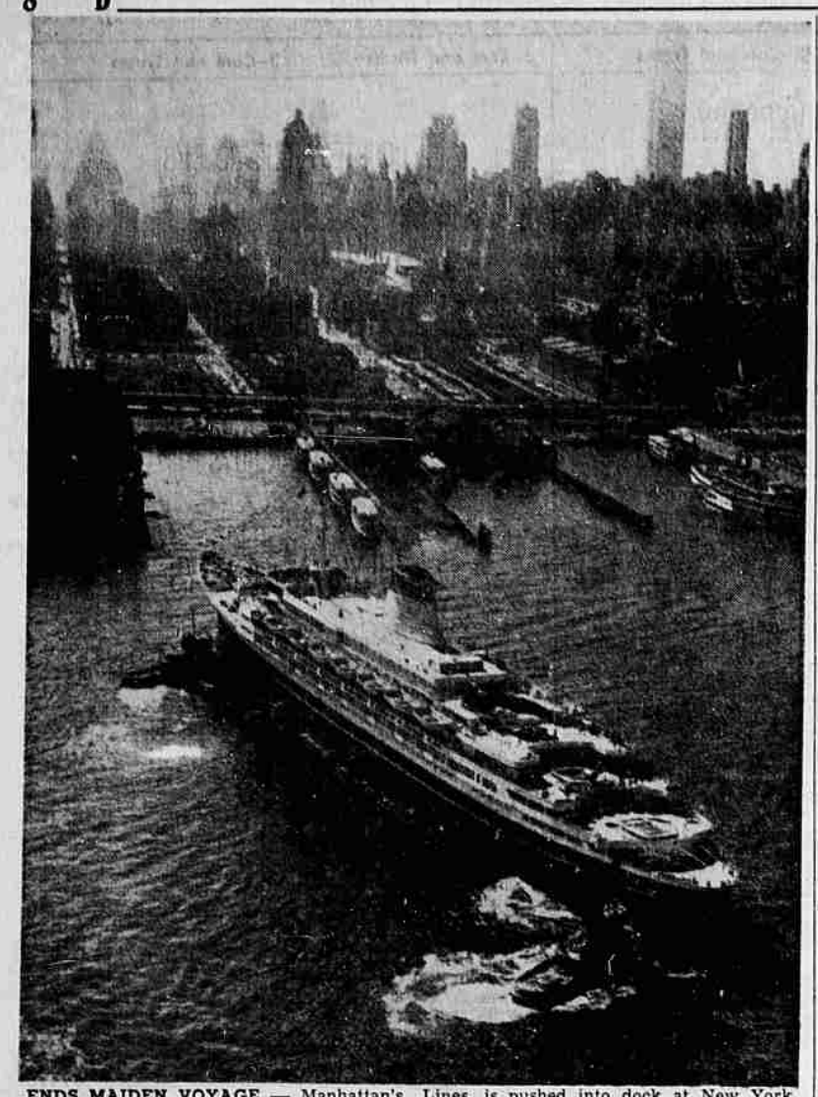

ENDS MAIDEN VOYAGE — Manhattan's skyline forms the backdrop Saturday as the Leonardo Da Vinci, new flagship of Italian Lines, is pushed into dock at New York. (UPI Telephoto)

Dieting Made Quick, Easy With Use of Home Freezer

Everyone knows how important it is to keep the family in slim, trim shape–and hot summer days, perfect for slimming salads and needed exercise, help peel off winter pounds.

The home food freezer can take a lot of the dreariness out of dieting in quick, easy steps.

For instance, cottage cheese –a favorite in many families –can bought in bulk. It's delicious mixed with chopped pimiento, green pepper, cucumber, chives, carroway seeds, and a variety of fruits.

Pint-Size Containers

Package it in pint-size freezer containers, and have it handy for lunches, dinners, or snacks. Cottage cheese freezes extremely well, and the variety of flavors on hand in your freezer will help keep meals low in calories and high in taste-appeal.

Most of the favorite casserole dishes will freeze well. Try substituting skim milk for whole milk, and watch the calories disappear from menus. You'll find that there's much less chance of being calorie-careless when the right foods are in the freezer, ready to be served in minutes.

Use Saccharine

When freezing fresh fruits and vegetables this summer, use saccahrine in the syrup pack instead of sugar. A ¼-grain saccharine tablet is equal in sweetening power to one heaping teaspoon of sugar.

Another help, of course, is to select low-calorie fruits and vegetables for freezing.

It's also a help to mark the calorie content per serving when labelling the freezer packages. If thought is given to diet when preparing foods for freezing, the home food freezer can be a happy aid to serving healthful meals all year around.

Directions for Cookie Freezing

To freeze baked cookies, cool and wrap them before freezing. They can be stored up to six months. To use thaw at room temperature or in moderate oven.

If unbaked, for rolled cookie dough, cut out cookies ready to freeze and stack with two pieces of waxed paper between them. Then wrap and freeze them. Store up to three months, and bake without thawing.

Drop cookies should be frozen on cookie sheet, packaged for storage with waxed paper between cookies. Most unbaked cookie dough can be frozen before rolling and will store up to three months.

Russian Reports Show Alarm Over Stream Pollution

London, (Science Service) –Russian newspapers reaching England show that the Russians are becoming alarmed at the pollution of the nation's 225,000 miles of rivers, which is killing fish and endangering public health.

Soviet scientists have called for action to stop industrial plants dumping waste products and for long-term planning covering all branches of industry and public

The dumping of waste is reported to be damaging the fishing industry to the extent of about a quarter of a bilion dollars a year.

The newspaper Literature and Life said: "Fish and vegetation are perishing. The health of the people is in real danger. And all this is taking place because sanitary laws are being violated by too many administrators."

