



While Photographer Bob Vroman and the three Voorhies boys, Dan, Tony and Charlie, concentrated on picture taking last Tuesday night Potpourri found an opportunity to talk to their aunt, Mrs. Sprague Riegel. Mrs. Riegel, always a sprightly and interesting conversationalist, was doubly so Tuesday for she was talking about her trip to Greece and Turkey earlier this year.

Mrs. Riegel, who enjoys foreign travel very much, is one of those who leaves the usual tourist lanes to others and takes off across country in search of adventure. For the trip this year she was accompanied by Miss Frances Phillips, New York, for many years editor-in-chief of the publishing firm, William Morrow and company, and now associate editor.

Mrs. Riegel said they chose Greece and Turkey because she had visited those sections two years ago and had found them quite fascinating. The people are friendly and helpful, and the countries generally more interesting than other sections of Europe, she found.

The two women went to Istanbul and from there took a boat trip along the southern edge of the Black sea to Trabzon. From there they were supposed to fly to Ankara, but a period of foggy weather had disrupted aviation. After conferring with an official who was a "friend of a friend," Mrs. Riegel and Miss Phillips returned to Samsun by boat and from there found a taxicab driver who was engaged to take them by car to Ankara, along with a man who was anxious to make the trip to Ankara in return for aiding the women travelers.

All this time the two Americans had been scheming aloud and wondering if by any hook or crook they could persuade someone to take them to Yazilikaya, where there are some ancient and extremely interesting Hittite ruins. Mrs. Riegel speaks French as well as English, and the two women knew about 20 or 30 words of German — mostly from advertisements and opera, according to the Medford woman. Now she isn't quite sure how it came about, but the driver and the courier somehow comprehended what they wanted. Talking slowly and carefully the men attempted to convey some important information and the women understood one word — jeep. Not long afterwards their car came upon a jeep and the driver, who had been working for a group of German archeologists, at length understood by way of their 20 German words and the sign language, that they wanted to see the ruins.

These ancient Hittite ruins, almost never visited by the average person, proved to be the highlight of their tour. Mrs. Riegel described the huge stone carvings, executed in bas relief against the side of the mountain, and other figures carved from stone which guard the entrances to the ruins of temples and other structure. The area is referred to as The Valley of the Moon, and the rocks are volcanic in origin.

After reaching Ankara, the two travelers made arrangements to take side trips from there by car. They visited Uryup, Konya and Izmir, and for a time were guests in an inn located in a Turkish village. The "modern" bathtub was hailed with joy, but when the first bather endeavored to empty the tub, she discovered that the hole in the bottom let the water out on the floor of the room. The trick was to open the plug but a small way, and the trickle of water could be guided to a drain in the floor which was handy not only for emptying the bath water but for use when washing the floor.

Mrs. Riegel said one of the most amusing incidents took place during the trip from Samsun to Ankara when the four travelers stopped in a small cafe for a meal. They paid little attention to a small quail-like bird hopping around the floor when they first entered. Later, when in the midst of the meal, the bird flew off across their heads with only a couple of inches clearance both women were exceedingly startled and nearly fell from their chairs.

The Medford woman said lamb and other food offered them was palatable, but added that when traveling in the interior of Turkey it was best not to order chicken. "It's about like eating tough sea gull," she maintained.

The women were thoroughly happy over the entire adventure. Mrs. Riegel said they were treated with kindness and respect, and that staff members of inns and other public establishments were honest and helpful. A maid in an inn made known by gesture that she would be thrilled to have a bit of face powder — when Miss Phillips gave her a compact filled with the cosmetic, she was extremely grateful. In many places she has traveled, Mrs. Riegel said, the maid would simply have appropriated whatever trifles she might have wished to own.

Even the noble New York Times occasionally prints a blunder that really deserves headlines. In a recent issue the paper carried a review of a musical event. One line read something like this: "At the back of the stage the chorus was ranged in tears." — O.S.

Plum Crop Reported Very Good

Corvallis-Oregon shoppers can find "plum goods" buys in the weeks ahead as one of the largest plum crops in recent years reaches local markets, reports an Oregon State college economist.

Both California and Michigan report above average crops of purple plums, and twice as many purple "prune" plums as last year are in prospect, says Stephen Marks, OSC agricultural economist.

