

High School News Notes

By CYNTHIA RUKOVINA

The measurement of seniors for graduation gowns and the coming student body elections gave the feeling of the year rapidly winding away this week.

The 1954-55 student council nominated the following juniors as candidates for next year's officers: president, Monty Holst; Bruce Kellington, John Van Dyke, Gary Schaffer; vice-president, John Bellack, Jane Bash, Nancy McKeown, Mike Hawkins; secretary, Deanna Campbell, Maralee Chisholm, Marilyn Olson, Mira Frohnmayer; treasurer, Sharon Whitlock, Rosie Johnson, Jeannie Huffman, Sharon Lilly; business manager, John Foust, Bob Tisdell, Janet Perry, Jerry Gatlin; yell queen, Donna Halverson, Carol Denman, Peggy Lydiard, Janet Jamison, Nellie Rawlings; yell king, Dick Arnold, George Flanagan, Leroy Walland, Phil Cross.

Anyone else will be eligible to run by submitting a petition with 50 signers by Tuesday. Primary election speeches will be given in a morning assembly Wednesday.

Rings Arrive

Many juniors became the proud owners of their class rings Thursday. They were ordered earlier this year and were distributed this week by the salesmen.

Friday night the annual "Mad Artist's Ball" was presented by the Art Student's league in the High school girl's gym. Pat Callaway was general chairman for the affair. The gym was decorated with comedy interpretations of modern art around a "Doodle" theme.

Tickets went on sale this week for the spring band, orchestra and vocal music concert to be held April 1 at 8 p.m. Tickets may be purchased from any music student for 50 cents for adults and 25 cents for students.

Eight members of the public speaking department left Thursday afternoon for Salem to participate in the Willamette University Speech tournament to continue over the week end. Those who will represent Medford are Emil Muhs, Pat Hansen, Kay Nicodemus, Bill Frake, Barbara Cox, Greg Milnes, Bruce West and Dennis Wyatt.

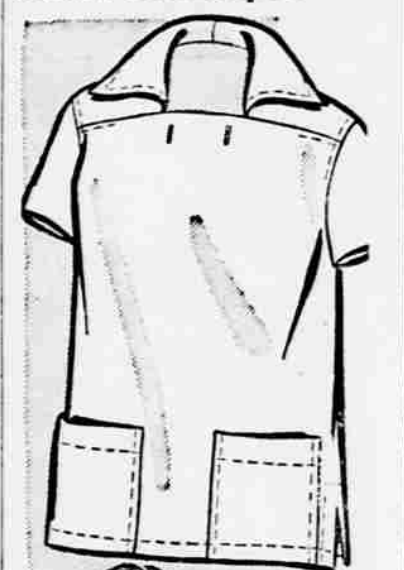
Speaker Presented
The senior American government classes were presented a lecture this week on alcohol and its effects by Mr. Darby representing the Oregon Temperance league of Portland. He discussed various phases of alcohol, including its medical value, and answered questions asked by the students.

Practices are about over and the big nights are almost here for the cast of the senior play "Heaven Can Wait." Two performances will be given Monday

and Tuesday nights, March 28 and 29.
Paul Evensen, wrestling coach presented letters to this year's assembly Tuesday. Those receiving letters were Ken Dunlavy, George Flanagan, James Nipps, Chuck Finch, Gordon Owsley, Ray Hilton, Ron Lingren, Dennis Walker, Bob Welch, Jim Owsley, Maury Butts, Larry Anderson, Larry Cranston, Melvin Colbert, Melvin Morgan, Marwin Despain.

Those who earned major letter awards were Bill Dyer, Paul Eckel, and Les Welch.

Smart Sun-Styles!



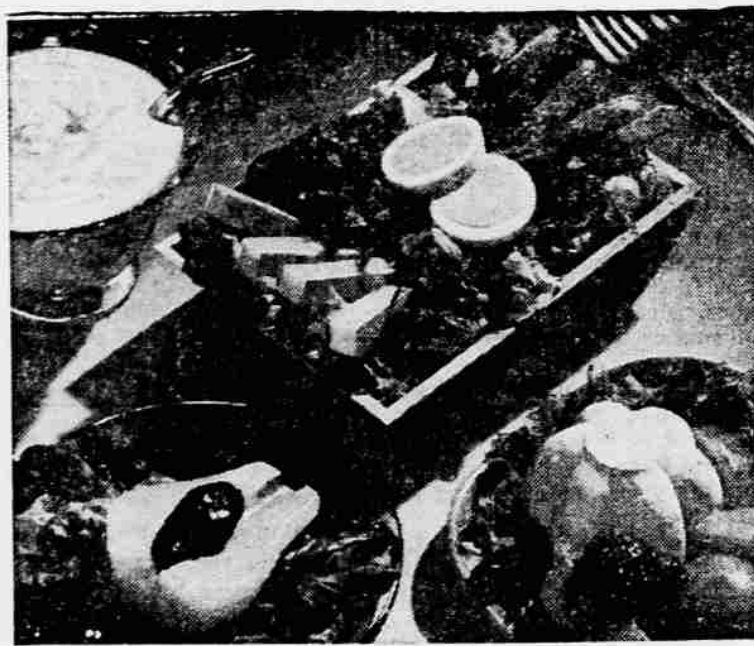
9223
SIZES
10-18

by Marian Martin

You're so smart to sew these new fashions now — for sunny summer days ahead! Carefree T-shirt with a clever convertible neckline — slim, trim shorts below. Perfect in gay striped denim, poplin, pique — or use no-iron seersucker for pajama versions!

