

**Shady Cove Club Announces Dance**

SHADY COVE—All interested square dancers are invited to attend a session of the Shady Squares club Saturday, September 14 at 8:30 p.m., in the Veterans of Foreign Wars hall.

Robert Glathack will do the calling. Potluck refreshments will be served.

**Inside Story**

Ever wonder about the inside story of fat in your blood vessels? It's good to know that the latest research indicates it's not what you eat that raises blood cholesterol level. It appears to be a combination of the way your body utilizes food, and the balance on foods between saturated and unsaturated fats. One of nature's most nutritionally perfect foods, eggs, have a high proportion of unsaturated fats, which according to recent reports tend to lower the blood cholesterol level.

**Three State Chairmen At Civic Club Session**

ASHLAND—Three state chairmen were guest speakers at the first fall meeting of the Women's Civic Club, Oregon Federation of Women's Clubs. Mrs. Hortense Peterson, program chairman, outlined the history and accomplishments of the national federation.

The afternoon session was preceded by a luncheon served by the Mesdames Wesley Reed, Henry Doms, Mae Russell, Ralph Foster and Miss Ethel Reid.

Guests were Mrs. Clay Lee, Medford, state CARE chairman; Mrs. G. P. Chamberlain, Medford, state art chairman; Mrs. Edward C. Root, Medford and the musicians, Mrs. Robert Snider, soloist, and Mrs. Glenn Taylor, pianist. Mrs. R. F. Nye, state chairman of international

affairs and a member of the Ashland club, arrived in time to take part in the afternoon program.

Mrs. Reed, vice president, presided over the opening business meeting and Mrs. Snider sang a group of three numbers accompanied by Mrs. Taylor.

**Federation Reviewed**

According to Mrs. Peterson, there are now 15,000 clubs in the national federation which is non-sectarian and non-partisan. Since it was founded in 1890 this powerful women's organization has maintained an enviable record of accomplishments and none more important than its international relations projects and study.

In recent years CARE has received international recognition as clubs have contributed to needy nations assisting in many fields, notably in education through the literary program. For its CARE packages to Guatemala a letter of thanks was read by Mrs. Peterson, and Mrs. Lee complimented the club on having won two state awards. She said that 66 of the 93 Oregon clubs participated in the CARE program last year, contributing \$589 in addition to kits and materials.

Mrs. Nye explained the work of the international affairs committee, saying that some of its important divisions are the sponsoring of exchange students in cooperation with the American Field Service; promotion and contribution to Radio Free Europe; sponsoring of Pen Pals; study of the United Nations, and an understanding and evaluation of current affairs at home and abroad. She suggested that club programs be centered on subjects of special and timely interest.

**Chairman Talks**

The state art chairman, Mrs. Chamberlain, congratulated the Civic club on the part it has played in recent years in assisting with various exhibitions, an outstanding one being the Greenwich Village two-day art exhibit in Lithia Park during the Shakespearean Festival each summer. It is sponsored by the Southern Oregon Society of Artists.

She announced the dates for National Art Week as November 1 to 7 and suggested that special club observance be planned. She also explained the requirements for the state high school art contest and reminded her listeners that "Art is all around us. Make the most of your natural assets."

The final speaker was Mrs. Gertrude Bartlett, Ashland member who is club poetry chairman. She evaluated the local club and its surroundings, emphasizing the beauty of the park side location, the efficiency of the clubhouse, and the opportunity for making friends among women of all age groups. She remarked that "this clubhouse should be a club home," and urged inviting other Ashland women to join the family.

CARE tag day will be held during the week of November 17 said Mrs. Lee and further plans will probably include a silver tea.

The meeting came to a close with a solo, sung by Mrs. Snider.

**Quick Party Soup**

Tiny cubes of ripe avocado add an elusive but charming note to a familiar soup. This recipe idea comes from test kitchens of the Gas Appliance Manufacturers' association: Mix 2 cans of condensed cream of chicken soup with 2 soup cans of milk. Add 1/2 teaspoon celery salt and a tablespoon of chopped parsley. Just before serving, stir in the small cubes of ripe avocado. Serve cold. Serves 4 to 6.



