

Many Communities Make World Prayer Day Plans

This year Americans in an estimated 20,000 communities again will join with fellow Christians when in 125 countries prayers rise in identical or similar services, marking the 68th anniversary of the observance of the World Day of Prayer. Traditionally held on the first Friday of Lent, the day falls this year on February 25 and Medford Council of Church Women will hold its World Day of Prayer program at First Methodist church at 2 p.m. Theme for the services is "Abide in Me," John 15:4.

Observances in the United States are sponsored by the department of united women, a general department of the National Council of the Churches of Christ in the USA. The offering taken at services in this country is divided equally between the division of foreign missions and the division of home missions of the national council and is used for interdenominational mission projects.

In many of the U.S. communities which observe the day, the event has grown beyond the regular women's service to bring together a wide variety of community groups. Daylight services are conducted in factories; businessmen plan special office services; schools, colleges and hospitals set aside a time for group prayer during the day. In addition, many community service groups, fraternal, social, and civic organizations participate.

Now an international event, the World Day of Prayer dates back to 1887 when a Presbyterian woman in Boston called for a nationwide day of prayer for home missions. In 1920 the idea was adopted in Canada and seven years later, at the request of Christian leaders in other lands, it became a world-wide observance.

The day's services begin as the sun rises on the Tonga islands and continue around the globe until darkness settles over Alaska 24 hours later with the final observance held on St. Lawrence island.

The service is written each year by a woman or group of women from a different nation, then is adapted and translated into scores of tongues and into Braille. The service this year was prepared by Miss Joregelina Lozada, of Buenos Aires, Argentina, a minister of the Disciples of Christ. One of her country's ecumenical leaders, Miss Lozada is the secretary of religious education of the Confederation of Evangelical Churches of Argentina.

Central to the services is the prayer for understanding among all peoples, or the growth of the Christian church around the world and for world peace. It stresses the unity of all Christians though separated by geo-

graphical and national boundaries. Women leaders in each section of the country have found different ways to bring the day to the attention of their communities. Last year in Richmond, Va., stores and places of business throughout the city cooperated in holding services before or during regular business hours. In Huntington, West Va., all traffic lights in the city blinked on caution at noon to halt motorists for a minute of prayer. Last year President Eisenhower participated through a film clip used by TV stations and theaters.

Honor Society Holds Initiation

Ashland—Fifteen women students at Southern Oregon college have been initiated into Sigma Epsilon Pi, women's honorary society.

Students who qualified for the their scholarship, included Miss Joan Pochelu, Paisley; Miss Doris Motley, Albany; Miss Phyllis Oesepian, Azalea; Miss Judith Hall, Medford; Miss Audrey Russell, Myrtle Point; Miss Laura Weed, Klamath Falls; Miss Janet Johnston, Rogue River; Miss Charlene Croucher, Central Point; Miss Cressa Grubb, Ashland; Miss Harriett Johnson, Central Point; Miss Margaret Bishop, Central Point; Miss Marjory Purdin and Miss Katherine York, Ashland; Miss Anna May Walters, Grants Pass and Miss Harriet Campbell, Medford.

Furnishing Trends Shown by Markets

Chicago—(U.P.)—Some of the new home furnishings trends which you will see in 1955, as shown at the winter market here:

A group of Spanish-inspired furniture designed by Dorothy Draper, New York. The presentation included fabrics and wallpaper to carry out the gay motif. Leather-topped and leather-trimmed tables.

A table shaped like a shield. A table-top of specially processed sea shells.

A modern sofa with legs shaped like sling-shots. Furniture upholstered in harris tweed.

An increased popularity of pink tones in interior decoration. "Distressing" wood finishes—treating the wood to give a well-worn "heritage" effect.

Red Cross Chairmen Hold Monthly Session
Jackson county chairmen for volunteer services for the American Red Cross held the monthly meeting at the home of Mrs. Lillian N. Salade, Pacific highway, Central Point, February 8. The business meeting was followed by luncheon.

CALENDAR

Calendar notices and news for the society section of The Mail Tribune must be submitted in writing and deadline for the Sunday edition is 1 p.m. Friday. Deadline for the weekly calendar is 9 a.m. of the day of publication and for week day news is 8 p.m. the day before publication.

Sunday
12 noon — DAV and auxiliary, Moose hall.

2 p.m. — Jackson County chapter, Associated Council of the Blind, St. Mark's Episcopal church guild hall, Fifth st, and Oakdale ave.

