

News About Today's Woman

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



Mrs. R. D. Kay, a member of Central Point Garden Club, entered this black and white arrangement in the annual show held recently by the club. Mrs. Kay used aspidistra leaves sprayed black, with laurel leaves and artichokes sprayed white. White rocks held the material placed in a container made from a plow disc on a candle warmer base.

Cook's Tour

By Jeanne Leseem



NEW YORK (UPI) — Maybe Johnny can't read—but his mother often doesn't when she goes marketing.

A pilot study for a Cleveland, Ohio, frozen food manufacturer (Stouffer Foods) showed that only 64 per cent of the shoppers questioned bothered to look at ingredient lists on food packages, even for first-time purchases.

And only 11.2 per cent of the women who actually read the lists on food containers knew their significance. Federal law requires that the ingredients in non-standard food preparations, such as macaroni and cheese or lobsterburgers, be listed in order of their importance in the recipe.

The listings are based on the weight of the food as packaged, not the ingredient weights before processing. Such laws are designed to protect consumers from poor quality products.

Some women questioned in the two-city study said they thought ingredients were listed alphabetically. Some thought manufacturers ranked ingredients in the order in which they wanted consumers to see them.

"Strange Chemicals" A few said they read the lists only to watch for strange chemicals or artificial flavors.

And only a handful of those who read the lists to determine which foods offered the best value actually knew that the order of ingredients was dictated by federal law.

Women may not read labels regularly, but they ask ques-

tions about some processed foods. Here from the National Canners Association (NCA) are some common questions it fields from consumers, and NCA answers.

Q. What makes canned foods keep?

A. Sterilization and airtight containers, the heat of the canning process destroys micro-organisms that would cause spoilage and the containers protect them from contamination.

Q. Who or what protects buyers of canned foods?

A. Federal and state laws and the voluntary standards of the industry itself. The canning industry's standards are augmented by research in laboratories of the NCA. Such research has led to basic scientific canning procedures used by canners throughout the world.

Where to Store Q. Where should unopened canned food be stored?

A. In a dry place, moderately cool or cold, but not freezing. Avoid storing canned foods near heat sources such as steam pipes, radiators, furnaces and kitchen ranges.

Q. Are canned foods as nutritious as fresh ones?

A. Yes, if the packer cans the foods at their peak of ripeness and-or freshness. When this is done promptly, vitamins, proteins, carbohydrates and fats are retained. The purity and wholesomeness of canned foods is guaranteed by quality control at the packing plant.

Annual Poor Losers' Show Planned at Rogue Gallery

The fourth annual Poor Losers' Show will be held at Rogue Gallery, Sunday, December 15. Part art show and part frolic, this event not only serves the purpose of lightening the spirits but raises money for the gallery at the same time.

Originally the show was held as a means of exhibiting the works of artists who were somewhat timid about entering their efforts in a full-scale art exhibit, and of allowing serious artists to enter works which were of a frivolous or "far out" nature.

Members of Rogue Valley Art Association, sponsors of the gallery, and others interested are asked to "take something you've made, or something you've saved—as long as it is salable," for the bazaar. A "tiny door charge" will be made and "warmables will be available."

DUV Officer Visits Here; Plan Projects

Mrs. Mae Bach, Salem, department president of Daughters of Union Veterans, accompanied by Mrs. Ruth Kirkwood, Amity, department secretary, visited the Elta Deuel Hubbs Tent during a recent luncheon and meeting.

Following the luncheon, at Denny's Restaurant, the meeting was held in the home of Mrs. Carrie Milnes. Mrs. Ruby Mallory, president, presented Mrs. Bach a gift.

A prayer was offered for the family of the late President John F. Kennedy.

The Christmas meeting will be held a week earlier than the scheduled meeting and will be held Friday, December 13 at 12:30 p.m., in the home of Mrs. Bessie Young, 425 North Holly Street.

Unwrapped toys, clothing and games will be collected for Fairview Home at Salem. Members are reminded, too, to take fruit and sweets to pack in boxes for shut-in members.

Gardeners View Foreign Scenes

Miss Glenna Brewold, a teacher in Eagle Point Schools, showed slides of gardens and scenery which she took on a recent overseas trip to members of Grove Garden Club at their recent annual Thanksgiving program and party. Thirty-three members and guests attended.

The pictures included views of Spain, England, Norway, Africa, France and Scotland.

Mr. and Mrs. G. Greenwall, San Diego, Calif., were among the guests. Mrs. Ella Wheeler became a member at the meeting. Mrs. G. C. Wimer, president, presided and read a poem in memory of the late President John F. Kennedy.

