

Beryllium to Protect Spaceman

Cleveland—(Science Service)—Only three inches of beryllium will protect the first United States man in space from the "frying pan" heat of his capsule as it plunges back to earth.

This was revealed here today in an announcement that the giant, dish-shaped beryllium piece has been successfully forged. The announcement was made by Brush Beryllium Company, which supplied the record-sized beryllium billet, and Aluminum Company of America, which forged the billet into its rough form. Brush Beryllium will finish the part soon to precision specifications.

To be six feet in diameter, the beryllium dish is a key part for the space capsule that will carry America's first astronaut into space. Because of its lightness, strength, and heat-absorbing qualities, beryllium was chosen for the capsule's "heat sink."

Acting as the outside covering of the capsule's "floor," the beryllium plate is designed to store and safely dissipate the intense frictional heat of reentry. Without this, or some other heat-handling device, frictional heat might convert the capsule and its occupant to a fiery "shooting star" as it plunges back to earth.

Ashland—A member of the state department of finance plans to sit in on future meetings of the state board of higher education.

Freeman Holmer, director of the finance department, announced the policy at Tuesday's meeting of the board here in Ashland. In the past there have sometimes been appearances of the governor or his representative at board meetings.

Holmer said he hoped the new policy would result in elimination of legislative misunderstandings.

Present board officers were reelected Tuesday. They include Henry Cabell, Portland, president; William Walsh, Coos Bay, vice president; and J. W. Forrester, Pendleton, executive committee member.

Pilots Ask Outlaw Of Sale of Drinks

Washington—(AP)—Air line pilots, stewards and stewardesses appealed to Congress Wednesday to outlaw sale or consumption of drinks on domestic flights to spare them from "playing nursemaid to inebriated passengers."

But a spokesman for Continental Air Lines said such a ban would "turn the clock back" to prohibition days and place "unwarranted restrictions on the personal liberty of the air traveler."

Their testimony was presented at a House Commerce subcommittee hearing on numerous bills seeking to prohibit air lines from selling or serving liquor.



SANDWICHES—Shown above are 23 different kinds of sandwiches, made from foods reviewed in today's "Feeding the Family" column. Sandwiches are among America's favorite foods, and August is the nation's biggest sandwich eating month.

Finance Member to Attend Meeting

New York—(Science Service)—A new iron compound promises to curb the dangers of iron-deficiency anemia during pregnancy. This condition, which is present in 9 per cent to 72 per cent of pregnant women, can retard the growth and increase the susceptibility to infection of the child. In severe cases, the mother may die during delivery from severe hemorrhage.

A team of four New York Medical college physicians, headed by Dr. Martin L. Stone, recently tested the ferroglycine sulfate complex on 51 pregnant women with marked success. The results were reported in Postgraduate Medicine.

New Iron Compound Curbs Anemia Danger

Most families are deep in a bread rut; order only white bread and hotdog and hamburger buns. Bakers and grocers offer more than 25 different kinds of breads and rolls; almost enough for a different sandwich every day in the month.

Besides enriched white bread, there's egg, French, French sour dough, Italian, high protein, potato, pullman (square loaf), oatmeal, pumpkin, raisin, rye, plain and rye with caraway or sesame seeds. There's salty rye Vienna, 100 per cent whole wheat, wheat and cracked wheat.

Besides hotdog and hamburger buns, a vast variety includes plain hard rolls, hard rolls with sesame or poppy seeds, onion rolls, English muffins, biscuit or roll mixes, corn, bran and whole wheat muffins.

Breads come in cans, too. Try sandwiches made with Boston brown bread, date-nut bread or orange-date bread.

Third Session of Swimming to Start

The third two-week swimming instruction session at Hawthorne pool will begin Monday, Aug. 3. Registration at the pool begins today and will continue through Sunday, Aug. 2.

A fee of \$2 per person will be charged for the class. Registration may be made from 1 to 5 p.m. and from 7 to 9 p.m.

Increase Noted in Mathematics Majors

Washington—(Science Service)—American college students must have listened to the beeps of Sputnik, for 1958-1959 saw a 31 per cent increase in the number of college juniors enrolled as majors in mathematics. This compares with a total increase in junior-year enrollment of 3.8 per cent, Arthur S. Fleming, Secretary of Health, Education, and Welfare, reported here.

Equally as encouraging was the increase of 15.8 per cent in pay for full professors at four-year private colleges and universities. At this rate of increase, full professors' salaries would be more than doubled in five years, Dr. Fleming said.

Feeding the Family

By ZOLA VINCENT
Food Editor

90 Million Sandwiches

Sandwiches are far and away America's favorite food and August our biggest sandwich eating month. It has been estimated that we eat 90 million sandwiches a day at mealtime but no one can estimate the numbers eaten between meals.

Sandwiches are the most democratic of foods. They're equally at home and heartily enjoyed at ball games, the circus and at wedding receptions for royalty. They vary in size from minuscule to king size whoppers. They're unsurpassed for convenience, economy, good taste and versatility.

When and Where

Forty per cent of each day's 70 million restaurant meals call for sandwiches and that adds up to 28 million. Twenty-three per cent of noon lunches in homes of the nation are built around sandwiches and that adds up to 22 million. Seven per cent of the evening meals feature sandwiches to the tune of 12 million and another 28 million sandwiches go to work and to school. Total, 90 million sandwiches a day; a conservative estimate.