Monday
12:30 p.m. — Adare Past Matrons club, Mrs. Fred Ryde, 25 Quince st.

12:30 p.m. — Alpha Rho chapter, Beta Sigma Phi sorority, Rogue Valley Country club.

1:30 p.m. — Retired Teachers association, Girls Community club.

6:30 p.m. — Scottish Rites Women's club, Masonic temple.

6:30 p.m. — Sams Valley Ladies club, Grange hall.

7:30 p.m. — Telephone Wives, Girls Community club.

7:45 p.m. — Degree of Honor, Redman hall, Apple st.

8 p.m. — Neighbors of Woodcraft, IOOF hall.

8 p.m. — Wanderer's club, Mrs. Harry Bryant, 1312 Reddy ave.

8 p.m. — Butte Falls PTA, high school auditorium.

Tuesday
10:30 a.m. — Sams Valley Extension unit, home of Mrs. Arnold Gosnell.

1:30 p.m. — Women's Association of the First Presbyterian church, at church.

1:30 p.m. — Navy Mothers club, Girls Community club.

1:30 p.m. — Elks club, Elks club party lounge.

1:30 p.m. — Butte Falls Federated Garden club, home of Mrs. Elga Abbott.

7 p.m. — 8 and 40, Tally Ho restaurant.

7 p.m. — VFW post and auxiliary dinner, VFW hall.

7:30 p.m. — SFEBSQA, Room B, YMCA building.

8 p.m. — Chapter BE, PEO, home of Mrs. O. A. Welsh, 1300 East Main st.

8 p.m. — Medford Truth Center Unity meeting, Room 203, Holly Theater building.

8 p.m. — Pythian Sisters, Pythian building.

8 p.m. — Rogue Valley Handweavers guild, Mr. and Mrs. Jim Grigsby, Old Stage rd.

Wednesday
10 a.m. — Women's association, Phoenix Presbyterian church, at church.

10:30 a.m. — Women's Missionary council, Medford Assembly of God church, church annex.

12 noon — Reames Social club, Masonic temple.

1 p.m. — Past Chiefs club, Mrs. Harry Bryant, 1312 Reddy ave.

1 p.m. — Chapter CG, PEO, Mrs. Stephen R. Mosher, 332 Ardmore ave.

1 p.m. — Central Point Past Matrons club, Nevita chapter, OES, Mrs. Orville Hamilton, Modoc orchards.

1 p.m. — Chapter CP, PEO, Mrs. I. A. Mirick, 509 West 11th st.

8 p.m. — Credit Women's Breakfast club, home of Mrs. Marie Pierce.

8 p.m. — Medford Jaycettes, Tally Ho restaurant.

Thursday
10 a.m. — Morning study unit, LWV, home of Mrs. Harlan Bosworth, 2425 East Main st.

12:30 p.m. — Kappa Kappa Gamma sorority, Rogue Valley Country club.

12:30 p.m. — Thursday Luncheon club, Mrs. L. B. Pierce, 516 West Jackson st.

1 p.m. — Jackson County Public Health association, guild hall, North Oakdale ave.

1:30 p.m. — Jacksonville Garden club, home of Mrs. Paul Godward, Jacksonville.

8 p.m. — Adare chapter, OES, Jacksonville Masonic hall.

Friday
11 a.m. — Medford Truth Center Unity meeting, Room 203, Holly Theater building.

1:30 p.m. — Jolly Stitches, Mrs. Don Ross, Ross lane.

2:30 p.m. — Jackson school PTA, school auditorium.

8 p.m. — Builders class of First Methodist church, square dance, church basement.

Saturday
1 p.m. — Crater Lake chapter, DAR, Mrs. R. E. Green, 701 Park st.

2 p.m. — Epsilon chapter, Delta Kappa Gamma, Girls Community club.

Plans Ceremony
Jacksonville—Adare chapter, Order of the Eastern Star, will meet Thursday, February 17, at 8 p.m. in the Masonic hall, Jacksonville.

Initiation will be held. The committee is Mr. and Mrs. George Evans, Mr. and Mrs. George Mero, and Mrs. Virgil Calkins.

To Size 52!



