

Girl Scouts

Troop 139
Recent activities of Brownie Troop 139 include participation in a Brownie overnight at Girl Scout camp Low Echo at Lake of the Woods. Girls attending were Carolyn Berry, Sandra Boulware, Brenda Hartley, Beth Bailey, Karen Langston, Lori Richards, Kathy Heiken, Janna Vincent and Beth White.
Leader of the troop, Mrs. R. C. Vincent, and Mrs. William White were counselors for the group.
Earlier a tea was given for the mothers at the home of Mrs. John Drysdale. The Brownie Scouts of troop 139 served their mothers and sang Girl Scout songs.
Also a cookout was enjoyed by the entire troop at Tomlin forest this summer. Adults assisting were Mrs. J. S. Richards, Mrs. Wm. White, Mrs. Jack Hartley, and Mrs. Vincent.
Troop 88
After two meetings with Troop 21, one an instruction

by Dr. Bayliss on horse diseases and care, the other a demonstration of horse grooming by Susan Fox on Kings highway, the 24 Girl Scouts of Troop 88 enjoyed a horseback riding excursion at Quail Run ranch. They also went on a hayride and had a picnic at Roxy Ann in addition to the riding.
Accompanying the girls were Harold Hewlett, Mrs. Hewlett, leader of the troop, Debra and Jack Hewlett, Mrs. Tommy Morris and T. J. Morris, Mrs. Ed Hall and Debbie, and Mrs. William White and Beth, Dick and Doug.

Are Houseguests
Wilderville — Mr. and Mrs. Charles Meddels, Pasadena, Calif., are houseguests of Mr. Meddels' stepfather, Jack Andrews, and Mr. Andrews' brother-in-law and sister, Mr. and Mrs. Stanley Glenn. All live on Fish Hatchery road.
Visits Mother
Wilderville — Mrs. Nicholas H. Coulter, 101 Fish Hatchery road, is visiting her mother in Wilmington, Calif., and before returning plans a visit with Mr. and Mrs. Nicholas J. Coulter and children, Long Beach, Calif.

VA Nurse Attends Meeting at O'Brien
O'Brien — Mrs. Florence Mena, a chief nurse of Veterans Domiciliary, White City, was a guest of the Blue Star Mothers club at a meeting last Tuesday in the World War I memorial hall in Cave Junction.
Eleven members attended and were instructed in the construction and recovering of sand bags, an article used by patients at the domiciliary hospital. A sewing day will be held in the home of Mrs. Zelda Foster for the purpose of making these items on August 30.
The members voted to furnish a layette for a veteran's family in Cave Junction. Chairman's report forms were distributed and chairmen were asked to have the reports filled and turned in by September 1.
Mrs. Nina Weber and Mrs. Grace Kubli served as refreshments.



Mrs. Raymond Mische, one of the models for a cocktail party and fur style show given Thursday night at Rogue Valley Country club, is pictured wearing a stroller length coat of Acturas, or lavender mink. The show was given by Medford Junior Service league with the cooperation of Jean Hart's shop and Curtis Stewart Fine Furs, San Francisco. The event was the first of its kind in the city. (Knackstedt photo)

MANOR-ISMS

By ETHELYN EVANS

A widely traveled Manor member, Miss Irma Barnes, 5th floor, who came here from Carmel, has returned from a trip to South America—practically all over that continent, traveling by air, of course. Miss Barnes, who taught Spanish in the University of New Mexico, had no trouble with the language in those countries. As one of a group of educators, Miss Barnes was entertained in various embassies and educational centers while on this tour. She reports a wonderful time.
Another 5th floor neighbor, Mrs. Buford Clark, who maintains a daily schedule at the Jackson County Welfare department, is being welcomed back to the Manor after a full month in Hawaii at a sugar plantation—jetting it both ways. She has many interesting tales to tell of plantation life.

Goodmans Visit In Hornbrook

Hornbrook — Spending a week here with Mr. and Mrs. A. C. Goodman were their nephew and niece, Mr. and Mrs. Edward Williamson, Smith River, Calif., and their son, Dale, who remained here for a longer visit.

Dampen a cotton ball with drop of mineral oil and a little water. Rub it on the leaves of house plants to give them a healthy luster.

