

Local Woman Back From World Peace Congress

Mrs. Alexander (Annee) Stewart, Washington, D.C., national legislative secretary for the international congress of the Women's International League for Peace and Freedom, left Saturday after being the houseguest since Friday of Mr. and Mrs. Harlan P. Bosworth Jr., Applegate. Mrs. Stewart, in October, 1958, spoke in Medford to members of the local chapter of United Nations.

Mrs. Stewart and Mrs. Bosworth arrived in Medford Friday from the Astor, Calif., conference grounds near Pacific Grove, Calif., where they attended the 15th triennial international congress of the International League for Peace and Freedom.

The league was formed in 1915 and this was the first meeting in this country since 1924. One of the founders was Jane Addams, pioneer American settlement worker and Nobel Peace Prize winner.

Theme of the 1962 congress was, "Total and Universal Disarmament - Now," and Elze Zeuthen of Denmark, international chairman, presided.

About 300 women from 23 countries attended the conference which opened July 7 in San Francisco and continued July 8 at Astor. For the first time Arab and Israeli women attended.

Many of the women hold governmental positions in their countries, while some were from professional fields including law. Mrs. Bosworth said. One delegate was a former physician to Ghandi, another was the maharani of Patiala, India.

Favor Disarmament

"Peace Is in the Air," one delegate pointed out and Mrs. Stewart explained that since 1958 when she was in Medford, she had seen a great change in the attitude of Congressmen toward favoring disarmament as the only means of peace. She also said she believed that more and more persons are beginning to change in favor of disarmament.

It is hoped that a smaller group of delegates can convene before the next triennial session when women from China can attend, Mrs. Bosworth continued.

One of the main issues brought up by Mrs. Stewart at the recent congress was the instruction of delegates from other countries on how to communicate with leaders in their own countries by indoctrinating them with ways used in this country.

Countries Noted

Countries represented were Denmark, Poland, Canada, West Germany, Britain, France, Sweden, Norway, India, Syria, Kuwait, Colombia, Cuba, United States, Australia, Finland, Nigeria, Iraq, Lebanon, Haiti, and New Zealand.

Because the Portland provincial branch only recently has been organized Mrs. Bosworth joined the Jane Addams branch, Philadelphia, Pa., and has been a member since 1958. As a branch member she was eligible to join the international branch.

Mrs. Stewart was a guest in Portland of Mrs. Charles Davis, president of the Portland branch, the first WIL group in Oregon and was to speak Saturday to members of that group. In Seattle Sunday she spoke at the Peace center at the World's Fair. From there she will return to Washington, D.C.

Nibblers Defended By Heart Institute

Washington -UPI- At last a defense for nibblers! Studies reported by the National Heart Institute show that a flock of chickens given free access to food to nibble around the clock daily for five weeks fared better than chickens in nearby coops who ate regular meals.

The chickens who ate regular meals and did not nibble had cholesterol levels twice as high and coronary atherosclerosis seven times as severe as did nibblers.

This—despite the fact that the regular peckers had consumed about one-third less food than the nibblers. Identical foods were eaten by both the nibblers and the regular meal chickens.

A report in the Journal of the South Carolina Medical Association notes that the experiments raise questions on the soundness of current dietetic theory—the three meals a day regime.

The journal reported also that the studies suggest that the popularity of "coffee breaks" may indicate an unconscious desire for the beneficial effects of frequent feeding — alias nibbling.

Nurserymen Now Use Gamma Radiation To Treat Bulbs, Plants

Cleveland, Ohio -UPI- Atomic science has not yet gone to seed, but it may have a big effect this year on bulbs, shrubs and the flowers that grow from them.

Gladioli and several types of roses, laboratory treated with gamma radiation, are being made available to home gardeners for the first time.

The flowering bulbs and plants, grown by Mentor Nurseries, Inc., Mentor, Ohio, are subjected to cobalt 60 radiation at laboratories here for being distributed nationally by the Sani-Speed Manufacturing Co.

Nurserymen admit they cannot predict accurately what effect the radiation will have on the bulbs and shrubs. They say only that the treated plants probably will be bigger and sturdier and the blossoms may be more colorful, if not bigger, than untreated ones.

