

### Podiatrist Says American Foot Health Getting Worse

By GAY PAULEY  
United Press Women's Editor  
New York — American women reputedly have the most beautiful legs in the world. But such feet are getting worse all the time, and the pointed toes fashion dictates for us girls don't help the situation, says Dr. Joseph Lelyveld, chairman of the National Foot Health Council, in Rockland, Mass.

### Retired Teacher To Be Honored By Delta Zeta

Members of Delta Zeta sorority from all parts of Oregon will gather in Corvallis Saturday, May 17, to honor Mrs. Gertrude McElfresh for her 50 years of service to the sorority.

Mrs. McElfresh taught English to several generations of college students. She retired in 1947 after 38 years on the Oregon State College faculty.

A charter member of the Delta Zeta chapter at Cornell University, Mrs. McElfresh was instrumental in founding the Delta Zeta chapters at both Oregon State college and the University of Oregon. Members of both collegiate chapters will be in Corvallis to see her receive the Golden Rose 50-year service pin, the first such award to be made in Oregon.

### Workshop Planned For Garden Club

Roxy Gardeners will meet Wednesday, May 14, at 1 p.m. at the home of Mrs. William A. Lowery, 1612 Orchard Home drive.

Mrs. C. C. Hoover will lead a workshop on corsage making. Members are to take flowers.

If long wear is important in a tricot garment, it is better to buy a closely knit tricot in heavy weight.

seives into cripples. The greatest danger period is childhood, the Massachusetts-born podiatrist said. Because a child's foot is pliable, he feels no pain when shoes and socks fit poorly.

"More feet are harmed by wearing socks too small, or going without them, than by wearing improper shoes," he said.

"We estimate that by the time kids get out of high school, 80 per cent of the girls and 65 per cent of the boys have foot trouble," he said. "The ills increase with age . . . 90 per cent of all adults over 40 have some sort of foot problem."

### Women Suffer Most

"Women are more affected than men, because they follow fashion fables. You want to know what those extremely pointed toes do to your feet?"

I could have answered that I'd grown a whole new crop of corns and callouses, but after all Dr. Lelyveld is the expert.

"The pointed toe upsets the natural function of the foot," he continued. "In proper shoes, there are three weight-bearing areas — the heel, the ball of the foot, and the toes which pull us forward; in those shoes you're wearing, the ball of the foot alone carries all the weight."

"Right now, nature is protecting the foot by growing corns and may be starting a bunions . . . the enlargement of the big toe joint. Ultimately the poor circulation leads to large ankles and varicose veins."

### Just Common Sense

Lelyveld said he's not against a woman following fashion, if she does so with common sense. "Wear flats for sports occasions, high heels and whatever else you want in a dress shoe for special event. But not at work or out shopping."

The podiatrist offers many tips for foot health. One of them is in the council's slogan — "Walk and be healthy." He advocates three to five miles clipped off each day. "Best exercise in the world," he said.

He also advocates, especially for children the wearing of mercerized cotton socks and stockings because of their "give" and absorbency. He opposes the stretch sock which will go on almost any size foot, because it often fits too tightly. "Buy socks or hosiery one-half inch longer than foot measurement," he said.

I asked him about nylon hose. "Well," he said, "I know how sheer you women want them, but you'd be much wiser getting them with the mercerized cotton sole."

### Initiation Held By Bethel 14; Events Planned

Bethel 14, International Order of Job's Daughters, welcomed 13 new initiates and one affiliate into the group at a meeting held May 7 under the direction of the honored queen, Miss Sue Knight.

The new initiates are Misses Leslie Stanley, Diane Bush, Louise Hoover, Frances Besonette, Susan Higgins, Janet Kelly, Lynne Snyder, Lois Waltermire, Meredith Jensen, Laura Rupert, Susan Sneed, Loretta Turman, and Lynn Peterson. Miss Diane Allen was greeted as an affiliate, transferring from Bethel 56 in Shady Cove.

