

Government's Best Selling Pamphlet Is 'Infant Care'

President Eisenhower recently presented the 40th millionth copy of the government's best seller, "Infant Care," to a representative American mother and father, Mr. and Mrs. Jerry E. Levelsmier of Carbondale, Ill. The Levelsmiers have two children, Stephen 2, and Terry Lynn, 1.

First published in 1914, soon after the establishment of the Children's Bureau, "Infant Care" is now in its 10th



Hugh Russell, Spring, Tex., considered the world's leading daylily grower, recently won another award and now has won all the awards offered for growers and hybridizers of these flowers. He has developed hundreds of new varieties, some of which bloom after dark and others which bloom until the first hard freeze of winter.

Daylily Grower Is Winner

Hugh Russell of Spring, Texas, America's number one daylily grower, has added another award to the long list of awards already received. He won the coveted Bertrand Farr award this year as the world's outstanding hybridizer of daylilies.

This is the last "first" Russell can win. He now has won every award that is given in the daylily world.

The other four top awards given to daylily hybridizers and growers are the yearly Popularity poll (Russell consistently takes from 12 to 37 of the 100 places); the Stout medal, for the outstanding daylily anywhere on earth; the President's cup, for the best daylily in competition on a convention tour; the Helen Field Fisher award, presented to the man who has done the most for the Hemerocallis society during the past year.

Hugh Russell is now the only man in history to win all the awards given by a flower association.

The fifth man in the world to hybridize (cross breed) daylilies, Russell has developed 1200 of the present 8000 named varieties. In 1927 when Russell became interested in daylilies, there were only three species in America and 16 Asiatic varieties. From these he has developed flowers containing the colors of the rainbow, blossoms that stay open after dark, dwarf and giant plants and blossoms.

Plants have been bred to produce twisted, ruffled and forward- or backward-curved petals of all textures. Plants can also be developed to be more prolific and to withstand blazing sun or severe temperatures. Russell is continually developing better daylilies. From 10,000 new hybrids that bloomed last May, 300 show promise of being added to the list of worthwhile hybrid daylilies of the world.

Russell was the first to perfect a daylily that would stay open at night or after being cut. He has developed more new varieties of daylily than any other man, 1200 so far. He has the largest group of daylilies in the world, 3 1/2 million.

Couple Returns From California

County Commissioner and Mrs. Ralph James, Sams Valley, have returned from a 10-day trip to Southern California.

They were guests at the home of their daughter and son-in-law, Mr. and Mrs. Lardy Bonham, West Los Angeles. Among the 16 family members attending the Christmas dinner was Mrs. James' mother, Mrs. W. A. James, Azusa.

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 for publication and for week day news is 5 p.m. the day before publication.

Wednesday: 1:30 p.m. - Fidelity club, with Mrs. F. H. Dressler, 1107 East Main st.

edition. It is not only the standard guide for millions of new parents in this country, but has been translated into many other languages for use aboard.

Begun in a time of high infant mortality, "Infant Care" had as its original goal giving parents all available knowledge on how to keep their children alive.

Over the years, as knowledge of how to prevent or cure diseases of infancy has grown, the scope of the publication has broadened to include many other matters relating to the care and training of infants.

Together, the 10 editions represent a thumbnail history of child care practices in the United States. Some of the once-accepted practices have changed radically.

Advice Changes
In 1914, for example, fathers were advised not to play with an infant son or daughter because it might result in "nervous disturbances of the baby and upset his regular habits." Experts now agree that infants need the attentions of their fathers as well as their mothers.

In 1914, "Infant Care" did not advise even strained fruits until a baby was 7 or 8 months old, and solid foods were not recommended until after a baby was one year old. Today's "Infant Care" baby gets fruit juice at two weeks and solid foods within the first few months of his life.

Another piece of advice in the pre-bathinette edition of 1941, was not to leave the baby's tub on the stove while bathing him.