9162 SIZES 36-52 by Marian Martin

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Pattern 9162: Women's Sizes 36, 38, 40, 42, 44, 46, 48, 50, 52. Size 36 takes 3 1/2 yards 35-inch. This easy-to-use pattern gives perfect fit. Complete, illustrated Sew Chart shows you every step. Send Thirty-five cents in coins for this pattern—add 5 cents for each pattern for 1st-class mailing. Send to Marian Martin, care of Medford Mail Tribune, Pattern Dept., 232 West 18th St., New York 11, N. Y. Print plainly NAME, ADDRESS with SIZE and STYLE NUMBER.

New Nursery Rug Glows After Dark

New York—(U.P.)—New for the nursery is a rug which glows in the dark and is designed to overcome a tot's fear of having lights turned out at bedtime.

Firth Carpet included a phosphorescent rug in its 1955 line. The rug, made of wool, is chemically treated so that the glow of its border lingers for several hours after the room has been darkened. It is "recharged" by exposure to light. The company said it worked with child psychologists in developing the rug. It also is experimenting with stairway runners which will glow in the dark.

Film-Packaged Food Needs Refrigeration

Lincoln, Neb.—(U.P.)—Film packaging for perishable fresh vegetables and fruits preserves moisture and prevents wilting, but the food should be hurried to the home refrigerator anyway.

Ethel Diedrichsen, University of Nebraska extension food and nutrition specialist, says cold also is needed to avoid decay or discoloration.

The film-wrapped perishables may be placed on storage shelves for refrigeration. The wrap serves as an individual hydrator.

Chihuahua Dog Has Mink Coat

Rochester, N. Y.—(U.P.)—Bambi, a one-pound toy chihuahua owned by Miss Rose Comer, is the most expensively doped up animal in town.

Bambi has been fitted out with her own \$200 mink coat which buttons under the dog's chin and ties around her mid-section.

Miss Comer, who has an expensive mink coat of her own, gets a lot of second looks when she walks fur-coated Bambi down the street.

As We Live

By ELIZABETH HURLOCK, PH.D.

Personality Improvement Takes Time And Trouble

There are few people who do not say that they "want to improve" their personalities. When you ask them what they mean specifically, the answer is generally some vague statement like, "Well, I'd like to be more popular than I am, or 'I wish I could get along better with people the way John does.'"

When their wishes are boiled down to fundamentals, one generally discovers that they want to be able to get along with people better but are held back by some personality trait they themselves do not know is standing in their way.

To meet the problems of people who "want to improve their personalities," I am offering several suggestions which will work if applied conscientiously. They are:

1. Be specific. If you are vague about what you want to "improve," you will get nowhere. You must have something definite to work on if you want to get started. And if you don't get started, you will never reach your goal.

2. Find out what keeps you from getting along with people. If you cannot discover this for yourself, turn to your family and friends for their opinions. They have doubtless observed things you do or say that make people dislike you or ignore you. If you are willing to listen, you will learn some things about yourself you may never have dreamed of.

3. Accept the opinions of others about yourself. They may not be to your liking; you may argue that you are never selfish, never tactless, etc. Remember, though—others can see you as you are, while you can see yourself only as you would like to be.

4. Set about correcting the faults you have been told you possess. And don't be discouraged if the corrections are not made overnight. Remember that it took a long time to develop these undesirable characteristics. It will take time to correct them and a lot of hard work on your part.

LETTERS FROM READERS
Complaining: "I know some people who are constant complainers. What possible satisfaction can they get from this?"

(A) The constant complainer grows: first, sympathy from others; and the second, the feeling that he is not responsible for things that are not to his liking. While most people get very tired of hearing complaints, they also are polite enough to be sympathetic. This gives the complainer the attention he is looking for. Then, in their attempts to comfort the complainer, people often emphasize what the complainer is trying to make himself believe, that the things he doesn't like are someone else's fault.

Talk About Boys: "I realize that all young teenager girls do a lot of talking about boys. But when a girl is 18 years old, wouldn't you think she was old enough to outgrow this?"

(A) A girl of 18 certainly should be past the "boy-crazy" stage, where all she can think or talk about is boys. However, many girls continue to talk about boys until they are middle-aged or even old women. They do this to impress others, and indirectly themselves, with the fact that they have great charms for members of the opposite sex.

