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Carol Foote Wins Ribbon

SALEM — Carol Foote of Applegate won a blue ribbon and \$8 from the Oregon Egg council for her demonstration of a pineapple cheese cake at the State Fair last week. Carol was a contestant in the 4-H senior demonstration contest.

Here's her prize winning recipe.

Pineapple Cheese Cake

For the Pineapple Cheese cake use 3 egg yolks, slightly beaten; 1/2 cup sugar, 1 cup crushed pineapple, 2 envelopes gelatin, 1/2 cup water, 1 lb. cottage cheese, 1/2 tsp. salt, 2 tsp. orange rind, 2 tsp. orange juice, few

drops lemon flavoring, 3 egg whites, 1 cup whipping cream. For the topping use 1/2 cup soft butter, 4 cups cornflake crumbs, 1/4 cup sugar and 1 tsp. cinnamon.

Mix butter, cornflakes, sugar, cinnamon. Press half in the bottom on a spring mold pan. Cook egg yolks, sugar, and pineapple over hot water until thick. Soak gelatin in cold water. Then add to hot mixture. Cool. Add cottage cheese, salt, orange rind, juice and flavoring. Fill pan with cheese mixture. Sprinkle remaining topping over it. Place in refrigerator one hour. Serves eight.



Ila Kneebone, Ashland, Mindy Hackett, Medford, and Mary Sue Emerson, Talent, received a red ribbon in the 4-H home improvement judging contest at state fair this week. Here they examine a dresser drawer to plan how articles might be better stored.

State Officers To Be Guests

Three Oregon state officers of the Gold Star Mothers will be in Medford Thursday, September 12, to attend a session here of the Medford chapter. Here will be Mrs. Mary A. Champ, Salem, department president; Mrs. Mildred A. Edner, Netarts, department first vice president; Mrs. Celia C. Everett, Hillsboro, department hospital chairman.

Members of the Josephine county chapter are also expected. The meeting will be held at the Jackson County courthouse auditorium beginning at 1:30 p.m. Dessert will be served by the Medford chapter; no table service will be necessary.

Dance Students Entertain Club

Students from the Thurston Studio of Dance entertained Security Benefit club members at their weekly meeting September 4, in the Pythian building.

Several guests and new members attended. A dance is planned for September 20 by club members. The event, open to the public, will be held in the same building.

About 50 club members attended a recent American Legion dance in Jacksonville. No age limit is set for membership in the group. The meetings are held weekly on Wednesdays, from 11 a. m. to 4 p.m., with luncheon served at 12 noon.

Facts About Meat
Frozen roasts can be cooked in the same manner as fresh roasts except that it will take one-third to one-half again as long for the cooking time.

Meat Ideas to Please
If serving braised cubes of pork and are in quest of an accompaniment, simply turn to Chinese noodles, rice or noodles.

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Peace Corpsman Describes Day

A typical day for a Peace corps member serving in Thailand was described by Frank Albert in a recent letter to relatives. Young Albert, a son of Mr. and Mrs. M. G. Albert, 304 South Peach street, is assigned to duty in Bangkok as a teacher.

The young man wrote: I suppose that I have become settled here, for my activities have fallen into pretty much of a pattern. The routine that I go through has become a familiar one. I pull back my mosquito netting at approximately 6:30 a.m., five mornings a week, roll off my two-inch thick mattress which is supported by a sturdy wooden frame which looks very much like all of the other single beds I've ever seen, and push my way into the bathroom which is adjoining my fairly good sized room.

Water Carried
There I dip a small plastic bowl into a large container which is filled with water for me every day, and splash the contents over my body prior to dipping in again and drawing out enough of the fluid to shave with. From there, I slip into a pair of slacks, white shirt and tie, and wander out to the large roofed but open air structure which serves as the combination cafeteria and auditorium for the school.

There, I eat some boiled rice, which is generally supplement-



Frank Albert, young Medford man serving with the Peace corps as a teacher in Bangkok, Thailand, towers over four of his students in this picture taken by a fifth student. The young man described a typical day for him in a recent letter to relatives and noted that he had lost weight and now weighs slightly less than 200 pounds. The teacher is a son of Mr. and Mrs. M. G. Albert, 304 South Peach street.

ed with a dish of salty beef or fish, sometimes eggs (which are appearing more frequently now that it has been discovered that I prefer them).

After that, the learning process begins for the 400 or so students that are here, which keeps me fairly busy until 4 or 4:30 p.m. At that time I usually try and get away to my room

for awhile to rest before dinner but that is not at all regular, for I am often interrupted by some sort of a question or request to go and watch volleyball practice of play basketball, etc.