Manor members, as I have mentioned, have a habit of eternally dashing in and out of the Manor and the valley. The very successful editor of our house bulletin—"Hill-Top-ics"—insists he would need a big daily newspaper to keep up with members and their guests—our guest rooms are filled each night and reservations made for weeks ahead. Therefore, you will understand why I report on a hit-or-miss basis, often about neighbors on my own



Two valley families each ate an extra meal last week just so The Mail Tribune could take the pictures for today's page on better breakfasts. The four young Fredericks didn't mind at all having a second breakfast along about 10:30 a.m., and the Anhorn out in Central Point had a "make believe" breakfast at 4:30 in the afternoon. When we apologized for the trouble, Mrs. Frederick said cheerfully "My children can eat any time" and Mrs. Anhorn said the same thing. Both families proved it, too.

When Bill Anhorn came home from his day's work with the state highway department he was introduced to the callers by his mother and headed straight for the ice box and cookie jar. Shortly thereafter Jeff arrived home from Faber's market where he has a summer job and, immediately after introductions, asked "When do we eat, mom?"

We were inspired to do this page of pictures about better breakfasts because of the quantity of material on food and nutrition which has come across our desk in the last 10 or 12 years. It came from governmental agencies, nutrition research foundations, extension service specialists and other sources. They all said "Many Americans, particularly young people going to school, don't eat the right kind of breakfast." They also stressed that the diet in this country is too heavy in starches and sugars and deficient in protein, calcium and fresh fruit and vegetables. In a country where there is such an abundance of food, this seemed ridiculous but as the experts grew more insistent in their publications and statements, we finally decided it must be the case.

We've had the cooperation of the Rogue Valley Home Economists in Homemaking in this better breakfast project, and copied some excerpts from the books they brought down for our perusal. Are you a breakfast snatcher or dodger? Well, listen to Nanette Clayton writing in "Young Living" a homemaking textbook used in the Medford schools. She says "You may want to eat your own kind of breakfast, but if you choose nutritious food, why not? Here are some unusual breakfast suggestions that will begin your days right until you decide to 'join the family' and their regular breakfast."

Hot soup with crackers, toast, or a handful of cereal. Cocoa or milk and oatmeal cookies or other cereal cookies. Milk drink with peanut butter toast. Hamburger and milk. For breakfast, try the hamburger with butter instead of mustard.

Thin slices of broiled liver with toast and milk. Sandy, the Cub, couldn't go for the liver, but admitted that she loves peanut butter toast and might try it for breakfast. Potpourri once had a bowl of chicken soup for breakfast and thought it was right good for a change.

If junior's grades aren't what they should be, maybe he isn't lazy after all—maybe he's hungry. According to the U. S. Department of Agriculture, students who don't eat a proper breakfast don't make as good a showing in school as those who do eat before going to classes. The 1959 Yearbook of Agriculture said:

"Breakfast commonly is the day's poorest meal. Children who skip breakfast are less well fed than those who regularly eat breakfasts. In other words, children do not generally make up at other meals the nutrients which they miss in skipped breakfasts. We have indications from research studies that the children who do not eat breakfast do less well in school, perform physical tasks less well, and may be more irritable and emotionally unstable."

"The breakfast pattern (as well as total nutritive intake) tends to become progressively worse from the early elementary school years to adolescence. Girls in general eat less well than boys."

"Poor breakfasts often have been blamed on lack of hunger, rushing to get to school, no regular family breakfast time, and dislike of the foods commonly served at breakfast. Young children give the same reasons as do their parents. Only by placing the blame where it belongs and by removing the underlying causes can we solve the problem."

"Nutritionists who have compared groups of children who eat nutritionally adequate breakfasts with those who do not find that the former feel less rushed, enjoy eating breakfast with their families, and appreciate the fact that their mother prepares an appealing breakfast."

"Efforts to lessen the tensions of the overorganized life of the young child and to serve the breakfasts that appeal to him are positive ways in which to improve his breakfast habits."

The Yearbook also advocated more originality in breakfast menus, as follows:

"Our breakfasts have become too trite in pattern. No one needs to eat an egg and toast or cooked cereal for breakfast every day to be well nourished. A ham sandwich, a hamburger in a bun made of enriched flour, or a toasted cheese sandwich are excellent foods, which many children seem to prefer."

To be adequate, breakfast need only contain a protein-rich food, at least one food for energy, some milk and a piece of fruit or a serving of fruit juice. Many families find that the habit of having fruit high in vitamin C or fruit juice at breakfast insures that such a food is included in the day's meals. Children who regularly have a vitamin C fruit at breakfast very likely have good diets in general, perhaps because the informed and conscientious mother who includes such a fruit in the breakfast is giving greater care to the planning of adequate meals for her family. If the fruit is preferred at another time and is eaten regularly some time or other every day, there is no need to include it in the breakfast."

"Some nutritionists believe that breakfast served at school is an answer. Some schools that have tried this plan report that the children and the teachers are enthusiastic about the idea."

