

Firm Gives Tips On Travel Routine For Small Babies

New York — (U.P.) — The baby of the family is a good traveler, provided his parents are careful planners.

Some tips on how to travel with the infant set from the nutritional department of a baby-foods manufacturer (Beech Nut). The service, which has been operating since 1938, suggests that both mother and baby get plenty of rest before starting a trip. Both will be less fretful.

Don't travel if a child has even a slight cold. And don't try to take a very small baby on a trip — too many interruptions in his sleeping and feeding routine.

Select food favorites of the child. With new places, sounds and people a baby should not be expected to learn to like new foods.

Watch his feeding schedule. The child may take less food at one feeding but need more frequent feedings.

Call ahead when you can to determine what foods and facilities are available on trains and planes. Some airlines have such a complete stock of baby foods you may not need to take more than the infant's formula.

Most hotels and motels are equipped with cribs, but it is a good idea to request such equipment in advance.

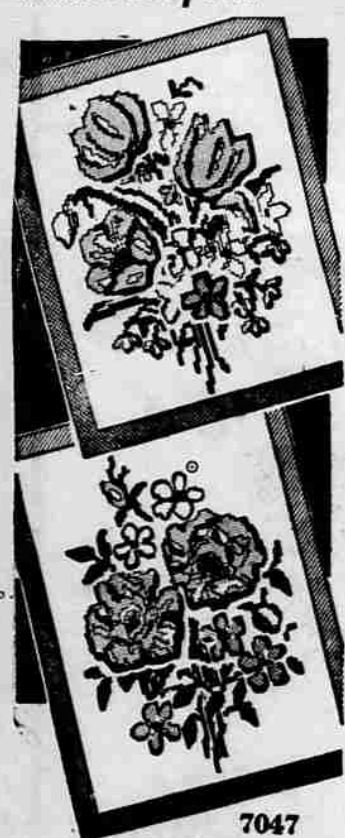
Garmets should be simple and few. Travel will be easier if you take disposable bibs and diapers, and perhaps the plastic, sterile bottles which can be thrown away.

Include a few of the child's favorite toys to help make him feel at home.

And ask your physician about any change necessary in a child's formula for a trip. Maybe he will suggest the child be returned temporarily to evaporated milk, even though at home he is taking fresh milk. If so, better start the new milk a few days before leaving home.

New Zealand's flightless, tailless, bewhiskered kiwi is the only bird with nostrils at the top of its bill. For its size, about that of a chicken, the kiwi lays the largest egg known, one pound.

Embroidery Art



by Alice Brooks

Create your own masterpieces — simply with needle and thread! Two beautiful flower panels of easy cross-stitch embroidery — look like heirloom needlepoint! Pattern 7047: Embroidery transfers, color chart, directions for two wall panels 8 1/2 x 11 1/2 inches.

Send TWENTY-FIVE cents in coins for this pattern — add 5 cents for each pattern for 1st-class mailing. Send to Medford Mail Tribune, Household Arts Dept., P. O. Box 168, Old Chelsea Station, New York 11, N.Y. Print plainly NAME, ADDRESS, AND PATTERN NUMBER.

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TOPS IN QUALITY!
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Week's Sewing Buy



9396 SIZES 7-17
by Marian Martin

Lucky JUNIORS! Three pretty parts to this new winter wardrobe — to mix and match in many flattering ways! Your favorite classic blouse (with two sleeve versions) jerkin in lovely long-torso effect above the graceful skirt!

Pattern 9396: Jr. Miss Sizes 9, 11, 13, 15, 17. Size 13 jerkin 1 3/4 yards 35-inch nap; skirt 3 yards; blouse, 7 1/2 yards 35-inch fabric. 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 Medford Mail Tribune, Pattern Dept., 232 West 18th st., New York 11, N.Y. Print plainly NAME, ADDRESS with SIZE and STYLE NUMBER.

Stamp Club Plans Ashland Meeting

The November meeting of Southern Oregon Stamp club will be held Thursday, November 3, at the home of Mr. and Mrs. Clyde Smith, at 269 B Street, Ashland.

