

Newcomers Are Welcomed Into Sojourners Club

Red tulips and red candles were used as table decorations for the Sojourners' card party Thursday, February 9 at the Medford Hotel.

Hostesses were Mrs. Carl Borg, Mrs. Henry H. Robertson and Mrs. O. R. Jackson.

Prospective members attending for the first time were Mrs. Ted Shura, Mrs. A. Fulton and Mrs. Jack Clark.

New members welcomed into the club were Mrs. John Andrews, Mrs. Glen Fabrick, Mrs. Jay Grant, Mrs. Ellis Ingram, Mrs. Teddy Mayfield and Mrs. Clarence Byrd.

Birthdays greetings were extended to Mrs. Robert Lewis. A special award was given to Mrs. Kirk Denton. Bridge prizes were won by Mrs. A. B. Davis and

Mrs. Robert Lewis; pinochle by Mrs. J. H. Parker and Mrs. Chet Taylor and canasta by Mrs. Henry H. Robertson and Mrs. Thomas C. Reid.

Sojourners will celebrate the sixteenth anniversary of the organization with a luncheon at 12:30 p.m. at the Medford hotel Thursday February 23.

Reservations for the event are to be made not later than Monday, February 20, by calling Mrs. Wilson Borge at 2-9855, Mrs. Carl Borg at 2-6876 or Mrs. George Lovenborg at 2-4781.

Newcomers to Medford and vicinity who have lived here not more than two years are invited to attend and become members. An invitation is extended to inactive members.

After luncheon bridge, pinochle and canasta will be played.

The Portuguese republic was established in 1911.

Oakgrove Group To Meet Tuesday

Oakgrove Extension unit will meet Tuesday, February 14, at 10:30 a.m., at the home of Mrs. Martin Gates, 1208 West Ninth street. Mrs. Rollin Jones will be hostess.

Mrs. Joanne Weatherford, county home extension agent, will give the project on "Identification and Care of New Fabrics."

Mesdames S. B. Sandburg, Fred Sanders, Al Krause and Elmer Krause will serve the luncheon, and members are reminded to take their own table service.

Reservations for child care may be made by calling Mrs. Sandburg before Monday noon.

More menhaden are caught on the south Atlantic and Gulf coasts than all other fin fishes combined, according to estimates of the U.S. Fish and Wildlife service.

Charter Draped By Local Lodge; Elections Held

The charter of Olive Rebekah lodge was draped Monday evening in honor of the late Mrs. Lula Bishop, a longtime member of the lodge. Those who took part in the ceremony were Mrs. P. M. Aldredge, Mrs. Joe Cave, Mrs. A. H. Gregory, Mrs. Lewis Thompson, Mrs. Rosa Young, Mrs. W. H. Dyer, Mrs. L. O. Howard, Mrs. George Howard and Mrs. Fred Daugherty.

Mrs. Lewis Thompson was elected degree staff captain for 1956 and Mrs. Gregory was elected a trustee. Other trustees now serving are Mrs. O. S. Waldepe and Mrs. Carrie Milnes.

Committee members announced included the finance committee which is made up of Mrs. Margaret Davis, Mrs. Oliv-er Rogers, Mrs. Blanche Robinson; linens committee, Mrs. Clarence Jordan; greeters, Mrs. Floyd Murray, Mrs. Aldredge, Mrs. Davis, and Mrs. Alice Smith; calling committee, Mrs. J. D. Brummond, noble grand, Mrs. Homer Vinzant, vice-grand; Mrs. Frank Chapman, junior past noble grand, and Mrs. Fred Daugherty, Mrs. Clarence Jordan and Mrs. Davis.

The committee which served refreshments consisted of Mrs. Walden, Mrs. Claude Cooper and Mrs. Nell Gibson.

The group donated \$100 to the Rogue Valley Memorial hospital building fund. An invitation was accepted to attend a friendship night observance February 15 by Amethyst Rebekah lodge, Gold Hill.

