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Woman's Page

Goldie Rambo, Woman's Page Editor, Phone 897-2772

Eastern Star to Install Officers at Hall Sunday, July 9

Marilyn Chapter No. 145 OES will hold open installation of officers Sunday, July 9 at 2 p. m. at the IOOF hall. Mrs. Leora Stevens, past matron; Wilson Stevens, past patron will be installing matron and patron; Bernice Wipper, past patron from Turner, installing chaplain; and Mrs. Doris Sheythe, installing organist.

Officers to be installed for the ensuing year are: worthy matron, Mrs. Steve Chudzinski; worthy patron, Steve Chudzinski; associate matron, Mrs. Al Yankus, associate worthy matron; Al Yankus, associate patron; secretary, Mrs. Lowell Cree; treasurer, Mrs. Charlie French; conductress, Mrs. Veryl Hoover; associate conductress, Mrs. Alex Burrell; Adah, Mrs. William Hirte; Ruth, Mrs. Donald Carlson; Esther, Mrs. Cecil Lake; Martha, Mrs. William Lyness; Electa, Mrs. Verne Clark; organist, Mrs. Walter Brisbin; sentinel, Mrs. Elsie Volkel, and warder, Ervin Peterson. A reception will follow the ceremonies.

Bates Family Reunion Will Be Held July 9th

The first annual reunion of the descendants of Isaac and Lucy Bates will be held next Sunday, July 9, at the Kenneth "Capp" McDonald picnic grounds near Scio. In case of rain the reunion will be held in the Scio grade school.

Isaac Bates was born in Boston, Mass., and Lucy Smullen Bates was born in London, England. They came to Oregon in 1864 and settled on a farm between Scio and Stayton.

All descendants are urged to attend. Bring a picnic dinner and their own table service.

Making arrangements for the reunion are Charles Bates of Scio, Mrs. Crystal Limbeck of Stayton and Mrs. Clyde Morgan of Mill City.

Garden Club To Meet At Fishermen's Bend Park July 13th

The Mill City Garden club will meet July 13 at 10 a. m. at the First Shelter at Fishermen's Bend park. The business meeting will start at 10 a. m. followed by a potluck luncheon at noon. Those attending are asked to bring a covered dish and their own table service.

In the afternoon final plans will be made for the Club's Annual Flower show which will be held August 1 in the High School Gym.

Anyone who is interested in the Garden Club is invited to attend.

Mrs. Dellis Hince is the new president of the club.

Linda Sensmeier and Larry Vickers Wed

IDANHA—The wedding of Miss Linda Faith Sensmeier of Seattle to Lanny Lynne Vickers, formerly of Idanha, but now serving in the U. S. Navy, was solemnized Friday night, June 23rd at Hillcrest United Presbyterian Church in Seattle.

The bride a graduate of the University of Washington, in nursing, is the daughter of Mr. and Mrs. D. M. Sensmeier of Auburn, Wash.

Mr. Vickers is the son of Edison Vickers of Portland, and Mrs. Roselle Sellers of Boonville, Calif.

His brother, Gerald Vickers of Independence, was best man.

Following a wedding trip to Southern Calif. Mr. and Mrs. Vickers will be at home in Seattle, where the bridegroom is a medical corpsman stationed at Pier 91 Dispensary.

Attending from here were Mr. and Mrs. Len Davis and Mr. and Mrs. Henry Hiebert of Idanha.

More than five million acres of Oregon's privately owned taxpaying forest lands have been dedicated to modern forestry practices and certified under the forest-industry-sponsored Tree Farm program.

Mother and Baby Care Sessions To Start July 11

Expectant parents are invited to enroll with the Marion County Health Department for five weekly sessions in Mother and Baby Care.

The next class is scheduled to begin Tuesday, July 11, 1967 from 7:30 to 9:30 p. m. at the Salem General Hospital auditorium. The discussions will be based upon things class members wish to cover but may include care of mother before baby comes, preparation at home for newborn, labor and delivery, care of baby, the emotional aspects of the new child in family and throughout the first year of life.

Films, demonstrations and practice sessions will be used as well as group discussion to make classes interesting and informative. The classes are held in the evening to make it possible for both expectant parents to attend.

The discussions will be led by a public health nurse on the staff of the Marion County Health Department.

For registration call the Marion County Health Department — 364-8427.

Work Smarter . . Not Harder

By Bernice Strawa
Extension Home Management
Specialist Oregon State

It's Time To Think About Putting way Woolens for the summer. One of best ways to protect clothing and blankets against clothes moths is to spray them with an oil solution insecticide.

These products come in ready-to-use pressurized containers. Hang the clothing and blankets on a clothesline and spray them lightly and uniformly until the surface is moist.

Do not soak or saturate the fabrics. Excessive spray may cause a white deposit after it dries. A slight excess can be removed by brushing. Let sprayed articles dry before you store them.