Committee reports were made. Miss Sharon Blickenstaff reported on a baked food sale, which is to be held Saturday, May 24, at the Home Appliance store. Miss Knight discussed a proposal for another fund raising project for this term, which will be in the form of a car-wash to be held Saturday, May 17. These two projects will be the final activities of the group to supplement their expense funds and the members were encouraged to put forth their best efforts to that end.

Awarded at this meeting were the merit point pins for members who had accumulated 300 points by this time. Among those so honored were Misses Connette Hinsley, Janice Evernham, Sue Knight, Judy Bell and Karen Culbertson.

Miss Knight introduced Mrs. Ross Gilkison, past guardian of the Bethel and Mrs. C. D. Elhart, past grand guardian for the state of Oregon. At the conclusion of the meeting, the newly initiated members introduced their parents.

### Club To Choose Two Delegates

The Medford Townsend club will meet Wednesday, May 14, to nominate two delegates to represent the parade of states to be held at the National convention at Cedar Rapids, Iowa, June 9 to 12. A program is also planned, according to the club president, Leon Rusho.

Roll call was held at last week's auxiliary meeting. Three new club members were reported and one visitor was present. The major part of the program featured character dramatizations by members, with others guessing who was being imitated.

The meeting closed with a penny drill, followed by music and dancing. Visitors are always welcome.

When laundering men's ties, baste them before washing to prevent the lining or padding from becoming lumpy. Remove basting before ironing.

### Dads To Be Subject Of Contest

New York — A competition that produced 20,000 letters last year on "Why I Like My Dad," under the sponsorship of a Letters to Father committee is announced in a new and expanded form for 1958. Father's Day comes June 15.

Letters are invited on the theme of what father means to any child of high school age and under. The subject of father as a guide and counselor, as a companion, as a good provider, as a guardian and disciplinarian are all involved. May 20th is the deadline on which letters may be mailed to the Committee, P.O. Box 326, Radio City Station, New York.

The consensus of last year's letters was that father is a hero, a guide, philosopher and friend. Companionship was the overall theme. The companionable father leads, advises, and teaches by helping, by doing. Over and over again, the experience was that "father helps me," whether it refers to skinning a fish, working out math problems, or mastering a machine. The material blessings that a father provides, such as shelter, food or clothing were mentioned, but there wasn't one case of excessive gratitude or appreciation for extravagant presents.

The most outstanding expression of bliss resulting from a gift came from a young man who wrote, "He brought me home as a pet a baby boa constructor. He helped me build a pen for it and he took me to the store to buy turtle food for it." Since this had to do with Father's Day, there was no reference to what Mother had to say about it.

As prizes for the 1958 contest, the best letter from a boy on "Why I Like My Dad," will receive a Gilbert astronomical telescope, a Star Finder and a beginner's library in astronomy. The telescope is capable of viewing earth satellites.

For the best letter from a girl, a portable sewing machine will be awarded. The fathers of both winners, subjects of the letters, will each receive a hardwood humidifier of fine cigars.

For the ten next best letters, there will be honorable mention, with a prize of a Gilbert chemistry set for winning boys, and a Gilbert Laboratory Technician's set if the winner is a girl. The fathers of the honorable mentions will receive boxes of cigars.

Judges of the contest are Mrs. Mary E. Buchanan, editor of Parents Magazine; Alvin Austin, chairman, National Father's Day committee; Mrs. Sigana Earle, Seventeen magazine and Seventeen-at-School; Miss Elizabeth Enright, author of "Gone Away Lake" which was awarded the Herald Tribune Spring Festival prize, and winner of the Newbery medal; and Walter Cronkite, moderator of CBS-TV's "Twentieth Century" hour.

### Gardeners Plan Session May 14

Central Point—Members of Central Point Garden club will meet Wednesday, May 14 at the Leo Ghelardi home on the Old Stage road. The meeting will begin at 1:30 p.m. with dessert luncheon.

