

Society and Clubs

Expert Says Daily Exercise Will Make Figure Look Young

By ELIZABETH TOOMEY
United Press Correspondent
New York — U.P. — The week when most of us exercise the recommended 10 minutes for seven days running and bending and kicking is next week.

Put-off-till-tomorrow calisthenics make good conversation but bad figures. Easy chairs are full of 'em.

Sometimes a pep talk by an expert who paints a flowing future picture of the shape we could be in inspires action. Just such an expert passed through here the other day on her way from a day-long calisthenics demonstration in New Jersey to her own bodyshaping headquarters in nearby White Plains, N.Y.

Ten Minutes a Day
"Give me 10 minutes a day and within two years I can take 15 years off the age of your body," she said.

Naturally, we immediately promised to provide the 10 daily minutes.

Bonnie Prudden looked unconvinced. Promises she gets all the time. But people who actually do devote 10 minutes each day, "not every day but Sunday, but every day," she said, to proper exercises for their figures are hard to find.

Miss Prudden is 42 years old with a figure at least 15 years younger. She is a director of the Institute of Physical Fitness in White Plains, and the author of a book soon to be published called "Is Your Child Really Fit?"

She says "forget how much you weigh," when you start trying to re-shape yourself. It's the measurements that count. She gets as many people who are the proper weight, yet out of shape, as she does overweight people. Her pupils are from four years old to 80 years old.

BREAKFAST RICE

Rice Calas are an old New Orleans breakfast treat. Beat 2 egg yolks. Stir in 3/4 cup beet or can sugar and 1 cup warm cooked rice. Sift together 2 cups sifted flour and 2 teaspoons baking powder. Then sift into the rice-egg mixture. Mix well. Beat 2 egg whites until stiff. Stir into the rice mixture. Drop spoonful into deep hot fat at 350° F. Fry about 5 minutes or until a deep brown and done in the center. Drain on absorbent paper and sprinkle with powdered sugar.

Between the highest and lowest points in Colorado there is a difference of more than 11,000 feet in altitude.

A dairy cow drinks up to 120 pounds of water a day.

Sew-Easy Ensemble



9032
SIZES
2-10
by Marian Martin

She's the prettiest little miss in her new "princess" outfit! Whirl-skirted sundress with frosting of bright embroidery—tiny bolero in empire—effect completes the lovely ensemble. Best of all—sew-very-easy for you, Mother!

Pattern 9032: Children's sizes 2, 4, 6, 8, 10. Size 6 dress takes 3/4 yards 35-inch; bolero, 1 1/2 yards. Embroidery transfer too.

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

"It is never too late," she said. "It is sometimes easier for me to get a woman of 35 in shape than to shape her 13-year-old daughter," Miss Prudden said.

She says the average woman past 30 who comes to her institute has weak and soft abdominal muscles and is beginning to get excess fat at the hip and the waistline. Many ask her how to keep the upper part of their arms firm. She recommends "simple pushups" for the latter problem, beginning with only letting your body down to the floor slowly to strengthen your arms, adding the pushing up later.

"I give women a variety of exercises," said the body builder, cliff climber, ski expert and mother of two daughters. "You should see women of 65 skip across the floor and do African jumps after a few months."

Gold Hill Group Plans Meeting; To Serve Dinner

Gold Hill—a program relating to social studies will be given at a meeting of Gold Hill Parent-Teacher association to be held Thursday, March 9, at 8 p.m. in the school gymnasium.

The importance of social studies in the world today will be stressed during the program. Child care will be provided.

Polls will be open all day Friday, March 9, at the school, for the purpose of voting on names for the two Gold Hill grade schools.

The same day from 5:30 until 7 p.m., a chili dinner will be served in the school cafeteria by the Gold Hill P.T.A. A nominal fee will be charged in order to raise funds to meet this year's budget. Everyone is welcome to attend and music is planned. Following the chili dinner there will be two basketball games, after which the winning school names will be announced.

Parents are invited to attend a P.T.A. group discussion which will be conducted by Mrs. Norman Gail on Monday, March 12, at 3 p.m. in the school library.

Program on Ceylon Planned for Unit

Willow Springs Home Extension unit will meet at the home of Mrs. R. J. Savage, Old Highway 99, at 10:30 a.m. Friday, March 9.

Mrs. R. E. Muller has charge of a program on Ceylon, the meeting-place this year of the Associated Country Women of the world.

Mrs. K. Mainwaring is in charge of a group that will discuss the making of lamp shades. Those attending are asked to bring lunch according to the initials of their last names, as follows: A-G, rolls, butter, relishes; H-M, main dish; N-S, salad; T-Z, dessert.

