

The No-Fad Diet: 4



Two Sample Moderation Diets
(Each with 1,500 calories a day with calories from fat limited to 30-35 per cent; based on research at the Department of Nutrition, Harvard University.)

SAMPLE 1		SAMPLE 2	
BREAKFAST	CAL.	SUNDAY BRUNCH	CAL.
1/2 med. grapefruit	70	4 oz. orange juice	55
1/2 cup cornflakes	50	1 waffle (5 1/2" sq.)	230
8 oz. nonfat milk	85	3 tbsp. maple syrup	150
1 slice toast	63	1 pat butter	45
1 tbsp. marmalade	55	Coffee or tea	..
Coffee or tea	18	1 tsp. sugar	18
1 tsp. sugar	..		
	341		498
LUNCH		DINNER	
Bouillon (from cubes)	70	3 slices roast chicken	200
4 cheese crackers	70	1/2 cup dressing	115
Salad julienne	..	1/2 cup mashed potatoes (made with milk and fat)	125
1/2 hard-cooked egg, 1 oz. shredded boiled ham, 1/2 oz. shredded cheese, tomato, lettuce, celery, vinegar seasonings	200	1/2 cup brussels sprouts with lemon	30
1 small bunch grapes	55	Lettuce, celery, radish salad with vinegar	20
Tea	..	1/2 cup sherbet	115
	325		605
DINNER		BEDTIME	
1 baked Idaho potato	200	1 cup dry cereal	75
2 tbsp. sour cream (com'l)	60	8 oz. nonfat milk	85
Baked crab and shrimp (moderate serving)	310	1 tsp. sugar	18
Asparagus with lemon juice	20		178
Tossed salad, vinegar	30		
Coffee or tea	75		
Liqueur—1 small glass	695		
	145		
SNACKS		SNACKS	
1 large or 2 small tangerines	60	4 oz. grapefruit	85
8 oz. nonfat milk	85	8 oz. nonfat milk	85
	145		170
TOTAL CALORIES	1,506		1,451
Percentage from fat	30		22



DORA LOUISE STRIEBY of Lakeview, whose engagement has been announced by her mother, Mrs. Eleanor Strieby, to Pfc. Lawrence Overton, son of Mr. and Mrs. Del Overton. Dora is a senior at Lakeview High School and her fiancé is stationed at Ogden, with the Army. A wedding date has not been set.

—Photo By Bennett

McCLOUD POCAHONTAS

Installation of officers of Iola Council 167, Degree of Pocahontas, was held at a meeting in the McCLOUD lodge hall, January 30. Alberta Nash, installing deputy, assisted by June Nelson, senior past chief, installed the following elected chiefs: Dorothy Clingman, Pocahontas; Yvonne Hitchcock, prophetess; Barbara Case, Winona; Juanita Knutsen, Powhatan; Lloydine Zolnardo, keeper of records; Glenn Welch, collector of wampum, and Lorraine Correa, keeper of wampum.

Appointed chiefs are Norma Catuzzo, first scout; Thelma Welch, second scout; Wilma Cool, first councilor; Leatrice Bambino, second councilor; Betty Carey, first aid; Jo Ann Goodhead, second aid.

Other appointed chiefs are Kate Bennett, first warrior; Leona Flores, second warrior; Ruth Sisk, third warrior; May Wheeler, fourth warrior; Mid Briegel, is guardian of the forest, and Virginia Palmer, guardian of the teepee.

A potluck dinner followed the installation in the lodge hall banquet room.



BETROTHED — Mr. and Mrs. Paul Oakley, Westside District, announced the engagement of their daughter, Barbara Jean, to Lynn Albertson, son of Mr. and Mrs. Henry Albertson, also of Westside. She is a senior at Lakeview High School, and he is a graduate, now engaged in farming.

—Photo by Bennett

DUNSMUIR CHURCH GUILD PARTY

A Valentine's Day card party will be the first special event on the St. Barnabas Episcopal Church Guild 1958 calendar. The evening party is slated for February 14 in the guild hall.

