



Golden Event

Mr. and Mrs. Claude Allen of Cottage Grove were honored by relatives at a party marking their golden wedding anniversary. They are pictured as they appear today and at the time of their marriage July 2, 1912.



Golden Day Noted By Claude Allens

COTTAGE GROVE—Antique sterling silver from England, highlighted by a bouquet of orchids from Hawaii, was used at the party marking the golden wedding anniversary of Mr. and Mrs. Claude Allen at their home on Godard Lane.

Entertaining for the Allens were her two sisters, Mrs. William Bjornsgard and Mrs. Forster Bjornsgard, both of Clatskanie.

Unusual in the decorations were the gold leaves which had been used on the golden wedding anniversary cake of Mrs. Allen's parents, Mrs. Allen had made the tatted cloth for the punch table and a crocheted cloth used over gold silk on the reception table.

Mrs. Parks and Mrs. Mildred Malagamba of Salem, another sister of Mrs. Allen, had attended the wedding of Mr. and Mrs. Allen 50 years ago.

Also at the anniversary party were Mrs. Allen's two brothers and their wives, Mr. and Mrs. Cyrus Vaughn of Skamokawa, Wash., and Mr. and Mrs. Leonard Vaughn of Grays River, Wash. They are among the 80 friends and relatives signing the

Bay Service Weds Couple

Mr. and Mrs. Lee C. Minkler traveled to San Francisco for the wedding June 23 of their daughter, Barbara, to Eugene Ross Hedlund, son of Mr. and Mrs. Eugene Hedlund of Iowa. The Rev. Mr. Tobias officiated at the ceremony in the Swedenborgian Church in San Francisco.

The bride's ballerina-length dress was of silk organza with lace cummerbund and front bow detail. Her float-length veil was held by petal cap and she carried a white orchid nestled in a ball of white carnations. Mrs. Jerry Bailor of Eugene was the attendant for her sister, in a beige taffeta dress and carrying yellow carnations.

Dennis Peterson was the best man, and the bride's brother, Richard Minkler, was the usher.

The reception following the ceremony was in the new couple's apartment in San Francisco.

The newlywedded pair will take a trip to Guernwood Park Resort and Yosemite National Park. The bride is a graduate of South Eugene High School and attended Sacred Heart School of Nursing.

Nancy Tuinstra Wins TOPS Crown

By JANET GOETZE
Of the Register-Guard

Calorie counting is already part of the life of one Eugene 12-year-old whose dieting persistence has brought her the runner-up crown in the nation TOPS (Take Off Pounds Sensibly) weight-losing competition.

Nancy Tuinstra, daughter of Mr. and Mrs. Bert Tuinstra, has lost 35½ pounds in the past year through dieting with the "Weights Away" teen TOPS group. Now that she has reached her weight goal she is a member of KOPS—Keep Off Pounds Sensibly.

Nancy weighed 155½ pounds as an 11-year-old last January when a school friend introduced her to the national weight-losing club. She had tried dieting on her own and under a doctor's care for six or seven years, "but we didn't have much success with it," her mother said.

Mrs. Tuinstra attributes Nancy's success in the last year to the encouragement she has received from the TOPS club members and her friends.

Nancy and her mother said that some of her greatest encouragement has come from her grandfather, who has always plied his grandchildren with candy, probably because of his own sweet tooth. But now that he has seen the difference dieting has made in Nancy, he is willing to cheer her on.

"He won't come near me with candy any more," Nancy reports.

TOPS clubs are national organizations, with headquarters in Wisconsin. Mrs. Esther S. Manz, the national president, and her doctor, C. F. McDonald, started the first group about 14 years ago, for people who had had no success with dieting in any other way.

Three divisions, according to age group, are made in the clubs. The Tiny TOPS are for children up to the age of 12. Teen TOPS are 13 to 19 years old, and Adult TOPS are those 20 and over.

Nancy said that each meeting begins with a weigh-in for the members, who then must report to the rest of the club whether they have gained or lost weight.

Mrs. James Smejkal, the leader of Nancy's TOPS group, describes this procedure as "group therapy."

"It works something like Al-



Five Inches

Nancy Tuinstra, daughter of Mr. and Mrs. Bert Tuinstra of 2765 River Road, has lost five inches in the waistline and over 35 pounds to become national runner-up in the teens division of TOPS (Take Off Pounds Sensibly) weight-losing clubs.

calories Anonymous, but I guess we would be known as 'food-aholics,' she said.

The members swap tips for dieting and discuss their various weight problems at the meetings. The method Nancy and most of the other TOPS dieters use is simple calorie

counting. The group prescribes no special diet, so that the individual can make his own food adjustments.

Mrs. Tuinstra said that Nancy's diet has influenced the eating habits of the rest of the family, which includes an older son and a younger daughter.

