

# Experts Divided on Value of Courses in Speed Reading

By DAVID NYDICK  
UPI Education Specialist

There are many speed reading programs which indicate that an individual's reading rate can be increased from three to ten times its present speed. Experts have many opinions concerning the value of these courses.

Through an organized and concentrated effort speed and comprehension in reading can be increased. An individual can accomplish this by himself if he is persistent.

Why should one get involved in a course which will cost a good deal of money? The answer lies with the individual. The structure supplied by a course will generally motivate the student. The materials, techniques, and direction of the course will supply specific procedures. It will be necessary to practice approximately one hour per day. The results probably will be superior to those of an individual approach.

The basic value of speed reading depends upon a person's involvement with reading. College students, lawyers, and others who constantly use reading as a tool probably would benefit from such a course. An individual who reads as a recreational activity or who will not continuously use the techniques probably would benefit from his own efforts rather than a course.

If you have decided that there is value to such a venture, you should be careful in choosing a course. A little investigation will reveal the legitimacy and background of personnel, and the results obtained by a particular plan. Courses sponsored by colleges

# Feeding the Family

By ZOLA VINCENT  
Food Editor

**Apple Sauce and Molasses Combine in Caramel Pudding**

There's a super abundance of fine-flavored canned applesauce at very small cost. Our applesauce-molasses pudding consists of a crisp spicy crumb underpinning, a layer of spiced applesauce and a topping of crumbs. A delicate caramel fragrance and flavor pervades the whole.

1 1/2 cups cornflake crumbs  
1/2 teaspoon salt  
1/2 teaspoon nutmeg  
1 1/2 teaspoons cinnamon  
1/2 cup unsulphured molasses, divided  
2 tablespoons butter or margarine, melted  
1 1-pound can applesauce  
Combine cornflake crumbs, salt, nutmeg, cinnamon, one-quarter cup of the molasses, and the butter or margarine. Press half of this mixture into a greased 6x10x2-inch baking pan, or one of comparable size. Bake in moderate oven, 375 degrees, 10 minutes. Combine remaining one-quarter cup molasses with the applesauce; spread over baked crumb mixture and sprinkle with the remaining crumb mixture. Bake 20 minutes longer.

**Sweet Talk**

Honey bees of our state are at their very busiest right now as everyone knows. Let's use more honey to show our appreciation. Honey, nectar of the gods, is man's oldest, purest sweetener. It never spoils, supports no bacteria, needs no refrigeration, creates no acidity.

Enjoy the various flavors and colors of honey. All are equally pure and nutritious. Each gets its character from the blossom visited by the honey bee.

Enjoy the various forms of honey, too: creamed honey,

honey butter, cinnamon honey butter, honey jelly.  
**Yogurt and Cucumber Soup Liked by Iranians**

Last week we told you of a popular Iranian recipe for kebab. Since then, we've tried this Mast (Yogurt) and Cucumber Soup and found it perfectly delicious and certainly a conversation piece. It is noted with interest in The World's Favorite Recipes from the United Nations. Recipe makes four to six servings.

3 cups (1 1/2 pints) yogurt  
1 1/2 cups finely cubed or grated cucumbers  
1/2 cup currants or small seedless raisins  
3/4 cup water  
1 tablespoon minced fresh dill  
3 tablespoons minced chives or green onion tops  
1/2 teaspoon salt  
1/2 teaspoon black pepper, freshly ground

Beat yogurt well. Add cucumbers and currants or raisins. Blend thoroughly and add three-quarter cup water or more until the mixture is the consistency of cream soup. Add dill, chives or green onion tops, salt and pepper. Blend well and chill. Serve very cold. For added heartiness use two chopped hard-cooked eggs (for garnish).

**Pepper Bread Sticks**

These are especially good with green salads and bland casseroles. Makes 24 sticks.

Quarter each of six weiner buns lengthwise to make bread sticks. Soften one-half cup (one stick) butter and add one-half teaspoon seasoned pepper and one-half teaspoon seasoned salt. Spread butter mixture on bread sticks. Sprinkle lavishly with one cup grated Parmesan cheese. Place on a cookie sheet and toast in hot oven, 450 degrees, about eight minutes. Serve while piping hot.

**Check These Food Thievs; Help Balance Food Budget**

Now seems a fine time to wage war on waste more aggressively in our kitchens. If you want to save money, do a better job, be a better cook, you'll find valuable suggestions here. Waste begins with the selection of food and carries right on through improper storage and use of leftovers.

A case in point is the prodigal amount of fat wasted through improper storage. Leftover fats and drippings are good food and can be used again. But they must be stored as carefully as other fats and that means in a dry, cold, dark place. Left out, even briefly, they'll spoil the flavor or other foods in which they are used.

