

As We Live

Free Time Is Valuable;
Put It To Good Use

People today have more free time to do as they please than ever before. Do they use it to their satisfaction or do they fritter it away and have nothing to show for it? It depends upon how carefully they plan ahead.

Dr. Herlock
If you are a leisure - time fritterer, what I am going to suggest may help you solve this problem. And, it is well worth trying to solve because leisure time can be a great asset, just as it can be a great liability. People who do not know how to use their leisure time get bored. They get into the habit of working at part-speed and sometimes of killing time by drinking, gambling, or even breaking laws. Here are some suggestions for using leisure time wisely:

1. Plan ahead as to how this time will be used. Anything that is worth doing requires some planning. If you get up in the morning with no plans, the chances are you will spend part of the day trying to decide what you want to do and how you will do it. A plan made ahead will eliminate this wasted time.

Equalize Leisure Time
2. Try to equalize the leisure time of every member of the family. A man who works 40 hours a week has much more free time than his wife who never has a day off, or even part of a day, unless someone helps her with her work. By equalizing

By ELIZABETH HURLOCK, PH.D.

leisure time in the family, everyone can have a better time. There will be no feelings of guilt on the part of those who have the most free time and no resentment on the part of those who have the least.

3. Devote part of your leisure time to self-improvement. This may mean attending adult education classes, going to the library, to concerts and lectures, or improving your earning ability by learning more about the work you are doing. This can be a pleasureable and it certainly is a good investment in the future.

4. Devote part of your leisure time to serving your community. There are constant demands for the help of men and women in various community organizations connected with churches, schools, hospitals and charity groups. Offer your services to them.

LETTERS FROM READERS
Sulkiness: "Why do some people sulk so much that they go around with an angry look on their faces all the time? Don't they realize that this detracts from their looks and repulses people?" Curious Reader

(A) People who sulk most of the time believe that the world is against them, that they are getting a raw deal in life, and that people are intentionally trying to hurt them. They have a chip - on-the-shoulder attitude which is reflected in their facial expressions. They could see how this affects their looks if they bothered to look at themselves in the mirror, but to them that is not as important as believing that the world is against them. Furthermore, believing that they have little incentive to try to win the friendship of others by a cheerful expression and a happy smile.

Masculine Supremacy: "I have been married for three months and am running into the problem of 'masculine supremacy.' My husband was as kind and thoughtful as anyone could be during our engagement. Now he expects me to wait on him and never offers to help me at home. He claims that is 'woman's work.' Should I accept his attitude?" Troubled Bride.

(A) You are obviously not "accepting" your husband's attitude or his treatment of you too graciously or you would not have written for advice about it. As the years go by, you may be more disturbed by it, than you are now and you may find it very difficult not to be able to count on him for any help at home should you have children. Now is the time to try to nip this attitude in the bud, if you can. Talk it over with him and see if you cannot persuade him to put your marriage on more of a partnership basis.

Buying car: "Why is it that high school boys of today want to buy a car as soon as they earn any money?"

(A) To a teenage boy, a car means two things—Independence and prestige in the eyes of his classmates, especially the girls. Few boys realize that buying a car is only part of the expense involved.

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Method Described for Ironing Out Scratches

Chicago—(U.P.)—Now you can "iron" dents and scratches from furniture and woodwork.

A new gadget for furniture mending has a flat-iron tip which fits onto a soldering iron, and works like this:

Apply a drop of water on the dent, place a damp ironing cloth upon it and put the flat-iron tip directly over the dent. Pull the trigger on the soldering gun and hold until the cloth is dry.

The steam which results will cause the wood to swell in the dented spot.

Small dents disappear within 30 seconds, the manufacturer says. On deeper dents the "ironing" can be repeated until the dent goes away.

The gadget also can be used for heat-sealing waxpaper packages, plastic bags and the like.

Pears Declared Versatile Fruit; Recipes Listed

The harvest season brings with it the fruits of summer's sunshine, and one of the choicest of these fruits is sweet, juicy pears. Creamy yellow Anjous are in the market stands now and their rich, spicy flavor makes them eating favorites.

Pears are a versatile fruit. They are delicious served in salads, plain with cream, baked, and on a fruit tray with cheese. Baked pears will solve your problem when a light dessert is desired. Dressed with lemon juice and brown sugar, served warm with cream, they will delight the family.

A favorite combination at many supper tables is that of fresh, juicy pears and cheese, and it may be cottage, Cheddar or cream. This combination not only tastes good—it's good for you. Pears are a grand quick-energy food, full of natural sugar which provides quick energy and makes the pears taste so deliciously sweet. Cheese adds balance to the diet, providing satisfying protein and body-building minerals.

