

Duplicate Club Names Winners

Miss Isobel Stuart and Walter Humes scored 127 points to take first place...

Additional north-south winners were Mrs. E. L. Miller and her partner, Paul McDuffee...

Also winning east-west were Mrs. Robert Elliott and Ray Wise, 123 points...

Last week's east-west winners were Mrs. Paul McDuffee and Mrs. Marten...

North-south winners last week were Mrs. Thomas Randall and Mr. Reverman...

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Junior Red Cross Sees Safety Film At Meeting Tuesday

A film on first aid was shown at a meeting of the Junior Red Cross...

Ed Stocking, new Red Cross field representative for first aid and water safety...

Mrs. Myers Jones, Mrs. John Day, Mrs. Reece Alexander, and Mrs. Margaret Ness were in charge...

Trip To Beauty Shop Should Be Relaxing

Chicago—A trip to the beauty shop can beautify more than sagging curls...

"Take advantage of the time you spend at the shop. Don't be fidgety...

"The heat from the dryer can be your best friend, if you let it soothe you."

She lists pet peeves from hairdressers as the casual type who always is late and the rushed type...

SOC Ensemble to Present Program at Lincoln School

The Southern Oregon College ensemble will present a program in the Lincoln school gymnasium...

The ensemble, under the direction of Louis Clayton, will present a 45-minute program...

This varied program which is coupled with choreography has made the group a favorite with Southern Oregon audiences...

Students from the college who comprise the ensemble are: Donna McFarland, Klamath Falls...

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Claudio Arrau To Give Concert

Portland—Claudio Arrau, Chilean-born pianist whose drawing power frequently produces four or five concerts per visit...

Arrau will be heard in Beethoven's "Concerto No. 4" and "Burlaske" by Strauss.

The orchestra, under the baton of Theodore Bloomfield, will offer Hindemith's "Concert Music for Strings and Bass" and "Enigma Variations" by Elgar.

Arrau, who will be 55 years old at his next birthday, has been on the concert stage for 50 years.

Arrau makes his home on Long Island with his wife and two children, but except for six weeks out of each year he covers the globe...

Tickets are on sale at the J. K. Gill box office.

Sour Cream Dressing—Cauliflower or broccoli can be topped with melted butter or a cheese sauce...

After the conferral, the Scottish Rite Masons will join the ladies for a coffee hour.

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

Cave Junction Lodge Conducts Initiation—Mrs. George Cooke was welcomed as a new member of Marguerite Rebekah lodge...

A corsage of pink carnations was presented to Mrs. Cooke from the lodge.

Potluck refreshments were served from tables decorated in the valentine day motif with hearts, pussy willows and lacy valentines.

Mrs. Herbert Salvage was presented a box of valentine candy.

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...

Friday: 6:30 p.m.—Ladies auxiliary, Siskiyou canton Patriarch Militant, Odd Fellows hall.

8 p.m.—Jackson County Civic Music association, Medford high school auditorium.

Saturday: 12:30 p.m.—League of Women Voters, Rogue Valley Country club.

1 p.m.—Crater Lake chapter, Daughters of American Revolution, home of Mrs. Glen O. Taylor, 1334 Reddy ave.

Postal Clerks To Hold Dinner Saturday Night

The National Federation of Post Office Clerks, Local 342 and the auxiliary will be hosts for the annual Southern Oregon district meeting...

According to Mr. Clayton, the group, which has been known for the past several years as the Southern Oregon College Ensemble...

Paul Kurovsky is president of the Medford clerks.

Here for the women's meeting will be Mrs. Buckridge, state president for the auxiliary...

George and Mildred are typical of many who find themselves in chilly marriages.

Phoenix—The monthly meeting of Phoenix Garden club featured a program on "Flowering Trees and Shrubs"...

Most adults do not engage in activity which uses the large muscles of the body, he points out...

Flower arrangement for the day by Mrs. D. E. Lewis featured pussy-willows and pink flowers in a valentine theme.

The club plans to have a spring flower show May 4 at the Community hall in Phoenix...

It was also announced that a basketry workshop will be held March 14 at 9 p.m. at the Community hall in Phoenix...

Hostesses for the meeting were Mrs. Lester Carr, Mrs. A. C. Lewis, and Mrs. Guy Cobleigh.

Mrs. Harry F. Nordwick is chairman for the evening. Assisting her will be Mrs. Hensley Holt, Mrs. Fred H. Graten and Mrs. Lloyd L. Caton.

The Scottish Rite bodies will have a stated meeting in the Council, and a stated meeting in the Consistory.

After this, George W. Thomas and cast will confer the ninth degree of Scottish Rite on a class of candidates.

Both degrees are under the direction of Carl H. W. Oestreich.

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Exercise Class Planned at Y

An exercise and slenderness class for women will begin Tuesday, February 25, at the YMCA according to Gordon William, physical director of the "Y."

The class will be held Tuesdays and Fridays at 10 a.m., and an evening session will be held Tuesdays at 7 p.m. for women who work during the day.

With the exercises will be swimming, badminton, volleyball and trampolene work, it is stated.

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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.

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.

"My wife criticizes me continually," says George B. "Mildred has been always a 'cool,' if not downright frigid type. In fact, I've never been sure in 10 years of marriage if she enjoyed love, me or marriage."

