



In spring a youngster's fancy, lightly turns to thoughts of energetic outdoor activity. Give your children a nutrient bonus with Hop 'n Skip Cookies and Taffy Milk, both made with nutritious unsulphured molasses.

Hop 'n Skip Cookies Delicious, Nutritious

Spring has come when you can put your foot on three daisies at once - and that time is right about now. Children are out with their jump ropes, kites and jacks, and the thud of baseball against glove is heard. Youngsters, always active, seem even more so with the advent of the first spring days. During this time, mothers want to keep a conscientious eye on nutrient intake. Cookies are ever popular with children, but it is well to keep in mind that some cookies are more nutritious than others. Hop 'n Skip Cookies provide small fry with a delectable snack as well as plus food values. Specifically, here is how the nutrients in these cookies benefit your children. Unsulphured molasses, the concentrated juice of sugar cane, not only supplies energy but is a rich source of iron. It also has a little calcium and some of the B vitamins. Protein is provided by non-fat dry milk, egg, and rolled oats. Milk joins the unsulphured molasses in supplying calcium, and the cookies derive vitamin A from grated carrot and B vitamins from enriched flour. Raisins supply added iron. Unsulphured molasses, one of nature's most nutritious syrups, is a pleasant all-purpose sweetener that imparts delicate flavor as well as sweetness to foods. To give milk a fillip, for instance, add one tablespoon unsulphured molasses to a glass of milk and stir well to make Taffy Milk. And, if you choose, put in a scoop of vanilla ice cream.

This Spring, Hop 'n Skip Cookies provide youngsters with a generous measure of nutrients. **HOP 'N SKIP COOKIES** One-third cup shortening; one-third cup sugar; one-half cup unsulphured molasses; one egg; one-fourth cup non-fat dry milk; one cup sifted flour; one-fourth teaspoon each, nutmeg and cinnamon; one-half teaspoon salt; one-fourth teaspoon soda; one teaspoon baking powder; one cup grated carrots or grated raw sweet potatoes; one-fourth cup raisins and one one-fourth cups rolled oats. Cream together shortening, sugar, unsulphured molasses and egg. Sift together non-fat dry milk, flour, spices, soda and baking powder; stir into creamed mixture. Add grated carrot or sweet potato, raisins, and rolled oats; mix well. Drop by level tablespoons on a lightly greased cookie sheet. Bake in a moderately hot oven (400 degrees) 10 minutes.

Avocado Rarebit Makes Lenten Brunch, Supper Welsh Rarebit gets a tasty new partner in Avocado Rarebit. The cheese sauce is spooned over slices of avocado on crisp toast. This meatless main dish is very easy to prepare for a Lenten supper or brunch. **AVOCADO RAREBIT** Three tablespoons butter or margarine; three tablespoons flour; one and one-half cup milk; one-fourth teaspoon salt; one-fourth teaspoon Worcestershire; one-fourth teaspoon paprika one cup grated processed American cheese; one avocado; four slices toast. Melt butter in a saucepan and stir in flour. Gradually stir in milk and cook, stirring constantly until thickened. Stir in salt, Worcestershire, paprika and cheese. Continue cooking and stirring until cheese melts. Cut avocado lengthwise into halves; remove seed and skin. Cut lengthwise into thick slices. Arrange slices on toast and cover with sauce. Makes four serving (two cups sauce).

Barnes Family Returns Home O'Brien - The Jack Barnes family recently spent 10 days with Mr. and Mrs. Ray Welch and daughter Sharon at Ft. Bragg, Mr. and Mrs. Elton Adams at Santa Rosa and Mr. and Mrs. Oral Barnes, Sacramento, Calif.

Dining Room Returns To Newly-Built Homes

By MARGERY McELHENY Chicago—(UPI)—A survey compiled by the U.S. housing and home finance agency shows that the dining room again is being included in new homes.

One of the first rooms to be scratched off blueprints when building costs began to rise after World War II, the dining room is returning because of consumer demand, builders said. Until recently, most families in the middle and lower income brackets had to look for older homes if they wanted separate dining areas. In the newer models, meals were served in the kitchen or a "dining nook area" somewhere between the kitchen and another room. Building costs have not gone down, said the builders, but the new interest in dining rooms probably came about because of the big success of the "raised ranch" or "split ranch" style house. This style is very economical to build—a simple rectangle, with two stories, the lower one half below grade. It provides twice the square footage of living space of a ranch style home, at not

much more cost, so it has space for a dining room. Why do buyers want a separate dining room? Bernard L. Copeland, president of Basic-Witz, a manufacturer of dining furniture, points to the resurgence of the traditional trend. Copeland's firm participated in the survey that showed more than half of all families interviewed wanted separate dining facilities. He said the family may be satisfied with informal meals in the kitchen, but it likes to have a more formal place to entertain at mealtimes. Families with children also believe the formal atmosphere of a dining room is conducive to better table manners, Copeland said.

