



OFFICERS of American Association of University Women for 1954-55 are Mrs. Dick B. Miller Sr., (upper left), president; Mrs. Frederick Ehlers, (upper right), vice president and membership chairman; Jewel Howard, (lower left), secretary and Mrs. Eugene Favell, (lower right), treasurer. First meeting of the year will be Saturday, September 25, at Jen-Ed's. Guest speaker at the 12:30 luncheon meeting is Betty Dunlop, AAUW state education chairman.

ELECTION — President Carlos Castillo Armas has called an election Oct. 1 to name the 66 deputies who will write Guatemala's new constitution.

VISITOR — KARACHI, Pakistan (P) — Prime Minister Mo h a m m e d Ali left Wednesday by air for London en route to Washington to meet President Eisenhower.

ALTURAS

By RAE GLOSTER
The Alturas Garden Club held its first meeting of the fall season September 9, in the social hall of the Modoc Union High School. Mrs. Clarence Ebbe was in charge of the program and Mrs. Jack Gibbons was hostess for the day. The club's entry in the flower show exhibit at the Modoc County Fair, depicting a page from Alice in Wonderland, was artistic and interesting. Mrs. Paul Decker, Mrs. Kenneth Flournoy and Mrs. Grace McArthur planned and prepared the exhibit which won fourth prize.

The Northern Rebekah Sewing Circle honored Mrs. Della Pengelly and Mrs. Mary Close, charter members of the circle and Mrs. Clara Hafer who joined the circle shortly after its inauguration, with a social afternoon at the home of Mrs. Vern Walker. The circle, an auxiliary of the Northern Rebekah Lodge, was organized 34 years ago with the assistance of the late Mrs. George Armstrong. The honorees were presented with corsages fashioned from thread used in needle work made by Mrs. Kay Davis, president.

In behalf of the circle, each was also presented with a sewing basket filled with accessories. Since it was the 25th wedding anniversary at this time of the year for Mrs. Lester Wilson, Mrs. Hugh Partridge and Mrs. Mitchell Jurasevich, they were presented with gifts of silver. Co-hostesses with Mrs. Walker were her sister, Mrs. Earl Dunwoody, and Mrs. Josephine Moffett. Mrs. Partridge and Mrs. Wilson presented a skit telling the story of the organization of the circle.

Marty Young, son of the G. Guy Youngs, has returned to the University of California for his senior year. Young is majoring in pre-law, and will be a member of Theta Chi fraternity.

Mrs. Jessie Smith, 90, passed away September 6, at Modoc Medical Center. She had been hospitalized for some time and had been in ill health since breaking a hip in a fall in her yard. She was preceded in death by her husband, Robert, who was Modoc's county clerk for years. Mrs. Smith is survived by a daughter, Mrs. Daly Robnett, Alturas, and two sons, Mark and Bert, also of Alturas. Funeral services were held from the Kerr Chapel.

Jackie Speegle reports a very

interesting three-day trip to the northwest federation convention of mineral societies in Eugene. The huge banquet Saturday night of barbecued salmon was served to over 1,500 diners. Rock dealers from Texas, Arizona, Montana, Idaho, Utah, Colorado Cal-

ifornia and Oregon were present to exhibit their precious and semi-precious stones. One of the most expensive of these was a 2.258 carat sphere, about the size of a tennis ball, made of Australian fire opal, valued at over \$2,000, displayed by a dealer from Sydney.

Other exhibits included lower pictures framed in sizes ranging from 12 x 18 x 20 inches, made entirely of semi-precious colored stones. One a wild rose and one a cosmos were especially beautiful, reports Miss Speegle, with each tiny leaf, petal and stem of hand

polished stones. The larger pictures sold for around \$175. Idaho exhibited a map of their state showing each county blocked off and made of the stones from each locale. The beautiful map was about three feet high.

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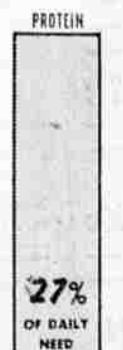
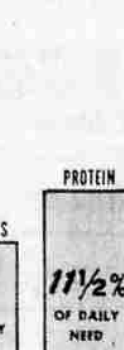
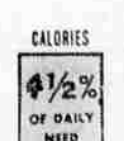
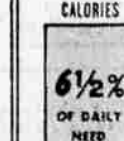
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Creamed or Uncreamed* is
HIGH in PROTEIN, LOW in CALORIES**

COTTAGE CHEESE	ICE CREAM	MILK
 1/2 cup	 2/3 cup	 1 cup
PROTEIN	PROTEIN	PROTEIN
		
CALORIES	CALORIES	CALORIES
		

*Calories in One pound (pint) of Creamed Cottage Cheese **506**
Calories in One pound (pint) Uncreamed Cottage Cheese **498**

Calculation based on: Taylor, C. M., Food Values in Shares and Weights, New York: The Macmillan Co., 1942; Tables of Food Composition in Terms of Eleven Nutrients, U. S. Dept. Agric. Misc. Pub. No. 572, 1945; and Rose, M. S., Laboratory Handbook for Dietetics, 4th Ed., New York: The Macmillan Co., 1937; Recipe for creaming adapted from Doane, D. F., and Lawson, H. W., Varieties of Cheese, U. S. Dept. Agric. Bul. No. 608, 1934.



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13-15 years	2800-3200
16-20 years	2400-3800
ADULT MAN (Mod. active)	3000
ADULT WOMAN (Mod. active)	2500



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