Pattern 9223: Misses' sizes 10, 12, 14, 16, 18. Size 16 shirt 2 1/2 yards, 35-inch; shorts 1 yard. 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, W. 18th St., New York 11, N.Y. Print plainly NAME, ADDRESS, with SIZE and STYLE NUMBER.



Any luncheon, dinner or supper menu is improved if an appetizing, colorful salad is served. Salads serve many purposes in the meal. They can serve as a pleasant accompaniment to the main course or as the main course itself. There is something about the contrast in flavor and texture that makes a vitamin-laden salad a popular part of any meal.

Main course salads should contain protein so that the meal will not be deficient in this food nutrient. This protein can be provided by the use of cheese or cottage cheese. Cottage cheese particularly, with its high nutritive value can be used very advantageously. It tastes so good in most any salad combination and its bland, delicate flavor blends well with fruits, vegetables and any type of dressing.

COTTAGE CHEESE RING

1 tablespoon gelatin
1 1/2 cups cold water
1 1/2 cups cottage cheese, creamed
2 1/2 tablespoons blue cheese (1 1/2 oz.)
1/4 teaspoon salt
1/4 teaspoon paprika
1/2 cup whipping cream
Fruit

Soak gelatin 5 minutes in cold water; melt over hot water. Press cheese through sieve and mix thoroughly with gelatin, salt and paprika; fold in whipped cream. Pour into ring mold which has been rinsed with cold water; chill several hours. Unmold on chop plate and garnish with lettuce. Fill center with fruit. Serve with French dressing or mayonnaise mixed with whipped cream. Serves 6.

CHEF'S SALAD BOWL

1 1/2 quarts pulled salad greens
2 or 3 peeled ripe tomatoes
1 cup julienne strips Swiss or American cheese
1/2 cup cooked, or canned shrimp cut in half lengthwise
2 or 3 sliced hard-cooked eggs
French Dressing

Arrange greens in a salad bowl, cut tomatoes into wedges and use as a garnish around edge of bowl. Pile cheese, shrimp, and eggs on top. Toss at the table with enough well-seasoned French dressing to coat the ingredients. Serves 6.

Shady Cove-Trail News

Shady Cove-Trail — The benefit card party for the Shady Cove Extension Unit which was to be held at the home of Mrs. Edwin Strothers in Shady Cove on March 28 has been cancelled. Mrs. Strothers is ill at home having suffered a fall.

Mr. and Mrs. Ralph Reinling of the R & R Radio Shop in Shady Cove made a trip to Seattle over the week end.

Mr. and Mrs. A. B. Clark of Trail have returned from a vacation spent in Modesto, Calif., where they attended the wedding of Mrs. Clark's niece.

A variety show sponsored by St. Martin's Episcopal Guild of Shady Cove-Trail will be held Saturday, April 2, starting at 8:00 p.m. at the Shady Cove school gym. A number of booths will also be in operation including a candy booth and a baked goods booth.

Steelhead Post No. 6881 VFW and Ladies Auxiliary are sponsoring an Easter breakfast to be held at the hall in Shady Cove from 8 a.m. to 1 p.m., on Easter Sunday. A nominal charge will be made.

Mrs. Johnnie Minor of Shady

Cove entertained at her home on March 24 with a party marking her daughter, Louella Minor's 8th birthday. Games were played and refreshments served. Guests were Brad Allen, Lin Lee Bryson, Darrell Meinicke, Mike House, Sheri and Lane Watson and Shirley Minor, sister of Louella. Also present were Louella's aunt, Mrs. Earl Atkins of Shady Cove and her daughter-in-law, Mrs. Frank Atkins of Klamath Falls, and her baby girl, Kathy.

The third in a series of chapel benefit card parties was held March 21 at the home of Mrs. Carroll Watson in Shady Cove. Present were Mesdames Floyd Kelley, Molinar, O. L. Williams, Max Hawks, Dolf Larson, Ray Chubb, Jerry Hicks, Arnold Winslow, Windes, Pearl Adair, Walter Cross, Dick Bartuss, Verne Wilson, Ernest Segessenman, Verne Smart of Shady Cove and A. Myklebye, Glenn Anderton, Royal Greenman, Ronald Axtell, Harry Casebier and Oscar Hanson of Trail. Prizes for high scores were: contract bridge, Mrs. Royal Greenman; auction bridge, Mrs. Dolf Larson; canasta, Mrs. Arnold Winslow; pinocle, Mrs. Harry Casebier. Consolation prizes went to Mrs. Glenn Anderton, Mrs. Ernest Segessenman, Mrs. Max Hawks, and Mrs. Dick Bartuss. Another party had been planned before Easter but due to Holy Week it has been cancelled. Regular meeting of Our Lady of Fatima club has been set for 1 o'clock, Tuesday, April 5, at the home of Mrs. Pearl Adair in Shady Cove.

