

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 MARIS SEIFERT, M. A. Department of Education, THE AMERICAN INSTITUTE OF FAMILY RELATIONS, 3227 Sunset Boulevard, Los Angeles 27, California.

The Man Who Wants To Improve You

"I married Bruce for better or worse," complains Sally, "but sometimes there seems to be too much of the worse and not enough of the better. I must have been blind when I dated him—he has no manners, he couldn't pass a second grade grammar test, and his clothes look like bargains from the missionary barrel. Yet he won't listen to advice; he doesn't want to be improved!"

Mayme was always on the heavy side," sighs Bill, "but I thought she'd thin out after marriage with a home and a baby to look after. Now she's downright fat, and she wears stuff that makes her look bulgy. She's hurt to the quick if I say something about laying off the cal-

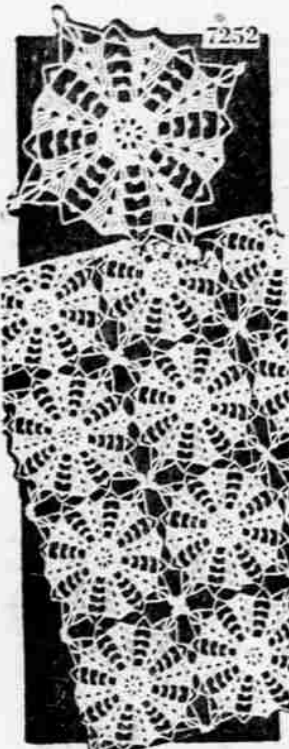
ories or getting clothes to sort of disguise the bulk. I honestly don't dare try to improve her! It is painfully easy after the honeymoon for husbands and wives to see flaws in each other. As the years pass, marital eye sight becomes even more clear, and tact may disappear in brutal frankness. Intentions may be of the best, but constant criticism and suggestions may undermine the goodwill of a marriage more completely than physical cruelty. Criticism, no matter how kindly meant, may amount after due time to nagging—and nagging is one of the chief troublemakers in domestic strife.

If the wife attempts to improve her husband's manners in public, or if the husband joshes his wife about her weight before her friends, the damage may be almost beyond repair. If, in addition, the criticisms are ill founded, and the critic full of faults of his own, his partner may doubly resent the attempt at improvement. Unhappily, the critic is often himself insecure, seeking to bolster his own ego by pointing out the other's faults. Criticizing a partner may well be a device to increase one's own stature at the expense of the marriage.

But what if you feel your mate has definite faults which you can improve kindly and tactfully, if given the opportunity? First and always, remember man's ego is a tender and precious thing. Treat it gently, with as much tact as you would a wealthy maiden aunt whose heir you might become if she enjoyed her visit with you!

Set a good example. Praise any signs of progress you note—exaggerate them, if need be. Use indirect, rather than direct suggestions. If Bruce appears in a new tie, compliment his appearance—and hope that he will continue the good work. If Mayme passes up the whipped cream dessert, compliment her on her will power and desire to diet. The improvements may be hard to find in the light of day, but encouragement will eventually create results.

Beginner's Crochet



by Alice Brooks

Beginners, take notice — you can make a few of these squares in a day. Quickly memorized, quick to crochet.

Pattern 7252: Sixteen 5 1/2-inch squares make a 22-inch TV cover in bedspread cotton. Beginners' crochet; directions.

Send THIRTY-FIVE CENTS (coins) for this pattern — add 5 cents for each pattern for 1st class mailing. Send to Medford Mail Tribune, Household Arts Dept., P.O. Box 168, Old Chelsea Station, New York 11, N.Y. Print plainly NAME, ADDRESS, PATTERN NUMBER.

A bonus for our readers: two FREE patterns, printed in our new Alice Brooks Needlecraft Book for 1957! Plus a variety of designs to order—crochet, knitting, embroidery, huck weaving, toys, dolls, others. Send 25 cents for your copy of this needlecraft book—now!

MARVELOUS LOW CALORIE JEL-TEXTURED DESSERTS MADE WITH DIETETIC CANNED FRUITS!

New Easy Method Uses Water-Packed or Artificially-Sweetened Varieties

Made only with wonderful new M.C.P. "Low Sugar" PECTIN and M.C.P. JEL-SWEETS Liquid Sweetener, these easily-made desserts are particularly suitable for diabetics, and because of the low calories, yet they are so delicious in flavor that they will be enjoyed by the whole family, too. An outstanding fact is that they will not "melt" at room temperature!

