

**Frozen Bread Makes Tasty Sandwiches, Specialist Reports**

Ever try making sandwiches with frozen slices of bread? Agnes Kolshorn, extension nutrition specialist at Oregon State college, say the latest suggestion to keep the fresh quality of bread, help "refrigerate" the lunch box, and save time in making sandwiches is to do just that. Bread is easier to spread when frozen than when soft and crumbly, the specialist explains. The chill from frozen slices put together in closely wrapped sandwiches keeps the filling in between fresh and even keeps lettuce crisp for several hours. That chill also helps keep other foods in the lunchbox cold. When the slices thaw, they have the characteristics of fresh bread. All in all, it may be considered a "cool" idea, especially for July "Sandwich Month" when lunches often suffer from hot weather, the specialist reports.

**Keep Frozen**  
Miss Kolshorn says the best way to keep bread fresh and avoid staling is to keep it frozen—in the freezer, the frozen food compartment, or even the ice cube compartment of the refrigerator.

Many families purchase a supply of bread for a week or two and keep it in their freezers, says the specialist. Frozen sliced loaves are especially convenient because the slices separate readily without thawing and may be used frozen not only in sandwiches but also for toasting. A frozen loaf thaws in 3 to 4 hours at room temperature. Frozen slices thaw more quickly.

**4-H Club News**

**Forestry Club**  
The Southwest Medford Junior Forestry club met July 13, 1955, at the home of Mr. and Mrs. Nougier. The meeting was called to order by President Keith Smith. Preparations for the county fair were discussed. The members will be notified of the next meeting.  
Norman Renner, Reporter

The adult human eye weighs about one-quarter of an ounce.

**Sew-Easy Wrapron**



7478

by Alice Brooks

Sew a jiffy wrapron — trim with gay embroidery. Nothing easier, nothing prettier. See colorful pansy — it's really a handy pocket!

Pattern 7178 contains tissue pattern pieces, embroidery transfers and directions for making a jiffy wrapron. Medium size only.

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ORDER our 1955 Alice Brooks Needlecraft catalogue. Enjoy pages and pages of exciting new designs — knitting, crochet, embroidery, iron-ons, toys and novelties! Send 25 cents for your copy of this wonderful book now. You'll want to order every design in it!

**Vacation Rule For Homemaker, 'Cancel Clutter'**

Vacation housekeeping isn't too different from the kind you do at home. It's important only to remember this: avoid clutter.

Clutter can be calamitous in close quarters, such as in a small cabin or on a boat. The messiness steals precious time, too. The maxim, a place for everything and everything in its place, was never more true than it is for the boating woman.

With 3,000,000 women afloat in all types of craft in all areas of the country this year, special advice is in order. For the large "navy" of women outboarders, a women's counselor offers the following tips on nautical housemaking, for both a few hours' cruise on your nearby river or lake, and an entire vacation spent on the boat:

Be sure everything stows. Have three zippered bags, one for clothing, another for personal needs and a third for food. The whole family's boating wardrobe will fit into one case, as will their medical, beauty and shaving preparations into another. And taking along just the right amount of food, and keeping menus simple, will permit all necessary eatables to fit into one small carrying case.

The basic rule, is, everything must stay off the deck when not in use.



**BEACHCOMBERS**—Cotton swim suit styles for 1955 feature ultra-feminine, come-hither look, reports the National Cotton Council. These glamour suits by Sea Nymph exemplify the trend. Long torso style at left combines solid color with gay 1890 print in puff pants and ruffled bosom. Sweet young style at right has soft bodice, puff pants.

**Shady Cove - Trail News**

Shady Cove-Trail—Brig. Gen. and Mrs. J. P. Vachon are entertaining a number of house guests this week end. Among them are Mrs. Vachon's mother, Mrs. George M. Shelton, Saratoga, Calif. Mrs. Vachon's daughter and grand-daughter, Mrs. Richard Wood and daughter, Stephanie, Redwood City, Calif.

