

### Homemakers of County Suggest Extension Topics

More help in family relations, in balancing the family budget and in obtaining the best buys in washers, dryers, food and clothing are some of the suggestions made by Jackson county homemakers for next year's extension program in home economics according to Mrs. Lee Sheehan, county home economics extension agent.

Mrs. Sheehan reports that at present, next year's program is "in the mill," as Oregon State college specialists study requests made by Jackson county and other Oregon women.

According to Mrs. Sheehan, information on just about any subject from freezing rhubarb to buying a sewing machine is available year around from the county extension office. In addition, 29 informal study groups sponsored by the extension service meet once a month, 9 months of the year to study more thoroughly subjects that affect the home and family. For instance, this last year, about 700 county homemakers learned more about Color in the Home, Synthetic Fibers and Fabrics and Patio Cookery.

Here's how the family-centered extension program is planned and finally is carried out.

Program planners, a group from all parts of the county, are chosen to listen in on women's interests as they attend meetings, and visit with their neighbors. They listen to homemakers' concerns. These range from understanding pre-schoolers to spring housecleaning. These program planners then get together with the county extension staff and report their findings.

From their reports, agents are able to organize and enumerate these requests into "general" and special interest programs. For example Mrs. Sheehan says, some women in Jackson county wanted to learn more about dressmaking this year.

"We were able to get some experts to teach this and they were satisfied. But when it came to preparing tasty, nutritious meals, just about all homemakers, young brides and experienced homemakers alike, wanted ideas on this subject."

After all requests have been gathered from the county, they are sent to Oregon State college extension specialists in Corvallis. There, home economists trained in foods and nutrition, home management, clothing, family finance, and family life, study their requests and develop a statewide program in these

areas aimed to satisfy the greatest number.

How do local homemakers get information they request? As soon as home economics extension programs are formulated, an intensive training program gets under way. Mrs. Sheehan will train a corps of homemakers as "volunteer" teachers. Their job is to teach others in Jackson county.

Special interest meetings and workshops given by the agent or specialist are another source of valuable assistance to homemakers.

Families interested in getting help in improving their homes and carrying out household duties may receive it free, at the Jackson county extension office, located at the court house in Medford.

#### Mrs. William Sweet Is Luncheon Hostess

Mrs. William Sweet recently entertained a group of friends at her home on South Stage road with a luncheon. The occasion was observance of the birthday of Mrs. William Naylor.

Covers were placed for Mrs. C. F. Gordon, Mrs. Harry Wright, Mrs. Lydia Goff, Mrs. R. H. Peterson, Mrs. Richard Garrett and twin sons, the hostess, Mrs. Sweet and the honored guest, Mrs. Naylor.

#### Mistletoe Club Plans Workshop

A workshop and salad luncheon are scheduled by the Mistletoe club for June 8 beginning at 10 a.m. Members are to bring salad or dessert. Mrs. Delbert Ross is chairman of the committee, assisted by Mrs. Charles Hendry, Miss Blanche Arnold and Mrs. Frank Gidney.

A business meeting will follow luncheon.

#### Breakfast Treat

New York - (AP) - A hot idea for breakfast calls for shredded wheat biscuits served like hotcakes. Dip 6 round biscuits into a mixture of 1 beaten egg, 1 cup of milk, 1/4 teaspoon of salt and 2 tablespoons of sugar. Drain slightly and fry in a small amount of butter. Serve with butter and syrup.



Dominica, British West Indies—Wearing a low cut peasant blouse, Princess Margaret smiles as she and her bridegroom, Antony Armstrong-Jones, tour the island of Dominica during their Caribbean honeymoon cruise. London papers are filling their pages with pictures taken of the couple while they stopped off on the island. Photos showed Margaret has acquired a golden tan, her hair has been cut short and was tousled; she appeared plumper. (UPI Radiotelephoto)

#### New Booklet On Additives

Washington - A new Food and Drug Administration booklet entitled "What Consumers Should Know about Food Additives" has been published to answer the many questions people are asking about food additives and a new law to insure their safety.

The booklet tell the story of how food additives came to be developed, why and how they are used in food production, why public health safeguards are necessary, and how the new law works. It also gives factual information about many of the more important kinds of food additives and explains how the law controls two special classes of additives, pesticides and coal-tar colors.

"We should not lose sight of the fact that food additives are an integral part of the tremendous progress being made in modern food technology, and that they are being safely used for a host of purposes that are beneficial to the consuming public," says George P. Larrick, U.S. Commissioner of Food and Drugs. "Our whole system of food

production, processing and distribution has undergone profound changes, and some of these are only partially or incorrectly understood by the public. For example, we now have food preservatives and many other additives that are entirely safe, and some of them are even necessary to health when used in proper amounts. Food additives are being used to increase production, reduce cost, promote cleanliness, prevent spoilage, increase shelf life, and improve the quality, appearance, texture and nutritional value of our foods. All this, I think, needs to be explained to the public."

The booklet is for sale by the Superintendent of Documents, U. S. Government Printing Office, Washington 25, D. C. The price is 15 cents.

#### Artist to Speak

Richard Doi, assistant professor of art at Southern Oregon college, will speak on "Art-Is It New?" at a meeting of the College Womens Club of the Rogue River Valley. The meeting will be held Saturday, June 11 at 2 p.m. at the Girls Community club. Hostesses for the meeting are Mrs. J. R. Smith and Mrs. W. P. Tucker. Mrs. Dorothy Suttler will be social chairman.