(CUT OUT AND KEEP THIS RECIPE)

1. Open one can (16 oz.) of fruit. Pour contents into a sieve, saving both the liquid and drained fruit.
2. Divide drained fruit in 4 custard dishes evenly and set aside.
3. Put drained juice in a measuring cup and add water to fill it. Put this cupful of liquid in a small kettle.
 - (A) If using water-packed fruit, add 2 teaspoons of M.C.P. JEL-SWEET to the kettle.
 - (B) If using artificially sweetened fruits*, add only 1 teaspoon M.C.P. JEL-SWEET to the kettle.
4. Measure 1/2-cup M.C.P. "Low Sugar" LIQUID PECTIN** and have it ready to use.
5. Now, place kettle over fire, stir and heat to just a simmering boil. At this point, stir in measured liquid pectin gradually, taking about 10 seconds to add all of it. Remove kettle from fire and pour the hot liquid over the fruit in the custard cups, filling them full.
6. Set in refrigerator to chill rapidly. Chilling makes these desserts more refreshing... BUT NOTE THIS: WHEN SET, THEY WILL NOT "MELT" AT ROOM TEMPERATURE as the usual gelatin desserts do! Serve plain or with whipped cream.

These Desserts Contain Only About 10 Calories An Ounce!

(*) We recommend "Diet Sweet", "Diet Delight", and S & W brands of artificially sweetened fruits at this time, as being satisfactory for this recipe when used only as directed in (B) above. (Do not crush fruit.)

(**) M.C.P. "Low Sugar" PECTIN comes in highly concentrated powdered form. You use it, however, in liquid form (see Step 4 above) made by dissolving it in water as per directions Page 1 of Recipe Folder. It is very economical, for 3 oz. and 6 oz. packages of the powder make 2 1/2 cups and 5 cups of liquid pectin, respectively.

THINK OF IT! 1/2-CUP M.C.P. "Low Sugar" LIQUID PECTIN, MADE FROM THE POWDERED, COSTS BUT 10c!

Ask Your Grocer for M.C.P. "Low Sugar" Pectin and M.C.P. Jelsweet. If he hasn't got them, write Mutual Citrus Products Co., Anaheim, Calif., and send us his name and address.

(C) 1957 M.C.P. Co.—Recipe

GET M.C.P. "LOW SUGAR" PECTIN and M.C.P. JEL-SWEET at Piggly Wiggly, Luman's, Safeway, The Groceria, O.K., Eastside and Quality Mkts. Look in the Dietetic Food Section

Guests to Attend Eugene Wedding

A number of Medford friends of Senator and Mrs. Wayne Morse will go to Eugene tomorrow to attend the wedding of their daughter, Judith, to Wade Eaton. The ceremony has been set for two o'clock in St. Mary's Episcopal church in that city. The marriage rites will be preceded by a nuptial eucharist to be celebrated at 9 o'clock in the morning.

The reception will be held at the Morse home, 595 Crest drive.

Among those attending from Medford will be Judge and Mrs. Edward C. Kelley, Miss Noreen Kelly and Bernard Kelly, Mr. and Mrs. Moore Hamilton, Mr. and Mrs. Albert Straus, Mrs. Hanley Heffernan, Robert Heffernan, Mrs. E. B. Stanley and Mr. and Mrs. Glenn L. Jackson. Mr. Eaton, a son of Mr. and Mrs. Alfred W. Eaton of Eugene, was graduated from the Episcopal Church Divinity School of the Pacific in Berkeley, Calif., in June.

Corvallis Woman Visits in Medford

Among recent visitors in Medford was Miss Helen Cowgill, Corvallis, who was a guest of Miss Elizabeth Burr, 1012 Queen Anne avenue. Miss Cowgill is widely known in the state, having been on the staff of the Oregon State College Extension service as a state 4-H club leader for about 30 years. Miss Cowgill and her hostess attended the entire series of four plays being given this season at the Oregon Shakespearean festival in Ashland.

Californians Here To Visit Shades

Miss Margaret Van Scoyoc and Mrs. Roger Allen, cousins from Santa Ana, Calif., are in Medford as guests of Mr. and Mrs. Larry Schade, 900 South Oakdale avenue. Mrs. Allen formerly made her home in Medford.

The visitors are spending today at Diamond lake, and will leave tomorrow for their homes.

Society Week's Sewing Buy



9119

SIZES 2-10

by Marian Martin

The desk set's favorite style for school! Mom's favorite, too—a princess that's a real sew-easy! Make two versions with our Printed Pattern — one with a collar, one with a simple-but-smart square neckline!

Printed Pattern 9119: Child's Sizes 2, 4, 6, 8, 10. Size 6 takes 2 1/2 yards 35-inch.

