

Finnish Schools, Scenery Topics of Student Letters

"Finnish schools are much more formal than ours," observes a local high school senior spending the summer in Kurikka, Finland under the American Field Service program. Miss Carolyn Mencke, daughter of Mr. and Mrs. R. E. Mencke, 2141 East Jackson boulevard, reported about the school system in recent letters to her family.

In other letters, the student spoke of her trip to North Finland, eating crayfish for the first time, and other current activities. She writes: Our trip to North Finland was most beautiful. From the air Finland, with its thousands of lakes, farms, villages and forests, is fabulous. When we arrived at Pallastanturi I was delighted to see mountains again, all covered with forests. On the map it looks like a town, but when you get there it is just a big hotel out in the middle of nowhere. We went up a mountain about 2,000 feet to where we could see the sun, and the view up there was breathtaking in all directions. There were beautiful lakes and cloud formations and the sun! It was a huge ball of orange fire shining at midnight! It's about the 68th parallel there and therefore quite cold. We saw reindeer near the hotel.

I met some people in the hotel who had recently been to Russia. They were Americans, and I learned a lot from them about life in Russia, but it's too much to write.

Crayfish Good
Last night we ate crayfish for the first time. The Finns count the days until crayfish are in season, and it's quite an event, with dishes with pictures of crayfish, special napkins, silverware and everything else. They drop the crayfish alive into boiling water to cook them. They are very small, so it takes a while to eat them, which, by the way, is really an art. They were really good.

I have found out a little about their school system which the people at home might be interested in. Attendance the first four years is compulsory. This is called public elementary school, and lunches and books are furnished. At the end of these four years those who wish may take an examination for entrance to high school. Those who do not take this

exam and those who fail it remain in the public school for four more years. The curriculum is similar to that of a vocational school.

The ones who pass the high school entrance examination must continue at least three years, but after that may drop out when they wish. The tuition for the first five years is about \$60 and for the next three about \$80, but if the student cannot afford the tuition, books and lunches, scholarships are usually obtainable. At the end of the eight years of high school a difficult examination is given and diplomas are given to the ones who pass - about thirty per cent of those who take it.

Course Listed
A typical high school course would be English, Swedish, German, Finnish, mathematics, history, psychology, biology, physics, religion, P. E., art and vocal music. All but the music is required but they don't have every subject every day.

Finnish schools are much more formal than ours. For example, the students rise when the teacher comes into the room or when they recite. When they meet their teachers on the streets, they must speak to them in a very polite and formal manner. They don't think of their teachers as friends, as we do many of ours.

There is no competition between schools in sports, music, debate or anything. Rather than school spirit apparently they develop class spirit.

Tonight we go to a dance, dictionaries in hand! Usually at the beginning of every dance I must say in Finnish, "I am an American and I don't speak Finnish," but many of the kids speak English, though some are too shy to speak it to me. There is not much rock 'n roll music, but they love the tango and the South American dances.

Nutrition Expert Says Food Imbalance Worse Than Germs
"Germs are not our principal enemy" says the famous nutritional researcher, Dr. Tom D. Spies of Birmingham, Ala., holder of the Distinguished Service Award of the American Medical Association.

Writing in an issue of the association's Journal, Dr. Spies said "Our chief medical adversary is what I consider a disturbance of the inner balance of the constituents of our tissues, which are built from and maintained by necessary chemicals in the air we breathe, the water we drink and the food we eat. For a generation we have worked on the concept that our cells are never static and that in time they must be replaced in varying degrees by the nutrients obtained from food."

"We have learned," he wrote, "that when fruits, vegetables, milk, fish, meat and other foods are not available in adequate amounts or for any reason are not satisfactory, we must recommend methods of maintaining tissue integrity. We know that excellent nutrition is basic, that disease is chemical in its origin, that the body cells can fight back to an amazing degree and that our tissues, when properly replenished, can come into their own again."

Announce Date Of Jewelry Show
The fashion show directors of Sarah Coventry have planned the annual public fashion show of costume jewelry Monday, August 10, at 7:50 p.m. at Girls Community club.

Sixteen young women will model clothing from Town and Country, Eagle Point, and Pauline's, Central Point, accented with the new fall jewelry.

Entertainment is planned, and prizes will be given, it is stated. No admission will be charged.

Three Women Visit In Oregon Cities
Mrs. Edward Conner Jr., Mrs. Hugh Huntley and Miss Dorothy Wright recently motored to Mt. Angel, Ore., to visit Mrs. Hazel Cox. The three also were guests of Mr. and Mrs. Verg Febles, Eugene, sister of Mrs. Conner.

