

Family Program Announced by Y

YMCA officials in cooperation with the Medford Welcome Wagon hostess group announces a family night program for all families new to the Medford community and Y families on Friday, June 7. It will be held at the Y building from 7 to 10 p.m. and will be designed to appeal to all members of the family. It is stated:

The program will begin with a movie in the Social hall at 7 p.m. A pool program is scheduled from 7 to 9:15 p.m. a gymnasium program from 9 to 9:15 p.m. folk dancing from 9:15 to 9:30 p.m. and at 9:30 p.m. every one will gather in the Social hall for refreshments and entertainment.

All new families in the Medford area and the Rogue valley are invited to attend.

The Welcome Wagon hostess group will introduce the new families and acquaint them with the YMCA building and its facilities.

Knights, Nomads Hold Session Here

An estimated 300 members and families of Dramatic Order Knights of Khorassan and the Nomads of Avesta from Oregon and Eureka, Calif. are convening here this weekend.

Taking part in district ceremonies and eighth order exercises are men from El Adil temple, Eugene; Abd Uhl Atef, Portland; El Se Kwan, Eureka; and Fahat Burkan, Medford, and women from Sanhas in Portland, Corvallis, Roseburg and Eureka.

The combined groups met for a banquet in the Jackson hotel last evening followed by further district activities. A barbecue and picnic are scheduled for Tuesday at the park this afternoon.

The groups are subsidiary organizations of the Knights of Pythias lodge.

Child Diets Lack Protein, Nutrition Authority States

New York — Slump-shouldered children, who lack the pep and energy for lively, happy play, may owe their poor constitution to faulty home nutrition. This is the finding of Dr. Genevieve Stearns, of the University of Iowa School of Medicine, an international conference on Protein Nutrition, sponsored by the New York Academy of Sciences and E. I. du Pont de Nemours & Co., Inc. Dr. Stearns declared that preschool and grade school children who do not get enough high-quality protein in their daily diet are apt to suffer from fatigue posture.

"They stand with their shoulders slumped and their heads sticking out behind and their stomachs sticking out in front," Dr. Stearns explained. They look tired and are rather limp. They never get into any trouble because they haven't any energy. They aren't what we call exuberant children."

But, poor posture and a lack of energy are not the only prices paid for inadequate protein nutrition. Dr. Stearns emphasized: Children suffering from fatigue posture also seem to be more susceptible to disease—and once sick are slower to recover. As an example, she cited a study showing that children given high-protein diets during convalescence from rheumatic fever had as low an incidence of recurrence of the disease as children given preventive doses of antibiotics.

Dr. Stearns reported to the conference that studies over a 25-year period at the Iowa School of Medicine have shown that children require more high-protein foods in their diets than has previously been recommended. Scientists have long believed that infants, because of their high rate of growth, require more protein than do older children. In fact, said Dr.

Stearns, older children require proportionately as much, and perhaps more, high-quality protein foods such as meat, milk and eggs.

The reason for this high protein requirement is that although the tremendous weight gains of infancy drop off at about eight months of age, body muscle should increase to its adult proportion—about 45 percent of body weight—by or before the twelfth year. In other words, Dr. Stearns said, during this period the body muscle must increase at nearly twice the rate of the increase in body weight.

Thus, fatigue posture cannot be blamed simply on the fact that the child "doesn't sit properly" or "sloshes around with his hands in his pockets." Instead, it must be realized, Dr. Stearns said, that these children probably do not have the muscle development necessary for good posture. And the only way proper body muscle can be built is by eating adequate amounts of high-quality protein foods. Furthermore, in these kindergarten and early school years, childhood diseases are common and good protein reserves are necessary to help the child regain health quickly.

How much protein is adequate to prevent fatigue posture and maintain health? Dr. Stearns recommends that between the ages of eighteen months and four years the child eat a daily minimum of three glasses of milk, a serving of meat, one egg, and cereals and other vegetable proteins customarily served. The same diet, with slightly larger portions, and perhaps an extra glass of milk and a peanut butter sandwich "snack" will insure good muscle growth in the older youngster.

As protein foods contain so many of the nutrients essential for good health, "generous use of protein is the cheapest nutritional insurance we can buy for children," Dr. Stearns declared.

Gardeners Plan Session Tuesday

Central Point — Central Point Garden club will meet Tuesday, June 4, at the home of Mrs. Fred W. Greene, Long Mountain road, Eagle Point. Members attending are asked to assemble at the Central Point Grange hall at 12:30 p.m.

Potpourri

We'll never be as famous as Gertrude Stein, but nevertheless, we think the poetess could have done better when it came to the subject of roses. "A rose is a rose is a rose" is what Miss Stein wrote about one of the most beautiful flowers in the world. If Miss Stein could have seen the blossoms of First Love and Pink Favorite and others exhibited by the Medford Rose society members last Monday night, she would have changed her mind about a rose just being a rose.

There's a lot of crossed fingers in the society right now, for the annual convention of the Northwest district, American Rose society, opens here Friday and that same day the society is having its yearly show at Medford High school. Now if the weather will be just right and it doesn't hail or something, there will be dozens of exquisite blooms on display.

Petroleum Peggy came to our rescue again this week and supplied some timely information about roses—and Poetess Stein. The rose is said to be the first flower cultivated, according to Peggy, and it is still a favorite with millions. Garden roses were grown in Greece in the fifth century B.C., and in the Roman era there was a variety of roses lavishly used. Ancient China had rose gardens and so did Syria. Legends say that the Moors brought the very first yellow rose into Europe when they invaded Spain. Roses were used medicinally and for perfume in the Middle Ages, and its fruit was made into preserves, just as it is today.