For A Thrifty Meal and something that's a bit different, serve individual pot roasts suggests Marie Tribble, Extension Nutritionist at Oregon State University. These require less cooking time than a large pot roast.

Buy a beef roast such as chuck, rump or sirloin tip, and cut it into large, boneless pieces—one for each person. Sprinkle with salt and pepper, dredge with flour.

Brown meat in a little hot fat and add seasonings—sliced onion, bay leaf, a sprinkling of thyme or oregano. Add a small amount of liquid, such as bouillon, tomato juice or water. Cover and cook until tender—about two hours.

During the last hour, add vegetables, if you wish. Small whole carrots, onions and potato halves will cook in the meat juices and have a wonderful flavor.

Community

Calendar of Events

Wednesday, July 5—
Junior Chamber of Commerce.

Thursday, July 6—
Jayceettes meet at the home of Ruth TerLouw.

Sunday, July 9—
Installation of officers for the Order of Eastern Star at 2 p. m. at IOOF hall.

Vacation Time—
Many clubs are now on the inactive list during summer vacation.

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New Food Products To Watch For

New food products appear at the rate of 8 to 10 per week. Consumers need to keep their eyes open for some of these products and compare them with those they already know.

Some of the new items in food markets, or soon to be available, include cheese spreads in pressurized cans. In three flavors — Cheddar, Cheddar with pimiento, and American — they need no refrigeration. Containers are equipped with a decorator tip to create quick and easy fancy snacks.

Single-serving frozen vegetables are being test marketed. The package contains two three-ounce cooking pouches, each holding enough corn or green beans in butter sauce for one serving. These could be the answer to the problem of leftovers for the one-person family.

In the immediate future is a new low-calorie dairy product. It isn't butter and it isn't cheese but is somewhat like each. It spreads directly from the refrigerator, yet doesn't get too soft at room temperature. It is reported to have about half as many calories as margarine or butter.

Catsup now comes in a wide-mouth bottle. Pour it or spoon it out. Frozen pancake batter will soon be available in nearly all areas. Each pint carton makes 8 or 10 pancakes.

A granulated sugar replacement that looks and tastes like sugar, but contains only one-sixth the calories, is being introduced in some areas. A teaspoon of the new product, containing only three calories, is claimed to have the same sweetness as sugar and can be used in the same way. The manufacturer includes baking recipes. It will be sold in the sugar section of supermarkets in sizes corresponding to the two-pound box and five-pound bag of sugar.

In the testing stage is a whipped topping ready for use. It is packaged in convenient size tubes, is reportedly very stable, and can be kept either refrigerated or frozen.

It no longer takes several hours to thaw frozen fruits. Quick-thaw frozen fruits are packed in pouches and can be thawed in warm water in less than 15 minutes.

Cheese Buying Tips
Would you like to get more for your money when you buy cheese? Here are some guidelines for shoppers:
Store-wrapped cheese is less expensive than prepackaged

brand-name cheese of the same type.

American-made cheese is less expensive than imported.

Sliced cheese costs more than blocks or chunks.

Mild cheese costs least; medium-aged costs more and sharp cheese the most. (Less of the aged cheese is required for cooking, however, because of its additional flavor).

Inexpensive cheese has about the same protein value as more costly types of cheese.

Discipline Problems? Take A Look At Yourself!

There is much discussion these days about the irresponsibility, restlessness, and confusion of youth. Changing moral values in our society may account for some of it, says Carole Honstead, Oregon State University Extension family life specialist. However, it is also true that children use as models those people to whom they are closest. "How good are their examples—their parents?"—Miss Honstead asks.

Parents need to develop attitudes of firmness, honesty, and consistency in all their daily actions. Children are people, and can be dealt with as one would deal with adult friends and associates—with integrity and respect.

Above all, discipline should be based on love and on a concern for the child's welfare. Parents can afford to be firm, if they show that they love their child as a person; they can just explain that they don't like his behavior.

Children are proud of parents who have high standards, says Miss Honstead. They will uphold these standards if their parents illustrate by their own behavior the ethics and ideals they expect of their children.



Santiam Memorial Hospital (Stayton)

COOK—Mr. and Mrs. David M. Cook, Turner, a son, June 20, 1967.

REHM—Mr. and Mrs. Darrel Rehm, Stayton, a daughter, June 20, 1967.

BOGSTAD—Mr. and Mrs. Gary P. Bogstad, Stayton, a son, June 23, 1967.

The forest products industries of America rank third in number of employees, sixth in dollar amount of payrolls and seventh in value added to its products by manufacturers.

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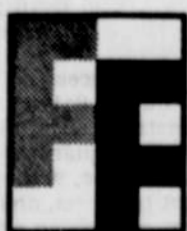
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