



RETURN TO THE FAMILY ROOM—When the air turns chilly, the family migrates back to the family room from the patio. Inviting atmosphere of this cozy den is a combination of warm wood interior and interesting tiled fireplace. Built-in bookshelves and cabinets, as well as wall paneling and ceiling decking, are of Douglas fir, painted pale moss to suit the family's taste.

Family Room Friendly Spot When Snow Flies In Fall

Even if you're not a winter sports enthusiast, snowtime can be a very pleasant part of the year if you can spend it by a cheery hearthside. For most folks, this means the family room, that spot in the house where comfy clothing and utter relaxation reign supreme.

The popularity of the family room as a specialized place to unwind stems in large part from the fact that it has been designed with just that purpose in mind. Neither a messy catch-all room nor a formalized library, today's home recreation center has built-in coziness which caters to both family fun and individual relaxation.

The focal point in many a family room is the fireplace corner. Varied in style from common brick to glazed tile, the fireplace is often flanked by bookshelves, for glowing firelight and a good book seem to go hand in hand.

This room becomes the decorative pace setter for the rest of the room since much of the room's character is derived from the styling of the bookshelves.

A contemporary flavor is brought out when shelving is hung in suspended manner, on a wall paneled in one of the sleek, golden shaded softwoods like Douglas fir or west coast hemlock. Here, a clear finish, which captures the wood's natural coloring and interesting grain pattern, is in the modern mode.

A colonial atmosphere comes to the fore when bookshelves are recessed in the wall in the more traditional bookcase style. Though

beloved volumes are still set against a background of friendly wood, the fir or hemlock paneling is often stained or painted.

Almost always bookshelves are built in conjunction with cabinets which form the lower half of the wall. Here, cluttery items like monopoly boards and bridge tables, or even fireplace wood, can be kept out of sight, yet within an easy arm's reach. Cabinets are designed with wood matching that used for the walls.

And as a final touch, many folks rely on an open beamed ceiling to add charming informality to the family room.

MARBLE ROLLS ON

NEW YORK (UPI) — Marble is now second only to wood as the leading surface for table tops and it is also finding increased use as a wall covering, counter-top and floor covering in entrance foyers, patios, dining rooms, kitchens and baths. About 20 million square feet of marble will be sold for use in buildings this year, up one third over the 15 million square feet sold last year, said Chemical Week, a publication.

Guidance In Food And Nutrition Important If Young People To Be Safe

OREGON STATE COLLEGE — Three meals a day are enough for most folks, but not for adolescents.

During their "growing up" years — the time of fastest growth except in infancy — young people have higher nutritional needs than at any other time in their lives.

During these years too, careful planning and guidance are necessary to see that these requirements are understood and met and that good eating habits are developed, two Oregon State College home economists emphasize.

In a special chapter for the new Yearbook on "Foods," published by the U.S. Department of Agriculture, OSC's Dr. Clara Storvick and Dr. Margaret L. Fincke point up the importance of proper diets for adolescents and young adults.

Dr. Storvick is in charge of home economics research at Oregon State College and Dr. Fincke is head of the department of foods and nutrition.

Meals need to be carefully planned to provide nutritional needs and the between and after meal eating done by young people also needs attention, Dr. Storvick and Dr. Fincke explain.

Snacks, for example, can follow the needs and preferences of the individual boy or girl. A cheese sandwich may satisfy the boy after school and a glass of milk may be enough for the girl. Fruit between meals rarely spoils the appetite for the next meal, but chocolate cake might.

"The important thing is to recognize snacks as real meals and see that they fit into the food plan," the home economists say.

In planning the diet, particular attention should be given to the needs for calcium, iron, and iodine since they are the ones most likely to be found in insufficient amounts. If the diet is planned to provide adequate amounts of them, the same foods will provide enough of the other minerals.

Boys usually manage to make a better food selection than girls, probably because their appetites are so great that if the food is available they will eat it. Boys may be inclined to neglect the foods containing vitamin C, how-

ever, Dr. Storvick and Dr. Fincke believe.

The girl's appetite is more capricious and varies from day to day, they have found. Girls are most likely to get enough vitamin C because of their liking for salads and fruits, but protein and iron intake may be low.

General guides to food selection and needs are important for young people, the home economists continue, because adolescents often eat at least one meal a day away from home.

Plastic Snow Now In Use

ROME (UPI)—A couple of Italian scientists have created an artificial ski-jump with a kind of plastic "snow" that looks like pressed spaghetti.

The "Trampolino Plastica" was constructed at a little winter resort town in northern Italy and was recently made the official training jump for Italian Olympic skiers. In nearly 12 months of testing, it was proved to be faster and safer than a jump of real snow.

It is made out of prefabricated panels of plastic which looks like multi-colored spaghetti pressed flat in wormy criss-cross pattern.

No Cure, But Still Alive

NEW BEDFORD, Mass. (UPI)—Benjamin Boodry, on a four-year whaling voyage and free to use his ship's medicine chest, made the following entry in his journal:

"February 22, 1853—had a very severe attack of cramp. Took opium, laudanum, castor oil, blue pills, Attwood's Bitters, but to no effect. Could not find relief till 10 o'clock. At 11 had a relapse. Felt very poorly indeed."

A bit of research at New Bedford's Whaling Museum revealed that Boodry survived all this treatment and lived to a ripe old age.

Drug Store 'Good Place'

NORFOLK, Va. (UPI) — The fight against juvenile delinquency may be waged in the corner drug store if a 40-year-old Norfolk pharmacist has his way.

Norman R. Sachs, who describes the drug store as the "traditional family meeting place," has urged his colleagues to take "a more active part in community life."

"Today's pharmacists owe the youth of America an allegiance in good moral conduct," he wrote in a recent issue of the Virginia Pharmacist.

"Tradition has placed the corner drug store as the focal meeting place of persons for years on end. Besides being a local merchant, the pharmacist is a respected professional man. His opinions and his active support and participation in civic adventures are sorely sought."

Sachs, who has been in the business for 19 years, says drug stores have a welfare role to play in society.

"More than any other businessman," he said, "the pharmacist is in a position to understand the problem of juvenile delinquency and to give guidance and support to help curb the rising rate and severity of delinquency."

matter of FACT



The Spanish-American War of 1898 was the shortest and most decisive of all conflicts of the United States. There were only 114 days of actual fighting, but the war had a great influence on world affairs. Its end marked the loss of the last of Spain's colonies in the Americas and Asia, and the entrance of the U.S. into the ranks of colonial powers.

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