

### Housewife, Cold Cream Defended

By GAY PAULEY  
United Press Correspondent  
New York — (U.P.) — Hubby complains about her. Cartoonists poke fun at her. But Florence E. Wall defends the housewife who runs around in cold cream and curlers.

Miss Wall said this woman is doing herself and those who have to look at her a favor—she's working at the young look.

Miss Wall, a cosmetics chemist for 30-plus years, has no patience with the woman who "lets herself go around the house, and then heads for the beauty shop when she wants to make a killing."

"That's expecting a miracle," said the sprightly Miss Wall, whose beauty credo is based on prevention. She recently became the first woman to receive the Society of Cosmetic Chemists' annual medal for contributions to the field.

Florence Wall, a graduate of St. Elizabeth college, Morristown, N. J., and New York university, has spent most of her scientific career in cosmetics. She helped pioneer development of modern hair dyes; organized NYU's first accredited courses related to cosmetics; has taught cosmetology at NYU and other schools, and has written six textbooks in the field.

She believes a woman should start preventive care of her skin in her 20's—"certainly not later than the 30's," she said.

"Neglect the skin and the figure when you're young . . . and pay the price later," she said, in an interview. "I believe in the retaining rather than restoring idea."

Her beauty prescription—the combination of cosmetics and facial massage. And, with regularity. "It is like the concert pianist who said that when he neglected practice one day, he could notice the difference in his playing," she said. "Two days, and the critics noticed. Three days, and the public noticed."

"The woman who uses cosmetics has a better skin than the one who doesn't," said Miss Wall. "Even in casual application, there is some massage benefit."

She makes no recommendation for specific brands of creams and foundations—"none of them is harmful," she said. But she divided them into three major types: cleanser, which she said should not penetrate but "flush out" soil, emollients, which are the rejuvenators; and the finishers, now usually liquid.

Skin beauty also depends on diet, rest, and general health, she said. Miss Wall practices what she preaches—most of the time. "Sometimes, I neglect massage," she confessed. "But daily cleaning is automatic."

"I'm comfortably past middle age," she added. "And for me, I don't think I look bad."

### Nutritionists Now Use 'Basic Four' For Meal Planning

New York — (U.P.) — The "basic seven" of proper meal planning has been reduced. It now is the "basic four," with U.S. Department of Agriculture approval.

The Nutrition Foundation, a research organization underwritten by the food industry, now lists the basic needs of each day's meal as milk, meats, vegetables and fruits, bread and cereals.

"This new plan need not replace others being used effectively," said Dr. Charles King, foundation director. But he pointed out it was easier to follow.

The basic seven, a guide to meal planning for many years, included fats and sugars, and separated the fruits and vegetable categories.

The foundation explained that fats and sugars still were diet essentials but usually appeared in meals in combination with appropriate foods anyway.

"Most people use sugar in coffee or tea, or on cereal," a spokesman explained. "And fats are included in such things as salad dressing."

Enjoy corned beef hash at a moment's notice. Add 2 tablespoons new moisture-free instant minced onion to a package of instant mashed potatoes; cook according to label directions. Then add 1 egg and a can of corned beef. Shape into patties and fry in butter or bacon drippings until golden brown.



Bob Friars, young world traveler who has visited many parts of the globe, will give a travelogue for Rogue Valley Knife and Fork club Monday, January 7. The movie will be shown at the Esquire theater beginning at 8:30 p.m. and will be followed by a buffet supper at Rogue Valley Country club at 8 p.m. Reservations are to be made with the club secretary, Mrs. J. S. Heatherington, no later than Saturday, January 5.

### Program Planned By Republicans

Jackson County Republican Women will meet Wednesday, January 9, at 12 o'clock at the Jackson hotel, and it is announced that the program will be unusual.

Mrs. Curtis Hopkins, county clerk, will speak on election laws. A surprise feature is planned, and a prize will be awarded.

The annual election of officers will be held. The nominating committee presented the following slate of officers at the last meeting: Mrs. Wayne Stine, president; Mrs. C. B. Francis, first vice president; Mrs. Lester Adams, second vice president; Mrs. William Blackstone, third vice president; Mrs. James Moerder, secretary and Mrs. Frank Ross, treasurer.

Anyone interested in attending is asked to make reservations with Mrs. Roy V. Rickard, 2-2578.

### 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, 2281 Sunset Boulevard, Los Angeles 27, California.

"I'm tired all the time," complains Sherry. "I can never get rested, no matter how I try." "I wake up tired," yawns Joe. "I get even more tired during the day, and boy, am I a wreck by night!"

From every side we hear complaints of fatigue. Even sedentary workers who expend little physical energy complain of chronic fatigue. We are a nation of tired people and seem unable to rest ourselves before the pattern becomes a genuine disease. We are tired of traffic, of children, of office routines, of professional struggles, of in-laws, of finances, and of ourselves. In short, we are emotionally exhausted. Life offer too many stimuli, too often unpleasant, to us.

