

Women's Page

Help Yourself to Happiness

Readers are invited to present their problems. All queries will receive individual attention and should be accompanied by a stamped, self-addressed envelope, directed to MARY HARRIS SEIFERT, M.A., Department of Education, The AMERICAN INSTITUTE OF FAMILY RELATIONS, 5257 Sunset Boulevard, Los Angeles 27, California.

How Marriage Counselors Help

"I'm here only because my wife talked me into it," says Mr. A. seating himself at our desk and glancing at a spot above our head. "Darned if I can see how a counselor or any outsider can help our marriage. It's OUR problem and OUR marriage..."

visors? There are, of course, amateurs and outright charlatans in the profession—but with caution the client may spot them. Flagrant and phoney advertising, with extravagant claims, often proclaim the unethical. Ministers and doctors, as well as hospitals, can direct the client to a sound source of advice. We here at the American Institute of Family Relations, maintain cross-reference files netting the entire nation, so that we may refer queries even in remote areas to the nearest available help, when such is necessary.

Guests Arriving For Wedding Here

A number of visitors arriving in Medford today and tomorrow will attend the wedding Saturday of Miss Ann Hart to Arthur Beavens. The rites will take place at St. Mark's Episcopal church at four o'clock.

Among those coming are Mr. and Mrs. Glenn Davenport and two children, Diana and Mike, Pasadena, Calif.; Mr. and Mrs. Rollin P. Rodolph, San Francisco, who will be guests of Mr. and Mrs. John Boyle, Ross Lane; Mrs. E. A. Geary and daughter, Miss Alice Geary, Klamath Falls, who will be guests of Mr. and Mrs. E. P. Vilas, Route 2, and the Misses Sally Severance and Miss Sara Patterson, Portland, Kappa Alpha Theta sorority sisters of Miss Hart will be guests of Mr. and Mrs. Howell B. Murphy, Ross Lane.

Also here for the wedding will be Mrs. James Vranizan, Portland. Mrs. Vranizan, the former Nancy Lageson, and son Jimmy will be guests of her parents, Dr. and Mrs. B. L. Lageson, Glen Oak court.

Mr. Beavens and his parents, Dr. and Mrs. E. A. Beavens, Alhambra, Calif., and other relatives of the bridegroom arrived yesterday.

Flower Arrangement Bulletin Available

Putting summer blooms into pleasing arrangements can add charm to your home.

And to help you learn to arrange flowers in attractive ways, the extension services of Oregon State college, Washington State college and University of Idaho have prepared a new bulletin, "Arranging Flowers."

According to the bulletin, flower care begins when flowers are cut. Daily water changes help keep them fresh. Practice is one of the best ways to learn display techniques, the writers say. Select everyday arrangements as an experiment; as you find ones you like, use them for special occasions.

Containers and holders are pictured in the bulletin as important flower accessories and should be selected as carefully as the flowers.

Copies of the new publication are available on request from county extension agents and the OSC bulletin clerk.

Four Paintings To Be Exhibited During Month

Four pictures have been selected by Southern Oregon Society of Artists for exhibit in downtown Medford during the coming month. Picture-of-the-month is an oil painting of still life done by Mrs. John Wilson of Medford. The picture chosen to be hung in the Library is an oil entitled "Roses," by Mrs. Ada Andrews of Gold Hill. An oil by Dr. E. O. Muhs entitled "Kaleidoscope," a study in design and color, will be shown in the Medford Paint Store, along with another oil by Mrs. Andrews, entitled "Spring Festival."

Guests at the last meeting of the society were Mrs. Eloise Rapp and William Fontaine, both of Medford. Clifford Platz was speaker for the evening, and gave an absorbing talk on what art meant to him as an individual and what it had done for him since he started painting. He also told of a trip along the Oregon coast, where he visited several artists, and described an exhibit he attended.

Mr Platz showed the group an oil painting he did one Sunday afternoon at Union Creek resort, showing one of the picnic shelters in the woods. The group invited Mr. Platz and Mr. Fontaine to select the four pictures to be shown for next month.

Four creative wood carvings by Mr. Fontaine were displayed and were favorably received. Refreshments were served by Mrs. Ada Andrews, Mrs. Jean Neece and Warren Wolf.

Back-To-School



9165 2-10 by Marian Martin

Easy-sew this versatile style as a school-time jumper or dress—add the overblouse to make it a smart ensemble! Lovely long-torso lines are first in fashion for the younger set—so-o pretty



Mrs. Josephine Siple, (at left) and Mrs. Shirley Robbins, are two of the musicians who will play with the Samuel Pepy's Recorder Consort of Los Angeles which will give a concert Sunday, August 26, in the Oregon Shakespearean Festival shell. Mrs. Siple plays the virginal, a 16th and 17th century spinet, and Mrs. Robbins plays the alto recorder. The 11 members of the Consort are traveling to Ashland at their own expense to give the concert, set for 4:30 p.m. Play of the evening will be "Love's Labour's Lost" with curtain time set for 8:30 p.m.

