

Thanks Anyway, But We'll Ride

HONOLULU, (U-P)—Walking is not considered a means of exercise in Indonesia—it's a necessity and a means of moving from one place to another. There's too much walking in Honolulu.

This was the way two Indonesian women lawyers summed up their visit to Hawaii, with aching feet.

Trudging across the University of Hawaii campus, Tapi Omas Simatupang, 29, and Hoo Nio Tan, 28, have had a tiring sample of the popular exercise here.

In Indonesia, the two women explained, nobody walks anywhere because transportation is cheap and plentiful. For only a few cents, they can take a pedicab, called the "betja," any distance in Jakarta.

"The climate is so hot and the transportation so cheap, everyone is lazy," said Hoo Nio.

But she did add that much walking is done in homes.

The women are attending orientation classes at the university. They are Fulbright scholars who will continue studies on the U.S. mainland. Tapi Omas goes to Cornell University to study anthropology and Hoo Nio to the University of Minnesota for criminology.

Printed Pattern

The total body dress is a favorite with college girls. Comes in two, three or four sizes and has a full-length pleated skirt.



From the author's book, "The Girl's Guide to Dressmaking," comes a little girl's dress. It's a simple, easy-to-make dress that's perfect for the young girl. The pattern is for a dress with a full-length pleated skirt. The dress is made of a lightweight fabric and has a simple, elegant design. It's perfect for the young girl who wants to look like a princess.



A NO HOST LUNCHEON on September 30 in the Pelican party room was attended by Eastern Star members of the southern district and honored the worthy grand matron of the Grand Chapter of Oregon. Seated left to right are Mrs. Betty Halousek, worthy matron of Prosperity Chapter; Ronald L. Gilson, worthy grand patron of the Grand Chapter; Charles S. Dickinson, worthy grand matron of the Grand Chapter; Mrs. Virginia Zumbun, worthy matron of Cascade Crest Chapter, Chilquin. Standing, same order, are Mrs. Phyllis Rutledge, worthy matron of Aloha Chapter; Mrs. Martha Powell, grand representative of West Virginia in Oregon; Aloha Chapter; Mrs. Edna Hunnicutt, grand representative of Washington in Oregon; Prosperity Chapter; and Mrs. Nina Hall, worthy matron of Manzanita Chapter. The luncheon preceded the district meeting that evening in Chilquin.

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Make The Most Of Your Lunch

Monday: Peanut butter and jelly sandwich on whole wheat bread, carrot sticks, apple slices, milk.

Tuesday: Egg salad sandwich on soft roll, whole fresh tomato, pickle chips, cucumber, milkshake.

Wednesday: Cream cheese and jelly sandwich on wheat bread, fresh pear, hot beef broth.

Thursday: Ham and Swiss cheese sandwich on rye bread, dill pickle, milk.

Friday: Turkey salad sandwich on whole bread, celery stuffed with cream cheese, candied apple, milk.

School Lunch Needs Variety

The school lunchbox can hold a variety of surprises or it can be a daily routine. To make the lunchbox more interesting, try these ideas: Use a variety of breads, fillings, and toppings. Add a variety of fruits and vegetables. Use a variety of dressings and sauces. Add a variety of snacks and desserts. The lunchbox should be a fun and healthy part of the school day.

For extra surprises, it's fun

sometimes to tuck in a few pieces of chocolate, a peppermint stick or a frosted cupcake. A plastic container of applesauce mixed with colored jelly beans can be a dessert treat once in a while. It's wise to package the lunchbox foods attractively, using waxed paper sandwich bags, cellophane or foil wrap, adding daily decorative paper napkins. It's also important to keep the lunchbox and vacuum bottle clean and fresh. Just rinsing isn't enough. After washing, rinse out both with a solution of baking soda, then follow with a fresh water rinse.

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Annual OES Meet Held In Chilquin

CHILQUIN — Cascade Crest Chapter No. 139 of Chilquin was host to the annual OES District meeting which included Aloha Chapter No. 61, Manzanita Chapter No. 172 of Klamath Falls, and Prosperity Chapter No. 160 of Malin.

Presiding over the meeting were Nina Hall and William Steiner, worthy matron and worthy patron of Manzanita Chapter, Phyllis Rutledge and Wilbur Harnsburger, worthy matron and worthy patron of Aloha Chapter, Betty Halousek and Richard Halousek, worthy matron and worthy patron of Prosperity and Virginia Zumbun and Bertland Stanley, worthy matron and worthy patron of Cascade Crest Chapter.

Escorted and introduced were distinguished guests, Celeste S. Dickinson, worthy grand matron of the Grand Chapter of Oregon from Corvallis, who was making her official visit; Ronald L. Gilson, worthy grand patron of the Grand Chapter of Oregon from Lebanon; Lorena McNair, past grand matron from Astland. Also escorted and honored were Martha Powell, grand representative of West Virginia in Oregon of Aloha Chapter; Edna Hunnicutt, grand representative of Washington in Oregon of Prosperity Chapter, and Wade L. Arstall, worthy patron of Rose Croix Chapter No. 148 of Portland.

Opening and closing was presided over by Cascade Crest Chapter; escort and good of the order by Manzanita Chapter; balloting by Aloha Chapter and degrees by Prosperity Chapter.

Degrees of the order were conferred on Jean Evans and Georgia Hily by Prosperity Chapter. Each chapter presented clever addenda honoring the worthy grand matron and worthy grand patron. Soloists were Lois Adkins of Aloha and Ruffane Mannerling of Cascade Crest. Interesting and constructive speeches were given by the visitors. In closing Mrs. Mannerling honored Mrs. Dickinson and her husband, Dick Dick-

son, with the "Anniversary Song," as it was their wedding anniversary. Refreshments were served to approximately 135 members. Mrs. Gene Page and Mrs. Robert Martin were in charge of refreshments assisted by members of other chapters.

CLING PEACH IDEA
Brush canned cling peach halves with tart French dressing. Dust lightly with dried dill, curry or rosemary. Broil and serve with baked or grilled fish.

SUPPER ENTREE
Mix cut canned blue lake green beans into your favorite hot potato salad for a supper entree. Serve cold sliced meat, hot buttered biscuits, if you wish, a beverage and a dessert to round out a full meal.

LUNCH BOX IDEA
Many sandwich spreads take on new interest when you add chunks of ripe olives. Either use the canned chopped olives or cut whole Wyandotte ripe olives into big wedges. Ground ham, bologna, shredded beef or tuna and egg salad fillings are made extra special through the addition of ripe olives.

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