Mrs. Don Rupp, guild president, is general chairman, and Mrs. Stanley Macgavin, ticket chairman; and Mrs. Jarrell Wood, prizes and refreshment chairman. A ham will be given away as a special prize and a variety of card games will be played. Tickets are 50 cents. Proceeds of this event will be used to purchase new hymnals and prayer books.

Other events set by the guild at their last meeting include a spring luncheon on April 10 with Mrs. J. M. Kelly as chairman and the annual bazaar on October 24. A rummage sale is planned in August.

At the January meeting, Mrs. Rupp presided with the assistance of the new 1958 officers: Mrs. Chester Grenvick, vice president; Mrs. Jarrell Wood, secretary, and Mrs. Edna Parke, treasurer. Mrs. F. F. Kohlbacker was named United Thank Offering chairman; Mrs. J. J. Cunningham, devotional chairman, and Mrs. Parke, mission and supply chairman. The meeting was at Mrs. Kohlbacker's home.

Kay Van Hoosen Weds R. E. Allen At Yreka Home Of Her Parents

MONTAGUE — The home of Mr. and Mrs. H. B. Van Hoosen at Yreka, was the setting for a double-ring ceremony recently, when Robert Ernest Allen claimed their daughter Kay as his bride. The Rev. Harold C. Coleman was the officiant.

The Van Hoosen living room was a beautiful setting for the ceremony with baskets of salmon pink gladioli, silver evergreen boughs, and hearts tied with white streamers placed by the fireplace, before which the bridal couple exchanged their nuptial vows in the presence of relatives and a few close friends.

The bridegroom is a son of Mrs. E. M. Martin of Montague and the late Robert Allen. He is the grandson of Judge and Mrs. James M. Allen of Yreka.

For her wedding the bride donned a pale pink jersey cocktail-length frock, styled with a full skirt, wide cummerbund, and snugly fitted smocked bodice, embroidered with pearls, fashioned with a portrait neckline and elbow length sleeves. Her brief veil was held in place with a rhinestone tiara. Her bridal bouquet was of white carnations encircling a gardenia, and she carried a white linen and lace handkerchief belonging to the bridegroom's great-grandmother.

The bride's only attendant was her sister, Mimi Van Hoosen, who wore an electric blue dacton afternoon frock with hite accessories. A corsage of white carnations completed her costume.

Eddie Harris of Yreka performed best man duties, and Lloyd Martin, 7-year-old brother of the bridegroom as the ring bearer. Jeff Kick, cousin of the bridegroom, was the pianist.

For her daughter's wedding Mrs. Van Hoosen wore a white knit wool suit with black and gold accessories, and a corsage of pink carnations. Mrs. Martin, mother of the bridegroom, was costumed in an afternoon dress of turquoise crepe, black accessories, and a pink carnation corsage completed her costume.

There were 27 guests present for the reception which followed the ceremony, held in the Van Hoosen home. Serving the refreshments were Mrs. Merle Van Hoosen of Medford, aunt of the bride; Mrs. C. J. Kuck, aunt of the bridegroom, and Mrs. Bertha Brawman of Yreka. Guest book was in charge of Marilyn Brawman.

The new Mr. and Mrs. Allen will make their home in Corvallis, Oregon, where he is attending Oregon State College, majoring in engineering. He is a graduate of the Montague Elementary School and Yreka High School.

The new Mrs. Allen has transferred from Yreka High School to Corvallis High School, where she is now a student.

Etna Rebekahs-Odd Fellows Installation Of Officers

ETNA — New officers to serve during the year 1958, were recently installed at a joint ceremony of the Odd Fellow Lodge No. 184 and Aureola Rebekah Lodge No. 113.

Officers installed in Lodge No. 184 were Festus Facey Jr., past grand; Tilson Palmer, noble grand; Hugh Gepford, vice grand; W. M. Smith, secretary; Albert Miles, treasurer; Luther White, warden; Robert Mackey Sr., conductor; Bradley McMillan, right supporter noble grand; Dale Reynolds, left supporter noble grand; John Rotan, chaplain; C. R. Richardson, inside guardian; Ted Skillen, outside guardian; Hearst Dillman, right scene supporter; John Golden, left scene supporter; Joe Roberts, right supporter vice grand and Winfred Wolford, left supporter vice grand.

