

Article in AMA Journal Gives Reducing Program

Washington - Eating high protein, high fat but low carbohydrate meals can bring about steady loss of excess weight without "secret" formulae bordering on magic and without the weakness, lethargy, constipation and other unpleasant and frustrating side effect characteristic of many so-called "reducing diets."

Writing in the Journal of the American Medical Association, Dr. George L. Thorpe of Wichita, Kan., warns against indiscriminate use of appetite appeasing drugs or weird diets or appliances often promoted as providing "miraculous results."

He said the average weight loss can run about 1.5 pounds a week or 6 to 8 pounds a month. The eating regime advocated can be maintained, in his experience, because it is not unnatural or monotonous in the long run.

He explained that the chief

enemy of the fat person is high carbohydrate foods for which one can develop an almost unlimited appetite. He referred, for example, to sweets in general, including soft drinks, and also to bread. He stated that such products have little residue that provides bulk and thus may be eaten in quantities far in excess of caloric needs.

Instead, Dr. Thorpe favors eating mainly meat, fat and water, plus low carbohydrate fruits and vegetables for variety. The ratio of lean meat to fat is set at 3 to 1. By "low carbohydrate" he means fruits and vegetables containing from 3 to 5 per cent carbohydrate. These may be eaten after 2 to 4 weeks on meat, fat and water alone. After weight has been brought to normal, low carbohydrate fruits and vegetables may be eaten in the quantity desired.

The doctor suggests to his patients that they eat the meat and fat first using a salad seasoned to taste for variety, following by vegetables including potatoes and completing the meal with fruit for dessert. The point he makes is that even with a moderate caloric intake, this sort of meal keeps the patient feeling satisfied and energetic. It provides protein and fat with high satiety value and contains plenty of bulk and a moderate amount of salt.

For the reducer eating out, he suggests, for example, a rare steak, baked potato, chef's salad with Roquefort dressing, spinach, cauliflower or snap beans. Ignore the rolls and fancy dessert, he says, and drink black coffee or plain tea.

The 3 to 5 per cent vegetables referred to include greens of all kinds, asparagus, broccoli, cabbage, cauliflower, celery, cucumbers, eggplant, endive, lettuce, mushrooms, green peppers, radishes, watercress, melons such as cantaloupes and watermelons are included. Fruits richer in carbohydrate can be used for dessert in the proposed regime.



Aunt to the beautiful witch, Gillian, is Colleen Lewis, Ashland, who tries a bit of bewitching of her own brewing in the delightful Southern Oregon college production of "Bell, Book, and Candle." The production is slated for March 5, 6 and 7 in the Churchill hall auditorium.

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:
7:30 p.m. - International Order of Job's Daughters, Bethel 14, Masonic temple.
8 p.m. - Mt. Pitt Rebecca Lodge, Odd Fellows hall, Pine st., Central Point.
8 p.m. - Roxy Ann Home Economics club, home of Mrs. Donald Meadows, Coker Butte rd.

8 p.m. - Southern Oregon Mushroom club, Red Cross bldg.
8 p.m. - Veterans of World War I auxiliary, Girls Community club.
Thursday:
9 a.m. - Women's Golf Association, Rogue Valley Country club.

10 a.m. - Sewing club, Disabled American Veterans Ladies auxiliary, home of Mrs. Linn Elliott, 513 Oregon terrace.
10:45 a.m. - West Side Home Extension unit, Central Point Grange.

1:30 p.m. - Sams Valley Ladies club, home of Mrs. Herman Priem, Route 2, Meadows rd., Central Point.
6 p.m. - Delta Kappa Gamma, Hoover elementary school.

Chapter Observes Anniversary

Alpha Rho chapter of Beta Sigma Phi met at the home of Mrs. Jerome McDougall, 425 Lynwood avenue, February 26, to observe the eighth anniversary of the chapter. The president, Mrs. Richard Henselman, gave a brief outline of the history of the chapter after which a decorated birthday cake was presented by Mrs. Henselman and Mrs. Lou Cranston, co-hostess for the evening.

Mrs. Robert Herscher, guest at the meeting, announced she will transfer her membership from Roseburg to Alpha Rho chapter. Program of the evening was presented by Mrs. James Tengesdal. A review of the Beta Sigma Phi program book, "Happiness," was discussed and questions from previous programs were answered.

A surprise birthday party was held Saturday morning, February 28, also at the home of Mrs. McDougall. Nine members, Mrs. Allan Sterton, Mrs. Lou Cranston, Mrs. Richard Henselman, Mrs. James Tengesdal, Mrs. Robert Goodman, Miss Dixie Dixon, Mrs. Robert Herscher, Mrs. Daniel Kidd, and the hostess, Mrs. McDougall, enjoyed breakfast together after invitations were extended just a few minutes previous by phone.

The next meeting of the chapter will be held at the home of Mrs. Henselman, 333 Ardmore avenue.

