

# 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, W. A. Department of Education, The AMERICAN INSTITUTE OF FAMILY RELATIONS, 5287 Sunset Boulevard, Los Angeles 27, California.

"You can be happy, though married," psychology assures us, as if the two states were ordinarily incompatible. Recent surveys tell us that one couple in six is "extremely happy," and one in twenty "quite unhappy." What makes happiness? What makes a marriage?

"The happiest marriages," says Dr. Paul Popenoe, director of the American Institute of Family Relations in Los Angeles, "are characterized by congenial relationships, companionship, sexual compatibility, and the couple's determination to make marriage succeed. Indeed, at least two of these factors must be present if the marriage is to be a working arrangement; more of them if it is to be above average in happiness."

From a quarter century of counseling, the American Institute of Family Relations has come up with a recipe for marital happiness:

1. Emotional maturity of both husband and wife. Each partner must be adult, able and willing to accept adult responsibility in a mature world.
2. General compatibility. Before marriage the wise young couple reaches a common ground of understanding of ideas on religion, ideals and interests. Age, intelligence, social background, and the like should not be too different between the two if there is to be a feeling of oneness essential to a happy marriage.
3. Physical and sexual satisfaction. Where an unhappy adjustment exists, both partners should cooperate in remedying the situation with understanding and sympathy. If the problem is beyond their powers, they should seek the aid of a competent consultant.
4. Satisfactory environmental factors. In-law interference, inadequate housing, job difficulties and insufficient income all take their toll of the couple's happiness. With intelligent plan-

ning and effort, unpleasant elements can often be eliminated with astonishing rapidity. Only then is there room for the freedom of happiness.

5. Common goals. Genuine love enables husband and wife to meet each other's needs with understanding. Common goals bind them together in mutual effort, which is a powerful drive toward success in attaining marital happiness and well-being.

## Easter Announces Program

The Cleveland orchestra, conducted by Musical Director George Szell, will be heard in a special broadcast from Severance hall, Cleveland, Ohio, on KYJC-CBS Radio Easter Sunday, April 21 at 11:30 a.m.-1:00 p.m., PST.

Mr. Szell will present the orchestra in two favorite works in the orchestral repertoire. He will open the program with music appropriate to Easter Sunday, the Prelude to Act I and the "Good Friday Spell" from Wagner's "Consecration Festival Stage Play," "Parsifal."

The remainder of the program will be devoted to a performance of the Beethoven Symphony No. 6 in F major (the "Pastoral").

During the concert intermission, music commentator James Fasset will interview Mr. Szell concerning the orchestra's 39-year history and on his plans for the orchestra's forthcoming European tour. During the past season, besides its concerts in Cleveland, the orchestra has given 40 concerts on tour between Indiana and Massachusetts.

The Cleveland orchestra will replace the New York Philharmonic Symphony in this special broadcast for this date only.

Vivian Della Chiesa, operatic and concert soprano, Eugene Conley, tenor of the Metropolitan Opera, together with popular vocalists Connie Boswell and Jack Harris, will be the Easter guests of Percy Faith and his orchestra on KYJC-CBS Radio's "The Woolworth Hour: The Best in Music" Sunday, April 21 at 1-2 p.m., PST. An added feature on the program will be an Easter play, "Her Name Was Mary."

For her Easter Sunday solo, Miss Della Chiesa will sing the exultant "Open the Gates of the Temple," and later will join Mr. Conley and the orchestra and chorus in "Bless This House." Mr. Conley's other vocal selections are "Hosannah" and "Christ The Lord Is Risen Today."

"Her Name Was Mary," dramatic portion of the program, tells the story of Mary Magdalene at the Resurrection of Christ. The play was written for "The Woolworth Hour" by Draper Lewis, with music for the orchestra and chorus composed and conducted by Percy Faith.

## Women of Moose Hear Librarian; Egg Hunt Planned

Two special meetings were held by Women of the Moose during April. Mrs. Marjorie Shepler, chairman of the home-making committee, was in charge of a chapter night program April 10. Speaker for the evening was Miss Helen Webster of the Medford Public Library. She gave a review of books in the library that are helpful to women, whether homemakers or career girls.