### Food 'Fads' Dangerous OSC Specialists Declare

Corvallis - Fashion fads may have produced some smiles in recent years but food fads that are sweeping the country now are strictly no laughing matter, according to Oregon State college food and nutrition experts.

Last year, some 10,000,000 Americans needlessly spent more than \$500,000,000 on food pills and supplements, Mrs. Ruth N. Klippstein, extension service nutrition specialist, pointed out at the campus meeting of the Oregon Home Economics Extension council.

Even worse than the tremendous waste of money is the danger to health involved in some of the fantastic healing and health claims made by promoters of "secret cures or special formulas," Mrs. Klippstein added.

"There is no need for the average person to take supplements except in time of physical stress - and then only on the advice of the family physician," she emphasized.

The best guarantee of being well nourished is to eat

a varied diet from foods available at the corner grocery store, it was pointed out.

False ideas about food values and nutritional needs are being circulated across the country by food faddists - and many of the false notions are becoming accepted, home economists reported.

"Unsafe to eat" claims made by faddists about some foods found in the grocery store are "unfounded," Dr. Harold W. Schultz, head of the department of food and dairy technology, said.

"We can be certain that there is no single food on the market that is knowingly harmful to health," he stated. "Every precaution is taken by the government and by research workers to see that the food supply is kept safe."

People shouldn't be frightened by the word "chemical" in connection with foods either, Schultz added. Food is a chemical itself. And throwing out all food additives, for example, would take away the color in butter and cheese, the color and flavors in candy, and would probably mean

eating rancid foods, among other things.

Dr. Betty Hawthorne, associate professor of foods and nutrition, pointed out that a national educational campaign is now underway that is aimed at combating the food fads and calling attention anew to the simple basic, daily food requirements.

The American Medical association and state and national home economics and dietetic associations are cooperating. Dr. Hawthorne was president last year of the Oregon Dietetic association. The OSC extension service is also working with county home economics extension groups on educational programs.

Food fad appeals are based on fear and emotions - not on scientific fact, Dr. Hawthorne emphasized, and food fads flourish where nutrition understanding is not sound. Be skeptical about grandiose claims of "special" foods, pills and supplements, and be certain that "you turn to reliable sources" for information about foods and nutrition, homemakers are urged.

The new U.S. Department of Agriculture yearbook, "Food," is an excellent guide to foods and nutrition. Dr. Hawthorne pointed out. Other good sources of information are publications issued by colleges, state and federal government agencies, and those of the American Home Economics, Dietetics, and Nutrition associations.

A special publication, "Food Facts Versus Fads," has been published by Oregon State college. Copies are available on request from county agent offices or from the OSC bulletin clerk.

One jewelry firm will introduce a collection of half ornaments for fall.

### SUMMER TYPING

- Typing is one of the greatest aids you can have
- Typing has taken the place of the pen
- Typing is easy and fun
- YOU can learn typing in 8 WEEKS

Arrangements Can Be Made for Absence for Summer Camps and for Family Vacations

**CLASS STARTS JUNE 13**  
8:00 to 11:00 Monday through Friday

**ROBERTSON SCHOOL OF BUSINESS**

MEDFORD SP 3-4264    ROSEBURG OR 3-7286    Klamath Falls TU 2-4126

## HAVE EVEN MORE FUN ON YOUR HAPPY FAMILY PICNICS...

... with generous servings of rich, delicious

# Jorgensen's ... fiesta ICE CREAM

"MUSTS" On Every Picnic—

A picnic just wouldn't be complete without your favorite ice cream, rich milk, coffee cream & butter... those dairy foods so essential to EVERY complete meal. There's no ice cream quite so downright GOOD as Jorgensen's FIESTA; no milk and butter so tasty and nutritious as JORGENSEN'S.



For the Finest... ALWAYS Be Sure To Ask for "JORGENSEN'S"

## 3,000 YARDS OF NEW FABRICS FOR YOUR SUMMER SEWING!

### Medford Yardage Center

410 East Main Street, Medford Phone SP 3-5681  
● SIMPLICITY & McCALL PATTERNS ●

15 Checks—All Sizes 10 Fancies—DAN RIVER <b>GINGHAM 79¢</b> yd.	EXTRA SPECIAL <b>Nylon Lace 10¢</b> yd. 8 Colors—4" wide.....
FOR VACATION All ● CHINO DOTS 45" ● BEDFORD CORDS wide ● SAIL CLOTH For Fun in the Sun ..... <b>98¢</b> yd.	FLORALS <b>POLISHED COTTONS 59¢</b> yd. 10 Patterns .....
10 FANCY <b>WHITES 98¢</b> yd. 45" Wide Arnel & Cotton So easy to care for .....	BUILDING CORTICELLI <b>SAND CREPE 98¢</b> yd. 45" wide .....
IMPORTED ITALIAN <b>SILK \$3.49</b> yd. Very Beautiful .....	CORAL REEF <b>HAWAIIAN PRINTS 79¢</b> yd. Don't Miss This SPECIAL!
BUILDING CORTICELLI <b>SILK SHANTUNG \$2.49</b> yd.	1/4" NYLON <b>LACE 5¢</b> yd. ONLY 8 Colors to choose from....
CREASE RESISTANT <b>Ginghams 79¢</b> yd. 45" wide .....	Easy Care ARNEL <b>FANCIES 98¢</b> yd. Crease Resistant .....