

Valley Orchardists Slated To Attend Horticulture Meet

A number of local orchardists are expected to attend the annual convention of the Oregon State Horticultural society at Corvallis on Dec. 2 and 3, according to the local extension office.

Topics of interest to both fruit and vegetable growers are being planned and David Lowry, Medford, president, says that this year's program is designed to cut across a wide range of grower interest.

Hamilton Chairman

General program chairman is Orville Hamilton, Medford, with the following sectional planning chairman: Dunbar C. Carpenter, Medford, pears and apples; Cornelius Bateson, Salem, vegetables; Bill Shinn, Salem, stone fruits and Glen Schaeffer, Boring, small fruits.

The apple and pear section will open Thursday, Dec. 2. Friday afternoon's program will be chairmaned by Robert Root, Medford. John Higdon, Southern Oregon Branch Experiment station, Talent, will be one of two speakers on fireblight from 1:30 to 2 p.m.

To Discuss Packaging

Packaging of fresh fruits will be discussed from 2 to 2:40 p.m. A panel discussion of nutrition of fruit trees will be held from 3 to 4 p.m.

The Thursday program will include such topics as storage problems, dwarf fruit trees from the commercial viewpoint, speed sprayers and use of weed sprays in orchard soil management. Other sections during the two-day convention, include stone fruits, small fruits and berries and vegetables.

When you give the kitchen floor a new linoleum cover, you can move the refrigerator and other heavy objects back into place without scarring the floor if you use an old blanket as a skid.

To get curtain tie-backs even, pull the window shade down to the desired height when placing the curtain ties.



SANTA COMES EARLY—Reporter Bob Nourse plays Santa Claus to bring presents to 5-year-old Sylvester Weidner Jr. at Silvis, Ill. Little Sylvester is not expected to live until Christmas because of a brain disease which is incurable. Santa brought gifts from several states which were received after radio station KSTT sent out an appeal from Davenport, Iowa.

High School News Notes

By BARBARA ROACH

Lunch hours were lengthened Wednesday when MHS students mobbed to the lunch line for a holiday turkey dinner. In spite of the endless amount the adolescence stomach will hold, the cafeteria staff was able to supply an oversized meal of turkey, dressing, cranberry sauce, lime salad, sweet potatoes, roll, ice cream, cake, and milk for all purchasing their lunch.

Melissa Jennings, Medford High's energetic yell queen was elected by the senior class Monday for the DAR best citizen award. Melissa is a member of the Future Teacher and Future Homemaker clubs as well as the Spanish club, Ski club, and the Girls' Athletic association. She

plans a primary teaching career. Others nominated by teachers for the award were Kathy Guiley, ASB vice-president, and Sue DeVoe, Girls' League head. The three were judged on dependability, service, leadership, and patriotism.

The Future Teachers initiated into the club by candle light service November 22: Bev Cosler, Marilee Chisolm, Pat Read, Joanne Martin, Eleanor Martin, and Lois Myers. The club also discussed helping hand projects and a tentative joint meeting and covered dish dinner with the Grants Pass FTA chapter. The group's previous project was the adoption of a Korean war orphan.

Electing their candidate, Nellie Rawlings, to the royal honor of Crater queen, the juniors proved to be the class with the most ambition in the Crater Sales campaign. It was announced Tuesday that more than 700 books had been sold, to the student body with the juniors winning by a very narrow margin. Carl Gordon was also dubbed winner of the yearbook sign contest and awarded a free '55 Crater for his three dimension design poster. Judges for the contest were Mrs. Maxine Smith and Mrs. Grace Berg, faculty members.

Mr. and Mrs. Flemming Orem of the National School Assembly association presented a program in the auditorium Wednesday morning featuring the marimba. Mr. Orem among others played "Star Dust," "Begin the Beguine" and a Latin American tango. He also accompanied Mrs. Orem in vocal solos, "Oh, What a Beautiful Morning," "People Will Say We're in Love," "Oklahoma," and "I Told Every Little Star." They concluded their assembly with a series of duets on the marimba, these including "Tea for Two."