Philip Segelin, president of Mentor, said there is no danger to the gardener from the irradiated plants. He said radiation cannot be passed from plant to person any more than an unborn person can pass his tan or burn to another.

For spring planting, irradiated gladioli, rose, and tea roses are available. Crocus, tulip, hyacinth and daffodils are being readied for fall distribution.

Square Dancers Attend Festival

Mr. and Mrs. Ray Dallaire, members of the Medford Y-Knot Twirlers square dance club, will lead a square dance delegation to the Oregon Square Dance festival in McMinnville July 20 to 22.

Several dances have been held by the group in recent weeks. Fifteen dancers were graduated from the latest class conducted by the club.

Jack Livingston was guest caller at a dance held in early June. Mr. Livingston is an old friend of several members of the club.

Berry Sundae

Dissolve 2 packages strawberry gelatin in 2 cups hot water. To 1 cup, add 1 cup water, 1/4 cup sherry, 1/2 cups sweetened berries, chill. To remainder, add dash salt, 1/4 cup sugar, 1/2 teaspoon almond extract. 1 cup cold water, chill until slightly thickened, then beat until fluffy. Fold in 1/2 cup cream, whipped. Chill. Serve with fresh berry sauce.

To Meet

Mrs. Melvin Frick, noble grand of Mt. Pitt Rebekah lodge, Central Point, has called a special meeting of the members for Wednesday, July 18 at 8 p.m. The session will be for the purpose of discussing plans for a visit by Mrs. Selma Watkins, Waco, Ore., state president of the Rebekah assembly.

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Social Events ♦ Women's News



Awards were given to members of the class of 1952 for "accomplishments." Master of ceremonies Dr. Douglas Phillips presents the award for the oldest child to Mr. and Mrs. Charles Chitwood. Mrs. Chitwood is the former Barbara Van Sickle. Other prizes were given for the youngest child, the youngest family, the person having traveled the farthest distance, and the best man.

Lack of Physical Activity Said Cause of Back Pains

By PATRICIA McCORMACK United Press International

New York -UPI- Desk-bound white collar workers' male and female — sooner or later suffer the sedentary human's pain. Sitting 44 1/2 hours a week, sitting too much and not moving around enough, contribute to the occupational disease — back-ache.

Dr. Hans Kraus and Sonya Weber, of New York City, report the chances of preventing pain in sedentary persons can be improved by simple measures.

Samples: Changing chairs frequently when working; changing head posture; taking five-minute breaks for mild exercise such as walking up and down the corridors.

Also: Incorporating 10 to 30 minutes of exercises into the daily routine; developing walking habits, including climbing stairs; and engaging in some activity as walking, swimming, tennis, or gardening on week ends and on one week day.

The researchers, reporting in a journal, "Archives of environmental health," note that a lack of physical activity is a major cause of low back pain.

Their statement that exercise can prevent as well as remedy the situation is based on a study of 62 psychoanalysts, a highly sedentary group, and earlier research by Dr. Kraus.

Each analyst was tested to determine his muscle deficiencies and exercises were prescribed to overcome these weaknesses.

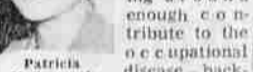
After exercises were learned, the analysts were told to perform them at home at least once a day for five to 20 minutes.

The researchers followed the progress of 26 of the analysts from two to 10 years. Of the 26 who originally complained of low back pain along with pain in the upper back, neck, shoulder area and legs, "eight had no pain at all, and 11 had definite relief" at their final examination, the authors noted.

"What's more, they all showed 'considerable improvement in muscle strength and flexibility'."

The researchers also sent a questionnaire to the 350 members of the American psychoanalytic Association.

Of 489 analysts responding, 144 exercised and had no pain; 107 did not exercise at all, and had pain; 47 had pain



Patricia McCormack

which was relieved by exercise.

Fifty-two had pain despite physical activity; 29 did not exercise at all and had no pain. Forty-four reported an organic disease involving the lower back.

"The study bears out the experience reported previously that lack of physical activity is the major cause for low back pain and the tension syndromes and that exercise has both preventive and remedial value," the doctors said.

P.S. — Sedentary homemakers, if such a breed exists, also can help their backs by moving around more.

Sealed Containers Will Keep Pests Out of Dried Foods

Corvallis - Cornmeal, raisins, dried prunes, apricots and rice should be stored in tightly sealed containers to discourage invading insect pests, advise Oregon State University entomologists.