I have formed an English club which is now busily preparing to present three folk songs to the student body. (Old McDonald Had a Farm; John Brown's Body and The Yellow Rose of Texas) with me as the conductor.

After dinner, which is over around 6 p.m., Dick usually comes out from his home in Bangkok, and we go to a rest house for KLM (Dutch airline) where there is a tennis court and play tennis until it gets dark, which is around 7 or 7:30 p.m.

Term Ending
From there we walk back to the school only about one-fourth mile with Dick going on into town on the bus and I spend the rest of the evening reading or grading papers. So, one day is over.

Classes will be over for this term on the nineteenth. The Peace corps is having a seminar at Baingsan (down the east coast) which will last from the twenty-first to the twenty-fifth, which should be nice.

The following week, which is the break between terms, I plan to go to Chiang Mai and see what the northern part of Thailand is like. Will tell you about it soon.

Talent Couple Returns Home

TALENT — Mr. and Mrs. Frank Christian have returned from spending a few weeks in Victoria, B.C. Mrs. Christian was absent a month, having been with her mother and sisters who live in Victoria. Later she was joined by Mr. Christian, and the two took a camping trip to the northern part of Vancouver island.

Mrs. Christian, who is president of the Eleanor Roosevelt league of Jackson county, returned in time to preside at the first September meeting of the organization, held last night.

Party Honors Valley Rancher

CENTRAL POINT — Lloyd Hanscom was honored at a party at his home on Gibbon road September 7 which celebrated his birthday anniversary. The party, given by Mrs. Hanscom and a group of friends, was attended by about 55 guests. Since Mr. Hanscom has been a cattle rancher in the Rogue valley for 30 years, his birthday cake was decorated with miniature Angus cattle.

Sitting Down Uses Up More Space Nowadays

By GAY PAULEY
UPI Women's Editor
NEW YORK (UPI) — Sitting down uses up more space today than it did with earlier generations.

A report on our broadening dimensions comes from the management of research and development for a company which calls itself The Largest Manufacturer In The World of Public Seating. The firm did Radio City Music hall, Lincoln Center's Philharmonic hall, all of the major league ball parks, the U. S. Senate and House of Representatives and schools, theaters, other civic centers, and churches and synagogues around the nation.

B. W. Henrikson, a Brooklyn-born engineer who for 13 years has headed research and marketing for the American Seating Co., Grand Rapids, Mich., said: Americans Bigger

"There is no question but what the American people are getting bigger. We have military statistics, school statistics, numerous studies to show that the stature generally is up.

"With it, all the body dimensions have grown — including the part we sit on."

"All you have to do is go to some of the older ball parks to see what I mean," said Henrikson. "The seats are just too narrow now. Some of the old stadiums have seats measuring only 17 and 18 inches wide. That's a real tight squeeze for today's fan."

"Now, nothing less than 20 inches is recommended." Seats at Lincoln Center

"We installed 20 inches at Lincoln Center. In some movie houses, we're doing seats 21 and 22 inches wide," he said.

The research specialist said that "in working with the U.S. Office of Education and school officials generally we've found that grade for grade, school

Wood, he said, "is virtually out for classroom seating." It has been replaced by plastics — moulded plastic for the chairs, laminated plastic tops on desks — which are "tough" and "easily scrubbable."

But, he wondered, can a child leave behind his donation to school history by carving his initials in the surface of plastic as millions of children of other days did with the dark stained woods?

No, he conceded, because the plastics are harder to cut. "And," said Henrikson, "maybe the kids wouldn't if they could. There aren't many jackknives around anymore."

Family Makes Trip to East

Mr. and Mrs. Alfred S. V. Carpenter have returned to their home at Topsisid, Old Stage road, after a trip east. They went first to Lake Placid, New York, where they met Mr. Carpenter's daughter, Mrs. Burton Daugherty and her three children from St. Croix in the Virgin islands. Later they were in Waitsfield, Vt., to spend some time with Mr. Carpenter's son, Harlow, and to visit the Bunker Art Gallery which the younger Mr. Carpenter founded there.

The Carpenters were accompanied by Mrs. Carpenter's son and daughter, Kirk and Laina Donker, and the former returned home with them. Miss Donker is spending some time in Los Angeles and later will return to Mills college where she is a student.

Report Given For Mothers

CENTRAL POINT — Crater chapter, Grandmother Clubs of America, held a picnic meeting recently at the home of Mrs. O. T. Wilson, Central Point. The remaining committee reported and officers will be elected and installed at the next meeting. Mrs. Roy Kelly and Mrs. Hazel Pittam reported on trips they made during the summer. The next meeting will be September 16 at the home of Mrs. Pittam, 3268 Snowy butte, Central Point.

children are larger too." So the seat of learning also is made wider.

