

# Valley Woman Attends Nutritionists Meeting

Japanese school lunch programs, research on fats in relation to blood cholesterol, and a nutrition educator's commitment to society were among the topics discussed earlier this month at the Nutrition Education conference in Moscow, Idaho.

Attending the conference from Medford was Mrs. Evelyn MacLeod, dietitian at Rogue Valley Hospital and vice president of the Rogue Valley Home Economists in Homecoming.

The conference was attended by 200 dietitians and nutritionists from Washington, Oregon and Idaho.

Dr. Helen Mitchell, dean emerita of home economics, University of Massachusetts, spoke on her stay in Japan as an exchange professor. She explained that that country has 9,000,000 children being fed by their school lunch program. The menu includes fish sausage that they made and bean curd to increase protein, milk, whole wheat, fruits and vegetables. The speaker explained that this diet has resulted in the Japanese children growing taller and broader.

### Research on Fats

The latest research on fats in relation to blood cholesterol, diabetic diets and diets to correct inborn errors of metabolism as in phenylketonuria, was discussed by Mrs. Mary Ishii of the University of Washington hospital; Mrs. Nancy Beshar, University of Oregon Medical school, and the representative of the Washington State Heart association.

Dr. A. June Bricher, official representative of the American Dietetic association and executive director of the American Home Economics association, Washington, D.C., was coordinator of the conference.

She explained that nutrition educators are committed to assist each individual to accomplish good nutritional health. She added that as educators, they have the resources to achieve this, but they need a greater understanding of the relation of food to cultural and behavioral patterns.

Dr. Harold Schultz, head of the food technology department, Oregon State college, explained that although we have basically the same kinds of foodstuffs available as a century ago, we have now 6,000 different items on the grocery shelves.

He stressed cooperation between nutritionists and food technologists in preparation for the future. The emphasis on convenience in cooking and serving will continue, he noted, but added that more attention will be given safety, wholesomeness and acceptability in regard to flavor and color.

# Portland Rites Set on Saturday

Ashland—Jack Henry Eberhart, son of Mr. and Mrs. Jean F. Eberhart, 248 Wimer street, and Susan Graves are to be married Saturday, November 24 in Portland.

Announcement of the approaching marriage was made at a dinner party given by Mr. and Mrs. John C. Goss, parents of the bride-to-be, Miss Goss is in training at the University of Oregon School of Nursing. She attended the University of Oregon, Eugene, where she was a member of Kappa Kappa Gamma sorority.

Mr. Eberhart is a student at the University Medical school and is a Phi Kappa Psi affiliate.

Ashland—Mrs. Frances Worth, Mrs. Angele Spalding and Mrs. Mildred Klum drove to Canyonville last week to make arrangements for Mrs. Spalding to move to the new retirement home, Forest Glen Manor. Among other residents from Ashland is Miss Edna Kennedy, a retired Ashland high school teacher.



Recent valley visitor was Miss Helen Webster, Ventura, Calif., former librarian of the Public Library of Medford and Jackson county. Miss Webster, accompanied by Yankee Blade, her poodle, visited friends during her brief visit to Medford last week end. She had driven north, visiting relatives en route. She is a librarian for Ventura county.

# California Designers Resort to Camouflage

Canada attended the spring showing.

Charles LeMaire, designer for Jan Gertsman-California, showed editors that years in motion picture design rooms could be used to the advantage of the popular priced market.

The three-time academy award winner bloused backs of the basic sheath to divert attention from the waistline. He mixed . . . matched . . . draped . . . jeweled . . . and draped the sheath.

The resulting silhouette was slender. Understated colors such as honeycomb, green gold, grey and subtle stripe combinations enhanced the line.

Irish linen and Italian silk were most popular. But synthetics found their place on the fashion racks including Etruscan rayon, Swissara or Cotenna-dacron and cotton.

The loose-fitting, button-down dress coat appeared in almost every fashion house as well as double-breasted coats and dresses.

'Skimmers' Shown

The LeMaire unrestricted look was personified in a black skimmer which drifted easily to just below the knee. The sleeveless, sheer wool creation was dressed up or down by panels falling from the shoulder. They could be tied in front or draped from the back.

Peggy Hunt retained her trademark of the square neck sheath with accented bodice. The bustline usually was draped in Cluny lace or embellished with Venice lace applique studded with rhinestones and embroidery.