But my weariness is as real as the holes in last year's shoes, you argue. I'm used up and no doubt about it. Emotional fatigue is genuine. It translates itself into aching muscles, pains,

### Visitors Leave For Coast Home

Mr. and Mrs. Perry Evans, Brookings, Ore., returned to their home New Year's day after spending the holidays in Medford and Klamath Falls.

The Evans spent Christmas with Mrs. W. A. Cormany, 1017 West Ninth street, and Mr. and Mrs. William W. Bittle, 139 North Columbus avenue.

Later the couple motored on to Klamath Falls for a visit with Mr. Evans' sister, Mrs. Joy Rolph, and his brother, Joe Evans, and their families. They returned to Medford for a few more days with Mrs. Evans' mother, Mrs. Cormany, before leaving Tuesday.

Mrs. Evans, the former Connie Cormany, owns and operates a beauty parlor in Brookings, and Mr. Evans owns and operates electric and television service.

### Installation Held By Herb Society

Installation of officers was held by Rogue Valley Herb society during the annual homecoming meeting December 27 at the home of Mrs. Otto Nagle, Eagle Point. The decorations included a manzanita Christmas tree hung with Christmas balls, and large candy canes hung in the windows. Pine and holly sprays decorated the tables.

Officers were installed by Mrs. John Holst and Mrs. Stephen F. Counts, past presidents of the society. Mrs. Holst made tussy musses which were presented to the new officers.

Installed were Mrs. Walter McLean, Gold Hill, president; Mrs. L. W. Lingscheit, Medford, treasurer; Mrs. Nagle, corresponding secretary. Other officers will be installed at a meeting set for January 22 at the home of Mrs. John Holst, Gold Hill.

Mrs. McLean appointed committees for the year. Gifts made from herbs were exchanged during the social hour. Arrangements of Christmas greenery and decorations were displayed by Mrs. Counts and Mrs. O. E. Henderson, Eagle Point.

At the January meeting herb foods will be discussed, and herb bread will be baked.

### Conductor Has Dual Role for Concert Sunday

Leonard Bernstein is both conductor and piano soloist on the New York Philharmonic-Symphony broadcast on KYJC-CBS Radio Sunday, January 6 at 11:30 a.m.—1 p.m., PST. Following his conducting of the Haydn "Symphony No. 102 in B flat" and Bartok's "Music for Strings, Percussion and Celesta," Mr. Bernstein descends from the podium to play the solo part of Maurice Ravel's "Concerto for Piano and Orchestra in G."

Elaine Malbin, concert soprano and opera star, Robert Merrill, baritone of the Metropolitan Opera, and popular singers Connie Towers and Jack Haskell are guests on KYJC-CBS Radio's "The Woolworth Hour" Sunday at 1-2 p.m., PST. Percy Faith conducts the Woolworth orchestra and chorus, and Donald Woods is program host.

## Society

### Easier to Cut, Sew and Fit



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Fashion news in PRINTED Pattern—the cape as the star of spring! This pretty sundress has its own cape, that you can button on in two different ways (smooth diagonal line, turn-back revers).

Printed Pattern 9050: Misses' Sizes 12, 14, 16, 18, 20. Size 16 dress requires 4 3/4 yards 35-inch fabric; cape takes 1 3/4 yards.

This printed pattern assures perfect fit. Easy directions printed on each tissue pattern part. 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 with SIZE and STYLE NUMBER.

### Quickly Memorized



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MEETING POSTPONED BY HEDRICK PTA  
The monthly meeting of Hedrick Parent-Teacher association has been postponed from January 7 to January 14, it was announced today.

For unusually tasty turkey-almond salad, add a can of drained, minced clams to a mixture of turkey, celery, green pepper, pimiento and roasted almonds. Toss lightly with a dressing of two parts mayonnaise and one part oil and one part wine vinegar.

### Holiday Visitor Leaves for Home; Son Visits Here

Two visitors spent the holidays at the home of Mr. and Mrs. C. Aubrey Sander, 2008 Hillcrest road One was Mrs. James A. Elson, Mrs. Sander's daughter-in-law who came from San Antonio, Tex. Mrs. Sander met Mrs. Elson at the airport in San Francisco and the two visited several days in the Bay area with Mrs. Sander's brother and her father, A Coenenberg, before coming to Medford.

Mrs. Elson marveled at the western mountains and the snow which she saw on a trip to Crater Lake National park. She met relatives and friends of her husband during her stay here.

Mrs. Elson's husband is serving in the Army and is an x-ray technician in an Army hospital in Korea. A graduate of Medford High school, he attended Oregon Technical Institute at Klamath Falls.

Also here was David Elson, another son of Mrs. Sander, who attends Long Beach City college in Southern California. He was graduated from Medford High school in the class of 1949, attended Oregon State college and is a veteran of the Korean war.

Mr. and Mrs. Sander and Mrs. Elson motored to San Francisco last Saturday where Mrs. Elson boarded an American Airlines flight for the return trip to Texas. The Sanders then visited a few days in the Bay area before returning home.

