

### Tape Recordings Provide Program For Unit Session

Rogue-Elk — Members and friends of Rogue-Elk Extension unit heard an unusual program of tape recordings during an open meeting held at the home of Mr. and Mrs. Ronald Axtell, Laurelhurst road, March 28. The program was on the subject of Associated County Women of the World.

Under the direction of Mr. and Mrs. B. Sam Taylor, Medford, taped talks made for extension programs were presented from Holland, England, New Zealand and Dallas, Tex. An ardent tape-recording lobbyist, Mr. Taylor explained that the plan of exchanging ideas and information with people in other parts of the world originated with Harry Mathews of Dallas. By way of tape, Mr. Mathews spoke to the group and introduced his wife who said she exchanged recipes from other countries but hadn't yet been able to try one for kangaroo tail soup.

Miss Margery Elliott, music teacher in a Birmingham, England, high school said that since she lived in the second largest city of England, she scarcely felt qualified to speak on an ACWW program, but was pleased to greet everyone.

Andre Stientje of Nieuw Loosdrecht, Holland, talked about auto-cycles, or bicycles with motors. Mr. Stientje is an interpreter for a large corporation. Mr. Taylor stated that English is rapidly replacing French as the common language of Europe.

By way of colored slides which accompanied the taped talk, John McDonald, teacher in Taupake school, Auckland, New Zealand, showed unit members through his school and conducted them on a trip to the black sand beaches bordering the Tasmanian sea.

To augment their tape hobby, the Taylors have assembled a large collection of letters, stamps, magazines and pamphlets from other lands.

"People from other countries want to know about our everyday life," said Mr. Taylor. "They are interested in what we wear, what we had for breakfast, in the appearance of our homes, and they seek understanding of us. With world understanding will come peace."

Seventeen members of the unit and four guests were present for the luncheon which followed the morning business meeting.

### College Students Home for Week

Four students attending Whitworth college in Spokane are spending spring vacation in Medford with their families. Here for the holidays are Miss Donna Witter, daughter of Mr. and Mrs. George Witter, 843 West Second street, a senior at the college; Bill Cochran, son of Mr. and Mrs. William S. Cochran, Hillside drive; Vance Tinseth, a sophomore and a son of Mr. and Mrs. Helmer T. Tinseth, 1300 Queen Anne avenue, and Jim Grey, junior, son of Mr. and Mrs. Herb Grey, South Barnburg road.

The four will leave Saturday to return to Spokane and their classes.

### Series of Recitals To Open Thursday

First of a series of recitals will be held Thursday, April 5, at 7:30 at the Eve Prentice Accordion studio, 517 Newtown street.

Mrs. Prentice will feature as soloists Larry Snyder, Patty Ruozzi, Monte Noble, Linda Rush, Virginia Walters, Joe Bailey, Ramona Schroeder, Phyllis Colbaugh, J. Evelyn Burroughs, Gloria Johnson, Laurena Plankenhorn, Doyle Branson, Beverly Lenz, Richard and Marilyn LeFleur and Miss June Deiss.

Relatives and friends of the students are invited.

### PTA Council To Install

New writers for the Medford Council of Parent-Teacher associations will be installed at the meeting of the council Thursday, April 5, according to Mrs. Roland Holmes, retiring president. The meeting will open at 1:15 p.m., and the installation ceremony will be conducted by Mrs. William Ardry.

Elected to serve next year are Mrs. Owen Kunkle, president; Mrs. Milo Kubalek, first vice-president; Mrs. Floyd Fogelquist, junior vice-president; Mrs. Roy Alder, secretary; and Mrs. Fred Simcox, treasurer.

This will be the last meeting of the group during the current school year. Mrs. Holmes states, and new officers of the member units are especially invited to attend. Each unit should be represented by its president, vice-president, and two delegates. School principals and administrators are ex-officio members of the council.

Leonard Mayfield, superintendent of the Medford city schools, will speak on matters pertaining to the proposed consolidation of West Side and Oak Grove school districts with district 49.

A group of Mothersingers will present a few numbers from their program to be presented Sunday, April 29. The concert, titled an "Hour of Song," will be at Hedrick Junior High school.

### Cheer-Up Chores!



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by Alice Brooks



AWARD WINNERS—Helen Hayes (right) presents the American Theater Wing's "Tony" awards to Julie Harris and Paul Muni in New York. They were voted star actress and actor in a dramatic play. Miss Harris was cited for her performance in "The Lark" and Muni was honored for his work in "Inherit the Wind."