At this meeting the schedules for the club's flower show "Bounties of the Earth" will be available. The show will be held in the Crater High school gymnasium June 12 and 13. At the last meeting at the Eugene Orr home, the schedule was read and adopted.

Members of the club have attended the arrangement demonstration by Carl Starker in Cave Junction and the recent Siskiyou district meeting in Rogue River; they participated in the Medford and Phoenix Flower shows, taking many ribbons. Entries are to be made in the Ashland show today.

### Phoenix Women To Hold Meeting

Phoenix—Women's association, Phoenix Presbyterian church, will meet Thursday at the church at 10:30 a.m. Plans for a rummage sale to be held May 16 at the Pehl building in Medford will be made.

The devotional period and business meeting in the morning will be followed by a covered dish luncheon. The committee in charge is Mesdames Al Morin, M. A. Williams, Emma Keith and Bertha Medcalf. The program which will be presented in the afternoon, is being planned by Mrs. Harold Rosse. The topic is "Stewardship and Relations."

All women of the church are invited to attend, and are asked to bring their own service and a covered dish for the luncheon.

### VFW Auxiliary Names Delegates For Convention

The auxiliary to Crater Lake post, Veterans of Foreign Wars, met Tuesday for election of delegates for the department convention at Redmond, Ore., the last week in June. Elected as delegates were Mrs. Amy Randle, Mrs. B. B. Ramsey, and Mrs. Cecil Bell; alternates are Mrs. Russell Zundel, Mrs. O. O. DeBerry and Mrs. Ted Puget.

Mrs. Cecil Bell reported on the district convention at Grants Pass.

Mrs. Fred Lawrence gave a report on the progress of the paper drive of the Girl Scout troop sponsored by the auxiliary. She stated that there is still a great need for more and that those wishing to contribute are asked to call her at SPing 2-6767 for pickup.

The buddy poppy chairman, Mrs. Russell Zundel, stated that Buddy Poppy days would be May 23 and 24 and that plans will be completed at a post and auxiliary meeting May 20. A potluck dinner will be held at 7 p.m. that evening. Members will visit Camp White May 14 headed by Mrs. Ivan Lusk.

A department VFW dance will be held May 19 at 8 p.m. A Gold Star Mothers tea is being planned for this summer.

Memorial services were held for Mrs. Nora Walters and Mrs. Henry Huber who passed away this year.

Mrs. O. O. DeBerry and Mrs. Ivan Lusk served refreshments.

A potluck dinner was held at the home of Mrs. E. L. Hitt, Bursell road, by the sewing club of Crater Lake auxiliary. A former member, Mrs. Barbara Long, of Palo Alto, Calif., attended.

The next meeting will be at the home of Mrs. T. R. Pitcock for a card party June 12. Dessert will be served at 1 p.m. Mrs. Amy Randle won a prize.

### Wenonah Club

Wenonah club will meet at Redman hall Thursday, May 15 at 1 p.m. for dessert and cards.

### Announcement Of Committees Made by Zonta

Medford Zonta club's newly installed officers conducted a business meeting for the first time Thursday at a luncheon held at the Jackson hotel. They are Mrs. Bonnie Wilson, president; Mrs. Eloise Winklebleck, vice president; Mrs. Evelyn Graham, secretary; and Mrs. Ethel McIntyre, treasurer.

Committees in charge of the coming year's activities and business were announced. They are: attendance, Mrs. Celia Martin, chairman, Mrs. Blanche Martin, and Mrs. Olive Lowry; finance, Mrs. McIntyre, chairman, Mrs. Violet Anders and Mrs. Edith Gifford; membership and classification, Mrs. Irene Grigsby, chairman, Mrs. Dorothy Ginn and Mrs. Elsie Butler; program, Mrs. Hazel Platz, chairman, Mrs. Ethel Tennant and Miss Hazel Swayne; fellowship and intercity, Mrs. Jean Fish, chairman, Mrs. Kathleen White and Mrs. Jean Hart; service, Mrs. Grace Homes, chairman, Mrs. Jacque Lenox and Mrs. Eleanor Bolt; international relations, Miss Josephine Kirtley, chairman, Mrs. Dora Gates and Mrs. Mabel Conger; public relations, Mrs. Florence Bolton, chairman, Mrs. Pearl Robinson and Mrs. Evelyn Graham; public affairs and status of women, Mrs. Oletha Olson, chairman, Mrs. Nellie Laing and Mrs. Gertrude Blind.

