



Among the new officers of Jackson school, Medford, secretary; and John Stewart, County unit, Oregon Education association. Ronald McKenna, Central president. The three were installed at the Point, teacher at Crater High school, treasurer; Mrs. Charlotte Sweet, Washington group held at Rogue Valley Country club.

Poster Contest Winners Named By Garden Club

Rogue River — Winners in a flower show poster contest recently conducted by the Rogue River Garden club were announced at the April club meeting held at the home of Mrs. Roy Larson on Highway 99 south.

Taking first place was Bonnie Ayris from the fifth and sixth grade group. Judy Badly took second prize for the seventh and eighth grades; and third prizes went to Kathy Thrope of the seventh and eighth grade contestants, and Connie Kearna from the fifth and sixth grade students.

Mrs. Harold Dunham, horticulture chairman, spoke on wild flowers and primroses. She reminded the members that it is unlawful for persons in this state to willfully or negligently cut, dig up, trim, pick or remove plants, flowers, shrubs, fruit or other vegetation growing upon any public highway within the state on upon public lands, within 500 feet of the center of the public highway, without the written permit of the owner or his authorized agent.

Mrs. Rollin Stiehl presided and Mrs. Frank Cook, chaplain, offered a prayer. Guests introduced were Mrs. W. Sutherland of the Central Point Garden club, Mrs. D. Inman, Rogue River, and Mrs. G. Garcia of San Leandro, Calif., sister of Mrs. John Hendry, a member and new resident in the area.

It was pointed out the value of toads in gardens and the fact that it is estimated that a toad in three months' time will destroy 10,000 harmful insects.

Mrs. Cook, Mrs. Charles Gaines and Mrs. Louis McQuady were hostesses.

The arrangement for the month was made by Mrs. John Whitman.



ENCHANTING—The prettiest little girl in the Easter parade organically dressed, here with lace and tucks from collar to hemline. Pink sash and a separate pink polished cotton slip add a delicate gleam of color to this Celeste design.

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Anti-Coronary Group Says Calories Do Count

By MARGARET A. GILGORE
United Press International
Montclair, N.J. — UPI — Calories DO count, especially in fighting heart disease.

This is the observation of the "Anti-Coronary Club," a unique, grant-sponsored government project which has a membership of 120 men between the ages of 20 and 30 who have suffered one or more heart attacks.

Purpose of the project is to try to increase the life of the average family breadwinner by reducing the amount of fat he has in his diet and changing the type of fat consumed.

One of the more dramatic success stories was that of a 38-year-old man who had suffered one heart attack and quit work because he thought his life was about over.

Positive Approach
"What he needed was a positive approach to his illness," explained Dr. Marvin J. Bierenbaum, who heads the project for the New Jersey Health Department.

"We placed him on a low-fat diet for several months," Bierenbaum said. "The constantly recurring pains in his chest disappeared and today he is back at work."

The club, which has a membership of many prominent doctors who treat their patients but refer them to the club for diet plans, promises no cure-all for heart disease.

"But we are trying to find the causes of the nation's biggest killer," Bierenbaum said, "and we feel diet has a lot to do with it."

The club works in conjunction with St. Vincent's hospital here. It has lost three members through death during its two-year study of blood cholesterol and coronary heart disease.

It is hoped that a pattern of longevity will be drawn at the end of the five-year program which is financed by the National Heart Institute with grants of \$33,700 per year.

Led Astray
Bierenbaum said the persons on diets were anxious to cooperate, "but we have definite evidence of many of them being led astray by a good steak."

To lure them back to the straight and narrow, club dietitians have prepared frozen foods with large amounts of unsaturated oils in them so they can be eaten without changing the amount of blood fats.

The available foods, not sold commercially, include roast beef, curried shrimp, a filled ice cream, poached halibut, beef stew and pot roast of beef. These are cooked in wine for palatability.

"We encourage the patients to stay on these foods and to stay away from milk, butter, eggs and fatty meats," Bierenbaum said.

If the foods are ever marketed generally, Bierenbaum estimates, one man could feed himself at a cost of \$60 per month.

He said the membership of the club is composed of men, because women generally do not develop arteriosclerosis until late in life, if at all. Membership costs \$15 in registration fees.

