

Program Announced For NFA Convention Thursday

Dr. Forest Shaklee, Oakland, Calif., founder of the Shaklee Foundation, will be one of the featured speakers for the state convention of the Natural Foods associates to be held in Medford Thursday, Aug. 25. The convention is to open at the Wilson school, Grand and Corona avenues, at 2 p.m.

Dr. Shaklee is to speak at 3 p.m. on "The Nutritional Way to Health." It is said that Dr. Shaklee's lecture is backed by 50 years of research, and that he will trace the nutritional elements from the soil, through vegetable metabolism, animal metabolism and back to the soil. He will "explain the function of the 'creative health force' within the body and the use it makes of nutrition in building and maintaining a strong and healthy body structure."

The speaker will also set forth the difference between "disease-consciousness" and "health-consciousness."

Another afternoon speaker will be Louis Zielski, Salem, Ore., an organic orchardist. He grows a large variety of fruits, but his specialty is apples. These he ships to all parts of the United States, it is stated.

Mr. Zielski has just returned from a prolonged trip to Europe during which he traveled thousands of miles behind the Iron Curtain, and he will describe farming methods in Europe.

Departmental meetings are set for 4:20 p.m., with four sections planned. At 6:45 p.m. a banquet of organic foods is planned, at 8 p.m. a colored film "Our Living Soil" will be shown and at 8:30 p.m. Miss Alfrida Rook of Escondido, Calif., will talk on "Food for Survival in the Atomic Age."

Dances Scheduled

Four square dances are on the calendar for this week end. Friday, August 26, an open hoedown will be held at Darby school, with Douglas Decker and Jake Toews calling. The dance will begin at 8:30 p.m. with potluck refreshments.

Darby school is located six miles up the Butte Falls highway from Crater Lake highway. All square dancers and callers are invited.

Hot Springs
Weather permitting, a dance will be held at Jackson Hot Springs Friday at 8:30 p.m. Floyd Workman and Byron Dibble will be the callers.

Applegaters
Applegaters will hold a dance Saturday, August 27, at Provoit Grange hall. Round dancing will start at 7:45 p.m. and square dancing at 8:30 p.m. Mr. Dibble will be the caller. All square dancers are invited and are to bring potluck food.

Star Promenaders
Star Promenaders will hold a "fourth Saturday" night dance at Roxy Ann Grange hall at 8:30 p.m. Kenneth Hood will be the caller; potluck refreshments will be served. All square dancers are invited.

Bridal Showers Given Recently

Mrs. Phillip Niel Sweet, the former Coleen Kay Nicodemus, was honored at two showers preceding her wedding August 13 at First Presbyterian church.

One was given by Mrs. Donald Smith, 507 South Oakdale avenue, with Mrs. L. O. Smith assisting. Guests were the Misses Dorothy Wolfe, Georgia Russell, Ellen Dwyer, Edith Dickenson, Marvadeen Vick, Drew Haverstick, Nelda Roberts, Ethel Champion, and Deana Edmunds, the guest of honor and her mother, Mrs. Rex Nicodemus.

The honored guest was presented a shower of household gifts. Another shower was given at the home of Mrs. Harold Koehler, 435 North Holly street, Mrs. George Osler, Medford, and Mrs. Rodney Johnston, Phoenix, assisted the hostess.

Guests were Mrs. Charles Marrs, Mrs. Kennedy Wonderly, Mrs. Dale Blikenstaff, Mrs. Marshall B. Sweet, the bridegroom's mother and Mrs. Nicodemus, all Medford; Mrs. Russel Thompson, Central Point; Mrs. W. R. Bolz, Mrs. Merle Simmonds, Mrs. Roscoe Owens, Mrs. Al Morin, Mrs. John Kessler, Mrs. A. V. Thompson, Mrs. Ray Clafflin, Mrs. Maude Haskins, Mrs. Walker Caldwell, Mrs. J. H. Webster, all Phoenix, and Mrs. Jack Cook, Anaheim, Calif.

Guardian Calls Practice Session

Mrs. C. D. Elhart, guardian of Bethel 14, International Order of Job's Daughters, has called a practice session for all regular officers and choir members for Friday, August 26, at 7 p.m. in the Medford Masonic temple.