Some of the most common invaders are demitid beetles, bean bugs and cereal psocids. Dermistid beetles, more commonly known as carpet beetles, are the most difficult of all pests to control. If found on food shelves, look around other parts of the house for their presence. Infestations are frequently found in old sacks of rags, wool sweaters or other clothes containing wool, fur or feathers.

Among brain bugs, the saw-toothed grain beetle and red flour beetle are most likely found in coarse ground cereals. Sometimes they can be spotted in flour, dried milk, nuts, dried fruit and pet food.

OSU specialists suggest a four-point control program. Get rid of infested food. Clean cupboards by removing crumbs and lint from cracks. Use old supplies of food first. Don't mix old with new. During the summer when pests are most troublesome buy flour, cornmeal and dried foods in smaller size packages for more rapid turnover.

OSU entomologists R. L. Goulding and R. W. Every offer homemakers a fact sheet to help identify and control household pests. Entitled "Insect Pests of Home Stored Food," it's free on request at all county extension offices.

Suggestions Given On Care of Luggage

Chicago -UPI- Taking a trip? Give your baggage an even chance to keep up with you by following these tips:

Remove all old luggage checks from the bags. Identify all with tags stating your name, address and phone number. Count your bags when arriving at or departing from hotels and airports — and when getting in and out of vehicles.

Arrive at the terminal in time to check in, without having to hurry. When making reservations for interline connections, allow enough time for your luggage to be transferred.

The tips from United Air Lines, also included a caution to keep an eye on your bags when rising from an airport into a city by limousine.

When other passengers are discharged before you, make sure your luggage is not accidentally disembarked with them.

Riverside Club Has Master Play

Master point play was conducted by the Riverside Bridge club July 11, with 36 players competing.

North-south winners were Mrs. Leland Clark and Mrs. Paul Hutton, first, 127½; Mrs. R. T. Jones and Mrs. A. W. Lingaas, second, 118; Mrs. G. B. Dean and Beulah Hayes, third, 112½; and Mrs. R. Milstone and Mrs. B. J. Todd, fourth, 112.

East-west winners were Mrs. L. V. Espey and Mrs. H. B. Collins, first, 134 points; Mrs. Jack Mitchell and Roy Pruitt, second, 125; Mrs. M. M. Herman and Mrs. Mary T. Tross, third, 116; and Mrs. J. F. Finigan and Mrs. Fred Birch, fourth, 109½.

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 4 p.m. Friday. Deadline for the weekly calendar is 9 a.m. of the day of publication and for week day news is 3 p.m. the day before publication.

Monday:

6:30 p.m.—Ruth Ether unit, Wesleyan Service guild, home of Mr. and Mrs. George Renaker, Route 3, Box 175.

7:30 p.m.—Disabled American Veterans and auxiliary, Girls Community club.

Tuesday:

9:30 a.m.—Woman's Society of Christian Service, First Methodist church, Circle 8, Mrs. Walter Higgins, 2200 Oakwood drive; Circle 9, Mrs. F. L. Van Drew, 1164 Spring street; and Circle 6, Mrs. Glen Duysen, 1556 Jasper street.

10 a.m.—Woman's Society of Christian Service, First Methodist church, Circle 7, Mrs. A. E. Brockway and Mrs. Ralph Waldron, 2325 Stewart avenue.

10:30 a.m.—Woman's Society of Christian Service, First Methodist church, Circle 10, Mrs. Gerald Sherman, 2802 Lapine avenue.

12 noon—Woman's Society of Christian Service, First Methodist church, Circle 4, Mrs. Lee Van Ausdall, 338 Fairmont street.

1 p.m.—Central Point Royal Neighbors of America, Mrs. J. S. Richardson, Table Rock road.

1 p.m.—Woman's Society of Christian Service, First Methodist church, Circle 2, Mrs. John Kent, 922 South Oakdale avenue; Circle 3, Mrs. H. L. Grossman, 3485 Forest avenue; and Circle 5, Mrs. L. B. Pierce, 516 West Jackson street.

1:30 p.m.—Woman's Society of Christian Service, First Methodist church, Circle 1, Mrs. Bailey Aggeler, Rogue Valley Manor.

