

Heavy Schedule Announced For VFW Auxiliary

Members of the auxiliary to Crater Lake chapter, Veterans of Foreign Wars, face a busy schedule during December. Much of the auxiliary's activity will take place at Camp White, or is connected with other service projects. Other December events are traditional holiday parties.

December 1 the post and auxiliary will both meet, and a smorgasbord will be given by the post. On December 7 volunteers will distribute Christmas cards for use of men at the Camp White dormitory.

Members will again be at Camp White December 9 to take part in the Christmas gift shop to be held at the camp theater from 9 a.m. to 4 p.m. December 10-11 members will assist with making of Christmas wreaths and swags. On December 10 the VFW Auxiliary Sewing Club will hold the annual Christmas party in the home of Mrs. Ivan Lusk, 538 Manzanita avenue, Central Point. Dessert will be served at noon, and members will exchange inexpensive gifts.

Scheduled for December 14 is a VAVS meeting at the Elks temple in Medford which some auxiliary members will attend, and on December 15 auxiliary women will address Christmas cards in the VAVS room at Camp White.

It is stated that December 16 is the deadline for delivery of gifts which will be used for the Christmas program for all members at the dormitory. December 17-18 members will assemble and wrap gifts in the recreation room at Building 224. Also on that date Christmas trees and gifts will be delivered to wards and buildings and rooms and trees will be decorated.

The annual Christmas party for Crater Lake post and auxiliary is set for December 20. The annual Christmas "round up" meeting will be held December 21 at 6:30 p.m. in the Camp White theater. All VAVS groups take part in this activity, and gifts are distributed to the veterans.

A formal dance is planned, and an awards program for the softball team will be given by the men of the Camp White VFW post.

On Christmas morning members of the VFW and auxiliary will distribute baskets of fruit to all Camp White members.

Sheriff Talks For PTA Unit

Sams Valley - Joe Walsh, sheriff of Jackson county, spoke on crime and juvenile delinquency at a recent meeting of the Sams Valley Parent-Teacher association. Following his informative talk, he answered questions from the audience.

Also featured during a portion of the evening's program in regard to the interests of youngsters was a traffic safety film entitled "Jimmy Cricket I'm No Fool" shown by Sgt. Verle Vanose from the sheriff's office. The officer said other cartoon films are available to promote better safety habits among children. He explained the use of this type of film for schools.

Mrs. Mildred Mack's first and second grade pupils presented a play and sang several songs.

The business session was conducted by Stanley Hall, president of the unit. He named chairmen to head the different committees for the year. They include Mrs. Frank Bain, membership; Mrs. Alfred Gowen, publicity; Mrs. Marvin Wick, health; Mrs. George Bush, hospitality; Wesley McDonough, legislation; and Robert Shelton, program.

A public address system has been purchased and will be installed at the school by Wesley McDonough, Frank Bain and Stanley Hall. This was a project of the PTA last year.

During the social hour refreshments were served by the executive committee.

The next meeting of the group will be combined with the annual Christmas program and is scheduled for December 22 at p.m. in the school's auditorium.

Mothers of Sams Valley school children are invited to join other women of district 6C for a singing session at the home of Mrs. Harvey Fields, Seven Oaks road, Central Point, Tuesday, December 1 at 9:30 a.m. This group, called the District 6C's Mothersingers, meets each Tuesday to sing for fun. Mrs. Fields directs.

Women's News • Social Events

Food Colloquialisms Have Colorful Origins

By JEANNE LESEM
United Press International
New York—Our language is strictly from hunger. To prove the point, let's explore some of our more colorful food colloquialisms and their origins. Unless of course, you have other fish to fry.

Shakespeare, the Bible and proverbs are the sources for many phrases described by Bergen and Cornelia Evans in "A Dictionary of Contemporary American Usage."

In Shakespeare's "Antony and Cleopatra," the queen of the Nile speaks of love in her "salad days" when she was "green in judgment," hence our use of "salad days" to denote inexperienced youth.

We are indebted to Shakespeare's Pistol, in "The Merry Wives of Windsor," for the metaphor, "the world's mine oyster," to describe the feeling of ebullience that accompanies good fortune.

From the Bible come: "Salt of the earth," describing the good, kind, generous and modest folk who give life its savor.

"Apple of the eye" and "apple of his eye," from the Psalms and Deuteronomy, denoting something or someone especially precious or dear.

"A land flowing with milk and honey," originally a poetic description of Palestine's natural richness, now a reference to any fruitful and wealthy land.

Fish have figured in numerous cliches. "Other fish to fry," meaning something better to do, is attributed to two sources - a translation of a line from the French author, Rabelais, and a proverb in 17th century England.