## Women's Page

### Keeping Books Said Aid For Busy Working Wives

By GAY PAULEY  
United Press Correspondent

New York — (U.P.) — Working wives would have more time for home and family and more success with their jobs, if they kept books on themselves.

This is the theory of Virginia Conner Dick, a fragile-looking blonde mother of two, who laughingly concedes that she probably is the most "systemized" career woman around. Mrs. Dick, a successful interior designer, said she couldn't crowd all she does in a busy day without her batch of notebooks for keeping data and dates on everything from contents of the attic to social engagements.

"It sometimes sounds as if I'm so busy keeping records I've no time for anything else," said Mrs. Dick. "But I'll tell you, I found it was a choice between order and chaos."

Loose-leaf books The Cleveland-born designer never throws away an engagement book. She has records on such assorted items as the number of yards of fabric needed to cover the living room couch; every gift ever given and received; the dates on which her children got, say, their typhoid shots; a list of things she needs on a trip so that packing is a breeze; and she used to keep an inventory of her wardrobe, but decided it was unnecessary.

Basically, her system for making the most of time is broken down into four loose-leaf books, all of them of the daily diary type kept by physicians and others who work by strict schedule.

One book is kept at her office, and lists appointments for her work day. A second book travels with her wherever she goes, and holds not only reminders of things to be done but ideas she may get while she's in a taxi or on a train. The third is the household book, which includes everything from an inventory of house hold possessions to duplicate listings of vital papers in her wallet — passport number, driver's license, etc.

It Works For Her "The fourth is the catch-all," she said. "In it, I keep things I'm just generally interested in. . . I don't want them to get away." These may include anything from a gardening hint to the review of a book she wants to read.

For Mrs. Dick, the widow of a New York business executive, the system works. It has helped her to build a firm, which has decorated private homes, offices, showrooms, and recently even a crematorium. She also manages her home at Islip, Long Island, N. Y. (she and New York's Mayor Robert Wagner are neighbors on the island); and a handsome apartment on New York's East River. Two children, aged six and 10, help keep her schedule busy.

"I started keeping books 15 years ago as I found my life becoming increasingly busy and my interests broadening," she said. "I don't know how much time it saves me. But I do know I used to waste a lot of it, just trying to figure out what I was supposed to do next."

### Week's Sewing Buy

Woodcraft Lodge Plans Ceremony Phoenix — Members of the Neighbors of Woodcraft lodges in Ashland, Medford, Grants Pass and Phoenix will attend a public installation of officers to be held in Phoenix Community club-house Thursday, April 5. The ceremonies are to begin at 8 p.m., with the Phoenix lodge as the host group.

Entertainment will precede the installation, and refreshments will be served at the close of the ceremonies.

### Eagle Point Club Plans Workshop

Eagle Point—Eagle Point Garden club will meet tomorrow, April 4, at the home of Mrs. Bill Wattenbury, with Mrs. Don Anderson as co-hostess. A workshop on "Spring Arrangements" will begin at 10 a.m. Each member is asked to bring a sack lunch, their own flowers and container necessary to make an arrangement.

The business meeting will begin at 2 p.m. Roll call will be answered by telling of "The Birds in My Garden."

### Softness is our Baby!

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### Travelers Return To Medford Homes; Student in Italy

Returning travelers and vacation trips provide interesting news this week.

Mr. and Mrs. Alfred S. V. Carpenter have returned to their home, Topsides, on Old Stage road, after an absence of many weeks.

The Carpenters left before the holidays and after a stay in New York they went to Christiansted, St. Croix in the Virgin Islands where they spent several weeks with their son-in-law and daughter, Mr. and Mrs. Burton Daugherty and family.

After arriving back in the United States, the Carpenters spent some time in southern California and Arizona before returning to Medford.

Mrs. Frank Fairweather, Dark Hollow road, returned home last week after spending several weeks in Europe. Mrs. Fairweather and her daughter, Miss Chloe Fairweather, left early in January, sailing from New York January 3 on an Italian liner. They made brief stops in Lisbon, Genoa, Barcelona and Casa Blanca, and left the ship at Naples, where they spent a week.

