

Resolutions Should Be Made Daily

By GAY PAULEY
United Press Women's Editor

New York — Why do we make New Year's resolutions? "Because of our sense of guilt... our eagerness to expiate and improve ourselves," says Dr. James P. Bender, a leading psychologist.

Then why do we break them? "Well," said Bender, "it's because we are imperfect manifestations of God's creation. We'll never be perfect, but we keep on trying."

Bender, 53, an author, lecturer and consultant to business and industry, said the best way to make resolutions is not once a year, but once a day.

Take Them Like Medicine

"Take them like a dose of medicine, every morning on arising, or at bedtime," he said.

He believes most persons are completely sincere as they sit down at this time of the year to list their 10. "All of us are basically interested in bettering ourselves."

But having followed the usual pattern for many years, and finding it still one of those "imperfect manifestations," I've launched a new system this year. My resolutions list hardly is for self-improvement, but is guaranteed easy to keep.

I resolve:

—To go ahead and pay up my charge accounts let the stores worry, for a change.

—To quit offering seats to old ladies on buses and subways; if they're able to travel, they're able to stand.

Quit Being Cheerful

—To quit being cheerful in the morning to bus drivers and elevator operators; a smile gets only grunts and scowls anyway.

—To stop trying to save money; Uncle Sam takes a big chunk and what's left can't go with you.

—To call the police every time my apartment house neighbors throw a party beyond the 11 p. m. curfew. May not be good-neighborly, but it'll make a quieter 1958.

—To stop counting calories, once the waistline is out of hand, I'll break this resolution, and by that time, someone will come to my rescue with a new wonder diet.

Week's Sewing Buy



9088
SIZES
12-20, 22

by Marian Martin

This new Printed Pattern is a cinch to sew. See the diagram—just three main pattern parts. No fitting worries—wraps at the back, ties in a neat front bow. Make it a smart housecoat, cobbler apron, sundress.

Printed Pattern 9088: Misses' Sizes 12, 14, 16, 18, 20; 40. Size 16 takes 5 yards 35-inch fabric.

Printed directions on each pattern part. Easier, accurate.

Send THIRTY-FIVE CENTS (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.

Auxiliary to Hold District Session; Project Reviewed

A district meeting of the American Legion auxiliary will be held Thursday, January 2, at 8 p.m. at Central Point American Legion hall. Mrs. Anson Ingels, Portland, department president, will be speaker of the evening.

Mrs. Charles Gettling, Ashland, president of District 13, will preside. Miss Laura York, president of the Medford unit, announces that all members of the unit are asked to attend this district session.

A new project this year for auxiliary units in the Rogue valley was assisting with the gift shop which the Oregon department of the auxiliary operated at Camp White domiciliary. The shop was similar to those operated by the auxiliary in Portland, Roseburg and other Veteran administration hospitals in the United States.

Units all over the state supply the many gifts each year from which the patients choose Christmas gifts for their families. The gifts are then wrapped and mailed by the auxiliary volunteer hospital workers. The gift shops are a service supplied to the veteran patients without charge to them.

Volunteers participating in the gift shop project at Camp White this year were Ashland, 11; Grants Pass, 7; Central Point, 5; Medford unit, six and Medford post, 3.

These volunteers wrapped 367 gifts and assisted the domiciliary members with gift selections. Mrs. Earl B. Bigalow, Medford, department hospital director, served as chairman.

Another Christmas activity at the Camp White domiciliary in which district volunteers assisted was the wrapping and distribution of gifts to the men. Each domiciliary member received a carton of cigarettes and a \$1 canteen book from the American Legion and the auxiliary, Department of Oregon.

Party Celebrates 41st Anniversary

The 41st wedding anniversary of Mr. and Mrs. Virgil E. Rush, 122 Portland avenue, was celebrated by their children and grandchildren at a "Greenback Party" Sunday, December 29. As each greeting card was opened by the honored couple, dollar bills fell out.

Present were Mr. and Mrs. Gale Rush and family, Brookings, Ore., Mr. and Mrs. Vernon E. Rush and family, Ashland; Mr. and Mrs. Vernon Lehman and family, Eagle Point; Mr. and Mrs. Glen Rush and family and Mr. and Mrs. Wayne Carter and family, Medford.

Party Celebrates 41st Anniversary

Officer and Wife Visit Parents Here

Lt. (jg.) Ernest Stamm and Mrs. Stamm are visiting his parents, Mr. and Mrs. E. A. Stamm at 20 South Peach st., Medford.