"Pretty kettle of fish," an embarrassing or irritating situation, has been traced to the practice at some parties in 18th century England of serving salmon that had been thrown live into kettles of boiling water to cook.

"Neither fish, flesh, nor good red herring," is also a proverb, still used today to describe something of uncertain origin.

"Out of the frying-pan into the fire," applied to increasing misfortune, is also of fishy origin. The Evanses describe this phrase as "one of the oldest and most widespread of proverbs."

"Make no bones about," as a term for raising no objections, or being unscrupulous, has been in use for four or five centuries, the dictionary says.

Legislators and other free-loaders who accept "junkets" can trace the origin of the word itself to an Italian custom of serving a sweet, custard-like dessert of milk and rhenet on guinco, a rush.

But rushes really linked with picnics and similarly festive occasions when they began to be used as ground coverings at the events. We still use the word "junket," in this context, although we've added a more cynical definition - a trip taken at public expense ostensibly to gather information but actually for pleasure.

Consider these other cliches involving food: "Eat me out of house and home," "milk of human kindness," "bit off more than he can chew," "eat your cake and have it too," "very over spilt milk," "licked his chops," "took with a grain of salt," "upset the apple cart," "pulled the chestnuts out of the fire," "butter wouldn't melt in her mouth," "worth his salt," and "warm the cockles of the heart."

Why do we continue to use such phrases? Could be we're just expressing a feeling described in this line from George Bernard Shaw's "Man and Superman": "There is no love sincerer than the love of food."

Quick Driving Test
You can test your "visual purple," or the ability of your eyes to adjust to the dark, by turning out the lights in your living room, say Murine Company researchers. If you cannot see objects within two seconds you are too deficient in vitamin A to be assured of complete safety when driving.

OVERWEIGHT?
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CENTRAL REXALL DRUG
MAIN and CENTRAL

Gardeners Plan Show In Portland

Portland - The "Heartside Christmas" show, to be held December 5-6 in the Rose Bowl of Multnomah hotel, has drawn 565 entry reservations. The show is sponsored by Portland, Pioneer and Multnomah districts of the Oregon Federation of Garden Clubs.

The entries represent the efforts of members of 100 garden clubs in the three districts.

One of the highlights of this 6th annual show will be the 12 fireplaces used for the setting of the "Heartside" arrangements, in contemporary and traditional manner. Twelve large trees will be decorated also in contemporary and traditional style. Twelve table settings for Christmas including "Christmas Eve Buffet" and "Christmas Brunch." These three divisions are for Garden Club competition only.

Other classifications for individual entry include, swags, wreaths, corsages, free hanging ornaments, packages, arrangements for entrance hall, coffee table, Christmas dinner table, New Year's Eve and featuring a child's toy.

The show will be open to the general public, Saturday, December 5, 1 p.m. to 9 p.m., and Sunday, December 6, 10 a.m. to 8 p.m. Proceeds from the show will be used for scholarships, National Cemetery and other projects of each district, according to Mrs. Walter Lusetti, general chairman.

Rileys Attend Klamath Wedding
Mr. and Mrs. William C. Riley, 616 Stewart avenue, are in Klamath Falls today to attend the wedding of Miss Patricia Edsell of that city to Robert Dayley, formerly of Medford and now of Portland.

The wedding was set for this afternoon in Peace Presbyterian church, and Mr. Riley was to be the best man for Mr. Dayley.

Branded Prunes
Branded prunes are deluxe when served in tall sherbet glasses with a cloud of whipped cream on top. Sweetened prunes and heat to boiling, add a spot of brandy, cover prunes and chill 24 hours before serving.

Slivered roasted almonds add elegance, flavor and nice crisp texture to lobster, salmon, crab and tuna salads.



New York - Mrs. Eve Bonsall has introduced a new collection of dresses for "neglected mothers" who find budgets devoted mainly to outfitting school-age children. Mrs. Bonsall models a bone-colored Italian silk linen dress with square neckline and double-breasted button trim. Dress she holds is dull green Italian silk linen with soft cowli collar and cap sleeves. (UPI Telephoto)

Average Teen-Age Girl Has "Starvation" Diet

By MARY LU MACDONALD
United Press International
Pullman, Wash. - (UPI) - The average American teen-age girl lives on a diet only slightly better than that in many of the world's famine areas. But it is the girl's own fault, according to a recent national nutrition study.

Inez Eckblad, Washington State university's extension specialist, said the survey indicates teenagers' diets are only slightly better in terms of food value than those in any of the world's starvation areas.

Miss Eckblad is a member of the national 4-H committee on improving teenage nutrition. The committee recently analyzed nutrition research studies conducted across the nation.

She said six out of ten girls do not get a sufficient amount of one or more of the following - protein, calcium, iron, vitamin A, thiamine, riboflavin and vitamin C.