Pampering Old People: "How far should one go in pampering an elderly person?"
(A) I question whether old people should be "pampered," if by pampering you mean letting them do or say as they please. It does not add to their happiness any more than pampering a child leads to his. However, I think you should be kindly and sympathetic in your treatment of elderly people. Don't cross them unless necessary, and try

Sunday, February 13, 1955

MEDFORD (OREGON) MAIL TRIBUNE—SEVEN

Nutrition Specialist Says Elderly Persons May Reduce Food Costs

Lincoln, Neb.—(U.P.)—Cost of food for elderly persons may be reduced by careful planning, a food expert says.

Miss Ethel Diedrichsen, extension food and nutrition specialist at the University of Nebraska, says the most expensive item on an elderly person's diet is meat. But she says often the leanest cuts are the least expensive. They may be tenderized by chopping or long slow cooking.

Fish or poultry are good substitutions for the meat, and not as expensive.

Some foods cost several times as much as others of similar nutritive value and use in the diet, she says. Carrots, some of the leafy greens and many canned vegetables are relatively low in price.

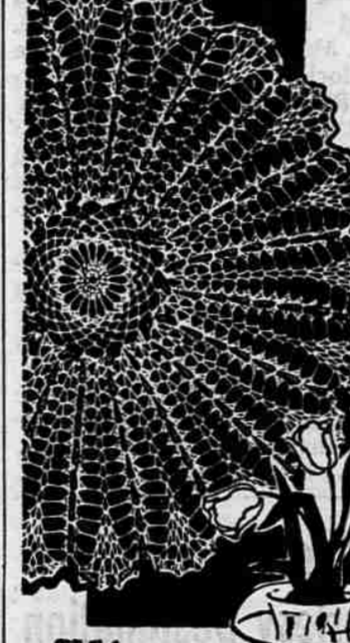
Citrus fruit has been an economical buy for Vitamin C. Milk, a "very important" food in the diet of older people, is an inexpensive source of calcium.

"On a tight budget, evaporated milk or nonfat dry milk may be used for cooking," she says.

Older people generally need and prefer smaller quantities of food than younger people. Thus, it pays to save waste by not buying or preparing too much of any one food," she says.

Mothers to Meet
At Community Club
Navy Mothers club members will make final plans for a rummage sale when they meet Tuesday, February 15, at 1:30 p.m., at the Girls Community club. Those who have rummage for the sale may call Mrs. J. Wicker, telephone 2-2985, or Mrs. Roy Lehman, telephone 2-2415.

Crochet-and-Ribbon



7154 by Alice Brooks

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Chemistry Lab Source of Food for Calorie Counters

By CLAIRE COX
United Press Correspondent

New York—(U.P.)—A handful of scientists in a chemistry laboratory are busy these days whipping up cookies, candies and ice cream for people who want to lose weight.

It is a tough job, too, figuring out formulas for cake just like mother used to make but with one-tenth the calories.

During the last 20 years, great strides have been made in processing foods for fat people who are trying to get thin, according to Milton Okin, vice-president of a dietetic food concern.

But the chemists still are having a tough time making some concoctions taste like the real thing.

Today, however calorie-counting men and women can keep their sweet tooth filled without fear of violating the doctor's orders or the diet chart.

With the use of special gluten flour, sugar substitutes and various other ingredients, the experts are turning out a dietetic salad dressing, jam containing one calorie per teaspoonful, and low calorie chocolates, gelatins, desserts, puddings and soft drink syrups.

Chemists also have whipped up in test tubes and beakers a low-calorie waffle mix and a special maple-type syrup that can be poured on without a qualm. There are low calorie cake mixes, a special ice cream mix, no-calorie chewing gum,

and low calorie soup concoctions.

Ernest Fried, president of a firm specializing in canned fruits for dieters said salt-free, sugar-free apricots for example, have about a third the calorie count as apricots canned in a syrup.

His firm also distributes low calorie candy and fish products.

Another company turns out low-calorie crackers that look and taste like graham crackers, for between-the-meals snacks. A glass of water is drunk after a cracker is eaten and it swells the cracker, making the consumer feel full when he really hasn't eaten much.

Okin said the biggest challenge in the laboratory is to make the substitute foods taste good.

It took three scientists nearly three years to develop a salad dressing which the maker says tastes like one of the best-selling dressings. The new concoction has one calorie per teaspoonful—59 fewer calories than the regular kind.

The chemists are working now on a mayonnaise that tastes as rich as the standard one, but isn't fattening.

"There was a time when people went hungry to diet," Okin said, "but they don't have to now. A person may as well enjoy dieting, if he has to do it."

Baking vegetables preserves practically all the food value and flavor.

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spring dandy

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