

America's Teen-Agers Have Poor Eating Habits



By PATRICIA McCORMACK
United Press International
 New York—The nation's teen-agers ought to hold the world's loving cup for nutrition—but they don't. Of all the globe's adolescents, they have the best chance to be the best nourished. But they are not. One study of 800 boys and girls, 13 to 15, shows, for example, the following poor state of affairs:
 —Five out of 10 girls and two out of 10 boys don't get enough calcium; half the girls need more iron; nearly half need more vitamin C.
 "When we say these young folks are poorly fed, we mean that they receive less than two-thirds of the nutrients recommended by the foods and nutrition board of the National Research Council," Dr. Evelyn B. Spindler reports.
 Dr. Spindler, is nutritionist with the Federal Extension service of the U.S. Department of Agriculture in Washington, D.C.
 Her diagnosis of the situation is presented in a report in the current "Journal of Home Economics." It's coupled with suggestions for improvement.
Studies Cited
 Studies cited in the report show:
 —More girls tend to be poorly nourished than boys. The older a girl, the more likely she is to have a diet that's not up to the minimum.
 —Teen-agers with poor food habits tend to skip breakfast, fear fat and fill up on empty-calorie snacks.

- CALENDAR**
 Monday:
 6:30 p.m.—Junior Degree of Honor, Girls Community club.
 6:45 p.m.—First Presbyterian Cruisers club, at church.
 7 p.m.—Slimmer Yets TOPS club, Social room, Sacred Heart hospital.
 7:30 p.m.—Applied arts interest groups of AAUW, home of Mrs. Henry Grossman, 3485 Forrest ave.
 7:30 p.m.—Eagle Point Lions auxiliary, home of Mrs. Glenn J. Hale, 35 West Sixth st.
 7:30 p.m.—Hedrick Junior Parent Teacher association, Speech room at school.
 7:45 p.m.—Degree of Honor association, Girls Community club.
 7:45 p.m.—Medford Rose Society, courthouse auditorium.
 8 p.m.—League of Women Voters study unit, home of Mrs. Thomas Rutter, 1033 Queen Ann ave.
 8 p.m.—Scottish Rite Women's club, Masonic temple.

Veni-Vidi

By MARGARET SCHULER

Taormina - An unlikely thing in an unlikely place - a large Buick!
 It bore down on the meandering pedestrians on the narrow Corso Umberto who look fast to the wall on either side. So intent I was, admiring the vastness and beauty of the car, that it wasn't until the girl driving it had passed from sight that the subconscious relayed the message "Pacific Wonderland" to my surface brain.

I found her two blocks down, where her Buick with the Oregon license was being guided into a parking place, like a cruiser into a harbor with tiny craft. She had brought the automobile on a freighter, down the Pacific, across the Atlantic, through the Mediterranean, right to Messina where she ferried across to Sicily. And it is probable that it is the only automobile with a "Pacific Wonderland," Oregon license ever to come to Sicily.

"She" is Sara Johnson of Bend, Ore., a widow with two daughters, and she lives in Europe much of her time. I think she was as glad to see an Oregonian as I was to see her.

Describes House
 Villa San Pancrazia, where I live in Taormina, is a large gray stone house, something like Carpenter's Topsides. It has long windows opening out onto terraces, with little gardens at different levels, where there are tables, chairs, flowers, statues and fountains—and always vistas of the sea.

Of all the places I have lived in Europe, this comes the nearest to being completely satisfactory. Nothing, that I can think of, is lacking to make guests comfortable and happy. It is not elaborate, certainly. It is the atmosphere (a policy of the owner) of friendly hospitality, and quiet orderliness that I like. The food is good enough to be the norm by which all food could be judged. (Too good, I am afraid.)

Even on rainy days (and it has been rainy for four in succession) it is cozy and warm. Fires are kept ready to light when guests wish, and there are snug reading chairs—and big views of the Mediterranean.

The guests are varied as to age and nationality. Ashland festival people will know two of them—Bishop Arthur Kinsolving and wife, as their son, William, was a member and married a girl, also with the players. Mr. and Mrs. Taylor Trumbo are now of Hawaii, but only for the past two years. Previous to that he was the managing editor of the Los Angeles Times, and she, Georgia Fiefield, had a radio program called "Theater of the Air." I mention her pro-

gram because at various times she had been in Medford to see Helen Norris, the radio playwright.

Britishers Noted
 The four Britishers living here could well be out of any English novel you have ever read. For example: the vicar-tall, gray, dedicated to the Church of England and to a cup of tea every afternoon at five. Down a block from here is his little church. It, too, is something out of a story book. A bell ding dongs his parishioners - about 17 strong - to service. A wheezy little organ pumps up the hymns; the audience does the singing, and there are no acolytes, but there is an atmosphere and sincerity which is moving. According to plaques on the white washed walls, it was built in memory of the soldiers who lost their lives in Sicily. The church, perched on the hillside, is surrounded by well kept gardens.

Two titles (and certainly, no one ever read an English book without a bit of aristocracy in the dramatic-personae) adorn exceptionally delightful, erudite English brother and sister. I think I feel particularly friendly towards them, because much to my surprise they were interested in me when they knew I was from Oregon. Usually knowledge of the United States is a triangle-New York to Florida to San Francisco-among Europeans, to have these two think our state remarkable, was joy to me.

Sir Ronald, much to my chagrin, knew history of our early times I did not know. He regretted, for example, the blunder on Capt. James Cook's part that he had not located the passage into the Columbia river and had left it to George Vancouver's party to map it. Both items about which I was ignorant.

Walking Type
 The fourth Englishman, is the taking-his-walking - stick type, and strides up and down hills, discovering all sorts of oddities.

Three extraordinarily pretty Dutch girls complete the number of guests. Queen Wilhelmina used to sleep at the Villa San Pancrazia when she visited Taormina. Autographed pictures are all about the salon.

We have really good talk fests; we exchange view points; we solve world problems—and all appreciate how difficult it is in these countries to cash a check. Even the American Consul couldn't do it at one time for Mr. Trumbo. Mr. Trumbo, by the way is the quiet one. He says but little. He, who certainly knows more than all combined.

He did say, however that he approved of Wayne Morse's speech in the Senate regarding not giving aid to countries who would not enter the mutual missile program. He also told me that he wished that travel columnists would tell people where to stay and what things cost. So the next Veni Vidi will be about prices.



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Musical Announced

The Broadway musical, "Bye Bye Birdie" is now in rehearsal at Medford High school. Presentation of a musical is an annual event of the music department.

The original production opened in New York in April, 1960, and starred Dick Van Dyke and Chita Rivera. It ran for over 600 performances and is now touring the country as a road show. It is also being made into a motion picture that is to be released shortly.

The dates for presentation are Feb. 21, 22, 23. Tickets for the show go on sale Monday, January 28th, and are available from any choir member or at the high school.

League To Hear Two Lumbermen

Ashland - The Ashland provisional unit, League of Women Voters, will hold a public meeting in the Gresham room of the library Tuesday, January 29, beginning at 8 p. m. Speakers are to be two Jackson county lumbermen, George Flanagan and Ben Evans. They will discuss the lumber industry in Oregon and its relation to world trade.

Mrs. Irving Lord, president of the Ashland unit, announced that there will be an open discussion period moderated by Edison Thuma of Southern Oregon college.

Card Party

Olive Rebekah lodge plans a card party for Tuesday, January 29, at 8 p.m. at the IOOF hall. Bridge, canasta and pinocle will be played.

Marble surfaces should be treated like any other valuable piece of furniture. Use coasters under glasses, and wipe up spilled liquid or food immediately.