The current edition of "Infant Care" contains not only the latest medical advice on bringing up babies but also includes information on many of the psychological problems and needs of infancy.

The Children's Bureau is beginning to plan the eleventh revision of "Infant Care." As in the past, the Bureau will have the advice of a technical advisory committee, composed of physicians who represent four major medical societies, and the guidance of parents, psychologists, nurses, nutritionists, anthropologists, social workers, parent educators, and others.

"Infant Care" is one of a series of child development publications for parents issued by the Children's Bureau, covering the period from the prenatal stage through adolescence.

Stephen Levelsmier has already been graduated to the second guide in the series and Terry Lynn is in the process of leaving "Infant Care" behind. The second guide is "Your Child From One to Six."

Pears and Spareribs Combined in Recipe

Canned Bartlett pears may be combined with barbecued spareribs and chili sauce for a zesty dinner dish.

Use 1 No. 2 1/2 can Bartlett pears halves, and drained pear juice; 1 cup chili sauce; 3 tablespoons vinegar; 1/2 teaspoon instant onion flakes or 1/2 medium onion, finely chopped; 1 teaspoon salt; 1/2 teaspoon pepper; 3 pounds spareribs.

Drain juice from pear halves. Combine pear juice, chili sauce, vinegar, onion, salt, and pepper. Heat to boiling and pour over pears. Let stand several hours. Drain sauce from pears. Place spareribs in shallow baking pan. Pour about half of barbecue sauce over spareribs and bake in 350 degree oven for 1 1/2 to 2 hours. Baste with remaining barbecue sauce occasionally during baking. About 15 minutes before spareribs are removed from oven, place pears on pan with meat and continue to heat pears. Makes 6 servings.

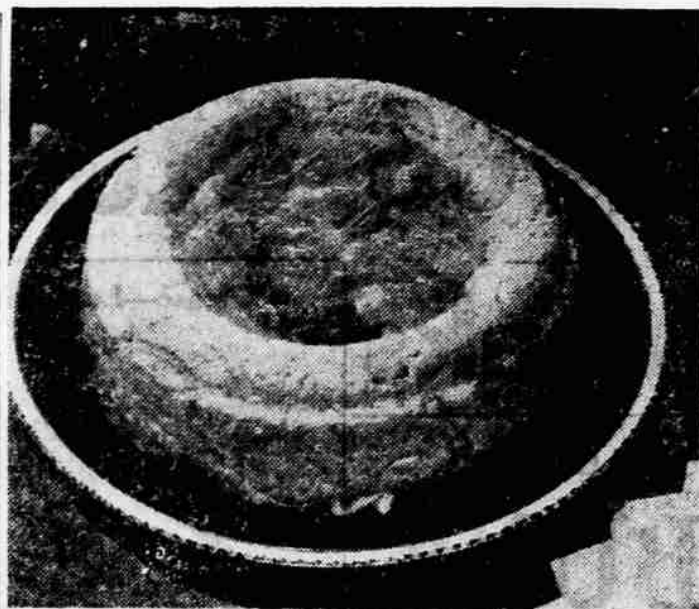
Cranberry-Orange Makes Good Cake

New York - (UPI) - The long-popular cranberry-orange combination makes just as tasty a cake as it does a salad.

Sift together 2 cups all-purpose flour, 1/2 teaspoon each salt and baking soda, 1 1/2 teaspoons double-acting baking powder and 1 cup sugar. Add 1/2 cup shortening, 2 eggs and 1 1/3 cup milk. Stir to dampen ingredients, and beat 2 minutes by hand or with electric beater at medium speed.

Add 1/4 cup fresh orange juice, 1 cup coarsely ground raw cranberries and 1 tablespoon grated orange rind. Beat 2 minutes. Fold in 1 cup chopped nuts.

Turn into paper-lined greased loaf pan, 9 by 5 by 3-inches. Bake in preheated 350-degree oven 1 hour and 20 minutes. Cool in pan 20 minutes before turning out on wire rack. Sprinkle top with sifted confectioners' sugar if desired.