No December meeting will be held and the next session will be January 28.

Yreka Neighbors Announce Party

YREKA — Planning for the annual Christmas party took place at the November meeting of Siskiyou Circle, Neighbors of Woodcraft. Mrs. Eleanor Brown, guardian neighbor, conducted the session.

The December meeting, which is the highlight of the year for the organization, will be held Friday, December 13. A turkey dinner will be followed by a program and gift exchange, and treats for the children. Members are asked to take their families, particularly the children, as the party is geared for their enjoyment.

Alaskans Visit Applegate Family

APPLGATE VALLEY—Mr. and Mrs. Percy Johnson, Anchorage, Alaska, were guests recently of Mr. and Mrs. Henry Mapston. The Johnsons are former Applegate residents.

Also here recently was David Webb, student at Multnomah College, Portland. He visited his parents, Mr. and Mrs. Robert Webb, Star Ranger Station.

Mr. and Mrs. Neil Stutell have returned home after a stay in Seattle with relatives.

Mr. and Mrs. Ben Twiss have returned here after spending a month in Los Angeles and other places in California.

Sacramento Families Montague Visitors

MONTAGUE — Recent guests of Mr. and Mrs. Don Gordon were his sister and family, Mr. and Mrs. James Alger and their children, Mr. and Mrs. Chris Alger and daughters, Cindy and Shelley, all Sacramento. The Gordons' son, Doug, a student at the California College of Arts and Crafts, Oakland, was also here to visit his parents.

Family Dinner Held in Montague

MONTAGUE — Mr. and Mrs. George Flock and Mr. and Mrs. Stanley Cooley and children Arthur and Robin, Montague; Mr. and Mrs. Leslie Flock and daughter Sandra of Gazelle and the fiancée of the latter, Bart Frulan of Dunsmuir and Mrs. Ruth Rider of Yreka, were recent dinner guests of Mr. and Mrs. Charles Cooley in Yreka. The host's son and family, Mr. and Mrs. Norman Cooley and son Jimmy joined the group later in the day.

Reception Fetes Pastor and Wife

GOLD HILL — The minister of Gold Hill Christian Church and his wife, Mr. and Mrs. Dewey V. Jeffrey, were honored at a reception last Saturday evening in Selah, Wash.

Hostess was Mrs. Willis Baker, dormitory mother at the Central Washington School of the Bible, Selah. About 30 professors and former classmates of the couple attended the affair.

Mr. Jeffrey, graduated from the School in 1962, was ordained to the ministry on June 9, 1963 during baccalaureate services at the school. She was a student there for three years.

While in Washington the Jeffereys and their two small sons, Chris and Peter, were guests in the home of his parents, Mr. and Mrs. J. C. Jeffrey, Sunny-side.

On Sunday morning, December 1, Mr. Jeffrey was guest minister in his home church, the Zillah Christian Church, Zillah, Wash., and gave the sermon during the worship hour.

The Jeffrey family returned to their home here Sunday. During his absence from the pulpit at Gold Hill Christian Church on Sunday, December 1, John Roelfs, former minister of the Sams Valley Community Church was guest minister.

Teacher Leaves After Vacation

GOLD HILL — Miss Donna Burnett has returned to Campbell, Calif., after spending a vacation here with her parents, Mr. and Mrs. Melvin Burnett, Upper River Road.

She is on the staff of the Campbell High School where she teaches girls physical education classes.

The Burnetts were guests for dinner in the home of his parents, Mr. and Mrs. O. F. Burnett, Rogue River. Another family dinner was given in the Melvin Burnett home, it was also attended by Mr. and Mrs. Charles Smith and family, Medford.

At Hornbrook

HORN BROOK — Guests last week at the home of Mr. and Mrs. Lester Dooley and three sons were Mr. and Mrs. Chet Babcock and three children, Bieber, Calif.; Mr. and Mrs. James Thiemich, Mr. and Mrs. Lee Crouch and three children, all Redding; Mr. and Mrs. Phil Longstaff, Sacramento, and Mr. and Mrs. Burton Dooley and children, Yreka.

Also traveling to Portland recently were Mr. and Mrs. Walter Freeman and daughter, Sally, who visited a n o t h e r daughter and her husband, Dr. and Mrs. Erroll Stephens. Wally Freeman, a student at Colorado School of Mines, Golden, flew up to join the family.

O'Brien Residents Home From Trips

O'BRIEN — A number of O'Brien residents have returned home after brief visits with friends and relatives in other towns and cities.