Vary Daily Bread

Most families are deep in a bread rut; order only white bread and hotdog and hamburger buns. Bakers and grocers offer more than 25 different kinds of breads and rolls; almost enough for a different sandwich every day in the month.

Besides enriched white bread, there's egg, French, French sour dough, Italian, high protein, potato, pullman (square loaf), oatmeal, pumpkin, raisin, rye, plain and rye with caraway or sesame seeds. There's salty rye Vienna, 100 per cent whole wheat, wheat and cracked wheat.

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Bread Storage

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the year round, but summer storage is especially important for obvious reasons.

A ventilated bread box is a good place to keep wrapped bread for a few days. French bread or rolls with a crisp crust can be placed in box without wrapping.

Studies show that wrapped bread will stale as much in one day in the refrigerator as it does in 3 days at room temperature. Surprised?

To prevent mold, keep bread box in the driest place in the kitchen. Wash the bread box at least once a week with hot soap suds, rinse with boiling water and dry thoroughly. Since it is often the neglected scraps of bread left too long that attract mold, collect these every few days and dry them in the oven for crumbs.

Remember to cool all freshly baked bread before putting them in a bread box.

Bread in Freezer

Bread stored in the freezer at zero will remain fresh for 2 to 3 months. Wrapped bakery bread should be rewrapped with moisture-vapor proof wrapping. When thawed, bread that's been frozen dries faster than freshly baked bread.

Frozen loaves of bread require 3 to 4 hours at room temperature for thawing; can be used for sandwiches when partially thawed; can go directly into toaster.

Picture Sandwiches

We're pretty pleased with this picture; managed to get 12 kinds of yeast-raised breads in it and filled them with 23 distinctive fillings. First sandwich rule is to spread each and every bread slice with soft (not melted) butter right to the edges.

Row 1: (Reading top to bottom from the left):

Rye bread—A two decker with bottom layer of liver pate and onion slices; top layer of crisp bacon and lettuce; egg twist—This has filling of cottage cheese mixed with chopped tomato, green pepper and onion; white bread—A two decker with bottom layer of turkey and ham slices; top layer of Russian dressing and crisp lettuce; whole wheat bread—filling of chicken, Canadian bacon and crisp lettuce.

Row 2: navette roll—This we spread with any of the popular cheese spreads, add crisp bacon; seeded round roll—A new look and distinction for broiled hamburger with sharp cheese topping and onion rings; large roll—bologna with cream cheese mixed with chopped chives fills this; seeded onion roll—Filling is ham, cheese and tomato slices with crisp lettuce.

Row 3: whole wheat bread—Filling combines egg salad, tomato slices, crisp bacon slices and crisp lettuce; egg twist—Filling of deviled ham mixed with chopped hard-cooked eggs and crisp lettuce; raisin bread—Peanut butter and strawberry or other flavored jam ideal with this; rye bread—This gets filled with sliced roast beef, lettuce and chili sauce.

Row 4: fan tan roll—Filling combines tuna mixed with minced cucumber, parsley and mayonnaise; finger roll—Popular hotdog roll gets filled with broiled frankfurter topped with usual mustard and picillilli; navette roll—Crisp and satisfying with Swiss cheese and broiled Canadian bacon; finger roll—For a change, fill this one with whole shrimp mixed with chopped celery and mayonnaise; large hard roll—Satisfying liverwurst, a dash of lemon juice, cream cheese mixed with pickle relish, and crisp lettuce.

Row 5: whole wheat bread—For fine flavor, fill this with shrimp mixed with minced celery, minced onion, mayonnaise and chili sauce, leaf of lettuce; white bread—A double decker with bottom layer of ham and cheese; top layer of lettuce and tomato.

Wagons To Move 24 Miles Today

La Grande—(AP)—Drivers cracked their whips and moved the Oregon Centennial wagon train out of North Powder this morning and headed for Pioneer park here, a distance of about 24 miles.

Tuesday night the Fifty-Niners camped on the Powder Valley High school field after a 20-mile trip from Baker.

When they pulled out Tuesday morning it was 38 degrees and the wagoners had to dig through the mountains of gear in the seven Conestogas for jackets and coats.

After a 4 a.m. breakfast served by the Baker Historical Society, the covered wagons moved along Highway 30 and made a mid-morning water stop at Haines.

MAIL TRIBUNE, Medford, Or.
Thursday, July 30, 1959



'WARDEN'—Rafael Perez Hernandez (above), 44, has been arrested by Mexico City police and charged with holding his family captive in their home since 1944. Police report he forced them to help make insecticides, which he would later peddle. Five of his surviving children were born into captivity and two others reportedly died of malnutrition.

Aluminum Strike Deadline Postponed

New York—(AP)—A Friday strike deadline against the nation's biggest aluminum producers has been postponed until 30 days after settlement of the steel strike, which goes into its third week today with no end in sight.

Some 500,000 steel workers are on strike, with an estimated 78,000 others laid off transport and mining jobs and steel production at less than 85 per cent of national capacity.

Chief Federal Mediator Joseph F. Finnegan, after separate conferences with both sides, said he saw no immediate prospects of a quick end of the strike but he is still trying. He was to meet with both sides again today.

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