A ring of egg noodles is easy to prepare and the center will hold many different tempting fillings. You might use left-over turkey from the holiday bird, creamed. Other good "centers" are meat balls in tomato sauce, lamb curry, buttered carrots and small white onions, beef stew or lobster Newburg.

The ring makes an especially handsome appearance on a buffet table. For the noodle ring use 1 tablespoon salt, 3 quarts boiling water, 8 ounces medium egg noodles (about 4 cups); 3 eggs, beaten, 1 teaspoon salt, 1/2 teaspoon pepper.

Add 1 tablespoon salt to rapidly boiling water. Gradually add noodles so that water continues to boil. Cook uncovered, stirring occasionally, until tender. Drain in colander. Combine noodles and remaining ingredients; mix well. Press into well-greased 8-inch ring mold. Bake in moderate oven (350 degrees) for 45 minutes or until firm. Unmold and fill as desired.

Tips for Lean New Year Given for Diet Conscious

By PATRICIA MCGORMACK, United Press International

New York - (UPI) - If you can keep your waistline while all about are losing theirs, then a happier New Year is in store for you.

Chew on this new twist to Kipling if you are one of 34 million Americans who must battle bulges during the New Year, as in the old.

You can't resolve to be anti-social and sit in a corner at parties and festive dinners. But everytime you open that mouth to talk, seems the hostess insists on popping some calorie-laden thing into it.

How to brake the habit! Stick by good dieting principles. It's better to be careful now than plump later.

Play down foods which add inches at a gallop. Substitute others with fewer calories. Every munch counts in this waistline war.

For the main course, avoid fatty meats-pork, duck, goose or ham. Choose roast beef, turkey or chicken-sans sweet and fattening sauces.

Leave the drum sticks for children. White meat is lower in calories than dark.

There's less to be "gained" from seasonal dishes such as fresh cranberry sauce and chestnuts than from candied yams-dripping in calories.

Fresh Salad Good
Fresh green salads are always good, if you shy from

the rich dressings and sauces. Vote for oil, vinegar, tomato or similar slick toppings.

Radishes, celery, carrot sticks, pickles and relish are more slimming than olives.

Stand by the clear soups. Use blenders where creamy ones are concerned.

Cocktail hour and between meal tidbitting can be calorie-cheap and delicious. Feast on boiled shrimp and lobster, crab meat or oysters.

You can conserve calories by switching to artificial sweeteners for coffee and tea. Maybe the hostess will serve low-calorie desserts too, to help you along.

Danger lurks in the dinner party that's way past the usual eating time. Hard-to-control hunger pangs may drag you-weak and helpless-to the refrigerator before it's time to start for the party.

Check With Doctor
To reinforce calorie control, check with a doctor about the use of appetite suppressants. A new one does not stimulate the central nervous system. Medical reports indicate it can be taken at night and does not disturb sleeping later on.

On the drinking side, remember that most cocktails run-over with calories. Dry red or white wine, mixed with soda water as a "spritzer" will last a long sipping time without supplying too many calories.

Perfect Hostess Defined By Experts in New York

By GAY PAULEY

New York - (UPI) - As the holiday season ends and we brace for the long recovery physically and financially, let us look again at what it takes to be the "perfect hostess."

As I understand from the experts who write those guides to gracious entertaining, the perfect hostess remains calm, cool and collected no matter what the crisis. She entertains 12 for dinner with the serenity with which she sews on a button. Also, I've decided, she was born with what one observer called the "mental quickness of a Groucho Marx and the physical agility of a flea."

I confess I lack the knack. But then, have the experts ever faced what the rest of us do when company comes? Especially those of us who work in small kitchens and without servants? Problems like stowing the dirty dishes from the first course while trying to serve the second.

Like fuses blown because of too many electrical appliances all going at once.