Mrs. Ray Martin, chairman of Friendship circle, was in charge of a program given April 17 for that committee. A film concerning research on the Salk polio vaccine was presented by William Herring from the Navy recruiting officer.

Initiated were Mesdames William Evans and Keith Osborn, sponsored by Mrs. John Norvell and Mrs. Fred Douglass respectively.

Mesdames Orville Stevenson, senior regent of Grants Pass chapter, and Dee Stradford, formerly of Roseburg and a Medford resident, were guests. Participating in this month's birthday march were Mesdames Raleigh Wyatt, John Summerfield, Clarence Pfister and Fred Foust.

Mooseheart alumni committee will be in charge of the annual Easter egg party to be held Saturday, April 20 on Halsey street southeast of Medford at 1 p.m. A cordial invitation is extended to all children of the Moose and their friends.

The public service project, "Easter car lift," as advertised nationally on the radio by Bob Hope, will be carried out in all localities by the Loyal Order of Moose. Any one in this locality who wishes transportation to church on Easter Sunday, may contact the local Moose lodge by calling the Cronin Insurance office, telephone 3-3171.

The next regular business meeting of Women of the Moose will be April 24.

Central Point — Happy Harvesters plan a square dance at Central Point Legion hall Saturday, April 20, at 8 p.m. Paul Larsen will call to "live" music. Potluck refreshments will be served.

# Society

## Club Plans Annual Show

Central Point — Nevita Social club of Central Point will present the fourth annual "Blossom Time" luncheon and style show Thursday, April 25. The event will be held in the Central Point Junior High school gymnasium, Fourth and Bush streets.

Tickets may be purchased from any member of Nevita chapter, Order of Eastern Star. Clothing for the show will be furnished by Mann's Department store of Medford, hair styles will be by Tim and May Lee of Mann's beauty salon and Raun James, also of Mann's, will assist with the stage decorations.

Also cooperating on the show will be Medford Plate Glass company, Crater greenhouse, John Lusk, who will furnish organ music, Jerry Heiken and Merle Norman cosmetics who will furnish favors.

Entertainment will be provided by the Crater High school choir, under the direction of Norman Carothers, and Mrs. Corine Robbins, director of music in the Central Point elementary schools.

## Marcia Spence Is Representative For Grand Bethel

Miss Marcia Spence, member of Bethel 55, International Order of Job's Daughters, was chosen representative to Colorado at the recent grand session held in Portland.

Miss Margaret Selby, grand Bethel marshal, served in that capacity for the installation of new grand officers during the session. Miss Selby, queen of Bethel 55, also had the honor of escorting her mother, Mrs. Paul Selby, grand librarian, during the formal opening ceremonies. Also sharing the escort honor was Miss Barbara Gordon, librarian of Bethel 55.

Also attending the grand session were Arvid Althens, associate guardian of Bethel 55; Herbert Sampbert, guardian treasurer; Mrs. Harold Gordon, guardian secretary; Mrs. Alan Jewett, publicity chairman of the Bethel, and fifteen Bethel members.

At the last meeting of the Bethel, a box social for members and their fathers preceded the session.

Saturday, April 20, Bethel members will wash cars in order to earn money for the Bethel treasury. The work will be done at Frank James Texaco station, corner of Kings highway and Stewart avenue; at Walt Johnson's Texaco station, Jackson and North Riverside avenue, and Peebler's Texaco station, Main and Hawthorne streets. Hours will be from 10 a.m. to 3 p.m.

## Social Evening Planned by Club

Scottish Rite Women's club plans a social evening Monday, April 22, at 8 p.m. in the Masonic temple.

The newly elected officers, Mrs. Garer W. Couey, Mrs. George D. Osler, Mrs. Edwin C. Hoffman and Mrs. Edward C. Root, will be hostesses for the affair.

Cards will be played during the evening. The Scottish Rite Masons will join the ladies for the coffee hour at the close of the evening. All wives, widows, mothers, daughters, and sisters of Scottish Rite Masons are welcome to attend.