Zelma Reigle, extension home economist, suggests serving plums fresh, cut into fruit salad, or freezing some for next winter's meals. Oregon's purple plums may be pitted and frozen in a light syrup, or are tasty canned.

Miss Reigle offers this recipe for frozen plum puree for use as ice cream sundae or custard toppings. Puree also makes a flavorful base for plum sherbet or plum whip. Here's the recipe for frozen plum puree.

Wash plums, add 1 quart of water for each 4 quarts (4 pounds) of plums.

Bring to boil and cook 2 minutes, cool, and press through a sieve, removing pits and skins. With each quart of puree, mix 1/2 to 1 cup sugar, depending on tartness of the fruit. Add 1/4 teaspoon ascorbic acid crystals to each quart of puree for better flavor, to preserve color. Pack in plastic containers, leaving headspace for expansion in freezing. Allow 1/2-inch headspace in wide-mouth containers, and 3/4-inch headspace in narrow top containers. After filling containers, seal, and freeze promptly. Store at zero, or below.

Credit Caspar
Caspar Wistar is credited with making the remarkably clear and brilliant glass which is called America's first flint glass.



By KEN HARDY

There's not much that's more annoying than to take an otherwise clean garment from the hanger and discover a spot on it after just one wearing.

"Where did it come from?" you ask. "Is it a food stain? Beverage? Perfume?" You have no way of telling.

When this happens, it's wise to get the garment to your cleaner as quickly as possible. While some stains are removable, most of them do come out with proper cleaning. Food stains, stains from tea, coffee, soft drinks and fruit juices, should be scientifically removed quickly, before they become oxidized by exposure to air and heat.

Dye stains are usually the most difficult to remove from dark and pastel fabrics. White fabrics yield to bleaches which can usually remove the dye stain. Oil stains come out easily when fresh, yet they are often impossible to remove completely after they have aged for a time.

A word of warning: never try to remove an unidentified stain by home cleaning agents. You might come up with a ruined garment! Proper cleaning by specialists costs less in the long run, makes your clothes last longer. For scientific, safe cleaning, send your clothes to BIG Y CLEANERS, 1928 Table Rock rd. Phone SP 3-1919. S&H Green Stamps.

American Women Neglect Leg Care, Says Ballerina

By GAY PAULEY
UPI Women's Editor

New York — "We women pay for the lazy way we care for our legs," says a ballerina with a pair of the shapeliest legs in town.

Diana Adams advocates daily leg exercises whether you're a dancer whose feet are your fortune or whether you're just a girl trying to

look your best in the new fashions.

"Leg care is like skin care; you can't ever stop," said the brown-haired star of the New York City Ballet company. "In my own case, if I neglect regular warmups, it takes me three weeks to get back to what I call concert pitch."

Miss Adams has to keep on her toes, but her suggestions for foot and leg exercises based on ballet technique will help the rest of us look our best in the new 16 and 17-inch hemlines.

I'll start with the one which

sounds the most restful, and also the easiest — 15 to 20 minutes of soaking tootsies in tepid water.

This is routine with the dancer after a performance. She says that while soaking, she works the toes up and down, flexes the arches and stretches the feet at the ankles as far up and down as possible. When the fatigue from strenuous dancing has passed, she dries her feet and massages them thoroughly with petroleum jelly, with particular emphasis on heels, toes and instep. The lubricant "keeps

us from getting blisters or callouses," she explained in an interview.

"Put your feet up whenever possible," she said. It may not be a ladylike pose, but it relaxes muscles and helps circulation.

For strengthening arches and improving posture, she recommended this "stretch-er." Barefooted, rise slowly from a flat foot position to as high as tiptoe as possible. As you pull up on your toes, raise the arms overhead and stretch.

Here are her other exer-

cises for feet and legs:

For the ankles — while sitting on the floor, cross one leg over the other and rotate the foot 20 times in an outward direction, 20 inward; repeat with the other leg.

For firming the legs — sit on floor, arms behind you. With tummy in and chest high, kick the right leg up, keeping toes pointed and the foot arched. After five times with one leg, change and do five times with the other.

Exaggerated March Step
For the thighs — holding on to the wall, or the back of a chair, with the feet side by side and a comfortable distance apart, bend the left

knee and raise it as close to the chest as possible, keeping the back straight at all times. Return left leg to starting position and alternate the left and right legs in this exaggerated march step several times.

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