Lieutenant Stamm has just completed flight training at Pensacola, Fla., and is en route to report to Attack Squadron 56 at the Naval Air Station at Miramar, Calif. There he will fly an A-4D fighter-bomber.

Navy Pilot Stamm graduated from the U. S. Navy Academy in 1954 and from Medford senior high school in 1949. His wife is the former Ruth Kleppisch of Colinsville, Ill.

The Stammers expect to visit his parents for two weeks before he must report for duty.

Officer and Wife Visit Parents Here

Pink Angel Eggnog Holiday Beverage

New York — For something different in winter beverages, try this "Pink Angel Eggnog."

Beat 4 egg yolks. Gradually add 3/4 cup sugar and 1/4 teaspoon salt, beating constantly until fluffy. Gradually add 1 quart milk, 1/2 teaspoon vanilla extract and 1/2 teaspoon peppermint extract. Chill. Beat 4 egg whites until stiff and gradually add 1/4 cup sugar. Beat constantly until stiff. Fold into egg yolk mixture. Pour into punch bowl, and sprinkle with crushed peppermint candy (1/4 cup). Serves 16 half-cup portions. (If desired, add 3/4 to 1 cup whisky).

Pink Angel Eggnog Holiday Beverage

Mrs. Sally Musty Hostess for Corps

Central Point — Mrs. Sally Musty was hostess for the annual Christmas party of Central Point Woman's Relief corps. A potluck luncheon at noon was followed by a business session.

Mrs. C. E. Smith was appointed officer for the January installation, and Christmas gifts were exchanged.

Next meeting of the corps will be January 21 at the American Legion hall.

Just Like Dining Out

Chicago — For a different surprise for the kids, serve a flaming peach sundae. Top ice cream with canned cling peach slices and a sugar cube that's been dipped in lemon extract. Ignite the sugar just before serving, and watching the kids' eyes glow.

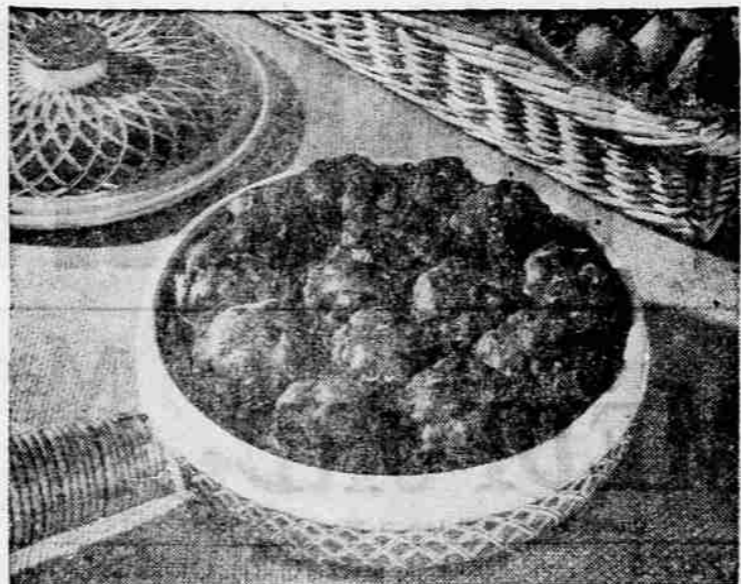
Mrs. Sally Musty Hostess for Corps

Group to Attend Rose Bowl Game

Mr. and Mrs. Alvy Bowman, 3594 Roberts rd., Mr. and Mrs. E. F. Burrill, Prospect, and Mr. and Mrs. Forrest Bigger, Georgia st., left Monday for Los Angeles where they will attend the Tournament of Roses parade and the Rose Bowl game January 1.

The three couples will visit friends while in southern California and plan to return to the valley next week.

Group to Attend Rose Bowl Game



Meat balls with tomato sauce take on new interest and flavor when made with cereal flakes and applesauce. This combination makes a moist meat ball with an unusual flavor.

Busy homemakers will appreciate this recipe because it can be prepared in the morning ready to be baked at dinner time. Prepare some instant mashed potatoes, frozen green beans, and a tossed salad and presto! — a filling, satisfying main course for dinner is ready in short order. For a quick and easy dessert serve raisin oatmeal cookies with ice cream, instant pudding, or fruit.

