

Some Country Cooks Enjoy Edible Wild Plants

By JEANNE LESEM
United Press International
 New York—UPI—Want to add color to spring salads? Try a few wild rose petals. Or wild mignonette. These are among the more exotic edible wild plants of our nation. Generations of country cooks have looked forward to spring as the season—not of asparagus—but of such wild substitutes as milkweed and pokeweed shoots. To these cooks, young, tender dandelion greens, narrow dock, wild watercress, wild chicory, lamb's quarters and purslane, sometimes also called pigweed and pusley, are better than spinach, though more trouble to prepare. If course, all edible wild plants must be washed carefully under running water. Those that require cooking usually should be simmered or boiled in several changes of water to remove any strong, bitter flavor, say the experts. Add butter, salt and pepper and you've a tasty dish with high vitamin content. Some wild plants need only be blanched before using in salads. And a few can be eaten raw. Shepherds' purse, for instance, does double duty. This peppery plant, somewhat like the mustard family, may be served as a cooked vegetable or blanched and made into salad. Its flavor is said to be similar to cabbage, but far more delicate. Wild Spinach. Lamb's quarters, also called wild spinach, pigweed and goosefoot, is popular with American Indians from Mexico northward. The young tops are cooked like spinach. Come fall and early winter, the seeds may be dried or slightly cooked, then ground into a fine flour resembling buckwheat. The Indians have used this flour in breadmaking. Tumbling tumbledweed of the Western plains and the Eastern seashore is something to sing about during the spring when the plants are young and tender. Then, they may be picked, boiled and served with butter. But the best edible wild plant of all, swears a West Virginia friend, is ramp, a deceptively mild-looking member of the onion family. It looks like a spring onion and tastes just fine when fried, he says, but the odor is so strong "you can't go home for three days after eating it." This powerful quality doesn't discourage ramp—fanciers from holding an annual spring festival with the appropriate name of ramp whiff.

Purslane Good
 Among the milder plants is purslane, another spinach-type. It may be prepared in several ways. Some prefer the succulent reddish-purple stems and small, fat leaves boiled in salted water, then seasoned and buttered. Others like it cooked down with fried diced pork. And those who deplore a fatty quality prefer to bake it with bread crumbs and beaten eggs. Purslane is also used like okra, to thicken soup. But before you can cook any of these dishes, you must first pick the ingredients. This is the difficult part. Many of the plants are hard to identify during the brief period when they are edible. Fruit and flowers that distinguish one plant from another—and especially, the harmless from the harmful—appear on most edible plants only after the succulent young, green shoots and leaves have grown old and toughened. One old or tough leaf, say the experts, can spoil the flavor of the whole potful. And some plant even become poisonous with age. A Kinsey report—on botany—can protect you from these risks if you're not hep horticulturally. The late scientist, Dr. Alfred C. Kinsey, whose research on sexual behavior made him a best-selling author, was a co-author of Edible Wild Plants of Eastern North America. A recently-revised edition of this book by Kinsey, M. L. Fernald and Reed C. Collins is a combination picture-encyclopedia and cookbook, with descriptions, sketches and locations of dozen of plants, plus directions for cooking.



Miss Mickie Kae Noble (Brainard photo)

Daughters Plan Public Ceremony

A public installation service will be held Friday, June 12, at 7:30 p.m. in the Medford Masonic temple for Bethel 14, International Order of Job's Daughters. Miss Mickie Kae Noble, daughter of Mr. and Mrs. G. F. Noble, 430 Haven street, will be crowned honor-queen. The crowning ceremony will be conducted by Medford chapter, DeMolay. Following the service, a dance is planned for betel members and their guests. This special meeting will replace the regular one of June 17.

Scout Troop Holds Court; Awards Made

Girl Scout Troop 40, made up of girls in the fifth grade of St. Mary's school, held its first court of awards June 5. Terry Calhoun, Kristine Schade and Suzanne Elliott were mistresses of ceremonies for the evening. Sandra Americarello, new member, was awarded her tenderfoot badge. Dianne Davy, Cheryl Baker, Sheila Butler, Terry Newcomb, Linda Pickell and Susan Naumes each chose a second class requirements and told how the troop had earned it. Besides the above girls earning the second class rank, Terry Calhoun, Patricia Compton, Joan Eslinger, Marlene Nougier, Kristine Schade and Suzanne Elliott were also awarded the badge. Marlene Nougier told of the work done to earn the cook badge. Others receiving the award were Cheryl Becker, Sheila Butler, Dianne Davy, Joan Eslinger, Suzanne Elliott, Terry Newcomb, Linda Pickell, Kristine Schade and Terry Calhoun. Mrs. Elie Nougier, consultant for this week, presented the awards to the girls.