They eat more salads and fresh vegetables, "and in general, things with less calories," she added.

Nancy used no diet food props in her weight-shedding program, because, as her mother said for her, "you have to learn good eating habits some way, and you might run into trouble when you stop the diet foods."

Nancy said that her weight loss has enabled her to be more active physically and participate in sports.

Clothes, too, have changed for her from the time she bought something close to her size, then enlarged it with set-in pieces.

Nancy has grown about two inches in the last year, and has maintained her weight within three pounds of her goal. Mrs. Tuinstra said that she probably could lose more weight, but they picked the goal of 120 pounds because Nancy is still growing. Later another weight goal can be established.

Nancy was notified of her second-place national win in the Teens division at one of the TOPS club meetings in May. The weight-loss and measurement records from each group are sent to the national headquarters periodically, and the champions are selected from these data.

The national teens' division winner lost about three-quarters of a pound more than Nancy to go from about 180 pounds to 150 pounds and win the first-place title. She is about halfway through to her final weight goal, Mrs. Tuinstra said.

Nancy has had laurels from local competition, too. She was the winner in the state TOPS contest, and twice has been district champion. She received a trophy from the state competition and a large cup from national.

Now that she is a member of KOPS, Nancy is planning to continue going to her group meetings to keep her weight level where she wants it.

Mrs. Tuinstra says that they have heard too many stories of people who have gained back weight after discontinuing the "group therapy" to be anxious to stop the club now.

Mrs. Tuinstra, tall and slender, says since she has seen Nancy's success, she's even considered joining a TOPS club herself.

Couple Reveals Wedding Date

Mr. and Mrs. Merrill Barto of Eugene announce the approaching marriage of their daughter, Merrilyn Mae, to Walter Lavern Fisher, son of Mr. and Mrs. Clarence Fisher of Eugene.

Miss Barto was graduated in June from Willamette High School. Mr. Fisher also attended Willamette High School and served for three years in the U.S. Navy. He now is employed by Giustina Bros. Lumber Co.

The wedding is planned for July 14.

Students Arrange Gallery Display

Students of Miss Yasue Sakaoka have works on display at Twelfth Avenue Gallery until Aug. 2. Viewing hours are 6 p.m. to 9 p.m. standard, 7 p.m. to 10 p.m. daylight. The display was arranged by the students after they received invitation to show their works at the gallery. Works will be exhibited by Gary Hellwege, John Dietz, Julie Kolster, Darlene Jackson, William Guske, Richard Bixby, John Sell, Paul Battles and James Thompson.

Glazed Carrots

Saute hot cooked carrots in skillet with butter, a generous sprinkling of raisins and a few tablespoons of brown sugar. Accent with a dash of lemon juice. Heat slowly 10 to 15 minutes, turning occasionally, until prettily glazed. This fresh, colorful vegetable is wonderful with ham steaks.

Zonta Convention Calls Eugeneans

Eugene Zonta Club's delegates to the bi-annual convention of Zonta International will leave Sunday to fly to New Orleans where the convention is to meet in the Roosevelt Hotel, July 8-12. The voting delegate from the Eugene club is Mrs. Arthur Watters, with Miss Zelma Perini as the alternate.

Miss Clara Nasholm, governor of District VIII, is now attending the pre-convention sessions of the International Board, of which Mrs. Ellen Harris of Vancouver, B. C., a member of District VIII, is president.

At the convention, the Eugene club is slated to receive special recognition for the past year's gain in membership. A net gain of nine entitles the local club to participate in the honors. Co-chairmen of the membership committee were Mrs. J. Alan Wickham and Mrs. Clarence H. Elliott.

With representatives present from most of the 19 countries now having Zonta Clubs, the international nature of the organization will be uppermost. One of the business matters to be considered is to change the present "undistricted" status of the overseas clubs and to put them on the same form of district organization now prevalent among the clubs of the United States.

An especially large delegation is expected from Sweden. This is of particular interest to Eugene Zontians inasmuch as Sweden has been the assigned Friendship Country for District VIII during the past biennium. One of the delegates will be visiting the district clubs after the convention.

District VIII will honor the outgoing president, Mrs. Harris, at the installation banquet on Thursday. Since it was during her administration that the newest overseas Zonta Club was chartered in Tokyo, Japan, in April, the district is presenting each of the 1500 delegates with

Japanese fans as favors from the Northwest.

Delegates from District VIII are to be special guests at the President's dinner on Wednesday evening.

For the first time, the Eugene Zonta Club has voted to continue its luncheon business meetings during the summer months. Tuesday, July 10, the members will meet at noon luncheon at Ford's Dinner House with the president, Mrs. Raymond McGaffey, in charge. There will be initiation, and committee assignments for the year will be given. Choice of service projects for the year will be discussed.