### Family Returns From California

Mr. and Mrs. J. H. Lusk and three children, Signe, Kirby and Ragan, have returned to their home, 333 South Riverside avenue, after spending the holidays in Long Beach, Calif. They visited Disneyland and other southern California attractions. En route home the Lusks spent some time in San Francisco where they toured Chinatown and visited the zoo. They were accompanied on the trip by Mrs. H. B. Lusk, Mr. Lusk's mother.

### Dr. Jouett P. Bray

Will Resume PRACTICE Monday, January 7th

### Californian Attends Meeting of Auxiliary

Mrs. Amelia Miller, who lives in California, was a guest at the meeting of Medford Townsend auxiliary and club held Wednesday noon at Carpenters' hall. A covered dish luncheon was served.

Mrs. Enos Naffziger presided for the business session. Mrs. Thornton Arnold, president of Townsend Club No. 1, read the Washington D. C. Flash. The meeting closed with readings and music.

The club will meet again Wednesday, January 9, at Carpenters' hall, 123 1/2 West Main St. Visitors are Welcome to attend.

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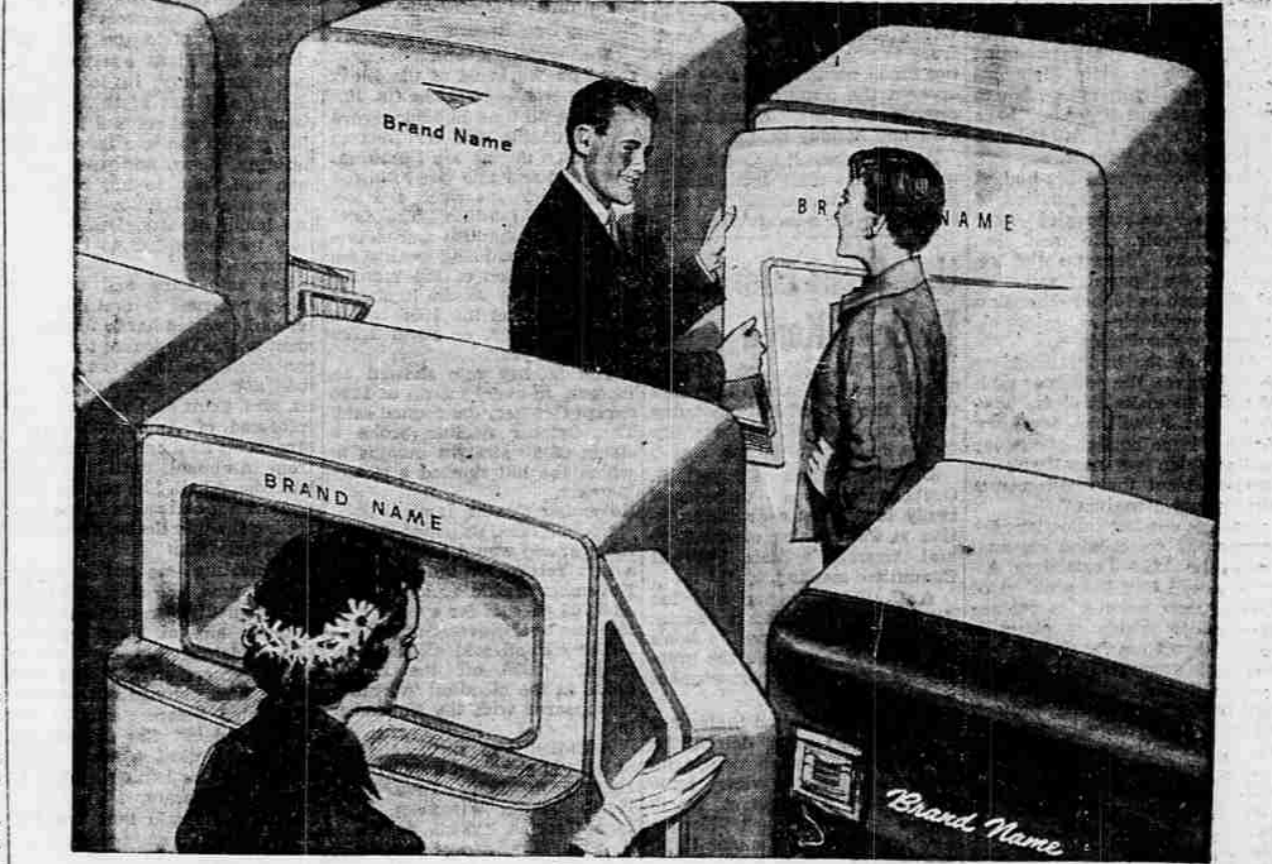
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The answer's obvious. You look for the brand name on the refrigerator—your "guarantee." You've learned to follow this first rule of safe and sound buying:

A good brand is your best guarantee  
No matter what kind of product you want to

buy, you know a good brand won't let you down. You know the maker stands back of it—guarantees it. And so, when you buy a good brand you know you're right.

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