

## 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, 5285 Sunset Boulevard, Los Angeles 27, California.

### Lost Week End Lover

Tina wonders if she should marry Tim. She loves him, he's a great guy—but he drinks a great deal too much, she thinks. She certainly couldn't abide a husband who was so close to being alcoholic. Can she make him so happy with her that he will not feel the need of alcohol? Can she help him "taper down" to being merely a social drinker?

Here at the American Institute of Family Relations in

### Perk Up Creamed Onions With Curry

New York—(UPI)—Vary the creamed onion routine with the tang of curry. Peel and cook 1½ pounds small white onions in boiling salted water until tender.

Melt 2 tablespoons butter or margarine, blend in 2 tablespoons flour, 1 teaspoon each of curry powder and salt, and ¼ teaspoon black pepper.

Add 1½ cups milk, cook and stir until thickened. Drain onions, place in 1-quart baking dish, cover with sauce and sprinkle with ½ cup grated American cheese. Bake in preheated moderate (350 degree) oven 10 minutes. Serves 6-8.

The latest findings in the care of infants and children are covered in a recent manual, "The Challenge of Children," by Cooperative Parents' Group. The book has been added to the many other practical volumes on child care available at the Medford public library.

Games, puzzles and activity ideas for the entire family are outlined in a new book, "The Complete Family Fun Book," by Phyllis Cerf and Edith Young. The book has been added to the Medford public library.

### Potato Chip Spread

New York—(UPI)—A creamy spread for serving with hot potato chips is made by blending 1 cup sour cream with ¼ cup catsup, 1 tablespoon anchovy paste, 1 three-ounce can of salmon paste and the juice and finely grated rind of 2 limes.

## Washing Tips For Diapers

Philadelphia—(UPI)—The diaper service industry, confident it has grown out of its short pants, now dares tell mother how to wash her baby's diapers at home.

Of course the implication remains that no matter how well mother does it, the diapers won't be as clean or sanitary as if they had been washed professionally.

The industry's organization with headquarters here, says that even using their pointers mother can't duplicate exactly "the fourteen steps taken by the professional diaper service to insure clean, germ-free, antiseptic-treated diapers."

The diaper industry, after due consideration for its business future and the public relations effect on millions of mamas, says this is what should be done with soiled diapers:

Keep them in a tightly closed container filled with soap or disinfectant solution until you are ready to wash them. Rinse diapers in clear, cool water, then place them in automatic washer or laundry tub. A maximum load of 17 diapers is suggested for best results in home equipment.

Wash diapers in at least three sudings. Use maximum amount of soap or detergent. Use water softener if necessary.

Bleaching—"an important step in the scientific diaper service process"—can be risky. Add the minimum bleach necessary to the third suding.

Five to seven separate rinses are necessary to eliminate any residue of soap or detergent.

Boil diapers for at least 20 minutes. Allow to cool in covered containers. Wash your hands before removing cooled diapers. Hand wring. Treat with antiseptic. Hand wring. Dry for at least one hour at high temperatures in automatic dryer or hang in sun. Store in clean, dust-free place.

If this program drives mother to the arms of the professional diaper services... well, maybe that's what they intended all along.

Linen and damask tablecloths will not wear or become soiled at the folds if they are rolled on a pole or window-shade roller when put away. Wrap in tissue paper before storing.

## Easiest Weaving



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## Estates of Six Under Guardianship

Portland—(UPI)—The estates of six wealthy Portland children were placed under the guardianship of their father here Friday by Probate Judge William Dickson.

The six youngsters share an estate of \$865,000 which their father, Paul F. Shoen, said came to them from gifts and from the estate of their late mother.

The children own part interest in U-Haul Trailer Rental company which amounts to \$35,000 for one two-year-old, \$130,000 for a five-year-old, and \$175,000 each for children 7, 9, 12 and 13 years old.

## Plywood Firm Says It Will Guarantee Prices

Portland—(UPI)—U. S. Plywood Corp. announced Friday it was guaranteeing its current Douglas fir plywood prices against boosts for the rest of the year.

The firm said the guarantee applied to carload mill prices based upon a \$78 level on one-quarter inch AD sanded plywood per 1,000 square feet, and on \$65 for the five-sixteenth unsanded sheathing grade of plywood.

To save time on washday, keep colored and white clothes separated in a laundry hamper. Cut a piece of plywood to fit across the inside of the hamper and toss the clothes on either side of the divider.