Members of the Junior Tri-Hi-Y turned heads more than once Wednesday when they appeared at school in the football team's practice jerseys. They also turned the tables and played a football game in uniform Saturday against the Ashland Tri-Hi-Y club on the Medford turf. Experienced hands, Dan Morris, Mike Hawkins, Alton Stone, and Les Walsh coached and picked positions for the group.

Dec. 20 has been picked as the tentative date for the annual winter formal, sponsored jointly by the Girls' and Boys' League. The committee of Everett Kastner, Stan Culy, Pat Read, Mary Kay White, and Nancy McKewon, are looking into such details as a dance band, theme, ticket price, and programs.

HAIR AND MINK
New York—(UPI)—Now a woman can wear her hair to match her mink coat. The latest in hair colorings are copies of the mutation shades of the little animal whose fur is a precious wardrobe item. Designer Lily Dache, who's also branched out into cosmetics, features 18 shades which can be used either for permanent or temporary coloring. The shades range from subtle "moon blonde" to a bolder midnight blue. "It takes generations to give a mink a new look," said the designer. "But why should a woman wait on evolution?"

Dairy Queen SPECIAL!
HARD PACK
QUARTS AND PINTS
Vanilla, Chocolate, Strawberry, Raspberry
2 Qts. \$1.00
Dairy Queen
450 SOUTH CENTRAL
Open Daily 12 to 7 P.M.

Grange

Phoenix Grange

Phoenix Grange met in regular session November 23 with Master Dee Hendrickson presiding. Lecturer Mrs. Lester Carr presented W. V. Nussbaum, who spoke on the new Social Security laws which effect the self-employed farmer. Color slide pictures were shown by Florence Hartley of local flowers and vegetable gardens and Myrtle Ferns showed slides of Japan and Alaska.

The charter was draped in memory of Frank Janosky.

Appointed were Edith Poe, Mabel Penland and Louise Norton to work with the lecturer on a Christmas program for the December 14 meeting.

According to Mark Norton and Dee Hendrickson the men are planning a dinner in honor of the women December 14 to start at 7 p.m. Special committees have been appointed and all men attending are supposed to bring two covered dishes.

Installation of officers for the coming year was set for December 28 when past Master Roy Bolz will be installing officer. Other Granges are welcome to bring their elected officers to be installed.

Hot rolls and frankfurters with all the trimmings were served by those in charge, Mr. and Mrs. Mark Smith, Mr. and Mrs. Norman Nelson and Mr. and Mrs. Mervin Hixson.

Home Economics club met at the home of Elsie Lewis November 17 with a covered dish dinner. Co-hostesses were Faye Lewis. Newly elected officers were president, Ethel Carr; vice-president, Elsie Lewis; secretary, Mabel Cox and treasurer, Maude House.

Next meeting of the club will be at the home of Myrtle Hixson, December 15 with a covered dish luncheon at 12:30 p.m. This will be the annual Christmas party and gift exchange. Fifty cents will be the price limit for presents.

Roxy Ann Grange

Roxy Ann Grange met November 19 with master Ivan Wolf presiding. Agricultural chairman Roscoe Roberts reported there was a dairy meeting held with 70 present. There is very



Your teen-age daughter would love this set-up. The bed, flanked by storage chests, is used for lounging during the day. Coffee table with three stools facilitates serving hot chocolate to the friends that drop in after school.

little change so far with milk controls off.

R. J. Ritchey reported the scout troop had a good master and were active with 15 boys in the troop.

Mae Dalton asked for leaders for the 4-H boys and girls. Chaplain Anna Roberts reported Marie Pfnister is at home now, and Carl Quackenbush is improving.

Lecturer Kenneth Nolte put on a program which included a skit by the young people, Marguerite Shaw and Ethel Bish also put on a skit, a piano solo by Katherine Gott, a song by Donna Lou Pfnister.

