Women's Class Planned at Y; Tots to Swim

An exercise and slenderizing course for women will be offered at the YMCA beginning Tuesday, January 14, it was announced today. The class will be held Tuesdays and Fridays beginning at 10 a. m., and an evening class will be scheduled Tuesdays at 7 o'clock for women who work during the day.

Gordon Williams, physical director of the YMCA, will conduct the course. He states that it will include body conditioning and slenderizing exercises, lectures and discussions on dieting and nutrition. Swimming, badminton and volleyball will be included also.

He states that the course will provide an opportunity for women to reduce their weight and strengthen the muscles of their entire body. The director points out that many adults do not have sufficient exercise to keep the muscles toned and strengthened as they should be.

The YMCA also plans a swim class for children aged 6 to 8 years, with Dick Clark as instructor. The class will begin January 11, Saturday, with sessions at 9 a. m. and 1 p. m. The Y pool is heated to 80 degrees in the winter time.

Since there are many streams, lakes and irrigation ditches in this area, every child should be taught to swim early in life, the YMCA physical director states. Registration for the classes will be limited to 40 children, and parents ksaeare dteeontt-mm parents area asked to enter their children at once.

Information on the classes may be obtained by calling the Y, SPring 2-6295.

Installation Set For Two Lodges In Central Point

Central Point—A team from Jacksonville will conduct joint installation of officers for the Central Point Odd Fellows and Rebekahs Monday, January 13, at the Central Point Grange hall at 8:30 p. m.

Rebekahs are reminded that it is to be formal. Members not contacted are asked to take either salads or sandwiches.

The event is open to friends and relatives of members.

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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 of everyday living and attempts to bring you the most expert opinion in this area. By combining clinical experience, research, and homespun practicality, we hope to assist you to 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, M.A., Department of Education, The American Institute of Family Relations, 5287 Sunset Boulevard, Los Angeles 27, California.

After Forty, What?

"I am afraid of growing old," says the anxious mother of grown children. "Forty is the end of everything worthwhile in life."

"I'd rather be dead," says the fading glamor girl, "than middle-aged."

Here at the American Institute of Family Relations in Los Angeles we hear these remarks repeatedly. People, especially women, fear growing old, fear even the approach to age, and try to avoid it, as long as possible. They regard age as an evil, a fate which all must meet, a blank wall which marks the end of everything worthwhile in life, love, marriage, and happiness.

But in reality the opposite may be actually the case. After forty, many women enjoy better health than ever before, more leisure to pursue hobbies and develop talents, less heavy responsibility with families grown. For many, life in its fullest often begins after forty.

"There's no need to be fat and frumpy because you're forty," advises Alma K. Reck in Life 'Today.' "If you are overweight, invest in bathroom scales and a caloric chart. See your doctor about a diet. Investigate special size shops to find dresses with the smart details of misses' sizes designed for your figure. Perfect grooming and care in choosing accessories will pay dividends in compliments."

"Your marriage in its maturity," says Dr. Paul Popenoe, "is often more satisfying than in its younger, more tempestuous years. You have gained perspective, security, and trust. Your uncertainties and youthful jealousies are gone."

You find, too, that you can do things easier now: budgeting, shopping for bargains, planning meals. You have learned efficiency and precision—and now you can profit from your experience.

You find that you have learned through the year to meet situations and people with confidence and poise; you no longer vacillate between the extremes of timidity and temerity, as you used to do.

You have learned to live—and now you have the time to do it well.

Business Session Planned by Club

Scottish Rite Women's club will meet Monday, January 13, at 8 p. m. in the Masonic Temple.

This will be the first business session in the new year.

Mrs. Verna McCallister is chairman for the evening. Others serving on the committe are Mrs. Verl G. Walker, Mrs. Melvin Krows and Mrs. Ross R. McVay, Grants Pass.