If any officer or choir member is unable to attend, she is requested to notify Mrs. Elhart or Miss Carla Borough, honored queen.

Honored Queen Carla announced that the first fall regular meeting date is set for Wednesday, September 7.

Orange Ambrosia

Evaporated milk adds food value to between meal snacks. For a cool "bite" serve it in Orange Coconut Ambrosia: dissolve 1 package orange gelatin in 1 cup boiling water. Add 1 cup orange juice and chill until partially set. Fold in 1 cup shredded, chopped coconut. Whip 2/3 cup icy cold evaporated milk, using chilled beater and bowl. When stiff add 1 tablespoon lemon juice and 1/3 cup sugar. Fold into orange mixture. Chill in mixing bowl until set. Garnish servings with fresh orange sections and toasted coconut.

Peach Rhapsody

For genuine peach pie excitement, top your next peach pie with spiced dairy sour cream. A lattice top will show off the gold of the peach slices. Then swirl dairy sour cream with a whisper of cinnamon or nutmeg sprinkled around pie edge.



More than 125 members of the class of 1945 of Medford High school and their guests attended a reunion and dinner held recently at Rogue Valley Country club. Robert Boyer, Medford attorney, was chairman for the reunion, which took several months to plan, and Mr. Boyer is shown here with Mrs. Wayne Harris (at right) the former Joyce Cave, and Mrs. Steve Dippal, (Joyce Cox). Letters from Superintendent Leonard Mayfield, who was principal of Medford High school the year the class was graduated, and the present principal, Lester Harris, were read. (Knackstedt photo)



Lt. Ferney McKibben (at left) was the member having traveled the longest distance when Medford High school graduates of the class of 1945 held a reunion recently at Rogue Valley Country club. Lt. McKibben, a naval architect in the United States Merchant Marine service, lives in Springfield, Va. Pictured with the officer are Don Nissen, (center) Portland, now a cabinet maker, and Dean Sheldon, now assistant principal of the Coos Bay High school. The class voted another reunion in 1985. (Knackstedt photo)

Calendar

Calendar notices and news for the society section of The Mail Tribune must be submitted in writing and deadline for the Sunday edition is 1 p.m. Friday. Deadline for the weekly calendar is 9 a.m. of the day of publication and for week day news is 5 p.m. the day before publication.

Tuesday
7:30 p.m. - Senior Activity Center orchestra public concert. Library park.

Wednesday
10 a.m. - Oak Grove Neighborhood club, home of Mrs. Alex Connell, 3587 Jacksonville highway.

12 noon - Townsend club and auxiliary, north side of Hawthorne park.

Groups Announce District Session

Shady Cove - At the last meeting of the auxiliary to Steelhead post, Veterans of Foreign Wars, it was announced that District 7 would meet September 11 at Brookings, Ore., at 1:30 p.m.

The senior citizens chairman, Mrs. Tom Merit, reported on a visit to Delta Waters Rest home to celebrate the birthdays of two of the members of the home.

Mrs. Kenneth Oliver told of her experiences on a recent trip to Yellowstone park. Mrs. Tom Merit gave an account of a trip to the coast.

A potluck dinner is planned for September 23 at the post home in Shady Cove for members and friends. Mrs. Eve Prentice will show slides of Hawaii and provide musical entertainment with her accordion group.

Mrs. Eula Burdette and Mrs. Frank Bush served refreshments to post and auxiliary members after the meeting.

Women of Moose Announce Meeting

Women of the Moose will hold a meeting Wednesday, August 24 at 8 p.m. at the Moose hall, 11 South Newtown street.

Pictures taken at the installation of officers will be shown following the meeting.

Baby sitting services will be available for those who wish to attend the meeting and bring their children.

Rochester Family Leaves McLeod Area

McLeod - Mr. and Mrs. Melvin Rochester and son have moved to Thousand Oaks, in Ventura county, California, where both Mr. and Mrs. Rochester will teach school.

Mr. and Mrs. Roy Vaughn recently moved from Laurelhurst road into their new home at Rogue-Elk.