Child care may be arranged through Mrs. James Holler, NO4-2034.

CALENDAR

Calendar notices and news for the society section of The Mail Tribune must be submitted in writing and deadline for the Sunday edition is 1 p.m. Friday. Deadline for the weekly calendar is 9 a.m. of the day of publication and for week day news is 5 p.m. the day before publication.

Monday
6 p.m.—Christian Business and Professional Women, Jackson hotel.

7:30 p.m.—Dance at Camp White domiciliary theater conducted by auxiliary to VFW department of Oregon.

7:30 p.m.—SPEBSQSA, Phoenix Grange hall.

7:45 p.m.—Westminster guild, fireplace room, First Presbyterian church.

8 p.m.—Olive Rebekah lodge, IOOF hall, 221 West Sixth st., Tuesday

10:30 a.m.—Reese Creek Home Extension unit, home of Mrs. K. Dufour.

1 p.m.—Central Point R.N.A. Mrs. Warren Patterson, Upton rd., Central Point.

1 p.m.—Art appreciation group, AAUW, home of Mrs. Diamond Flynn, 6 Eastwood terrace.

1 p.m.—Past Chief's club, Pythain Sisters, Mrs. Baker Yarbrough, 527 Haven st.

1:30 p.m.—Lady Elks, Elks club lounge.

1:30 p.m.—Zion Lutheran church, Women's guild, church rooms.

1:30 p.m.—Oak Grove Neighborhood club, Mrs. Fred H. Gardner, 38 Renault ave.

Lack of Royalty At Rites Worry To Monegasques

By ROBERT AHIER
United Press Correspondent
Monte Carlo, Monaco—U.P.—How much royalty is going to show up at the big royal wedding next month.

This question is bothering a lot of tourist-minded Monaco residents as preparations go ahead for the April 18-19 nuptials of Prince Rainier and Grace Kelly.

There's a grim possibility that Prince Rainier himself may be the only royal personage for the 100,000 wedding visitors to look at.

British There?
"Do you think the British royal family will come?" total strangers are asked by worried Monegasques.

Ditto the royal families of Belgium, Luxembourg, Italy, Spain, France and other European countries. Most of them don't have thrones, but their presence would do a lot to liven up a wedding.

The reason for concern is Prince Rainier. Europe's royal families it is feared, may give him the same brush-off which he, on occasion, has given them.

Stays at Home
Out of shyness or lack of interest, the handsome bachelor prince always has found an excuse to avoid royal shindigs outside his own small storybook realm.

He even dodged the coronation of Queen Elizabeth II, and everybody who was anybody went to that one.

Besides Rainier's aloofness to royal society there is the matter of publicity. A lot of Europe's bluebloods are said to be turning up their well-bred noses at their wedding invitations because of all the advance ballyhoo.

Their complaint is that the occasion will be less a royal wedding than a final scene from an MGM musical.

Film Scheduled For Meeting of Howard Women

Howard Extension unit will meet Thursday, March 8 at 10:30 a.m. in the home of Mrs. Warren Holbrook, 825 East Jackson boulevard. An "eye-opener lesson" on hair styling will be presented by Mrs. Marlene Funk.

The program, directed by Mrs. Roy Carley, ACWW chairman, is concerned with the eighth triennial conference of the Associated Country Women of the World, scheduled for 1956 at the University of Peradeniya, Ceylon.

A film, "Getting to Know You," will be shown. It pictures some of the women from the many countries of the world in their native home situations, who participate in the self-improvement programs such as local home extension program provides. Mrs. Carley plans to have some of the unit members assist her in describing the customs of the country of Ceylon, as well as describing the lives of Ceylanese women.

Serving on the luncheon committee will be Mrs. L. R. Bailey, Mrs. W. W. Claypool, Mrs. N. F. Gier, Mrs. Herbert Lingner, Mrs. E. A. Walton, Mrs. J. R. Campbell, Mrs. F. C. Freeman, Mrs. E. M. Gleason and Mrs. D. M. Funk. Members are to bring their own table service.

Child care will be available at the home of Mrs. Malcolm McCarty, 2618 Table Rock road. Mothers are reminded to furnish lunch and a sturdy toy for each of their children.

Medford Couple Home From Trip

Mr. and Mrs. M. N. Hogan, Siskiyou court, returned yesterday after a month's vacation trip. The Hogans first went to Las Vegas, Nev., where they spent a few days with their son, Michael, stationed there with the United States Marine corps.

They visited relatives in Phoenix, Ariz., and at the University of Arizona, Tucson, visited their daughter, Miss Sharon Hogan, a student at the university. The Hogans also spent some time at Yuma, Ariz.

Their last stop was in Los Angeles.