Community Fellowship Holds Annual Picnic

Hornbrook - The Christian Women's Community fellowship of the Hornbrook Methodist church held a picnic last week at the home of Mrs. Henley Clawson. In addition to the regular members, special guests present were the Rev. and Mrs. C. A. Nyland, recently appointed the new pastor of the local church at the annual conference in June, and Mrs. Guy Kraft, Colton, Calif. Mrs. Clawson's sister, who is spending several weeks in the area visiting relatives.

Prestons Visit In California

Illinois Valley - Mr. and Mrs. Larry Preston, Cave Junction, were in Tracy, Calif., recently, when they helped Mr. and Mrs. Mervyn Preston, Ashland, move there. Larry Preston is a son of the Mervyn Prestons.

On the return trip the Larry Prestons visited in Santa Rosa, Calif., with Mr. and Mrs. Andy Mellow Mrs. Preston and Mrs. Mellow are sisters.

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Former NEA Head Named Consultant

Kansas City, Mo.—J. Clloyd Miller, former president of the National Education Association of the United States, has been named educational consultant to People-to-People, Inc., it has been announced by Joyce C. Hall, chairman of the executive committee of People-to-People.

Veni-Vidi

Vatican City — about the size of an 18 hole golf course — is paradoxical and incredibly interesting. It is a sovereign state; the smallest in the world. It came into being in 1929 and oddly enough a dictator — Benito Mussolini — helped create it.

It is exempt from all Italian jurisdiction, taxes and laws. It issues its own passports. As there is room for only about 1,000 persons to live in the city, a man loses his citizenship at the age of 25, unless he is in service in the Vatican. The Pope, of course, is the chief of state.

There seems to be no end of interesting facts about the Lilliputian state. It prints its own stamps (and a letter mailed outside its walls is thrown out as certainly as though it had a stamp of the United States on it). It prints its own currency; it has its own police force, four post offices, a printing shop, a grocery store, book shop, bakery shop, and a newspaper. It has factories, such as one for making mosaics; it has a world famous observatory, a radio station (which beams information into Iron Curtain countries in a dozen languages). It even has its own railroad, the shortest in the world — only a few yards long.

All you have to do to enter is to go there, and yet it is as heavily guarded as any city in the world. It sends out and receives diplomatic representatives, but it is professedly neutral. A mong others, Japan and Great Britain maintain legations there. Russia, Red China and the United States do not.

Going through St. Peter's or the Vatican museum you see certainly an international crowd of people — people of every color, nationality, and faith in the world.

Besides being the largest church in all Christendom, millions of visitors think it is the most thrilling vista in the world to enter St. Peter's. To learn the proportion is impressive, too. The length of the middle nave is 614 feet and its height is 150 feet. There are 44 grand altars and more than 800 columns of marble, bronze and plaster. There are naves alone which are bigger than some of our cathedrals. The big cupola is 430 feet high.

When the basilica is ablaze with myriads of candelabra; when the famous Swiss guards in their brilliant striped yellow, red and blue uniforms and plumed hats are in attendance for a special ceremony, then it is an experience not to be soon forgotten, because when the Pope (called "Papa" in Italian) enters, the 100,000 participants cry out, "Viva il Papa."

To say you have seen the Vatican museum in one visit is a colossal understatement. It would require weeks to skim over the treasures of the museums of the antiquities (the largest collection in the world), to visit the 15 large public rooms with their 400 masterpieces, to study the murals, the tapestries, the ancient maps and globes, and after this to see the Vatican library — so great that it has not even all been catalogued.

From there you study the Borgia rooms, the Raphael rooms and the Sixtine hall. The Sixtine chapel—the greatest artistic wonder — is at the end. Besides the ceiling, frescoes of Michelangelo, there are the famed wall paintings of Botticelli, Pinturicchio and other masters. Here, too, the historic conclave of Cardinals

Jeters Travel To Weaverville

Hornbrook - Mr. and Mrs. L. E. Jeter returned recently from a trip to the coast. They traveled to Weaverville, Calif., where they toured the historic Joss house, and also visited friends in Crescent City and Smith River, Calif.

On their return trip, the Jeters visited with inspectors at the Redwood Quarantine station. All have been co-workers of Mr. Jeter, as he has been with the California Inspection service for more than 25 years.