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Reno Ceremony Marries Couple

OAKLAND—Mr. and Mrs. Frank Main of Oak and Mrs. Ann Main of Eugene have announced the marriage of their daughter, Sherry, to Leslie Emerson of Inglewood, Calif., at Reno, Nev. June 8.

The bride is a 1961 graduate of Oakland High School. The bridegroom is the son of Mr. and Mrs. Ralph Emerson of Sutherlin, and is a graduate of Sutherlin High School. He is attending Long Beach State College and is employed at Northrup Aircraft Corp.

They will make their home at Bellflower, Calif.



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Pair to Live At Dunsmuir

Miss Flora Edwina Stokoe was given in marriage by Don Haven Evans of Eugene when she was wed to Frank Henry Wintering June 24 in St. Mary's Episcopal Church. The Rev. A. H. MacDonnell performed the ceremony.

The bride is the daughter of the late Mr. and Mrs. Edward C. Stokoe of Ashland. Mrs. H. B. Wintering of Yreka, Calif., is the bridegroom's mother.

Miss Stokoe wore an afternoon jacket-dress of mauve silk shantung with matching accessories and carried a white orchid on a white prayer book.

Her bridal attendant was Mrs. Don Haven Evans, who wore a beige jacket dress and carried a spray of green orchids. William F. Shelly of Carson, Wash., was the best man.

The bride was graduated from Southern Oregon College and has been teaching in Concord, Calif. The bridegroom is an engineer for Southern Pacific Railroad.

After a wedding trip to Seattle the couple will live at Dunsmuir, Calif.

Oklahoma State Alumni Slate Annual Outing

Graduates of Oklahoma State University, who organized an Oregon alumni group last year at a spring meeting in Corvallis and held their first annual picnic last June in Portland, will meet for their second annual outing Saturday, July 14, in Armitage Park. Hours will be all day, with potluck dinner at midday.

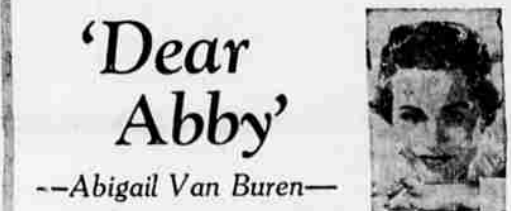
Each family is to take its own picnic basket and soft drinks will be provided. Junior baseball and other family activities are planned.

James C. Lett of Eugene is chairman of plans for the Eugene area, and may be called by anyone who has a question. Officers in the group are C. S. Merydith, Eugene, president; Nate Watson, Portland, vice president, and Mrs. Watson, secretary.

Mr. Merydith, DI 4-0981, also will answer any question about the picnic.

Summer Nutrition

Make sure your family gets three well-balanced meals every day during the summer, when it's easy for eating habits to become irregular. High protein meals help prevent nibbling on high-calorie, low-nutrition snacks.



—Abigail Van Buren—

DEAR ABBY: If a husband and wife tried for years to have a child and they failed, and they went to several doctors who all agreed there was nothing wrong with either of them, and if the wife stepped out and got in a family way and had a strong, healthy boy who the husband thought was his, should the husband and wife be told? The boy is now a senior in high school and we love him more than anything on this earth. This has been on my conscience for 17 years. They say that confession is good for the soul.

MOTHER
DEAR MOTHER: If you feel the need to confess, confess to your clergyman. Telling your husband and son would serve no good purpose.

DEAR ABBY: My problem is my mother-in-law. She refuses to be called "Grandma." She wants to be called "Mamma"—which is what my children call ME!

My own mother doesn't mind being called "Grandma." How can you explain to small children that they are both grandmothers, but one should be called "Mamma?" I don't want to stir up trouble but don't know how to avoid it. The grandmother who thinks she is too young to be called "Grandma" is in her fifties. My own mother is in her late forties.

IN THE MIDDLE
DEAR IN: No grandmother should insist on being called "Mamma." Tell your children to call her "Grandma Mary" (or whatever her name is) if she feels that being called "Grandma" ages her.

DEAR ABBY: I have a problem. This girl in my office eats onions for lunch every day and I have to work with her. Her breath could almost knock you down. I mean it. Don't tell me to eat onions, too. I can't stand them.

FLOORED
DEAR FLOORED: Your corner drugstore has a variety of "breath-killers." Either present her with a complimentary package and tell her to try them, or ask her in the name of mercy to eliminate the onions from her luncheon meal.

DEAR ABBY: The young man who wondered about having his bread buttered by his lady friend might try this: For 25 years I have been buttering bread for my husband. When I pass the buttered bread to him he kisses my fingertips. He claims this is the most exciting part of the meal. I agree. Wouldn't you?

STILL ROMANTIC
DEAR STILL: You bet. It's better than dessert, and not as fattening.

CONFIDENTIAL TO RUDE: You are certainly "broad-minded." (No pun intended.) Settle out of court if possible.

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