Let Child Help Plan Meals Is Advice of Nutritionist
By JEANNE LEMM, United Press International
New York - (UPI) - The family consultation is the key to the well-balanced diet for the school child, says nutritionist Elizabeth D. Munves.

Dr. Munves, an associate professor at New York University's School of Education, says mothers would have less trouble with their youngsters' appetites if they gave the children a regular voice in meal-planning.

"I often wonder, too, how much parents guide their youngsters' choices in packing or buying lunch," she said in an interview. "If a child is going to fix his own lunch, or buy it at school, tell him in advance what you're having for dinner."

This technique helps prevent complaints or loss of appetite at the evening meal because of duplication, she explained.

If the number one problem with the child is at breakfast, maybe you're not giving enough time for a good meal in the morning. Let children know there is ample time to eat and get to school, she urged, and get up early enough yourself so that there is no need to rush.

At night, set the table and lay out clothing to help every one off to a good start next day.

Teen-agers who turn up their noses at the conventional breakfast foods - cereal, eggs, bacon and toast - may find their appetites again if you vary the menu with cheese on toast or a regional specialty, such as fish or fish cakes, she said.

The after-school snack also calls for strategy. If mother has sandwiches ready for the icebox raiders, or sandwich mixes made from leftovers, school children will be less apt to fill up on pretzels, chocolate doughnuts and packaged cookies and cake.

Left to their own devices, teen-agers and many younger children will pick up "empty calories," Dr. Munves explained, and while they do need lots of calories for growth, they can get these with extra nutrients - vitamins and minerals - if their snack-time selection is planned carefully.

For the small fry, she urged that milk or fruit juice be served in mid-afternoon, and considered a part of the overall daily diet.

She also recommended that the evening snack for children of any age be more than just a dessert. It, too, should be figured as part of the child's daily caloric intake, to add essential food value without overbalancing the diet in any one category.

Luncheon Planned For Thimble Club
Phoenix - Thimble club of Oak circle, Neighbors of Woodcraft, will meet Friday, March 6, at the home of Mrs. George Bourne. A covered dish luncheon will be served at 12:30 p.m. with a business meeting to follow. Newly elected officers will preside; Mrs. Guy Cobligh is the new president.

The club will hold a rummage sale February 11 at the Fehl building and members are asked to take rummage articles to Friday's meeting.

Average Small Plane Price Said \$21,047
Washington - (Science Service) - The average list price of the 6,414 new private planes sold in the U.S. in 1938 was \$21,047.70, the Aircraft Owners and Pilots Association here reported. The big three private aircraft manufacturers - Beech, Cessna and Piper - sold 5,782 planes in 1938, bringing the total number of registered civil aircraft in the U.S. to 98,414. Of these, 95,577, or 97.1 per cent, were private aircraft, and 1,834, or 1.9 per cent, belonged to commercial airlines. Of the nation's 7,000 civil airports, all are used by private planes but only 569 are used by commercial airlines.

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Swedish Worker Discovers Wonders of American Home

By ROSE MCKEE
Washington - Marianne Larsson looks like the kind of pleasant person for whom a smile has come easily all the 25 years of her life.

But she has a special reason for smiling of late. She has "discovered" the conveniences of American kitchens and is delighted by them.

Miss Larsson, the daughter of a farmer in central Sweden, arrived in this country a few months ago to see something of the United States by working and living as a maid in the home of a young suburban Washington couple, Dr. and Mrs. Arthur Metzger and their two small children. The Metzgers engaged her in advance, sight unseen, through a Swedish government agency.

Interviewed by the National Association of Home Builders on her reaction to American kitchen, Miss Larsson clearly considered certain features quite wonderful.

She had never seen a garbage disposer before and "it is very good," she was surprised that "you put clothes in the washer and they come out dry." The combination washer-dryer was new to her.

The Metzgers' home, modern with a glass wall, has an average - sized refrigerator. But to Miss Larsson, the refrigerator "is very big and fine . . . ours are so little."

As a former child's nurse in a Swedish orphanage, she was accustomed to an automatic dishwasher but she

finds American ones larger and easier to handle.

But her American kitchen was a disappointment to Miss Larsson on two counts. Most visitors think the Metzgers have an abundance of cupboard space, Miss Larsson thinks it is "not enough."

Swedish kitchens would have more storage space, she said. She was dismayed, at least initially, by the size of the stove. "So small!" she exclaimed. But the Swedish meatballs and cookies she turns out win high praise, and she is beginning to forget the size of the stove.

The variety of tinned food impresses her. "Brown bread in cans - that's a surprise I can't get used to," she said.

All in all, she finds it takes far less time to prepare a meal in the American kitchen.

Miss Larsson embarked on her adventure because "I like to see how it is in other lands." She has had to correct one notion she had about this country. A merican housewives are much harder workers than she had thought. She

admires the way in which her own employer combines homemaking with a career as an authors' agent.

