

Home Extension News

CALENDAR

November 28 . . . Project Leader Training Meeting, to be held at fairgrounds kitchen, starting promptly at 10:30. A demonstration on freezing "Prepared and Precooked Foods" will be given to project leaders from all home extension units.

November 29 . . . Tailoring workshop for leaders from Bly, Bonanza, Poe Valley-Olene, and Camp 6, will meet at the home of Mrs. Paul Brethaupt in Poe Valley, at 9:00 a. m.

November 30 . . . Miss Mary Beth Minden, home management specialist from Oregon State college will meet with the Conger-Fairview home extension unit at the home of Mrs. Gerald Gwyn, 238 Fulton Street, to give the lesson on "Planning a Step-Saving Kitchen." This meeting has been advanced a week in order for Miss Minden to meet with the group.

Also . . . Altamont extension unit will have another lesson on textile painting at the fairgrounds kitchen. Starting at 10 a. m.

December 4 . . . Altamont extension unit will meet at the fairgrounds at 10:00 a. m. for lesson on "Freezing of Prepared and Precooked Foods." Leaders, Mrs. Cecil Peyton and Mrs. Chas. Thurman will give the demonstration.

Also . . . Malin unit will meet at the Malin high school at 7:30 with Mrs. Gladys Rajnus and Mrs. Elva Smalley giving a demonstration on freezing prepared and precooked foods.

CONGER-FAIRVIEW
Conger-Fairview home extension unit will meet Friday, November 30 at the home of Mrs. Gerald Gwyn, 238 Fulton at 10:30 a. m. Mary Beth Minden, OSC will demonstrate a step-saving kitchen. Potluck is planned for noon and all attending are asked to take table service. Child care will be provided.

FAIRHAEN
The Fairhaen extension unit met November 29 at the fairgrounds kitchen with sixteen members present.
Potluck luncheon at noon was preceded by a morning business meeting when members suggested plans for future programs.
Mrs. Lee Holliday and Mrs. Walter Sohrakoff taught the lesson on textile painting. Further lessons will be given after January 1, dates to be announced later. Anyone desiring training on textile painting for use in making Christmas gifts

may attend classes at the home of Mrs. John Sundquist, Rt. 3, Box 386, Keno road, Monday, Nov. 26, Friday, November 30-Monday, December 3 and Friday, December 7 at 7 p. m.

Take soft cloths for cleaning brushes, cardboard 12 by 18 inches, piece of heavy glass, 8 by 10 inches, hard lead pencil, single edged razor blades, medicine dropper, practice material . . . pillow slip, scarf, or handkerchief and wear an apron.
The next regular meeting will be at the home of Mrs. Lee Holliday on Keno road.

NOTICE

An evening textile painting class may be organized in early December if there is enough demand from women who work during the day and would like to use this handicraft for Christmas gifts.

Leaders would be local housewives who have learned the art in home extension units. Persons interested may phone the city recreation office 7112 and indicate choice of date.

BONANZA

The Bonanza home extension unit met at the library November 13. Project leaders on textile painting were Jean Angel and Pauline Bonnaman.

The group will buy a doll and dress it to be given away at a food sale December 8.
Alice Drew talked on the program for next year.
The white elephant was bought by Edna Roberts and won by Lizzie Behmer.

The next meeting December 11 on the freezing of foods will be held at the home of Mrs. Senmore. Twelve members and three children were present.

SHASTA-HOMEDALE

The Shasta-Homedale extension unit members met for the November meeting in Joan's kitchen at the fairgrounds.
Gwyn Wolfrum, chairman conducted the business meeting.

It was decided to hold the December meeting the second Friday in the month instead of the third. There was a discussion of projects to be taken next year and a report on the bloodmobile.

After a potluck luncheon, textile painting was taught by Mrs. Williams and Mrs. Angus. It is necessary to have a special meeting to complete this project, date to be November 30. Time and place will be announced later.

BLY

The Bly home extension unit met Friday, November 9, at the home of Mrs. Frank Obenchain Sr.

A demonstration on textile painting was presented by Mrs. William Hatze and Mrs. Elmer McGinnis. Much interest was shown in this project and many members plan to continue with this type of work.
A report on the result of the community chest drive was given by Mrs. Dave Campbell. Bly contributed far above its quota this year.
The next meeting will be held

Fadish Foods Fool Public Steaks Best Says Dorothy

By DOROTHY ROE

Associated Press Women's Editor
What's the one topic of most interest to most people today?

It's not war or politics or even love.

It's food.

Listen in on any conversation at a large gathering of men and women, and fully half of the people will be talking about food.

Some will be describing their latest reducing diet, others will be discussing the newest vitamins and health foods and others will be exchanging recipes.

It is an established fact in the publishing field that cookbooks outsell all other publications except the Bible.

Even the Bible has many memorable references to food, such as the parable of the loaves and the fishes, and "land flowing with milk and honey."

It seems that men and women are interested first in their steak and potatoes and after that they are willing to take up more esoteric topics.

The importance of food in the minds of the general public may explain the periodic food fads that sweep the country and always provide ground for hot controversy.

FADISTS
Such a controversy is going full tilt at the moment, with half the population gulping strange-tasting new "health foods" and the other half assailing them as faddists and fanatics.

Practically any well-dressed dinner table has its bottle of vitamin pills in full view, along with the salt, pepper and sodium glutamate. And mothers spend a great deal of time worrying whether their offspring are suffering from malnutrition, despite the fact that they eat three square meals a day, plus hearty snacks between times.