Storage Space Storage space was another reason cited. Silver, table linens, dishes and glassware can be stored in a buffet, which rarely fits comfortably in the living room or kitchen. Copeland said a recent survey by Home Furnishings Daily, a trade publication, showed sales of dining sets up as much as 17 per cent over a year ago. Sales were higher in suburban rather than city areas, he said, reflecting purchases of new homes. Even though the dining room is returning, it often is smaller than it used to be. The most popular sales are of tables with four or six chairs.

CALENDAR..

- Today**
2:30 p.m. - Shay Torrent and Axel Alexander organ concert, Holly theater.
3 p.m. - Richard K. Schall, tenor, and Charlsia Schall, pianist, in concert, Churchill hall auditorium, Southern Oregon college.
- Monday**
12 noon - Degree of Honor lodge, Mrs. Clyde Hillery, 538 Mary st.
12 noon - Auxiliary to Jackson County Medical society, Rogue Valley Country club.
1 p.m. - Senior Center Arm Chair Travel club, at center.
4:15 p.m. - Medford Teacher's association, Jackson school.
6:30 p.m. - Westminster guild of First Presbyterian church, Fellowship hall.
7 p.m. - Parents Without Partners, Girl Scout headquarters.
7:30 p.m. - Reames Past Matron's club, Mrs. Roy V. Nordwick, 226 Ross lane.
7:30 p.m. - Oak Grove PTA, school cafeteria.
8 p.m. - International relations group, AAUW, Mrs. E. H. Loveness, Bel Air heights.
8 p.m. - St. Mary's Grade school Parents club, at school.
8 p.m. - Olive Rebekah lodge, IOOF hall.
- Tuesday**
10 a.m. - Shady Cove extension unit, home of Mrs. Lewis Dusenberry.
10 a.m. - Second Ward, Relief society, LDS church, 648 So. Ivy st.
10:30 a.m. - Foothills Creek extension unit, Foothills Creek hall.
12 noon - Medford Navy Mothers club, Mrs. James Wicker, 809 Adams lane.
1 p.m. - Ladies of Elks, Elks club downstairs lounge.
1 p.m. - Gold Star Mothers, Medford chapter, Mrs. Matilda Dietrich, 939 North Central ave.
1:30 p.m. - Central Point Garden club, Mrs. Clem Aull, 1088 Taylor rd.
7:30 p.m. - Medford Parents extension unit, Mrs. R. E. Simmons, 1532 Whitman ave.
8 p.m. - Jackson County Civic Music association concert, Medford High school auditorium.
8 p.m. - Pythian Sisters, Pythian bldg.
- Wednesday**
9 a.m. - Registration, district convention, Oregon Federation of Women's clubs, Talent city hall.
10 a.m. - Medford First ward, Relief society, LDS church, at church, 648 South Ivy st.
10:30 a.m. - Griffin Creek extension unit, Grange hall.
10:30 a.m. - Upper Applegate extension unit, Mrs. Clarence Roloff, Lower Applegate.
10:30 a.m. - Lake Creek extension unit, Mrs. Foster Swigert, Meridian rd.
12:30 p.m. - Chapter CG, PEO Sisterhood, Mrs. S. R. Mosher, 2208 Oakwood dr.
12:30 p.m. - Chapter CP, PEO Sisterhood, Mrs. Verne Wilson, 1558 South Ivy st.
1 p.m. - Eagle Point Garden club, Mrs. Charles O. Hoover, Gregory rd.
7:30 p.m. - Siskiyou Knife and Fork club, Mark Antony hotel, Ashland.
8 p.m. - Auxiliary to National Letter Carriers association, Mrs. Larry Rose, 2110 Corona dr.
- Thursday**
10 a.m. - Providence guild, Knights of Columbus hall, Black Oak drive at Barnett rd.
10:30 a.m. - Butte Falls extension unit, home of Mrs. Shirley Hatcher.
10:30 a.m. - Westside extension unit, Mrs. Dan Doty, 2157 Beall lane, Central Point.
1:15 p.m. - Medford Coordinating committee of PTA, Griffin Creek school cafeteria.
1:30 p.m. - Medford Garden club, Jackson county home extension bldg., in Fairgrounds, Maple Grove drive, and Barnett rd.
1:30 p.m. - Sams Valley Ladies club, home of Mrs. Elwood Abbott on Highway 234.
6:15 p.m. - CBPWC, North's Chuck Wagon restaurant.
7 p.m. - Rogue River Valley Knife and Fork club, Rogue

