac during the time of Carver's journey into the upper valley of the Mississippi. Major Rogers used the form "Ouragon" or "Origan" in a petition or proposal for an exploring expedition into the country west of the Great Lakes in London in 1765. Carver is the first person to have used the form "Oregon" in referring to the River of the West.

Editor Scott noted in his writings that the name "Oregon" came very slowly into use, that it apparently was unknown to both Vancouver and Gray, and that the latter, entering the river as an explorer, called it not Oregon, but Columbia, for his ship. The name was not used by Lewis and Clark in their report of their travels, nor was it used by Astor in a petition to Congress in 1812 asking for national assistance in his efforts to establish trade in the area, and Congress did not use the name in the act which was passed in response to his petition, according to Scott and McArthur.

Scott further noted, that the poet, Bryant, had come upon the word "Oregon" in Carver's writings and added "The word suited the sonorous movement and solemn majesty of his verse and he embalmed it in 'Thanatopsis' published in 1817." Scott maintained that there was no basis for the claim that the name of our state originated from the herb "oregano" or the Spanish name for the plant "marjoram." Others conjectured that it was derived from the Spanish word "oreja" meaning ear, supposing that the Spaniards noted the big ears of the native Indians and named the country from that circumstance. Scott also dismissed this, and decided that the word originated from French exploration of the continent. He noted that the early French explorers, who preceded the English and had pressed on to the foot of the Rocky mountains, were much interested in tales of the west and of the great western sea. "Of this sea they possessed Spanish charts and perhaps used among the natives the word Aragon as a homonym of Spain. When Carver visited the upper Mississippi country in 1767-68, he made inquiries about the country to the west, the western river and sea and the word Oregon." Scott concluded that the word originated in the Mississippi valley and not on the Pacific coast.

Potpourri bought a pair of pumps Wednesday afternoon which have the "new" little curved heels which are just like those on the white kid slippers which we wore as a high school graduate. Those slippers had narrow toes, too, toes so long and so narrow each had to be stuffed with a wad of springy wool fiber to help them retain their shape.

Pappy looked at the shoes for a time and then observed, "When are you going to buy some of those new high buttoned shoes with tops that reach to your knees?" O.S.

Newly Organized Extension Unit To Meet Tonight

The newly organized Wilson Park Home Extension unit will hold its first meeting tonight at 7:30 o'clock at the home of Mrs. Ernest Conrad, 932 Ingrid street.

Miss Mary Paty Lucy, Jackson county home extension agent, will explain the purpose of extension work and the obligation of unit members.

Homemakers living in the area who are interested in the extension program are invited to attend.

Farewell Party Planned Tonight

Central Point—A farewell party will be held at the Community Bible church tonight at 7:45 o'clock in honor of Mr. and Mrs. Arthur Fitzgerald and family and Pete Gibson. A talent program and refreshments are planned.

The Fitzgeralds will leave soon for Helena, Mont., where Mr. Fitzgerald has acquired an interest in a sash and moulding factory.

Mr. Gibson has been given the position of maintenance engineer of Simpson Bible college, San Francisco. He expects to take up his new duties within the next ten days.

Newest of the books on barbecue cookery at the Jackson county library is the "Barbecue Cook Book" compiled by "Today's Woman." Included in the manual are many easy-to-follow outdoor recipes.

Jaycettes Plan Coffee Saturday

Medford Jaycettes will hold a coffee at the home of Mrs. Charles E. Henry, 349 Lindero avenue, Saturday, September 13, from 10 to 11:30 a.m. All former members of the group and prospective members are invited to attend. Those in charge state that those attending will be given an opportunity to meet "old and new" friends and to hear of the progress of the group and plans for the future.

On September 17 Medford Jaycettes plan a showing of arts, crafts and sewing, the work of members. The meeting will be held at the home of the president, Mrs. Arthur Van Leeuwen, 1202 West Second street, at 8 p.m., and members of Central Point Jaycettes will be guests.

The last meeting of the group was held at the president's home, with Mrs. Robert Foster as hostess. At the September 17 meeting a nominating committee will be named, and officers will be nominated October 1.

Grange Plans Dance Saturday

Jacksonville—Upper Applegate Grange will sponsor a square dance Saturday, September 13, at the hall. Byron (Buzz) Dibble will call, and dancing will start at 8:30 p.m. Dancers interested in brush-up or beginner's classes are invited to attend to discuss arrangements for instruction.

All valley square dancers are invited to attend. Women are asked to take cookies or sandwiches. A reasonable admission will be charged, it is stated.

HERBS AND POTATOES

New York—(UPI)—Less work and more flavor come from new potatoes, cooked in their jackets, with herbs. Wash 1½ pounds small new potatoes, cook until tender in covered saucepan containing 1-inch boiling water and ½ teaspoon salt. Drain and toss lightly with mixture of 2 tablespoons butter or margarine, ¼ teaspoon each of basil and salt, ½ teaspoon white pepper and 1 teaspoon chopped fresh parsley. Serves 4.

To College

Miss Jacqueline Garrett, Coker Butte road, will leave tomorrow for Maryhurst college, Maryhurst, Ore., where she will enroll as a freshman in pre-nursing. Miss Garrett is a daughter of Mr. and Mrs. G. E. Garrett.