The diet fads come and go, but all of them find enthusiastic followers.

There was the time some years ago when millions of women all over the country were subsisting on an exclusive diet of shredded raw vegetables.

There was a period when people swore by a diet of bananas and skimmed milk—nothing else—to

December 13 at the home of Mrs. Dave Campbell. The project to be demonstrated will be freezing prepared foods.

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take off weight. And there was the lamb-chop and pineapple era.

There have been popular lecturers and writers who advised eating nothing but vegetables, fruits and nuts for health, and others who extolled the values of nothing but meat.

NEW
A popular diet at the moment is built around blackstrap molasses, yogurt and wheat germ.

Many nutritionists, however, point out that a normal diet of milk, fruit, vegetables, meat cereals and other common foods contains all the nutritional elements essential to health, without resort to extra dosages.

Most people are all too prone to try out any new diet mentioned by a friend, whether it consists of prunes or potatoes, raw vegetables or merely vitamin pills.

As in most other matters, it seems that plain common sense is the best guide to diet. When nature has provided us with an abundance of palatable natural foods it seems logical to believe that these are what we are intended to eat.

And no matter how many food fads come down the pike, I doubt if the general population ever will be willing to substitute a food capsule for a hearty steak dinner.

That juicy T-bone and fragrant apple pie just naturally taste better than any pill yet evolved by science.

WHOPPING PRICE

LOS ANGELES, UP—The grand champion lamb of the great Western livestock show brought \$6 a pound on the hoof Tuesday—almost 20 times the current market price.

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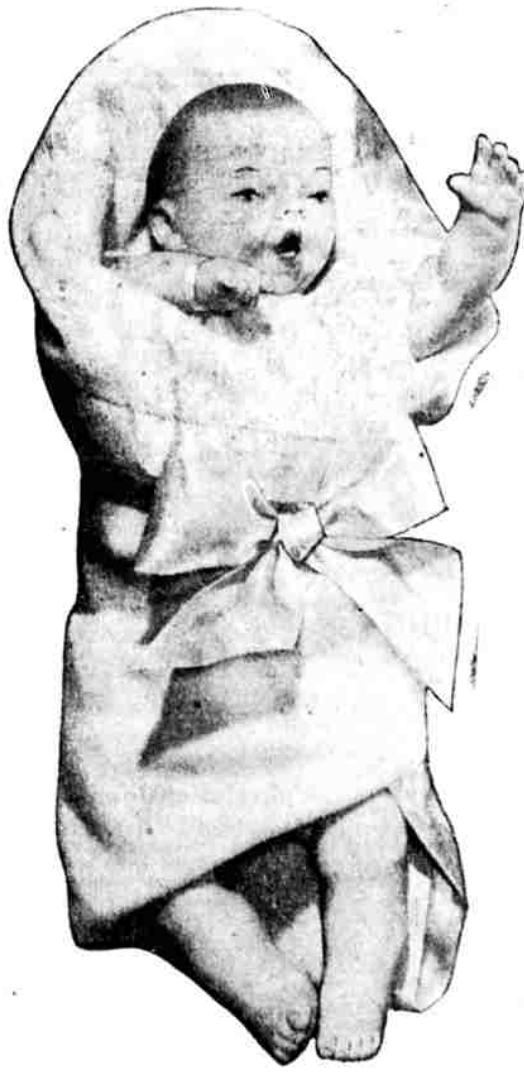
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CHRISTMAS Sale of Dresses

Open Fri. Eve.
'Til 9:00

Open Fri. Eve.
'Til 9:00

What a grand chance to round out your winter wardrobe at a whisper of a price . . . and at a savings up to 50%! Take your pick of the season's smartest styles . . . corduroy, wool jersey, wool and rayon plaids, crepe taffetas . . . and many other favorite fashions and fabrics. Your choice, only . . .

7⁸⁸

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Sizes for Misses and Women

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HOLIDAY MINDED
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15⁸⁸

Values to 29.95

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9⁸⁸

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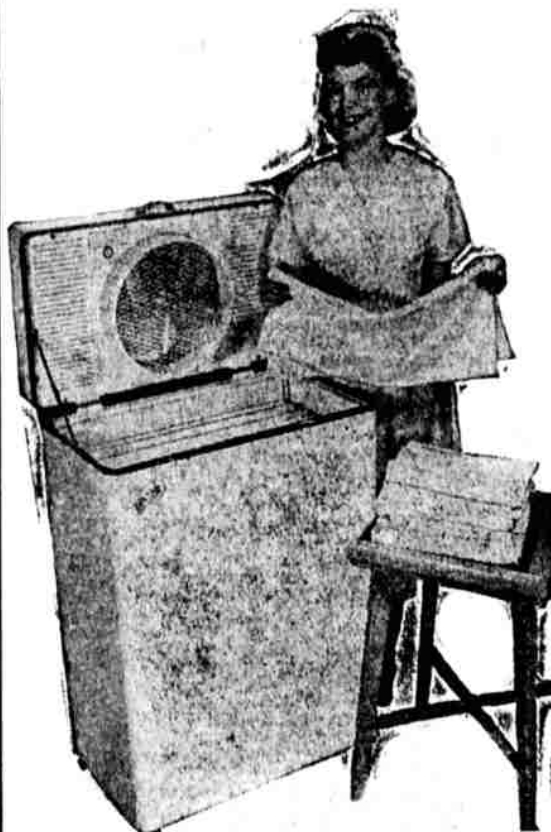
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