Business for the evening will include election of a nominating committee. Mr. Smith will present the program, and the evening will close with stamp swapping and a social hour.

Girl Scouts To Attend Convention

Seventeen adults in the Rogue Valley Area Girl Scout council will leave today for San Francisco to attend the 33rd national convention of the Girl Scouts of America as delegates and visitors. It will be held November 1 through 4.

Approximately 8,000 women and several hundred men who are active in Girl Scout councils in all parts of the country are expected to attend the San Francisco meeting.

Two senior scouts will leave with the local delegates to attend the general sessions and take part in some of the discussions and see how the national organization operates, Mrs. Rossi said.

The senior scouts who will attend are Miss Susanne Gray, route 2, Medford, and Miss Judy Drais, Grants Pass.

Delegates from the Rogue Valley area Girl Scouts council will be voting members of the National Girl Scout council which is charged with directing and coordinating the Girl Scout movement.

From Medford the adult delegates who are making the trip are Mrs. Michele Rossi, council president; Mrs. Al Cararra, Medford district program chairman; Miss Mary Aldrich, executive director; Miss Kay Carrara, assistant leader; Mrs. Richard Finch, leader; Mrs. Maurice Ritchey, leader; Mrs. J. E. Mier, neighborhood chairman and leader.

From Ashland are Mrs. Calvin Ross, Ashland district chairman, Mrs. Monte Polk, neighborhood chairman and leader; Mrs. H. K. Melick, leader; and from Grants Pass, Mrs. Kenneth Wuner, and Mrs. James Pack, both members-at-large; Mrs. Ted Kelt, regional member; Mrs. Robert Hummel, program chairman. Mrs. Robert Smith, assistant leader, Troop 127, Cave Junction is the only representative from that city.

The delegates will hear reports on the growth of Girl Scouting since the last convention two years ago. From January, 1953 to January, 1955 membership has grown from 1,931,253 to 2,350,789. Girl Scout conventions are held every year and are attended by delegates from local units throughout the United States, Hawaii, Alaska and Puerto Rico.

To bake acorn squash cut each squash in half lengthwise; remove seeds. Place in baking dish, cut side down, and bake at 350 degrees for 35 to 40 minutes. Turn over; brush inside with butter and add 1 tablespoon brown sugar to center of each squash half. Continue baking 20 to 25 minutes more. Allow 1/2 squash for each serving.

STAR GAZER		
By CLAY R. POLLAN		
Your Daily Activity Guide According to the Stars		
To develop message for Sunday, read words corresponding to numbers of your Zodiac birth sign.		
ARIES MAR. 22-31	1 You	31 By
1-48-58-63	2 Go	32 To
58-75-79-89	3 Don't	33 Today
TAURUS APR. 21-30	4 Don't	34 Decis
8-19-22-28	5 Be	35 On
27-77-86-90	6 New	36 Skip
GEMINI MAY 22-31	7 Allow	37 Interfere
8-18-21-38	8 Your	38 Themselves
42-50-66	9 This	39 Contracts
CANCER JUNE 22-30	10 Places	40 With
6-18-21-38	11 Set	41 To
42-50-66	12 Doesn't	42 Explore
LEO JULY 23-31	13 Token	43 Suit
14 Day	14 Day	44 Best
15 Permit	15 Permit	45 Religious
16 In	16 In	46 Debates
17 Aside	17 Aside	47 With
18 Chances	18 Chances	48 Accomplish
19 Charm	19 Charm	49 False
20 Your	20 Your	50 Fertile
21 Present	21 Present	51 More
22 More	22 More	52 Run
23 Smiles	23 Smiles	53 Friends
24 Fix	24 Fix	54 Enjoy
25 Pleasures	25 Pleasures	55 Your
26 Daydreams	26 Daydreams	56 Endeavors
27 Help	27 Help	57 Advisors
28 Pronounced	28 Pronounced	58 Absolutely
29 To	29 To	59 Seek
30 Relax	30 Relax	60 Points
31-72-32	31-72-32	61 Normal
37-47-71	37-47-71	62 Away
		63 Nothing
		64 Sunday
		65 Peace
		66 Fields
		67 Social
		68 By
		69 From
		70 Your
		71 Duties
		72 In
		73 Activities
		74 Needs
		75 Losing
		76 Serious
		77 Duties
		78 Prayer
		79 Your
		80 And
		81 Matters
		82 Personal
		83 To
		84 Shine
		85 Ambitions
		86 More
		87 Problems
		88 Beckon
		89 Persistence
		90 Satisfactory
		91-100
		92-100
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Common-Sense Beauty Advice Comes From Parisian Doctor

By ELIZABETH TOOMEY
United Press Correspondent
New York — (U.P.) — Ready for the latest wrinkle on how to postpone having them?

