

# CALENDAR

**Sunday:**  
2:30 p.m.—Open house, Jewett school, Central Point, and M. Patrick school, Gold Hill.

**Monday:**  
6:30 a.m.—Jackson Toastmasters club, Jackson hotel.  
1 p.m.—Rogue 113, National Federation of Grandmothers clubs of America, home of Mrs. L. L. Lolis, 129 North Oakdale ave.  
6:30 p.m.—Medford Toastmasters club, Medford hotel.  
7:30 p.m.—Parents Home Extension unit, home of Mrs. William Jensen, 502 South Holly st.

8 p.m.—Crater PTA, school cafeteria.  
8 p.m.—Hammond Oregon society, at Purucker Piano house.  
8 p.m.—Scottish Rite Women's club, Masonic temple.  
8 p.m.—Women of St. Mark's Episcopal church, at parish house.  
8 p.m.—Women's Missionary circle, Berean Baptist church, at home of Mrs. J. B. Johnson, Eagle Point.

**Tuesday:**  
10:15 a.m.—Woman's Society of Christian service, First Methodist church, chapel.  
11 a.m.—Woman's Society of Christian service, Schweitzer room, First Methodist church.  
12 noon—Kiwanian Dames, Mrs. W. J. Moreland, 123 Vancouver ave.  
1 p.m.—Howard Garden club, home of Mrs. John Crocker, Coker Butte rd.  
1 p.m.—Women's association, First Presbyterian church, Social hall.  
1:30 p.m.—Rogue Valley Herb society, home of Mrs. Otis Nagel, one-quarter mile east of Eagle Point on Brownsboro road.  
6:30 p.m.—Kappa Delta Alumnae association, Wooden Shoe.  
6:30 p.m.—Prospect PTA, school cafeteria.  
6:45 p.m.—Medford Toastmistress club Roxy Ann Grange, Spring st.

8 p.m.—Eagle Point Elementary PTA, Cafeteria in Elementary gymnasium.  
8 p.m.—Elta Devell Hubbs Tent 11, Jackson county courthouse auditorium.  
8 p.m.—Nevita chapter 93 OES, Masonic Temple, Central Point.  
8 p.m.—Phoenix Grange booster night.  
8 p.m.—Pythian club, home of Mrs. Rene Grosh, 1089 Siskiyou blvd., Ashland.

**Wednesday:**  
10:30 a.m.—Rogue Elk Home extension unit, home of Mrs. George Tockstein on Big Butte Creek.  
12:30 p.m.—Medford Harmony Townsend club, at Carpenters Union hall, 123 1/2 West Main st.  
7:30 p.m.—Mistletoe club of the Royal Neighbors of America, home of Mrs. A. B. Shirley, 2681 Bucksfoot road.  
8 p.m.—Daughters of Brit-

ish Empire, home of Mrs. E. Sybrant, 502 South Peach, next to Washington School playground.  
8 p.m.—Southern Oregon Dental Assistants association, at Employees clubhouse, Veterans Administration, Camp White.

**Thursday:**  
10:30 a.m.—Willow Springs Extension unit, home of Mrs. John B. Coia.  
12:30 p.m.—Medford Sojourner's Pythian hall.  
7:30 p.m.—Medford City Teachers association, Jefferson Grade school.  
8 p.m.—District Four, OSNA, Rogue Valley Country club.  
8 p.m.—District meeting, Order of Eastern Star Chapters, Medford Masonic hall.  
8 p.m.—Reames Chapter 66, OES Medford Masonic hall.

**Friday:**  
12:30 a.m.—Ecta Social club, home of Mrs. D. W. Bowers, 48 Rose ave.  
2 p.m.—Crater Lake chapter DAR, home of Mrs. R. E. Green, 701 Park ave.  
**Saturday:**  
7:30 p.m.—Junior posse, Posse club house.

### Worthy Matron To Visit County; Dinner Planned

Mrs. Bertha O. Burton, Portland, worthy grand matron of the Order of Eastern Star in Oregon, will be honored guest at a district meeting of the order to be held Thursday, October 25, at 8 p.m. in Medford Masonic hall. Mrs. Burton is a member of Camellia chapter in Portland.

Participating with Reames chapter, hostess group, will be Alpha, Ashland; Adarel in Jacksonville and Nevita, Central Point. Mrs. Melvin McGrew is matron of Nevita chapter. Mrs. Clare Shores heads Adarel chapter. Mrs. R. E. Van Vleet is matron of Alpha and Mrs. E. G. Randolph heads the hostess chapter.

Medford Senior High school chorus, directed by Lynn Sjolund, will furnish entertainment during the evening.