Mrs. Cox is the daughter of Mr. and Mrs. Thomas Smith, 115 Mistletoe street and lived in Medford until a year ago.

Artists to Show Work at Fiesta

Members of Southern Oregon Society of Artists will exhibit some of their work during the Centennial fiesta which Sacred Heart church has planned for August 7-8-9 at the Armory.

Among the works to be arranged in the entrance to the building, will be a painting of the historic Nunan house in Jacksonville done by Mrs. Ethyl Hixson which will be given away during the event. The house is now owned by Mr. and Mrs. James Grigsby. The fiesta program includes booths from which antiques, food and other articles will be sold. A country store and a display of old cars are planned. County residents with 100-year-old heirloom dresses have been invited to enter them in a contest, and a talent contest is planned for Friday night. Saturday will be children's day, and a free dance is planned for Saturday night.

The Shadows, entertainment group made up of St. Mary's school students, will entertain often during the three-day fiesta.

Chapter to Hold Picnic in Park; Actress to Read

An unusual program is being planned for the annual picnic of Medford chapter, Oregon United Nations association. The picnic is set for Thursday, August 6, at 6 p.m. in Lithia park, Ashland.

The program will call attention to the anniversary of the dropping of the first atomic bomb on Hiroshima August 6, 1945. Mrs. Philip Hanson, who as Suzanne La Mare played leading roles in the Oregon Shakespearean festival, will read in part John Hersey's "Hiroshima." The book has attracted wide attention, particularly when portions of it were read during an ABC program.

Chapter officers state that the program will focus the attention of the group on American policy concerning atomic warfare and on the country's foreign policy which some consider to be based too much on the strength of armed force.

Everyone attending the picnic is asked to take food for a picnic supper, and table service.

Kansas Picnic To Be Sunday

The annual picnic of former residents of Kansas now living in southern Oregon and Northern California, will be held Sunday, August 9, at Lithia park, in Ashland, about 12:30 p.m.

Coffee, punch and dessert will be provided by the Kansas association.

All former residents of Kansas are invited to attend, and are asked to bring a potluck lunch, and their own table service.

Awards will be made to the oldest man or woman; the couple married the longest; newest married couple; youngest baby; largest family; and the person or family coming the greatest distance to the picnic.

Music for the gathering will be furnished by Mrs. Alexander's Hawaiian band.

Department Head Visits Chapter

Illinois Valley - Mrs. Ruth Harmon, Oregon department president of Blue Star Mothers, and members of Grants Pass Chapter 1 were recent guests at a picnic hosted by the local chapter at the WWI grounds on Caves highway.

Mrs. Harmon addressed the group on the all-chapter's project of holding fund raising coffee hours for the U. S. Arizona Memorial.

Taken into the local chapter as a new member was Mrs. Eleanor Ramsey of Selma.

The August sewing day was postponed until September 11. The next regular meeting will be August 18 at the WWI Veterans' hall.

Californians Leave for Home

Mr. and Mrs. Ray C. Yost, former residents of Medford, left yesterday morning for their home in El Cajon, Calif., by United Airlines.

The Yosts came here from Seattle where they visited their son, Clayton Yost and family. In Medford they were house guests of Mr. Yost's brother-in-law and sister, Mr. and Mrs. Edward Stillwell, Route 4, Box 369G, and their daughter, Mrs. Frank Connors and family, 911 West Thirtieth street.

The visitors spent three weeks here.

Put an old sock over one shoe when painting. If paint drips on the floor, you can save stooping to wipe it by removing the spot with your toe.



FAMILY OUTING—The 40,000,000 Americans expected to enjoy camping trips this summer will find outdoor living even more fun if they take along accessories like this novel canvas pop-up tent. Lightweight and easily portable, it's made like a Japanese lantern and is easy to erect. The tent doubles at the beach as a sun shelter or dressing room.

Picnics Said Substitute For "Ptomaine Taverns"

By JEANNE LESEM
United Press International
New York (UP)—Eating your way cross-country can be hazardous.

A reader of my recent glowing report on regional cooking writes to complain of "the really horrible food you also can get in touring this country."

"Some short-order places along highways, for example, serve some of the most overcooked or undercooked hamburgers the world has ever seen, made from cheap meat and sometimes even spoiled meat."

"Some of the things masquerading as salads or steaks or roast beef would turn any stomach."

The reader wants to know what the tourist can do to avoid ptomaine taverns?

Try the picnic method - if you have plenty of room in the car.

And as a rule, buy each day only as much as you expect to consume that day.

