

TEPS Secretary Is Speaker For Honor Sorority

Dr. Wilda Faust, assistant secretary of the National Commission of Teacher Education and Professional Standards, was speaker for the annual fall luncheon of Epsilon chapter, Delta Kappa Gamma. The meeting was held in the Elks lodge, Ashland, and members of Gamma Nau chapter, Yreka, Calif., Alpha Chapter, Klamath Falls, and the Grants Pass chapter were guests.

Dr. Faust, whose assignment with the commission is in the field of student education and the Future Teachers of America, spoke on "Teacher Recruitment." She stated that the trend toward more rigid college entrance requirements has resulted in a great increase in the number of applicants for college entrance, and in more applicants for teacher training. Dr. Faust also said that yet among "beginning teachers" there is recognized a discontent and complaining at the demands of their new jobs. She suggested that teacher recruitment programs should present a broader and more thorough exploration of the requirements of the profession, of what "it takes" to become a good teacher. Dr. Faust believes salaries, work load, hours, standards and opportunities should be well considered and disadvantages and advantages placed in their proper perspective before a teaching career is chosen, and the decision is the individual's own responsibility.

Dr. Faust suggested that an early aptitude test will indicate which applicants should be guided away from teaching and into other educational leadership. She believes that a more selective and careful program of teacher recruitment will make for a happier, more effective future in our schools for many young people.

Mrs. Alice Ottis, president of Epsilon chapter, conducted the business meeting, at which time committee reports were given.

Hostesses for the luncheon were Mrs. Iona Taylor, Mrs. Louella Morris, Miss Vida Scripser, Miss Bertha Stephens and Mrs. Clara Fader.



NEW INSTRUCTOR—Dr. Frank Sturges has replaced Dr. Wayne Wells as instructor in natural history at Southern Oregon college. Dr. Sturges made his first appearance in the valley in September when he presented a program on KBES-TV concerning animal habits. He received his doctor's degree from Oregon State college where he also taught biology, zoology and natural history. He held a teaching assistantship for two years and was curator of natural history for a second two year span. His first degree was received from San Jose State in conservation. He, his wife, and four-month-old daughter, live in Ashland.

Cranberry Supplies Said Good

Supplies of colorful Oregon cranberries now on local markets are larger than usual this year and high in quality. If you like to make your own sauce, relish or other bright treats, now is the time to buy suggest the local county extension office and Oregon State college.

Ideal growing conditions, they say, have produced plenty of fresh, plump cranberries this year, according to Miss Mary Pat Lucy, extension home economist. Cranberry bogs along the southern Oregon coast are at the peak of production. Harvesting of cranberries has already begun and will continue for about a month. Two methods of harvesting are used — one for fresh purposes and the other for processing.

For fresh use, berries are harvested dry. They are kept dry and sorted as orders are received for shipment. Homemakers will usually find them packed in two-pound cellophane bags marked "Northwest Cranberries."

Berries that are to be processed are water harvested. Beaters free the berries from vines as a continual movement of water swirls around them. After sorting, berries are packed in 100-lb. bags, frozen and stored until they go to the canneries. About three-fifths of the cranberries produced in the country are processed for various uses.

Miss Lucy gives directions for keeping the berries at home. She advises that they should be kept dry, and not washed until ready for use. They should be stored in the refrigerator in the same bags in which they are packaged. To freeze cranberries, place the unopened package, as it comes from the store, in the freezer or locker to use as needed. Miss Lucy advises. The cranberry skins provide their own moisture-vapor proof wrapping.

Cranberries are tasty served in pies, salads, steamed puddings, tarts, relishes, coffee cakes, poultry stuffing, cranberry crisp and conserves. Snappy ruby-red cranberries also add gaiety to holiday corsages and decorations, Miss Lucy states.

Dancers Attend Ballet Seminar; Tour Navy Ship

Miss Colleen Hope, local dance instructor, and a group of her students traveled to San Francisco last week end to attend a ballet seminar. The students, the Misses Sylvia Smith, Rosemary Tokar and Pat Hilton, Medford, Virginia Bowman, Ashland, Nancy Hopper, Gold Hill and Rosemary Neisen, Crescent City, Calif., were accompanied south by Mrs. C. Marion Smith and Miss Kay Selby.

They spent Saturday sight-seeing and souvenir hunting in China Town and at Fishermen's Wharf.

Miss Hope, a board member of the California Cecchetti council, was one of the instructors of the seminar held Sunday at the Mark Hopkins hotel. The morning session was devoted to a teachers' workshop and the afternoon to demonstration classes attended by students from all the western states. Miss Hope taught the advanced student class and presented an original dance.

In the evening the group was joined by Ensign Dick Barnard, a son of Mr. and Mrs. James Barnard, Medford. The ensign's ship, the USS Pickett, was docked at Treasure island. They were invited by the management of one of the large night clubs to see a Latin-American review.