Skimmers were popular with Georgia Bullock. Colors started from brilliant pinks and cooled to greys. Silks or worsted wool dresses were matched with tunic or full-length coat. Suit sleeves usually were three-quarter length.

Many houses used the bias inset midriff or double-breasted designs to complement the figure.

Simplicity and uncomplicated fashions were totally accepted.

# Ashland Artist Now Displaying Unusual Painting

Ashland—David Hagerbauer, Ashland artist nationally known for his bird paintings and authentic natural diorama displays, is exhibiting for one week an unusual painting. It will be on display until November 23 at the studio of Frames etc., 1951 Highway 66.

The water color is remarkable because of its size, 31 by 53 inches. According to experts it is extremely difficult to control the wash on so large a picture. The artist has used a special type of English paper and has succeeded in portraying in perfect form the autumn colors of Beaver Dam creek.

Mr. and Mrs. Raymond Vandervalle of Frames etc., invite the public to view the Hagerbauer painting.

# Women of Unity To Hear Couple

An Ashland couple will speak for a meeting of Women of Unity, Friday, November 23 at 11 a.m. at the Unity church, Holly and Haven streets.

A business meeting will be conducted by Mrs. Edgar N. Terrill, president.

Mr. and Mrs. Vern R. Christy, who recently returned from Nicaragua, will be guest speakers. They will display a collection of articles which they brought home, and which is representative of the handiwork of the people.

Miss Sandra Meyers will be at the organ, and Miss Chris Helman will sing.

Mrs. Thomas Lowe will give the devotionals.

The Youth of Unity will be guests of Women of Unity.

A buffet luncheon will be served at noon.

# Carnival Slated By Yreka PTA

Yreka—Plans for the annual school carnival were made at the last meeting of Yreka Elementary Parent Teacher association in the multi-purpose room of the Jackson Street school. Approximately 80 members were present.

Songs were sung by the members of the fourth grade classes from the Gold Street school under the direction of their teachers.

The business meeting was presided over by Mrs. Robert Jennott, unit president. The carnival will be held March 8.

The remainder of the meeting was taken up by teachers explaining the class books used in their departments.

# Thanksgiving Morning 10:30 A.M.

Message by Rev. Loyce C. Garver, Pastor

Prelude: Harp and Organ, playing, "This is My Father's World," and "America the Beautiful"

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# Life Primitive and Pitiful In Hong Kong, Says Visitor

(Editor's Note: Hong Kong, the tiny British crown colony off the Red China coast, has one big problem: People. Thousands of people who came from the China mainland, and are still coming, have jammed Hong Kong's housing to an impossible level. In the following dispatch, the first of two on the island colony's people problem, UPI Women's Editor Gay Pauley tells of her visit to a Hong Kong squatter's village where life is primitive and pitiful.)

By GAY PAULEY  
UPI Women's Editor

Hong Kong—UPI—To the 11-member family of Lam Chen, we shall not use his real name because relatives remain in Swatow, Red China) home is a hillside but the size of the living room of a modest ranch house in the United States.

Its floor is concrete, its walls a makeshift bamboo, sack-cloth and corrugated metal protection against summer's blazing sun and winter's chill. Its furnishings are suspended from the roof.

Sharing the 11-by-20 foot home are Chen's wife, eight children ranging from 10 years to four months in age, an elderly grandmother, and four half-grown pigs whose sty is beneath the suspended floor. Also sharing the place—unbelievably small for such a number of people—is Chen's means of livelihood—a home industry of bean curd making.

The day I visited the Chen home, the beginnings of the curd, a food resembling cheese, were steaming in a wooden vat in one corner of the room. Older children were wrapping squares of the finished curd.

Number Half-Million

Chen is one of the squatters, a half-million by a government count—who have helped to swell the British crown colony's population from 600,000 at the end of World War II to 3,133,131 counted in the 1961 census. Unofficial estimates now put the population at 3,500,000. More than 98 per cent of the population is Chinese.

And the government says that since 1949, when the Communists overran the Chinese mainland, one million migrants have come from China.

The birth rate runs above 100,000 a year—among the highest per capita in the world. And continuing migration—50 are admitted legally each day but various sources say the number is closer to 200 because of illegal entry—all adds up to one outside headache for the government.

