



Mrs. Robert Etsel, Compton, Calif., great Pocahontas for the California Pocahontas lodge, paid an official visit to Westonska council here last week. Pictured during the session are (left to right) Mrs. Orval Hayes, Pocahontas of the local council; Mrs. Etsel, Mrs. William A. Bowser, Chico, Calif., great third warrior of the California lodge and Mrs. Lewis Thompson, deputy great Pocahontas for Westonska council. Mrs. Etsel's official visit coincided with a district session of the northern California and southern Oregon lodges held Saturday, June 9. Pocahontas lodge is the women's order affiliated with the Improved Order of Red Men.

### Central Point Show Ends

Central Point - Flower lovers and growers attended and participated in the "Petal Progress" flower show presented by the Central Point Garden club Wednesday and Thursday at the Jewett Elementary school. The unusual weather of this spring and the timing of the show combined to give an exceptionally fine presentation of beauty, fragrance and color, it was said yesterday.

Mrs. L. C. Gordon and Mrs. John Holmer, both of Central Point, topped stiff competition to receive the purple sweepstakes ribbons for the horticultural and artistic divisions.

Crater Garden club, with an entry portraying "Sea Breezes of the Oregon Coast" with native azaleas, sea shells, rocks with sea fan, won the trophy given by the rest homes of Central Point - Lynn Haven, Pearl Watson and McCue's - to the Central Point club for service. Designs by the Ashland, Medford and Prospect Garden Clubs competed for this trophy.

Judges for this show which, closed last night, were Mrs. Scott McKendree and Mrs. Hugh O'Connor, Klamath Falls; Mrs. Earl McFall, of Tulelake, Calif.; Mrs. O. V. Poe, Phoenix; Mrs. Charles Stearns, Medford, and Mrs. E. A. Bay and Mrs. Drew Lamb, Ashland.

Cooperating with Central Point Garden club were various other garden clubs, the staff of Jewett school, the Medford Rose society, S and H Nursery, Grange Coop and Marge's Ceramics.

### Alterations Can Give Worn-Out Town Prosperity

University Park, Pa. - (UPI) - Alterations on a relatively modest scale can give a worn-out town beauty, character, spirit, and even prosperity.

So says Dr. Milton S. Osborne, head of the Pennsylvania State university department of architecture.

It takes no magic wand, said Dr. Osborne - a dab of paint here, a sprig of greenery there and, perhaps, a discreet building adjustment.

The Penn State veteran of years of rejuvenating communities cited Hollidaysburg, Pa., as an example of how "beauty consultations" can make a town more pleasant, if not a glittering gem of urban glamour.

Merchants along Allegheny street in the Blair county community, lacking parking space and hamstrung by deteriorating buildings, were losing business to nearby shopping centers.

They asked Osborne for advice. He asked for pictures of each building in the area and then, as is his custom, made free-hand sketches of how each could be made to look.

He explained that a grill-work of mullions inside a plate glass window gives a more picturesque character and a more intimate scale to a massive gleaming front. Flowers boxes and trees can do wonders, he added.

Overhead signs were taken down and "suddenly the street seemed twice as wide." The fixup spirit spread to home owners along the side street of the community.

"The whole community was interested," Dr. Osborne said. "They felt like it belonged to them. And people did come back to Allegheny street to do their shopping."

The community beauty consultant always works through sketches with the help of his wife, who is also an artist.

### Bakersfield Woman Makes Annual Visit

Hornbrook - Mrs. Hattie Holland has arrived here from her home in Bakersfield, Calif., for her annual summer visit with her son-in-law and daughter, Mr. and Mrs. Dwan Hamner. Mrs. Holland recently became a great-grandmother again when a son was born in Corvallis, Ore., to her grandson, Bill Holland, and his wife. He is a son of Mr. and Mrs. David Holland, formerly of Hornbrook, but now making their home in Corvallis.