Decorator Advises Newlyweds

Chicago—UPI—Newlyweds would do better to begin married life in a furnished apartment than to buy their own furniture, says interior decorator Sam Sorkin. "We've found that without exception, their needs, desires and ideas about furniture change dramatically after the first few years of marriage," he said. "Things that impressed them as brand new newlyweds are of absolutely no interest to them three to five years later." Sorkin, who has worked as an interior decorator in the Chicago area for more than 30 years, conceded that his idea would not be popular with sociologists. They, he said, recommend that young people do things which bind them together. Buying furniture is an excellent example. "But it makes economic sense to avoid furnishing a home until they understand one another," he added. Falling this, Sorkin believes the young couple should keep their home-furnishings spending to "an irreducible minimum for the first four years or so of married life, until they find out where they are going." Do-it-yourself furniture would be Sorkin's next choice, after a furnished apartment. Husband and wife can work together in choosing a color scheme and finishing unpainted furniture, and still keep their home-furnishing budget near the minimum.

Ceremony Held In Rogue River

Rogue River—A re-installation ceremony for officers of Laurel Garden club was held in the garden at the home of Mrs. Esther Shock, June 4, with Mrs. Shock in charge. Co-hostess was Mrs. Henry O. Bonney. Mrs. Eda Lorenz, Eagle Rock, Calif., sister of Mrs. Shock, was a guest. A letter from the Oregon State Highway department giving the club permission to beautify the island approach to the city of Rogue River, was read. Mrs. Bonney, who presided, appointed chairman for the coming year. They are Mrs. Jerusha Moore, birds; Mrs. Victor Friden, chaplain; Mrs. William H. Paterson, conservation; Mrs. White and Mrs. Moore, community chest; Mrs. Paterson, horticulture; Mrs. Clara Martin and Mrs. Friden, hospitality; Mrs. Claire Douglas, Junior garden club; Mrs. Shock, parliamentarian; Mrs. Lloyd Smith, publicity; Mrs. Martin, remembrance; Mrs. Shock, roadside; Mrs. Beryl Ingle, scrapbook; Mrs. Paterson, ways and means. The club plans to enter a float in the annual rooster crowd parade, and to hold a picnic in July.

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 5 p.m. the day before publication.
 Wednesday:
 6:30 p.m.—Medford Lady Lions, home of Mrs. Herbert Seitz, 2502 Walden place.
 7:45 p.m.—Medford Toastmistress club, Girls Community club.
 Thursday:
 12 noon—Medford Zonta club, Pioneer room, Jackson hotel.
 Left-over egg whites, stored in a tightly covered jar, will keep 10 days in the refrigerator.

Ballet Students In Special Class
 Students from the Thurston School of Dance in Medford are studying this month with Sally Bailey, solist with the San Francisco ballet company. Miss Bailey is teaching in the Thurston studios in Lakeview, Alturas and Klamath Falls, June 8-28. A group composed of Donna Marin, Ann Parsons, Susan Gifford, Kathy Classic, Kathy Riley and Patty Clark are joining Miss Bailey's classes in some or all of the cities in which she is teaching for the Thurston school. Miss Bailey has just returned from a tour during which she danced in Iraq, Iran, Saudi Arabia and Greece, and her tours have taken her to the major cities of the world.

Ashland Physician To Speak in Medford
 Dr. Aubrey M. Hill, Ashland physician, will speak for a meeting of Jackson County Medical assistants to be held in the Conference room of Rogue Valley Memorial hospital Thursday, June 11, at 8 p.m. Dr. Hill's topic will be "Hypnosis in Obstetrics." All medical assistants are invited to attend.

Patricia Compton explained the work on the rock and mineral badge. Others receiving the award were Cheryl Becker, Dianne Davy, Joan Eslinger, Marlene Nougier, Terry Newcomb, and Terry Calhoun. Mrs. Thomas Eslinger, consultant for the badge, made the awards. Joan Eslinger told what she had done to earn the swimmer and the boating badges at Girl Scout Camp Low Echo, Lake of the Woods, last summer. Cheryl Becker talked of what she had done to earn the animal raiser badge, and Susan Naumes how she had earned the cat and dog badge. Janet Larsen took an active part in the ceremonies, and is working on her tenderfoot badge. At the display table were samples of the work on the cooking badge, rock and mineral collections and a live rabbit.