Medical Assistants Plan Session Tonight

Jackson County Medical Assistants will meet tonight at 8 o'clock at the Red Cross chapter building, 60 Hawthorne avenue. James Pullman and Mrs. Vyvyan Gardner of the Jackson County Public Welfare department will present a program on the department's medical aid plan.

Plan Party

Pocahontas lodge will hold a card party Friday, September 12, at 8 p.m. in Redman hall on Apple street. Prizes will be awarded; the public is invited to attend.

A business meeting will precede the party at 7 p.m.

A cotton swab makes it easy to clean decorative open work in vases, lamp bases and figurines.

Rogue River Club Announces Events

Rogue River—Rogue River Lions' auxiliary made final plans for the semi-annual baked food and rummage sale at a meeting held Monday evening at Live Oak Grange hall. The rummage sale will be held Friday and Saturday at Sheehan's hotel, and the baked food sale Saturday, also at the hotel.

Mrs. Ralph Bosse reported that the auxiliary is working on two cases where eyeglasses are needed and that the individuals have been sent to doctors for examination.

Mrs. John Dick, Brownie chairman, asked members to save Post cereal box tops which will be converted into scouting equipment.

The auxiliary will sponsor a Santa Claus for children December 13.

Mrs. Lawrence Sheehan was elected to the board of directors to replace Mrs. Grady West, who has moved away.

Miss Hilde Prom Home From Trip

Miss Hilde Prom, 543 South Ivy street, returned Sunday from a month's vacation to St. Cloud, Minn. where she visited her parents, Mr. and Mrs. Edward Prom.

Miss Prom drove to Minnesota accompanied by her cousin, Timothy Prom, 15, son of Mr. and Mrs. George Prom, route 1, box 530, Central Point. It was the first trip to the Midwest for Timothy.

On the return trip Miss Prom, who is records officer for the Medford police department, was accompanied by a sister, Miss Lucille Prom, who is planning to make her home in the valley. Areas visited on the trip included the Badlands of North Dakota and Yellowstone National park.

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 1 p.m. Friday. Deadline for the weekly calendar is 9 a.m. of the day of publication and for week day news is 3 p.m. the day before publication.

Thursday:

6:30 p.m.—Reames chapter, Order of Eastern Star, Medford Masonic temple, dinner.

7 p.m.—Medford Altrusa club, Tally-Ho Dining room.

8 p.m.—Past Noble Grands' club, Girls Community club.

8 p.m.—Reames chapter, Order of the Eastern Star, Medford Masonic temple.

Friday:

12:30 p.m.—Junior Service league fashion show, Rogue Valley Country club.

1:30 p.m.—Past Presidents of the Ladies auxiliary to Crater Lake Aerie, Fraternal Order of Eagles, 129 North Columbus ave.

KARL'S

GYM

SHOES

AT CHEERING SECTION PRICES



2.99

Arch insole, air vent eyelets, reinforced toe bumper and ankle guard. Suction sole. In White and Black. Sizes from Little Boys' 2 to Men's 12

HEAVY DUTY GYM SOCKS—For Greater Comfort—49c pair

GIRLS' 5-EYELET LACE-TO-TOE GYM OXFORD



1.99

Sponge comfort arch insole, reinforced toe bumper, gripper sole. In White. Sizes 4 to 9

230 E. MAIN ST.
Medford

Store Hours:
Open 9:30 a.m.—5:30 p.m.
Mondays 9:30 a.m.—9 p.m.

WEISFIELD'S \$1,000,000⁰⁰ ONE MILLION DOLLAR DIAMOND SALE

CELEBRATING THE FIRST ANNIVERSARY OF OUR OWN DIAMOND CUTTING AND POLISHING PLANT IN AMSTERDAM.

DIRECT IMPORT FROM OUR OWN PLANT MEANS WE SAVE YOU MORE MONEY THAN EVER BEFORE ON FINE QUALITY DIAMONDS. NO IMPORTER'S OR BROKER'S FEES. **★ TAKE A YEAR TO PAY ON WEISFIELD'S LOW EASY TERMS ★**

Weisfield's of Amsterdam Direct Diamond Import



THE "MIMI" 6-DIAMOND BRIDAL PAIR

99⁰⁰

Brilliant center diamond engagement ring with two side diamonds, three diamond matching band. 14K gold set. A lovely bridal pair.

TAKE A YEAR TO PAY

Weisfield's of Amsterdam Direct Diamond Import



"MADELAINE" 13-DIAMOND BRIDAL PAIR

149⁵⁰

Large center diamond with six side diamonds form the lovely engagement ring; six diamonds in the matching wedding band. 14K gold set.

TAKE A YEAR TO PAY

The "Mona" Diamond Solitaire With Band



82⁰⁰

YEAR TO PAY

The "Marcia" 10-Diamond Dinner Ring



89⁰⁰

YEAR TO PAY

"THE GRETEL" 10-DIAMOND BRIDAL SET



59⁵⁰

YEAR TO PAY

"THE CHALLENGER" Large Diamond Solitaire



100⁰⁰

YEAR TO PAY

WEISFIELD'S THE WEST'S LARGEST JEWELERS CREDIT

122 EAST MAIN • MEDFORD
PHONE SP 3-5348

STORE HOURS:
Daily — 9:30 a.m. to 5:30 p.m.
Mondays — 'Til 9:00 p.m.