### Grapefruit and Fish

Fish filets prepared with grapefruit sections have a surprise taste. Place 1 pound of fresh or frozen thawed fish filets in a broiler pan. Season 3 tablespoons of melted butter or margarine with 1/4 teaspoon of salt and 1/4 teaspoon each of pepper and orange and brush half this mixture over the fish. Sprinkle with paprika. Broil 10 to 12 minutes, or until the fish flakes easily, in a preheated broiler 2 inches from medium heat. Three minutes before cooking time ends, top with sections from 1 grapefruit brushed with the remaining butter. Serves 4.



Reading last night about the trouble airline companies are having with the flight engineers brought to mind a column published not long ago in the New York Times. The writer, Brooks Atkinson, started out by asking "Doesn't anyone ever have a joyful experience with the airlines?" and continued by saying that he had been forced to take a train not long ago when an airline had "abandoned" him in the Atlanta airport, and had been comfortably and efficiently rescued by the train.

He pointed out that the discontented airline travelers are legion. Frank E. Shaffer of The Charleston Gazette, it seems, asks his friends "are you going first class or are you flying?" when he hears that they contemplate travel.

A certain Jim Marshall of New York has a printed card that he presents to airline clerks. "What is it this time?" the card wants to know. It is signed by "The Wheels Club" which is described as a group of citizens united in a common cause - "We Hate Eastern Air Lines."

Last summer Potpourri had a long conversation with a Washington state business man who travels a lot by air, both in the United States and in Europe - he has his Million Mile card and has served on the advisory board of one of the major lines. He related a long list of grievances against airlines in general, but said some of the practices put into use by the companies - such as making passengers confirm and re-confirm reservations and then confronting them with last-minute cancellations and changes, had been the result of the abuses of the passengers themselves. He sighed and said the whole mess seemed a vicious circle and admitted that he had been forced into the practice of making double reservations for flights on which he believed he absolutely must have space. He makes the second reservation in the name of his wife, secretary or one of his employees, and then makes a last-minute cancellation of the second one. He knows this is bad, but believes he is justified because so many times he had been assured of reservations and then found there were none when he checked in at the airport.

Later in our vacation we attempted to make reservations from Centralia for a Sunday flight from Portland to Medford. On Tuesday we were informed that none were available, but that we would be put on the waiting list. Saturday morning the agent called and said there had been a cancellation, and the reservation was ours. When we boarded the plane in Portland Sunday there were exactly eight passengers on a plane which had seating space for about 20 persons.

Standing in line in the Portland airport we witnessed an incident which, if typical of the traveling public, must result in grey hair for airline employees. A worried woman and her son, about 10, stood in the line next to us. When she reached the attendant, she told him she wished to check her small bag and take the large one on the plane with her. The large bag was the "fortnighter" type which she could scarcely lift, let alone lug it into the passenger section of a plane and stow it anywhere.

At length she was convinced that she must check the large piece of luggage, and then could not find her tickets. She decided they must be inside the bag and then searched her handbag for the luggage keys. This took quite some time. When they were found, she could not make any one fit the lock. At length the boy, who seemed strangely calm with such a nervous mother, took the keys, found the right one, opened the big bag, rummaged around and produced the tickets.

All this went on while other passengers grew more and more restless and impatient and the courteous attendant kept warning the woman that she was in danger of missing her flight. The woman and boy at length ran for the ramp and disappeared from sight. Business went on.

A relative in Centralia told of standing in line in a large airport and of hearing the attendant announce that the flight which these passengers planned to take had been cancelled; they could be transferred to another, but would have to pay an extra charge. The first two or three persons in the line paid and in the meantime a man standing immediately behind our relative said "Don't pay; they can't make you." So when it came her turn she said in a loud, firm voice that this was against airline regulations. The attendant sighed, processed her ticket and let her proceed on the flight, without the extra money. Ditto the well-informed man traveler.

Which brings us back to the closing of Mr. Atkinson's column. "Leo Gorin of Brooklyn has been scientifically analyzing the metaphysics of bureaucracy. He thinks the phenomenon is best explained by Finagle's Law: 'Once a job is fouled up, anything done to improve it only makes it worse.'"

This coincides with the gloomy opinion of our Washington state friend. O.S.

