



Cranberries at this season of the year, particularly on the holidays, are a "must" on dinner menus. Cranberry Rum Tart is not only make a festive dessert for the holiday board but will serve as well for refreshments at meetings and neighborhood get-togethers. The recipe calls for one package vanilla pudding and pie filling mix; two tablespoons Jamaican Rum; one pound can whole cranberry sauce; one tablespoon cornstarch; one-half cup chopped walnuts; one and one-half dozen packaged tart shells; sweetened whipped cream. Prepare pudding mix as package directs. Stir in two tablespoons rum while cooling. Place cranberry sauce in saucepan. Stir in cornstarch. Heat until sauce is thickened and clear. Cool. Add chopped nuts. Spoon rum cream into tart shells. Top with cranberry - nut mixture and garnish with sweetened whipped cream. Makes 18 tarts.

### Build Reducing Diets On Food That You Like

EAST LANSING, Mich. (UPI)—Good news for the hefty housewife. If you are reducing, build your diet on foods that you like and foods that are familiar, advises a Michigan State University foods and nutrition specialist.

Mrs. Anita Dean, of the Service, said "this is one of the four requirements of a sound reducing diet."

"You must ask yourself, would I like to stay on this diet the rest of my life?" she said. Mrs. Dean claims the more nearly the meals resemble those the dieter is accustomed to and likes, the longer he or she will be willing to continue on them.

"Almost anything."

"You can eat almost everything in moderation," she said. "The very monotony of extreme unnatural diets is responsible for their short lives."

The second characteristic is that the meals are satisfying, Mrs. Dean said.

"Successful reducing diets must allay hunger. Otherwise the dieter is constantly unhappy and periodically 'breaks' the diet."

One method of making a low-calorie diet satisfying is to divide the food fairly evenly among the meals of the day, she said.

"This might even mean saving a portion of food for times of the day when you especially crave to eat—such as at bedtime."

**Third Requirement**

A third requirement is that it be nutritionally adequate "and can mean improved health and a greater sense of well being for the over weight person," Mrs. Dean said.

"Reducing diets that are too low in calories and are inadequate in nutrient content are a hazard to health," she continued.

A fourth requirement—the calorie count must be low enough to cause weight loss.

Reducing diets are based upon the principle that when foods supply less energy than the body needs, the body must use its own stored fats as fuel, according to Mrs. Dean.

One other bit of good news. Don't overexercise, cautioned Mrs. Dean.

"It may only create a greater appetite. Moderate exercise such as walking or housework, however, may aid weight loss," she said.



Robert Harris will star in the role of Sir Thomas More in the New York Drama Critics' award winning play, "A Man For All Seasons" which will play in the Holy Theater here Friday, December 6. Sponsored by the Medford Broadway Theater League, tickets for the play are on sale at Puruckers, the Craterian Theater and from Mrs. Arlon Skinner, dial 772-8913. The play, which has to do with the story of the famous chancellor's defiance of King Henry VIII, is described as theater "in the grand and universal manner."

### 'Man for All Seasons' Is Critics Award Play

"A Man For All Seasons," which has been elaborately praised by drama critics on three continents, will be staged in Medford Friday, December 6, under the sponsorship of the Broadway Theater League. Tickets are on sale at Puruckers, at the Craterian Theater or can be purchased from Mrs. Arlon Skinner, 772-8913.

The play won the New York Critics' Circle Award and five Antoinette Perry awards. The current coast-to-coast tour is under the auspices of the National Performing Arts, and stars the well known British actor, Robert Harris, in the role of Sir Thomas More.

"A Man For All Seasons," was first performed on July 1, 1960, in London and opened in New York at the ANTA Theater in November, 1961. Prior to that Sir Thomas More was known to some as a martyr and saint to others as a lawyer-statesman and to many as the author of "Utopia."