Essentials Listed
"The teenage diets especially lack calcium, iron and vitamin C," she said. "And the closer the girl gets to maturity, the poorer their diets and the fewer nutrients they get in the day's meals and snacks."

The cause? One is the traditional "woman-worry" - over-

weight. But another is the ever popular candy-popcorn routine which ranks high with teenagers.

"Empty calorie foods - sweets, potato chips or carbonated beverages - do not have the essential food elements that growing teenagers need," says Miss Eckblad. She said the average teenage girl needs at least 2,400 to 2,600 calories a day.

And the cure? "Certainly the parents can't supervise mouthfuls their youngsters eat," said Miss Eckblad.

Parents can, however, make sure that meals taken in the home contain needed nutrients, and the food specialist at WSU suggested using the "big four" food groups as a daily guide.

This includes the milk, meat, vegetable-fruit and the breads-cereal groups. She said that four and usually more glasses of milk daily are essential but cheese and ice cream could substitute for part of the milk supply.

The food specialist also urged that two or more servings of meat be included in the day's diet.

Dark green or deep yellow vegetables provide the essential vitamin A and should be used at least every other day. Four and usually more servings of bread or cereals daily are also recommended.

Junior Symphony To Open Season Friday Evening

Portland - Robert Mann, a distinguished alumnus of the Portland Junior Symphony Orchestra, will be guest soloist and conductor of a composition of his own at the first concert of the orchestra's 36th season, November 28, at the Civic Auditorium. In addition to the gala performance at 8:30 p.m., an abbreviated concert is scheduled for 11 a.m. for grade school students.

Junior Symphony conductor Jacob Avshalomov will step from the podium after intermission so that Mann may lead the orchestra in his own delightful fable titled "The Terrible Tempered Conductor," featuring his wife Lucy Rowan as narrator. Both are coming from New York City for the event which has been arranged as part of Oregon's Centennial celebration.

A contest has been announced among grade school students for the two best drawings of the "most terrible conductor."

Conductor Avshalomov reports that the students in this season's orchestra have responded with skill, enthusiasm, and creative imagination to the music of their first program of the season, The concert opens with what has been called the most famous of all symphonies, Beethoven's Fifth. The orchestra then joins its famous alumnus in Mozart's "Violin Concerto in G major." Several of the Slavonic Dances by Dvorak end the program on a joyful note.

Robert Mann has attributed the inspiration and primary training for his musical career to his playing with the Junior Symphony orchestra during the seasons 1935-1939. He has taught, conducted and composed and is now the first violinist of the world famous Juilliard String Quartet.

Curry Good Seasoning For Left-Over Turkey
Curried turkey squares will use up some of the left-over Thanksgiving bird.

This recipe calls for 3 tablespoons butter or margarine, 3 tablespoons of flour, 1/2 teaspoon salt, 1/2 teaspoon pepper, 1/2 teaspoon curry powder, 1/2 cup milk, 1/3 cup turkey or chicken broth, 3 cups diced, cooked turkey, 2 teaspoons chopped parsley, 2 cups rice cereal, 1 tablespoon butter or margarine, melted.

Melt butter in saucepan; stir in flour and seasonings. Add milk and broth slowly, stirring constantly. Cook until very thick, stirring constantly. Fold in turkey and parsley. Crush rice cereal into fine crumbs. Mix with melted butter. Spread half the crumb mixture in bottom of greased 8x8-inch pan. Cover with turkey mixture. Sprinkle evenly with remaining crumbs. Bake in moderate oven (375 degree F) about 20 minutes or until thoroughly heated. Cut into squares and serve at once.

Syrup and Sherry
Maple syrup takes pleasantly to a touch of sherry wine. Delicious on custard, baked apples or over ice cream.

Actress Not Afraid Of Old Age

By GAY PAULEY
UPI Women's Editor
New York - (UPI) - Blossom Seeley, whose show business career spans more than half a century, says it is easy for her to tell when a woman is afraid of age.

She identifies such a woman as the one who comes up to her and says, "My mother used to take me to see you when I was a little girl..."

Said the singer-actress: "Now, I know that the woman is 15 years older than I am. But she's afraid of her age. She also is saying to herself, 'How come Seeley looks so good!'"

"I can spot the remember-when-a-mile," said Miss Seeley. "I usually try to get away fast."

The actress didn't want to be pinned down to her own age, but her biography shows she was singing professionally in her native San Francisco at the time of the big earthquake in 1906.

"Youth is a beautiful thing," said Miss Seeley, "and we all like to hang on to it. I think I've done pretty well. But I've been through that glamour-puss stage. Now I'm simply a mature woman still blessed with a talent to entertain."

