

Sisterhood Chapters To Meet This Week; BE Announces Topic

"Early Days in Oregon" will be the topic for a meeting of Chapter BE of the PEO sisterhood at 8 p.m. Tuesday, November 4, at the home of Mrs. L. K. Doty, 1125 East Main street. Mrs. R. G. Fowler is assisting hostess.

Mrs. W. E. Holmes will review "Early Days in Oregon" by Katherine B. Judson.

Chapter CP will meet at the home of Mrs. I. A. Mirick, 2329 East Main street, Wednesday, November 5. Assisting her with the luncheon at 12:30 p.m. will be Mrs. John Graff. The program will be given by Mrs. E. S. Strother.

Chapter CG of the PEO sisterhood will meet at 1 o'clock Wednesday, November 5, at the home of Mrs. R. E. Mencke, 2141 East Jackson boulevard. Mrs. E. L. Bartholomew will be the assisting hostess and Mrs. N. H. Gladfelter will have charge of the program.

Teaching Aids Explained For PTA Meeting

Talent - The many uses of audio visual aids used to supplement teaching were explained at the last meeting of Talent Parent-Teacher association. F. E. Farthing, principal of Talent Elementary school, explained the Jackson county film pool that supplies films to the schools in the county. He stressed the fact the films are not meant to entertain, but to teach the pupils.

One method of teaching music appreciation was demonstrated by Mrs. Mark Conger, teacher of second grade. The "Nutcracker Suite" by Tchaikovsky was shown using the film strip projector and the record player. The film strip projector can also be used as a slide projector. The tape recorder was described as a teacher's helper by Robert Ellis, band and music instructor. He played recordings that he had made of the beginning band, the advanced band and a student giving a reading.

Richard Reum, sixth grade instructor, showed a color film on "The Monarch Butterfly" with the 16mm motion picture projector.

Mrs. Neil Stockebrand, president, conducted the business meeting. Members of Camp Fire Girls and Bluebirds led the flag ceremony. Mrs. V. L. Goodrich, ways and means committee chairman, gave a report on the PTA carnival held recently. Following the business meeting refreshments were served by mothers of children in the first grade.

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Potpourri

A new idea in human nutrition came across Potpourri's horizon not long ago with the arrival of a booklet published by the Worthington Foods company. The articles, condensed from one written by M. C. Horning, M. D., for Lay Nutrition Instructor, gives the results of studies in the biologic value of grains and concludes that combinations of grains are sometimes more nutritious than when the grains are used alone.

Maybe Dr. Horning's ideas are not new to others, but they are to us.

Dr. Horning says that what is important with food is its "quality." He declares that this is particularly important in the countries where there are not enough protein, minerals and vitamin foods to properly feed the population, and where plant food such as grains, legumes, vegetables and fruits are the main food sources.

His article is filled with exact figures, which are tedious to repeat, but here are a few. In rations containing 84 per cent of wheat flour, furnishing 9.07 per cent protein in ration, the substitution of 1, 3 and 5 per cent soybean flour for equivalent amounts of wheat resulted in 55.2, 108.3 and 192.4 increased growth; also in 23.9, 45.5 and 60.2 per cent increase in the protein efficiency ratio.

Similar figures are quoted for combinations of corn meal and soybean; milled corn meal and milled rice; wheat and rice.

Dr. Horning concludes "From such data it is obvious that much could be done to improve nutrition in the underfed countries. The people could be taught to utilize grain foods in combination, in an unrefined form."

The writer further said that recent studies showed both whole rye and buckwheat to have a high biologic value as food. "Recently the proteins of whole rye flour were found to be twice as efficient as the proteins in whole wheat flour," he wrote. "Barnett Sure has recently found that the proteins in buckwheat at an 8 per cent level of protein intake are the best known source of high biological value proteins in the plant kingdom, having 92.3 per cent of the value of the proteins in dried skim milk, and 81.4 per cent of the value of proteins in dried whole eggs."