Where to put the people? Especially the squatters. The government says that 72,000 of them live in makeshift quarters on rooftops.

Tow Village

Martin Chu, assistant resettlement officer, took this reporter, a photographer, and three Navy officers in port with the U. S. Aircraft carrier Valley Forge on a tour of one squatter village on Kowloon. He said the government hopes to solve the squatter problem—get all resettled—in five years.

"But I don't know," said Chu. "The natural increase of the population is so rapid."

Chen's home industry was one of several we saw in the village. There were a small bakery, a cafe, a barber shop, and a carpentry shop.

The squatter is not a relief problem, Chu said. Ninety-nine per cent are self-supporting.

Must Be Seen

Squatters live in conditions most unsanitary by any standard. These conditions have to be seen, and smelled, to be believed. Open drainage ditches carry refuse. Toilets are open latrines serving several families. Water, in the case of the Kowloon village, is brought from taps available at the nearby resettlement estate—and at the moment,

water, always scarce in Hong Kong, is available only four hours each day.

Yet epidemic disease has been kept under control, often through the government's mass inoculations for such diseases as cholera.

A walk through the village, with chicken scattering along the path there is nothing resembling a street, even an alley, makes one feel like a Pied Piper. In minutes, the children were following. It was after school hours. Chu said most go to school. Their numbers grew the longer we walked.

The three servicemen were Marine Lt. Ernest Desautels, Milwaukee; Reserve Navy Lt. (jg) Charles Bordenkircher, Portland, Ore., and Marine Lt. Raymond Dunlevy, Providence R. I.

"I've heard some officers complaining about crowded quarters on the ship," said Lt. Dunlevy. "After this, they'll look like a suite at the Waldorf."

# Social Events ♦ Women's News

## Share the Fun Lessons Slated By Dance Group

Buckles and Bows Square club invites husbands and wives of the area to share "some real fun" by learning modern square dancing. The class is starting a series of square dance lessons with the first to be held Monday, November 26, at the Country Square Dance hall located one mile west of Talent Junction on Colver road.

The lessons will be given by Mr. and Mrs. Floyd Workman, and classes will be from 8 to 10 p.m. on Mondays. The first two lessons will be free, and after that a small charge will be made per person for each lesson.

Buckles and Bows will hold a workshop November 23 at the Country Squares hall at 8 p.m. Guest callers will be welcomed.

## Greenhorn Group Elects Officers; AFS Is Explained

Yreka—New officers were elected by the Greenhorn Grange Home Economics committee at a meeting held at the home of Mrs. Kenneth Bley, with Mrs. Haidis Ralston, chairman, presiding.

Mrs. Francis Schultz was elected chairman for the coming year with Mrs. Estella Severns, co-chairman; Mrs. John Cawley, secretary, and Mrs. Lou Coles, treasurer.

Other business included a donation to the Youth Organization, and Mrs. Schultz was named chairman for a card party to be held November 30. Mrs. Cawley explained how the American Field Service selects candidates from the junior class in high school to spend a summer with a family in a foreign country as an exchange student. The grange is one of the numerous organizations in this community which assists financially in this program.

## Theta Rho Club Holds Ceremonies

Yreka—Installation of officers and initiation of two candidates were held recently by the Theta Rho Club, Theta Rho Girls club, Yreka, at the Odd Fellows hall. Miss Carol South presided.

Tanda chapter of Fort Jones put on the degree work for the initiation of Beverly and Gloria Sturgis.

Officers seated in the installation ceremonies were Miss South, president; Patricia Hoopes, vice president; Kathy Dawson, recording secretary; Edna Buker, treasurer; Gloria Sturgis, warden; Beverly Sturgis, conductor, and Donna Singleton, chaplain.

The club advisor, Mrs. Madeline Wiman, and Miss June Dunlap of Tanda chapter conducted the installation.

Rebekah visitors at the meeting were Miss Floy Johnston and Mrs. Robert Sturgis.

Hostesses were Mrs. Wiman and Mrs. Bill Singleton. Table decorations were autumn leaves and figurines.

## Honored at Party

Applegate Valley—Mrs. Earl Brown was honored with a shower and dessert luncheon at the home of her mother, Mrs. Rupert Maddox recently. Hostesses with Mrs. Maddox were Mrs. Paul McDonald, Mrs. Claud Williams, and Mrs. Rupert Maddox Jr.