Camp Fire Girls Camping Trip

Towanka Camp Fire group made a camping trip to Touville park recently. Swimming and games were enjoyed and the girls learned campfire cooking and knot-tying. An evening ceremonial was held. Attending were Nanette Higgins, Sonja Carnes, Pamela Spiker, Gayle Ann Richmond, Susan Kaer, Sharon Turcotte, Joy Huntemann and the leaders, Mrs. A. Huntemann and Mrs. John Higgins.

Joy Huntemann, Scribe

Women's News • Social Events

"Mr. Ashland" Honored On Ninetieth Birthday

Ashland - The community of Ashland paid enthusiastic tribute Friday evening to Clarence Lane, native son and lifetime resident, with a public reception which honored him on his 90th birthday anniversary. The party, held at the Women's Civic clubhouse on Winburn Way, was sponsored jointly by the Civic club and the Ashland Garden club with members of each organization serving on the committees.

Rooms in the clubhouse were gay with baskets and bouquets of flowers in shades of pink. The refreshment table was centered with an arrangement of shell pink dahlias with matching candles on either side. A large birthday cake inscribed in pink was served.

The guest of honor and his diminutive wife, Minnie, were seated near the door where a steady stream of well-wishers poured in and overflowed around the rooms. A nearby table was laden with gifts and a large basket containing a shower of greeting cards from citizens of Ashland. The occasion afforded an opportunity for many "old-timers" to visit and renew acquaintances.

Informal Program
An informal program was presented at intervals during the evening with Mrs. R. H. Westerfield acting as mistress of ceremonies. Festivities began with those assembled singing "Happy Birthday" to Mr. Lane. Elmer I. Newton read his original poem entitled "Happy Birthday to Clarence Lane" in which he chronicled the events in the life of the guest of honor. The Rev. James M. Sinclair sang, accompanied by Mrs. Sinclair, and Mrs. Jay Kaylor, accompanied by Mrs. J. W. McCoy, sang two solos. Mrs. Dorothy Dickey played several popular selections on the piano. Mr. and Mrs. W. J. Beagle, friends of the Lanes since early days, entertained with old time fiddle and piano music. Mr. Lane did a spirited jig to their first number. Soon others were up joining him in dancing the old fashioned waltz.

Mr. Lane, affectionately called "Mr. Ashland" by his fellow townspeople, was born near Jackson Hot Springs and moved to Ashland when he was eight years old. Both he and his wife have lived in Ashland all their lives, literally "growing up with the town." He was a volunteer fireman in the early days and

has been a member of the Ashland Elks lodge for over 50 years. He is a life member of the Ashland Chamber of Commerce and the only man ever to be made an honorary member of the Women's Civic club. In 1958 he was voted Ashland's Senior Citizen of the year.

Noted for Spirit
Clarence Lane has long been known for his community spirit. Hardly a day goes by that he cannot be seen downtown sweeping sidewalks or picking up paper to keep the town tidy. His cheery whistle as he makes his daily round of the business section has made him an Ashland "conversation piece."

A foster daughter and husband, Mr. and Mrs. Richard R. Renstrom, came from New Mexico especially for the birthday celebration.

General chairman was Mrs. Ralph Foster, president of the Civic club. Assisting her on the planning committee were the Mesdames Virginia Greene, hostess; W. D. Jackson and E. N. Terrill, tea table; Mae Russell and Rose Ahrendt, serving; R. H. Westerfield, floral decorations; Verne Templer, refreshments and S. L. Cormany.

The table centerpiece was made by Mrs. Dale Hoover. Mrs. Roy Frazier and Mrs. E. S. Cortwell were in charge of the guest book. The kitchen committee included the Mesdames Myrtle Reed, Frances Thompson, Fred Whited and R. L. Royston. Pouring were the Mesdames Foster, L. R. Coder, R. F. Nye, Myrtle Hall, H. W. Helm, C. W. Peterson and Daisy Savage.

Reames Chapter Plans Reception

Reames chapter, Order of the Eastern Star, will honor Morris Boughner, worthy grand patron of Oregon, and Mrs. Boughner, grand Electa, at a reception set for Saturday, September 10. The event will be at Hedrick Junior High school at 8 p.m.