Rye flour is used to make pumpernickel, which Potpourri often buys and eats with great relish with big chunks of good Tillamook cheese. And as for buckwheat, Pappy and Potpourri eat buckwheat pancakes for breakfast at least once a week and sometimes often. None of these flimsy affairs made from white flour for us.

We don't know what the biologic value of the food served at the Red Cross luncheon Tuesday was, but it tasted well on the tongue. Mrs. E. A. Littrell said the chicken and rice was flavored with saffron and curry powder, and it was delicious. The little rolls were hot and buttery, and the apple pie was warm and spicy.

When Chairman Manville Heisel opened the meeting, he recalled the many Red Cross doughnuts he had eaten as a flier during the war, and said he had enjoyed them immensely, although some were "sinkers." Then Mrs. L. prefaced her talk by saying that if someone had found an odd object in the food, perhaps it was a button from her Red Cross uniform. While helping in the kitchen, one of the buttons popped off and just disappeared.

All this went on at the "turn about" party which the Red Cross gals gave for the canteen corps. The canteen members usually are to be found in the kitchen or waiting tables, but this time they didn't do a bit of kitchen work.

Most of the women were in uniform, but several wore suits, and plaids were much in evidence. Mrs. Alfred S. V. Carpenter, whose distinguished Red Cross volunteer career has earned her the title here of "Mrs. Red Cross," Mrs. Martin Luther and Mrs. R. G. Bardwell, whose years of service rival those of Mrs. Carpenter, all wore beautiful plaid wool suits.

A letter from Mrs. Robert Miller, now in France with her husband and small son, had a few paragraphs about how she was combining French ways and American ways with food to produce meals for her family. She wrote:

"I have a two-burner butane stove on which I have taken pleasure in cooking what I think are meals such as the French eat. All that means is that we eat one thing at a time. Last night for instance we had: 1-hard cooked eggs with mayonnaise and a couple of chunks of cold tuna fish; 2-some pounded beefsteak with corn; 3-salad; 4-cheese (Camembert and Port Salut); 5-fruit and 6-cookies and coffee. Most people here eat their dinner at noon and have hors d'oeuvres before that meal, and soup before the evening meal.

"For lunch we usually have soup, bread, cheese and some kind of sausage or other cooked meat, and of course, wine. The people who live below us keep chickens and supply us with eggs if we wish. I have to be here from about 10 to 11 o'clock to catch the bread man and a butcher boy that come from the nearest town, and for other things we go to Vendome about every three days.

"Food is terribly expensive and it kills me to spend more for things here than we would at home. Even now grapes are about 30 cents a pound, and all summer long peaches were too expensive to enjoy. Vegetables aren't bad though, and some things are genuine bargains. Wine amounts to about 30 cents a liter, mushrooms are about 40 cents a pound and they are lovely. Bread is about 13 cents for a piece about two feet long and about four inches across—about twice as big as a French loaf at home—and you can imagine that it is very good indeed. Parsley is free if you remember to ask for it with your vegetables.

"Butter and eggs are about the same, but meat is at least as high if not higher than it was in Medford when I left, and I can't take advantage of cheap cuts because I can't cook anything that long. Hamburger is the worst. I paid almost a dollar for a little over a half pound the other day and they charge for grinding. It was good meat, though. All the soups are powdered instead of canned, and cost about 20 cents a packet—enough for one meal. It's a good thing our rent is low, because the food makes up for it.

"I know people here aren't paid well, and labor is quite cheap (as in repairs, carpentry, etc.), and so I can hardly see how they get along. Clothes are fabulously expensive and yardage is the same, and yet people appear to be very well dressed. I think they would be very surprised if they knew, or could believe, how "rich" their opposite numbers are in the U.S."

A New York advertising agency, Young and Rubican, paid for a full page advertisement in the New York Times earlier this year in an effort to stimulate interest in registering and voting. In huge type which filled the entire page was an Edmund Burke quotation: "All that is necessary for the forces of evil to win in the world is for enough good men to do nothing."—O.S.