Feeding the Family

By ZOLA VINCENT
Food Editor

Barbecued Fish

Very Good Dish

For this delectable fish dish, use trout, cod or other small fish, split and boned; or use any of the popular fresh or frozen fish filets. Figure half pound of fish per serving.

Arrange two to three pounds boned fish on well greased baking dish, skin side down if whole fish is used. Sprinkle with salt. In saucpan, put one onion, finely chopped, two tablespoons butter or margarine, juice of one-half lemon, two teaspoons vinegar, one teaspoon honey, one-fourth teaspoon curry powder or turmeric or one teaspoon Worcestershire sauce, one-third cup catsup and cayenne pepper to taste. Simmer until consistency of thick sauce.

Spread thinly over the fish with a pastry brush. Broil under moderate heat, basting with sauce from time to time, for 15 to 20 minutes until cooked through but not dry.

Spice Tips for New Meal Interest
Here are gourmet touches at almost no cost at all; ways of using up those interesting looking spices and herbs you've accumulated, or that justify purchase of fresh new spices.

Roasts, Steaks, Chops. Rub these with mustard or ginger, garlic, onion or celery salt before cooking. Add allspice, cloves, curry, chili powder to flour for browning or gravies.

Meat Ideas. For variety meats such as kidney, heart, oxtail, use bay leaves, whole cloves, whole allspice, red pepper, celery seeds, curry powder or chili powder in the sauce. If you're using milk in the sauce, you'll like poultry seasonings, thyme, marjoram or oregano.

Brains and Sweetbreads. Parboil with a small bag of mixed pickling spices.

Egg Excitement. Scrambled eggs, omelets, poached and soft cooked eggs take well to curry powder, chili powder, dried mustard, marjoram, thyme, oregano, onion salt, celery salt, paprika, singly or in combination. To eggs that are creamed in casserole or baked, add nutmeg, turmeric, mustard with a touch of powdered ginger. To deviled eggs, add paprika, mustard (either dry or prepared), onion salt, celery salt, chili powder, curry powder.

Tulare Fried Chicken. It is only natural that Tulare, heart of the dairy industry, should like chicken fried with plentiful cream and butter. Broilers and fryers continue plentiful at very low cost. Wash and thoroughly dry a frying chicken that has been cut into serving pieces. Dip each piece

in colorful check and plain cotton! Pattern 9165: Children's sizes 2, 4, 6, 8, 10. Size 6 jumper and overblouse take 2 1/4 yards 35-inch checked fabric; 1/2 yard plain.

This easy-to-use pattern gives perfect fit. Complete, illustrated sew chart shows you every step. Send THIRTY-FIVE cents in coins to rthis 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, N. Y. Print plainly NAME, ADDRESS, SIZE and STYLE NUMBER.

in heavy cream, using perhaps one-half cup of cream. Dredge in a mixture of flour, salt and pepper, using three-fourth cup flour. Heat one-half cup butter and one-fourth cup shortening in a heavy skillet. Put in the flour-dredged chicken. Fry slowly, turning to brown both sides, until golden brown and tender.

Make cream gravy of course for pouring over hot fluffy mashed potatoes or biscuits.

Fresh Tomatoes Are Good Mixers

Wholesome, delicious and rich in vitamin content, tomatoes are a very versatile vegetable. Variable right now in quality, size and price, the home economist will choose the less expensive for ingredient purposes, the firm, fancy ones for slicing cold.

Tomatoes are good by themselves, in salads, freshly stewed with butter, salt and pepper, to say nothing about tomato juices, sauces, catsups. And they're good in ways like these:

Add a cup or so of fresh stewed tomatoes to Swiss steak, to a meat loaf or when preparing a gelatin aspic. Fresh tomato wedges will improve a beef stew or ragout.

Scalloped salmon fixed with tomatoes instead of milk is delicious.

Bake halibut or other white fish in tomatoes. A little chopped onion and some bay leaf baked with fish and tomatoes adds flavor, color and texture interest.

Hash or a mixed vegetable casserole is improved with the addition of chopped fresh tomatoes.

Vegetable Combinations
With market bins piled high with seasonal vegetables, how about trying some new combinations on the family. Many can be combined happily either to begin with or as left-overs. Peas and corn cut from the cob... spinach and mushrooms... lima beans and onions... spinach and carrots... peas and finely diced celery... corn and tomatoes. Simply add butter, sweet or sour cream, salt and pepper and serve hot. Try a dash of cinnamon for change.

August Abundance Suggests Poultry, Beef Vegetables Galore
Poultry Good Buy. We continue to put spotlight on plentiful fryers and broilers as heavier supplies than grown in former years come to market at lowest prices remembered by this foods writer.

Home freeze for future use; enjoy now, fried, broiled, barbecued, hot or cold. Turkeys of all sizes are surprisingly low in cost for August eating. Roasters are especially economical because of that good stuffing and gravy along with turkey left-overs for several days of good eating.