Mothers and fathers of the girls were guests for the court of awards. Mrs. Thomas Lytle, president of the Girl Scout council; Mrs. Michele Rossi, past council president; Mrs. Robert Sleetor, second vice president; Mrs. Richard Rementaria, neighborhood chairman for St. Mary's school and Mrs. Max Leischner, office secretary. Refreshments prepared by the girls were served later in the evening. In appreciation, the girls presented Mrs. George Davy, leader of the Troop for three years, a bronze Girl Scout statuette. Mrs. Larry Schade, assistant leader of one year, was also presented a gift of appreciation.

Dinner Party Given by Club
 A dinner party was held at Kings Gardens last Saturday evening for member of the Welcome Wagon club, their husbands and guests. A buffet style oriental dinner was served. Thirty-seven were present. A gift was presented to the past president of the club, Mrs. Ellis Chartier, from members of the group. Among the guests were Mrs. Leland D. Brown, Des Moines, Iowa, in Medford to visit Mr. and Mrs. Harold Ames.



Swimwear takes an eastern route south in cottons that borrow their styling and coloring from the Orient. Left: Reel-Poise uses an East Indian print for a one-piece Empire swimsuit embellished with a barrel-shaped jacket. Right: A Japanese-inspired chrysanthemum-printed Empire suit and kimono jacket by Taiko of Saucy

Officers Elected In Jacksonville

Jacksonville—Mrs. Harvey R. Parrott Jr., is the new president of Jacksonville Lions Club auxiliary. Also elected post, Veterans of Foreign Wars. Judges for the dance will be Mrs. Kenneth Oliver and Mrs. James Cassel, Trail, and Mrs. Alvin McMahan, Medford. Prizes will be awarded for the best old-fashioned dress and bonnet, old-fashioned shoes, to the couple judged best for the waltz and two-step, and for five styles of beads. Mrs. Agnes Hubbell, Mr. and Mrs. Cassel, Mr. and Mrs. Monta Preston, all of Trail, and Mr. and Mrs. Harry Finley, Medford, represented the post and auxiliary at the Memorial services at Camp White. Plans for a rummage sale were announced by Mrs. Dan Krotz, chairman. Awards in the buddy poppy poster contest were Val LaMarce, first place; Evelyn Oliver, second; Shyrl Kaye Barlow, third. All are Elk-Trail students. Mrs. Dora Barker and Norman Bandy served refreshments.

Auxiliary Plans Dance at Camp

Shady Cove—Plans for a Centennial dance, to be held at Camp White June 15, were announced at last meeting of the auxiliary to Steelhead post, Veterans of Foreign Wars. Judges for the dance will be Mrs. Kenneth Oliver and Mrs. James Cassel, Trail, and Mrs. Alvin McMahan, Medford. Prizes will be awarded for the best old-fashioned dress and bonnet, old-fashioned shoes, to the couple judged best for the waltz and two-step, and for five styles of beads. Mrs. Agnes Hubbell, Mr. and Mrs. Cassel, Mr. and Mrs. Monta Preston, all of Trail, and Mr. and Mrs. Harry Finley, Medford, represented the post and auxiliary at the Memorial services at Camp White. Plans for a rummage sale were announced by Mrs. Dan Krotz, chairman. Awards in the buddy poppy poster contest were Val LaMarce, first place; Evelyn Oliver, second; Shyrl Kaye Barlow, third. All are Elk-Trail students. Mrs. Dora Barker and Norman Bandy served refreshments.

Him-Her Togs New on Market

New York—UPI—Coordinated sportswear for a guy and his doll is the newest fad in summer fashion. One manufacturer, Jantzen, has produced a whole group of shorts, shirts, pedal pushers and jackets for him and her. One combination in tartan plaid puts her in a solid color terry cloth T-shirt, with cotton plaid pedal pushers and plaid scarf. His outfit consists of plaid jacket with terry lining and plaid short shorts. Other costumes matcher her shorts to his shirts and in some cases, the coordination is carried through to clothes for the kids.

Altrusans to Hear Talk on Schools

Featured speaker at a coming meeting of Medford Altrusa club will be Dr. Leonard Mayfield, superintendent of school District 549C, according to Mrs. Virgil Mohr, who is in charge of the program. Dinner will be served in the garden room at Rogue Valley Country club at 7 p.m. Members may bring guests. Reservations should be phoned to Mrs. Enid Rankin or to Mrs. Richard Schuchard, who will be hostesses for the evening, before noon on Thursday.

Potluck Luncheon Planned by Club

Jacksonville—Adare Social club will meet Thursday, June 11, at 12:30 p.m. at the home of Mrs. Lyle Thurman, 10 Fair Oaks drive, Medford. A potluck luncheon will be served and members are to take table service.