Henrikson believes, however, that this overall expansion by recent generations "will level off — otherwise, I dread to think what will evolve a million years from now."

Henrikson, the company president, James M. VerMeulen, and other company executives were in New York recently for the American Hospital association's convention. The firm has just introduced an electrical hospital bed, with push button control which the patient or nurse can use to alter the angle of rest.

Henrikson talked of how classroom seating has changed in the more than 75 years his firm has been in the business. He believes today's free-moving desks and chairs are far more comfortable, more correct ly contoured for good posture, than the early numbers of wood with castiron frame fastened to the floor.

Plastic Replaces Wood
They're also more colorful, with such shades as prairie taupe, canyon gold, corktone beige, valley green and sagebrush featured.

The lighter shades help to provide the "ideal" of a three to one ratio of light contrast between the work surface and the reading matter, he said. They also make a classroom less institutional in looks.

Wood, he said, "is virtually out for classroom seating." It has been replaced by plastics — moulded plastic for the chairs, laminated plastic tops on desks — which are "tough" and "easily scrubbable."

But, he wondered, can a child leave behind his donation to school history by carving his initials in the surface of plastic as millions of children of other days did with the dark stained woods?

No, he conceded, because the plastics are harder to cut. "And," said Henrikson, "maybe the kids wouldn't if they could. There aren't many jackknives around anymore."

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Women's News

Officers Announced

Two of the new officers of the Oregon State Medical Assistants association are from Jackson county, and are members of the Jackson County Medical Assistants association. Mrs. Wilda Stewart, 4219 Colver road, Medford, is the new president and Mrs. Effie Bogart, 56 North Peach street, is the new treasurer. The officers were installed during the annual state convention held recently in Eugene. Mrs. Stewart is employed in the office of Dr. Eugene Meydinger, and Mrs. Bogart is on the staff of Rogue Valley Memorial hospital.

Gov. Mark Hatfield addressed the convention.

A coming event for the Jackson County association is a dinner to be given by James Sheldon, General Credit service, at Rogue Valley Country club September 18 at 8 p.m.

Ceremony Set For Saturday; Daughter Home

A number of Medford residents will go to McMinnville, Ore., this week for the wedding of Miss Patricia Russell, formerly of Medford, to Jared Lee Black, son of Mr. and Mrs. John M. Black, 216 South Orange street.

The ceremony is set for Saturday, September 14, at the First Methodist church in McMinnville.

Going from here will be the bridegroom's parents and his sister, Miss Annice Black, Mr. and Mrs. Roy Doe, Mr. and Mrs. Guy Parker and Raymond Barnwell.

The bride-elect is a daughter of Mr. and Mrs. Steven Citroen, Ocean Lake, Ore.

Miss Black recently returned to Medford after spending the summer in Pasadena, Calif., where she attended the summer session of the Pasadena Playhouse.

Nurses Plan Workshop

A regional membership workshop sponsored by Oregon Nurses association will be held Thursday, September 12, in the Rogue Valley Memorial hospital from 10 a.m. until 4 p.m.

The district membership committees, public relations committees and boards of directors of ONA units in the region will find the workshop helpful, it is announced. All members of ONA and non-members who are registered nurses are invited to attend.

The advantages of belonging to this professional organization will be outlined, it is stated.

A review of ONA and American Nurses association will be given. The review will emphasize the way the individual nurse functions within the association, the economic security program sponsored by the association, ONA sponsored insurance plans, professional counseling, placement service, legislation, improvement of nursing practice, professional standards and public relations will be covered.

Registration will begin at 9:45 a.m. and no fee will be charged.

Calendar

Tuesday:

6:30 p.m. — Jackson County Classroom Teachers Executive Council, Conference room, Jackson County courthouse.

7 p.m. — Presbyterian church circle, Candlelight, Mrs. James Milligan, 311 North Peach st.

8 p.m. — Roguette circle, MOLB, VFW hall, 42 North Front st.

8 p.m. — District 4, ONA, Rogue Valley hospital.

8 p.m. — Star Promenaders, home of the Linsay Vinsels, 373 Holmes avenue.

Wednesday:

10:30 a.m. — Medford Home Extension unit, home of Mrs. C. L. Green, 1786 Brookhurst street.

10:30 a.m. — Central Point Navy Mothers club, home of Mrs. L. D. Booth, 134 Alder street, Central Point.

11 a.m. — Security Benefit club, Pythian building.

12 noon — Mistletoe club, NOW, Hawthorne park.

1:30 p.m. — Oak Grove Neighborhood club, Mrs. Allen Flinn, 3233 Jacksonville hwy.

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