Seated in the Aureola Lodge No. 113 were Ruby Doggett, past noble grand; Clair Potter, noble grand; Laura Grossen, vice grand; Bernice Smith, secretary; Ruby Simmons, warden; Irene Weston, conductor; Ethel Norris, right supporter noble grand; Audrey Wolford, left supporter noble grand; Augusta Rotan, chaplain; Dorothy Orpe, inside guardian; Ruth Kelly, outside guardian; Virginia Roberts, musician; Dora Richardson, color bearer; May Aker, right supporter vice grand and Thelma McNeil, left supporter vice grand.

Installing officers included Albert Miles, deputy grand master, and Juanita Evans, district deputy president, who were assisted by the following acting deputy grand wardens: Glen Davis, and grand marshals: Robert Stone, Shirley Hayden and Clara Williams, grand wardens; John and Augusta Rotan, grand treasurers; Joe Borba and Virginia Roberts.

Tired, red-rimmed eyes detract from an otherwise sparkling appearance. After a day at the office, try this. Soak pieces of absorbent cotton in witch hazel, cold water or a mild solution of boric acid. Lie down, close your eyes and place soaked cotton on them. Do this for about 15 minutes. The 15 minutes of quiet also will be generally relaxing.

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Potatoes Are Not Taboo On This Reducing Diet

(Fourth of Six Articles)
By GAYNOR MADDOX
NEA Food & Markets Editor

You are on a 1,500-calorie-a-day diet. You'd give anything for a beautiful baked potato. So how do you get around that problem? Simple. You eat it.

Potatoes are good food. So are noodles and spaghetti. They can be enjoyed occasionally on these scientifically planned reducing diets. So can any other good food you particularly desire.

"No one food makes a person fat," says Dr. Fredrick J. Stare, chairman of the Department of Nutrition, Harvard University. "Potatoes, sugar, bread, cake, ice cream, things like that, are not in themselves what misinformed dietitians call 'fattening' foods. It's the total number of calories in all the food you eat each day, not

the calories in any one food, that you should watch. A scientifically sound diet, geared to our modern cultural pattern, must include some of all the foods people are accustomed to eating regularly—but of course they must be used with intelligent moderation," he adds.

Stare, one of the country's outstanding researchers in obesity, warns against magic "quickie" diets.

"Actually, a sound weight control program, whether inspired by vanity or the desire for vigorous health, is practically a lifetime program. And frankly, it calls for a re-education in your eating habits based on eating a wider variety of foods, habitual moderation (no second helpings) and a wholesome respect for practical nutrition," he explains.

Physician, biochemist and re-

searcher, this slender and energetic leader in the fight against obesity, stresses the preventive aspects of weight control. Above all, get the habit of not getting fat.

Here are a few of his practical suggestions. Although all have not yet been documented by firm evidence, he reminds, they can be helpful in the struggle against overweight.

Early treatment is better than late treatment.

If parents stuff themselves like gluttons before their children, they can expect their children to be fat because of the example set them.

Use your bathroom scales regularly—at least once a week, and keep a written record of your weight.

Eat three regular meals a day.

Eat them during regular meal hour and guard against becoming a "night eater," one who begins nibbling at the cocktail hour and after dinner while watching TV and raids the refrigerator before going to bed.

Eat slowly. If you do you will find that this allows the blood sugar to rise and satisfy your appetite, thereby preventing you from yearning for seconds.

Cut down on the total amount of food you eat. However it is not necessary to banish any single food from your diet.

If nibbling is psychologically necessary to your emotional stability, some of the food from your meal allowances to be nibbled at other times of the day. Your "scientific nibbles" will then not increase the total calories in your day's diet.

Next: Eat your cake and diet.



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