If pre-ripened pears are not available in your market, green pears may be ripened at home by keeping at room temperature of 60 to 70 degrees for several days until they respond to gentle pressure.

Here are some pear and cheese duets which will add freshness and sparkle to your fall menus: Pear and cottage cheese salad is an old favorite, but for variety try mixing the cottage cheese with chopped nuts, dates or candied ginger for a new flavor twist.

A good luncheon salad is made with fresh pear halves, orange slices and cottage cheese mixed with chopped dates. Serve with orange mayonnaise and garnish with walnut halves.

Another good salad combination: Fresh pear slices, orange and avocado slices with Roquefort French dressing. Crumble one-fourth cup Roquefort or Blue cheese and shake well with three-fourths cup French dressing. Speaking of Blue cheese, a dessert to delight the most discriminating gourmet is fresh pears, Blue cheese and crisp crackers on a tray.

Children love a salad of fresh pear halves stuffed with cream cheese balls rolled in chopped nuts.

For dessert, fresh pear pie, warm and spicy, served with a wedge of nippy Cheddar cheese, will make a hit with the men in your family. Make fresh pear pie just as you do apple, only use less sugar.

Seersucker and plisse' materials should not be run through the wringer when washing. To avoid wringer wrinkles in these fabrics, roll them in a towel to absorb water and then let them drip dry.

For "Chubbies"



9301 SIZES 8 1/2-14 1/2 by Marian Martin

Here's a lovely young fashion—proportioned especially for the chubby girl! It's her favorite "shirtwaist" dress, with elastic-back waistline to give it perfect fit. Easy sewing for Mother—alteration problems are solved!

Pattern 9301: Chubby girls' Sizes 8 1/2, 10 1/2, 12 1/2, 14 1/2. Size 10 1/2 takes 3 3/4 yards 35-inch fabric; 5/8 yard contrast.

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 The Medford Mail Tribune, Pattern Dept., 232 West 18th St., New York 11, N.Y. Print plainly NAME, ADDRESS, with SIZE and STYLE NUMBER.



For a salad supper that's certain to win approval, heap favorite seafoods on shredded lettuce and serve the assortment with a tangy Louis dressing, crisp greens and cold beer.

The illustrated platter is made by placing chunks of canned salmon and tuna at opposite ends and filling the center area with two rows of whole shrimp. Supplement the seafood with quarters of fresh tomatoes and hard-cooked eggs, if you like.

LOUIS DRESSING
1 1/2 cups mayonnaise
1/4 cup French dressing
1/4 cup chili sauce
2 tablespoons minced chives
4 green olives, chopped
1 teaspoon horseradish
1 teaspoon Worcestershire
Salt, pepper to taste

Combine all the ingredients. Chill. Serve as a dressing for seafood salads or as a cocktail sauce for chilled shrimp. Makes 2 1/2 cups.

Putty Now Comes in Toothpaste Tube

The home handyman can replace window glass easily with a new kit which contains putty in a toothpaste-type tube. When the tube is squeezed the putty comes through the triangular-shaped opening ready for use.

Since the putty fits the angle of the sash and glass, it eliminates the old method of digging putty out of a can and rolling it

by hand before installation. There's also no danger of the putty drying out.

The Windo-Fix kit also contains a putty knife of spring steel and a packet of glazier's points. The "extra-sharp" points permit easy penetration into the window sash, thus providing a safeguard against glass breakage.

The air-tight putty tube holds 150 inches of glazing compound. Use Mail Tribune Want Ads

Sunday, October 2, 1955

MEDFORD (OREGON) MAIL TRIBUNE—NINE

Mrs. Eisenhower Now Reads Mail For President

Denver — (U.P.) — Mrs. Eisenhower is answering less of the mail she gets so that she can read more of it to the President.

She started reading him editorials from newspapers yesterday and some of the messages and letters that have been arriving since last Saturday. As the President improves, she is expected to spend more and more time with him, reading and chatting.

Mrs. Eisenhower also keeps him upon the progress of the World Series. The President is not allowed a television set or a radio.

Sherman Adams, the No. 1 presidential assistant, talked to Mrs. Eisenhower about 10 minutes last night after he arrived from Washington.

Adams did not get to see the President, because he was being prepared for his night's sleep and his doctors refused to interrupt the routine.

Mrs. Eisenhower does not read messages that mention politics or might excite her husband.

Hundreds of letters and messages arrive every day at the temporary White House at Lowry Air Force Base. White House staff members go through them and pick out the ones they think Mrs. Eisenhower will want to see.

"She then chooses from these the ones she thinks the President would like to see and reads them to him," Presidential Press Secretary James Hagerty said.