Refreshments were served by the Ken Shaws, Noltes and the Gots.

Shady Cove Grange

A potluck birthday dinner preceded the Shady Cove Grange meeting on November 24. Master Phil Motchenbacher called the regular meeting at 8:30 p.m. Mr. and Mrs. Travis Littlefield received First and Second degree obligations.

Ted Dane, Neil Dusenberry and Mr. and Mrs. Roy Deister will be taken to Gold Hill Grange by invitation on November 30 to receive First and Second degrees. They will also receive Third and Fourth degrees at Gold Hill, December 2, at 8 p.m.

Lecturer Edger Vanderlip had an interesting program. A report of National Grange convention was given by Mr. and Mrs. Cecil Kee.

Lecturer Vanderlip announced

Stamp Club To Hold Election of Officers

A meeting of Southern Oregon Stamps club to be held Thursday, December 2, at 8 p.m. at Girls' Community club will feature the election of new officers for the club and the annual Christmas party of the organization. Candidates for the election will be presented by the nominations committee, Mr. and Mrs.

Roland Beach. The committee in charge of the Christmas party are Mrs. Lillian Capsey, Mrs. Jorge Jorgensen, and Mrs. Schuchard. Members are to bring a philatelic item valued at not over 50 cents for a gift exchange. Refreshments will be served.

Use Mail Tribune Want Ads

A Tribute to The Tuberculosis Association!

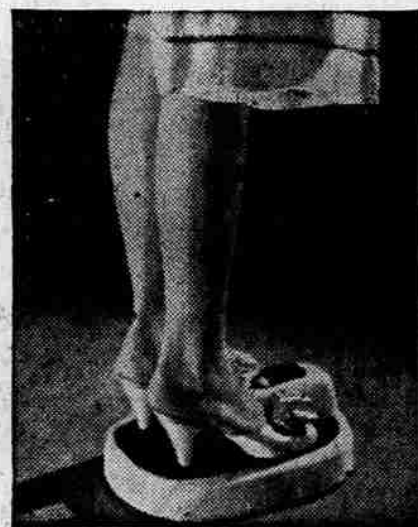
When it was called "The White Plague" and countless thousands of virtually defenseless men, women and children fell before its virulent sweep, people said "It must be the will of God . . . we can do nothing." Today, with the gigantic strides the savants, scientists and physicians have made and are making; with wonder drugs and miraculous techniques checking its dread march; with millions of people enlisted in the crusade against "consumption," a new day, bright with hope, is on the horizon. Our own Tuberculosis Association is doing valiant work in stemming the tide and in making our Country a healthier place in which to live and rear our children. And it, like all similar associations, ask you and yours, in the name of Mercy, to buy the anti-tuberculosis Christmas Seals now available for desperately needed funds to carry on the battle. Buy all the seals you can this year. Join the crusade and let the world know that you are saying in your heart—"Keep up the good work—for me and for everyone." We proudly salute the efforts and sincerity of our Tuberculosis Association. May they be rewarded abundantly by your generous cooperation and support!

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HOW TO KEEP REGULAR ON A REDUCING DIET



Irregularity due to insufficient bulk becomes more of a problem when you're eating less. You can avoid this common condition . . . and the dangers of the laxative habit . . . simply by eating one ounce of All-Bran daily. You'll find it's a lot easier to live on fewer calories, too!

When you go on a reducing diet—whether for reasons of health or for appearance's sake, you want to be able to stick with it until you've lost the desired number of pounds. But, as so many dieters have found, when you change your eating habits, or eat less than usual, irregularity is apt to become a problem. When this happens the dieter is likely to relax the diet, possibly feel like giving it up altogether, or—start taking mineral oil or medicinal-type laxative!