Preceding the meeting Mrs. Burton will be honored at a banquet in the Pioneer room at the Jackson hotel. Reservations must be made not later than Tuesday, October 23, with Mrs. Ray K. Bailey, 2-8523; Mrs. Glen W. Jerdin, 2-6391 or Mrs. Frank C. Roberts, 2-5694.

General chairman for the evening will be Mrs. Jack Creager, assisted by Mrs. Claude E. McIntyre.

New York—(U.P.)—One new carpet sweeper can be adjusted for rugs of various thickness. The sweeper also has wheels in sides, so that it is easier to sweep close to walls and heavy furniture. The variable-pitch dial sets the sweeper for high or low pile carpets.

### Lodge Introduces Past Grand Chief; Report Presented

Mrs. Harry Bryant, Medford member and past grand chief, was officially introduced and seated at the last meeting of the Pythian Sisters Tuesday evening.

Initiation will be held November 20th, with practice time for the staff and officers announced at a later date.

Plans were made for a rummage sale to be held October 31. A progress report was made on the collection of money and fruit for the Pythian home at Vancouver, Wash.

The grand representative, Mrs. Polly Offutt, reported on grand temple held at Bend, Ore. Mrs. Nellie Douglas, supreme chief, was presented.

Mrs. Harry Bryant, now past grand chief of Oregon, presided over the 3-day convention, with 183 members registered.

The refreshment committee for the evening was Mrs. Leroy Cline and Mrs. Polly Offutt.

### Furniture Designs Undergo Changes; Television Cause

Chicago—(U.P.)—Television is causing drastic changes in furniture design.

Items ranging from desks to entire living room suites have been remodeled to accommodate television's demands, manufacturers at the recent American Furniture Mart's Summer show reported.

"Take desks for instance," said Robert L. Sligh, assistant sales manager of Sligh of Grand Rapids. "When television sets first came into existence desk sales fell sharply. It took us some time, but we finally figured out why."

Sligh said it seemed that the addition of a television set made most living rooms overcrowded and some piece of furniture had to go. Since all tables and chairs available were needed for the television audience, the only dispensable item was the desk.

"But all that is changed now," noted Sligh. "We've come out with entirely new styled desks which assume the role of focal points rather than utilitarian objects. The desk will now be a conversation piece instead of a cluttered up hunk of furniture."

Television also has effected furniture construction.

"I often hear people asking for the massive furniture of the 'good old days,'" said Delmar R. Kroehler, president of the Kroehler Manufacturing Co. of Chicago. "They're just lucky that furniture isn't around anymore. It never could withstand the wear and tear of an average television family. Today's furniture must be made sturdier than ever before. And people are spending so much time in their homes now because of television, that they're more style conscious."

### Chapter to Hold Birthday Meeting

Central Point—Nevita chapter, Order of Eastern Star, will hold a birthday meeting and honor past matrons and past patrons at a session to be held in the Masonic temple, Central Point, Tuesday, October 23, at 8 p.m.

All past matrons and past patrons of the chapter are invited to attend.

Mrs. Melvin McGrew, worthy matron, will preside and chapter officers will be in charge of decorations and refreshments.

# Potpourri

Just listening to the other fellow can be a positive force for peace says Dr. Samuel I. Hayakawa, noted semanticist. Dr. Hayakawa talked the other day for a women's group in Sacramento, Calif., and suggested that the passive act of listening to gain understanding of another's point of view is something which more of us should do.

He suggested listening without immediately judging. "Let communication flow the other way," he suggested. "Discover the basis of objection, how it looks to the other fellow. It takes courage and strength to listen without seeking to evaluate the other side's point of view. Communication is a universal problem at both tiny and enormous levels. It can be improved by anybody, starting with yourself. And peace will be that much nearer."

Mrs. Phil Hitchcock knows how to listen. Mrs. Hitchcock was a guest at a small luncheon given Tuesday by Mrs. E. A. Littrell, and the quiet Mrs. H. let her table companions do most of the talking when the conversation was on politics, which it mostly was.

When it wasn't politics, it was food. Before luncheon, and encouraged by the delicious smells wafting in from the kitchen, the group talked about diet and we found that others have the same problem that we do—namely, eating enough breakfast in order to keep from starving before luncheon. Mrs. Hitchcock said one of her favorite nutritionists has this advice: Eat like a king for breakfast, like a prince for luncheon and like a pauper for dinner. She added that she and her husband had been treated to a "king's breakfast" of venison steak at the home of friends in Drain en route to Medford.

The exceedingly attractive and personable Mrs. Hitchcock, a brunette, wore a sand-colored knit dress for the luncheon engagement.