To Install

Medford Little Garden club will hold installation of officers at a meeting set for Friday, June 12, at 12:30 p.m. at Rogue Valley Country club. What to do with left-overs? Freeze them in small amounts for snacks.

Guide to Family Buying Lists Way to Stay Solvent

By GAY PAULEY
UPI Women's Editor
 New York—UPI—"Most breadwinners tear their hair out trying to balance the budget," says the latest guide to wise buying.

This is a masterpiece of understatement as all of us "breadwinners" know. But the new guide does offer 354 pages of practical assistance toward solvency. One of the first chunks of advice in the "Kiplinger Family Buying Guide" published by Prentice Hall is: "Don't be an impulse buyer."

Buying on the spur of the moment is one of the fastest ways to turn a "supposedly leakproof budget into a sieve," says the publication. According to some market authorities, 70 per cent of all buying today is of the impulse variety, the book adds.

From Houses To Hi-Fi
 The book gives money-saving and what-to-look-for tips in purchase of everything from houses to hi-fi, from air conditioners to auto insurance, from power mowers to pianos. Missing, unfortunately, is a complete section on purchase of feminine apparel. But the part devoted to getting the most for your food dollar should help us all cut costs on the three squares.

"Always shop the grocery ads in Thursday's newspaper," says the book. "The main object in this is not so much to compare prices—which are apt to run pretty close—but to get an idea of what foods are good buys."

"Finally sit down and make a list of the staples you need plus a more flexible list of those items that will make up the menu."

Flexible, because the foods that sound best when you read... may not turn out to be the bargains.

Buy By The Calendar
 "Buy food by the calendar and you are sure to come out dollars ahead. Food prices go through seasonal cycles and the highs and lows can be plotted by the calendar," it continues.

Save money by buying in Women of Moose Announce Events
 Three events are set this week for Women of the Moose. A lodge session will be held tonight at 8 o'clock at Moose hall, 11 Newtown street. A revelation party for secret pals will be held Thursday, June 11, at 7:30 p.m. at the home of Mrs. Harvey Wyatt, 335 South Riverside avenue. Installation of officers is set for Sunday, June 14, at 2:30 p.m. at Moose hall.

quantity, if you have the proper storage place and if the family likes what you're buying. The book says the food freezer saves money if you buy in quantity when the prices are low, if you buy large cuts of meat, and if you cook for the future.

Rose Festival Events Told for Friday, Saturday

Portland—UPI—Schedule of Rose Festival events for Friday:

- 9 a.m. to 9 p.m., Portland Roses how at the Masonic Temple.
- 9:30 a.m., Royal court at Doernbecher hospital.
- 10:15 a.m., Junior court tour and lunch aboard USS Bremerton.
- 11 a.m. to midnight, festival center open in South Park Blocks.
- 12 noon to 1:30 p.m., concert and band music, festival stage.
- 1 p.m. to 4:30 p.m., visiting hours aboard U.S. Navy ships.
- 1:30 p.m. to 4 p.m., visiting hours aboard Canadian ships.
- 2 p.m., Junior Rose parade starts at northeast 52nd and Sandy.
- 9:15 a.m., Grand floral parade begins to leave Multnomah stadium.
- 9:30 a.m. to 11:30 a.m., visiting hours aboard U.S. Navy ships.
- 10 a.m., Grand Floral parade begins on parade route.
- 10 a.m., City archery tournament at Washington park.
- 11 a.m. to midnight, Festival center in South Park blocks open.
- 1 p.m. to 4:30 p.m., visiting hours aboard U.S. ships.
- 1:30 p.m. to 4 p.m., visiting hours aboard Canadian Navy ships.
- 4 p.m., Queen's Garden party at the International Rose Test Gardens in Washington park.
- 8 p.m. to 11 p.m., semi-formal U.S.O. Rose Festival dance for Navy personnel at Y.M.C.A. All servicemen and women invited.
- 9 p.m., Queen's invitational Ball at Masonic Temple.
- 9 a.m., Queen's Ball, "Fete de la Rose," also invitational at Columbia-Eggewater country club.



RUSSIAN 'SENORITA'—Natasha Kasatkina, Mlle. with the Russian Bolshoi Ballet now visiting San Francisco, tries on a Mexican sombrero she's taking back to Russia as a souvenir. The famed ballet troupe is currently on a tour of performances throughout the United States.

Low-Calorie Dressing
 New York—UPI—Dieters can save calories by seasoning hot green beans, spinach or cauliflower with low-calorie Italian-style dressing instead of butter and cheese sauces.

Mixing Is Okay
 New York (UPI)—It is acceptable and effective—at weddings or any time—to mix modern silver, china, linen and glass with old, if the pieces coordinate.

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