George and Mildred are typical of many who find themselves in chilly marriages. George is an average, healthy man, engrossed in his business, his bowling score, and his marriage—in that order.

Mildred is childless, a member of the Tuesday Garden club, an active church member, and an habitual worrier—about her health, her popularity, the mortgage, and George's "demands."

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Feeding the Family

By ZOLA VINCEN Food Editor

Lentils Salad Features Fish—We especially like this Lenten season salad because it uses up any flaked cooked fish fortunately lurking in the refrigerator...

Recipe: 1 Cup ripe olives, 1 cup shredded lettuce, 1/2 cup diced cucumber (optional), 1/2 cup diced celery or canned fish, 1/2 cup French dressing, 1/2 teaspoon ground onion, Salt and freshly ground pepper.

Meatless Meals. When planning meatless meals it will be much easier to work out balanced menus if one remembers that fish, poultry, eggs, milk and cheese are complete proteins...

Fish and Shellfish. Fresh from North Pacific waters come cod, sole, flounder, rockfish, sablefish and salmon. From California waters come fresh lingcod, sea bass and catfish.

Poultry and Eggs. All poultry is reasonably priced. When you buy the bargain priced stewing hens remember that they really require long cooking...

Dairy Products. All dairy products are high in protein. Good old Cheddar cheese is one of the finest and most economical of foods.

Macaroni Products. Add variety and eating excitement to Lenten menus by dressing up macaroni, spaghetti or egg noodles with any of the following flavorful and distinctive sauces...

Vegetable Plates. Success and nutrition of vegetable plates depends on careful quick cooking, seasonings and generous sauces.

Each cup of home-made or canned white sauce, add Anchovy. Beat in one teaspoon anchovy paste before serving.

Shrimp. Add one-half to one cup grated cheese and stir until melted.

Pepper or Pimiento. Cook with butter, two tablespoons minced onion and add one-quarter to one-half cup minced red, green or chili pepper or pimiento.

Shrimp. Add one cup cooked broken shrimp; heat in sauce two to three minutes. Just before serving, add two tablespoons sherry.

Broiled-On Frosting. For a quick delectable topping on your next cake, try this broiled-on-frosting.

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Gold Jewelry Not Good For Silver-Haired

By GAY PAULEY United Press Women's Editor

New York—When your hair has turned to silver, get rid of the gold in your jewelry wardrobe.

So advises Mrs. Hilda Altmark, a designer in her late 40s, who's been greying since her 20s.

"Gold jewelry gives a brassy, harsh look to the grey-haired woman," said Mrs. Altmark. "Wear pearls, rhinestones or colored beads. And nothing chunky."

Wear Strong Shades. Mrs. Altmark, chief designer for the dress and suit firm of Branell, believes the silver-haired also should go easy on the "sissy" pastels, and wear strong shades—pinks, blues, violets, emerald green, blue green, and beige, not brown.

Colored hats are most becoming," said Mrs. Altmark. "And select those with a light and airy look, not old ladyish. Silhouettes with an up-sweep line are most flattering."

Must Watch Skirt Length. In hosiery, she suggested selection of grey or soft pink tones, rather than the tawny or brown shades.

The greying woman, whether she's 40 or double that, must watch skirt lengths," she said. "No matter what the younger women wears, wear the length which is most flattering to your legs."

Hilda Altmark, who grew up a blonde, now has hair a pearl grey, nearly white shade.

"It's never tinted," she said. "I think the woman should use a hint of blue or lavender tint, only if her skin is salow or swarthy."

Her own formula is simple: Plenty of brushing and good care.

"The one thing all of us with grey hair must avoid is a 'do' which is too flat, or too curly," she said. "The soft arrangement is by far the most flattering."

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Advertisement for Jean Naté Friction Lotion. Text: "Yes, we fill prescriptions. Furthermore, we consider this service to be our first and most important responsibility. When your physician prescribes for you, bring your prescriptions to us for filling." Includes product image and price list.

Advertisement for Sun-Fun Favorite. Text: "Playsuit or dress — two fashions in one — thanks to the on-off role of the skirt. Beginner-easy to sew with our printed pattern — choose non-iron cotton for this sun-fun favorite." Includes pattern image and pricing.

Advertisement for Quick to Crochet. Text: "Add a fresh touch to your living room with this smart fern-design chair set. It goes with a modern or traditional home." Includes image of chair set and pricing.

Advertisement for Women's Slim and Trim Exercise Class. Text: "Women's Slim and Trim EXERCISE CLASS at Y.M.C.A.—522 W. 6th. Begins Tuesday, Feb. 25. Morning class: Tues. & Thurs., 10 a.m. to Noon. Evening class: Tues., 7 to 8 p.m." Includes image of woman exercising.

Advertisement for Tranquilease. Text: "INTRODUCING: TRANQUILEASE. THE ONLY COSMETIC TRANQUILIZER FOR THE SKIN. FRANCES DENNEY, noted specialist, answers the modern beauty problem of skin outwardly affected by emotional upset, tension, fatigue. It lulls the skin with an invisible film. 15.00 plus tax. Cosmetic Department. HUDSON'S PHARMACY. 613 EAST MAIN. PHONE SP 3-5345." Includes image of product box.