

## As We Live

By ELIZABETH HURLOCK, PH.D.

### Poor Sportsmanship Means Unpopularity

There is nothing that contributes more to success in life and personal happiness than good sportsmanship.



**Dr. Hurlock** explains, if things go wrong, it is always "John's fault," never his. He sulks easily, believing that people do or say things deliberately to hurt him.

Good sports are made, not born. Sportsmanship is learned just as other personality traits are. Children must be taught to take setbacks with good grace. If the matter is left to chance a child is more likely to grow up to be a poor sport than a good one, because sulking and making a scene are easier and give more satisfaction at the moment.

A poor sport can become a good one, but it will take more effort on his part than if he had gotten off to the right start. Here are some suggestions for those who would like to improve this aspect of their personalities.

#### No One Likes Complainer

1. Stop complaining. No one likes a complainer, and it increases your own unhappiness by focussing your attention on things you do not like. Instead, try to discover whether you are to blame for the things you complain about. Then change what can be changed and accept philosophically what cannot.

2. Learn to give and take. A good sport recognizes that other people have rights, too, and is willing to go along with them provided he is given his fair share.

3. Remember that all people have some failures. Don't expect to be the exception to the rule. Instead of getting depressed and blaming others when you fail, analyze your failure to see where you made the mistake and resolve not to let it happen again.

#### LETTERS FROM READERS

Daily Recreation: "To do good work, should a person have some recreation every day? What is the best type of recreation?"

(A) An efficient person never tries to keep his nose to the grindstone constantly. He knows that if he does he will "get stale" and do work inferior to his ability. Whether he needs daily recreation is an individual matter. Some people prefer to take part of a day away from their work several times a week. The thing that "re-creates" you is the thing you enjoy doing. This may be sports, reading, playing cards, gardening, or any one of a thousand activities.

Home Upsets: "When one of the children gets sick, my wife gets so upset that the whole home atmosphere is one of deep gloom. I tell her that children's illnesses are not serious and to take them more casually."

(A) You are wrong in saying that children's illnesses are not serious. Sometimes they are very serious and leave lasting effects. However, there is no reason to become upset unless the illness is diagnosed by the doctor as serious. When your

children are ill, it would be good for your wife's morale to call in the doctor and get his opinion. This will go a long way toward curbing gloomy imaginings.

House-Bound: "My mother, 82, lives with us. I insist that she stay indoors during the winter to avoid catching cold or slipping and breaking a bone. She complains that I am too protective. Am I?"

(A) Winter is a treacherous season for old people. How much they should go out depends partly upon their health, partly upon the weather conditions, and partly upon what they are accustomed to doing. Reasonable caution is certainly advisable for old people during the winter season. However, overcaution makes an old person unhappy, and this is worse than taking a few chances.

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### Half-Size Ensemble



9053  
14½-24½  
by Marian Martin

Half Sizes! You'll love the sm-o-o-th flattering lines of this easy - to-sew ensemble. Cool sleeveless dress for sunny days—smart bolero as cover-up for shade. Both perfectly proportioned to fit the shorter, fuller figure!

Pattern 9053: Half Sizes 14½, 16½, 18½, 20½, 22½, 24½. Size 16½ dress takes 3½ yards.

35-inch fabric; bolero, 1½ yards. 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.