### Medford Elks Plan Hazeroo

A western dance and "hazeroo" are planned by Medford Elks lodge for Saturday, June 16, at the temple. The event is to begin at 9 o'clock and will continue until 1 a.m. and it is suggested that those attending wear western attire.

### Kansas Couple Visit Daughter

Derby - Mr. and Mrs. V. A. Smith, Pratt, Kan., are guests of their daughter and son-in-law, Mr. and Mrs. Roy Terrell and family, box 137 Butte Falls highway, Eagle Point.

### Something Blue

The bride's custom of wearing something blue comes from ancient Israel. Brides long ago wore a blue ribbon on the border of their fringed robes to denote purity, fidelity and love.

### HEC Announces Party Saturday

Phoenix - The Home Economics club of Phoenix Grange plans a patio party Saturday, June 16, at the home of Mr. and Mrs. Charles L. Hockersmith, 3860 Calhoun road.

### Medford Elks Plan Hazeroo

The party will end with a buckaroo breakfast for which Reuel Rians and Ralph Erick are the "chuck wagon bosses."

### Something Blue

This will be the club's last meeting until October 17.

## HOME THRIFT BEAUTY SHOP

250 Beatty Street

Will be again accepting regular appointments starting tomorrow, Monday, June 18.

CALL 772-6351

We wish to thank our many friends and patrons for their thoughtfulness and sympathy during our recent bereavement.

Mrs. Gene Bateman

### Women Attend Convention of Health Group

Gold Hill - Several members of the Gold Hill Health unit were among those who attended the 29th annual convention of the Western Branch of American Health association at the Sheraton hotel in Portland earlier this month. Those who attended the session on June 5 and June 6 were Mrs. Grover T. Mulkey, president of the unit; Mrs. Ted Schoenemann, secretary pro-tem, both of Gold Hill; Mrs. Edward Knapp, program director for local health unit; Mrs. Virginia Kyer, executive secretary of Jackson County Tuberculosis and Health association, and Miss Elizabeth McCall, Jackson County Public Health nurse, all Medford.

### Women's News Social Events

### Nutrition Study Shows Seniors Eat Wrong Foods

By CLAIRE COX  
United Press International  
New York - (UPI) - The average senior citizen tends to eat less of the right foods and weigh more than he should, a nutritional study shows.

The study also found that although old people did not eat as they should, they acknowledged that other segments of the population were doing better, nutritionally, than a generation ago.

These conclusions were reached at The Age Center of New England, in Boston, in a study financed with grants from the U. S. Public Health Service and the National Vitamin Foundation.

A report on the findings, written by Dr. Charles S. Davidson, Dr. Seymour Kaufman, Patricia Anderson and Jane Livermore, a nurse, was published in the American Journal of Clinical Nutrition.

Dr. Robert S. Goodhart, scientific director of the Vitamin Foundation, commenting on the report, said that age should be no excuse for inattention to proper nutrition.

### Too Few Proteins

"A large proportion of the elderly have much too low a daily intake of protein, vitamins and minerals, particularly those who are socially isolated," he said.

Goodhart said that old persons who eat alone generally do not do as well nutritionally as those who have someone with whom to sit down at the table.

The study showed that the more isolated old persons ate a far smaller variety of foods than those who tended to be gregarious, but the lonely ones still were heavier than those who shared meals with others.

Among those who usually ate alone, the daily intake of all nutrients except iron was less than in the other group. Many were short on intake of vitamins A and C, riboflavin, niacin and calcium.

Not Fastidious  
Food fads held little interest for the old people in general. Only seven of the 130 persons studied went in for fad foods bought in health food stores.

As far as calories were concerned, the study found that the old persons generally consumed the desired amounts.

"The daily intake of protein and of vitamins and minerals, although highly variable, was surprisingly low in some instances," the report said.

### Calendar

7 p.m. - Welcome Wagon club, Girls Community club.  
8 p.m. - Talent High school alumni, Hunt room of Tally Ho.

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Most of the persons studied ate the usual three meals a day, although more than a third ate more frequently. More than half ate alone or most frequently alone and most did their own shopping, mainly at supermarkets, and carried their groceries home. Facilities for preparing food were generally adequate but a few had no refrigerator to use.