Mr. and Mrs. Victor Hillton have been in Eureka, Calif., and Mr. and Mrs. Arthur Drews have returned from Salem.

Mr. and Mrs. Richard Davis and children have been in Smith River, Calif., to spend some time with Mrs. Davis parents, Mr. and Mrs. John Campbell.

The Rev. and Mrs. Don Knight were guests recently of Mr. and Mrs. Richard Hadeen, White City.

Calendar

Friday: 6 to 9 p.m. — "Family-A-Fair," Latter-day Saints Church, 648 South Ivy Street.

8:30 p.m. — Derby Hoedowners, Derby Community Hall.

8:30 p.m. — Broadway Theater League, Holly Theater.

Saturday: 10 a.m.-9 p.m. — St. Ann's Altar Society Christmas Bazaar, St. Mary's Grade School Gymnasium.

12:30 p.m. — Alpha Rho Chapter, Beta Sigma Phi, style show at Rogue Valley Country Club.

4 p.m. — Nativity Shrine, Order of the White Shrine, Masonic Temple, Grants Pass.

6:30 p.m. — Past presidents, Degree of Honor, Girl Community Club.

8:30 p.m. — Dance at Country Square, Talent.

8:30 p.m. — Medford Twirlers, home of Mr. and Mrs. George Ray, Route 1, Box 271, Old Stage Road, Central Point.

Clement Family Holds Dinner

MONTAGUE — Mrs. B e r t h a Clement and son Paul recently held a family dinner at their home. Attending were Mr. and Mrs. Albert Clement and three children, Carolyn, Christine and Christopher; Mr. and Mrs. Edward Clement; Mr. and Mrs. Roland Dexter; all of Montague and Mr. and Mrs. Lionel Clement and Paula, and Mr. and Mrs. B. Silva and children, John, Linda and Duane all of Yreka.

Even with consistent use of a vacuum cleaner, carpets may eventually become dull. They need an occasional professional cleaning.



Maynard Hadley, Medford baritone, will again this year be one of the soloists for the annual presentation of "The Messiah" by the Southern Oregon College Music Department. The oratorio will be performed Sunday, December 8, at 3 p.m. in the SOC auditorium under the direction of Dr. Herbert Cecil. The chorus and orchestra are made up of college students and other Southern Oregon musicians.

Master Point Play Slated

Bear Creek Duplicate Bridge Club plans the monthly master point play on Thursday, December 12, at the Jackson Hotel.

Riverside Duplicate Bridge Club held master point play at the last session. North-south winners were Mrs. T. R. Parker and Mrs. C. M. Durland, first, 121; Mrs. Leland Clark and R. T. Hiller, second, 111; Mrs. Glen Harrison and Mrs. Sam Van Dyke, third, 101½; Mrs. F. R. Baker and Mrs. R. T. Jones, fourth, 94 points.

East-west winners were Mrs. G. A. Coddin and Mrs. Fred Rehling, first, 95; James Morgan and B. L. Marten, second, 90; Mrs. Van Gilbert and Mrs. Fred Purdin tied with Mrs. R. Bachlund and Mrs. M. E. Lancaster for third and fourth place, each pair scoring 88 points.

In Los Angeles

HORN BROOK — Mr. and Mrs. James Riant and children, Janie and David, spent last week in Los Angeles where they visited his parents, Mr. and Mrs. Tom Gowan, and her parents, Mr. and Mrs. Opal Rose.

Duplicate Club Meets Tuesday; Events Listed

A small group of players attended the monthly master point session of Medford Duplicate Bridge Club held Tuesday night at Girls Community Club.

Ten and one-half tables of players took part in one section. Owing to the smaller than usual attendance, north and south winners were awarded winning place on a percentage system. East-west scoring was as usual.

North-south winners were Mrs. John Sprague and Al Gilhouse, first, 5664; Mrs. Marion Keim and Paul A. Hatton, second, 5833; Mrs. Sam Richardson and John Shortridge, third, 5787; Mrs. R. T. Jones and Mrs. Sam Van Dyke, fourth, 5234.

Winning east-west were Mrs. E. L. Miller and Ralph Meegan, first, 126; Leland Clark and Ray S. Wise, second, 125½; Mrs. W. W. Stevenson and Mrs. John Dougherty, third, 123½; Mrs. S. Jack Mitchell and Mrs. Glen Harrison, fourth, 121½.

Coming events are a special master point event on Saturday, December 14, and the annual Christmas party December 17.