Valley Country club.
7:30 p.m. - Royal Neighbors of America lodge, Pythian bldg.
8 p.m. - Phoenix NOW, Community hall club room.
Friday
12:30 p.m. - Medford Fifty Plus club, St. Mark's Episcopal church Guild hall, corner Fifth st., and North Oakdale ave.
1 p.m. - Phoenix Thimble club, Mrs. Walker M. Caldwell, 403 Second st., Phoenix.

Yreka Art, Flower Show Plans Formed Yreka - Plans for the art and flower show to be held May 26 in Winema hall at the fairgrounds were discussed by the Yreka Garden club afternoon group at its meeting Monday, March 11 in the Pacific Power and Light social room. Lee Gossett will be chairman for the art exhibit and general chairman for the flower show will be Mrs. Virginia Mullica. During the meeting, conducted by Mrs. James Sullivan, president, Mrs. Floyd Taylor gave a report on the controversial book "Silent Spring" by Rachel Carson. Mrs. Roy Townley invited the group to her ranch home in Little Shasta for the April meeting. A pruning demonstration will be given. Those attending should take a sack lunch. Following the meeting was a sale of plants brought by Mrs. Harry Friedman and Mrs. Roy Townley. Refreshments were served by Mrs. Harriet Houston. Mrs. Lawrence Hastings entertained members of the club's evening section at her home the same evening. Plans were made for a demonstration on how to enter a judged flower show to be held in conjunction with the regular April meeting of the club. Mrs. Mullica, who has participated in a number of flower shows in the past, will give the demonstration at her home. Interested members of the afternoon group also are invited to attend. Mrs. Lawrence Hastings and Mrs. William Riddiman were named as a committee to nominate officers for the coming year.

Homemaker Hints On Laundering Outlined by OSU Once a bar of soap and washboard were all you needed on Monday morning to do the weekly wash. Now automatic equipment saves your back but new textile fibers, finishes, and laundry aids challenge the shopper to pick the cleaning treatment that fits the fabric. More than 70 textile fibers and finishes have been introduced which, in turn, have brought about changes in laundry methods and washing products. Three new consumer information leaflets that deal with laundering are now available from Oregon State university. One tells how to use new laundry aids on the market to brighten, disinfect, soften and produce fresh-smelling clothes. Another gives buying tips for bleaches. A third helps choose the starch you want for a smooth soil-resistant finish. Bernice Strawn, OSU extension home management specialist and bulletin author, also provides answers to other laundering questions, what type of bleach can be used in water containing iron, how you can remove perspiration odors from sportswear, and how you get best results from new spray starches. All three circulars may be ordered by title from county extension offices. They are: "Be A Better Buyer of Bleaches," "Be A Better Buyer of Starches," and "Be A Better Buyer of Laundry Aids."

Girl Scouts Troop 55 Hikes

Girl Scouts of Troop 55 toured the old Hays cemetery while on a recent hike. During spring vacation the Scouts hiked from Gold Hill to the home of Mr. and Mrs. Dale Hodson, Galis Creek road. There they had a cookout. Scouts are working towards second class badges according to their leaders, Mrs. Paul Holderness. Other women who hiked with the Scouts were Mrs. Gene Holderness and Mrs. Dorothy Dotson. Mrs. J. A. Clithro and Mrs. Hodson also participated by providing transportation for anyone who could not complete the hike by foot. Scouts going on the hike and cookout were Elba Corone, twin sisters Janice and Joan Czmowski, Teresa Dotson, Susan Dye, Nita and Karen Harding, Marjorie Hodson, Renii Holderness, Maurie Kinney, Barbara Morris, Debra Purdey, Donna Yule, Susan Martini, Cindy Hartung, Karen Vaterlaus, Patty Stroh, Jackie McCart, and one guest Paula Holderness.

Greet April With Kabobs of Lamb

Greet April with lamb kabobs. Marinate three pounds cubed lamb overnight in two tablespoons instant minced onion, one tablespoon salt, one teaspoon curry powder, one-half cup lemon juice, one-half cup oil and one-half cup dry wine, or water. Skewer alternately with mushroom caps, green pepper cubes and tomato wedges. Broil six inches from heat for 15 to 20 minutes, basting often.

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