Breakfast at school is better than no breakfast, of course, but this writer is a firm advocate of family meals. Family solidarity and the feeling of shared love and security which a family can give its members is as important as good food, and meal time can be the time to promote this. — D. S.



which girl wears CONTACT LENSES?

Actually, both pictures are of Dr. Noles' 15-year-old daughter who has worn contact lenses for over three years. And . . . she wears dark green tinted contact lenses for swimming and skiing. A dramatic illustration of the cosmetic and psychological benefits to be derived from wearing contact lenses.

why not send the WHOLE girl back to school?

- Complete Eye Examination
- Convenient Credit
- We give 2x Green Stamps



our 57th year
COLUMBIAN OPTICAL CO.
MEDFORD SHOPPING CENTER
Phone 772-9990

casual shopping with convenient parking
*Drs. Omar J. Noles and William T. Hedson

Peek-a-boo flats

Such fun to wear, the new flat-flats with the peek-a-boo cut outs for added chic. Peek in at our convenient location and let your feet flirt with fun shoes.



PATSY:
by Musketeers,
red or black kid,
9.95

FRAME-UP:
Patkins peek-in
flat, red or
black kid, 8.95

VENTURE:
a Patkins flat
red, black or
Java brown kid
7.95

BRIOGET W:
Patkins open-
side flats,
Camel, black kid
8.95

HOUSE PARTY:
Patkins pointy flat,
camel or black calf, 8.95

La Pointe's
SHOE SALON

IN THE MEDFORD SHOPPING CENTER

Open Monday and
Friday 'Til 9 P.M.

floor (5th) or members I meet just before the deadline for this column who are taking off or returning or piloting their families and friends around the Manor.

I seem to have made a discovery: the American people are very "culinary-minded!" We have recently returned from our seventh trip since moving into the Manor—traveling on these various tours in all four directions. I meet so many people when away from home (also in our valley) who are interested in Rogue Manor. However, when I launch into an enthusiastic description of our Manor home, so often I am stopped abruptly by such questions as: "How is the FOOD? How is it cooked and served? What about meal rules and other regulations?"

Evidently, many have friends and relatives in other such residences, and in some places they are required to eat by the bell, are assigned to specific tables with assigned companions, and are hedged about with almost as many taboos, rules and regulations as there are members. These questioners and others who visit us in the Manor seem a bit dubious but relieved when they hear that this Manor was the "pilot" residence—not only in an unusually well-planned physical plant—but, also, in seeking to abolish unnecessary rules and in seeking to establish a place much like an apartment hotel, with each apartment a private home; a residence planned for mature, independent adults coming from communities in which they were looked up to, their conduct and judgment respected, and where often they were honored for top professional excellence and community service.

I find upon investigation that many of the new residence homes are following and even exceeding the Manor plan, and that older establishments are rapidly making changes accordingly.

We are often forced to change our minds about most of our members being off on tours and vacations when our big auditorium fills to capacity for a good, full length movie or an excellent musical program.

Once again Mrs. Vivian Giles, pianist, and Miss Edna Stanbrough, on the Hammond

organ, gave us a truly wonderful concert for our Sunday vesper service. It is remarkable how beautifully the organ and piano blend when played together by these inspired and proficient artists. It is said these instruments are considered the most perfect blend in total quality. Mrs. Giles' playing, often described as ethereal, reflected this quality in her piano solo, "The Last Hope", Gottschalk; and "Largo", Handel, played by Miss Stanbrough as an organ solo, continued the quality of religious reverence. There was a fervor about the religious numbers which was truly spiritual. Our members continue to express appreciation and enjoyment.

Something SPECIAL in Folk Music!

- ★ THE LIMELIGHTERS
"Folk Malinee"
- ★ THE BROTHER'S FOUR
"In Person"
- ★ THE KINGSTON TRIO
"Something Special"

IN THE RECORD DEPT.

Swem's BOOKS • GIFTS • RECORDS
217 EAST MAIN • MEDFORD, ORE.

MONTGOMERY WARD

117 SO. CENTRAL
PHONE 773-7301
Free Parking



Applause! For Wards Fashion Newsmakers KNITS

Wards has a knack for knits—a collection of fashion-right one and two-piece dresses in misses' sizes for a "best dressed" look at any hour.

- (A) Sculptured cotton knit sheath. Black with brown, gray or blue. 8.98
- (B) 3 piece cotton knit suit, solid blouse. Black/cognac; gray/camel. 10.98

Fashion toppers—wool shag or felt. Cobra skin trim. All fall shades. 5.99

NO MONEY DOWN when you buy on credit at Wards