And entertaining she still is, although she now is a solo act. Benny Fields, her husband and partner for nearly four decades, died of a heart ailment August 16.

Ed Sullivan signed her almost immediately for four appearances this winter on his CBS-television show. She is set for one date: The next is set for February 14.

"It was hard to work out my own routine," she said in an interview. "Benny and I had worked as a team almost continuously since the 1920s."

"At the dress rehearsal, I got an awfully empty feeling. Benny and I always came on stage holding hands."

"I'm not trying to sound heroic, but I get up every day like a gay blade. I don't say I'm not lonely, because I am. Benny was a wonderful man. The hardest time is in the evenings."

Husband and wife teams which succeed in show business are rare. But the Seeley and Fields combination was a hit first in vaudeville, then on Broadway, in the movies and as recording artists. In 1950, Paramount filmed their life story - "Somebody Loves Me," with Betty Hutton playing Miss Seeley, Ralph Meeker doing Fields.

Walnut Topped Brownies
Next time you're making brownies, sprinkle the top with 1/2 cup finely chopped walnuts before baking. The crisp roasted flavor of the walnuts is especially good and quite different than when the walnuts are folded into the batter.

CALENDAR

Saturday:
2 p.m.-Crater Lake chapter, Daughters of American Revolution, Girls Community club.

Weight-Losing Contest Planned
The women's gymnasium class at the YMCA is staging a weight losing contest for women whose greatest ambition right now is to lose weight and inches.

According to Mrs. Lanell Wilkes, class instructor, the contest starts Tuesday, December 1, and runs two months. The class is held Tuesdays and Thursdays at 10 a.m.

Personal progress charts will be kept for each woman.

Teachers Honored By Society

The annual initiation of new members into Delta-Kappa Gamma was conducted Saturday, November 21, at the Hotel Jackson.

The two Jackson county teachers honored by membership this year were Mrs. Ruby Messenger, high school English teacher in Talent High school, and Mrs. Frances Willett, a homemaking teacher in Crater High school.

After the initiation ceremony, conducted by Miss Anna Laura Honts, Mrs. Marie Bjorlie sang a chapter song, and Miss Ina Freeman related her thoughts on "What Delta Kappa Gamma Means to Me."

Miss Freeman said phases of the honor society which were important to her included contact with the type of women in the organization, and added that it also signified the opportunity of being able to serve as a teacher. She also stressed the friendship phase, not only within the local chapter but on a national and international basis.

Speaker for the banquet which followed the business meeting was Dr. Alvin Fellers of Southern Oregon college. He spoke on "Evaluation of our Educational Program."

Because these are changing times, an accurate evaluation is difficult, he said. Educators are faced with two basic problems, he said. Educators learn that underlie the behavior of college and high school students - inculcating moral and spiritual values. These values are the responsibility of the home, but more and more the schools are having to assume the education of youth in these fields too, the speaker said.

"Adults have created the present day world and should assume the responsibility for instruction of youth for proper living in it," Dr. Fellers said. He closed with the statement that we can best help young people grow into good adults by having faith in them and by giving them a faith to live by.

Hostesses for banquet were Mrs. Mabel Hundley, Mrs. Georgiana Beier, Mrs. Blanche Canode, Miss Gladys Durrand and Mrs. Ivah Murray.

Cover a dark or shiny study desk top with a light-colored blotter to reduce glare.

Extension Emblem Explained For Central Point Unit

Central Point - The meaning of the home extension emblem was explained at the last meeting of the Central Point unit, held at the home of Mrs. Evelyn Cotton of Central Point.

Mrs. Royal Greenman reported on the "Come As You Are Breakfast."

Mrs. E. H. DeGarmo gave a health report and the group voted to organize a first aid class when an instructor is available. Mrs. Esther O'Dell gave a safety report.

Instead of having a gift exchange, the group decided that each member would take to the next meeting a child's gift or book to be used in the hospitals. It was also decided that members would take home-made articles of candy or baked goods to the next meeting for the Christmas sale.

The gift for being on time was won by Mrs. Esther O'Dell.

Mrs. Don Lacy conducted a lesson on "Poise, Expression and Voice Control." Mrs. Lacy was also lesson leader on the subject of "How to Live Within Twenty Four Hours." Members participated in the discussion.

The next meeting will be at the home of Mrs. May Korner December 16. A turkey dinner will be served and each one attending is asked to take a short poem or reading pertaining to Christmas.

Dance Planned At Schoolhouse Saturday Night

A square dance will be held at the Old Wagner creek school Saturday, November 28, beginning at 8:30 p.m. The dance is sponsored by the Hilltoppers and all square dancers are invited.

Potluck refreshments are to be served during intermission. Francis Cronin and guest callers will call the squares.

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