Modern reducing diets, particularly the new high-protein diets, are as low in bulk as they are in calories. When the foods eaten every day supply too little bulk, the normal process of elimination is slowed up. And, unless the dieter has advice from a doctor, he or she, sooner or later, may seek relief from the discomforts of constipation through use of a laxative pill or purgative.

There are two good reasons why you should think twice before taking this seemingly "easy way out":

1. Instead of correcting the underlying causes of the condition, a medicinal-type laxative can give only temporary relief. One dose so often leads to another that the vicious laxative habit takes hold and the condition, instead of getting better, gets steadily worse.
2. The use of drug-type laxatives or mineral oil interferes with the normal process of digestion and causes a substantial loss of vitamins and minerals from the food eaten.

WHEN YOU'RE ALREADY RESTRICTING YOURSELF TO A MINIMUM AMOUNT OF FOOD YOU CAN'LL AFFORD THIS NUTRITIONAL LOSS. WEAKNESS, LACK OF PEP OR

COMPLEXION WORRIES—ALONG WITH DIGESTIVE DISTURBANCES—MAY BE ADDED TO THE ORIGINAL OVERWEIGHT PROBLEM.

THE USE OF MEDICINAL LAXATIVES CAN BE AVOIDED ENTIRELY BY SIMPLY EATING ONE OUNCE (ABOUT 1/4 CUPFUL) OF KELLOGG'S ALL-BRAN EVERY MORNING FOR BREAKFAST.

This "ounce of prevention" supplies very few calories (only 93), but it does supply the bulk, with its gentle, natural laxation effect, needed to keep you regular while you are living on fewer calories.

This natural laxative effect of All-Bran has been demonstrated time and again in actual clinical studies and reported in leading medical journals. On this basis alone it merits an important place in every modern reducing diet. But there is yet another reason.

THE SAME SMOOTH BULK WHICH AIDS THE DIGESTIVE SYSTEM ALSO HELPS YOU DO WITH FEWER CALORIES. AS ALL-BRAN ABSORBS WATER AND LIQUIDS IT GIVES YOU THE FEELING THAT YOU HAVE EATEN MORE THAN YOU ACTUALLY HAVE.

The feeling of satisfaction stays with you. There is less temptation to nibble between meals, less desire to go beyond your calorie budget at any time. It's a wonderful feeling to be on a diet without being hungry.

And you need not add one single extra calorie when you substitute a serving of All-Bran in your breakfast every day. The most satisfactory diet plans allow up to one-third of your calorie allowance for this most important meal of the day. The following typical

breakfasts show how a serving of All-Bran dovetails right into any diet.

330-CALORIE BREAKFAST

(Recommended as part of a 1200-calorie diet)
Orange Juice, 1/2 cup
Kellogg's All-Bran, 1/4 cup
Sugar, 1 teaspoon
Milk, whole, 1/4 cup
Toast, 1 slice
Butter, 1 teaspoon
Coffee or Tea, plain or with milk

430-CALORIE BREAKFAST

(Recommended as part of a 1400-calorie diet)
Banana, small
Kellogg's All-Bran, 1/4 cup
Sugar, 1 teaspoon
Milk, whole, 1/4 cup
Egg, poached or boiled
Toast, 1 slice
Butter, 1 teaspoon
Coffee or Tea, plain or with milk

Of all the foods you could choose, few, indeed, give you so many benefits along with so few calories as does All-Bran. From one ounce you get 100% of your daily requirement of vitamin D; 50% of your niacin; 11% of your vitamin B₆; 46.7% of your phosphorus; 33% of your iron. In addition, All-Bran gives you protein and calcium values **PLUS THE SECRET OF DAILY REGULARITY AND THE FEELING OF SATISFACTION THAT MAKES DIETING EASIER THAN IT EVER WAS BEFORE!**

Kellogg's makes it easy for you to prove that to yourself. Just eat All-Bran every morning for 10 days. Then, if you're not completely satisfied, send the empty carton to Kellogg's, Battle Creek, Michigan—and get double your money back.



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