



It's amazing what the reader can find in a newspaper. News, of course, by that we mean the very latest happenings whether it be in the field of politics, highway accidents, fashions or moon missiles. But the trivia has its place, too. Potpourri once read in the Christian Science Monitor what to do to keep a satin covered down quilt from slipping off the bed. It worked, too.

And that equally famous and well-edited newspaper, The New York Times, printed this bit of information in the January 10 issue. "Save the plastic bags in which so many food and clothing items now come wrapped" read the little filler item. "They are handy for storing small items, such as parsley and radishes, in the refrigerator. They also make good freezer bags." Well for heaven's sake. Everybody knows that already. Potpourri can add at least a dozen other uses without half trying. We never throw away a plastic bag. We use them for storing sweaters, socks and other wools in the summer time; they're good for wrapping all sorts of vegetables—not just parsley and radishes, and any number of other foods. When packing for a trip, plastic bags of various sizes are useful for wrapping shoes, cosmetics which might spill and articles which may have to be packed damp.

If you're one of those nature lovers who tramp through the back acres of Jackson county and bring home plants for your own garden, plastic sacks or sheets of plastic are extremely useful.

Certainly industry makes a wide use of plastic. Cellophane, saran wrap, etc. In fact, one of our complaints is that food comes so well packaged these days it takes a magician to get it unwrapped.

We've been reading up on vitamins and diet. Not long ago a committee of the American Medical association issued a statement which said that people didn't need to take extra vitamins by way of pills and powder and oils if they had an adequate and proper diet. That's doubtless true, but what is an adequate diet and to most people living in the United States have a proper diet?

Potpourri has read a lot about diet in recent years—all sorts of material from all over the United States comes to our desk, and we always try to read everything that pertains to diet. Most of the material tends to say that people in the United States don't have a proper diet—the research bureaus, the U.S. agencies, the home economists and the nutritionists who break into print mostly say otherwise, Americans don't get enough calcium, one reads over and over again; we eat too much starch and sugar and skip the good proteins and health-giving fresh fruits and vegetables.

We checked with Mary Pat Lucy of the Oregon and Jackson County Extension service, and Miss Lucy agreed with the AMA statement about vitamins. She added that the No. 1 health problem in the U.S. today is obesity—too many people are overweight. She also said that too many teen-agers, young mothers and pregnant women have an improper diet. "We have enough food," she said, "but not always the right kind."

Miss Lucy was quick to point out that the extension service works unceasingly to educate everyone about diet, and that right now it is one of the projects in this county. She is making preparations to train leaders of the various county units, and the units will each have a program on diet. Anyone interested may attend these meetings.

She sent along some material to read, including an article on vitamins in an American Medical association magazine. The writer, C. A. Elvehjem, dean of the graduate school, University of Wisconsin, said in the article that there are only six vitamins, thiamine, riboflavin, niacin, ascorbic acid, Vitamin A and Vitamin D, to which we need give attention in everyday food selection. The others will be provided if the individual eats the food which provides the six, he said. He warned that we shouldn't over-emphasize vitamin needs but remember that other nutrients are essential, said that the various minerals needed in the diet can produce toxic effects if taken in too large a quantity, that "excessive intake of vitamins would, at best, be of no value to us and can prove harmful." He added that heavy over-dosage of vitamin D can produce toxic effects.

Dr. Elvehjem also said that "the small amount of the trace elements necessary for good health are adequately supplied in a well-rounded diet; no supplements are needed." He added that "minute amounts of fluorine have proved of value in protection against tooth decay."

Miss Lucy also sent along copies of two bulletins which give basic information on what to eat to get a proper diet. Government nutritionists have condensed this basic information into what is called the Daily Four—the Milk Group, Meat Group, Vegetable-Fruit group and Bread-Cereal group. Copies of the Bulletin are available for homemakers who ask for them.

Author John Keats spoke for the annual Conference on Family Security at Disneyland the other day. What he said about Los Angeles ended up under big black type on the front page of LA newspapers, and a copy was sent on to Potpourri by Hugh and Edith Ingle, visiting in the south.

Los Angeles, said Keats, "is a vast, spoiled slum of the present and future." He said more, too. It's very air is poisonous, Keats declared, and "the great road networks which rise through the chaos are clear evidence that Californians are more concerned with creating an atmosphere favorable to automobiles rather than to human life."