Sees Country
The young Swedish woman is seeing a good bit of the country. The Metzgers took her and the children with them on a brief trip to New York and on a two-week Florida vacation.

In New York, Miss Larsson kept a 30-year-old date for her father. He and a friend had planned to go to America together 30 years ago. But her father met a girl who didn't want to leave Sweden. He married her. The friend went on alone to America and is now a New York tailor. Miss Larsson looked him up to give him a report on her father and, in turn, got "a lot" to write home about.

Under the agreement by which she came, Miss Larsson will remain with the Metzgers for a year. Metzger said, "I hope she will stay two years - she cleans with a smile."

Now Little Girls Can Play Stewardess
Girls who like to "play stewardess" can have a flight kit all their own. One kit contains a replica of an American Airlines hostess hat, a lapel wings pin, a special wings emblem ring, an identification card and diploma for a flight training course. Another model also includes a set of plastic dishes, serving tray, utensils and napkins actually used aboard planes, plus a seat assignment chart, passenger ticket and baggage checks, menu, postcards, luggage stickers, and writing equipment.

Emporia College Cites Sophomore
Miss Gayle Rundell, daughter of Mr. and Mrs. Raymond K. Rundell, Crater Lake National park, has been cited for scholastic achievement for the first semester at Emporia college, Emporia, Kan., a release from the school states. Miss Rundell was given honorable mention for a grade point average of 2.

Miss Rundell is a sophomore at the college.

Series of Meetings Scheduled in Area
Paul Edwin Finkenbinder, San Salvador, Central America, will begin a series of meetings in the valley Friday. The meetings will be held in the various Assembly of God churches.

Friday he will speak at 7:30 p.m. at the Phoenix church, 411 West Second st. Mr. Finkenbinder is associated with the Latin American Radio Evangelism and conducts his evangelistic work by tape transmissions broadcast throughout Latin America.

Grange Dinner Set for Friday

Central Point - Central Point Grange and Home Economics club will honor members who were winners of a recent program and attendance contest at a dinner Friday, March 6 at 6:30 p.m. in Central Point Grange hall. A Grange meeting will follow.

Plans for the dinner were announced at a meeting of Central Point Home Economics club held February 25 at the home of Mrs. Charles Taylor, Old Stage road. Dessert will be served, with Mrs. Charles Taylor assisting Mrs. Taylor.

For Friday's dinner members whose names start with letters A through F are asked to bring a main dish; G through J bring salad; and S through Z dessert.

All grangers attending are asked to bring their own table service. The kitchen committee will be Mr. and Mrs. Charles Jantzer and Mr. and Mrs. Julius Dobrot. Mrs. O. T. Wilson is in charge of table decorations.

Mrs. Delmar Smith was awarded the prize for answering correctly the greatest number of questions in a "grange quiz" program by program chairman Mrs. O. T. Wilson. A newspaper article stating the prizes charged by country doctors in pioneer days, was read.

A square dance party and fun night March 7, at the Grange hall was announced for all grangers and their friends.

Next HEC meeting will be Mrs. O. T. Wilson on March 25.

New Wrinkles
New York - (UPI) - Wrinkles may set in your drip-dry garments if you wring or twist them dry. Hang the garments dripping wet, say Michigan State university home economists.

Fifty Plus Club To Have Guests

Members of Camp White Fifty Plus club will be guests of the Medford club for a meeting Friday, March 6, at the Episcopal Guild hall on North Oakdale avenue.

The meeting will open at 12:30 p.m. At 3 p.m. dancing will begin, with the Alexander String band furnishing music. Band members will be in Centennial costumes, and will also present a pantomime.

About 75 persons, including 7 visitors, attended last week's session. A business session was followed by cards and game, refreshments and dancing.

Master Point Play Planned by Group
Camp White - Camp White Veterans Bridge club plans the monthly master point play for Friday, March 6.

North-south winners for last week's play were Mrs. George Dean and Paul Hutton, first, 128 points; Mrs. Paul Hutton and Leland Clark, second, 127 points; the George Rodes, third, 117; Roy Pruitt and Thomas Randall, fourth, 113.

Winning east-west were the Berg Marzens, first, 138 points; Mrs. Leland Clark and Mrs. Sam Richardson, second, 122; Eugene Ricker and Arthur Scarseth, third, 115; Mr. and Mrs. W. C. Knope, fourth, 112½ points.

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Honor Society Holds Initiation

Ashland - A group of students became members of Theta Delta Phi, scholastic honor society for men, during recent initiation ceremonies at Southern Oregon college.

Becoming members were John Cooney, Robert P. Gates and Jim McCoy, Medford; Jack Dalton and Dale Hillerman, Ashland; Daniel Thompson, Klamath Falls; Mark Putnam, Myrtle Point.

Candidates are chosen on the basis of scholarship, leadership and character according to Jim Flora, Ashland, president.

Theta Delta Phi also takes charge of the annual Dad's day, a recent event at the college.

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