Mrs. Frazier Scott, Philadelphia, Pa., is visiting with her daughter and family, Mr. and Mrs. Kenneth Hammonds of Shady Cove. The Hammonds bought the Jay Williams home on Ferry rd. a short time ago.

J. E. Warren, Eureka, Calif., is visiting his son and family, Mr. and Mrs. Earl Warren of Shady Cove. Also visiting the Warrens are Earl's sister, Elsie Ester, Seattle and her grand-daughter, Nancy Larson, also of Seattle.

Mr. and Mrs. L. T. Joy and daughter, Effie Joy, and Miss Betsy Flores, all of Salinas, Calif., are house guests of Mr. and Mrs. Ralph Young of Frough Lodge, Trail.

Mrs. George Burford of Portland is visiting with Mrs. Adeline Carl for a stay of two weeks.

Word was received this past week by Mrs. Olen Lewellen and Mrs. Fred Kiel of the passing of their brother, Steve Campbell, in Oklahoma City. The sympathy of the community is extended to Mrs. Lewellen and Mrs. Kiel.

Frank Hannan and Jim Hannan, Burns, Ore., have been visiting their sister and her husband, Mr. and Mrs. Ole Hornseth.

Shady Cove Lady Lions auxiliary met at the home of Mrs. Maybelle Molnar for their social meeting. Refreshments were served to Mesdames Ray Mullen, Don Harmon, Frank Fagalde, Ted Jantzer, Tom Quail, Earl Sheppard, Everett Elrod, Athel Dudley and to Mrs. Dudley's guests, Mrs. Effie Jensen and Mrs. Nevin Jensen, Inglewood.

It was decided that the Lady Lions would assist their husbands with their booth at the Prospect jamboree July 23 and 24.

Ole Hornseth left suddenly by plane this week for Spokane where he was called by the illness of his mother, Mrs. Ole Hornseth Sr. No word has yet been received as to her condition.

Mr. and Mrs. Monte Preston, Downey, Calif., who have been spending some time at Trail at their summer home next to the Jim Cassal's, were entertained at several parties before leaving for their home in Downey. Mr. and Mrs. Ralph Watson of Trail entertained Mr. and Mrs. Preston and Mr. and Mrs. Jim Cassal at a dinner this past week. Also

a farewell party was given on Friday evening, at the home of Mr. and Mrs. Cassal with guests being Mr. and Mrs. Oliver Clark and family of Redding, Calif., who are visiting the Cassal's, Mr. and Mrs. Reed McKay of Trail, and the honored guests.

V.F.W. Post and Auxiliary members and guests making the regular visitation day to Camp White this Friday, July 8, were Mr. and Mrs. Jim Cassal, Mrs. Reed McKay and Mrs. Monte Preston.

Mrs. Mary Chapman of Long Beach, Calif., is visiting with Mr. and Mrs. Glenn Collins, Shady Cove.

Mr. and Mrs. Robert Quarton, Anaheim, Calif., are house guests of their daughter and family, Mr. and Mrs. Harry Casebier of Elk Creek, Trail.

Mrs. Mary Thaxton of Los Angeles visited on Sunday with her cousin and husband, Mr. and Mrs. Frank Fagalde of Shady Cove. Also visiting the Fagalde's with Mrs. Thaxton were Mrs. Amanda Pine and Mary Pine of Roseburg. Other recent guests of the Fagalde's have been Mr. and Mrs. Earl Tullis and Mrs. Lloyd Aselin of Los Angeles.

Mr. and Mrs. Andrew Brown accompanied their daughter and family, Mr. and Mrs. LeRoy Kizer and family of Grants Pass on a trip to Redding where they met their son and family, Mr. and Mrs. Bill Brown of Concord and Mrs. Dorothy Hunt, a former resident of Shady Cove.

Bob Vincent of Shady Cove made a business trip to Redding, Calif., on Wednesday.

Mrs. Pat Brewer and children are visiting at the home of Mr. and Mrs. Jimmy Davis of Shady Cove. Pat is stationed at San Diego.