The two were in Taormina, Sicily, during the period of cold stormy weather which disrupted life in Europe in late winter. Taormina, as do most villages and cities in Europe, stages a pre-Lenten festival and Miss Fairweather took part in one of the parades there wearing Sicilian dress.

After leaving Sicily Mrs. Fairweather and her daughter were in Venice, Florence, Perugia and Rome. Mrs. Fairweather left from Rome by plane upon word of the illness of her husband, who recently underwent emergency surgery in a Medford hospital.

Miss Fairweather planned to spend Easter Sunday in Florence in the company of Mrs. I. E. Schuler, who is spending several months abroad. Yesterday was to start classes at the University for Foreigners at Perugia, where she has enrolled for a course of study.

Mr. and Mrs. Rodney A. Witham and son, Bobby, returned home last week end after a vacation trip south. While away they visited Mr. and Mrs. Sam Brown, former Medford residents who now live at Ocean-side, Calif. They spent some time in Long Beach and San Diego, and later visited for a time with Mr. and Mrs. Gordon Allard at Darwin, Calif. Mrs. Allard is the former Pat Marx, daughter of Mr. and Mrs. Homer Marx of Medford.

The Withams then continued to Reno, where they spent some time with Mr. and Mrs. Clifford Lawrence. Mrs. Lawrence being a niece of Mr. and Mrs. Marx.

### Medford Woman Attends Meeting

Mrs. Victor Birdseye returned home yesterday morning after spending the week end in Sacramento, Calif., with relatives. Sunday Mrs. Birdseye attended the wedding of her brother, Marvin Blakeway, and Miss Ida Day, in a Sacramento Baptist church.

Mrs. Birdseye made the trip south by plane, flying down Friday afternoon.

### Leaves

Miss Calista Farrell planned to leave today for her home in Palo Alto, Calif., after spending a week with her parents, Mr. and Mrs. Frank Farrell, 1315 East Main street.

### 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.

### Tuesday

6:30 p.m. — Pythian Sisters banquet, Holland hotel.

7:30 p.m. — Medford Lady Lions, home of Mrs. Alva Perkins, 2322 East Main street.

7:30 p.m. — Medford Parents' Extension unit, home of Mrs. Lucian Van Gordon, 1508 Stratford way.

7:30 p.m. — Medford Truth Center "Unity," Room 203 Holy Theater building.

8 p.m. — St. Mary's Parents' club, Activity room.

8 p.m. — Women's Guild, Zion Lutheran church, church parlors.

8 p.m. — Chapter BE, PEO, home of Mrs. R. J. Keeney, 4126 Colver road, Phoenix.

8 p.m. — Eagle Point Grange, at Grange hall.

8 p.m. — Griffin Creek Community School club, at school.

8 p.m. — Crater Lake post, Veterans of Foreign Wars, and Auxiliary, VFW hall.

### Wednesday

10 a.m. — Eagle Point Garden club workshop, home of Mrs. A. Wattenbury.

10:30 a.m. — Lake Creek Extension unit, home of Mrs. Carl Webb, Eagle Point.

10:30 a.m. — Upper Applegate Extension unit, home of Mrs. V. E. Taylor, Star Ranger station.

11 a.m. — Christian Women's Fellowship, First Christian church, at church.

12:30 p.m. — Townsent auxiliary, Carpenters' hall.

1 p.m. — Howard Garden club, home of Mrs. Albert Stocks, 2411 Table Rock road.

1 p.m. — Get Together club, Moose hall.

1:30 p.m. — St. Peter's Lutheran Charity guild, home of Mrs. G. J. Wolff, 512 North Holly street.

1:30 p.m. — Central Point Garden club, home of Mrs. Leonard Freeman, Wilson road.

1:45 p.m. — Contemporary Book club, home of Mrs. Glenn L. Jackson, 117 Greenway circle.

2 p.m. — Wednesday Study club, Girls Community club.

2 p.m. — Ashland committee, American Cancer society, silver tea at home of Mrs. Lloyd Selby, Ashland.

### Lions' Auxiliary To Hold Dinner

Eagle Point—Next meeting of Eagle Point Lions auxiliary will be held April 9 at the Teenage clubhouse. A potluck dinner will be served at 7:30 o'clock.

Board members met recently at the home of Mrs. Hoyl Jordan. Mrs. Vernon Bonebrake conducted a business meeting. The name "foolish felines" was chosen for the secret name exchange which started April 1 and is to continue for a year.