NEW YORK — Model Beverly Pascal wears an off-face Renaissance turban of metallic brocade set with brilliants from Sally Victor's fall and winter millinery collection. (UPI)

**Educators Offer Advice To Parents of Teen-Agers**

By GAY PAULEY  
UPI Women's Editor

NEW YORK (UPI)—Parents throw teen-agers at each other and then wonder why they stick, according to two educators commenting on the rising rate of early marriages in the United States. The two, Dr. Emery Stoops and Dr. Max Rafferty, mention the early teen-age parties, the dances, the dating—the "you name it" as part of today's young set.

"Don't be in such a confound- ed hurry to get your children into the adult world," the two advise. "Let Susie be a tomboy, climb trees, play sandlot baseball and ride her bike in blue jeans and string hair. There'll be plenty of time for high heels, perfume, low necks . . . later . . ."

The two urge parents to work to retain their children's confidence, to have time always to listen and be interested. "And don't condemn, don't moralize," they add. "When teen-age romance pops up . . . you can listen, understand and wait. Give a Little. Yes," they continue, "you can guide a little, but not too

much. Too much interference and they'll tune you out. . . . "When teen-agers talk out their romances with you, they solve most of them just in the talking . . . That's why you must keep the line of communications open."

**Guests**

Dr. Stoops, father of three, is professor of educational administration at the University of California. Dr. Rafferty, also father of three, is superintendent of public instruction for California. The two have just published a breezy and short—60 pages—book on child guidance called "Just A Minute, Junior." Economics Press, West Orange, N.J. Dr. Rafferty said he had applied the methods described in the book on his own three children and "so far, none of them has wound up in reform school."

**Brighten Dorm Room With Homey Plant**

Some college rooms and dormitories can be mighty drab, especially for the co-ed away from home for the first time. One way to brighten the room, and reduce homesickness, is to give the student an arrangement of cut flowers or a homey green plant, suggests the Society of American Florists.

**Danish Flavor**

Give coffee cake mix a Danish flavor by swirling 1/4 cup of crumbled almond paste (you can buy it in cans at fancy food departments or supermarkets) into the batter, prepared as label directs. Sprinkle the packaged topping on batter and bake as directed.

**Freezer Purchase Tips Given**

CORVALLIS — Families looking for ways to stretch peak of the season fruits and vegetables into the winter months may want to consider the purchase of a home freezer.

Oregon State university marketing specialists say that peak freezing time for peaches, corn and green beans is at hand, and the meat and broiler fryer picture is very favorable. If undecided about type of freezer, size, and operation costs of automatic and conventional defrosting units, consider these shopping hints from Bernice Strawn, OSU home management and equipment specialist.

Turnover of foods is one of the most important considerations in determining freezer size, says the specialist. A 12-cubic-foot (360-pound capacity) freezer will freeze and store 900 pounds of food during a year if food is put in and replaced three times. If food is just put in and left, you'd need a 30 cubic foot freezer just to hold the 900 pounds, doubling the storage cost per pound!

In buying your first freezer, consider whether you'll use it for foods purchased already frozen or for quantities you raise and freeze at home. Also, consider if you'll use it mainly for game and other specialties or if it will be storage for most of your basic food supply.

**Differences**  
What are some of the differences in uprights and chest type freezers?

Chest types tend to lose less cold air when opened to remove or put in food. Uprights require less floor space. Chest types provide work space.

Frost tends to collect more rapidly in an upright than in a chest freezer but the upright is easier to defrost. However, most manufacturers offer at least one automatic defrosting upright model. Cost of these automatic defrosts are higher and operation costs may also be increased. Homemakers will find that foods are hard to get at in both types when freezers are closely packed. Drawers in an upright and baskets in a chest type are designed to minimize this problem but they may take up as much as a cubic foot of freezer space.

One out of 10 Oregon homes now has freezers, Miss Strawn reports. According to national sales records about 45 per cent of freezers sold in the U.S. last year were chest type and 55 per cent were uprights. Most popular upright sizes were in the 11-14 cubic feet and over range.

**Californians Are Visitors**  
SHADY COVE — House guests of Mr. and Mrs. Charles Mathis of Shady Cove have been Mr. and Mrs. Don Goodwin, Los Angeles, and Mr. and Mrs. Clifford Bowen and children, San Pedro, Calif.

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