Mr. and Mrs. Chester Brunson of Fallbrook, Calif., are the parents of a baby born July 6 and named John Edwin. The baby, who is the couple's third child and first boy is the grandson of Mrs. Preston Smallwood of Shady Cove.

On Father's Day, June 19, at the Shady Cove cafeteria a Catholic prayerbook belonging to Fred Morgan of Trail was lost. There was an inscription on the inside cover, from Father Richard Murray. The return of the prayerbook by anyone finding it would be greatly appreciated.

Mrs. Lottie Kapp of Los Angeles flew up to Medford on June 23 and is visiting her daughter, Mrs. Bill Massey of Trail. Other guests of the Massey's have been Bill's brother and family, Mr. and Mrs. Clarence Massey and son, Richard of San Francisco, and his sister and husband, Mr. and Mrs. Earl Johnson, Los Gatos, Calif.

**Summertime's Beauty Routine Must Be Simple**

A tip to outdoorswomen: keep your summer beauty routine simple.

Now that women in increasing millions are being welcomed into sports that used to be exclusively masculine, it's important for feminine vacationists not to clutter the premises — boat, cabin, or fishing grounds — with bottles and jars that crowd out the shaving gear.

A woman's counselor suggests the following as a good, basic kit of preparations to keep your lovely self in the company of men on an outdoor expedition, especially in the close quarters of a boat.

Into a small tote bag put oil for suntanning, a small shaker can of talcum, a bar of superfatted complexion soap, a compressed washcloth and a terry towel, lanolated shampoo, hair-setting curlers or pins, tissues, cotton lotion pads, deodorant and cologne or toilet water.

**Dipilatory**  
Before setting out to court that suntan, use a thorough dipilatory on the legs, because frequent shaving defeats the tanning process by removing the tanned skin layer.

If you wish, carry small bottles of manicure preparations to enhance your hands for trips ashore socially. (The new motors have starter buttons that are as simple to operate as a light switch and absolutely kind to nail laquer.

**'How-To' Library Now Need of Household**

Lincoln, Neb. — (UP) — Home-making has reached a stage so technical that the housewife needs a reference library, a management specialist says.

Mrs. Clara Leopold of the University of Nebraska, recommends that every woman build her own library of housekeeping books, pamphlets, how-to-use-it manuals and how-to-care-for-it tags and labels.

She said reliable references are "increasingly important in running a modern household due to constant changes and improvements in home equipment, soaps, synthetic detergents, other cleaning materials, fabrics for clothing and for home decoration and furniture and home accessories."

A metal card file box or an expansion file envelope makes good storage places "for all these directions for using and caring for the things you've spent your good money of," she said.

**As We Live**

By ELIZABETH HURLOCK, PH.D.

**One Shouldn't Set Standards Too High**

Everyone likes to dream about his future, what he will do and what he will have. It is a good idea to spend some time in such dreaming because it helps you to set goals to work for.

However, if you set the goals too high, the chances are that you will never be able to reach them. Then you will be bitterly disappointed and feel that your whole life is meaningless or that you are a failure because you have not come up to what you had hoped for.

Another serious drawback to dreaming is that a person is likely to make his goals so definite and specific that he may later find it necessary to revise or completely change them. Making revisions and changes is always hard, especially when a dream has been held for a long time.

One area of life where it is especially dangerous to set too definite and specific goals is that of marriage. True, every boy or girl likes, at some time or other, to dream about the type of person he or she will marry, and the type of house, children, and home life they will have.

**May Be in for Trouble**

But when they make these dreams so specific that the future mate must have a certain color hair and eyes, a certain body built and a certain type of personality, they may be in for trouble. What will happen if they should not find anyone who fits the pattern of their ideal? And what will happen if they should fall in love with a person as different in every respect from the ideal as possible?

