

Queen Keeps Trim Figure With Walking, Willpower

By MARGARET SAVILLE
United Press Correspondent

London—(U.P.)—Queen Elizabeth II, who boasts the trim figure a movie star might envy, keeps it that way with lots of walking and willpower.

The young British monarch faces more temptations to go overboard on good food and drink, simply because she is royalty. She never is without state banquets, official lunches and parties on her schedule. With them go elaborate foods, champagnes and other wines.

But the Queen, who once had to go on a diet and drop a few pounds, has become an expert at sitting out a few courses and sipping only a little wine. And she never eats between meals.

She gets more exercise than you'd think, despite her hectic official schedule.

The mere performance of her public duties calls for a lot of walking. When at home in Buckingham Palace, she takes her dogs out for a brisk walk around the grounds every afternoon.

Goes Fishing

Weekends at Windsor Castle, the Queen and Prince Philip often walk the five miles around the Great Park, and usually go riding before breakfast. On a holiday in Scotland at Balmoral Castle, she goes fishing and deer-stalking. She also spends a lot of time in the gardens, playing with Prince Charles and Princess Anne.

It all helps to keep her waistline a neat 22 inches and her lovely pink and white complexion clear and youthful.

When possible at official functions the Queen drinks orangeade instead of alcoholic beverage. Sometimes courtesy requires her to take a little wine. But she just takes a few sips and puts the glass down.

The menu for any lunch or dinner she is to attend always is sent in advance to her lady-in-waiting. The lady-in-waiting promptly eliminates any dishes the Queen considers fattening.

Elizabeth skips rich soups, creams or pastry dessert. She prefers grilled to fried foods, and does not eat elaborate sauces.

Fresh fruit dishes, such as her favorite, Pear Cardinal, replace ices and souffles when possible.

Her footman arranges to skip one complete course of every elaborate banquet, when the Queen entertains with a state banquet at Buckingham Palace.

Her guests may enjoy the chef's creations, but the Queen sticks to her "one main dish only" rule. She may eat the fish course and ignore the chicken

which follows, doing it so quietly her guests don't always notice. If the Queen is lunching with her husband, the couple usually will have one meat or fish, vegetables and fresh fruit.

Like most Englishwomen, she enjoys tea in the afternoon, usually sipping two cups with a small sandwich and perhaps a slice of cake.

Dinner is at eight and is another one main dish meal with cheese or fruit afterwards, unless the Queen has guests.

After the birth of Princess Anne, Queen Elizabeth began adding pounds. She went to one of the court doctors for a planned diet, and started counting calories.

In eight weeks, she had regained her slenderness. The Queen's measurements are model ones—bust and hips 34, waist 22, to go with her five-foot, four-inch height.

Secretary Benson's Daughter To Be Wed in Mormon Temple

By PATRICIA WIGGINS
United Press Correspondent

Washington—(U.P.)—Miss Barbara Benson, daughter of Secretary of Agriculture Ezra T. Benson, will be married this month without the society crush and protocol problems which have marked weddings of daughters of other high government officials.

Miss Benson, an attractive brunette, will be wed September 29 in the Mormon Temple in Salt Lake City, Utah. Only immediate members of the family and members of the church will be admitted.

The simple ceremony will offer a marked contrast from the full-dress social affairs Washingtonians have enjoyed at two other most recent "official daughter" weddings.

One was the marriage of Patricia Ann Priest, daughter of the Treasurer of the United States, here last month.

Popular Pat Priest married a White House aide, Lt. Cmdr. Pierce Andrew Jensen, Jr., USN, and had among her attendants the daughter of a cabinet officer, Miss Joan Brownell. The affair was one of the big social events of the summer.

Another well-remembered official-family society wedding event was the marriage of the daughter of former Secretary of the Treasury and Mrs. John Snyder here in 1950.

Lone Pine PTA To Show Movie At First Session

First meeting of the fall for Lone Pine Parent-Teacher association will be held Tuesday, September 13, at 8 p.m. in the school gymnasium. A secretary will be elected and a mental health movie on "Shyness" is to be shown.

Teachers will be introduced to the parents at this meeting and each old member is asked to bring a new member if possible.