The Scottish Rite Masons will have a stated meeting in the Lodge of Perfection, and a stated meeting in the Chapter of Rose Croix. The thirteenth degree of Scottish Rite Freemasonry will be presented under the direction of Knute H. Lindgren, after which they will join the ladies for a coffee hour.

All wives, widows, mothers, daughters and sisters of Scottish Rite Masons are welcome.

Students Named On Honor Roll

Eugene—The University of Oregon's fall term honor roll was reached by 302 undergraduate students this year, 13 less than fall term last year. Grades averaging 3.50 or higher, and courses totaling not les than 12 term hours, were necessary for honor roll recognition.

Of the total, 45 students made all A grades, or an average of 4. Last year's fall term honor roll included 42 students with 4.00 grades.

Students from Medford who achieved honor roll grades fall term included Marjorie H. Blind, Deanna M. Campbell Margaret J. Hopkins, Richard D. Kirby, Nancy G. McKeown, Carolyn Miller, R. Craig Philips, Terry G. Sherwood, and Stela M. W. Wirth.

Clubs Announce Dances Saturday

Two square dance clubs have planned parties for Saturday, January 11.

Waggin Wheelers will hold a dance at 8:30 p.m. in the Square Corral, Camp White. The public is invited to attend. Refreshments will be potluck, and during the serving, club members will hold a business meeting.

The club is sponsoring a class for beginners and sessions are held Tuesday evenings at 8 p.m. at the Corral. Douglas Decker is the instructor.

Pioneer Square Dance club will meet at Kershaw Square, Saturday at 8:30 p.m.

Callers for the evening will be Gordon Kershaw and Kenneth Howe. All members may invite guests. Refreshments will be served after the dance.

Upper Appegate Club Plans Session

Applegate — Upper Applegate Grange Home Economics club will meet at the home of Mrs. E. R. Sawyer Monday, January 13, at 12 noon.

New Suits Become Costumes

By GAY PAULEY
United Press Women's Editor

New York—(UP)—The suit, basic of our wardrobes, hardly looks its old self for spring 1958.

It's more of a costume, with all the parts assembled, so there is little need for us women to shop for a blouse to "go with." Blouses "come with." Designers this season do more coordinating of costume than I've seen in 10 years of fashion coverage.

Favorite outfit with almost every firm previewing spring collections this week for the visiting press is the slim skirt, topped wiht the short, loosely fitted jacket lined with a silk floral print. The same print is repeated in the blouse, usually fitted over the skirt instead of tucked in.

Typical example comes from Ben Reig, a long-time leader in the suit field. One of his group of suits which "leave nothing to chance," as he said, is in a pale or platinum beige wool. The short, free-swinging jacket is lined, and faced at the collar, with the same print used in a beige sleeveless overblouse.

Maurice Rentner, another top suit designer, showr a whole group of costumes in which blouse and jacket linings match. Rentner and Reig are among the designer-manufacturing firms participating in the semiannual shows sponsored by the couture group of the New York Institute.

Rentner, Reig and Ben Zuckerman all show a variety of jacket lengths. Some are brief boleros; others have only a slight curve inward at the waist, but nip in to fit the upper hipbone. Still others are classic in cut, showing the waistline. Jackets come with and without belts, and usually the belts are narrow, almost shoestring width.

Most suits feature such ease of fit across the back from armhole to waistline that a spokesman for Rentner decided "no female will get claustrophobia this spring."

Rentner is among the designers who gently bloused some jackets; his are gathered to a two-inch band of the fabric, which does fit the lower waistline.

Coat shapes run the gamut—from straight and narrow to those with sweeping lines. Designers also have cut loose with extravagant fabrics, colors and trim. Originals for instance, featured a lightweight grey tweed dusted with tiny rhinestones, which seemed to be part of the fabric itself.

Three Celebrate "Golden" Holiday

Talent—Mrs. Archie Estes, Talent, and Mr. and Mrs. George Cluck, Roseburg, celebrated their 50th Christmas together last month. The annual gathering was held at the home of Mr. and Mrs. Estes in Talent.