You may answer by saying they would go ahead and marry if they fell in love and live happily ever after. Unfortunately, it usually does not work out that way. They probably would marry a person they fell in love with, no matter how much he or she differed from the childhood ideal. But you are more likely to be wrong than right about the living happily ever after. Sooner or later, the old ideal will come back as a troublemaker. As the person compares the mate he or she married with this ideal, the mate will suffer by comparison and that will lead to unhappiness and disillusionment.

**LETTERS FROM READERS**  
Stage-Fright: "I am 19 years old and as supposed to have a

good singing voice. As a result, I am often asked to sing solos. Everytime I get up to sing, I get so nervous that I know I do not do my best. Is there any cure for stage-fright?"

(A) There are two sure cures for stage-fright: experience and a change of attitude. The more experience you have in singing before a group, the less frightened you should be. Therefore, take advantage of every possible opportunity you can get to sing before groups. Second, you must change your attitude about this matter. Try to convince yourself that you can sing well or otherwise you would not be asked to sing solos. Also, convince yourself that it is unfair to your audience not to give them your best and this should help you to keep your fear under control so you can sing well.

**Showing-Off:** "Why do little children always try to show-off when their parents have guests?"

(A) The little child is used to attention from his parents when he is alone with them. When, however, they have guests, they pay attention to their guests rather than to him. This he resents so, in order to get the attention he has been accustomed to and likes, he puts on an act and thus wins back their attention.

**Wife's Money:** "When a wife receives money from her parents regularly, as an allowance, should she use this for herself or to contribute to the family budget?"

(A) What the wife does with money her parents give her should be determined largely by the family income and how much her husband gives her for her own needs. Some wives like to feel that they have money they can use for themselves as they please and this they do with any money they receive from their families or as gifts. Other wives use such money for household expenses rather than for themselves. It depends largely on individual needs.

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10-18 9339  
by Marian Martin

**A Tribute To The Fruitgrowers League**

Among the most important contributors to Medford's and Jackson County's economy is the fruit growing industry. Those who grow, process and pack the Rogue River Valley crop provide employment for many the year 'round; substantial seasonal employment at packing and Christmas seasons.

Those who are interested in horticulture will wish to participate in the Horticultural Field Day here next Friday, July 22nd. The tour, with transportation available, starts 8:30 a.m. at the courthouse; includes a visit to experiment stations and test blocks, and a free picnic lunch at Touvelle Park.

Upon this occasion we salute the Fruit Growers League, sponsors of the important Field Day.

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**TONIGHT - July 17 - 7:15 p.m.**

Meetings in the Crusade for Christ Series will continue Sunday nights only for the next three weeks when they will close Sunday Night, August 7.

**CLOSING PROGRAM**

DATE	LECTURES	FILMS
SUNDAY, JULY 24	"PERSONAL PEACE IN A PEACELESS WORLD" Is there a solution to worry, nervous tension and the many nervous breakdowns of the 20th century? Hear startling revelations from psychology and the Word of God. And learn how you personally can have peace in a peaceful world.	"FROM FOREST TO YOU" Thrilling color picture of the Harris Pine Mills. Tells the story of a man who gave \$10,000,000 to the Lord.
SUNDAY, JULY 31	"THE HEAVENS ARE TELLING" What do the stars say to you—See magnificent screen slides of glories of the heavens. And learn amazing things you never knew before about God's great universe.	"FAIREST IN THE GOLDEN WEST" Beautiful color film about Walla Walla College. Filmed just last year by Dr. Ernest S. Booth. Enjoy this feature film describing life at a Christian college.
SUNDAY, AUGUST 7	"MINUTES TO MIDNIGHT" Farewell address of Evangelist Gordon Dalrymple who will be leaving for another Evangelistic Crusade in another part of Oregon. Time presses on our heels. When will Jesus come? Don't miss this last prophetic message to be given by Mr. Dalrymple.	"ASSIGNMENT JERUSALEM" Tremendous color film which takes the viewer on an unforgettable trip through the Holy Land. This full feature, 40 minute film will be one of the best of the series.

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