Hagerty said Mrs. Eisenhower does not intend to leave the Pres-

New Currency Guide Handy for Travelers

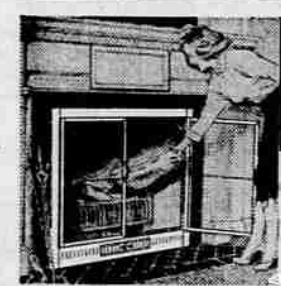
Here's a handy innovation for the American who goes abroad — a compact guide to foreign currencies which quickly computes the worth of the U.S. dollar in any country.

The unit consists of a four-by-five-inch sheet of sturdy Bakelite vinyl. A movable disc with comparable foreign values spins inside the card.

When you "dial" the card, you find out your dollar's worth in Japanese yen, Mexican pesos or Swedish kronas.

Foreign currency is translated into units of American money from 10 cents to \$100.

ident's suite at Fitzsimons Army Hospital for the next two weeks. She may attend church services Sunday in one of the chapels at Fitzsimons.



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IMPROVE FIREPLACE OPERATION
LOWER FUEL BILLS
PROVIDES SAFETY FOR HOME AND CHILDREN

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- ELIMINATES ROOM HEAT LOSS, SAVES FUEL
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- TWIN DOORS OPEN WIDE FOR EASY LOADING OF FUEL
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Week's Sewing Buy

Only One Yard 54"



9082 by Marian Martin

Sew-easy and so-o thrifty — no wonder this smart sheath skirt is the Week's Sewing buy! ONE YARD 54-inch fabric is all you need to make it — in ANY size given! Choose a fine wool remnant, velveteen, colorful corduroy — let its slim lines flatter YOU.

Pattern 9082: Misses' Waist Sizes 24, 25, 26, 28, 30 inches. All given sizes, 1 yard 54-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 The Medford Mail Tribune, Pattern Dept., 232 West 18th St., New York 11, N.Y. Print plainly NAME, ADDRESS, with SIZE and STYLE NUMBER.

Just 6¢ a day can help build rich, red blood — save you from being

TIRED...NERVOUS...

EASY PREY TO MINOR ILLS*

Nutritional experts reveal vitamin losses in cooked foods plus faulty diet may be seriously undermining your energy, strength, and resistance, making you feel on edge—affecting your appetite—spoiling your sleep—because your body is vitamin and iron starved.

*These symptoms if due to a vitamin deficiency occur only when daily intake of vitamins B1, B2, and niacin is less than minimum daily requirements over a prolonged period. They may have other causes and be due to functional conditions.

How you can stop chronic Vitamin & Iron starvation TODAY... Feel like a new person!

Supplement your diet every day with just one High-Potency Bexel Capsule. Just one of these wonderfully strengthening capsules give you the full vitamin and iron content nature provided in the groups of the following foods before cooking:

1 quart of pasteurized milk
4 oz. of fresh orange juice
1 lb. of lean bacon
1 lb. of lean pork
1 lb. of green string beans
1 lb. of beef
1/2 lb. of butter

Penny for penny... you get more value in high-potency

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Safe as America—Buy U. S. Savings Bonds

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Your future dependent on a dot? Fantastic—but true. And here's why. Say you want to help your child through college. First thing you look for is this dot—your savings dot. Suppose you find it between 22 and 75—like this:

#22.75

That spells "no college." It also spells no money saved for family emergencies, retirement, vacations—anything.

#227.50 would be better.

And #2275.00 would be great.

That's why we say the more you can pile up on the left side of your savings dot, the brighter your family's future. And the quickest, easiest way to do it is the Payroll Savings Plan.

IT'S AUTOMATIC! IT PAYS YOU MONEY!

Once you sign for Payroll Savings at your company's pay office, the rest is done for you. Each payday the amount you signed for—a few dollars or as much as you want—is saved out of your pay before you get it—automatically. No bank deposits to make! No struggle to keep from spending it!

And as it's saved—your money's invested for you. You're constantly acquiring more and more U. S. Series E Savings Bonds—investments so profitable that your money really starts growing.

Sign for just \$7.50 a week and in five years you'll have \$2,053! In 9 years, 8 months, you'll have \$4,277! And at full maturity (19 years, 8 months), you'll be worth \$10,313!

DON'T DELAY—START TODAY!

Eight million Americans are building a bright future for themselves now—through Payroll Savings. The time to join them is today. Why not sign up right away? Or if you're self-employed, start investing regularly in Bonds where you bank.

If you want your interest as current income, ask your banker about 3% Series H Bonds that pay interest semiannually by Treasury check.

MEDFORD MAIL TRIBUNE