There's waste in products that are hastily or carelessly prepared and so turn out to be failures. Careful measuring can make the difference between a very successful dish or a cake and one that is thrown away or only half eaten. Follow directions on packages and cans. They were developed to give greatest satisfaction and eating pleasure so that consumers will come back for more of the same food; same brand.

When meat is improperly cooked, allowed to burn or cooked at too high a temperature, it shrinks more than necessary. This makes fewer servings per pound. Today's meat specialists roast most meats at 325 degrees; recommend 300 degrees for lamb.

When reheating leftovers, heat them thoroughly but do not cook the food again. To re-cook, destroys the flavors and nutrients.

The outer leaves of lettuce and the green leafy tops of white turnips and beets may be boiled and served just like spinach.

Odd bits of tomatoes, green onions, green peppers, celery and parsley can be depended upon to add new flavor and interest as well as bulk and nourishment to leftovers.

## Retirement Area Planned at Seaside

Seaside - UPI - A 286-unit, \$4.5 million retirement community will be started here within 60 to 90 days, it was announced Thursday by H. C. Desler, co-chairman of Oregon Senior Citizens of Seaside, incorporated.

Desler said the community, to be called Seaside Villa, would consist of a 10-story, 136-apartment building and 150 individual garden court apartments in "clusters" of from three to eight units.

The project covers 18 acres, north of the golf course between the ocean and the Necanicum river.

The building group is a non-profit, non-denominational corporation of business and professional leaders, Desler said.

# Standardizing of Cosmetic Containers Receives Opposition From Industry

Washington - UPI - Legislation for other packages, senator, but don't try to standardize containers for cosmetics. They reflect the inner woman as do milady's hats.

"Cosmetics are of glamorous stuff," said Neva Bradley, a veteran of the cosmetics industry, in testimony prepared for presentation to a Senate anti-trust subcommittee.

"To specify a standard container, to stultify the label with unnecessary conformance to utilitarian uniformity would destroy the glamor, precipitate the whim and dis-

sipate the dream."

The subcommittee, headed by Sen. Philip A. Hart (D-Mich.) also heard opposition to the proposed measure voiced by Gilbert Weil, of the Association of National Advertisers.

Weil said Hart's bill to ban deceptive packaging and labeling would "establish a veritable commissariat of packaging." Present laws will do the job, he contended.

Gilbert Miles, of Colgate-Palmolive Company, representing the toilet goods association, shared that view in his prepared statement.

But Miss Bradley, with 30 years of training behind her perfume atomizer, put it directly in feminine terms:

**Personal Products**

"By its unique nature one fragrance should be used rarely and in the utmost of discreet amounts; another by its own unique nature be used frequently and with great abandon. . . . Cosmetics are personal products. Their use is dictated by the inner woman who thus far in evolution has defied standardization by mere men."

They are like women's hats,

fashions and style, jewelry and art, she said.

**Exemption Suggested**

Miss Bradley appeared as representative of Cosmetic Career Women Inc., an organization of executives in her field.

She suggested that cosmetics and toiletries, along with certain meats, alcoholic beverages, household appliances, maintenance and repair articles, be exempted from the pending bill.

"Please, gentlemen, allow us ladies our fanciful whim," she pleaded. "It is good for us and it is good for you, too."

## UNINVITED GUESTS

Norwalk, Calif. - UPI - Mr. and Mrs. Claude Hollicott decided Thursday night that unexpected company is strictly for the birds. More than 50 Starlings swooped into their living and dining rooms through a chimney. Only one member of the household seemed unconcerned. The family cat had just given up and was sprawled out on the living room rug.

**"OIL TO BURN"**  
Mobilheat  
S & H Green Stamps  
MEDFORD FUEL CO.  
772-2111

## Change in Smokes Being Considered

Washington - UPI - A government cancer expert says people apparently won't give up smoking, regardless of evidence tending to link it with cancer.

He said the answer might be to change the smokes, not the smokers.

Dr. Kenneth M. Endicott, director of the National Cancer Institute, told a House appropriations subcommittee in testimony made public Thursday that research is being conducted to either eliminate cancer-causing factors from cigarettes or adding chemicals to counter them.

## Change in Smokes Being Considered

Washington - UPI - A government cancer expert says people apparently won't give up smoking, regardless of evidence tending to link it with cancer.

He said the answer might be to change the smokes, not the smokers.

Dr. Kenneth M. Endicott, director of the National Cancer Institute, told a House appropriations subcommittee in testimony made public Thursday that research is being conducted to either eliminate cancer-causing factors from cigarettes or adding chemicals to counter them.



# SHRUBS and FLOWERS NEED REGULAR FERTILIZING

Beautiful blooms and healthy, green foliage are your reward if you fertilize regularly with Lilly's RHODODENDRON FERTILIZER and Lilly's ROSE FERTILIZER. Like a good lawn, roses, rhododendrons, camellias, azaleas, heather, evergreen shrubs and all flower borders require frequent light feeding.

