

Woman's Page

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

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Monday, Feb. 12, 1968

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Garden Club Plans Bus Trip to Portland March 21

The Mill City Garden Club's February meeting was held at the Gates Community Club House last Thursday starting with a one o'clock dessert luncheon. Hostesses were Mrs. Veryl Hoover, Mrs. Mildred Carr and Mrs. Toni Thomas. The Valentine motif was used.

Mrs. Thomas presided at the business meeting with each member answering roll call with the name of an Oregon Winter bird.

Plans were made for the club to charter a bus to attend "Gardens on Review" in Portland on March 21. Those who are interested in attending are asked to contact Mrs. Elsa Allen or Mrs. Isabell Heller. You do not need to be a Garden Club Member to attend.

The Club will have a Bazaar May 10 at the Fellowship Hall. Committees were appointed for this.

On Wednesday, February 14 at 1:30 the club will have a Valentine Tea at the home of Mrs. Isabell Heller. Each member is invited to bring a guest and anyone who is interested is most cordially invited to attend even though they have not been invited by a member.

For the afternoon's program Mrs. Thomas gave a talk on "Tile and Drainage" around the home and it's effect on the yard etc.

Attending the meeting were Mrs. Eleanor Corning, Mrs. Lillian Cotton, Mrs. Al Yankus, Mrs. Charlie French, Mrs. Martin Hansen, Mrs. Donald Carlson, Mrs. Hollis Turnidge, Mrs. Fred Woods, Mrs. Louis Verbeck, Mrs. James Swan, Mrs. O. K. De Witt, Mrs. Walter Brisbin, Mrs. Marie Tolbert, Mrs. Herbert Schroeder, Mrs. Arthur Hedge, Sr., Mrs. Clyde Phillips, Mrs. Floyd Fleetwood, Mrs. Else Allen, Mrs. Wendell Heller, Mrs. Fred Moore, Mrs. Darwin Raines, Mrs. Charles Dolezal, Jr., Mrs. Mildred Carr, Mrs. Veryl Hoover and Mrs. Walter Thomas.

Attending besides Mrs. Lewin were Mildred Carr, Marie Stickney, Ann Primeau, Ida Fleetwood, Lettie Swan, Antonia Thomas, Ruby Brisbin, Rachel Olmsted, Helen Johnston and Gertrude Weidman.

Mrs. Lewin has been unable to attend lodge recently due to poor health so Mrs. Barnhardt and other Rebekah officers arranged the luncheon. She was presented with a gift and her past noble grand pin.

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Jaycettes Appoint Committee Members

At the Thursday evening meeting of the Mill City Jaycettes Barbara Penrose and Joyce Trout were appointed to serve on the July 4th Steering committee.

Discussed during the evening's meeting, which was held at the home of Mrs. Trout, was the fashion show which is scheduled for February 29 at the Mill City Grade School gym. Nancy Girod is general chairman for the event; Laura Wilson is in charge of decorations; Joyce Trout, refreshments; Ruth TerLouw, invitations and posters. The Santiam High School Pep club are co-sponsors and will assist the Jaycettes.

Guests present for the evening were Mary Lou Pettersen, Penny Traw, Shirley Carver and Pam Sherwood. A short explanation of the aims and work of the Jaycettes was given to them.

Door prizes were won by Penny Traw and Nancy Girod. Refreshments were served by the hostess.

Irene Lewin Honored By Rebekah Members

Mrs. Irene Lewin, noble grand of Santiam Rebekah lodge the past year, was honored with a luncheon held last week at the home of Carmen Barnhardt.

Mrs. Lewin has been unable to attend lodge recently due to poor health so Mrs. Barnhardt and other Rebekah officers arranged the luncheon. She was presented with a gift and her past noble grand pin.

Attending besides Mrs. Lewin were Mildred Carr, Marie Stickney, Ann Primeau, Ida Fleetwood, Lettie Swan, Antonia Thomas, Ruby Brisbin, Rachel Olmsted, Helen Johnston and Gertrude Weidman.

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Rebekah-IOOF Installation Rites Held Recently

Eva Rebekah Lodge and IOOF lodge of Stayton conducted the joint installation ceremonies Saturday, January 27 at the IOOF hall for the Mill City lodges.

Agnes Allen, District Deputy President from Ideal Rebekah lodge of Turner and Carl Shower, District Deputy Grand Master from Stayton, were in charge of the impressive ceremonies.

Installing Marshalls were Mr. and Mrs. Merle Limbeck of Stayton and introduced and welcomed was Mrs. Thelma Pflug, noble grand of Turner Rebekah Lodge. Bud Bruder was installed as Noble Grand of the IOOF lodge and Blanche Syverson will head the Rebekahs.

Also present and introduced were Mr. and Mrs. Victor Nicodemus, Mill City residents, but members of Keyes, Oklahoma lodges.

A large crowd attended the Saturday evening installation ceremonies despite the bad weather.

The hall and tables were beautifully decorated with both the IOOF and Rebekah colors. Committee members in charge were Gertrude Weidman and Mildred Carr.