The next lodge meeting will be February 20 at 8 p.m.

Toddlers Need Meal Supervision, Says Dietitian

Pullman — Don't check the toddler off your supervisory list at mealtime just because he's learned how to use a spoon.

Miss Inez Eckblad, Washington State college extension foods specialist, says if left to himself, the toddler from one to three is likely to select only the foods he can eat with a spoon or eat from his hand. That's because he's learning to chew, and chews poorly compared to older children. If left to fend for himself, the mainstays of his diet often are potatoes and gravy, bread and butter. This means that his fare is poor in protein and too rich in carbohydrates.

In the early years, Miss Eckblad points out, the child's need for protein is as great as during infancy. This is a period of changing body composition, though of slow growth as far as outward appearance is concerned. The muscles are growing far more rapidly than the rest of the body—or should be, if the child gets enough protein in his food.

One way to make it easier for toddlers to eat meat, she says, is to cut up the meat in bite-size pieces. Milk, of course, is another important source of protein. So, be sure the toddler drinks his full quota of a quart a day. Give him milk between meals. Make it easier for him to drink by serving it in a glass or handleless cup so he can hold it in both hands. Children also like to pour their own. A small amount of milk in a small pitcher can help the toddler develop the self-serve habit without much loss from spilling.

Other aids to a happy mealtime for the small fry, Miss Eckblad says, are contained in Washington Extension Circular 210, "We Like to Eat." Copies are available free from your County Extension office.

Fortnight Magazine Story Describes Mercy Flights

A two-page story, "Wings of Mercy" describing the work and history of Mercy Flights, Inc., appears in the February issue of Fortnight magazine, a Pacific Coast monthly published in San Francisco, Ralph Friedman, Eugene, free lance writer, is the author.

The article tells the history of Medford's unique non-profit air ambulance service since its inauguration by George Milligan in 1949. Milligan presently is chairman and chief pilot for Mercy Flights.

Friedman states how the idea for Mercy Flights started when a Medford polio patient needed treatment in Portland. Milligan, a control tower operator for the CAA at Medford airport, got the idea of an air ambulance, and a non-profit organization was

formed to raise \$3,000. Purchase Cessna

The service purchased a twin-engine Cessna, and later bought the second plane, a single engine Stinson Reliant. After the subscription rate policy got under way, the twin-engine Cessna was sold and a specially equipped plane was purchased.

Last year, the air ambulance service obtained two twin-engine Beeches from the Air Force. An average of three flights per week are made now, and one-third of all patients are subscribers, while the other two-thirds are "commercial" chiefly hunting and car accident victims. The article describes several of the more dramatic of the more than 440 flights.

Friedman points out that membership is growing, "with half the families in Jackson county belonging. Popular demand from other sections has increased membership residence to a 150-air-mile radius of Medford." More than 5,000 members come under the plan.

The YMCA

HOMEMAKER'S HOLIDAY

EVENING CLASSES



Start Tuesday, Feb. 14 at 8:00 p.m.

PHONE 2-6295 To REGISTER and Receive FULL PARTICULARS

- INTERNATIONAL COOKERY
Demonstration and discussion of ways to cook and season fowl and fish, meats and game, vegetables, soups, sauces, and simple desserts with an international flavor. Emphasis on Italian, French, and Dutch cookery.
Mrs. Alex Tummers, Instructor
- GYM-SWIM
Volleyball, Calisthenics, Free Swim Time.
Donald Day, Instructor

FEES: NONE—to women already members of the Y. \$5—to women interested in joining the Y for a class only.

NOTE: Insufficient Enrollment in any of above classes will necessitate postponement or cancellation of class.

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YOU'LL BE MISSING SOMETHING IF YOU DON'T

Committee Members Announced

The committee which served refreshments consisted of Mrs. Walden, Mrs. Claude Cooper and Mrs. Nell Gibson.