We've often thought that one of the perils of campaigning would be the amount and quality of food which candidates must consume under all sorts of trying conditions. The constant oratory would be a frightful ordeal, but the parade of breakfasts, luncheons and dinners, with coffees and teas in between, is surely enough to ruin both the digestion and morale of even the strongest man.

About the time three weeks have gone without any word from the young marrieds, and about time we decided to send a one-word wire, or a really scorching letter, then along comes a four-page missive, and peace is restored. In the last one from Ft. Ord, they even remembered to answer questions.

We were properly thanked for having sent the brushes, pills, brewer's yeast and monopoly game, plus a jar of pear butter, and we were assured that the clothes rack really didn't matter. What became of the rack still remains a household mystery. We put it in a safe place, and haven't seen it since.

"We have played monopoly several times," wrote the young Army wife. "And Kenny even got ambitious and carved some figurines to use in it from a block of wood that he found in a vacant lot down the street. They are really quite interesting—one is a nude female torso and the other three are along the African mask line. We named them Giggles, Bubbles, Godiva and Ethelbert."

She added that the soldier, an oboist, had been transferred to the Band Training unit, and that he, as well as Raoul Maddox of Medford, who is also stationed at Ft. Ord, had both written concerning the possibilities of being transferred to the Sixth Army band at the Presidio in San Francisco.

The letter they received came via Keith Mirick, Medford musician already serving in the Sixth Army band, and the two young couples are now pondering the pros and cons of adding a year to their Army service and being privileged to play in that band, or of taking their chances with draftee status.

"We both went to a rehearsal of the Monterey Bay Symphony last night with Raoul and Tudy," she continued, which was most enjoyable. There was a potluck dinner beforehand, and I ended up playing last chair second violin, using a borrowed instrument. Kenny played second oboe, and enjoyed it even more than I did. The number we worked on was the 'Pathetique Symphony'. The man who conducts up until the time of the concert is an oboist, and is considered the best on the coast. He comes down from San Francisco once a week for rehearsals, and then about two rehearsals before the concert, they import a conductor from San Francisco who takes it from there.

"They get state aid because it is considered a class—college I suppose, and they pay mileage to people from out of town and they also pay baby sitters. There are some very fine musicians in the group—several from Fort Ord and the other service installations around here. One young man, who was Kenny's assigned roommate for a few days, was the assistant conductor of the Minneapolis Symphony before he was drafted."

"The trainee band is about half made up of professional musicians and music teachers, with a few high school musicians to balance it. Kenny and four other trainees have formed a woodwind quintet, and they are to tape some programs for radio broadcasts."

The letter went on—four typewritten pages on both sides of the sheets, with news about the score made in a civil service exam which was satisfactory, the fact that she was proud to have missed but one question on the California driving test for a learner's permit, that Doug Brannock of Medford is stationed at the Naval "postgraduate school" in Monterey, and that when Raoul M. hears that she has received the Sunday paper from home he always wistfully asks if it was the sports section, or only the society.

Potpourri actually went hunting last Sunday. True, it wasn't much of an expedition, for the two of us just went up into the hills south of Medford and climbed around on a wooded slope. While we didn't see any deer, the close sound of rifles, including a semi-automatic, made Potpourri a trifle uneasy. However, we didn't come home empty-handed. We picked up the usual assortment of pretty rocks, three different kinds of cones, some velvety green moss to put around house plants—and poison oak on both ankles. O.S.

# Roughage Important For Normal Diet, Nutritionist States

Philadelphia—"Any normal diet can be so planned that it will contribute sufficient amounts of roughage," says Corinne H. Robinson, head of the department of food and nutrition, Drexel Institute of Technology, Philadelphia. She states that the daily need for fiber is about six grams per day for an adult. This is a small amount, but highly important to health.

These six grams, according to Dr. Robinson, could be made up, for example, from the fiber content of such a selection of foods as the following: 1 medium orange; 1 medium apple; 1 serving of cabbage; 1 medium potato; 1 serving of cooked carrots; 1 shredded wheat biscuit or 1/2 cup of oatmeal and 2 slices of whole wheat bread.

Where the fiber content of the diet is to be increased, usually the increase calls for more whole grain breads and cereals and more fresh fruits and vegetables, the fruit preferably being eaten raw and some of the vegetables also being eaten uncooked, as in salads.

**Vitamin Standards**  
A fruit or vegetable is classified as vitamin-rich when a usual serving (as defined in a standard list) provides at least one-tenth of the recommended daily allowance of vitamin A or one-fourth of the recommended daily allowance of ascorbic acid (vitamin C).



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