A 68-year-old woman skin doctor from Paris recently arrived here with some common-sense advice on preserving youth and postponing wrinkles.

The reply Dr. Nadine G. Payot made to the question, "What is the single most important thing a woman can do to keep her skin looking young?" was unexpected.

"Chew your food slowly," said Dr. Payot. The advice was obviously sincere, since the gray-haired woman doctor also heads a cosmetic company in Paris and could have given an easy boost to one of her own beauty products.

Mirror of Soul
"They say," she said, speaking slowly, since her English has become rusty in the 35 years since she last visited here, "that the face is the mirror of the soul. But the skin is only a reflection of all our organism."

The first place a doctor can spot stomach trouble, the doctor said, is in the face. Slow chewing aids digestion.

"Also when you chew slowly you use important muscles in your face," she continued. "If you chew very fast, it does not happen."

Dr. Payot brought with her a large supply of her own products, since she and her son recently began selling them at a Fifth Avenue store in several other American cities.

"You shouldn't think I brought something miraculous," the vivacious doctor said. "I brought only my good, medically sound products and my need for collaborators."

She consistently refers to women as collaborators. They must do their daily part, she emphasizes, or the best beauty aids won't help.

Must Get Rest
"You must get proper rest," she said. "Learn to empty your mind from troubles when you go to bed. You pray, maybe, or if somebody does not pray you think of beautiful things. But you must rest."

"And if every day you cleanse the face, massaging well around and around (her hands moved in small circles over her face to show what she meant), you can help the nature. But you cannot overpass the nature. There will come someday wrinkles."

"I tell women to remember that destruction goes much quicker than construction," she said, referring to women who come to her Paris salon. "One night missed cleansing your face takes three nights to make up. And when you are young you should begin the care. It is so much easier to keep what you have than to try and bring it back."

Camp Fire Girls "learn by doing." Achievements in work and fun earn for them Camp Fire's four ranks: trail seeker, wood gatherer, fire maker and torch bearer.

Sunday, October 30, 1955

MEDFORD (OREGON) MAIL TRIBUNE—ELEVEN

Units Plan Meetings This Week

Four county home extension units plan meetings during the week.

The first will be Tuesday, November 1, at 7:30 p.m., when Medford Parents unit will gather at the home of Mrs. R. R. Fowler, Griffin creek.

They will continue the project of basket weaving, with Mrs. M. R. Scott and Mrs. A. Filatreau as leaders.

The first 15 minutes will be devoted to the second gift wrapping demonstration by Mrs. Nick DeWitt and Mrs. L. A. Ballance. Hostesses will be Mrs. Scott, Mrs. R. Jackson and Mrs. K. Hood. Members are asked to take "Betty Crocker" coupons.

Upper Applegate — The old Ruch store building will be the meeting place for Upper Applegate unit members Wednesday, November 2 from 10:30 a.m. to 3 p.m. A covered dish luncheon will be served and those who attend should take a hot dish for the luncheon and table service.

The project will be the second section of the basket weaving project. Mrs. Davis and Mrs. West will lead the demonstration.

Required will be an ice pick, apron, a pan about 10 inches long, a sponge board for cutting, sharp knife and the baskets which the women are now weaving.

Gift wrapping will be demonstrated by Mrs. Redhead. For this project ribbon, gift paper, scissors, an empty box and fine wire will be needed. All women of the vicinity who are interested are invited.

Westside — Members of the Westside unit will meet Thursday, November 3 at 11 a.m., at the Junior Grange hall in Central Point. The meeting will open with a demonstration on gift wrapping by Mrs. Edward Leach and Mrs. Edward Lull.

