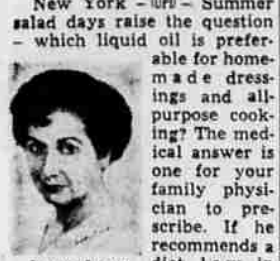


Summer Salad Days Raise Questions Regarding Oils

By JEANNE LEBEN



New York — (UPI) — Summer salad days raise the question — which liquid oil is preferable for home-made dressings and all-purpose cooking? The medical answer is one for your family physician to prescribe. If he recommends a diet low in polyunsaturated fats for lowering blood cholesterol, he may suggest corn or safflower oil, or vegetable oils generally. There are five widely available oils to consider for flavor and general usefulness, and a few others of special interest. One staple is olive oil, which goes so far back in history that no one has pinpointed its first culinary use. The Spanish Olive Oil Institute says that Ancient Greeks mixed olive oil with vinegar and spices to make fish sauces and used it alone for salads and cooking.

Spain has been the chief olive producing area since Julius Caesar's day. With Italy and Greece, it supplies 95 percent of the olive oil used in the United States. But the United States ranks below Europe and Latin America on olive oil use.

Trees Thrive
Thomas Jefferson failed in an attempt to grow olive trees in Virginia's humid climate. Spanish and Italian monks who came to the Americas in colonial times had better luck, says the Olive Oil Institute. The trees they planted in California thrived, but their fruit is used mainly for pickling. The small amount of olive oil this country produces is a by-product of the black olive industry.

Corn and cottonseed oil are big sellers in the U.S.A., but the first refined corn oil got off to a bad start in 1911. So many people remembered the objectionable taste of the first crude corn oil that salesmen with portable stoves had to fry potatoes and onions in store demonstrations to establish the refined oil as a quality product.

Cottonseed oil for cooking was introduced commercially about 1899 after a chemist, David Wesson, developed an odorless oil in his laboratory at the Southern Cotton Oil Co., New Orleans.

Mildest
The mildest flavored are peanut oil, a long-time staple in the Orient, and safflower oil, now expanding from health food store distribution into supermarkets because of its importance in low-cholesterol diets. Safflower oil is made from seeds of a thistle-like Old World herb whose flowers are used for fabric dyes.

Some Africans cook with palm oil, extracted from date-like fruit. Boiled palm oil is said to produce an agreeably-flavored fat that resembles butter. Poppyseed oil is in culinary use in parts of France, and sesame seed oil, in the Orient. The latter has a

Grandmothers Club Picnic Is Planned

Central Point — Grandmothers Clubs of America, Crater chapter, will meet for a picnic at 1 p.m., August 20 at the home of Mrs. Seldon Hill, 160 South Amy street, Central Point.

Hostesses are Mrs. G. F. Broad, Mrs. R. B. Langston, and Mrs. Cordie Burns.

Also a Few Kedettes ..

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Walnut oil is used for Circassian chicken, a Turkish-Russian dish of cold, boiled chicken frosted with walnut paste and oil. The oil is separated from the nutmeats by putting them through a food grinder five times.

Whatever their flavor and health benefits, liquid oils lose the calorie count to most solid fats. The U.S. Department of Agriculture gives this calorie count per tablespoonful: butter and margarine, 100; solid vegetable fats, 110; corn, cottonseed, olive and soy bean oils, 125; and lard, 135.

Turkey for Dieters
Turkey, Near East style, is a fancy low-fat, low-calorie dish developed for a diet and coronary heart disease study project of the New York City Department of Health.

Brown 1 cup of uncooked rice lightly in 2 tablespoons of vegetable oil. Add 2 cups of chicken or turkey broth. Cook gently, uncovered, until rice is tender and liquid is absorbed. Add more broth if needed. Place rice in baking dish. Cover with 1 pound of cooked turkey, boned and sliced.

Saute 1 turkey liver in 1 tablespoon of vegetable oil. Chop coarsely. Mix with 1/4 cup of currants or raisins, 1/2 cup of pine nuts, slivered almonds or coarsely chopped walnuts, and 1/2 cup of turkey drippings, fat removed. Pour over turkey and rice. Heat 15 to 20 minutes in preheated 350-degree oven. Serves 4.

Pythian Sisters Hold Ceremony

Yreka — Mrs. Esther Smith and her son, Warren Smith, were initiated into the Pythian Sisters, Aurora temple, in a ceremony held Wednesday evening in the Odd Fellows hall.

Serving as most excellent chief during the initiation ceremony was Mrs. Lee Morford, excellent senior. Mrs. Ernest Johnson and excellent junior, Mrs. Irene Willenbrink. Miss Floy Johnston and Mrs. Ruth Rider were challengers.

During the business session it was voted to contribute to the Girl Scout fund drive. The members also passed a resolution opposing the senate reapportionment measure, Proposition No. 23, on the November ballot.

Reunion
Ashland — Three brothers who have not been together for 25 years have been enjoying a reunion at the home of Mr. and Mrs. Donald Spencer, 620 Iowa street.

Reliving their boyhood days in Ashland were Dr. Peter L. Spencer, now on the faculty of Los Angeles City college, George C. Spencer and Donald Spencer, both of Ashland, and the wives of all three brothers.

Visit in Bend
Cave Junction — Mr. and Mrs. Lucius Robinson and daughter, Pauline, Kerby, spent the week end in Bend, Ore., with their son and his family, Mr. and Mrs. K. G. Robinson.