Lilly's RHODODENDRON FERTILIZER and Lilly's ROSE FERTILIZER are the ideal foods—complete, scientifically balanced diets containing all nutrients necessary for the health and colorful beauty of your shrubs and blooms.



- LILLY'S RHODODENDRON FERTILIZER**
  - 20-lb. bag . . . . . \$2.95
  - 5-lb. carton . . . . . 1.00
  - 40-lb. bag . . . . . 5.45
- LILLY'S ROSE FERTILIZER**
  - 20-lb. bag . . . . . \$2.95
  - 5-lb. carton . . . . . 1.00
  - 40-lb. bag . . . . . 5.45

- AVAILABLE AT THE FOLLOWING GARDEN SUPPLY STORES**
- Monarch Seed and Feed Co.**  
6th and Barlett  
10th and South Fir  
MEDFORD
  - S&H Landscape Nursery**  
3358 Bursell Rd.  
CENTRAL POINT
  - Elton's Farm and Garden Store**  
4th and Fir  
MEDFORD

# FRIGIDAIRE

## APRIL SHOWER OF SUPER VALUES

**3 DAYS ONLY SAT., MON., TUES.**

Nothing Down Big Trades!

We've planned this special early season value event of best buys to bring you famous Frigidaire quality at unbeatable prices. Selections were never better and prices were never lower . . . so why wait—buy now!

**Special for Food Freezer Owners!**

## Frigidaire's Biggest, All New Fresh Food Storehouse

**IT'S 96% REFRIGERATOR IT'S 4% FREEZER**

- 13.73 Cu. Ft. Capacity in the Automatic Defrosting Fresh Food Section.
- New French Doors at bottom conceal 2 Quickcube Ice Trays with 80-cube service and Ejector . . . and 14-lb. Fresh Meat Tender.
- Twin Hydrators for big supply of fruits and vegetables.

**\$339<sup>95</sup>**

With your operating refrigerator under 10 years old

**NOTHING DOWN—\$3<sup>10</sup> A WEEK**

### 30" Automatic Oven Range

- Cook-Master Automatic Oven Control minds your oven cooking for you
- Huge "Holiday Host" Oven holds the largest turkey.
- Storage Galore in the Spacious Storage Drawer.

**NOW PRICED ONLY \$189<sup>95</sup>**

With your operating electric range under 7 years old  
Model RS-35-63

**NOTHING DOWN \$2.50 a Week**

### The FLAIR by Frigidaire

- Here's the modern range with genuine FLAIR glamour. Looks built-in but isn't.
- Eye-Level Oven with glide-up glass door. Cook-Master automatic oven control.
- Roll-out Cooking Units.

**\$275 a Week**

With your operating electric range under 7 years old  
Model RDF-630

### Deluxe Frigidaire Dryer

- A brand new Frigidaire dryer featuring the exclusive Flowing Heat system that dries your clothes breeze-fresh.
- Set one dial to dry any fabric beautifully.
- No-stop Nylon Lint Screen on door.

**\$148<sup>00</sup>**

Even Less With Trade  
**\$2.50 a Week**

Nothing Down  
Model DDAS-1

### Frigidaire Best Buy 2-Door Refrigerator

**100-lb. FREEZER Self-Defrost Refrigerator**

**\$259<sup>00</sup>**

Big Capacity, Top Quality and Deluxe Features — Yours Now at Only

With your operating refrigerator under 10 years old

- Outstanding Value that should make it easy for you to decide to trade in your old, tired refrigerator.
- Big Fresh Food section defrosts automatically — no buttons to push — no gadgets to set.
- Extra Storage in the Huge Door for all size packages and containers.

**NOTHING DOWN \$2<sup>50</sup> a Week**

### Leonard Electric's True Value TRADES Make the DIFFERENCE!

You are sure of paying the LOWEST NET PRICE for your new appliance at Leonard's. We make honest True Value appraisals based on the real operating worth of your appliances. The better your old appliance is operating, the more it is worth and the BIGGER the trade-in allowance.

**WE DON'T WHOLESALE YOUR TRADE-IN** or write it off as overhead! It goes through our Reconditioning and Steam Cleaning Dept. and comes out a QUALITY Reconditioned appliance, fully Tested and Guaranteed — a truly saleable appliance.

**And, This Is Why You Always Find Such Great Values at Leonard's in USED APPLIANCES!**

**NO MONEY DOWN on Approved Credit We Carry Our Own Contracts**

**"Medford's Leading Appliance Dealer for the Past 32 Years"**

**LEONARD ELECTRIC CO.** 309 EAST MAIN  
PHONE 773-4541