Meat Buys Many. Excellent beef buys continue in boiling, stewing and pot roasting cuts of all grades. Hamburger has all the good nutrition of fancy beef cuts, is a bargain for frequent hamburger - and - bun meals. Young Spring lamb, fine-flavored and tender is excellent buy with shoulder roasts and cuts for stewing in bargain class. Good buys in fresh pork cuts with plenty of spareribs for barbecuing. Variety meats should appear on our menus at least once a week, say the nutritionists; liver, heart, sweetbreads, tongue, kidneys. Watch for good buys

Klickitat PUD Plans To Build John Day Dam

Goldendale, Wash. — (U.P.) — What started out as a two-way battle between private power companies and advocates of federal construction today promised to become a free-for-all after the Klickitat county Public Utility District announced its interest in construction of the proposed \$310 million John Day dam on the Columbia river.

An application will be filed with the federal power commission, according to L. E. Darland, the Klickitat PUD president. It would be for a preliminary permit to investigate feasibility of PUD construction of the dam by issuance of revenue bonds.

The PUD would build the dam according to plans made by the U.S. Army engineers, Darland said.

The John Day dam has already been authorized for federal construction. However, three private power companies want to finance it in exchange for a 50-year right to the 1,105,000 kilowatt output of the dam.

The three private power companies are Pacific Power & Light, Washington Water Power, and Portland General Electric. They have indicated they were ready to put up \$273 million as prepayment for power from the project.

LOUISIANANS PUSH YAMS

Opelousas, La. — (U.P.) — Some 80 Louisiana "yambassadors" will leave Saturday for Milwaukee on a good will visit to promote interest in yams. Included in the group of growers, shippers and canners will be Kay Sellers, state yambilee queen.

in ready-to-eat meats. Canned meats and specialties that are ready-to-heat-and-eat offer menu variety at reasonable cost.

Fruit Parade. Peaches head fruit parade. Of good quality, they're priced for canning and freezing. Plums are plentiful but there's wide variety in quality. Bartlett pears of fine flavor are increasing in supply. Gravenstein apple season is short. No finer apple for pie making and apple sauce; good too for out-of-hand eating. Melons are at their best. Plenty of seedless Thompson grapes, nectarines, Valencia, the juice oranges, fill bins.

Vegetable Buys. Cabbage, topped carrots, celery, corn, cucumbers, lettuce, romaine, green beans, eggplant, beets, dry onions, summer squash varieties, tomatoes of variable size and quality, green onions and radishes for relish dish and salad making offer amazing menu variety.

Fish Favorites. Fresh Chinook salmon is a seasonal delight for frying, baking, barbecuing, poaching; for serving hot at one meal, cold at another. Other steak and baking varieties include ling cod, Northern ling cod, sablefish. Fresh filets include ling cod, rockfish, true cod, Dover sole, sea bass and petrale sole. Pan-readies include rex sole, Idaho trout, sandabs.

One-Yard Aprons!



7039 by Alice Brooks

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Two FREE patterns—printed in the new Alice Brooks Needlecraft book for 1956! Stunning designs for yourself, for your home—just for you, our readers! Dozens of other designs to order—all easy, fascinating handwork! Send 25 cents for your copy of this wonderful book right away!

Coos Bay, Eureka Studied for Mills

Portland — (U.P.) — Owen R. Cheatham, president of Georgia Pacific Corporation, said last night that the firm was looking into the possibility of future pulp and paper mill operations at Coos Bay, Ore., and Eureka, Calif.

He said the studies were being made as part of the company's long-range program for integration of its Pacific Northwest operations. The projects were described as part of Georgia Pacific's new heavy paper production venture. The first phase is the kraft-type mill now under construction at Toledo, Ore.

Cheatham said studies of the pulp and paper possibilities at Coos Bay and at Eureka would fit into a pattern of future growth which he predicted for the forest products industries

Queen Juliana Breaks With Healer

The Hague, Holland — (U.P.) — Queen Juliana today "permanently" broke with a faith healer whose alleged influence was reported to have alienated the Queen's husband and caused a state crisis in Holland.

A royal communique said the Queen and her husband, Prince Bernhard, had solved their "difficulties" and "We now look forward to the future with confidence."

A companion announcement from "authoritative sources" to Dutch newspapers said the Queen had broken "permanently" with faith healer Greet Hofmans, whose alleged influence brought on the crisis. The Queen and her husband both immediately left by air for Nice, France, en route to Corfu, Greece, "for a vacation."

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At Reunion

Ashland — Mr. and Mrs. Don Conley, Clifford and Vernon, attended the annual Myrtle Creek reunion held last Sunday at Benion Lane park. Everett Wimer of Roseburg was elected president.

CALENDAR

Friday
6:30 p.m. — Degree of Pochontas, Redman hall.
WORM CHAMP
Holyoke, Mass. — (U.P.) — Arnold J. Hahn claims to be the world's champion worm-digger. So far this year Hahn has dug up 55,000 worms. He said he is trying to break the mark of 110,000 he set last year.

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