Auxiliary Announces Dance at Camp White

Ladies auxiliary to the Veterans of Foreign Wars Department of Oregon, will sponsor a dance at the Camp White Theatre Monday, November 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 at 7:30 p.m.

Yosemite valley in California was named in 1851 for the Yosemite Indian tribe.

Program Given By Californian For Travel Club

Mrs. Edith B. Hall of San Diego, Calif., was guest speaker for a meeting of the Travel Study club held Tuesday in the home of Mrs. Willis T. Fasel, 117 Ashland avenue, with Mrs. Clay M. Lee as hostess.

Mrs. Hall, who spoke on Mexico and Acapulco, greeted the women with "buenos tardes, amigos." She illustrated her talk with pictures and articles from her tour made in October, 1956. Mrs. Hall mentioned specifically the magnificence of the cathedrals throughout Mexico City, Tlaxco, Monterrey, and other cities, which rival those of Spain and Italy. One cathedral has a solid gold front inside, and another one is of white marble. Guadalupe Shrine in Mexico City is comparable to Lourdes in France and people stream there daily for healings, she said.

Mexico City is the highest major city in the world. Mrs. Hall mentioned the 22-ton glass tiffany curtain in the National Theatre, the Lava Gardens, University City, a \$50 million educational center, the Floating Gardens, and the largest bull fight arena in the world.

The first railroad in the world from the temperate zone into the tropic zone was built in 1884, Mrs. Hall told the club.

Chihuahua was especially interesting, as it is the home of the Chihuahua dogs, she said. North of Durango rises a huge helmet-shaped hill, 700 feet above the plain. This Iron Mountain is 60 to 67 percent pure iron, and is estimated to contain 600,000,000 tons of valuable metal worth more than five billion dollars, the speaker explained.

Acapulco is very tropical, with a profusion of flowers and tropical fruit, such as bananas, pineapples and coconuts. Mrs. Hall states that it is very much like Hawaii.

Mrs. Hall wore a typical Mexican dress of hand-blocked and embroidered material and her shoes were of woven grass. She closed her informative and interesting talk by saying that Mexico is a most colorful and interesting country and to enjoy it to the utmost, one should take a tour of quite some time.

The president, Mrs. Clay M. Lee gave the "responsibility

of membership" to the three new members, Mrs. Edward C. Root, Mrs. Horace F. Knight, and Mrs. Carrie Walters. Guests of the day were officers of the First District, Oregon Federated clubs, Mrs. Carl W. Peterson, president; Mrs. Mae Russell, treasurer; and Mrs. Ralph Foster, recording secretary, all of Ashland.

Mrs. Willis T. Fasel, first district chairman of international affairs, announced the completion of plans for Travel Study club "Care Day."

A kick-off silver tea will be held Wednesday, November 12, in the Girls' Community club from 2 to 5 o'clock, to which the public is invited. Mrs. William E. Bone is chairman for the tea. A committee will distribute CARE boxes around the city November 17 to 21st.

The next meeting will be Tuesday, November 25, with Mrs. Horace F. Knight, 452 Fairmont street.

Remove cellophane wrapping from lampshades. Otherwise, the heat from the light bulb may cause the warping to stretch or draw, pulling the shade out of shape.

Report of Convention To Be Heard Tuesday

Women who attended the 52nd convention of the United Lutheran Church Women will report at the Tuesday, November 4, meeting of the Zion Lutheran Church Women's Guild at 12 noon. A potluck luncheon will be held with the business meeting following. The nominating committee will give its report.

To Entertain Club

Rogue Valley Navy Mothers club will meet Tuesday, November 4, at 10 a.m. at the home of Mrs. Glen Curtis, 839 Wabash avenue. Sewing will be held in the morning with a sack luncheon at noon. All mothers of Navy, Marine Corps and Coast Guard personnel are invited to attend.

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