He blasted the metropolis of southern California for being "a monument to the lack of wise community planning and an example of the triumph of blind greed in the relentless exploitation of living space."

Turning to Detroit and the auto industry in general, Author Keats declared that auto manufacturers "are producers of monstrosities symbolizing wealth, sex, speed and power." Insurance rates, he believes, should be based on size and horsepower of the car. He said such a move would drive "our over-powered, over-weight, badly balanced monstrosities out of the marketplace and off the highways."

The paper further quoted Author Keats as saying that children are being raised "in an age of siphon labor, shoddy goods, of lying advertising and asinine praise."

Strong words, Mr. Keats, very strong—O.S.

Speakers Listed For PTA Session
Central Point—Representatives from county departments will present the program, "Information, Please, About County Services Available to Us" for the regular meeting of the Central Point Parent-Teacher association to-night. Among the county personnel speaking at this meeting at 8 p.m. in the Junior High school library, will be Dr. A. E. Merkel, Orle Moore, Thomas L. Goff, Laurence Tweedy, Miss Mary Pat Lucy and C. B. Cordy.

Fathers are especially invited for this evening meeting, and for the room count they will count double. Hosts for the evening will be the parents of the fifth and sixth grade school students.

Jackson PTA
Jackson School Parent-Teacher association will meet on Friday, January 16, at 2:30 p.m. at the school house.

Square Up Callers Announced

Eighteen callers from Oregon and California are scheduled to share the calling at the second annual Southern Oregon Square Up at Southern Oregon college's new ballroom Jan. 31 and Feb. 1.

The event is being sponsored by the Rogue Valley Square Dance Callers' association, and dancing is scheduled Saturday night and Sunday afternoon.

Music will be furnished by Eddie "K" Knecheges Square Dance band of Vancouver, Wash. Members of the association will call for squares Saturday night with guest callers participating Sunday afternoon.

Guest callers include Henry (Hank) Fields and Ronald Telford, both of Alturas, Calif., Mr. and Mrs. Howard Jones, Dunsmuir, Calif., Carl Herron, Fields Landing, Calif., Charles Stanton, Montgomery Creek, Calif., Chick Harrison, Yreka, Calif.; Arthur Shoemaker and George X. Rempelos, both of North Bend, Mac Bacon and Ivan Midlam, both of Eugene, "Mickey" Lawrence and Dorothy White, both of Springfield, Leonard Gorton of Redmond, Curley Reynolds of Roseburg, and Trudy Goinx of Salem.

Designers Bring 'Wolf Whistle' Fashions Back

By SHEILA WALSH
United Press International
Rome—(UPI)—Italian designers opened their spring-summer fashion showings today with a collection aimed at restoring the wolf whistle.

All indications were the 1959 glamour girl would look more like Sophia Loren and less like Napoleon's Empress Josephine. Words like "waist-line" and "bosom" were being used in polite fashion society for the first time since revival of the "empire" line.

The very high empire waist-line is going back to the point where the anatomy books put it. After the sack and the semi-sack, the style dictators have become as figure conscious as Hollywood's producers.

Rome's four-day round of fashion previews began with a colorful display of high accessories and some new, ingenious shapes for shoes and handbags.

High fashion collections by Marini-Coverto and Rapunno accented "femininity" and "grace." Half a dozen boutique designers, many new to the international fashion scene, showed the kind of eye-catching beach and casual clothes that made Italy famous.

Even the youngsters had their day in the fashion spotlight. For little girls who insist on being in the height of style, Rome's expert on children's clothes, Zingone, presented the "butterfly line."

Fifteen high fashion designers will preview their new collections in Rome before the fashion scene shifts to Florence January 21.

Who's Who Lists Five

Five Jackson county women are included in the newly published "Who's Who of American Women." Three are from Ashland two from Medford.

Included from Medford are Dr. June Peters Byers, a physician, and Miss Noreen Kelly, attorney and municipal judge.

The three Ashland women are Mrs. Mabel Winston, registrar and dean of women of Southern Oregon college; Dr. Irene Hollenbeck, assistant professor of science and Dr. Dorothy E. Stolp, associate professor of speech and drama.

Mrs. Winston is a former Oregon president and regional director of the American Association of University.

The title page of the directory, first of its kind ever published in the United States, terms the publication "A biographical dictionary of notable living American women." It contains 19,671 names.