Sewing Center Tips Outlined For Homemakers

In starting back-to-school sewing, organize an area of the house as a sewing center so that interruptions don't totally disrupt your sewing.

This advice and ways to put it to use are given by Bernice Strawn, Oregon State university extension specialist.

Two out of five women make clothes for themselves and their families and nearly 70 per cent use a sewing machine. Surveys show that home sewing is done in many parts of the house. Usually the homemaker cuts out a garment on the dining table, presses on the ironing board in the kitchen or laundry, and sews in a bedroom, often poorly lighted.

Sewing Center

With some ingenuity, she can fit a sewing center into her home and reduce extra footwork and inconvenience of putting away materials at each interruption.

Home economists have found that the U-shape center is handiest. Floor space of seven by six and one half feet is quite ample. If you're right-handed here's a suggested setup.

Set machine against one wall. At right angles to the machine put an ironing board, on the left, and a chest of three or four drawers for supplies on the right. Reverse the setup if left-handed. It helps to partition drawers for such items as pins, thread, fabrics and patterns. Plans for building a home sewing cabinet are available at county extension offices.

Luxury
For real luxury, a movable chair on casters at the sewing machine will enable you to do almost all work related to sewing without getting up, says the OSU specialist.

In some homes, it works best to arrange sewing equipment in an L-shaped center and fit it into a corner. If you don't have a good-sized cutting table, perhaps a piece of three by four by six plywood could be placed on a table or a portable folding cutting board be placed on a sewing chest.

Central Point RNA Lodge Meeting Held; Events Announced

Central Point — Mrs. Mary Stinger conducted the recent meeting of the Central Point camp, Royal Neighbors of America, which was held in the home of Mrs. Myrtle Peterson, 841 Pine street. Mrs. Stinger replaced Mrs. Lula Dye who was absent from the session.

Next meeting of the group will be at the home of Mrs. Darrell Hendrickson, Bursell road, on September 4 when she will be assisted by Mrs. August Sukow.

A potluck dinner will be held in Medford, September 8 at 6 p.m., in the Knights of Pythias hall. Mrs. Ruby Taylor will give an explanation of changes made in by-laws at a recent district meeting held in Denver, Colo., which she attended.

To Return

Ashland — The Rev. Albert Nickodemus, pastor of Grace Lutheran church, and his wife and their eight children are expected to arrive home this week from an extended motor vacation to the midwest where they visited friends and relatives in Michigan.

Church Group Is Entertained

Mr. and Mrs. Robert Willard, leaders of a newly formed young people's group of Valley View Seventh-day Adventist church, were hosts for a party for the group last Saturday evening. The event was held at the Willard's home on Jasmine street.

The young people played games and refreshments were served. Forty-one attended. It is stated that the new organization is for young adults and young married couples, and anyone interested is invited to attend the meetings.

Is Visitor

O'Brien — Larry Michels, grandson of Mr. and Mrs. George Michels and son of Mr. and Mrs. George Michels Jr., Hornbrook, Calif., is spending a week with his grandparents in O'Brien.

State Medical Assistants Convention Is Scheduled

The fourth annual convention of the Oregon State Medical Assistants association will convene this year in Medford, August 24 through August 26. The Jackson county chapter will be the host group and Mrs. Cecile Hammill, Central Point, state president, will preside.

Guests
Illinois Valley — Mr. and Mrs. F. E. Nichols and daughter, Bonnie, Klamath Falls, were guests for several days at the home of Mrs. James Broffle and family. Kenneth Broffle returned with them to Klamath Falls to visit for two or three weeks.

In Prospect

Prospect — Mr. and Mrs. Frank Black and children, Emily and Stephen, Corvallis, were recent guests of Mrs. Black's mother, Mrs. F. J. Richey.

Other officers of the state association for this area include Mrs. Wilda Stewart, vice president; Mrs. Dorothy Crovette, treasurer; and Mrs. LaVerne Bramhall, corresponding secretary. Headquarters for the convention will be the Rogue Valley Country club. Convention chairman is Mrs. Flo Fields with Mrs. Stewart as co-chairman.

Approximately 60 delegates from Multnomah, Marion, Polk and Lane counties are expected, and invitations have been extended to medical assistants in other counties.

Mrs. Shirley Stevens and Mrs. Lila McDowell are program chairmen for the convention, which is using the Shakespearean festival as background and theme.

Speakers include Dr. Gerald Turner of Humboldt State College, Arcata, Calif., director of the play, "As You Like It." Mrs. Bernice Strawn, home economist from Oregon State university, who will offer information on short cuts for the busy homemaker-career girl; and Dr. Brian Stringer who will speak on, "Some Aspects of Government Medical Care."

Teacher Visits

Cave Junction — Mrs. Myrtle Kelly, Crescent City, Calif., was a guest last week at the home of Mr. and Mrs. J. W. England. Mrs. Kelly taught home economics at the high school here several years ago. After her visit here she visited her son, Jerry Kelly in Medford.

Medical assistants associations are open for membership to anyone employed by a physician who is a member of the county medical society in which he practices medicine.

On Friday evening August 25, those attending the convention will see the play, "As You Like It," and tours of the

Rogue Valley Memorial Hospital and Bear Creek orchards are also planned.

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