Oregon Symphony To Play Last Concert in Salem

The Oregon Symphony Orchestra will play its last Salem engagement of the season on Wednesday, February 21. Concert time is 8:15 at Willamette University Fine Arts Auditorium.

The three compositions to be played are Prokofiev's Symphony Classique, Dvorak's Czech Suite in D, Opus 39 and Stravinsky's Le Sacre Du Printemps.

Eleanor Brown of Salem is in charge of publicity for the concert.

Santiam Ripples

By Judy Boroughs

January 30 on Tuesday of last week Student Council had its regular meeting in the Library. Under old business the council discussed the Scoreboard drive. The Junior class put in two different activity sheets for a dance on February 3rd and a sale of pins for \$1.00 each. Both activities were passed also an Honor Society Bottle Drive February 10 and a dance February 17th sponsored by the Drama Club. The Council voted upon having a Student Body Car Wash and a dance to raise money for the general student body fund. No dates have been chosen for the above two activities. Then after a lengthy discussion of the problem of some students defacing school property the council then adjourned.

Wednesday during the afternoon the Junior and Seniors were excused from classes to go to a movie at Stayton. The movie was "Taming of the Shrew" and seemed to be enjoyed by all. It was hoped in the future they could do it again.

After school on Thursday the G.A.A. girls left for the bowling alley at Stayton. The girls got there around 4:00 and stayed till 5:30 p. m. Having enough time to bowl three lines. The highest score was 133 with low being around 40.

Wednesday was red and gray day, Thursday an assembly in the gym during noon hour and on Friday the girls wore red and the boys wore white shirts. This was to promote more spirit for the big game on Friday at North Marion.

The Pep Assembly Friday was twenty minutes long this past week so the class meetings didn't really accomplish too much. Princesses for the Sweet Hearts Ball were chosen by every class but the Sophomores. They are: Teresa Lankins for the Seniors, Lynette Parker, Juniors and Rita Whitney, Freshmen. The Sophomores were busy with making plans for the Sweet Hearts Ball so they were unable to choose their princess.

The dance after the game and the class was quite happy was sponsored by the Juniors with a large attendance. Everyone was in good spirits after winning the overtime game with Kennedy.

Marlena Severs

Entertains Card

Club Monday Night

Members of the Bid or Bunch Pinochle club met at the home of Marlena Severs Monday evening with a dessert served before the four tables of cards were in play. Mrs. Severs used the Valentine motif in her decorations for the party.

Winning pinochle prize was Gladys Podrabsky with Suzy Stewart receiving low and Mary Wright and Nadine Duggan tied for high score. The cards were cut to determine the winner with Mrs. Wright receiving the prize.

Carol Ort was a guest of the club for the evening and the next party will be February 19 at the home of Suzy Stewart.

Community

Calendar of Events

Wednesday, February 7—Santiam Rebekah lodge at hall 8 p. m.

Thursday, February 8—IOOF lodge at hall 8 p. m.

Friday, February 9—Basketball game, Gladstone here.

Saturday, Feb. 10—Masonic OES banquet at IOOF hall 6:30.

Monday, February 12—Lions club dinner meeting at Fellowship hall 6:30. OES District meeting at IOOF hall 8 p. m.

Wednesday, February 14—Rainbow and Secret Dad banquet at 6 p. m. Garden Club Silver Tea at home of Isabelle Heller, at 1:30 p. m.

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A Bumper Crop Of Food Fantasies

Naturally, the interest of all of us in food gives rise to numerous food superstitions and misconceptions, says TODAY'S HEALTH GUIDE, the American Medical Association's manual of health information for the American family.

Some tabulations list more than 200 common modern-day misconceptions about food.

Here are a few of the more common fallacies. They're all erroneous—

If a few vitamins are good, more must be better. (Not correct.)

Never give milk to a patient with fever. (The milk won't affect the fever at all.)

Parsnips should be eaten often to cleanse the kidneys. (They don't.)

Beets build blood. (They don't.)

Pork is indigestible. (It is no more indigestible than other meats.)

Sour foods, such as lemon juice or sauerkraut, can cure diabetes. (They can't.)

For treatment of arthritis, grape juice, honey, dried peaches, carrot juice and tomatoes are helpful. (They're not.)

Cooked cereals heat the blood. (They don't.)

Warm bread may cause a stroke. (It won't.)

Putting cream in coffee makes the coffee more harmful. (No.)

Ice water causes heart trouble. (It doesn't.)

Raw vegetable juice contains life-giving properties, but cooked foods are "dead." (Not so.)

Olives, oysters and raw eggs increase sexual potency. (They don't.)

Wine makes blood. (It doesn't.)

White sugar is not good for the health. (Not true.)

White bread is poisonous. (It isn't.)

If the expectant mother holds her weight down, the size of the baby will be reduced. (Not a fact.)

Enriched candy is good for reducing. (It isn't.)

Calories don't count. (They do.)

Melba toast has no calories. (It has.)

Never eat rabbits because they are all disease carriers. (No.)

Yogurt and brewer's yeast are dietary requirements. (They aren't.)

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