Guests present included the Estes' daughter and family, Mr. and Mrs. Willam Sommer and children, Dean and Linda; Mr. and Mrs. LeRoy Welch and daughters, Priscilla and Royce, all Talent; Mr. and Mrs. Cluck and the host and hostess.

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 5 p.m. the day before publication.

6:30 p.m.—Phoenix Garden club, Phoenix Grange hall.

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

Saturday:

1 p.m. — Zuleima temple, Daughters of the Nile, Ashland Masonic temple.

2 p.m. — College Women's club, Ashland clubhouse.

Girls Play Day To Be Held at Y

A play day for girls will be held at the YMCA Saturday, January 11, from 1 to 4 p.m. The play day will be for girls aged 9 to 12 years, inclusive.

Tumbling, baton, volleyball, gymnastic, swimming and trampoline classes are planned.

Girls need not be members of the YMCA, those in charge state, and any interested girl among those ages is invited to attend.

Board Elected By Bridge Club

Medford Duplicate Bridge club elected a board of governors during the first session of 1958 Tuesday at Girls Community club. Named to the board were Mrs. Robert Elliott, Mrs. Jack Mitchell, Mrs. Dolph Phipps, Howard Boyd, Ray Wise, Berg Marten and Paul Hatton. The board will meet soon and elect a chairman and other oficers.

The club began the 1958 season by holding the monthly master point play, with 11 tables of players participating. North-south winners were Roy Pruitt and H. J. Boyd, first, 124 points; Mrs. Ben Todd and Mrs. Richard House, second, 123½; the B. L. Sandersons, third, 117; Mrs. Richard Milestone and Mrs. Elliott Harlow, fourth, 115½. Winning east-west were the Paul Hattons, first, 132; Mr. and Mrs. Jack Mitchell, second, 129; Don Reverman and George Polski, third, 119; Mrs. Alto Pruitt and Mrs. Thomas Randall, 117½.

Bridge fans who enjoy duplicate play are welcome to attend theh club sessions any Tuesday night, it was announced, The club now has about 75 members.

Scout Leaders To Be Trained

Girl Scout leader training will begin it's first of four sessions Moday, January 13 from 9:30 a. m. to 2 p. m. at the Girl Scout office. All leaders of senior and eighth grade troops are asked to attend.

Miss Mary Lou Garner, 4-H county agent for girls, will discuss the characteristics of senior age girls at the training session. Other instructors for the groups are Mrs. Gerald Gastineau, Mrs. William Baker, field director and Miss Ruth Kilbourn, executive director.

Other subjects to be discussed at the meeting will be inter-relations of the program fields and how girls' needs and interests are met through progressively difficult activities.

All those planning to attend the meeting are asked to register in advance, and to bring a sack lunch. Coffee will be provided by the Girl Scout office.

The second session of the senior leader training program will be held January 20.

BRITISH INFLUENCE

In their sportswear, reports the American Institute of Men's and Boys' Wear, Americans have adapted some of the coats used by the British armed forces. One is the toggle-fastened parka coat used by both the Royal Navy and the Merchant Navy at sea in colder weather. The other is the British Army Officer's "short warm." Versions of this model are rapidly gaining in popularity with suburbanites and sportsmen.

QUICK SUPPER

For a good, quick supper in a dish, brown ground beef, add canned tomatoes, instant minced onion and chili powder, and simmer a few minutes. Pour over drained cooked noodles, mix in plenty of rich flavored ripe olives wedges, and top with cheese. Bake a half hour or longer.

For extra food values, add 1 tablespoon dry milk to dry cereal before cooking. Add fluid milk or water and salt as directed on the package and prepare as usual.

Guild Month Is Observed By Local Units

The three Wesleyan Service guilds of First Methodist church are celebrating national guild month throughout January according to Mrs. C. R. Adamson, Medford, Oregon conference secretary Special programs will feature the history of this organization, from its inception in Chicago in 1923, when a small group of employed women met together form Christian fellowship and study of the work of the Church. "from that small beginning, the guild has grown to be a great service organization with more than 500 units with members all over the United States and many in foreign countries," Mrs. Adamson states.