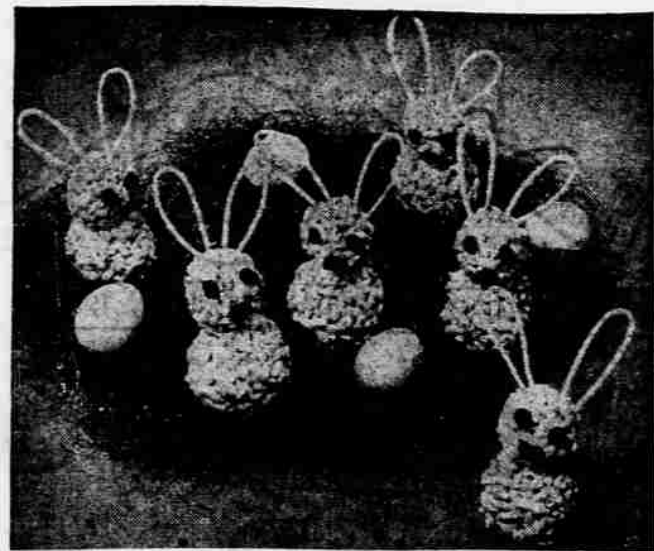
## Cruisers' Class

Cruisers class of First Presbyterian church, Medford, will meet at the church Monday, April 22, at 6:45 p.m. for a potluck dinner. The program to follow will feature a round table discussion on "What Presbyterians Believe."

## 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 3 p.m. the day before publication.

Friday: 8 p.m. — Pocahontas lodge, Redman hall.



A whole family of puffed rice bunnies perched on your table at Easter time! Watch the children's eyes light up when they catch their first glimpse of the little bunnies with their pipe cleaner ears. Mother will find Funny Bunnies especially charming for they are so easy to make—even the tiny tots in the household can share in the fun. With all hands molding the puffed rice bunnies, each will have a personality all its own. Tasty as well as nutritious, each Funny Bunny is sure to win the heart of someone at your house this Easter!

**Funny Bunnies**  
Makes 8 bunnies

**Bunnies:**  
6 cups puffed rice  
1/4 cup butter or margarine  
1/2 pound (about 32) fresh marshmallows

**1/2 teaspoon vanilla**  
**1/4 teaspoon red food coloring**

**16 pipe cleaners for ears**

Heat puffed rice in shallow pan in moderate oven (350°F.) 10 minutes. Pour into greased bowl. Melt butter and marshmallows in top of double boiler over hot water; stir until smooth. Add vanilla and food coloring. Pour over puffed rice, stirring until evenly coated. With greased hands, form eight 2-inch balls and eight 1-inch balls. To assemble and decorate bunnies, fasten small balls (heads) to larger balls (bodies) with thick confectioners' sugar frosting. Use pipe cleaners to form ears, pushing each end of the pipe cleaner firmly into the head. Use raisins, nuts or semi-sweet chocolate pieces for eyes, nose and mouth, fastening on with confectioners' sugar frosting.

## Hostesses Give Birthday Party For Californian

Hills, Calif.—A surprise birthday party in honor of Evan Maupin was given recently by Mrs. Vern Burns and Mrs. Harry Burns at the former's home, S S. Bar Ranch. Dinner was served from a table decorated with daffodils and candles.

Present were Mr. and Mrs. Vern Burns and children, Donna and Danny; Mr. and Mrs. Harry Burns, Mr. and Mrs. Robert Burns, Mr. and Mrs. Evan Maupin and Mr. and Mrs. Forest Burns, Riverside, Calif., who recently purchased the S. S. Bar from Thomas Sawyer of Los Angeles, Calif.

Mr. Maupin, an employee on the ranch for the last three years, is a brother-in-law of Fred Bayliss, Roberts road, Medford. For many years Mr. Bayliss was superintendent of the S. S. Bar, which at that time was owned by the late Reginald H. Parsons of Medford and Seattle, and known as Mountcrest ranch.