According to recent surveys, the movie theaters of the world provide one seat for every 44 persons.

Men's New Spring Clothing Shows Far-Eastern Influence

By ELIZABETH TOOMEY
United Press Correspondent
New York — U.P. — Don't be surprised if your husband comes home this spring with a puggree band on his Easter hat, Chinese lettering on his bamboo-colored socks and a Mandarin collar on his new sports shirt.

It's the Far-Eastern influence, the same one that has women wearing turbans, Oriental sheaths and Indian saris.

Men get a gentle introduction to any "new look" in their wardrobes. So behind the scenes in the men's fashion industry the Oriental influence is referred to in cautious terms.

"We're starting with the hat bands," a hat manufacturer said. "We use the puggree drape, copied from the scarf wound around an Indian helmet, new colors and occasionally sneak a bow in the back. Changes in men's fashions are slow."

Madras plaid shirts, introducing the muted Oriental shades in sports shirts, are one shirt manufacturer's answer to acquainting men gradually with Far Eastern colors.

New Colors
Another men's hat manufacturer has named its spring fashions "teakwood, hemp, Malay and coffee bean."

Sock manufacturers aren't so subtle. Men will be able to buy nylon stretch socks in that bamboo shade mentioned above, with Chinese lettering down the sides. They also can purchase socks in an Oriental shade called

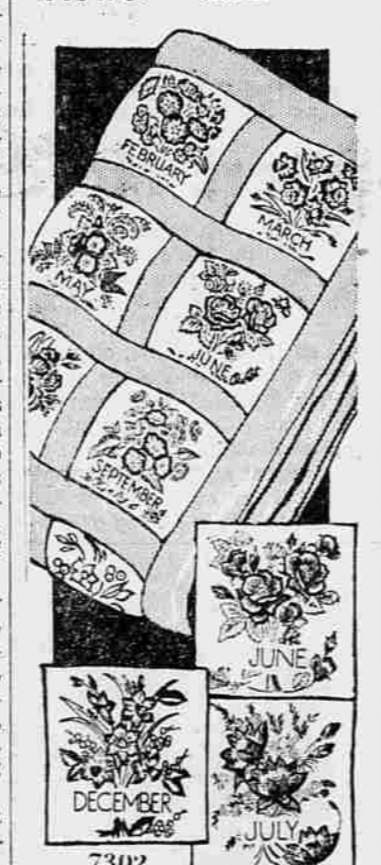
Navy Mothers' Club Announces Meeting Tuesday Morning

Rogue Valley Navy Mothers' club will meet at the home of Mrs. L. C. McCoy, Howard avenue, Tuesday, March 6, at 10 a. n. for an all-day session. A covered dish luncheon will be served at noon, and members are asked to take table service.

Mothers of men or women serving now, or having served, in the Navy, Coast Guard or Marine corps are invited to attend.

It is noted that a business meeting will be held at 1:30 p.m. instead of the usual 2 p.m.

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"green tea" with black and yellow butterflies embroidered on the sides. Or they can cross their legs and reveal lacquer red socks with a Chinese bird embroidered on each ankle in black.

One men's hat manufacturer has hired a woman whose job it is to acquaint other women with these new style changes.

"We are continually troubled with women's influence in our business," Caye Christie, fashion consultant for Lee Hats, explained. "She buys shirts and ties and socks with confidence. But when it comes to hats, she is unsure. She is afraid her husband will look ridiculous in a different style."

More Dimensions
Miss Christie's company settled for subtle new Oriental colors in felt. They're also trying a new "three dimensional" brim which should be a solution for men hesitant to try the new narrow-brimmed hats. The brim is two inches wide on the sides, one-eighth of an inch narrower in front and one-eighth of an inch wider in back.

The other foreign flavor that's creeping into men's designs comes from Italy. Horizontal stripes on dress shirts will be one new spring time example. Narrow-brimmed hats and slim-cut suits and tapered, calf-length sports slacks also come from Italy.

New Shoe Fashions Show Influence Of East in Both Color and Material

St. Louis — The Shoe Fashion board of St. Louis believes that Eastward lies the new shoe direction. This direction is indicated by Orientally inspired ready-to-wear such as side-slit caftan coats, frog-fastened mandarin jackets, coolie hats, tunic coats copied after those of Indian princes, and ankle-length trousers.

While costume designers are Americanizing the fluid fabrics of Indian saris, the intricacies of Persian embroideries and the intensity of indigo, Chinese red and gold, the lure of the Orient also captures the imagination of St. Louis shoe designers.