Breakfast Serving Chore Can Be Lightened, Advice

If serving breakfast in shifts makes you feel akin to a short order cook, here are ideas to help streamline the morning hours.

First, a few words about breakfast. Everyone, factory workers, office workers, homemakers, school children, teenagers, grandparents, needs one. And it should provide from one-fourth to one-third of the day's total caloric requirements. An easy-to-follow breakfast pattern contains fruit, cereals with milk, eggs, bread and butter and milk. The quantity of each can be adapted to the size and activity of the individual, but the kinds of foods needed are the same for all.

Now, for suggestions on streamlining breakfast service when the first customer appears at 7 and the last one disappears at 9.

Try to do some of the preparation on the night before or at least know exactly what you are going to serve. Early morning indecision can steal many precious minutes. If the breakfast table isn't used during the evening, it can be completely set the night before.

Morning Menu When the morning's menu contains grapefruit halves or orange slices, prepare them the night before, cover and refrigerate. They will be all ready to serve in the morning. Arranging them on the table can be a job for your early morning helper.

Hot cereals can be cooked in milk in the top part of a double boiler. Cooking time done, keep the cereal hot over water in the double boiler for late-comers. If everyone likes a different topping on cereal, put all the favorites on the table and make it self service. This approach will save running to the refrigerator for the jam that junior likes, the cupboard to get the brown sugar for father and the honey for sister.

Even breakfast items that are considered fussy, such as pancakes, can be made on busy mornings when handled right. To eliminate standing over the griddle each time another person appears, make the pancakes and keep them hot by placing them between folds of a warm towel in a warm oven. Do be careful not to stack them.

Buffet Service Buffet service is popular at dinner. The homemaker who

serves breakfast in shifts should realize how valuable this type of service can be in the morning, too.

A buffet breakfast could consist of a pitcher of juice, a selection of ready-to-eat cereals with two or three fruits from which the family can choose, bread next to the toaster with butter and jelly near by and a large pitcher of milk. This is a nutritious breakfast and one to which everyone can help himself, taking the amount of food needed for his age and activity.

On week end mornings when there is more time and everyone eats together, treat the family to more elaborate fare. A menu for this meal could be mandarin orange sections, a fluffy omelet with strawberry jam, Canadian bacon, hot muffins, butter and milk.

If your family is used to being waited on, it may take a little training to tell them that self service is being introduced at breakfast. But with foresighted planning on your part and the family's help, that kinslip to a short order cook can disappear. Try it and see!

Farewell Party Held in Yreka

YREKA — Members and friends of the Yreka Seventh-day Adventist church met in the activities room recently for a farewell party held in honor of Elder Bertil L. Gilleroth and family. The Gilleroths are to leave soon for the island of Cyprus in the Mediterranean where he has accepted a call as pastor and evangelist. His wife will accompany him as missionary, and they are to be stationed on the island for a period of six years.

After dinner and music, the Gilleroths were presented a gift and a money tree. A special number was sung by Mynette Rush and a poem written by Mrs. Lillian Miller was read by the author and then given to the minister.

HORN BROOK — Mr. and Mrs. Jack Christianson and daughter, Debbie, Springfield, Ore., spent the holiday week end with her parents, Mr. and Mrs. Willis Slavens and Kathy and Mike.

Many Attend Family Dinner

HORN BROOK — A gathering of family members and relatives was held recently in the home of Mr. and Mrs. Henley Clawson. Among those present were Mr. and Mrs. Albert Wedin and son Mike Tyrer, Mr. and Mrs. George Bray and three children and Miss Ruth Schmidt of Germany, exchange student who is living with the Bray family this year; Mr. and Mrs. Stanley Balfrey and two children, Mr. and Mrs. Gordon Bray and three children, Mr. and Mrs. Gene Bray and five children, and Mrs. Joy Seaman and three children, Yreka.

Others there were Mr. and Mrs. A. J. Wells, parents of Mrs. Gordon Bray; Mr. and Mrs. Edgar D. Young, Stockton, Calif., accompanied by Mrs. C. A. Baumgartner with whom they were visiting in Yreka; Mr. and Mrs. Rob Cummins, Loren Cummins and daughter, Jennifer, and son Loren Howard.

In Orland

HORN BROOK — Mr. and Mrs. Ed Smith, accompanied by their son, Robert, Medford, and Miss Marion Buckingham, Klamath Falls, were holiday week end guests in Orland, Calif., of their other son and his family, Dr. and Mrs. Edward M. Smith and children, Mike and Karen.

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