A unique gift was a set of birthday greetings for the baby-to-be which would be opened on each birthday for 13 years.

## Student in Japan Writes Of Stores, Games, Sights

(Editor's note: Stephen Eichelberger, son of Mr. and Mrs. S. S. Eichelberger, 3367 Forest avenue, Lewis and Clark college student spending several months in Japan under the Freshman Abroad program, writes frequently to his parents. Below are excerpts from recent letters.)

October 2

Masatoshi seems to be chosen by the family as my benefactor, bodyguard, servant, and what have you. He speaks fair English, and we get along famously. This morning we took the train for Osaka for the purpose of buying a camera. Skip's face it, few foreigners leave Japan without another camera, and I'm no exception. Great camera, though. We window shopped, had lunch, and returned to Osaka's office. Masatoshi worked for an hour while I wandered around the bustling, narrow streets. Joy of joys! I found a shoeshine man who understood textbook Japanese. Later, we (father, eldest brother, and I) went to an art exhibit in a department store. It was a fabulous collection of new and old in a section three times as large as the Rogue Gallery. Department stores here are hard to believe, because they're different and better than American stores. We were driven home in the Hirono family car by the Hirono family chauffeur. A letter from my American home was waiting.

October 3

This morning I gave Masatoshi the nickname of Bobby. His resemblance to Bobby Darin is amazing. Not only does he look like him, but he sings and acts like him. In the afternoon all the experimenters in Ashiya were given a bus tour of the city. After that, the mayor gave a reception in a Sukiyaki house and all the dignitaries, reporters, photographers, etc. I have a date with an American girl and her Japanese sister for tomorrow.

October 4

Kay, Nani and I went to Osaka today. First, though, I met Kay's Japanese parents (Nani's real parents). Their father is a leading figure in local activities, a member of Rotary (past president), second president of some big stock exchange, and a former world-traveler. He also oversees a new, large hotel in Kyoto. In the evening, I learned to play Go, the Japanese equivalent to chess and Chinese checkers, with all three brothers and a friend, Fascinating.

October 5

Sleeping late seems to be one of the Hirono household's most pleasant customs. Breakfast is always ready for the various members who wake at different hours. Okasan (Japanese Mom, remember?) showed me most of the family's kakemono (hanging scrolls) until lunch. In the afternoon, Kat-chink (second brother's nickname), Bobby, and I went to Kobe. This city is a port of many shops, bars, and Pach-

## Beauticians Give Demonstrations

An educational and business meeting of the Rogue Valley unit, Oregon Beauticians' association, was held recently at the Medford Beauty school.

Raymond Byrd gave a talk on hair coloring and bleaching, and Mrs. Byrd gave some pointers on tinting and bleaching. She demonstrated the difference between frosting, tipping and streaking the hair.

Mrs. Lorraine Miller reported on the fall workshop held at the Medford Beauty school last of October. Guest stylist was Howard Showers, Klamath Falls. He demonstrated the "fencing waves" hair style. The workshop was attended by 32 beauticians.

Mrs. Marcia Boren and Mrs. Miriam Ward each combed out a hair style which they had set prior to the meeting.

New members of the association were Mrs. Margaret Truax, Mrs. Maxine Reinschmidt, Mrs. Oranora Porter, Mrs. Louise Breeding, Mrs. Sharon Burns and Miss Joan Pruett.

Guests attending the meeting were Mrs. Maxine Christen, Miss Kathy Kimbal and Miss Barbara Morton.

## Will be able to go to Kanazawa, where the upperclassmen are, later this month.

October 10

Bobby and I met Kay and her Japanese sister, Nami, at the railroad station this morning. Kay is from the group, and I had told her that the President Cleveland was docking on the tenth. We all made a date to see the ship that had transported the Lewis and Clark group. Consequently, we went to Kobe and dug up all sorts of memories and old friends of the crew. We spent the rest of the day shopping, eating, and seeing a movie. (In English). As it started to get dark, we took a cable car to the top of Mt. Rokko. We ate dinner in a little restaurant with a spectacular view of Kobe's lights. We went back down the same way, and arrived home in time to see the world's featherweight championship fight on television.

October 11

I stayed home all day today; for once, it was delightful having nothing to do but eat and study. Too bad I can't do this more often.

## Enjoy a KRAUT Dinner Tonight

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