Cookies, pie crusts, confections, muffins, breads, and main dishes take on new interest and flavor when breakfast cereals are used as an ingredient. But these are not the only advantages of using breakfast cereals in recipes. Breakfast cereals make important nutritional contributions of protein, the B-complex vitamins, minerals, and food energy.

Cereal Flake Applesauce Meat Balls

1/4 cup chopped onion
1/4 cup fat
2 1/2 cups corn flakes, crushed
2 pounds ground beef
1 1/2 teaspoons salt
1/4 teaspoon sage (optional)

1/4 teaspoon black pepper
1 egg, beaten
1 cup thick applesauce
1 10-ounce can condensed cream of tomato soup
1/2 cup water

Brown onion in hot fat. Combine all ingredients except last two. Mix well and shape into 32 balls, about 1 1/4 inches in diameter. Place in a 13 x 9-inch baking pan. Mix soup and water together and pour over balls. Bake in a moderate oven (350° F.) about 45 minutes. Yield: 8 servings.

NEA Urges Broad Program Federal School Support

Washington, D. C. — A broad, long range four and a half billion dollar program of federal support for public schools is urged by the National Education Association (NEA), as the main plank in its 1958 legislative program for consideration by Congress.

"Schools have been starved too long," NEA Executive Secretary William G. Carr said, speaking for the 703,000-member association. "The public schools are trying to defend our way of government and advance the well-being of the nation, yet many people don't want to give education the necessary financial help."

Carr spoke at a press conference at which the NEA's Legislative commission presented the professional organization's legislative program for the second session of the 85th Congress. Commission chairman is Irving F. Pearson, executive secretary of the Illinois Education association. James L. McCaskill is executive secretary of the commission which met with representatives from 46 states in Chicago last week to work out the new proposals.

In stepping up its basic approach to the problem of financing public education, the Commission said a massive program of federal financial support has become a national necessity in light of present world conditions. McCaskill said, "schools now need continuing federal support. Teachers of America have a responsibility to tell people the truth about the needs of our schools."

New Program

The new long range program of almost five billion dollars contrasts with the 300 million dollar federal aid bill the NEA supported last year.

The commission's report, which translates NEA policy into an action program, urged "an infusion of federal funds for basic support of elementary and secondary education," and that federal funds should be appropriated to the states for distribution locally either for school construction or for supplementing teacher salaries without regard for subject matter taught.

Beginning federal contributions of not less than \$25 per school age child were urged with a steady increase to at least \$100 a child in five years. The current average overall expenditure per school age child in the nation is \$332, McCaskill pointed out that districts which have expended strong local efforts in construction...

NEA Urges Broad Program Federal School Support

Lake Creek Unit Changes Meeting

Lake Creek — Lake Creek Extension unit will not meet on the scheduled day, January 1. This being a holiday, the meeting will be held one week later, January 8, at the home of Mrs. Mabel Stanley, Brownsboro, at 10:30 a.m.

This is the annual "open meeting" and members are reminded to bring information on any lesson that has been given in which they are particularly interested.

Those not present at the December meeting are to call Mrs. Henry Meyer, luncheon chairman, for food information.

Omelet and Peach

Chicago — To add taste to that tired and plain omelet, try a deviled ham-filled broiled peach as an accompaniment.

The deviled ham is mixed with mayonnaise and spooned into the center of canned cling peaches, which are then slipped under a broiler for about three minutes.

The warm, bubbly peach will add to the meal.

Lake Creek Unit Changes Meeting

Learn How to Freeze Meat

Chicago — Supermarkets and meat packing industries have solved one of Mrs. Homemakers' biggest problems — how to freeze meats correctly.

Experts in the meat field have produced a six-page booklet, "Freezing and Handling of Meats in the Home." It tells how to prepare meat for freezing, storing and cooking. It also tells how long they should be stored.

Preserved Cream Developed

Washington — Sugar-preserved dairy cream is a new product developed by The Department of Agriculture. The new product keeps well, unrefrigerated, just as well as sweetened condensed milk. Tests so far show that the sweetened cream product can be preserved at room temperature for six months.

Lime-Honey Dressing

Shake together in small jar with screw top 1/2 cup salad oil, 1/4 cup fresh lime juice, 2 tablespoons honey, 1/2 teaspoon salt, dash of cayenne. Makes about 1 cup.

Allow one cup of stuffing to one pound of bird. A 1 1/2 pound loaf of white bread yields 6 cups of crumbs when lightly packed.

