

Society

Executive Council Of Women's Clubs Plans Convention

Rogue River—The executive council of First District, Oregon Federation of Women's clubs, met in the Rogue River civic club home October 21 to make plans for the 43rd annual convention which will be held in Klamath Falls, Ore. A tentative date of April 20, 1956, has been set, pending confirmation from the State President, Mrs. Ernest Hall, of Portland.

Theme for the convention will be "Education in Living," which has been Mrs. Hall's theme for her two years as president of the Oregon Federation of Women's Clubs.

Luncheon was served by the district president, Mrs. W. A. White, assisted by her mother, Mrs. Jerusha Moore, and Mrs. Floyd Dick.

Those attending were Mrs. M. C. Ferebee, president of the Klamath Falls Women's Library club, and Mrs. Clarence Ward, past-president of the Klamath Falls club; Mrs. Jessie Cooley, Mrs. T. M. Stott, Sr., Mrs. John R. White, Mrs. O. T. Griffith, president, and Mrs. W. W. Lightner of Grants Pass Women's club. Representing Ashland Women's Civic club were Mrs. Carl Peterson, president, and Mrs. Gertrude Bartlett, Mrs. Elfa Long, president, and Mrs. J. C. Ottinger attended from Talent Community club and from Rogue River Civic club were Mrs. Beryl Ingle, president, Mrs. Moore, Mrs. Dick and Mrs. White, district president.



Stephen Cary
AFSC Official To Speak Here Friday Evening

Stephen Cary, head of the American section of the American Friends Service committee, will speak on "Prospects for Better U.S.-USSR Relations" in Medford, Friday, October 28. The lecture will be at First Presbyterian church, South Holly and West Eighth streets, at 8 p.m., and the public is invited to attend.

Mr. Cary's appearance here is sponsored by the Foreign Policy committee, Medford Council of Church Women, Medford chapter, Oregon United Nations association and Medford League of Women Voters.

The speaker was a member of the recent American Quaker goodwill mission to Russia during which time he visited Leningrad, Moscow, Zagorsk, Stalingrad and took a Volga boat trip. He also visited the new lands development in Siberia.

Voters' League To Hear Speaker

Members of Medford League of Women Voters and others interested will meet Saturday for a general session and luncheon at 12:30 p.m. at the Jackson hotel.

Eric Allen Jr., city editor of the Mail Tribune, will speak on "Freedom of the Press" following luncheon. Mr. Allen has been on the staff of the Mail Tribune since 1948, coming here from Salem where he served as executive secretary for the late Gov. Earl Snell.

Reservations may be made by calling Mrs. J. W. Barnard, 2-9294. All women, including those not members of the league, are welcome, according to Mrs. Robert Hiatt, president.

Halloween Party To Be Given by Lake Creek Group

Lake Creek—Lake Creek Extension unit members will give a Halloween masquerade party at Lake Creek Grange hall Saturday, October 29. Square dancing is planned to the music of the Lake Creek Hillbillies. Admission is free.

Pies, ice cream and coffee will be served at a small charge. An invitation to everyone is extended to attend.

Coffee Planned

Gold Hill—Gold Hill Parent-Teacher association will sponsor a coffee at the Oaks motel Monday, October 31. Serving will be from 9 a.m. until 1 p.m. and everyone is invited to attend.

The leading rice-producing states are Louisiana, Texas, Arkansas and California.

Party Announced For Phoenix Youth; Family Night Held

Phoenix — The high school group of Phoenix Presbyterian church will hold a Halloween masquerade party at the church Saturday, October 29, at 7:30 p.m. It is announced that a number of special "stunts" are planned including a "Korth horror chamber." All young people of high school age are invited.

The family night Halloween party held at the church last Saturday night was attended by about 60 persons and many were in unique costumes. Stunts, contests and games made up the evening's entertainment, these included a sewing contest for the men and apple bobbing.

Those attending commended the committee highly for the success of the evening.

At the last meeting of the Women's association, plans were made for a rummage sale to be held November 12 in Medford.

Flower Festival To Be Saturday

Ashland — Final plans have been made for the annual fall flower show and festival of Ashland Garden club. It will be held Saturday, October 29, from 11 a.m. to 8 p.m. at the Civic clubhouse here. The show is competitive and prizes are invited. Luncheon will be served, and homemade cakes and Halloween novelties will be on sale.

ONLY 75

Sturgis, Mich.—(U.P.)—Sturgis school officials checked back through the records and decided it was about time to replace grade school desks. The records showed the desks had been in use since 1880.

Noted Nutritionist Gives Common Sense Diet Rules

By ELIZABETH TOOMEY
United Press Correspondent

New York — (U.P.)—The complacent smile that follows a few weeks of successful dieting is the downfall of many a would-be size 12.