Shrimp-Rice Bake Good Lenten Meal

New York — (U.P.) — Casserole dishes which can be varied with the addition of leftovers are favorites with most cooks. This one is ideal for your Lenten menus. Called Shrimp-Rice Bake, you need 1 can (10 ounces) of frozen soup; 1/2 cup milk; 3 cups cooked rice; 1 cup cooked shrimp; 2 tablespoons minced parsley; and 1/2 cup shredded processed cheese.

Combine soup and milk, and heat over low heat, stirring often. Blend rice, shrimp and parsley in a 1 1/2 quart casserole and top with cheese. Bake in a moderate oven (350 degrees) about 20 minutes. You can add such odds and ends as ripe olive bits, mushrooms, pimento or chopped green pepper. Yield, 6 servings.

Ironing Shirts Topic Of Extension Bulletin

Ironing shirts rates high on the homemaker's list of "jobs I hate most." But Mary Beth Minden, extension home management specialist at Oregon State college, has a way of easing that complaint.

She has prepared a new publication that shows an easy way to iron a cotton shirt. Twenty-seven pictures are used to give every step from sprinkling it to folding the ironed shirt.

Once mastered, this method will make shirt ironing faster, she says. And it will give professional-looking results and be less tiring at the same time.

The publication is "An Easy Way to Iron a Cotton Shirt," extension circular 579. It may be obtained from county extension agents or Oregon State college.

Narrow strips of material cut with pinking shears make attractive hair bows to match children's dresses.

Visitors Attend Auxiliary Session

Blue Birds and Girl Scouts were visitors at the March business meeting of Medford American Legion auxiliary, held Tuesday evening at the Legion home. The president, Mrs. H. W. Gifford, introduced Mrs. Mildred Spence, Mrs. Bert Staats Jr., and Mrs. George Haas, who with Mrs. Gifford, are sponsors of Girl Scout Troop 39 and the Busy Blue Bird group. Both organizations are sponsored by the local auxiliary.

The sponsors were accompanied by 22 girls who presented a program based on their activities. The Blue Birds told of the history of Blue Bird work, and showed examples of their handicraft. The Girl Scouts described the work they have done this year in a demonstration of a business meeting. Both groups sang songs.

During the auxiliary business meeting, Mrs. Merle Jarmin reported that 1900 flag codes had gone out to schools in Jackson county.

Mrs. Cole Holmes reported on the Legion birthday dinner held at the Legion home March 8. A potluck dinner was held at that time for Legion members and their families, and past presidents of the organization fried chicken and served the dinner.

Mrs. Edward Leach has been completing local plans for the annual Girls' State, which will be held in Salem in June. Outstanding girls will be selected from this area to attend this citizenship and government training activity, which is a nationwide project of the American Legion auxiliary.

Mrs. Earl Bigalow reported the providing of \$28.75 worth of clothing in child welfare services since the last meeting.

During the evening, work was continued in making paper flowers for the wheel chair parade which is held at the Portland Veterans' hospital in connection with the Rose Festival.

It was announced that Mrs. Guy Wilcox, Grants Pass, Oregon president of the auxiliary, will make an official visit to Medford on April 5. A business meeting will be held that evening, and members of the unit in Central Point will join with the local unit members in entertaining Mrs. Wilcox.

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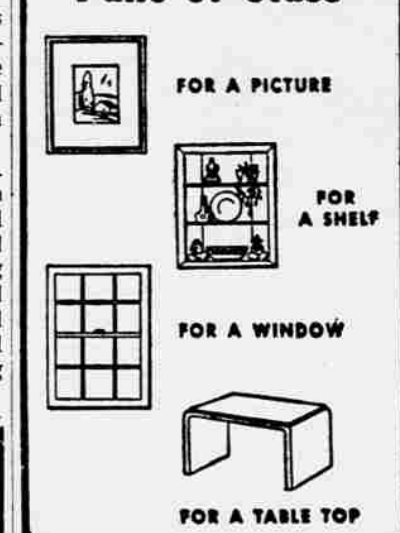
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Walks like his dad...
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Chances are, he'll grow up to think like his dad. For Pop's the hero... and the way he does things, the way he acts, is "the right way."
Think of that next time you're tired when it's time to go to church or

synagogue... and you'd like to grab forty extra winks. You can't blame him, years from now, if he hasn't faith in God... in life... in himself... if you haven't shown him where to look for it.



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Medford Mail Tribune
BRING THEM TO WORSHIP THIS WEEK

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