"The great increase in the number of employed women in America has developed a need for Christian fellowship and an opportunity for service and study in church-connected groups which meet in the evening and on weekends, when working women can take part. The current national drive is bringing large numbers of new members; in Oregon alone, four new units have been organized in the past few months and several more are in the planning stage."

Miss Cora Mason, Ashland, was the first guild secretary for Oregon, and did much of the ground work for the organization in this area. Later, the late Mrs. Beulah Faber served as Oregon conference secretary for four years, going on to become Secretary of the western jurisdiction, which office she held at the time of her death. Mrs. Adamson is the present conference secretary, and Mrs. L. A. White is associate secretary of the Eugene district, which includes the southern half of Oregon.

Local unit presidents are Miss Annette Gray, president, Ruth Esther unit; Mrs. Gerald Sherman, president, Susannah Wesley unit; Mrs. A. C. James, president, Gladamson unit. All employed women are welcome to attend any of the guild meetings and may obtain meeting dates from the church office.

LAUNDRY TIP

Have you modernized your washday techniques by using cold water to launder modern fabrics? Then remember not to wear them too long between washings. The cold water prevents setting wrinkles into man-made fibers, but does not efficiently remove deep-set soil.

Return

Mr. and Mrs. James Tengesdal and family, 1216 West Eighth street, have returned from a two-week holiday trip to towns in the Yakima valley and Tacoma, Wash. Mr. Tengesdal is on the staff of the Bureau of Reclamation here.

WINTER SALAD

Canned cling peach slices, crisp celery and light or dark seedless raisins make a mouth-watering winter salad. Change-about of greens adds welcome variety. Try tiny spinach leaves with this.

Lodges to Practice For Installation

Incoming officers of Knigh of Pythias and Pythian Sisters are to meet at the Pythian building at 4 p.m. Sunday, January 12, to practice for installation.

Fashions as Peppy as Peter Rabbit

Wonderalls Animal Appliques

Straight from Wonderalls' Fantasy garden come fluffy, sudsable corduroy bib top overalls and jumperalls with perky applique trims popping up in the cutest places! Tailored for boys with check gingham shirts and matching trim on overall. Sweet for girls with puff up sleeved blouses, and gingham trimmed jumperalls. Infant sizes M-L-XL or Toddler 2-3-4. For her, jumperall and blouse come in Regal red, Tantalizing turquoise, or Princess pink. For him, overall and shirt come in Regal red, beige, or Baby blue.

JANUARY CLEARANCE — SNOW SUITS and One Group of DRESSES & TOPPER SETS!

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Downstairs at Medford Pharmacy — Corner Central & 6th Ph. SP 2-6253

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MONTAG BOXED STATIONERY NOW 1/2 OFF Regular Price
Revlon Doll Clothes for Miss Revlon 10½" Doll 1/3 OFF!
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Women's Exercise Class!
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Body Conditioning and Slenderizing Exercises $7.00
Reduce For Health
SWIMMING —— Also —— BADMINTON and VOLLEYBALL
BEGINS JANUARY 14th AT Y.M.C.A.
Tuesdays - Fridays . . . . . 10:00 a.m.
Tuesday Evenings . . . . . 7:00 p.m.
INSTRUCTOR — GORDON WILLIAMS
For Further Information
Call Y.M.C.A. — — — — SP 2-6295

Buster Brown shoe SALE!
HERE'S NEWS OF AN EVENT YOU WON'T WANT TO MISS!
Buster Brown Shoe Store's
TREMENDOUS CLEARANCE STARTS TOMORROW 9 A.M.
Women's Airsteps — A Great Opportunity to Save — Dress, Casual and Walking Shoes—Value to 13.95 — NOW 8.99 9.99 10.99
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