We smile too soon, one authority said the other day. Then we sit back and start eating our regular food again and get right back to our original shape.

"Treatment of overweight is in a very unsatisfactory stage," Dr. Frederick J. Stare, chairman of Harvard university's department of nutrition, stated frankly on a recent visit here to address a medical meeting.

Dr. Stare explained in an interview that the new theories of weight losing are based on realistic, common sense rules.

Keeping Weight Off
"The hardest part of dieting is keeping the weight off once you lose it," he continued. "So for that reason the best diets are those planned around foods people normally would eat so they will stick to the diets for years."

The nutrition expert advocates a family - awareness program that will make even children conscious of sensible eating. He says parents should set the example by the size of the food portions on their own plates.

"Eat three meals a day, but simply cut down—not cut out," he said.

The future isn't all dreary for

the person inclined to put on weight—even though Dr. Stare emphasizes that once you become an easy weight gainer you might just as well accept the fact you always will be.

"There are exceptions, where emotional problems suddenly cause people to put on a lot of weight in a hurry," he said. "Generally a person must learn to live with a tendency to overweight."

The bright spot, however, is in such added attractions to the "common sense" approach as before-meal snacks. Dr. Stare advocates them for many people inclined to overeat.

A "Scientific" Nibble
"There should be a 'scientific' nibble taken from one half hour to one hour before meals, as distinguished from the 'common' nibble," he said.

A nutritionist's idea of a "scientific" nibble is something you would have eaten at the approaching meal anyway and not something extra.

"If you were going to have a glass of milk at lunch anyway, drink it a half hour before lunch," Dr. Stare explained. "It gives time for the blood sugar to rise and reduces the appetite by meal time."

In case there's anybody around who is too thin, just reverse the rule, the doctor advised. Don't nibble before mealtime. Have second helpings instead.

Department Reports On Cotton Fabric Tests

Washington —(U.P.)—The Department of Agriculture reports that cotton percales treated with a resin finish to develop crease resistance are as easy to care for as fabrics without the finish.

The Missouri experiment station made tests of cotton dress fabrics in an effort to help homemakers who buy ready-made cotton clothes or yard goods. Two cotton percales, a gingham and a nubby fabric—with and without resin finish—were laundered 20 times and checked at intervals for shrinkage, crease resistance, flatness of seams, and fraying of edges.

The resin-finished cloth showed improved crease resistance, less shrinkage, less fraying of edges, less wrinkling from handling and laundering.

The laundering caused a gradual loss of resin, ranging from seven per cent in some fabrics to 25 per cent in others.

The resin-finished fabrics generally ironed more easily and smoothly than the non-finished goods.

Although seams on the un-laundered resin-finished fabrics were not as flat as on the other fabrics, this problem decreased after laundering.

New York —(U.P.)—Variations on the waffle theme seem endless. Here's a new one, suggested for a lunch dessert. To make, follow the waffle recipe on your favorite packaged mix. And add 3/4 cup of drained, crushed pineapple and 1/4 cup of toasted, silvered almonds to the batter. Bake and serve with ice cream.

CALENDAR

Calendar notices and news for the society section of The Mail Tribune must be submitted in writing and deadline for the Saturday edition is 1 p.m. Friday. Deadline for the weekly calendar is 5 a.m. of the day of publication and for week day news is 5 p.m. the day before publication.

Thursday

6:30 p.m.—Phoenix Thursday club, family dinner at Phoenix Community hall.

7 p.m.—Jackson county salon, 8 and 40, Mrs. H. J. Meiring, 2460 Hillcrest rd.

7 p.m.—Lively Rogues, dinner dance, Ashland Elks club.

7 p.m.—OSNA annual banquet Mon Desir dining inn.

8 p.m.—Reames chapter, OES, Medford Masonic hall.

8 p.m.—FOE auxiliary, Eagle's hall.

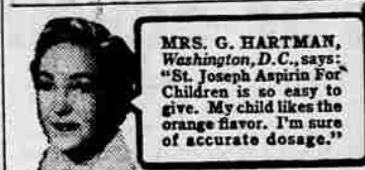
Friday

11 a.m.—Medford Truth center, "Unity," Room 203, Holly theater bldg.

12:30 p.m.—St. Mark's auxiliary guild, parish house.

1 p.m.—Electa Social club, Girls Community club.

Theodore Roosevelt was our youngest president, being 42 when inaugurated after the assassination of McKinley.



MRS. G. HARTMAN, Washington, D. C., says: "St. Joseph Aspirin For Children is so easy to give. My child likes the orange flavor. I'm sure of accurate dosage."

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