The effect the modern play has had on audiences in London and New York has been described as "profound." "It is the story of the famous chancellor of England, Sir Thomas More, who defied Henry VIII and refused to condone his King's disdain of his marriage and church vows. The play is described as colorful and meaningful theater in the grand and universal style."

It has achieved both artistic and financial success rarely equalled in our generation, according to reports from New York.

### Frank Vosikas To Be Honored

Mr. and Mrs. Russell Zundel, Route 3, 122A North Foothills Road, will hold open house at their home Saturday, November 30, in honor of Mrs. Zundel's parents, Mr. and Mrs. Frank Vosika, who will celebrate their golden wedding anniversary that day. Friends are invited to call between 1 and 4 o'clock.

## News About Today's Woman

Home . . . Career . . . Leisure . . . Arts

### Exotic Main Dish Made From Leftover Turkey

Exotic main dishes with leftover turkey? Of course. "Turkey Almond Curry" is an example. Diced turkey is combined with an onion-and-celery curry sauce and then toasted slivered almonds are stirred into the sauce, served warm over fluffy rice.

**TURKEY ALMOND CURRY**

One-third cup chopped onion;

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**BEST WAY**

PHILADELPHIA (UPI)—The best hope for fatties who can't seem to lose weight: stop eating—under medical supervision, of course.

That's what Dr. Garfield G. Duncan and colleagues of Pennsylvania Hospital here found in a study of 107 overweight patients. Reporting in the Journal of the American Medical Association, the investigators said that a fast of four to 14 days produced an average loss of two to 2.7 pounds per day. During the fast, only water, weak tea or coffee and flavored beverages with no food value were allowed. Necessary vitamins were administered.

All women interested in the non-partisan study of government are invited to join the League. Further information is available by calling the Medford president, Mrs. Ogden Kellogg, 855-1406, or the membership chairman, Mrs. Robert Bulger, 773-3763.

**Hot Socks**

No more numb toes, promises one manufacturer—of hot socks. Dacron insulation and quilted nylon covering retain heat in socks available in small (for women), medium and large sizes. (Scott Mitchell House, Inc. 415 So. Broadway, Yonkers, N.Y.)

**To Display Cards**

To display those Christmas cards—a revolving plastic Christmas card tree. Insert up to 50 cards in the slots. The tree is 11½ inches tall with a base and star of non-tarnish gold finish. (Anthony Enterprises, 501 Post St., San Francisco, Calif.)

When comparing meat prices, consider the amount of inedible parts, the weight that will be lost in cooking and the protein content.

### Investment Abroad Discussed

A talk on private investment abroad by Willem Winter, Portland, was given to the Medford League of Women Voters recently as part of their current study of world trade. Mr. Winter, who is with the international banking department of the First National Bank of Oregon, spoke at a dinner meeting at Mon Desir Dining Inn. About 60 League members, their husbands and guests attended.

Mr. Winter discussed the importance of the balance of payments to U.S. economy and the dangers from the drain of gold from this country.

He reminded the audience that following the War of Independence, the United States was loaned \$10 million by Dutch business men who were optimistic about the future of America. Mr. Winter compared the early Dutch loan to investments which American business men are now making abroad.

In giving reasons why private business should invest in foreign business, Mr. Winter said such activity helps the U.S. payments deficit, creates a demand for U.S. materials, provides dividends which return to local investors, produces a market for American equipment and parts, and helps invigorate foreign economies to further improve U.S. markets abroad.

**Units To Meet**

Medford League members next week will discuss various aspects of U.S. foreign economic aid at their monthly discussion unit meetings. Mrs. Frank Bogard is in charge of the study, which is based on the national women voters group support of "U.S. economic policies and programs which promote world development and maintain a sound U.S. economy," among which are: Sound and adequate economic assistance programs, liberal trade policies, and positive remedies for our balance-of-payments position.

The evening unit will meet at the home of Mrs. Frank Wilson, 2517 Argonne Way, at 8 p.m. Monday, December 2. The morning unit will meet at the home of Mrs. Thomas Rutter, 1033 Queen Anne Ave., Tuesday at 9:45 a.m.