Must Plan Ahead
What does the un-harried hostess do as darkness settles over the household? Light the candles, I guess the experts would say. Candlelight is flattering to complexions.

Warren Wendts Visitors in City
Mr. and Mrs. Warren Wendt and three children of San Diego are guests at the home of Mr. Wendt's parents, Mr. and Mrs. Chester Wendt, Old Stage rd. They plan to return south Jan. 2.

Christmas dinner guests at the Wendts' home also included their son-in-law and daughter, Mr. and Mrs. Lon Skinner, and children.

Return
Mr. and Mrs. Paul Rynning, 16 Rose ave., returned Sunday from a week's stay with relatives in Portland.

Encourage Girls in Science Speaker Tells Association

Science Service

Washington Science Service-Only two per cent of the babies born are potential geniuses who might be tomorrow's top flight scientists. Half of these potential geniuses are girls.

These facts must be digested by employers and the public if we are to solve the important problem of the status of American women scientists. Mrs. Ethaline Cortelyou, literary analyst for the Arm-

our Research Foundation in Chicago, told a meeting of the American Association for the Advancement of Science here today.

As the earliest step, little girls should be encouraged in whatever interest they show in tools, machinery and insects and should never be teased for being "tomboys."

More girls must be persuaded to undertake the long and difficult training necessary for professional scientific careers. To do this, colleges must make girl science majors welcome, not "sadistically set about making the course an obstacle course for the few hardy girls who persist despite discouragement," said Mrs. Cortelyou.

When a woman scientist temporarily retires to raise her family, it should be made both possible and attractive for her to return to her professional work. The greatest increase in the number of working women has and will come from this group of women 35 to 54 years of age, Mrs. Cortelyou found.

Fats in Diet Undergo Change

Champaign, Ill. - (UPI) - Diet-conscious Americans eat the same amount of fat as 20 years ago. But now the fat is different and comes from different foods.

A recent agriculture department study showed that last year, for all our low-calorie foods, we ate 45 pounds of food fats and oils per person, the same amount as from 1935 to 1939.

A University of Illinois foods specialist, Geraldine Acker, quoting from the survey, said that today's average diet contains more margarine, cooking and salad oils, and more mayonnaise and salad dressings than in meals in the 1930's.

Today's consumer gets much more soybean oil in beef, plus a little more edible beef fat, corn, olive and peanut oils.

The biggest change is the increased use of soybean oil, mainly since 1942. This oil now accounts for one-third of the total food fats and oils consumed by Americans, Miss Acker pointed out.

On the other hand, the average American eats less milk fat (butter), less pork fat (lard), and less cottonseed oil.

Changes Made In Men's Suits

United Press International

California designers have made some changes in men's suits. Several firms show suits coats without breast pockets. White casual jackets have dark piping at triple breast pocket and front opening. Navy jackets have white piping, shallow shoulders and pocket tucks.

Fur trimmings are here for a banner season, reports Women's Wear Daily, a trade publication. All pelts are popular, from racoon to sable. There's a new interest in long haired furs, such as lynx, and red and black fox.

The shell pump and t-strap are major silhouettes for little girls' dress shoes. New detailing gives the shoes a different look this year. Popular are the laced look with a graceful tie, the up-front trim and bib effect, side detailing, and delicate treatment of straps. Some shoes feature lacing almost to the toe and straps reaching close to the ankle.

Evening coats promise to be big for spring. The silhouette is dramatic - extremely full sometimes with horizontal panels of puckered silk. Colors are bold, from bright yellow to orange. Many coats are lined with silk or satin printed to match a theatre dress.

A flirtatious note from Paris: A black mask at the end of a short stick. French women use the mask like a fan.

Lt. Gary Newton Returns South

Ashland - Lt. (jg) Gary Newton returned to San Francisco Saturday after spending Christmas in the valley with his parents, Mr. and Mrs. Dee Newton. Lt. Newton, a graduate of Medford High school, is on duty with the United States Navy at Hunter's Point, San Francisco.

