

Dick Withcombe, individualized instruction specialist from Oregon State University explains counseling and program coordination to Treasure Valley Community College faculty.

Higher Education Programs Offered To Mature Women

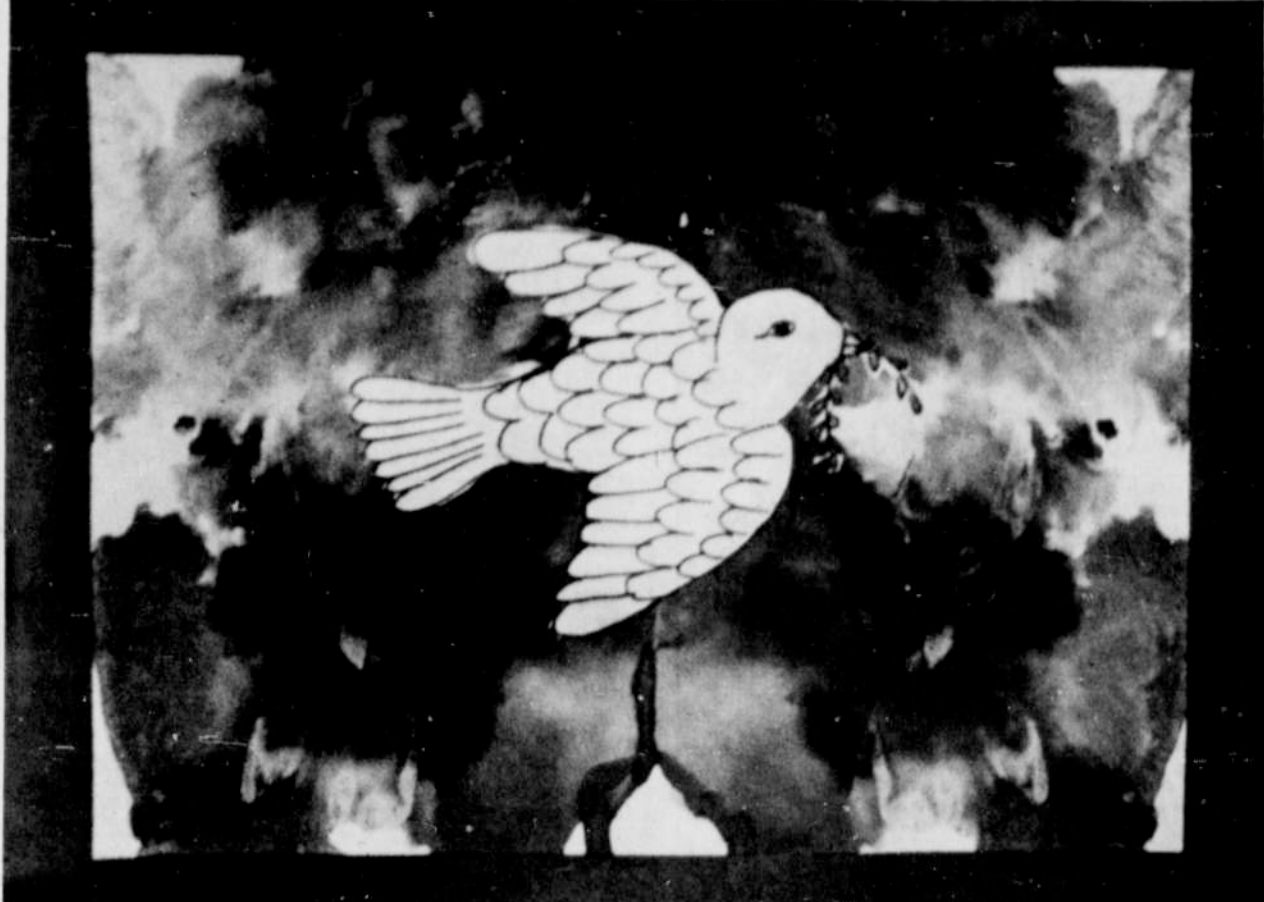
Almost 450 programs especially for women are offered by colleges, universities, and other organizations, according to a new U.S. Department of Labor publication, *Continuing Education Programs and services for Women*. This compares with about 250 programs reported three years ago.