Meeting Planned By Evening Guild

The meeting of St. Mark's Evening guild on Tuesday, September 20, is open to all members of the parish and their friends, according to Mrs. Robert Corbin, president. The meeting will begin at 8 p.m. and will feature as guest speaker the Rt. Rev. A. Ervine Swift, missionary bishop to Porto Rico and the Virgin Islands.

Clinic Association Plans Annual Membership Drive

Southern Oregon Child Guidance Clinic Association membership committee met at the home of Mrs. Earl L. Lawson, 301 Windsor avenue September 8, to plan the fall county-wide membership campaign. Greater Medford area will not be included this fall since the annual drive for Medford members is always in the spring.

Mrs. Lawson announced the chairman for each local community. They include the Rev. Ross Knotts, Ashland; Mrs. John Bohnert, Central Point; Mrs. W. H. Young and Mrs. Glenn Hale, Eagle Point; Mrs. Jim Sawyer, Elk-Trail; Mrs. Norman Gail, Gold Hill; Mrs. Fred Richardson, Jacksonville; Mrs. Arthur Grigg and Mrs. Irving Thomas, Phoenix; Mrs. Phil Engle, Rogue River-Evans Valley; Mrs. Edmund Ramsey, Ruch; Mrs. Ann Briggs, Shady Cove; Dr. Loren Messenger, Talent.

Chairmen for Applegate, Butte Falls and Prospect will be announced later.

University of Oregon Law Professor To Speak for First Meeting of League

Kenneth J. O'Connell, professor of law at the University of Oregon, will be guest speaker at the first fall meeting of Medford League of Women Voters. It will be a buffet luncheon to be held Saturday, September 17, at 12:30 p.m. in the Jackson hotel.

Mr. O'Connell gave an address entitled "Adam's Rib," at the Oregon State League convention held in Eugene in May of this year, which proved to be so interesting he has been invited for this opening fall meeting.

At a meeting last Tuesday evening at the home of Mrs. Fred J. Carr, 16 Florence avenue, the board of the local league accepted "with regret" the resignation of its president, Mrs. Lucille Foster. A committee was appointed to fill the board vacancy.

Miss Donna Sherwood accepted the chairmanship of the "Know Your Town" survey from Mrs. R. S. Hinman, resigning chairman. This survey, begun last year, will cover all facts of city government and is to be completed this year.

The first evening unit meeting of the year will be an open house at the home of Mrs. Stephen Nye, 816 West Tenth street, Tuesday, September 13, at 8 p.m. Mrs. Virginia Sherwood will be hostess.

The first afternoon unit meeting will be held Thursday, September 15, at the home of Mrs. H. P. Bosworth Jr., 2425 East Main street at 1 p.m. Mrs. Hugh Collins will speak on League activities. This unit formerly held morning meetings.

The first part of the meeting was devoted to orienting the new chairmen in the purpose and history of the clinic and the meaning of membership. This material was presented by Miss Mary Vandenberg, psychiatric social worker for the clinic, Mrs. Dunbar Carpenter, past president of the association, Mrs. Frank Van Dyke and Mrs. Harvey Woods, former membership chairmen.

Elliott Becken, chairman of publicity and the education committee, explained the plan for speakers and films for the coming year. Also participating in the meeting were Mrs. Roland Holmes, Mrs. Elbert Lennox and Mrs. Carl Hegler. Following luncheon packets of literature and material were distributed to be used in campaign.

The next meeting of the membership committee will be 2 p.m. Monday, October 10, with the place to be announced.

Pair Wedded In Ceremony At Mission

Miss Junita Collins, daughter of Mr. and Mrs. L. M. Collins, became the bride of Charles Raymond Brown, son of Mr. and Mrs. Ervin Brown, route 1, in a ceremony held August 12 at 8 p.m. at Sunshine Gospel mission. The rites were read by the Rev. John Morgan, with 200 guests attending.

The bride was gowned in a light blue nylon frock of eyelet embroidery fashioned with ballerina length full skirt and close-fitting bodice. Her fingertip veil was of nylon tulle and fell from a cap covered with rosebuds, mock orange blossoms and seed pearls which was made by the bride's maternal grandmother, Mrs. W. A. Ray.