A no-host dinner will precede the reception and is planned for Rogue Valley Country club at 6 p.m. Reservations for the dinner may be made with Mrs. Stewart Penington, 408 North Barneburg road, by calling SPRING 3-4749, or with Rodney Witham, 1035 Murray street, telephone SPRING 2-5684.

The Boughners are members of Reames chapter.



Clarence Lane, known to many in his home town as "Mr. Ashland", was honored at a public reception which observed his 90th birthday anniversary. Mr. Lane, born near Jackson Hot Springs, and his wife have lived in Jackson county all their lives. (Hughes photo)

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Names For Steak Cuts Explained

Chicago-UPI-There's something in a name when it's applied to steak.

The American Meat Institute listed these names to clear up the confusion often surrounding steak cuts:

"Club steak," "T-bone steak" and "porterhouse" are all cut from the short loin. "Club steak," smallest of the trio, has little or no tenderloin. "T-bone steak," the middle-sized cut from the short loin, is triangular and includes some tenderloin. "Porterhouse," the largest of these cuts, is slightly triangular and includes a large portion of tenderloin.

"Kansas City steak," "New York steak," "loin strip steak" and "top loin steak" are the names used by some restaurants and retail stores to describe a boned steak from the short loin section.

"Shell steak," common in East Coast markets, is the porterhouse or bone with the tenderloin removed.

"Sirloin steaks" are cut from the loin or hip end of the beef loin. "Wedge bone steak" is the largest of this cut, which varies in size, shape and bone size.

Other sirloin steaks are called "round bone," "double bone" and "pin-bone" (sometimes called "hip-bone").

"Top sirloin steak" refers to boned sirloin, while "sirloin butt steak" at a restaurant menu indicates another type of boned sirloin.

"Rib steaks" come from the same section of a steer as the standing or rolled rib roast. Boned rib steaks are called "Delmonico," "Spencer" or "rib-eye."

Steaks not tender enough for broiling include "chuck steak" and "flank steak."

"Chuck steak," popular for braised dishes, comes from the shoulder section and contains either a round or blade bone.

"Flank steak" is a lean, flat, boneless cut meat with fibers running lengthwise. It is usually stuffed and baked, covered.

Three Women Take Trip Into Canada

Mrs. Roscoe Roberts, 2476 Spring street, her sister, Mrs. Thelma Andrews, 209 Haven street, and Mrs. Millie Walker, Gold Hill, are spending a two weeks vacation in Canada. They first went to Victoria, B.C. and plan also to visit Vancouver, B.C.

They plan to return home this week end.

Bride Honored At Shower Party

Shady Cove-Trail - Mrs. Ben Nork and Miss Suzi Chubb of Shady Cove were joint hostesses for a bridal shower honoring Mrs. Lenard Griggs. She is the former Miss Diane Allen, daughter of Mr. and Mrs. Frank Allen, Medford.

The shower was held at the home of Mrs. Nork Wednesday, August 17. The rooms were decorated in a pink and white wedding shower theme.

Guests attending were Mesdames Delbert Spaul, Lucille Allen, Lee Casey, Cecil Eccleston, Edmond Leaming, Ray Briggs, Ray Chubb, Shady Cove; Mrs. James Vanderlip, Ashland and the Misses Eda Larson, Linda Eccleston, Frances Johnson, Phyllis Briggs, Shady Cove; Misses Pam Vanderlip, Ashland and Donna Miller of Medford.

Mr. and Mrs. Griggs are making their home at 415 Lincoln avenue, Medford.

Guardian Calls Practice Session

Rogue River - Rogue River Garden club held a garden picnic for members and their families at the home of Mr. and Mrs. Paul Hughes on the Rogue river, Grants Pass.

Fifty-five were present for the buffet luncheon served on the lawn overlooking the river. Large baskets of multi-colored gladioli, a gift of Mrs. Melvin Parker, added color to the garden.

Guests were Mrs. Lulu Trotter, Rogue River; Mr. and Mrs. Herbert Parsons and Mr. and Mrs. Alvin Bailey, Grants Pass.

The club will hold a fall rummage sale Saturday, August 27, at Live Oak Grange hall, Rogue River. The sale begins at 9 a.m.

Next meeting of the club will be at the home of Mrs. Earl Brooks, Rogue River, September 20 at 10:30 a.m.

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