The group donated \$100 to the Rogue Valley Memorial hospital building fund. An invitation was accepted to attend a friendship night observance February 15 by Amethyst Rebekah lodge, Gold Hill.

The next lodge meeting will be February 20 at 8 p.m.

Sorority Makes Scrapbooks for Fairview Home

Exemplar chapter of Beta Sigma Phi met February 8 at the home of Mrs. Clyde Ramsey, 130 Highland drive. The business meeting was conducted by the president, Mrs. J. Edgar Moir. A possible contribution to the Rogue Valley Memorial hospital was discussed, and a report was given on a recent rummage sale held by Xi Mu.

Scrapbooks have been sent to the ten "adopted" children at Fairview home, and plans were made to send valentine cards and candies.

A nominating committee consisting of Mrs. Cecil Davis, Mrs. Wilson Slater and Mrs. Moir was elected. The committee will report on March 14.

Program of the evening consisted of an introduction of the topic "Do We Think?" by Mrs. Roy Stein, followed by a general discussion in which all participated. Mrs. Moir assisted the hostess in serving refreshments.

Next chapter meeting is planned for February 22.

One-third of all the lightning victims lose their lives by seeking shelter during a storm under a nearby tree.

Pythian Sisters Announce Events

A number of events are on the calendar for Pythian Sisters. Pythian club will meet Tuesday at 8 p.m. at the home of Mrs. Mabel Nicholson, 821 North Central avenue, with Mrs. James Cech as co-hostess.

Past Chief's club of the Pythian Sisters will meet Wednesday at the home of Mrs. Joe Cook, 124 King street, at 1 p.m. A covered dish luncheon will be served.

The officers and degree staff of Pythian Sisters will practice Sunday at 2:30 p.m. at the Pythian building.

The lodge held a meeting last Tuesday evening with Mrs. Harry Barneburg and Mrs. Don Anderson on the refreshment committee. A prize was won by Mrs. Ed Bostwick.

The second in a series of card parties planned by the Past Chiefs' club was held last Wednesday afternoon at the home of Mrs. Don Ross with Mrs. Leroy Cline and Mrs. Elsie Casbeer assisting. Twenty-four guests were present with prizes being won by Mrs. Frances Bean, Mrs. Mabel Nicholson, Mrs. Lee Neidermyer and Mrs. Harry Barneburg.

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At Your Favorite Fountain or Grocer

Ask for the bright colorful cartons of FIESTA—just right to pack into your refrigerator. Keep it on hand for every time you want a refreshing snack or when guests arrive.

PEO Chapters Schedule Meetings This Week

Two PEO chapters have scheduled meetings this week:

A new time of 12:30 p.m., has been set for the luncheon of Chapter CP, PEO to be held at the home of Mrs. Walter Garner, 2009 East Main street, Wednesday at 12:30 p.m. Mrs. Raymond Smith will assist.

Chapter CG, PEO will meet at the home of Mrs. J. S. Heath-erington, 12 Black Oak drive Wednesday, February 15 at 1 p.m. Luncheon will be served.

Mt. Pitt Rebekahs To Visit Gold Hill

Central Point—Mt. Pitt Rebekah lodge will conduct a brief business meeting Wednesday, February 15 at 8 p.m., before leaving for Gold Hill to participate in a Friendship night observance at Amethyst Rebekah lodge.

Program Planned On Americanism

An Americanism program will be presented at a meeting of Medford unit, American Legion auxiliary, set for Tuesday, February 14 at 8 p.m. A report on the hospital campaign breakfasts served by the auxiliary will be given at that time.

Dinner Planned By Unity Group

Members of the Unity group in Medford have planned a valentine dinner for Tuesday, February 14. It will be held at 6:15 p.m. in Room 203, Holly Theater building.

A class on the topic "Good Business" will follow the dinner.

Pennsylvania has 35 state parks with 103,987 acres; 25 state forests with 1,798,883 acres; and 111 community forests with 145,063 acres.