Tin Can Craft Class Announced
A class in tin can craft will be held at the home of Mrs. Don Steinmetz, Swing lane, Friday, January 16, from 10 a.m. until 3 p.m. Mrs. Nick Gier will give the lesson; call SPRing 2-6411 for further information.

MAGAZINE ARTIST DIES
New York—(UPI)—Christiana Malman, 46, an artist for the New Yorker Magazine for more than 20 years, died on Wednesday.

Prim Versus Bare Look Emphasized for Evening

By GAY PAULEY
UPI Women's Editor
New York—(UPI)—It's the prim look versus the bare look in evening fashions for spring.

Designer Cecil Chapman receives the cover-up fashions from the Gibson girl era for cocktail and dinner clothes. Designer Estevéz slashes so low that even his show-room models asked for protective hook and eye fasteners at the front of some dresses.

Miss Chapman's Gibson girl group comes in black and white combinations—black, slim or accordion-pleated skirts of crepe, either short formal or floor length, worn with white tucked linen or chiffon blouses.

The blouses have the high, tailored collars and the long, cuffed sleeves typical of those worn by illustrator Charles Dana Gibson's fashionable ladies at the turn of the century.

Miss Chapman is one of the members of the couture group of the New York Dress Institute, previewing spring and summer clothes this week for visiting fashion editors.

Withdraws From Show
Estevéz, originally scheduled to show with the group, withdrew shortly before the openings for reasons explained.

In most collections, the long and narrow evening dress steals the show from the lush, bouffant. Estevéz showed sheath-like formals with the skinny look relieved only by an attached short cape at the back. Famous for making revealing clothes, Estevéz this season not only plunged necklines nearly to the waist but also slit the side seams of some long formals up to mid-thigh.

Short evening gowns outnumbered long ones in the Christian Dior collection. The firm's chief designer, Yves St. Laurent, stressed the "rounded line." Its high-waisted silhouette reflected last fall's custom collection in Paris, for which the house traditionally saves its splashy, news-making numbers. The Paris spring collection will be shown the press January 29.

Hemlines on the Dior daytime clothes were 17 to 18 inches from the floor, the same as most New York manufacturers are showing, although St. Laurent went against the Paris trend last fall and hauled skirts as low as 14 and 15 inches.

Explains Hemline Variation
A news release on the New York collection explained the hemline variation this way: "It must be emphasized that although the general trend of fashion is very definitely to longer lengths, the actual lengths vary to complement the proportions of specific dresses and suits and also the wearers."

Skirts of some cocktail

clothes were reminded and bell-shaped, reminiscent of the "new look" of 1947 which made the house famous. Waistlines are slightly higher than normal.

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Shower Honors Miss Henderson; Wedding Friday

Eagle Point—Miss Barbara Henderson, daughter of Mr. and Mrs. Clarence P. Henderson, was honored at a shower held at the home of Mr. and Mrs. Charles Cearley Thursday, January 8. Miss Henderson's wedding to Larry B. Dodenhoff, son of Mr. and Mrs. Bert Dodenhoff, is set for Friday, January 16, at 8 p.m. at the Eagle Point Community Bible church.

Those attending the shower were Mrs. Frank Lockwood, Gold Hill, Mrs. Willard Cave, Mrs. Arthur Kent, Mrs. Bert L. Dodenhoff, Mrs. Harold Ottosen and Betty, Mrs. C. P. Henderson, Mrs. Leland Meyer, Mrs. Hoyl Jordan, Mrs. Earl Farlow, Mrs. J. N. Fortin, Mrs. Lottie VanSeoy, Mrs. Glenn Cave, Mrs. John Carnes, Mrs. James A. Pond, Mrs. Lloyd E. Breeding, Mrs. Jackie Greb, Mrs. Lloyd Dodenhoff, Mrs. Edward R. Chamberlain, Mrs. G. C. Perry, Mrs. Fred Clark, Mrs. Foster Greb, Mrs. George Allen, Mrs. Dave Cox, Mrs. Lester McFall, all Eagle Point; Miss Sandy Farlow, Medford; Miss Linda Nease, Miss Cheryl Mitchell, Miss Silvia Marie Clark, Miss Phyllis Perry, Miss Georgia Weidman, Miss Joyce Cearley and the hostesses Mrs. Norman Stinger, Mrs. Arthur Phillippot and the hostess.