## Gelatin Slim

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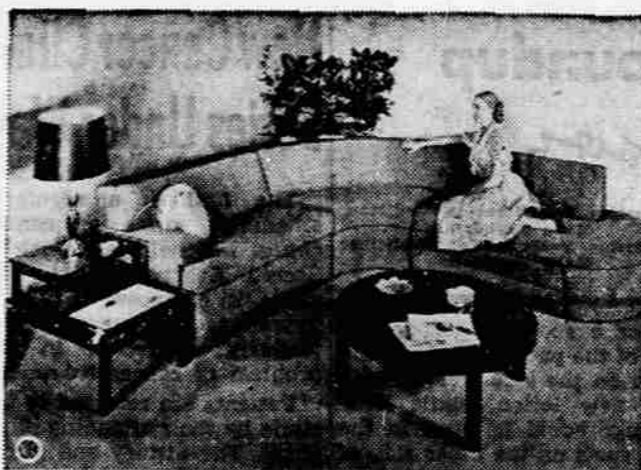
GELATIN\*SLIM is a high protein sugarless gelatin with pectin-cellulose; to curb your appetite and provide healthy sound tissue without that extra fat. THE SAFE, easy, EASY way to reduce. Whenever hungry, and especially before meals, reach for a GELATIN\*SLIM. You'll be amazed at the results. Packaged in a beautiful clear plastic case.

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## Music, Dance to Be Featured at Festival Theater

Ashland—Early music and dance will be featured at the first Sunday concert of the season at the Oregon Shakespearean Festival theater in Ashland. Scheduled for 4:30 p.m. today, the program offers a varied bill of musical numbers and interpretive dances.

Festival Music Director W. Bernard Windt, in charge of the musical part of the program, has arranged a group of madrigals, several songs by Festival Singers, English fantasias by the string group, and solos by Jim Baker and Lyman S. Pruitt.

Participants include madrigalists Arlieta Knowles, Natalie Lawrence, Sheila Schuermann, Baker and Pruitt; Festival Singers Knowles, Baker, and Pruitt; and the string ensemble composed of Harlaee Wilson, Marcia Thayer, and Windt.

Mrs. Thayer, choreographer for the Festival, has announced a ballet done in movement, based on medieval painting styles, entitled "Rejoice, Ye Shepherds." Dancers for the special number will be Rosalyn Newport, Lila Chevillie, and Mrs. Thayer. Nagle Jackson will accompany the group on the lute.

A series of music and dance concerts is planned for the 1958 Festival season. Sunday afternoon concerts will be presented on all five August Sundays at the Elizabethan theater.

## Sour Cream Sauce Adds to Chicken

San Francisco—(UPI)—Add a gourmet touch to chicken with sour cream and wine.

The California Foods Research Institute recommends seasoning a plump broiler or fryer as called for in a standard recipe. Brown the chicken thoroughly in oil and butter. Pour over ¾ cup white wine, cover tightly and let simmer until tender. Add half a cup (or more to taste) of sour cream. Heat and serve. Sprinkle finely chopped parsley, chives, or fresh herbs over the chicken just before serving.

## World War I Veterans Plan Annual Picnic

Grants Pass—The Veterans of World War I annual picnic and district meeting will be held Sunday, Aug. 10, at the Grants Pass city park, according to Elmer E. Cury, Grants Pass barracks 27 publicity chairman.

All veterans of WWI and their families are invited, Cury said. The 10 a.m. district meeting will be followed by a picnic lunch. Persons attending are asked to take their own lunches. Coffee, cold drinks and ice cream will be furnished.

## New Cole Slaw

New York—(UPI)—Cabbage slaw becomes company slaw when you combine 1 quart shredded cabbage with 1 cup minced celery and toss lightly with sour cream dressing.

For the dressing, combine ½ cup sour cream, 1½ teaspoons each of fresh lemon juice and cider vinegar, ¼ teaspoon each of salt, chili powder and instant minced onion and ½ teaspoon caraway seed. Serves 5-6.

## MAIL TRIBUNE, Medford, Oregon, Sunday, August 3, 1958 9A

### Sauce for Snap Beans

New York—(UPI)—When fresh snap beans are plentiful, serve them this new way. Cook them whole in a small amount of chicken stock until about half done. Turn into a skillet with melted butter or margarine which has been saturated with a minced clove of fresh garlic. Cover and fry over low heat until tender-crisp.

When making cracker crumbs, put the whole crackers in a plastic bag and mash them. This eliminates crumbs on bread board or counter top.

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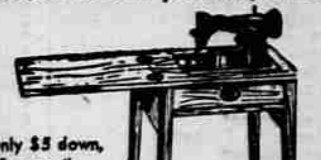
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