

## OSU Gives Good Eating Hints for Older Folks

Older folks can add more life to their years and perhaps years to their lives by following good eating hints from Oregon State University nutritionists.

In 1900, 48 was considered the average life span for adults. Today, 70 is an overall average. And those who reach 70 have prospects of living another 12 years.

Following a basic food pattern all through life plus daily exercise of some kind contributes greatly to vibrant living, say home economists. Here are some of their suggestions for older folks:

Forget birthdays and enjoy good eating by regular use of foods selected from basic food groups—meat, fish, poultry, milk, cereals and breads, vegetables and fruits. The many vitamins now known to be essential in human nutrition are available through the generous supply of foods on grocery store shelves. Are vitamin pills necessary? Only if advised by your doctor.

After you reach 40, your metabolism will likely slow down even though you remain as active as always. Although you need less food, you still need all the nutrients food provides, advise specialists, so cut down on calorie-rich foods that supply energy but not special vitamins. Desserts (especially those that contain fat and sugar), carbonated drinks and sweet rolls fall in this class.

If you live by yourself, how can you make foods taste and look good? Buy small amounts. They may cost more but they stay fresh for the length of time it takes to eat them. Use many of the dried, frozen and canned foods. Nonfat dry milk stores well for months on the pantry shelf and can be mixed a glass at a time. A loaf of bread goes a long way if you freeze half and use the rest fresh. Storing bread in the refrigerator retards mold but hastens staling.

Take time to prepare something that looks good and it'll taste better, they advise. Put a small bouquet of flowers on the table, use some of the nice dishes you save for "good," and invite a friend in to eat.

**Go Easy**  
If you need to watch your weight, go easy on high-calorie foods. Generally, those foods that are greasy, heavy for their size, sweet and gooey, carry the most calories. Substitute low fat toppings (made from nonfat milk) for whipping cream, lemon juice or mayonnaise, and a little grated cheese for rich gravies. By just cutting down on the amount of fats, you can reduce your calorie intake quite easily. All foods contain calories but fat foods carry nine calories per gram compared to four calories per gram for protein and carbohydrates.

If chewing is difficult, cube chop or grind some foods. Think twice before you invest a large sum of money in a blender or juicer. You can't put any more food value into a food than was originally there.

In other words, vegetable juices are not any more nutritious than the fresh vegetables. Cook vegetables until just tender in about one-half cup of water. See that greens are kept in the refrigerator in plastic bags and used while still crisp and fresh.

**Cheap Tonic**  
Walking is a good cheap tonic even in the rain. It keeps muscles and heart strong and improves circulation in the coronary areas.

Be reasonable when dealing with fats. No conclusive evidence exists at present that there need to be drastic changes in the diet unless under doctor's orders. Studies have shown that Americans eat too much of all kinds of fats and they could cut considerably on total amount eaten.

Since food plays such a vital part in our lives, you can never "retire" from the responsibility of eating kinds and amounts you need, home economists stress.

## Lake Creek Unit Officers Are Installed

Lake Creek - Mrs. Kent Stover was installed chairman of the Lake Creek Home Extension unit during a recent meeting of the unit, and the retiring chairman, Mrs. Leland M. Charley was honored for her two-year term in office. Mrs. W. W. Jackson was installing officer.

Installed as vice chairman was Mrs. John Benson. Mrs. Fred Osterman was installed secretary and Mrs. Charley took the office of treasurer.

During the meeting the group planned a kaffeeklatsch for Wednesday, June 5 at 1:30 p.m., in the home of Mrs. Stover.

The group voted to contribute toward a scholarship fund for a 4-H member to attend summer school in Corvallis. Mrs. Ira Woolfolk gave a review of projects the unit has assisted during the year, including the Heart Fund, CARE and Radio Free Europe.

Mrs. Edmund Armitage reported on the summer school and Mrs. Benson reviewed the purpose of Law Day. She read excerpts of the Declaration of Independence.

The lesson on floor care was given by Mrs. Murray Bartling.

Mrs. Charley was presented a gift and a French film was shown by Mrs. Benson and Mrs. Stover.