Printed directions on each pattern part. Easier, accurate. Send FIFTY CENTS (coins) for this pattern — add 5 cents for each pattern for 1st class mailing. Send to Marian Martin, care Medford Mail Tribune, Pattern Dept., 232 West 18th St., New York 11, N.Y. Print plainly NAME, ADDRESS, SIZE and STYLE NUMBER.

Puppet Collector Visits in Medford

Miss Carolyn Lutz of Richmond, Va., left Medford recently after having been here to attend performances of the Oregon Shakespearean festival in Ashland. Miss Lutz was a guest of Mrs. Mamie Sleeter, 1715 East Main street, both at her city home and at the Sleeter cottage, Lake of the Woods.

Miss Lutz, who teaches drama and English at the University of Richmond in Virginia, spent the summer visiting all of well known puppet theaters. In Ashland she attended the Lilliput theater directed by Hugh Evans, brother of the widely known actor, Maurice Evans, as well as the Shakespearean plays.

Miss Lutz is a widely known collector of puppets, and her accumulation includes one of the largest collections of Chinese puppets in the United States. Another guest of Mrs. Sleeter this summer has been her sister, Dr. Flora Ross of Decatur, Ill., who left last Sunday for her home. Also here for two weeks were Dr. and Mrs. Richard L. Sleeter, Portland, Mrs. Sleeter's son and daughter-in-law, and their family. The visitors divided their time between Medford and Lake of the Woods.

Camp White Club To Meet Tonight; Scores Announced

Camp White — Camp White Veterans Bridge club will meet this evening for the weekly session.

Two couples tied for first place among north-south players at last week's meeting. William Hickey and Roy Pruitt tied with Mrs. Alto Pruitt and Mrs. Tom Randall, both pairs scoring 97 points. Third went to Mrs. Frank R. Baker and her partner, Dr. E. L. Harlow. East-west winners were Mrs. E. K. Ricker and Tom Munds, who scored 105 points to take first place; Mrs. Elliott and Mr. Randall, second, 92 1/2; Paul Hatton and Walter Humes, 81, third.

When roast stuffed turkey, chicken or duck are the main course, add one fourth cup of green seedless grapes to each cup of giblet gravy. A real flavor treat.

Romanticism May Mean End Of Modern Home Decorating

By SHERI GILES
United Press Correspondent
Chicago — The "hopeless romanticism" of the American housewife may finish off the "modern trend" in home decorating.

A panel of leading designers has decided that the average female consumer is a "hopeless romantic." "The housewife will not settle for any tiresome monotony in her home or her furnishings," said accessory designer John Van Koert, who makes tricky multiple mirrors one of his specialties.

"Some thing perverse in the public makes them resent the simplicity that's good for them," Van Koert said. "They won't be held back; they demand the elaborate."

"Thanks to the vacuum cleaner with all its attachments," he added, "the housewife will be able to clean all the corners and cracks in this new furniture."

The panel said it considered a lot of today's furniture "too predictable," with too much stress on "grey flannel look." Gimmicks Will Stay

"The romantic, elegant influence," agreed Forrest Wilson of New York, "could be wonderful for the industry. It gives the

housewife a chance to develop her basic psychological tendencies."

Larry Peabody of Boston said people want now to escape from the stark, bare, almost "Puritan" look, typified in the designs of architect Mies Van der Rohe. Roger Kjer-Jakobsen also was in favor of catering to the romantic housewife.

Too many young designers have no appreciation of the past, are looking too much to industrial design, and are losing out on delicate craftsmanship, he said.

The designers agreed that "gimmicky," super-functional furniture — the room divider that hides a console, table, ironing board, television set, and chair — is here to stay. "Fantasy and function can be happy together," said Van Koert.

The panel indicated, however, that the innate casualness of American families makes this craving for romanticism almost ironical.

"There is nothing more ludicrous than blue jeans sprawled over a 17th century sofa," said Van Koert.

Egg yolks can be kept fresh for several days if they are covered with cold water and stored in the refrigerator.

THIEF IN RUT

Indianapolis, Ind. — Indiana State Auditor Roy Combs is wondering whether a certain car thief is in a rut. Only a short while ago Combs offered his sympathy to his predecessor, Curtis Radin because a car belonging to Radin's wife was stolen. Then Combs' own auto was taken while he ate breakfast in a downtown hotel.

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- Car Coats: Car coats of washable sheen cotton or wool.
- Shirts: Flannel shirts to match flannel lined jeans.
- Jeans: Billy-the-Kid Saf-T-Nee Jeans—grey, brown or blue.
- T-Shirts: Available with short or long sleeves. Crew neck or with collars.