Caused by Norms

The newspaper argued the cause of the trouble was the "so-called norms" providing for the "maximum allowable poisonous concentration" which could be thrown into the rivers. The paper said the norms concede that the dumping of waste products into the rivers was necessary and unavoidable, instead of trying to tackle the problem by neutralization, destruction and filtering.

Another newspaper to air the problem was Komsomoiskay Pravda, organ of the Young Communist League. It stated that scientists recently analyzed large sections of the northern Donetz River, the "Ruhr of Russia," with its mines and fast-growing chemical and steel industries.

Pollution Found

The scientists found dirty water, including poisonous substances was being poured into the river at the rate of more than 36,000,000 cubic feet a day by sugar, chemical and steel plants.

"Dead rivers," which have been officially written off as unable to support fish and vegetation as a result of too much dumping, were feeding water into the upper Donetz.

Trial Date Set For Ira Imhausen

A trial has been set Aug. 5 for Ira Herschell Imhausen, 19, of route 4, box 398 C, Medford, on charge of assault and battery, according to district court officials.

Imhausen is charged with tackling, pushing and shoving Robert L. Bass to the ground April 3. Imhausen had pleaded innocent to the charges June 9, and a jury trial was scheduled June 28. However, the state moved on June 22 that he be released on his own recognizance, and that the trial be postponed.

Imhausen was released to the custody of his attorney to go to the U. S. Marine recruiting station. On June 30 he was given until July 5 to procure the necessary letters of recommendation for enlistment in the Marines.

However, the Marine Corps recruiter said it would be at least a month before waives and entrance requirements could be satisfied. Imhausen's admittance to the Corps is unlikely in view of his record, the district court learned.

Since the information is "materially different" than what the court was told, a district court warrant was issued for Imhausen's arrest. He was arrested Wednesday by sheriff's deputies, and is being held in the county jail on $750 bail.

Hearing Set for Pollution Charge

Portland – (UPI) – July 22 has been set by Presiding Circuit Judge R. Harris to hear the suit of the State Sanitary authority against the City of Portland over water pollution. The judge to preside at the hearing has not yet been announced.

The state's suit asks a court order requiring the City of Portland to stop dumping raw or inadequately treated sewage into the Willamette and Columbia rivers. The state also asks that the city be required to build proper sewage facilities.

The suit says water pollution in the rivers is a health hazard, an obstacle to recreation, and a public nuisance.

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Surface Rights Project Announced by Forest Supervisor of Klamath

Yreka – Forest Supervisor C. A. Yates of the Klamath National Forest has announced that a determination of surface rights project will begin July 11 on national forest lands in the Doe Peak area, Jackson county. The project will be within the Oak Knoll Ranger district.

The project will be conducted according to the provisions of the act which provides for multiple use of the surface of the same tracts of public land, provided such use does not endanger or materially interfere with prospecting, mining, processing operations or uses reasonable incident thereto, he said.

The act provides the government with a procedure by which abandoned, inactive, invalid and unidentifiable claims located prior to the act may be brought under the category of a claim located subsequent to the act. The surface rights project is part of this procedure.

Forest service personnel will visually examine the land within the area in an effort to determine the persons in actual possession of or engaged in the working of such land, Yates said.

The field search will be completed in about three months, he added.

Upon completion of the field work and office processing, the land office will publish a formal public notice regarding the determination of surface rights on mining claims in the Doe Peak area.

In addition, persons directly involved will receive notice of the transactions.

Maps of the area and copies of a multiple-use mining pamphlet and other information pertaining to the act and the project may be obtained here at the forest supervisor's office.

Home Made Cakes May Be Frozen

Home made or boughten cakes can be frozen and used days later.

An unbaked cake, made of any kind of cake batter which uses double-action baking powder may be frozen. Freeze in moisture-proof, vapor-proof package and freeze. Store only two weeks. To use, thaw batter approximately one and a half hours in the container at room temperature. Transfer to greased pan, and bake as usual.

In freezing a baked cake, allow cake to cool completely. To freeze unfrosted cakes, wrap in moisture-proof vapor-proof package and place in freezer. Or frost cakes ready to serve, freeze before wrapping, then package in moisture-proof wrap. Uncooked frostings freeze best.

Cakes may be stored three to four months. Thaw on cake rack at room temperature. Thawing time for cakes depends on the size.

Microorganisms Cause Abortions; Cure Now Known

London – (Science Service) –A previously suspected cause of spontaneous abortion has been established, and fortunately, doctors know how to deal with it.

The cause is genital listeriosis, a chronic infection of the genital organs of apparently healthy women by microorganisms that are continuously excreted from the uterine cervix.

The microorganisms, bacteria of the genus Listeria, are not newcomers. They were isolated from animals in 1926 and have since been linked with human diseases such as meningitis, infectious mononucleosis, pneumonia and endocarditis (inflammation of the heart lining).

Abortion Prevented

A research team at Hadassah Municipal hospital in Tel Aviv, Israel, found listeria infections in 25 of 34 habitual aborters. In three of the 25, diagnosis was not made until the second three-month period of pregnancy and medication with penicillin and sulpha drugs failed to prevent abortion. In another eight, treatment has prevented abortion and the pregnancies are continuing at this time. The rest of the 25 are not now pregnant but are being treated to insure safety in future pregnancies. Some of the women had had as many as six spontaneous abortions and have had genital listeriosis for as long as 14 years.

Genital listeriosis causes little discomfort that would indicate its presence. Only one of the 25 infected patients complained of vaginal discharge and itching, and there was a second microorganism involved in this case.

The research is reported in the current issue of The Lancet by Drs. R. Toaff, N. Krochik, M. Rabinovitz and the late Dr. F. Rappaport.

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