In fairness to Petroleum Peggy, we feel obligated to add some of her propaganda—from the petroleum industry comes the oil-based plastic film which nurserymen use to prevent the roses from drying out before they reach your garden, and the industry's scientists compound the insecticides to protect the bushes from insects and diseases.

Miss Stein gave us an idea, too. "A house tour is a house tour is a house tour." That's all there is to it. A tour of five interesting and beautiful and charming homes is just what the Junior Service league says. You pay your money and you visit the houses. You can stroll through the garden, the living room and the dining room, the kitchen and even the bedrooms. And while strolling you can pick up ideas about color schemes and petunia beds and swimming pools; you can find out how one couple solves the heating problem and another likes to plant vines in old coffee grinders. You can learn how a house can be furnished with art objects and antique furniture and still be a home and not a museum; if you already have a houseful of little ones and another on the way, you can learn how one couple increased the size of the house to the size of the family.

If it's a new home in the offing, the tour will be a fruitful way to exchange ideas with other homemakers about how to plan a kitchen or furnish a family room.

In short, a house tour—an accepted and popular way of raising money in almost every large city of the nation, can be interesting and educational. And if you want to be real frank about the whole thing—it's a way to see the inside of homes you may never see otherwise. And it has nothing to do with Rogue Valley Country Club. Probably because the league's benefits of the past have usually been at the club, a few prospective patrons can't seem to switch to the new idea. The tour won't even go near the country club—tea will be served at one of the homes.

The President's wife hunts bargains in foods. This interesting tidbit has been revealed by Edwin H. Akins, manager of a Colonial Stores super-market about one mile from the Augusta National Golf club, site of the Eisenhower's vacation cottage.

"She knows what she wants—she recognizes values," the manager declares. If tomatoes seem a bit high, Mamie just doesn't buy them. One time, Mr. Akins recalls, Mrs. E. remarked that the tomatoes in his market weren't as large as the ones they raised at the Gettysburg farm. And Mamie also picks up her trading stamps.

One of Mrs. Eisenhower's purchases puzzled the manager. She once bought five two-pound packages of pinto beans, saying the president liked them. "That's a lot of beans, even for the President," said Mr. Akins.

The Army wife, still in New York City while the soldier is at Ft. Dix awaiting transportation to Heidelberg, Germany, wrote last week to say that she took the bus down one afternoon to visit the camp. "The trip took an hour and a half, most of which was on the New Jersey turnpike. They run busses directly from New York to Fort Dix. The New Jersey countryside, once you pass the smelly oil refineries around Bayonne, is very pretty and similar in some ways to the Rogue valley. Right now everything is green, and after spending months surrounded with steel and concrete, it was a welcome sight to this country mouse. I am really quite happy that we are going to Heidelberg. It is one of the few towns that wasn't bombed, and is supposed to be a cultural center. It is reasonably close to Switzerland, France, Belgium and Luxembourg and Gustav's home town seems to be about 100 miles away." Gustav is a German pen pal with whom she has corresponded since junior high school days in Medford.

Mitt Willner tells this one: "A woman and her little girl were dining at the Famous Chef restaurant. Just before they left, the woman said to the waitress 'Will you please wrap up this beef for our dog?' 'Mother!' interjected the child, all excited, 'are we getting a dog?'" O.S.

Women's Group Has New Member

Mrs. Hal E. Bishop was welcomed as a new member of the Scottish Rite club Monday evening at the Masonic temple. Mrs. Floyd M. Hibbard and Mrs. Allen G. Rodgers were guests.

Cards were the diversion of the evening. Bridge prize went to Mrs. Clay M. Lee, pinhole award to Mrs. Garner Couey and the canasta prize to Mrs. Hazel Dickson.

The Scottish Rite Masons joined the ladies for the coffee hour, after Fred A. Purdin and cast had conferred the 30th degree on Scottish Rite Freemasonry upon a class of candidates.

The refreshment tables were decorated with baskets of African violets and butterflies. Large baskets of iris were about the room.

Monday, June 3rd, Charles H. Thurston and cast, under the direction of Fred M. Gatter, will officiate when the 31st degree of Scottish Rite Freemasonry will be presented in the Masonic temple at 8 p.m. to a class of candidates.

Hostesses for the social evening were Mrs. Le L. Stone, Mrs. Walter G. Cummings, Mrs. John C. Smith, and Mrs. Herbert L. Alford.

The next meeting will be June 10, with Mrs. Marshall M. Day as chairman. This will be a business session.

All Scottish Rite Masons wives are welcome.

Meetings Planned By Two Chapters

Two chapters of PEO Sisterhood will hold meetings Wednesday afternoon.

At 12:30 p.m. the chapter CP will meet at the home of Mrs. H. Chandler Drew at 3328 Della Waters road. Mrs. D. R. Gardner will assist the hostess with Mrs. Lloyd N. Parsons in charge of the program.

Chapter CG will meet at 1 p.m. Wednesday at the home of Mrs. R. E. Mencke of 2141 East Jackson avenue with Mrs. Eddie Simmons assisting. Mrs. Simmons will also give the program.

Mrs. Herman Priem To Be Club Hostess

Sams Valley — Mrs. Herman Priem of Beagle will be hostess for a meeting of the Sams Valley Ladies club at 1:30 p.m. Thursday, June 6. Mrs. Bill Gregory will be in charge of the program. It will be the last meeting until September.

Lingerie manufacturers have opened the pearly gates... bringing in slips, petticoats, nightgowns, bedjackets and negligees trimmed with seed pearls. The pearls are centered in lace rosettes, applied around scalloped flounces. All this and washable, too.

A platinum mini, worth \$6,000 is the star of a movie, "Sweet Smell of Success." Worn by newcomer Susan Harrison, the coat is a symbol of her luxurious but empty life. The mini often is photographed alone, flung on a chair or dragged across a room.

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