Monday morning the students took a special jazz dance lesson from Stanley Kahn of San Francisco and Miss Hope attended a session of advanced ballet work. In the afternoon they were guests of Harold Christensen of the San Francisco Ballet company and were treated to a tour of the scenery and wardrobe departments of the company. Mr. Christensen then conducted a class in ballet technique.

Saturday evening the students were guests of Ensign Barnard aboard the USS Pickett. They toured the ship and were served refreshments in the officer's mess. They returned to Medford Tuesday morning.

Dance Announced

Doug Fosbury will call for square dancing at the Square Corral, Camp White, starting about 8:30 p.m. Saturday. The corral is just south of the Veterans Domiciliary off Highway 62.

The round-dance of the month, "Tennessee Two-Step," will be taught, and potluck refreshments will be served.

Has Many Uses

by Alice Brooks

Here's kitty being very graceful in her play. It's fun to see her grow under your crochet hook in this filet crochet.

Pattern 7395: crochet directions for chair back 13x16, arm rest 6x12 inches. Kitty is lovely as buffet set or scarf ends.

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 and PATTERN NUMBER.

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Baron to Speak For Dinner Club

Baron Hans de Meiss-Teffen will be speaker for the November meeting of Rogue River Valley Knife and Fork club. The meeting will be held Thursday, November 7, at Rogue Valley Country club, with dinner to be served at 6:45 p.m.

The baron's subject will be "Born to Adventure." This Swiss-born adventurer set an Atlantic ocean solo-sailing record by crossing the ocean alone in his 30-foot yawl in 58 days, and he has visited almost every port in the world.

Members are asked to make reservations no later than Monday, November 4, with the club secretary, Mrs. Richard House, 15 Corning court.

Executive Board Of Garden Club To Hold Meeting

The executive board of Medford Garden club will hold a no-host luncheon meeting at Oakwood Coffee shop in Phoenix Monday, November 4, at 12 o'clock. Those wishing transportation are asked to call Mrs. Harry Bryant, SP 2-4957 or Mrs. Charles Stearns, SP 3-1584.

Mrs. Gerald Von Ting, president, announces that club members have been invited to attend the competitive chrysanthemums show being held today by Ashland Garden club at the Women's Civic clubhouse, Winburn way. The show will remain open this evening until 8 o'clock.

Grants Pass Garden club will hold an antique show and bazaar at VFW hall, 234 Southwest L street November 1 and 2. Central Point Garden club plans a flower show and gift display at Crater High school cafeteria November 3 from 2 until 8 p.m.

Convention Reports Given for Teachers

Miss Anna Laura Honts reported on the centennial convention of National Education association, to which she was a delegate, at the fall meeting of Medford Grade Teachers, held at Washington school Monday night.

Mrs. Frances Collins presided and the budget was approved. Robert Sage, legislative chairman, reminded the group of the November 5 bond election. New teachers were introduced and welcomed.

Roy Gilbertson and several members presented a program. Roosevelt school and annex decorated the table and served refreshments. The attendance prize was presented to Oak Grove school by Mrs. Georgia Davis of Washington school. Mrs. Allie Maxwell, a former Medford teacher who now lives in Pennsylvania, was a guest.

The United States bought peace from Algiers and Tunis by paying \$800,000, supplying a frigate and annual tribute of \$25,000 on Nov. 28, 1795.

Guild Announces Meeting Monday

Mrs. Harold Snodgrass and Mrs. George Tucker will provide the program for a meeting of Westminster guild of First Presbyterian church Monday, November 4. It will be held at 7:45 p.m. in the church parlor, with a social hour preceding the program.

Mrs. Snodgrass and Mrs. Tucker will discuss Christianity in contrast to other religions studied throughout the year.

Mrs. D. Kirkland West will speak of various religious beliefs which she and her husband encountered on their trip around the world.

Hostesses for the evening will be Mrs. Mae Rehart, Mrs. R. A. Brewer and Mrs. C. A. Thatcher. Members are asked to bring guests.

Help Yourself to Happiness

This column is one of a series on marriage and family problems which appears weekly in this paper. It presents problems on everyday living and attempts to bring you the most expert opinion in this area. 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, 5287 Sunset Boulevard, Los Angeles 27, California.

Do You Suffer From 'Adolescent Hangover'?

"Bill sulks like a kid when we have a disagreement," complains Millicent. "I have to agree with him quickly, or he goes into one of his no-speaking spells which can last a week. He acts like a baby."

Bill is twenty-eight, father of two children, and a successful mechanic in the local garage, but he is still a child. Bill is in every respect a man, except emotionally; there he is an adolescent, immature, insecure, uncertain of himself and his powers. Bill suffers from "adolescent hangover."