There is a bit of interest here. The ballots are burned in a little stove, from which pours out the smoke, and for the half million people in the piazza awaiting outside, this is the signal that the new Pope is chosen.

All roads lead to Rome, and all the buses on all roads certainly lead to the Vatican. During the height of the tourist season there are as many as 150 buses in the piazza; 150 buses with as many as 50 persons in each one. All these with their guides travel through, try to listen to and not get lost from their own guides in the Vatican. The crowds, milling in and out, looking up, looking sideways, studying books, continue day after day all summer long. I would say all the year long. Like at a railroad station.



A "hobo" contest was conducted at Washington school last week through the summer recreation program of the city parks department. Some ingenious costumes were the result. Sieve Hotho, 8, son of Mr. and Mrs. Arthur F. Hotho, 1116 Dakota street, pictured above at left, heard about the contest about five minutes before the event was to take place. Donning his father's shirt and cap, he arrived at the contest to take first prize. Pictured with him is a neighbor, Wayne Beale, 9, son of Mr. and Mrs. Jack Beale, 1120 Dakota street, who didn't win a prize but his costume is representative of the contest theme. Steve will be a fourth grade student next fall at Washington school and Wayne will be a fifth grade student there. Both are members of the Braves baseball at the school. Miss Sue Brennan is playground supervisor at Washington school for the summer recreation program.

Secretaries Report on Food

By JEANNE LESEM United Press International

New York -UPI- A switchboard operator in one office calls 4 p.m. "potato time." That's when working mothers call home to tell their teenagers to put potatoes on for supper. It is also the hour when wives start calling husbands to ask if they'll be home on time. As the afternoon wanes, the evening meal also gets top priority from single women who work, reports "Today's Secretary," a magazine for the "Girls Friday" nationwide.

Writer Marilyn French questioned married and single working women for tips on evening meal preparation after a hard day at the office.

"Shifting from electric typewriter to electric range is easier if you do it gently," said a wife whose family gets home late. She's obviously not a calorie-counter, as she stops for a coffee and toast break on the way home to tide her over while she cooks dinner.

Another secretary, whose family gets home early, serves them milk, soup or juice in mugs while they wait for her to fix the evening meal.

This technique can be an excellent method of weight control. The late Dr. Norman Jolliffe, a nutrition expert,

once told me that a low-calorie first course eaten 30 minutes before mealtime reduces appetite pangs so that you aren't tempted to overeat.

The bugaboos for most afternoon cooks include choosing foods and finding time to prepare them, wrote Miss French.

Some working wives become Sunday cooks, preparing a big roast or baked ham on Sunday. They use the leftovers the remainder of the week, in hot and cold sandwiches, with noodles in sauce, or as stew or chow suey.

An Italian secretary said she triples her spaghetti sauce recipe, uses one-third immediately and freezes the remainder in two containers for future meals.

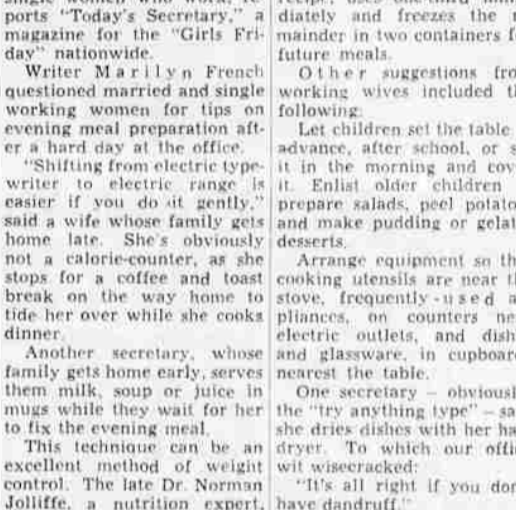
Other suggestions from working wives included the following:

Let children set the table in advance, after school, or set it in the morning and cover it. Enlist older children to prepare salads, peel potatoes and make pudding or gelatin desserts.

Arrange equipment so that cooking utensils are near the stove, frequently used appliances, on counters near electric outlets, and dishes and glassware, in cupboards nearest the table.

One secretary — obviously the "try anything type" — said she dries dishes with her hair dryer. To which our office wit wisecracked:

"It's all right if you don't have dandruff."



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