Women's News • Social Events

A starry-eyed Rosemary Doolen was breathless and composed by turns last week as she spent a few days with her mother and family in Medford before leaving for Portland and Atlantic City. Miss Doolen is Miss Oregon of 1960, and will represent this state in the annual Miss America competition in New Jersey. Miss Oregon, a music major at Willamette university, Salem, where she entered the contest as Miss Salem, is an ash blonde with gorgeous coloring and wide, friendly smile.

Miss Oregon To Leave Saturday

Portland – Miss Oregon for 1960, Miss Rosemary Doolen of Medford, will leave Portland International airport by plane Saturday, September 3, for Atlantic City, N.J.

There she will compete with over 50 other talented and charming girls in the Miss America pageant for the coveted title of "Miss America."

Accompanying Miss Oregon will be her chaperone, Mrs. Alex Haralampus, Seaside, who was co-chairman of the Miss Oregon pageant held in Seaside in July. During pageant week they will stay at the Ambassador hotel in Atlantic City.

Since each participant in the Miss America pageant lives a "showcase" existence almost every moment from breakfast to bedtime, a fascinating wardrobe is a matter of prime importance. Through the cooperation of Meier and Frank company and a number of manufacturers, Miss Oregon will take with her about $1500 worth of clothes ranging from rehearsal-time slacks and blouse by White Stag to three striking evening gowns by Cahill of California. Two of these are white, as all contestants must wear white for their judging in evening gown and the third is blue, for use in talent competition when she sings "A Heart That's Free."

Two Jantzen swimsuits are an important part of the wardrobe. For lunches, dinner, breakfasting with the judges, teas and other appearances, Miss Oregon is taking along three dresses by Alper Schwartz, a black patent handbag for daytime and an evening bag, two hats by Consolidated Hat company of New York, a boyfriend wool check suit, white jersey coat by Lorenzo of London, three pairs of gloves by Joseph Perrilia and no less than five pairs of shoes. A white fox scarf is being loaned to Miss Oregon by Meier and Frank, and the store will furnish her with a smart hair-styling just before her departure.

Miss Doolen, the fourteenth girl to wear the crown of Miss Oregon, was chosen by a panel of judges from among 19 contestants in the state pageant. Her beautiful singing voice did much to win the title for her. In addition to the Miss Oregon crown and the wardrobe, Rosemary also won a $1000 Pepsi-Cola scholarship in competition at Seaside. At Atlantic City, she will be competing for $35,000 in national scholarship awards.

Miss Doolen is the daughter of Mrs. Horace M. Doolen, 912 West Second street. She entered the Miss Oregon contest as Miss Salem, since she was at the time a student at Willamette university in that city. Mrs. Doolen will be in Atlantic City for the pageant.

Unit Holds Workshop Installation

Mrs. Sybyl Squire, Ashland, was installed president of the Una B. Inch chapter of the Oregon School Foods Service association at a workshop and meeting held August 29 in Hoover school. About 125 women employed by Jackson and Klamath county schools attended the workshop.

Others installed were Mrs. Faye Ross, Shady Cove, president-elect; Mrs. Dorothy Greene, Rogue River, secretary; Mrs. Estelle Nelson, Applegate, treasurer.

Retiring officers were Mrs. Arlee Ragsdale, Elk - Trail, president; Mrs. Squire, president-elect; Mrs. Wilma White, Medford, secretary; Mrs. Lorraine Wasden, Griffin Creek, treasurer.

The installation was conducted by Mrs. Gladys Negelspach, Portland, president of the Oregon association. She announced that the OSFSA would hold a conference in Medford March 16-17, 1961.

Speakers included Mrs. Leigh Gustison, Medford, president of the Oregon Congress of Parents and Teachers; Mrs. Laura P. Wells, Salem, state director of the Oregon school lunch program, and Mrs. Una B. Inch, former supervisor of Jackson county rural schools for whom the chapter was named.

PTA Head Talks

Mrs. Gustison spoke on "How the PTA Looks at the School Lunch Program" and said that if all PTA units made a closer study of the program, they would realize how important it is to the welfare of children. "The lunch at school is the only basic meal many children get and it must contain at least one-third of the daily nutrients for proper development of the children," she said.

Mrs. Wells spoke on "A Look to the Future" and told the cooks what government commodities would be available this year.