Bierenbaum cited another case of a member 40 pounds overweight, aged 40, who had suffered a heart attack six months before he joined the club. He also suffered 20 to 30 annual attacks a day.

Bierenbaum's staff put the individual on a diet to return him to normal weight, reduced the cholesterol in his blood, "and he had a complete cessation of pain in no time," said the doctor.

The anti-cholesterol crusade has been endorsed by the doctors who believe that fat is a

large contributor to heart disease.

"But those who think arteriosclerosis is caused by a number of other factors, of course, don't go along with it," Bierenbaum said. His group is the only one of its kind in the country, although New York and Chicago have kindred projects.

Bierenbaum feels the ultimate results of the experiment won't be known for several years, but he is certain that it is a giant step in the right direction.

Bridge Club Schedules Tournament

Reservations for the Medford Duplicate Bridge club men's and women's championship tournament scheduled for May 8 and May 15, should be made no later than May 7, officers point out. The reservations may be made by telephoning Mrs. Frank Baker.

At the May 1 master point session of the club, two sections of players participated.

In Section A of the north-south position there were seven tables in play. Taking first place were Mrs. Baker and Ray Wise, who scored 118 points. In second place were Mrs. Hugh Collins and George Polski with 96½ points, and in third place were Dr. and Mrs. A. M. Corthell, Grants Pass, who had 84½ points.

In the east-west position in Section A the winners were Mrs. Herbert Reddick, Grants Pass, and Mrs. Carl Anderson, first, with 105 points; Mr. and Mrs. J. S. Wolke, Grants Pass, second, 88 points; and Mr. and Mrs. Dale Fornbrook, third, 87½ points.

In Section B in the north-south position 7½ tables were in play, with Mrs. John Dougherty and George Rode taking first place with 87½ points. Mr. and Mrs. Paul A. Hutton were second with 83½ points, and in third place were Mrs. Paul McDuffee and Mrs. R. W. Gordon, with 82 points.

The Section B, east-west winners were Dr. and Mrs. C. M. Durland, first, 76½ points; Mrs. Frank Perl and Mrs. Jack Mitchell, second, 68½ points; and Roy Pruitt and Robert Dickey, third, with 67 points.

Father and Sons Plan Week End Trip

Edwin E. Hass, 1615 Crown avenue, and two of his boys, Morgan, 7, and Grant, 4, plan to spend the week end at the Coffee Creek ranch in the Trinity Alps of northern California north of Trinity Center.

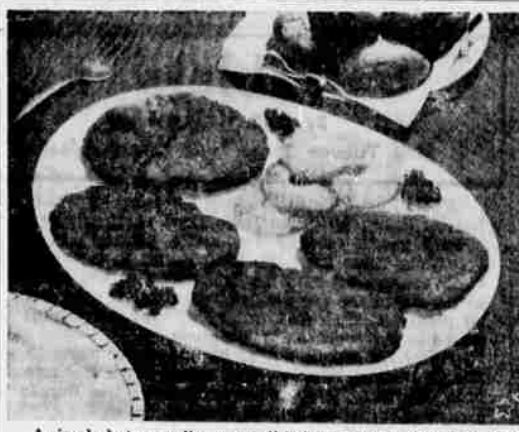
Tea Given For Ashland Women

Ashland — Mrs. Ralph A. Foster, retiring president of the Ashland Women's Civic club, Oregon Federation of Women's Clubs, was honored April 26 at a tea given in the club house on Winburn Way.

Large baskets and vases of lilies and tulips decorated the rooms and centered the lace covered table from which refreshments were served. Pouring were Mrs. Clay M. Lee and Mrs. Edward Root of Medford, both of whom are retiring officers of First district, OFWC. Assisting hostesses were Mrs. Ruby Helms and Mrs. Hazel Thompson.

Sharing honors with Mrs. Foster was Mrs. Pearl Crouch, a club member who had been notified that one of her published poems has won an award from the Denver Women's Press club. It is a 14-line sonnet entitled "The Dream is Ending."

The retiring president expressed her appreciation for the cooperation she has received during her two years in office and bespoke for her successor an equally enjoyable term in the presidency.