Refreshments followed the opening of gifts by the bride-to-be.

Adventists Plan Party Saturday At Clubhouse
"Gay Nineties" costumes and entertainment of a half-century ago will be featured in a social gathering scheduled to begin at 6:30 p.m. Saturday night in the Medford Pathfinder clubhouse on the Rogue River Academy grounds.

The event, sponsored by the Wive's auxiliary to the Medford Seventh-day Adventist church's Building committee, will be complete with barber shop quartet, and an old-fashioned cake walk.

Prizes will be awarded the best "Nineties" costume for both men and women.

Various departments of the church will sponsor booths, including a fish-pond, archery contest, picture-taking gallery, and several surprise events.

Church members and their friends throughout the Valley are invited to come and share the evening's fun which will be in the Oregon Centennial year theme.

Directors Elect Club Chairman
The new board of directors of Medford Duplicate Bridge club has elected Howard J. Boyd chairman for the coming year. Mrs. Jack Mitchell was named secretary, and Berg Marten, treasurer. Other members of the board are Mrs. George Rode, Mrs. John Dougherty, Roy Pruitt and Leland Clark.

The club has planned the annual guest night for Tuesday, January 20. Play will be at Girls Community club, beginning at 7:30 p.m.

North-tenth winners for the last session were Mrs. Frank Baker and Howard Boyd, first, 147½; D. H. Barber, Trail, and Richard House, second, 138½; Mrs. Ben Todd and Mrs. Richard Milestone, third, 136 points; Mrs. Paul Hatton and Leland Clark, fourth, 131.

Winning east-west were Mrs. A. W. Lingaas and Roy Pruitt, first, 136½; Mrs. Thomas Randall and Mrs. Jack Mitchell, who tied with the team of Mrs. George Dean and Mrs. Oda Thomason for second and third, each scoring 127½ points; Berg Marten and George Rode, fourth, 116.

Tip for Yeast Dough
On chilly days, your gas oven is a good place for raising yeast dough. Place a pan of boiling water on the lower rack of the oven and close the door. The insulation confines the warmth and moisture, providing ideal conditions for yeast growth.

Rogue Camp Fire Council Has Annual Election Sunday

Mrs. J. P. Rowan of Medford was re-elected president of the Rogue Camp Fire Girls' council at the organization's annual meeting. About 50 adults attended the meeting which was held Sunday evening at Rogue Valley Country club.

Other officers elected to serve for the coming year were: first vice-president, Mrs. Merle McGraw, Eagle Point; second vice-president, Mrs. Marion McCauley, Ashland; secretary, Mrs. W. H. Prentice, Medford; and treasurer, Eugene Ditsworth, Medford.

Named to the board of directors for a three-year term were Thomas Laird, Mrs. George Bell, Mrs. Warren LaBounty, Mr. and Mrs. Marion McCauley, all Ashland, and Mrs. Howard Gang, Mrs. D. E. Farnham, Mrs. W. H. Prentice, all Medford. Mr. Larry Clark, Medford, was appointed by the president to serve as regional representative.

Mrs. Mae Lowe, Talent, was presented a Golden Jubilee charm for "her 50 years of faithful service to Camp Fire." Other officers retiring from the board were Mrs. Elmo Stevenson, Henry Enders, Sam Davis and Mrs. Wesley Baker, all Ashland.

Mrs. Rowan expressed her thanks to the council for the cooperation of the past year and promised an even greater year ahead.

Annual reports were given by committee heads, and booklets outlining the year's accomplishments and other pertinent facts were given to each one present. Mrs. Herbert Partridge, chairman of the program committee, reported on group activities for the Golden Jubilee project.

Austin F. Hamer, superintendent of conservation education for the Oregon State Game commission, was guest speaker.

Dessert and coffee were served by the club.

Nation's Population Said 175,370,000

Washington—(UPI)—The Census Bureau estimates the nation's population stood at 175,370,000 on Dec. 1. The figure represents an increase of 2,864,000 persons during the past year.

Pointers About Pork
According to Margaret Spader, home service editor of the Gas Appliance Manufacturers association, shoulder cuts of pork have a larger per cent of lean than many other pork cuts and usually carry a lower price tag. Cuts such as Boston butt, blade steak and picnic hams are particularly thrifty. Like other cuts of pork, these less expensive ones are considered good sources of thiamine, as well as protein and iron.

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