Mrs. Margurette Helberg of the Pineapple Growers association demonstrated the use of pineapple in a number of different dishes. These were served with luncheon.

A panel reported on the school lunch training conference held at Oregon State college July 11-13. Mrs. Virginia Wait, supervisor of the school lunch program in the Medford system, was moderator. The panel was composed of Mrs. Beth Malone, Ashland; Mrs. Squire, Mrs. Darley Craig, Mrs. Gandt, Mrs. Ester Erickson and Mrs. Lova Delgado, all Medford.

During a business meeting, the chapter planned a meeting for October 21 in the Rogue River school cafeteria.

J. R. Acheson, assistant superintendent of Medford schools, welcomed the group and Roy Gilbertson, principal of Hoover school, also greeted the women. The Rev. Melvin W. Dixon of St. Luke's Methodist church gave the invocation of Mrs. Catherine Gandt led group singing.

Holiday Events Set By Dancers

Square dancers of the Rogue valley have scheduled three events for the Labor day week end.

A special square dance is planned Saturday, September 3, at Provolt Grange hall. Don Carter and Dick Wilson from the San Fernando valley in California will be callers. It is stated that the two men will be in the valley for the week end, bringing with them several dancers.

All Rogue valley dancers are invited to attend the party at Provolt. Dancing is to begin at 8:30 p.m. and refreshments will be potluck style.

Lodge Party

Sunday evening, September 4, a "get-together" is planned at Take It Easy lodge, Grants Pass, in honor of the visiting dancers. Mr. Carter and Mr. Wilson will again call, as well as local callers.

All square dancers are also invited to this event, and potluck refreshments will be served.

Y Knot Twirlers

Y Knot Twirlers plan a First Saturday dance September 3 at 8:30 p.m. at Wilson school. Douglas Fosbury will call the squares and all square dancers are invited. Refreshments will be potluck.

Farewell Party Given Monday

Eagle Point – Don Higday was honored with a surprise farewell party Monday evening given by Mr. and Mrs. Ray Charters and children, Sam, Sheila, Scotty, and Sandra; Mr. and Mrs. Don Anderson and children, Paulette, Ricky and Ronnie; and Mr. and Mrs. Jeff Westover and his family, Mr. and Mrs. Herman Higday and the honored guest's brother Steve and sister Betty Ann.

The young man left Medford Tuesday morning for Portland to take his examination for the Navy. He has been attending Eagle Point High school.

Couples Visit Canadian Parks

Mr. and Mrs. W. H. Holt, Forest avenue, and Mr. and Mrs. Floyd P. Watkins, West Jackson street, have returned home after a vacation spent in Canadian national parks. They report that the highlight of their trip was a snowmobile ride up the glaciers on the Columbia ice fields.

The four also visited Lake Louise, and came home by way of Calgary.

POTPOURRI

Who and what shall the housewife and mother believe when it comes to food? On the one hand we have such groups as the Natural Foods associates who believe that much of the food for sale in the ordinary grocery store has had its food value destroyed by processing and that it contains unhealthful pesticide and chemical residues; members of this group believe Americans eat too much refined sugar and too much starch; they grow their own food whenever possible or buy it direct from farmers who grow food and produce poultry and meats under conditions approved by NFA.

Potpourri attended the evening session of the NFA state convention last week. We shared with some 300 others a delicious meal which included whole wheat rolls and comb honey, fresh tomatoes and other vegetables, chicken and a wonderful Bulghur wheat fruit pilaf made with the wheat, onions, sesame seeds, raisins, grated orange rind and spices. Now, Potpourri knows many of these men and women; they are intelligent, well educated and sincere. They cannot be dismissed with a wave of the hand and a mutter about "food faddists."

We listened to Miss Alfreda Rooke of Escondido, Calif., who holds a number of college degrees in nutrition and public health and who has spent years fighting for what she believes is a vital necessity for the United States–a better food supply. Somehow, Miss Rooke sounded discouraged, if not downright bitter at times. She said the growing of so-called "organic food" has become a racket in southern California, that perhaps 90 per cent of the food advertised and sold in California as "organically" grown is "pure bunk" and sadly remarked "no wonder the Department of Agriculture laughs at us."