Learn How to Freeze Meat

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Wilson Family Has Annual Party

Central Point — Twenty-six members of the family of Mr. and Mrs. O. T. Wilson, Central Point, attended the annual Christmas eve party at the Wilson home.

Attending were Mr. and Mrs. Steven Wilson and son, Richard; Mr. and Mrs. Larry Wilson and daughter, Barbara, Eagle Point; Mr. and Mrs. John L. Wilson and daughters, Susan and Debbie, Shady Cove; Mr. and Mrs. L. A. Dusenberry and sons, Neil, Jan and Lan, Trail; Mr. and Mrs. Harry Tonn and son, Harvey; Mr. and Mrs. Dean Wilson and daughters, Elaine, Marsha and Krista; Mr. and Mrs. Richard Dunn and daughter, Dianna.

After a program given by the children, gifts were distributed from the Christmas tree while cameras flashed and Dean Wilson's recording machine made a record of the sounds.

Two family members, Mr. and Mrs. Dave Schneider, were unable to be present since Mr. Schneider is at the Naval station at San Diego, Calif.

Youth To Hold Dances at YMCA

A New Year's dance will be held at the YMCA tonight beginning at 8:30 o'clock, sponsored by the Junior and Senior Youth Council of the Y.

The council raised \$74.07 for the Y world service fund at a dance last Saturday night.

Miss Jeanne Warnock was chairman assisted by the Misses Caron Leffler, Susan Hall, Dandana Winchell and Sandra Maxson. Mrs. Harlan P. Bosworth Jr., was advisor.

The Junior High Youth council of the Y will sponsor a dance Friday, January 3, with Charles Holt as chairman. Miss Karen Stansbury will chair the senior high school dance Saturday, January 4. Dances begin at 8:30 p.m. and all teen agers are welcome, Y officials said.

Miss Helen Bullis Honors Visitors

Miss Helen Bullis was hostess last Friday for a bridge luncheon at her home on Florence avenue which honored guests here for the holidays. Honored were the Misses Margaret and Miriam Collins, and Mrs. L. P. Smith, all three from San Diego, and Mrs. Kent Bonney, Corvallis.

The Misses Collins are here to visit their brother and sister-in-law, Mr. and Mrs. J. C. Collins, and their nephew and niece, Mr. and Mrs. Hugh Collins. Mrs. Bonney, daughter of the J. C. Collins, and Mr. Bonney are spending the holidays in the family home on East Main street.

Phoenix Neighbors To Hold Meeting

Phoenix — Phoenix Neighbors of Woodcraft will hold a business meeting Thursday, January 2 at 8 p.m. at the home of Mrs. George Bourne on Calhoun rd. Phoenix Thimble club will be held Friday, January 3 at the home of Mrs. Walker Caldwell for a covered dish luncheon.

Election of officers is scheduled.

Mrs. Delbert Cook will act as co-hostess.

Phoenix Neighbors To Hold Meeting

Calendar

Calendar notices and news for the society section of The Mail Tribune will 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 5 p.m. the day before publication.

Tuesday:
8:30 p.m. — Pioneer Dance club, Kershaw square.
9 p.m. — Medford Elks' New Year's eve party, Elks temple.
9 p.m. — Rogue Valley Country club New Year's eve ball, at club.

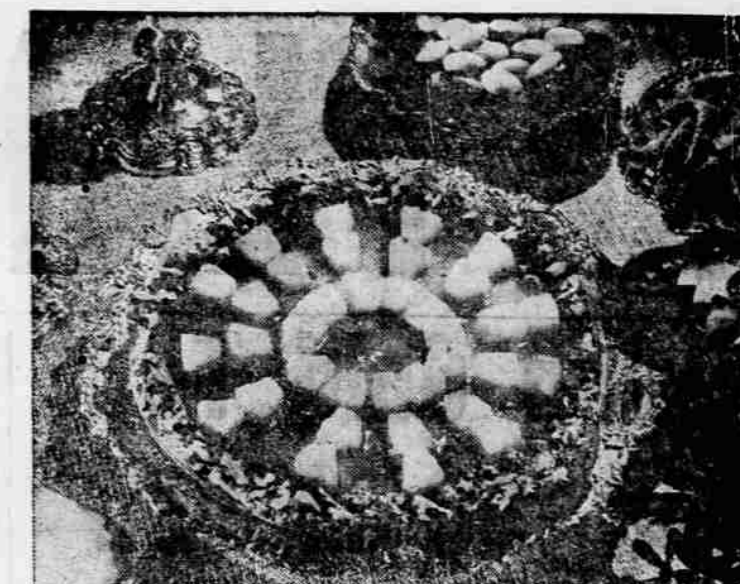
Calendar

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Chopped Nuts Make a Decorative Trim

One of the most popular "finales" to any meal is a delicious fruit pie. Pineapple-Apricot Pie, Glace will brighten any meal for it has plenty of eye as well as appetite appeal. It is quite worthy of a holiday dinner.