They're turning tapered toes to the East in low-sided slippers, pumps, and mules taken from authentic examples of Oriental shoemaking. Thong sandals, banded or twisted sandals express themes they've borrowed from India, Tibet and Japan. For play and leisure footwear, they turn toes upward and cut wedges to exotic new slimmings.

But it is through the use of resplendent colors and Far Eastern materials that St. Louis designers find the greatest outlet for Oriental expression. Just imagine leathers reflecting water clear colors copied from Japanese water tints . . . the pale yellow of cane, the pink of a cherry blossom, the blue of a morning glory, the peach tone of an azalea, or the soft green of a chrysanthemum leaf.

Rising in the East, too, are the brilliant sun colors: Persian pink, Mandarin red, turquoise, gold and jade . . . these and other vivid leather tones travel the southern fashion orbit now and will ascend with the sun to a northern spring.

In leather as well as in fabric, shoe designers also make exciting use of tapestry prints borrowed from all parts of the Orient. Intriguing gold touches hint further of an Oriental mood. While gold kidskin frames these Oriental prints, it also serves as underlays and piping for solid leather tones such as Persian pink and cane.

Natural silks in the pale beige tone of unbleached flax or in the cool grey tone of unpolished rice tell a texture story in footwear.

Guests Attend Duplicate Club

Mrs. Harold Jeffrey, Camp White, Chester Kurzet, Portland and Berg Marten, Medford, were guest players for the last meeting of Riverside Bridge club. The club meets each Wednesday at the home of Mr. and Mrs. Roy Pruitt, and play on March 7 will be for master points.

North-south winners for last week's session were William Isaacs and Mr. Pruitt, first, 90 points; Mrs. F. R. Baker and Mrs. Berg Marten, second, 80; Mrs. B. B. Hughes and Mrs. Lloyd Johnson, third, 75; Miss Isobel Stuart and John Solheim, fourth, 68.

East-west winners were Mrs. W. W. Stevenson and Mr. Kurzet, first, 79; Mrs. Jack Mitchell and Mrs. George Dean, second, 72; Mrs. Fred Purdin and Mrs. Dwight Seely, third, 69 1/2; Mrs. P. L. Andrews and Mrs. Richard Milestone, fourth, 64 1/2.

Medford Student Now on Pep Club

Portland — Miss Melissa L. Jennings, freshman, Medford, recently became a member of Lewis and Clark college Pep club.

Miss Jennings takes part in religious activities and women's sports of the college. She is the daughter of Dr. and Mrs. George S. Jennings of 218 Saginaw drive.

Eagle Point HEC Sets Cleanup Day; Chairman is Guest

Eagle Point — Members of Eagle Point Grange Home Economics Club have set Friday, March 9, as a cleanup day for the hall. All Grange women are asked to attend and to be ready to "pitch in" at 10 a.m. A sack lunch will be served at noon.

Mrs. O. V. Poe, district HEC chairman, was a guest at the last meeting of Eagle Point HEC, held at the home of Mrs. Lenn Hickman, Mrs. Ted Hoffman assisted by Mrs. Hickman.

Mrs. Poe urged women to enter the state and national sewing contests. A sunback dress and jacket, pillow slips and wool hooked rugs will be judged this year. She noted that Eagle Point was the only Grange in the county to turn in a home economics recognition report.

Woman Contributes Magazine Recipe

A prune bread recipe furnished by Mrs. M. Robbins, 915 West 11th street, is featured in the March issue of Sunset magazine.

A release concerning the recipe points out that Mrs. Robbins is "one of those adaptable western cooks with something different and just right to offer for lagging spring appetites."

Used primarily for closed-up or halter slip pumps, the Oriental naturals in silk are particularly exciting when set off with carved wooden heels and vamp ornaments. Many of these wooden heels and vamp ornaments reflect bamboo.

East and West continue their fashion alliance in shoe trappings. Floral ornaments reminiscent of a Hawaiian lei or a Japanese garden are favored for afternoon sandals. Jeweled teardrop fall from turban-draped vamps. Tooled effects and cut-work on leather mark street-wear styles, while embroidery and gliding add Oriental enchantment to moonlight fashions.

Butte Falls Mission Schedules Meeting At Gilbreath Home

Butte Falls — The missionary group of Reese Creek Gospel mission will meet at the home of Mrs. Neva Gilbreath Thursday, March 8. The meeting will be a combination work session and shower for Mrs. Betty Hefley, and those attending are asked to take a potluck dish for the noon luncheon.

Materials needed are yardage and good used clothing.

Meeting Announced For Townsend Club

Harmony Auxiliary Townsend club will meet Wednesday, March 7, at 12:30 p.m. at Carpenters' hall, 123 1/2 West Main street. A covered dish luncheon will be served.

The club announces that visitors are always welcome to attend.

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