She carried a Bible covered with white lace and a bouquet of white roses, and was given in marriage by her father.

Mrs. James O. Huff, sister of the bride, was matron of honor, and Miss Lorraine Newman was bridesmaid. Mrs. Huff's gown was of yellow crepe, and Miss Newman's of yellow nylon. Both carried white carnations.

The two candle lighters, both sisters of the bridegroom, were the Misses Joyce and Mary Brown. They were dressed in orchid net and blue nylon frocks, and wore corsages of gardenias. Flower girls were Minnie and Maryola Huff, nieces of the bride, and Roy Ray was ring bearer.

James O. Huff served as best man for his brother-in-law, and ushers were Castle Bowers and William M. Barlow, uncle of the bride.

The church was decorated with baskets of pink and white gladiolus. Soloist was the Rev. James Kreider of Central Point, and Miss Elaine Cox was pianist.

Following the ceremony, a reception was given by the bride's parents at Girls' Community club. The cake was cut by the bride's cousin, Mrs. Stanley Parrish, and her aunt, Mrs. W. M. Barlow, served punch. Miss Kathy Caldwell took charge of the guest book, and the bride's aunt, Mrs. Jack Sparling, presided at the table of wedding gifts.

The bride's mother wore a nylon dress of soldier blue with white accessories, and a corsage of gladiolus. The bridegroom's mother chose a navy suit with red accessories, and a corsage of white gardenias.

The bride attended George Washington school in Ohio, and the Canyonville academy. She is employed as a waitress at the J. J. Newberry store. Mr. Brown is employed at the John Day ranch.

Among the guests at the wedding were former State Senator and Mrs. Ben Day.

Health Unit

Gold Hill — Gold Hill Health unit will hold the first fall meeting Tuesday, September 13, at 1 p.m. at the home of Mrs. George Smith, Sardine Creek. Mrs. Adrian Anderson and Mrs. Ivan Governor will be co-hostesses.

Degree of Honor Protective association will meet at the home of Mrs. Matilda Dietrich, 939 North Central avenue, Monday, September 12, at 8 p.m. The fall program of activities will be planned.

Sunday, September 11, 1955

MEDFORD (OREGON) MAIL TRIBUNE—SEVEN

Red Cross Sets Training Session For All Services

Mrs. E. A. Littrell announced September 27 as the date for annual volunteer training for all Red Cross services at the meeting of chairmen of Volunteer Services Tuesday. The morning meeting was held at the home of Mrs. R. G. Bardwell, 1002 South Oakdale avenue.

Mrs. Littrell also said all volunteers would be called upon to work in the Home Crusade Drive.

Mrs. John S. Day presided. Reporting for their services were: Mrs. Frank Fairweather, home service; Mrs. Frank C. Preston Jr., motor service; Mrs. Ralph Bardwell, Gray Ladies at Camp White; Mrs. C. Weldon Kline, staff aides; Mrs. Maurice Spatz, hospital council; Mrs. Harry Poston, Gray Lady to community; Mrs. E. A. Littrell, recruitment; Mrs. Richard Gordon, hospital service.

Also attending were Mrs. A. Z. Dean, Mrs. Lillian Salade, and Mrs. Martin Luther, co-chairman; and Mrs. Helen A. Wilson, executive secretary.

Republicans Plan Outdoor Luncheon

Mrs. Roy V. Rickard and Mrs. J. P. Tobin will be speakers for the first fall meeting of Jackson County Republican Women. It is set for Monday, September 12, at 12 noon at the home of Mrs. C. Reese Braley, 245 Valley View Drive, and will be held outdoors.

Mrs. C. B. Frances, Mrs. Rex Note, Mrs. Frank Ross and Mrs. John Boyle will assist Mrs. Braley in serving luncheon.

Review Group

Each member of the AAUW Afternoon Book Review group will give a brief review of summer reading at a meeting Wednesday, 1 p.m., at the home

of Mrs. Ralph E. Pierce, 9 South Groveland ave.

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Dead line Sunday Classified is at noon Saturday

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