## Committee Plans Court of Awards, Brownie Ceremony

A committee of Girl Scout Troop leaders and assistants from Lincoln school met Tuesday with Mrs. A. B. Culy, neighborhood chairman of Lincoln-Jackson neighborhood, to plan the annual court-of-awards and fly-up which will be held Friday, May 17, at 7:30 in the Lincoln gymnasium.

Present at the meeting besides Mrs. Culy were Mrs. Ivar Hult, leader of Troop 188, fourth grade Brownies who will fly up, Mrs. H. D. Moore and Mrs. Johnny Weber, who lead Troop 111, third grade Brownies, Mrs. Lorene Babcock, leader of Troop 74, sixth graders, and Mrs. Eric de Place, leader of fifth grade Troop 77. The group met at the home of Mrs. Hult, 510 Beatty street.

Troop 77 members are working for and will have completed the second class rank; Troop 74 has earned several badges toward the first class rank.

## Plan Dance

A public square dance will be held Saturday, April 20, at 8:30 p.m. at Roxey Ann Grange hall on Spring street. Gordon Kershaw and Kenneth Howe will call; potluck refreshments will be served.

## One in Every Family



Mother-in-law: "Now that you're one of the family I'm entitled to tell you that, frankly, you should let Victor do something with that hair..."

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## Frostbite To Be Kitchen Hazard Instead of Burn

By GAY PAULEY  
United Press Correspondent  
New York — (U.P.) — Frostbite soon may replace the burn as the number one kitchen hazard. Food marketing expert E. W. Williams predicts that in 10 years, more than 50 per cent of the food we buy will be frozen. The kitchen range as we know it today "will eventually disappear, and be replaced by microwave cooking," said Williams. "The revolution is well on its way," Williams, publisher of the trade magazine, Quick Frozen Foods, told the Eastern Frosting Foods association convention here this week.

"The gadget laden kitchen, with its pots and pans, messiness and long hours over a hot stove will soon become antiquated as the coffee grinder."

**Prepared Frozen Foods**  
Williams said 10 million U.S. families now eat their meals at least twice a week in front of the television set. "And most of them are eating frozen foods," he added.

He said some 500 prepared frozen foods are being sold, these in addition to the hundreds of other frozen products such as peas and asparagus, which need cooking.

"Prepared," is the industry's terms for such foods as pot pies and soups which require little more than heating and service. Sales of the prepared frozen foods alone increased 25 per cent last year, Williams said. This year, he predicted, we will eat some 400 million frozen pot pies, 50 million heat and serve dinners, 60 to 70 million fruit pies, and 320 pounds of potato products.

**\$71 Billion for Food**  
Our national grocery bill this year will run about \$71 billion, the Grocery Manufacturers of America report. Of this, all types of frozen foods take a "bite" of one billion, 600 million dollars.

"Small bite now," said a GMA spokesman. "But each year it gets bigger."

Each year also, the list of luxury frozen items gets longer. The housewife can buy artichoke hearts, frogs' legs, snails, crab roe, bear meat, dandelion greens, passion fruit or bean sprouts. Or, she can purchase dozens of so-called nationality foods. Williams said purchases of these, including Italian, Mexican and Oriental, add up to \$80 million dollars a year.

## Many Diplomatic Posts Changed

Washington — (U.P.) — The Eisenhower administration is changing almost half of the nation's top diplomatic representatives serving at 78 overseas posts.

A United Press survey disclosed today the big shift began soon after last November's election. Since then changes made or in the works cover nearly 40 foreign diplomatic assignments.

The diplomatic turnover has been so extensive that Congress is beginning to sit up and take notice. One of the chief congressional complaints is that the administration is favoring "political" appointees instead of career diplomats for top posts.

Investigation shows that 54 career diplomats are assigned or will be assigned as ambassadors or ministers representing the United States. This compares with 24 non-career people holding top diplomatic posts. This figures out to 70 per cent of the diplomatic posts in the hands of career foreign service officers—the highest percentage held by career diplomats in American history.

Augusta, Ga. — (U.P.) — President Eisenhower flew here for a vacation Thursday and began playing golf barely an hour after he arrived.

A storm that hit Southern California during the night dropped temperatures to the freezing level in the mountains and covered the ground with several inches of snow.

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