The consensus of local League members concerning trade, which is based on study and discussion, is forwarded to the national League in Washington, D.C., to become part of the group's national stand on trade issues.

### Tour Cook's

By Jeanne Lesem



NEW YORK (UPI)—Europeans forego cocktails for aperitifs—appetizer beverages, many with a wine base. Americans are beginning to follow their example.

In 1957, California winegrowers began producing flavored wines on a large scale. Sales that year totaled 3,128,000 gallons. This figure more than doubled for the first half of 1963, with 29 California wineries now producing 39 different flavored wines.

Some have natural fruit flavors, such as lemon, orange, grapefruit, cherry or pineapple. Others contain an infusion which may include anything from vanilla, chocolate, coffee or mocha to bitter orange peel, citrus oils and herbs such as salvia, mint and anise seeds.

Far out? Not half as far as some European and folk wines. Retsina, pitch or resin-flavored wine, has been popular in Greece since ancient times. Ancient Romans went in for such exotic flavors as poppy, myrrh, pepper, chalk, spikewood and boiled sea water.

**New Book**

A new book, "Folk Wines, Cordials & Brandies" by M. A. Jagendorf (Vanguard), contains recipes as well as folklore about the beverages' basic ingredients.

They range from dates in the East and rice and palm leaves in the Far East, wrote Jagendorf. Throughout history, people have made wine from honey—this was the mead drunk by Norsemen at ritual feasts and by the Druids. Wines also have been made from rose petals, rose geraniums, elderflowers, daisies, goldenrod, oak leaves, tea, and a variety of vegetables, even including onions. Jagendorf added that onions make a strong, dry wine with no onion bouquet.

Only since 1954 have American winegrowers been permitted to make flavored wines other than vermouths. A federal law enacted that year removed restrictions, provided that both the flavorings and the wine base were natural.

Of all the flavored wines in the world, dry and sweet vermouths probably are the best known. Americans tend to regard them as cocktail mixers, but their history as European

### GAR Relief Corps Elects; Party Planned

CENTRAL POINT — Mrs. Harry Ayres was elected president of the Woman's Relief Corps of the William H. Harrison Post, Grand Army of the Republic, when the group met recently in the home of Mrs. Rose Hermanson, 502 South Grape Street, Medford. A potluck luncheon was served.

Mrs. Jake Marks conducted the meeting in the absence of the president, Mrs. Frank Smith.

Mrs. Elsa Watson was elected senior vice president; Mrs. Smith, junior vice president; Mrs. Hermanson, treasurer; Mrs. Lester Bieh, guard; Mrs. Mary Foster, conductor and Mrs. Fred Lawrence, chaplain.

Members accepted an invitation from Mrs. E. C. Faber to hold their Christmas party December 15 in her home. Inexpensive gifts will be exchanged.

Mrs. Lawrence, of the Veterans Administration Volunteer Service committee spoke on duties concerning the Christmas activities at Veterans Domiciliary, White City.

### Calendar

Friday 6:30 p.m.—Westonka Council, Degree of Pochantas, Redman hall, Apple Street.

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### State Officer Attends Talent Ceremonies

TALENT — Three candidates of the auxiliary to the Talent Lions Club were initiated at ceremonies held recently in the Tally Ho Restaurant when Mrs. G. A. Hubbard, Prospect, state vice president, was a guest. The new members are Mrs. Walter Skundrick, Mrs. A. W. Oettinger and Mrs. Russ Davis.

Mrs. Less Davis presided for the meeting and Mrs. Frank Christian, past state president, was in charge of the candle-light ceremony.

The women voted to have a Christmas party with the club members December 14 in Talent City Hall. A gift exchange and Christmas party for the women's group is set for December 18 in the home of their president.

Members are collecting rummage items for a sale in January.

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