This is not to say that Miss Rooke no longer believes in her crusade for better and purer food. She admonished Oregonians to protect their food at all costs, said the nation needs better standards by which to judge whether food is good or not, and spoke heatedly about the lack of ethics and said that nowadays everyone should remember the slogan "Let the buyer beware."

"Do it yourself," she urged. "Raise your own food whenever possible."

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With Miss Rooke's words still ringing in our ears (minus the hum of the mosquitoes which invaded Wilson school that evening), Potpourri turned to a booklet entitled "The Good in Your Food," a report to the nation of the proceedings of the 23rd annual convention of Super Market Institute. The speakers for a round table discussion were most imposing and the foreword states the booklet contains "A sound and reasoned reply by scientists and government officials whose reputations and devotion to truth are unassailable . . . to sensationalized books and articles about the purity of the national food supply."

Sidney R. Rabb, chairman of the board of Stop and Shop, Inc., opened the panel by saying that "As members of Super Market Institute, we have an obligation that goes far beyond that imposed by the economy under which we operate–to make a profit. We are not dealing in luxury merchandise that depends on the free dollars of the few.

"Ours is a responsibility that affects the very lives of people–the health of children–the well-being of present and future generations–and on which the strength of our nation depends. We are, in every sense of the word, purchasing agents for the homemakers of America–purchasing agents for the most important thing they buy–their daily food–charged with the responsibility that the food we sell be wholesome, be nutritious and be healthful."

Mr. Rabb was followed by Dr. Detlev W. Bronk, president of the National Academy of Sciences and introduced as "one of America's foremost scientists." The list of his chairmanships, honors and committees is too long to publish here. Dr. Bronk flatly said "Americans are the best fed and the most healthy people in the history of man." He outlined steps which he believes will maintain a good food supply for the nation, in spite of great population increases, and urged more research.

Dr. Charles Glen King, executive director of The Nutrition Foundation, who is also a special consultant to the United Nations Childrens' Fund and member of the UN's World Health Organization's advisory panel on nutrition, seconded Dr. Bronk.

"No nation in history has had a food supply that would compare with our present supply in terms of nutritive value, safety, convenience, stability, variety, attractiveness and availability," declared Dr. King.

To quote further: "A favorite scare theme of the faddists, publicity-seeking writers, and the so-called 'organic farmers' is the declaration that modern farming uses chemical fertilizers that omit the trace elements such as zinc, cobalt and copper, and that these deficiencies are undermining our health. This concept has no basis in fact. The reverse is well established . . . .

"Without a doubt, the most damaging form of malnutrition in America today is simply the result of overeating. The net effect of too many calories is too much body fat. We have reached a stage where the average body weight is about 15 pounds above the ideal weight for optimum health. . . ."

"In summary, when used in a common sense manner, our present food supply meets our basic needs more safely and efficiently than ever before in history."

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Also on the program was Dr. M. R. Clarkson, associate administrator of the Agricultural Research Service, U. S. Department of Agriculture. Among other accomplishments, Dr. Clarkson is a fellow of the American Association for the Advancement of Science and a member of the American Veterinary Medical association.

Dr. Clarkson said in part "Foods come from farms. The reason our wonderfully complex food processing and marketing industries, including the super markets, are able to provide us with wholesome foods in great abundance is that a vast quantity and variety of safe, wholesome foods are produced by this country's farmers. Never before in world history have so many people been so well fed by so few farmers as in the United States today."

Later in his speech he said "The fact remains that our foods today are safer and more wholesome than ever before –and chemicals used on farms help make them so."

He also quoted Secretary of Agriculture Benson thusly: "On our farms, chemicals enable us to produce the great variety of foods people want in the tremendous quantities needed. They also give indispensable protection to the natural excellence of these foods against the ravages of pests and diseases. In large part because of chemicals, American consumers enjoy fruits, vegetables, cereals, meat, poultry products and milk of unexcelled quality and freedom from contamination."

"We Eat on Science" was the topic of Dr. Herrell DeGraff, professor of food economics of the graduate school of nutrition, Cornell University. Like the other speakers, Dr. DeGraff also has an interesting list of accomplishments and positions.

"No other people in the world ever have been so fortunate in the abundance, variety, high quality and low cost of their food supplies. No other people ever have enjoyed a diet so nutritious or of such outstanding wholesomeness." These are his opening remarks at the meeting. He lauded scientists for "their enormous contributions to food production, processing and distribution." He spoke interestingly of how chemicals have increased the food supply by cutting down the ravages of diseases to poultry and meat animals.