### Woodcraft Neighbors To Hold Meeting

Neighbors of Woodcraft will meet tonight at 8 o'clock at Eagles hall. This will be the first meeting conducted by the new officers, headed by Mrs. Bert Staats, guardian neighbor.

### Commission Men On Program for Medical Group

Charles Ely and C. W. Lanktree were speakers for a meeting of Jackson County Medical assistants held in the Top Flight room of Rogue Valley Country club May 8. Mr. Ely is with the claims department and Mr. Lanktree the billings department of Oregon Industrial Accident commission.

Following their talks, open discussion was held. They were introduced by Mrs. Jean Smith, program chairman.

Coffee and dessert were served to 35 members and guests. The guests included Dr. James C. Luce, Dr. Mario Campagna, Dr. Robert H. Buck, Dr. Robert H. Richens and Dr. N. J. Wilson, representative of Jackson County Medical society.

Mrs. Jackie Adams and Miss Demaris Clutch reported on the convention of the California Medical assistants which they attended in Sacramento.

Mrs. Carmelia Graham, president, conducted a business meeting during which a civil defense program was discussed, as it concerns medical assistants. Mrs. Marie Pierce and Miss Glutsch were appointed chairman and co-chairman of the program.

### Meeting Slated By Librarians

Jackson County Association of School Librarians will meet Tuesday, May 13, at 4 p.m. in the Ashland High School library. Mrs. Hazel Mekkvoid, Roosevelt school, Medford, will report on the Oregon Library association meetings held in Roseburg May 9, and 10. Mrs. Mildred Rogers, librarian at Hedrick Junior High school, Medford, will give the nominating committee report.

Giles Green, host for the meeting, will show his magazine storage arrangement. His plan for this arrangement was featured in the November, 1956, issue of "Clearing House" magazine.

### FOR SUNNY DAYS



Miss America 1958, Marilyn Van Derbur, is ready for sunny days in a one-piece swim suit styled with a wrap-around look by Cole of California. Geometric design is printed on Everglaze cotton satin that is at home in the sun or water.

### Graham Cracker Crust Has Many Variations

New York — Graham cracker pie crust can be as fancy as the filling, when you use these variations on the standard recipe.

Add 1/3 cup each of finely chopped walnuts and dates or 1/3 cup shredded coconut to a crust made with 16 finely rolled crackers, 1/4 cup butter and 1/4 cup sugar.

Or achieve a harlequin effect by adding one 1/2-ounce jar of candy sprinkles to a crust using 20 crackers, 1/4 cup butter and 1/4 cup sugar.

For a spicy base, use the 20 cracker recipe, but substitute brown sugar for white, and add 1 teaspoon cinnamon.

If chocolate is your family's favorite, add 2 squares melted unsweetened chocolate to a 20 cracker mixture.

The mixing process is identical for all: just add softened butter, sugar and flavorings to the crumbs, blend and press firmly against bottom and sides of 9-inch pie plate. Bake at 375 degrees about 8 minutes. Cool and fill.

### Apple Sandwich

New York — For a different type of sandwich tray, core apples and slice them crosswise into circles. Spread with bacon crumbs, cottage or cream cheese, deviled ham or cold cuts. Not high in calories, but high in health value.

When cakes and other desserts covered with icing come in cellophane packages, let cold water run over the package. The cellophane will come off without spoiling the icing.

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