Luncheon will be served at noon and those who attend should take table service. The afternoon project will be led by Mrs. Robert Russell and Mrs. Elmer Reinking and will be basket weaving.

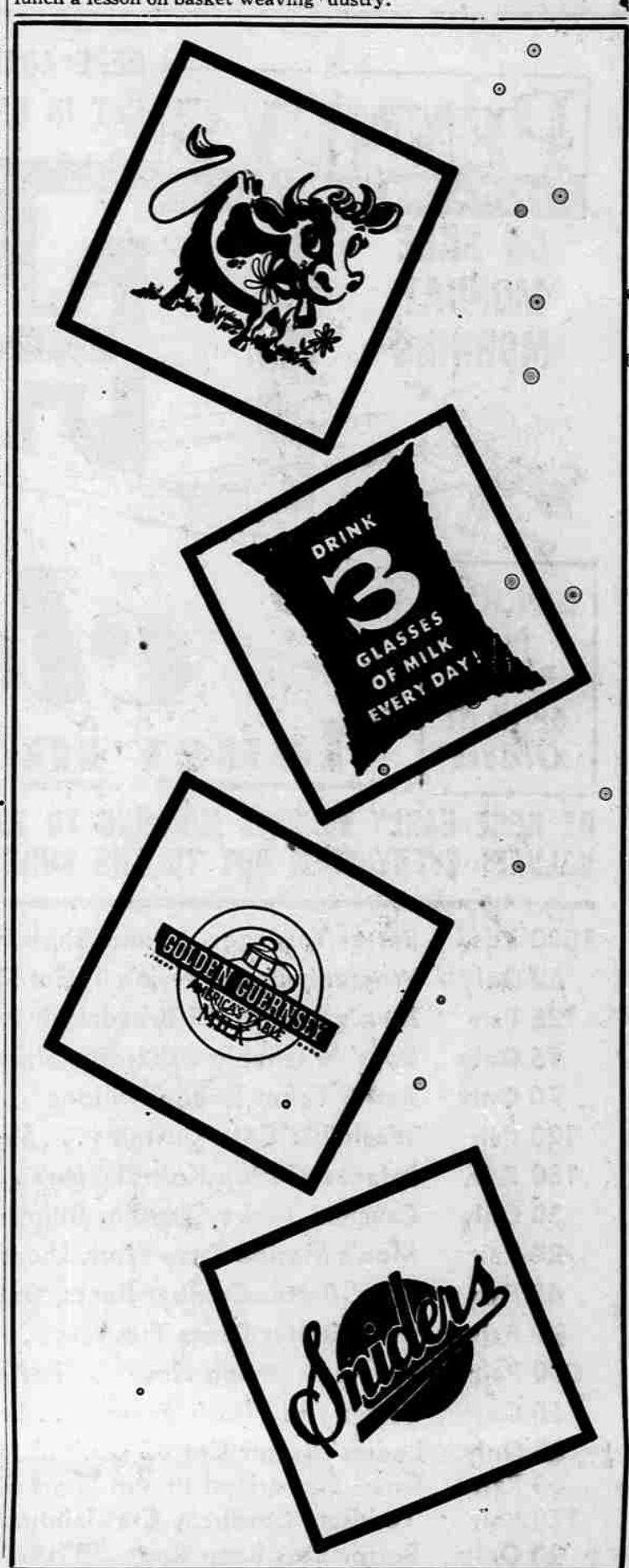
Those who wish to make baskets should take a shallow pan, sponge, knife, razor blade, cutting board, pliers, apron or towel and an ice pick or knitting needle. Mrs. Eunice Jones will be in charge of child care and those who want information concerning it should call Mrs. Charles Taylor, Normandy 4-2928.

Griffin Creek — Mrs. Dwight Albright, 1654 Orchard Home drive, will be hostess for a meet-

ing of Griffin Creek unit set for Friday, November 4, at 11 a.m. A demonstration on gift wrapping will be given in the morning by Mrs. Randolph Hugdahl and Mrs. Glen Allen. After lunch a lesson on basket weaving

will be given by Mrs. Harry J. Fitzpatrick and Mrs. Albright. Mrs. George Mero is chairman of the unit.