"We are living in a chemical age," Dr. DeGraff said at one point. "We answer none of the problems that such an age generates by anything so simple as eliminating chemicals. If we were to take that approach, we would soon be short of food." He predicted that every year will find the world more dependent on chemicals in producing enough food, and stressed that appropriate chemical materials must be properly used and "scientifically grounded legislation must be responsibly administered."

George P. Larrick, commissioner of food and drugs of the U. S. Department of Health, Education and Welfare, sounded a note of caution and warning about the use of chemicals to produce and process food. He explained the two extremes of the question – one that Americans are being poisoned on a wholesale basis and the other that the new food additive law is stifling progress and said neither is true. He admitted that there "are dangers from irresponsible use of potent chemicals. There are irresponsible users of these chemicals. We have case histories that prove the point. Fortunately they are relatively few. My message is simply this: Safety in the use of food chemicals is a must if the food industry is to continue to enjoy consumer confidence. . . ."

The last speaker, Dr. Frederick J. Stare, chairman of the Department of Nutrition, Harvard School of Public Health, took as his topic "Goodness is Still in Our Foods" and declared: "The poisons are in the pens and tongues of those who, by peddling misinformation, half-truths, statements out of context and downright falsehoods, gain temporary notoriety, inflate their own egos and make a profit, or hope to."

He further said "May I state a few elementary principles of biology and foods? All foods are chemicals. All nutrients are chemicals. You and I are composed of chemicals. . . . As a physician and student of nutrition for the last 25 years, I should like to state categorically that I do not know, nor have I ever heard, of one single case of ill health in man that has been shown to have been due to the addition of approved additional chemicals to foods. And I say additional chemicals because I wish to emphasize again that all foods and nutrients are composed of chemicals. . . .

"We have the best and finest food supply in the history of this or any other country. Furthermore, it is the safest. . . ."

Dr. Bronk closed the panel by reading the words on a banner draped across the hall. "That there may be more health, more knowledge, more freedom, more happiness and a nobler life for all."

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Copies of the pamphlet may be secured by writing "Publications Department, Super Market Institute, 500 North Dearborn street, Chicago 10, Ill."

For some reason or the other which we do not fully understand, this reporter still remains only partly reassured.–O. S.

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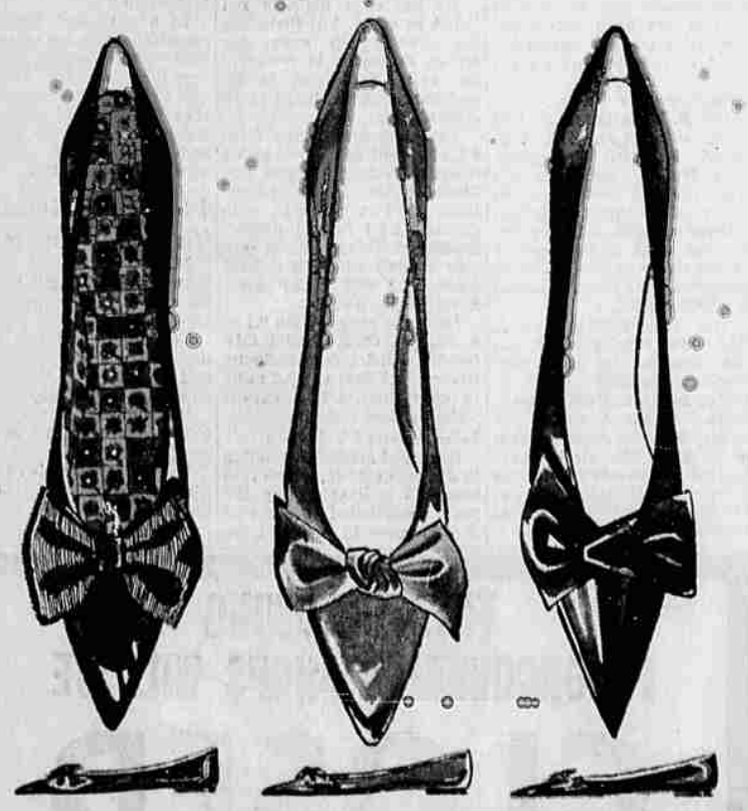

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