"Appetites were generally said to be good or excellent," the report said, "although more thought of eating as a necessary activity than a pleasure."

### Dance Planned Tonight at Hall

Medford Townsend club will sponsor a hard times dance tonight at the Pythian hall. Dancing will be from 8 p.m. until midnight and the committee states that those not in costume will be fined 10 cents. Prizes will be given for the best costumes.

A snack bar will be in operation. The public is invited to attend.

### Medford Woman Now in Seattle

Mrs. Muriel Preston, 1956 Roberts road, left by plane June 13 for Seattle where she planned to visit her son-in-law and daughter, Mr. and Mrs. Gaylor Randle and grandchildren, Kimberly Dean and Scott Allen. Mrs. Randle is the former Gloria Preston.

Mrs. Preston will also spend some time in Victoria, B.C., and at the Seattle World's Fair.

### Roguette Circle Names Delegates

Delegates and alternates to the annual national meeting were elected at the last meeting of Roguette Circle, Military Order of Lady Bugs, at VFW hall.

The delegates are Mrs. Richard Schulz and Mrs. O. E. DeBerry; alternates are Mrs. Ivan Lusk and Mrs. Harold Sutherland.

### Los Angeles Pair Visits Hornbrook

Hornbrook - Guests on Monday at the home of Mr. and Mrs. Henley Clawson were Mr. and Mrs. A. J. Wells, Los Angeles, who were enroute home after a trip to the World's fair at Seattle. Mr. and Mrs. Wells are the parents of Mrs. Gordon Bray, Yreka, sister-in-law of Mrs. Clawson.

### Movie-Going Pajamas New For Youngsters

United Press International  
Movie-going pajamas for the lollipop set are styled to look like play clothes but cut generously for comfortable sleeping. The novelty PJs solve the problem faced by many mothers bound for an evening at the local drive-in - what will the well-dressed child wear to the movies? Ordinary pajamas and nightgowns have been the answer until now. But when the children hopped out of the car and headed for the refreshment stand they had that sleep-walking look. The drive-in girls are styled for boys and sleep in the two to eight year old bracket.

The vested suit, popular last winter, moves on into summer for males. The hot weather versions are light weight.

Samuel Robert is showing his and her leather coats. A 24-karat gold snakeskin coat in the Robert's collection wholesales at \$225.

Sportswear producers are using leather trim on pockets, pants, skirts and jackets for fall. Leather trims on sweaters include suede instead of ribbon facing down the front - and leather elbow patches.

Afoot for fall; suit-boots. These shoes for women creep up, a bit above the ankle. They're recommended for wear with suits. The suit-boot silhouette first made the scene in Europe.

### Club to Hold Open Pair Play

Riverside Bridge club plans an open pairs tournament Wednesday, June 20. Master points will be awarded. Thirty-two players took part in play last Wednesday. North-south winners were Mrs. Fred Rehling and Mrs. R. T. Jones, first, 107 1/2 points; Mrs. Richard Milestone and Mrs. Paul A. Hatton, second, 95 1/2; Mrs. F. R. Baker and Mrs. R. J. Conroy, third, 83; the C. B. Brooks, fourth, 82 1/2.

### Artichoke Dip

A creamy vegetable dip is made to order for artichokes. Blend 1 cup of cream-style cottage cheese with 2 tablespoons of chopped green pepper, 1/3 cup of grated carrot, 1/2 cup of sour cream, and 1/4 teaspoon each of dill seed and garlic salt. This makes enough for 8 cooked, chilled artichokes.

### Artichoke Dip

To prepare the artichokes, wash them under running water. Trim the stems and pull off the tough outer leaves near the stem. With scissors, snip off tips of the remaining leaves. Place the artichokes upright in a large saucepan. Add 1 1/2 teaspoons of lemon juice for each artichoke and sprinkle each with 1/4 teaspoon of salt. Cover tightly. Cook 20 to 45 minutes, depending on size, or until stems are easily pierced with a fork. Turn upside down to drain.

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