Medford Trail Riders not only enjoy riding but other activities as well and furnish their own entertainment when they get together. Pictured above is a group of members who entertained at a recent breakfast held in Pioneer village, Jacksonville. In the front row, left to right are Danny Stevenson, Mrs. Bob Porter, James Stevenson, and Robert Fitzpatrick. F. J. Clifford, though not a member of the group, enjoys attending Trail Riders events, and is shown here with his big base viol as he "sits in" with the orchestra.

## Friends Say First Lady 'Aglow'

By HELEN THOMAS  
United Press International  
Washington - (UPI) - President and Mrs. Kennedy are not mulling over any names for the new baby, due in August. The Kennedys are superstitious about picking a name for a child before it is born.

As for whether she would like a boy or a girl, the President's wife happily points out she has one of each - five-year-old Caroline and two-year-old John Jr. Friends say Mrs. Kennedy will be "delighted" with either a boy or girl.

Friends of the First Lady say she is aglow, in a wonderful mood and happy. They also say that she feels more free now that the White House official doings have been lifted from her shoulders. She is said to feel that for a change, she can live her own life - for the next few months at least.

**Doesn't Ride**  
Mrs. Kennedy is rarely seen in public these days. She spends long week ends with her children at Camp David, the presidential retreat near Thurmont, Md. Both President Kennedy and his wife have come to enjoy the Navy operated hideaway in the Catoctin mountains for the sheer privacy it offers.

According to the author of the biography Sandburg's early life of hardship gave him an understanding of the common people of America. He has identified himself with the toilers. He has a peculiar kinship with simple people and with children, and throughout his life has championed controversial movements.

Ontario Stratford Festival Growing  
Stratford, Ont. - (UPI) - The Stratford Shakespearean Festival, which built its own theater for its major productions, has purchased the Avon theater in the downtown area of the city to restore it to use as a legitimate playhouse.

An adjoining building also was acquired. The diversified program of the festival is constantly growing and the parent theater is not sufficient to handle everything. Conversion of the new buildings will begin this fall.

**Cherry Tomatoes**  
New York - (UPI) - Cherry tomatoes have been cultivated since the 16th century. They were known and enjoyed by Inca Indians in South America long before North America was discovered, says the United Fresh Fruit and Vegetable association. The marbled fruit, available the year round in the United States, travels well and has a long shelf life.

Around 500 B.C. during the golden age of Greece, the convention of the dowry was established. A man was expected to give his daughter at least one-tenth of his property upon her marriage.

The First Lady has given up riding horses during her pregnancy. But she can take long walks at Camp David without being observed by any outsiders. She also swims in the pool near the lodge that the late President Franklin D. Roosevelt called his "Shangri La."

Mrs. Kennedy also has been going frequently to Rattlesnake mountain near Atoka, Va., to supervise furnishing of her new house. She has done all of the decorating herself and apparently has had a lot of fun doing it.

The First Lady watches her weight and - being a devotee of the loose fitting look - she has been able to steer clear of obvious maternity clothes so far. Her No. 1 designer, Oleg Cassini, is making some new mother-to-be things for her. And considering that she is the nation's No. 1 style setter, they may start a new trend.

Mrs. Kennedy doesn't see many letters that pour into the White House. But she's been getting a lot of congratulatory messages.

She gets about 100 letters from Europe each week, the majority written in French. Many comment on her having another child and say it is "wonderful." Most of the letters, however, ask the President's wife for help of one kind or another.

At the end of June, Mrs. Kennedy and her youngsters will go to Hyannis Port, Mass., for the summer. But she is expected to return to Washington to have the baby who will add a chapter to White House history.

**Return**  
Hornbrook - Mr. and Mrs. Dwan Hamner returned Monday from Cave Junction, Ore., where they spent the week end visiting former Hornbrook residents, Mr. and Mrs. L. E. Jeter and Mr. and Mrs. Thomas Collister and son, Tom.

**Beams Visit In Hornbrook**  
Hornbrook-Sunday visitors at the home of Mr. and Mrs. Henley Clawson were Mr. and Mrs. Jack Beam of Klamath Falls. The two families were friends and neighbors many years ago when they lived at the old lumber town of Tennant, Calif.

## Six Girl Scouts Chosen For Project in Camping

Six teenage Girl Scouts from the Rogue Valley Area Girl Scout council have been selected to participate in a national camping project to be conducted this summer by Girl Scouts of the United States. Each girl chosen, who must be 16 years of age before the camp date, will journey to an out-of-state Girl Scout camp for 17 days of activities.