Pineapple-Apricot Pie Glace combines a creamy vanilla pudding (use mix) with a crown of golden pineapple tidbits. Apricot jam is used to form a glaze. The rim of pastry is brushed with a slightly beaten egg white and sprinkled with finely chopped nuts which gives it an attractive appearance and flavor—in a word, delicious!

PINEAPPLE APRICOT PIE GLACE

Pastry for 9-inch pie shell
1 package vanilla pudding
1/2 cup whipping cream
1 1/2 can pineapple tidbits or chunks
1/2 cup clear apricot jam or preserves
Chopped nuts

Roll pastry and fit into 9-inch pie pan. Make a flat rim around edge rather than the usual high-fluted one. Prick all over with fork. Bake as usual. Prepare pudding by package directions. Cool. Whip cream and fold into cooled pudding. Spoon into baked pastry shell. When thoroughly set, arrange well-drained pineapple attractively on top. Spread apricot jam on the thin part of preserves over pineapple and custard to form a glaze. Brush rim of pastry with slightly beaten egg white and sprinkle with finely chopped nuts to make the decorative trim. Serves 6 to 8.

Battle May Be Won In Penguin Disease

Portland — There was new hope today that the battle to save Portland's remaining penguins might be won.

An all-out battle was launched against aspergillosis, a lung disease which has killed a dozen of the valuable birds. Eight have died here and four in other zoos.

Dr. Carlton M. Herman, head of the disease control section of the waterfowl division of the U.S. Fish and Wildlife Service, was due here late this week along with Dr. W. J. L. Sladen, expert on Adelie penguins and their diseases.

In addition, an emperor penguin was x-rayed Monday and found apparently free of the disease. It is believed to be the first time in medical history that an Emperor penguin was x-rayed.

Dick Contino Files Bankruptcy Petition

Los Angeles — Accordionist Dick Contino, 27, has filed a bankruptcy petition in federal court on accumulated debts totaling nearly \$40,000.

The nimble-fingered musician, once a butcher boy from Fresno, Calif., said Monday that \$8,000 of the amount was borrowed from his mother while he was in the Army.

Contino was convicted for draft evasion in 1951 after he fled Ft. Ord, Calif., because he "couldn't stand being fenced in." After serving four and a half months at McNeil Island Penitentiary, he entered the Army and went to Korea.

The accordionist skyrocketed to fame on the Horace Heidt Show and earned as much as \$3,000 a week at one time.

Portland Traction Dividend Revealed

Portland — Howard Morgan, state public utility commissioner, said Monday Portland Traction Company paid its holding company a 12 1/2 per cent dividend amounting to \$125,000 this year.

Morgan made the statement at a PUC hearing into a request by the company to abandon passenger service on its Bellesore and Oregon City trolley lines. The firm claims a deficit of \$10,147 in the operations this year.

V. L. Thomas, Portland Traction Company controller and assistant treasurer, confirmed the appropriation of \$125,000 dividend for 11 months of this year to Portland Transit Company of San Francisco, parent firm of PTC and Rose City Transit Company.

Morgan observed that the dividend payment was legal but added "There had been no disbursement of any kind of such magnitude for the improvement of their service."

Portland Traction Dividend Revealed

Advertisements

Ten Children — One Family
Geo. N. Taylor

One of the younger tots unpacks the electric razor daily and plugs the cord into the wall socket. The older ones—all professing Christians, are yet in the grades and High School. Evenings, after dinner, they romp. Then comes Bible and prayer—the older ones also make their prayer. Their Dad, a businessman, is just back from India where he aids Missions. Their Mother keeps the home-fires burning. Yes—Bible and prayer have a vital place in this family.

Shall we run these Gospel Messages in more Newspapers? Since 1920 we have raised and spent \$40,000 for this service. Not a cent of it used for self. If you wish more papers used, remit to News-Paper Gospel or to Geo. N. Taylor, 1515 E. Forest St., Wheaton, Ill.

Ten Children — One Family

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