Mrs. Dean Collette assisted Mrs. Jordan in serving refreshments.

### Auxiliary Officer Attends Meeting

Mrs. Don Anderson returned home Sunday after a trip to Portland to attend meetings of the auxiliary to United Spanish War Veterans. The meetings were held because of the visit to Portland of Mrs. Margaret McDaniel, national president of the auxiliary from Oklahoma.

Mrs. Anderson is department senior vice-president of the auxiliary. She was accompanied north by Mrs. Sally Cotter of Grants Pass, also a member of the auxiliary.

### Food Combinations Important Nutrition Foundation States

One way to be sure of good eating is to make calories your friends, advises Dr. Charles Glen King, executive director of The Nutrition foundation. Science continues to find evidence that minerals, vitamins, and the amino acids of proteins are more efficiently used when supplied by the calorie-containing foods in which they occur naturally, Dr. King states. Results of research caution against skipping breakfast or other meals as a means of cutting down on calories. Besides the loss of alertness which follows this practice, there is a reduction in the effective use of food nutrients. Essentials needed for building

and maintaining healthy tissues may be lost from the body. At the University of Nebraska the effect of proteins in meals spaced at different intervals was studied. When the daily supply of protein was furnished in only two meals, there was wasteful loss from the body of nitrogenous substances needed for tissue building. Dividing the same proteins evenly among three meals restored balance and the losses of essential nitrogen decreased, Dr. King states.

Another study points up this need for timing, and emphasizes besides the selection of calories for the company they keep. At the University of Wisconsin, investigators found that the way the amino acids are supplied in the diet affects the way the body uses them. They recommend a ratio of amino acids as they occur in high quality proteins, as in meat, fish, poultry, milk, cheese, and other dairy products. Your chances for balancing amino acids are favored, they say, when animal proteins are supplied with each meal. Balanced combinations may also be obtained when cereals, vegetables, or fruits are eaten with animal proteins. Combinations of cereals with milk, meat with beans, or fruit with cheese are examples.

### Musician Booked By Ashland Club

Dr. Sigmund Spaeth, known as the "tune detective," will speak for a meeting of Siskiyou Knife and Fork club in Ashland Monday, April 9. Dr. Spaeth, composer, author, member of the panel of critics of the Metropolitan Opera on the Air, will speak on the topic, "Enjoying Music." As the "tune detective," Dr. Spaeth has traced the origin of many of this country's popular songs. He has written about 20 books on music, including "Barber Shop Ballads," "The Common Sense of Music" and "Popular Music in America."

Members of the club are asked to make their reservations with Secretary William Dawkins, P.O. Box 84, Ashland, no later than April 7.

### Chapter CP

Chapter CP of PEO will meet Wednesday, April 4, at 12:30 p.m. at the home of Mrs. Robert Elliott, 432 Ardmore avenue. Mrs. Ed Strother will be her assistant hostess, and Mrs. George Polski, will present the program.

### Barbecued Flank Steak Takes Company Rating

New York — (U.P.) — Barbecued flank steak has a company rating but at the same time is an economy item in your food budget.

Cut a 1½ pound flank steak into 4 servings. Mash 2 cloves of garlic and mix with 1 teaspoon salt and ¼ teaspoon ground black pepper. Rub into both sides of the meat. Combine 1 tablespoon each of fresh lemon juice and cider vinegar, ½ teaspoon of chili powder, and 1 teaspoon of crumbled whole oregano leaves. Pour over the meat and soak for at least 3 hours. Transfer to a baking pan, and pour on 2 eight-ounce cans of tomato sauce. Broil 15 minutes, or until brown on one side, basting once. Turn and broil 15 minutes on the other side, or until the meat is brown and tender. Yield, 4 servings.

### To Elect

Election of officers will be held at a meeting of the Ladies' auxiliary, Fraternal Order of Eagles, set for Thursday, April 5. It will begin at 8 p.m. in the lodge hall.

### Plan Concert

Talent — Talent High school band will present the annual spring concert Friday, April 6, at 8 p.m. in the school gymnasium. The public is invited to attend.

### Past Presidents To Meet Tonight

Past Presidents' club of the Degree of Honor lodge will meet tonight at 8 o'clock at the home of Mrs. Irl Groves, 1108 Reddy avenue.



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