Dairymen to Attend Meeting in Gearheart

Valley dairymen Victor Birdseye and Don Green are expected to be among those attending the 65th annual meeting of the Oregon Dairymen's Association, Inc. in Gearheart Jan. 7 and 8. Birdseye is a director.

Topics to be discussed will include dairy promotion and advertising, agricultural laws, water conservation and "Oregon's dairy industry questions."

Use chablis wine for half the liquid when making scrambled eggs. Serve on hot buttered toast sprinkled with grated Parmesan cheese. These holiday eggs make a good evening snack.

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Our new 1959 Alice Brooks Needlecraft Catalogue has many lovely designs to order: crocheting, knitting, embroidery, quilts, dolls, weaving. A special gift, in the catalog to keep a child happily occupied - a cutout doll and clothes to color. Send 25 cents for your copy of the book.

Pickle canned beets for holiday menus. Heat 1/2 cup liquid from can of whole or sliced beets with a cup of burgundy wine, little wine vinegar and sugar, some whole cloves or mixed pickling spices; simmer about 5 minutes. Add drained beets and let stand overnight.

Champion Float Builder White-Haired Grandmother

Pasadena, Calif. (UPI) - Ask anyone around Pasadena this time of year, Isabella Coleman's other name is "Mrs. Rose Parade" - as suits the undisputed champion of float designers and builders.

The trim, white-haired grandmother has been decorating floats for the Tournament of Roses for 55 years. She's back at it again this year. Her "side-line" nets her about \$20,000 a year.

She won her first major prize in 1910 and has been at it ever since, missing not a year. Her floats have rolled off with more awards than those of anyone else in the 69-year history of the New Year's Day tournament.

"To most people, a float is a vehicle decorated with flowers," explains Mrs. Coleman. "But to me, a prize winner must be a stage of wheels. The floats are judged by a group of fine artists and designers. We try to second-guess them when we plan and construct our floats, which cost up to \$25,000.

"You can be a judge, too, if you know what to look for on your television screen or along the parade route. The three basic points of an award winner are—simplicity of design, beauty of flowers, and how the float fits into the overall parade theme."

Mrs. Coleman works almost 12 hours a day to incorporate these points in four floats. One is a giant spectacular for Occidental Life, which hopes to capture its third grand prize.

Following the stage-on-wheels concept, the 55-foot long float will be covered with 350,000 blossoms, ranging from \$2.50 orchids to roses, naturally. It will sweep gracefully back from two inches

from the pavement to a pinnacle of 17 feet.

The 60 floats in the 1959 parade will blaze with \$15 million in flowers. Blossoms for the Occidental float alone will cost more than \$5,000. Putting them in place will require fifty workers!

The New Year's carnival of beauty jams Pasadena with more than a million visitors and pulls another 60 million to television sets across the nation.

The spectacular takes months to build, with actual float construction starting in the early fall. All this for a parade that lasts about two hours.

But long before the 1959 parade is over, Mrs. Coleman will be worrying about her floats for the next year.

Family Returns From Corvallis

Central Point-Mr. and Mrs. Arthur Johnson, their son, Scott, and daughter, Anita Kay, Central Point, spent the Christmas holidays with Mr. and Mrs. Ted Sims who live near Corvallis. Mrs. Sims is Mr. Johnson's mother. While away the Johnsons also visited in Salem and Eugene.

The Johnsons returned home Sunday evening, accompanied by Mrs. Johnson's mother, Mrs. Carl Pearson, Medford, who joined them at Corvallis, and Miss Brenda Higinbotham, Salem.

Vegetable Sauce

Sour cream savory sauce is good served over broccoli, asparagus, green or lima beans. Melt 1 stick of butter; blend in 1 cup sour cream, 1 teaspoon molasses and 1/2 teaspoon dry mustard. Warm fully back from two inches over low heat.

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