Mrs. Elizabeth Duncan Koontz, Director of the Women's Bureau, stated, "The expansion of educational programs tailored to the needs and interests of mature women is a fine example of democratic response to a felt need."

Copies of the publication are available at 70 cents from the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402.

Steel wire to be used as reinforcing material in tires will increase from the 1970 total of 129,000 tons to 550,000 tons by 1975, according to engineers of the Goodyear Tire and Rubber Company.

Each year the trucking industry buys more than 21 billion gallons of gasoline, one and a half billion quarts of oil, 27 million gallons of anti-freeze, and 21 million tires.



Carol Takami Wins Ore-Ida Contest

Carol Joyce Takami, daughter of Mr. and Mrs. Sonny Takami, Nyssa, was winner of Ore-Ida's annual Christmas Card contest. Carol is a junior at Nyssa High School and won over 62 other contestants.

Her painting entitled "Peace" won the \$50 best of show prize in the contest. The white dove holding an olive branch is pictured in a multi-colored background.

Consumers Want to Know

by MARGARET SPADER
Director of Consumer Affairs
National Association of Manufacturers

There are a number of processed foods that don't list ingredients on the label. Isn't there a law requiring a listing?

There are around 200 basic food items that have standards of identity (a recipe set by Federal law.) These foods are not required to list all ingredients on the label. They include such foods as bread, mayonnaise, salad dressing, canned fruits and vegetables, jams and jellies, etc. However, if a substitute is made for any ingredient, the product must be labeled "imitation" and all ingredients must be listed on the package. Artificial colors and flavors and chemical preservatives must also be identified.

Are imitation foods inferior in nutritive value to natural foods?

Not necessarily. If jam or jelly is made with less sugar than required by the standard of identity, it must be labeled "imitation" because it does not conform to the recipe set by law. Another example is regular margarine. It must contain at least 80 per cent fat; imitation margarine has only 40 per cent, making it lower in calories.

Food packages seem to be getting harder to open. Does industry think of the consumer when designing packages?

Manufacturers have given considerable thought to opening and closures on food packages. But they must also design packages strong enough to resist breakage.



GREETINGS

As Christmas comes to you this year, we warmly wish that it may bring a holy meaning ever deeper, hopes ever brighter, and joyous blessings ever richer.

HOME DAIRIES OF OREGON, INC.



BEST WISHES FOR Christmas

Well-loved carols fill the air as happily, we celebrate Christmas. To one and all, our wishes for a season filled with the harmony of peace and joy.

MORRISON ELECTRIC CO.

A Button Wardrobe

Science and invention have come to the rescue of harried housewives and bumbling bachelors. Now buttons can be attached with a twist instead of needle and thread.

This patented procedure turns buttons into wardrobe accessories which can be changed by a twist of the wrist. Discs molded of Du Pont's "Zytel" nylon resin are permanently sewn to the garment and buttons may be interchanged in order to harmonize with the apparel of the day.

A conservative dark business suit jacket becomes a blazer for informal attire by a switch to shiny metal buttons. Ladies dramatically change the appearance of their clothes by matching buttons with scarves or hats.

Teenage Workers

The number of teenagers—16 to 19 years old—entering the work force is expected to decline by 900,000 during the first half of the 1980's with almost 700,000 of this drop concentrated in the 18-to-19-year-old group, according to the U.S. Department of Labor.



With the year coming almost full circle, we once again have the pleasure of extending the greetings of the season to our many good friends and wonderful patrons. May you all enjoy this last, but best, part of the year in health and happiness.

Nyssa Machine & Welding

ART and EILEEN BOSSELMAN



Greetings

'Tis the season to be jolly! The hurry and flurry of Yule preparations is over... it's time for the fun and the frolic. Enjoy it well... and accept our thanks for all you've done to make our season, and our year, a most happy one. Merry, merry Christmas!

MICHAEL'S PHARMACY



CHRISTMAS Greetings

As you spend this season with your loved ones, may great joy fill your home, and peace fill your heart.

HOWARD'S TEXACO

HOWARD AND LUCILLE MYRICK



Merry Christmas

The spirit of Christmas, ever young, abides this season with men of good will. PETERSON FURNITURE CO.