Except on turnpikes or thruways, with the chain diners, you can find roadside groceries and farmers' markets, where shopping is both economical and quick. The fruit and vegetables are fresh. Most grocers keep soft drinks on ice, both in individual and quart bottles.

Sandwiches Good
French or Italian style bread is a better buy for small groups than regular sliced sandwich loaves because there's less waste. And slices for sandwiches are no problem if your basic equipment includes a serrated-edge knife with a 5 or 6-inch blade.

Sliced cheese and cold cuts round out the main course. Packaged cookies with filling are good at a picnic and leftovers make a good afternoon snack.

Small cans of water-pack tuna and salmon are easy to eat and create no leftover problem. But avoid sardines and other salty foods, especially if your group includes habitually thirsty children.

Most hard cheeses keep well for two to three days without refrigeration if they are wrapped tightly in plastic or aluminum foil.

Stifle your thrifty instinct to keep any other perishable leftovers, unless you have portable refrigeration.

Basic utensils should be few and small. Stow them in an insulated plastic bag. Include can opener, bottle opener, all-purpose slicer, plastic forks and spoons, salt and pepper shakers, and individually packaged detergent-saturated paper towels for mopping up operations.

An immersion heater, plastic cups and plastic containers of sugar, powdered cream, instant coffee and tea (or tea-bags) and chocolate drink mix are handy if you plan to breakfast in your motel rooms on locally bought rolls or coffee cake. If you don't, skip reusable cups and buy only as many disposable paper products as you expect to use in a day or two.

Making your own picnic notes only is economical - it is fun to select from the numerous roadside dining areas, complete with tables, benches and rubbish facilities.

Council Notes That 'Mom' Likes to Camp Nowadays

About 40,000,000 Americans are expected to enjoy some kind of camping trip this year. That's about double what it was three years ago.

A big influence behind this outdoor trend is an increased feminine interest in camping. It began when Mom discovered camping out and roughing

it are not necessarily the same thing. Nowadays when you head for the open road, you can take along all the comforts of home, and many campers frequently do.

In fact, women's interest in camping has caused a virtual revolution in an industry that once clung fiercely to tradition. For example, while sturdy canvas tents still are the camper's mainstay, the olive drab tent of yesteryear no longer dominates the campground, reports the National Cotton Council. A new era in tentmaking has dawned.

Today's tents pop-up with a flick of the wrist, attach to your car top, blossom over the end of a station wagon, or rise magically without the aid of tentpoles, which are replaced with air-filled struts. As a further concession to milady, many models have sewn-in floors as protection against things that crawl or creep.

And it's color, color everywhere - including such never before pastels as ocean blue, aquamarine, pink, and yellow.

Drastic changes in camping equipment are not limited to tents, however. The entire field is affected. Makers of camping equipment know, just as other businessmen do, that it's the lady of the house who does most of the buying. So, almost every new thing being developed by the industry has Mom in mind.

They've created multi-story sleeping bags so the user can climb from layer to layer depending on the temperature, stoves and cooking utensils as

camping, this type vacation is proving hard to beat.

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New York Man Guest of Nephew

Louis Elliott, New York City, is visiting in Medford this week.

Mr. Elliott, a retired engineer, arrived here from Louisiana, Switzerland, flying the Pclar route to A. chorage, Alaska, and stopping in Seattle and Portland.

He is visiting Mr. and Mrs. Eric W. Allen Jr., and daughters, 48 Windsor ave. Mr. Elliott is Mr. Allen's uncle.

The visitor has been in Medford in many occasions before, dating back to before World War I, when his father, the late Rev. Charles F. Elliott, and Mrs. Elliott, lived in a home on the Old Stage rd.

His plans include visits to the Shakespearean festival, Crater lake, and the Jacksonville Museum.

Animal Trophies

Reproductions of animal head trophies are hard to distinguish from those treasured by big game hunters. They're molded of pliable skin-textured plastic. Teeth gleam, whiskers bristle, and eyes sparkle to add life-like realism. Each head is mounted on a genuine mahogany plaque, complete with gold embossed title plate.



CUTIE—This outfit wears coordinated cottons in neat-fitting shirt, tie-neck tee shirt, and cloche. Styled by Jantzen, this three-piece outfit is "held together" by a colorful tie print in foulard cotton poplin.

CALENDAR

Wednesday:
8 p.m. - Roxy Ann Home Economics club, home of Mrs. Carl Quackenbush, Foothills rd.

8 p.m. - Veterans of World War I, barracks and auxiliary, Girls Community club.

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