A simple but appealing meat dish for a family meal is Battered Pork Steaks with a tempting, golden coating. For a quick fruit garnish, brown pineapple rings in butter or margarine.

Breading Said Good Variation For Pork Steak

A pleasing variation can be made of pork steak by breading, which provides a tempting, golden coating. The important thing to remember in cooking meat is to use a low temperature. Make the steaks really good, the meat should be browned and the drippings poured off. Then a little liquid is added, the pan covered, and the temperature turned low so the meat will cook slowly.

Ingredients for this main dish are four pork shoulder steaks, cut one-half inch thick; one egg; two tablespoons milk; one cup fine dry bread crumbs, one-half teaspoon sage; one teaspoon salt; one-eighth teaspoon pepper; one-fourth cup lard or drippings; and one-fourth cup of water.

Beat the egg slightly and add milk. Mix sage, salt and pepper with crumbs. Dip steaks in crumbs, then in egg mixture, then in crumbs again. Brown in lard or drippings. Pour off drippings. Add water, cover tightly, and cook slowly 45 minutes to one hour, or until done. Makes four servings.

For a quick fruit garnish, brown pineapple rings in butter or margarine and serve with the breaded pork steaks.

Master Point Play Announced

A master point game for members of the Bear Creek Bridge club is set for Wednesday, May 10, officers have announced.

At the regular play held May 3 by the club, Mrs. W. W. Stevenson and Mrs. R. J. Jones took first place in the north-south position. They scored 123½ points. Mr. and Mrs. Leland Clark were second, scoring 120 points, and in third place were Mrs. E. A. Baker and Paul A. Hutton, with 114½ points. Fourth place was won by Chester Reavis and George Rode with 111 points.

The east-west winners were first, Mrs. Laurence Espey and Mrs. E. E. Bowman, 136 points; second, John Shortridge and Robert Middleton, 135 points; third, Mrs. Berg Marten and Mrs. Fred Rehling, 125½ points, and fourth, Mr. and Mrs. Frank Christian, 105½ points.

Birth Day Party Held in Wonder

Wonder — A dinner party last Friday at Bella-Merla ranch observed the birthday anniversary of Mrs. Conrad Sellers. Decorations were purple lilacs and white dogwood.

Guests were Mr. and Mrs. John Jacobs, Mr. and Mrs. James Bassett, Mrs. Maxine Belding, Mr. and Mrs. Larry Flannery, Mr. and Mrs. Lloyd Hill, Mr. and Mrs. Sidney Silverthorn, Mr. and Mrs. Ralph Lidman, Ross Campbell and Mr. and Mrs. Theodore Holder.

To speed the basting-thread pulling operation, wrap cellophane around your finger, sticky side out. Use it to pick the threads from the garments.

Williams Club Elects Officers

Williams-Provolt-Williams Friendship garden club installed officers at their April meeting held at the home of Mrs. James McIntyre was co-hostess for the evening ceremony.

Mrs. John Lathrop, installing officer, officiated during the candlelight service. Mrs. Omar Lytle was installed president, Mrs. A. J. Lindquist, vice president, and Mrs. Watt Trumbull, secretary-treasurer.

"Grow More Plants From Seeds" was the program presented, after each member gave their favorite forms for starting seeds, during the roll call. Corsages for the evening were made by Mrs. C. O. Booth Sr.

Retiring officers were, Mrs. W. W. Claypool, president, Mrs. A. D. Fitzpatrick, vice president, and Mrs. Omar Lytle, secretary-treasurer.

An outline of programs to be presented throughout the coming year, beginning in May, was given by Mrs. Lytle.

Arrangements are being completed for a garden tour in Grants Pass sometime in May.

WAC Recruiter To Make Visit

Sgt. Melba Magnuson, Women's Army corps recruiter from the main Army recruiting station in Portland will be in Medford May 7 and 8 for the purpose of interviewing young women interested in joining the corps.

Young women high school graduates or those who will graduate in the near future, may apply and choose their vocational training in a number of fields. Among the most popular are stenography, finance, machine accounting, medical, dental or x-ray procedures, and photography.

Those interested may obtain further information at the Army recruiting station in the post office building or by telephoning SPing 2-5022.



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