| STAR GAZER                                                                                    |               |              |                |
|-----------------------------------------------------------------------------------------------|---------------|--------------|----------------|
| By CLAY R. POLLAN                                                                             |               |              |                |
| Your Daily Activity Guide According to the Stars                                              |               |              |                |
| To develop message for Sunday, read words corresponding to numbers of your Zodiac birth sign. |               |              |                |
| ARIES 23                                                                                      | 1 Your        | 31 Short     | 61 Make        |
| APR 20                                                                                        | 2 Your        | 32 In        | 62 To          |
| 2-13-24-35                                                                                    | 3 Spend       | 33 Day       | 63 May         |
| 46-61-82-90                                                                                   | 4 Your        | 34 Deeds     | 64 Cheerful    |
| TAURUS 21                                                                                     | 5 You're      | 35 Inner     | 65 Tidings     |
| APR 21                                                                                        | 6 Write       | 36 Parents   | 66 And         |
| 9-20-31-42                                                                                    | 7 Get         | 37 Patience  | 67 To          |
| 53-58-81-88                                                                                   | 8 Don't       | 38 Opens     | 68 People      |
| GEMINI 22                                                                                     | 9 Make        | 39 Make      | 69 Call        |
| APR 22                                                                                        | 10 A          | 40 The       | 70 Co-workers  |
| 11-22-33-44                                                                                   | 11 A          | 41 Be        | 71 Favors      |
| 55-60-71                                                                                      | 12 Past       | 42 Trip      | 72 Of          |
| SCORPIO 23                                                                                    | 13 Faith      | 43 Shape     | 73 Arrive      |
| OCT 23                                                                                        | 14 Time       | 44 To        | 74 Welcome     |
| NOV 22                                                                                        | 15 Skill      | 45 Come      | 75 News        |
| 11-22-33-44                                                                                   | 16 Standing   | 46 Peace     | 76 On          |
| 55-60-71                                                                                      | 17 Letter     | 47 Family    | 77 Wing        |
| SAGITTARIUS 24                                                                                | 18 Things     | 48 Are       | 78 Today       |
| NOV 23                                                                                        | 19 Invire     | 49 Door      | 79 Great       |
| DEC 22                                                                                        | 20 A          | 50 Phone     | 80 Light       |
| 10-21-32-43                                                                                   | 21 New        | 51 Threshold | 81 Cheer       |
| 49-54-65-76                                                                                   | 22 Good       | 52 Around    | 82 Day         |
| CAPRICORN 25                                                                                  | 23 Good       | 53 Visit     | 83 Fine        |
| JAN 20                                                                                        | 24 And        | 54 Callers   | 84 New         |
| DEC 23                                                                                        | 25 With       | 55 Return    | 85 Changes     |
| 11-22-33-44                                                                                   | 26 And        | 56 Year      | 86 New         |
| 55-60-71                                                                                      | 27 On         | 57 Omery     | 87 Assets      |
| AQUARIUS 26                                                                                   | 28 Or         | 58 Or        | 88 Elders      |
| FEB 19                                                                                        | 29 Friendship | 59 Or        | 89 Opportunity |
| JAN 21                                                                                        | 30 Or         | 60 Personal  | 90 Pleasant    |
| 4-15-26-37                                                                                    |               |              | 91 2/20        |
| 48-53-64-75                                                                                   |               |              | 92-97-77       |
| PISCES 27                                                                                     |               |              |                |
| FEB 20                                                                                        |               |              |                |
| MAR 21                                                                                        |               |              |                |
| 5-16-27-40                                                                                    |               |              |                |
| 51-72-84-85                                                                                   |               |              |                |

Good Adverse Neutral

## Waistline and Neckline Show Spring Style Changes

"Feminine Fifties" — that's what noted cotton fabric designer Hope Skillman calls this fashion era.

In recent showings of smart new fashions for spring, the reason is apparent. Gentle, elongated outlines; dropped waists; modestly high necklines; end long torsos put the accent on femininity.

Sun-and-fun dresses mirror these changes most obviously, with long torso treatments emphasized by stitching or trimming and with looser, unadorned bodices or throat-hugging necklines often pointed up by big bow ties.

Designer Claire McCardell combines the lowered waistline and the high-tie neckline in a gay dress of sunny satin striped cotton in tones of yellow and green.

Sheath dresses are important in the sportswear picture for

cruise and resort wear. Many of these are to be worn unbelted with just a hint of a waistline. One design by Tina Leser is done in a cotton plaid that mixes brown, gold, moss green, pink and blue in a halter-topped sheath with matching jacket.

Separates have an all-in-one look. For example, Nelly de Grab has fashioned a pleated skirt, sleeveless blouse, and loose cardigan jacket all from Hope Skillman's sky blue cotton. She trims it with touches of sky blue cotton satin.

Overblouses take precedence over the tuck-ins this season. They are paired with skirts, shorts, pants, and even swimwear. Some are middy-style and flapperish; others are molded body. Designer Jean Mersel of Nan Westley comes up with a long, fitted overblouse in ombre-striped cotton with a sheath

skirt and cardigan jacket of cotton ottoman.

### Fitted Swim Suits

Cotton ottoman, given a crease-resistant finish, is a popular sportswear material. Penn Squires uses this cotton in flaming red for abbreviated shorts. Miller-Berliner uses the same cotton in sparkling sapphire blue for trim Bermuda shorts, while Tina Leser selects the ottoman in lemon yellow for calf-length matador pants.

Swim suits by many designers have been narrowed down to fit the figure like a "second skin." Woven cotton is a favorite for these suits. Caltex of California uses Skillman's confetti plaid cotton in a rainbow of pastel shades for a halter suit. Its entire back is shirred and elasticized.

Some designers still prefer the figure-concealing dressmaker swim suit and give them a fresh

look this year. Brigrance introduces "culotte" swim suits fitted with pleated pants cut billowy and full to look like skirts.

### HEARTY BREAKFAST TIP

New York—(U.P.)—For a hearty breakfast that is easy to prepare try this: canned apple slices served with brown sugar and cream, pan-browned sausages, whole wheat toast and coffee.



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