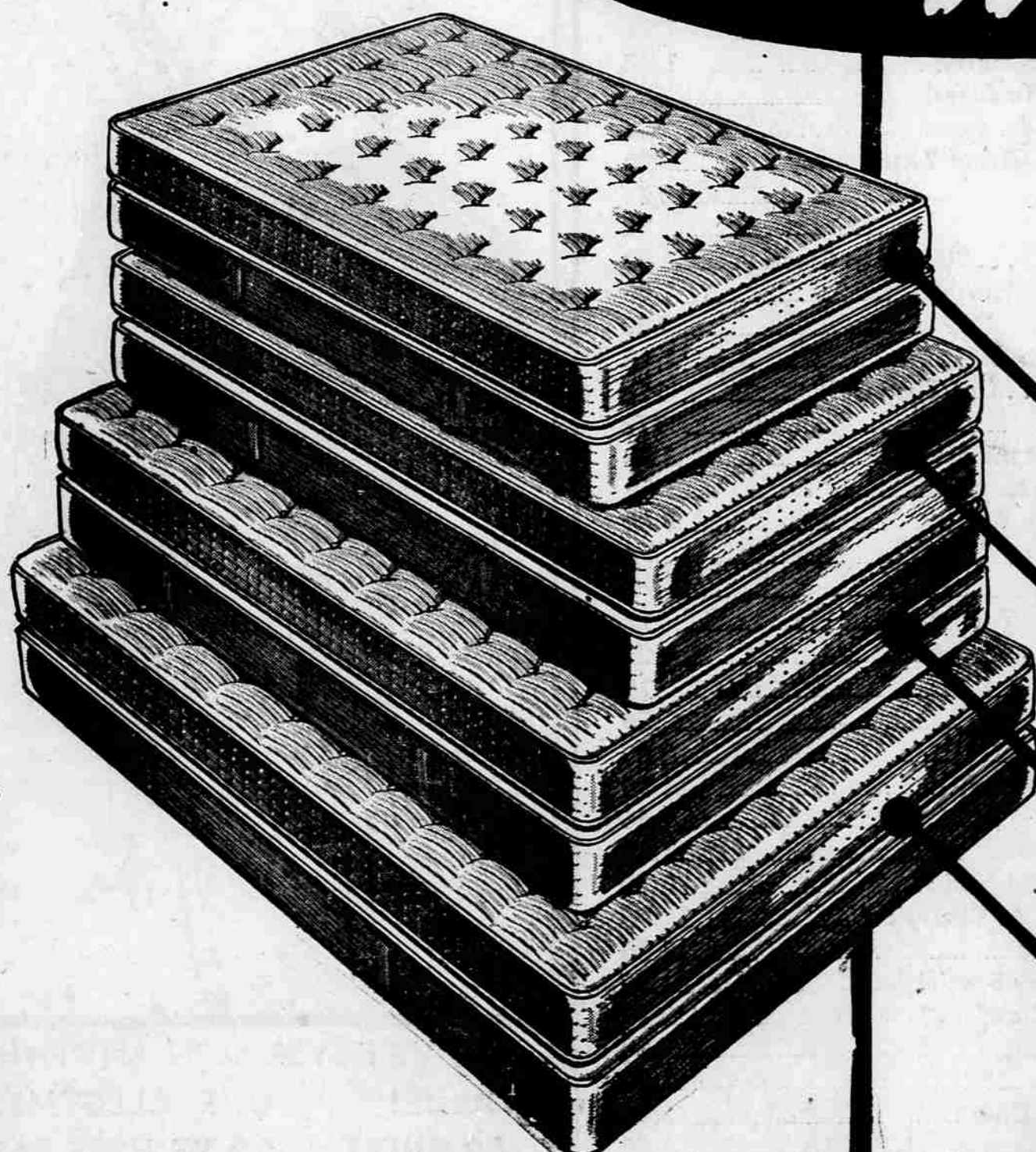
Farmers use more steel annually than the automobile industry.



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