Bill's childhood was dominated by a mother who alternately showered him with love and restricted him with harsh discipline. During Mother's periods of love, Bill was her darling, unable to do wrong, indulged, pampered beyond words. When Mother's emotional pendulum swung to the other extreme, he was met with Spartan severity. Privileges were curtailed without reason; behavior which brought praise on Monday left him superfluous and disgraced on Tuesday. Bill, literally, did not know how he stood with his mother and his world. His mother's vacillating treatment left him confused, uncertain of himself and his ability to do the right thing, at the right time, in the right way. He withdrew from criticisms and harsh reality in sulking. He found silence a weapon and used it successfully against his mother, who "gave in" quickly to his withdrawal. He continued to meet not only home but school situations on a childish, emotional level. He remained, emotionally, an adolescent, a product of an unfortunate home situation.

Marriage did not change him. Bill still was a little boy meeting marital problems with Millicent in the only way he knew, the way he had found successful with Mother.

Many grown-ups are emotional adolescents who are unable or unwilling to treat problems on a mature level. If the mature partner in such a relationship recognizes the situation and seeks aid before permanent damage is inflicted, much can be done. With sympathy and understanding, the grown-up adolescent can be brought to an awareness of his problem and the best way of overcoming his difficulties under skillful guidance.

Hard Times Dance Planned by Club

Central Point—A Hard Times dance will be held Saturday, November 2, at 8:30 p.m. in the American Legion hall, Central Point. All square dancers are invited. Refreshments will be potluck style.

CALENDAR

Friday:
8 p.m.—Ladies auxiliary, Patriarchs Militant, IOOF hall.
7 p.m.—Harvest moon ball, Lone Pine school gymnasium.

Little Symphony Elects Officers; Concert Planned

Ashland—The Southern Oregon Little Symphony Orchestra elected officers Monday evening, October 28. Named for the season were Kenneth Waldorff, Ashland, president; Richard Finel, Medford, vice president; Miss Maria Bellaschi, Southern Oregon college student from Portland, secretary-treasurer, and David Curtis, Ashland, librarian.

Concertmaster for the orchestra is Dennis Hannan, associate professor of languages and music at SOC, and its conductor is Herbert Cecil, SOC music staff member.

Preparations are being made to present a concert on Sunday afternoon, December 8 in Churchill hall on the SOC campus. The orchestra at present numbers about thirty players, and new members are still needed, especially in the string section.

Anyone interested in playing is invited to attend rehearsal Monday at 7:30 p.m. in the SOC Band hall. No new members will be accepted for this first concert after the rehearsal on Monday, November 11, it was announced.

Freeze leftover coffee in to ice cubes and use in iced coffee. Beaters used for either eggs or cake batter wash more easily if they first are rinsed in cold water.

AAUW Art group will meet Monday, November 1, at 12:30 p.m. at the home of Mrs. Lloyd Neilson, 2130 East Jackson street.



LOW CALORIE CRANBERRY SAUCE AS TASTY AS CAN BE, YET USES NO SUGAR!



IMAGINE! ONLY 2 1/2 CALORIES per teaspoon in this delicious cranberry sauce that the whole family will enjoy! And it's made only with amazing new M.C.P. "Low Sugar" PECTIN and M.C.P. JELSWEETS LIQUID SWEETENER... with the exclusive recipe below:

(CUT OUT AND KEEP THIS RECIPE!)

1. Wash and remove loose stems from 1 pound fresh cranberries. Place in 3 or 4 quart kettle. Add 2 1/2 cups water.
 2. Measure accurately 2 tablespoons M.C.P. JELSWEETS LIQUID SWEETENER and add this to the kettle.
 3. Place kettle over fire and heat to a full boil. Continue boil about 2 minutes until practically all the berries have "popped" open.
 4. Now, stir in 2 cups M.C.P. "Low Sugar" LIQUID PECTIN. Continue heating until it reaches a full boil. Skim well. Then remove from fire. Stir down any foam that is left. Fill into clean pint jars. Seal with new lids. Invert jars on lids for 5 minutes, then set jars upright. The fruit will not float.
 5. Store the hot-sealed jars on pantry shelf. When opened, however, keep in refrigerator until fully used.
- Caution: Do not try to seal jars with paraffin!
- (* You buy M.C.P. "Low Sugar" Pectin in highly-concentrated powdered form, but use it in liquid form made by the method given on Page 1 of Recipe Book that comes with every package.)
- Note: Use this easy recipe to make your year's supply while fresh cranberries are available. Recipe makes 3 pints... saves 500 calories per pint by not using sugar.
- Recipe may be doubled, tripled, etc., by multiplying all ingredients by the same number.
- Look for M.C.P. "Low Sugar" PECTIN and M.C.P. JELSWEETS LIQUID SWEETENER in the Dietetic Food Section at most grocers.

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