Susan Caperna, daughter of Mr. and Mrs. Ronald R. Caperna, Medford, will attend Camp River ranch, Carnation, Wash., as will Janet Morrison, daughter of Mr. and Mrs. Dan R. Morrison, Grants Pass. Miss Morrison attends Grants Pass High school, and Miss Caperna goes to St. Mary's High school.

Marianne Thompson, daughter of Mr. and Mrs. Robert M. Thompson, a student at Grants Pass High school, will go to Camp Timberton, Emigrant Gap, Calif. Going to Conowingo, Md., to attend Camp Shadowbrook, will be Penny Forbes, a student at Medford High school, and the daughter of Mr. and Mrs. Robert A. Forbes.

Sharon Chipman, daughter of Mr. and Mrs. Harry Chipman, and a student at Medford High school, will journey to Camp Sky-Wa-Mo, at Elizabethton, Tenn.; Camp Tocanja, Twin Lakes, Mich., will be the destination of Jill Hibbs, daughter of Dr. and Mrs. R. E. Hibbs, and a student at Medford High school.

Camp Timberton will be held August 1 to 17; Camp River ranch from August 11 to 27; Camp Shadowbrook, August 10 to 26; Camp Sky-Wa-Mo, June 20 to July 5; and Camp Tocanja, August 12 to 28. The campers have been selected for their excellent camping skills; and in the course of their camp experience they will participate in a variety of different projects on an experimental basis in order to test the practicality of carrying out similar projects in local communities throughout the country.

Some girls will survey potential camping sites and study new uses of existing camp sites; others will help develop wildlife sanctuaries. Still others will help prepare Girl Scout leaders in camping techniques which will enable the leaders to bring better camping to more girls.

This special camping project, known as All-States Encampment, will have a total of 628 girls from every state in the country. In all projects the campers will be working with Girl Scouts and Girl Scout leaders from the community in which their particular camp site is located.

Each camper will have an opportunity to improve her own campercraft skills, enjoy cookouts, hikes and games, and have an opportunity to meet Girl Scouts from many other parts of the United States. It is expected that All-States Encampment participants will gain experience in leader training techniques which they can bring back to their own councils; upon her return home, each girl will help at least one troop to go camping.

This year's All-States Encampment is the second stage of a three-year plan through which the Girl Scout national organization hopes to eventually bring camping to 75,000 girls who otherwise would not have the opportunity.

The concept of the All-States Encampment is in keeping with findings of a study conducted by the University of Michigan Survey center research for Girl Scouts of the U.S.A. in 1955. The study

## League Installs Officers

Central Point - Miss Claudia Chase was installed president of Crater High Girls League at their annual Mothers' tea and style show May 13.

Other officers installed were Miss Norma Schatz, vice president; Miss Carol Roach, secretary; Miss Joyce Anderson, treasurer; Miss Carol Norris, historian, and Miss Carrie Greene, publicity manager.

Miss Judy Gebhard, retiring president, welcomed the guests.

Miss Sharon Shellbarger was narrator for the style show, in which all the clothing shown was made by the girls.

During the event Miss Marvella Lichtenstein was named girl of the month for May. Miss Geraldine White, dean of girls at Crater High school, spoke briefly to the group.

Chairmen of the event were Miss Janet Pfaff, stage and nd runway; Miss Jean Fishback and Miss Carol Roach, fall; Miss Norma Schatz, winter; Miss Cathy Brown, spring; Miss Joyce Josephson, summer; Miss Shirley Roach, tables and chairs; Miss Judy Gebhard, models, and Miss Ruth Buckholtz, cleanup.

Miss Elaine Young was organist and Miss Lichtenstein and Miss Delores Sanderson sang.

**Two Sisters Make Trip**  
Gold Hill - Mrs. L. L. Martin and Mrs. Blanche Merriman are in Fresno, Calif., where they are guests of Mr. and Mrs. Donald Piening. They also will visit Mrs. Florence Piening, sister of the Gold Hill women.

Mrs. Blackstone and Mrs. Richardson served refreshments.

The club will hold a guest night June 11.

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