

How to Re-set Stomach Air Travelers' Problem

(Editor's Note: UPI Women's Editor Gay Pauley has gone to the other side of the world to see what it's like, especially for women. This is the first of a number of dispatches in which she will report—as soon as her stomach catches up with the clock—how Far Eastern living compares with ours.)

By GAY PAULEY
UPI Women's Editor

Tokyo—UPI—The big problem of air travel on a long hop is one, not of re-setting the clock, but of re-setting the stomach.

Only thing is, there's not much either the airlines or a creature conditioned to the breakfast-then-lunch-then-dinner routine can do about it, and it probably will get worse for all of us tourists with the jet age when we cross time zones even faster.

On a flight from New York to Tokyo, my appetite's attempts at readjustment began shortly after I boarded a flight in time for lunch and ended when I landed in Tokyo, also in time for lunch. This is half-way around the world, and in my case two inches more around the waistline because flying west seems always to be flight into the dinner hour, and dinners aboard a Japan Air Lines J. A. L. flight hardly are for the dieting set.

Eats Two Dinners

En route to San Francisco, I ate lunch very early, a seven-course dinner over Salt Lake City and arrived in San Francisco in what my stomach said was time for a mid-night snack. But it was just dinner-time for San Francisco so I joined friends for another meal. An overnight stop helped a little toward readjustment because somehow

the tummy was ready for breakfast the next morning with the rest of San Francisco.

But the confusion began anew when I boarded J. A. L. for the Orient. Because, we weren't too far out over the Pacific until it was dinner time, with champagne and all the trimmings.

Eight hours later, with a snack in between, it was time for breakfast, the stomach said. But by this time we were in Honolulu, and it was dinner time there. After a stop to pick up Hawaiian passengers, we ate dinner aboard again—shrimp, quab, champagne and all trimmings. Some eight hours later, we landed at Wake Island to refuel. The stomach kept saying it's time for breakfast, but airborne again we ate dinner—steak and potatoes. Some seven hours later, just before landing in Tokyo, it was snacktime—the stomach said a snack before retiring, the clock said for mid-morning.

Lunch in Tokyo

We landed in Tokyo at noon... just in time for friends to take me to lunch. My last breakfast had been in San Francisco, but at least I hadn't gone hungry. I had lost one whole day, however—by crossing the International Dateline in the Pacific. It was Sunday in Tokyo, but Saturday with football games and grocery marketing in New York and Dallas and South Bend and New Haven.

The mind says measurement of time is relative. But try telling that to the traveler's stomach.

Incidentally, I'll get back my lost day because I go home the same flight route I came. But the question now is—will I always be eating breakfast instead of dinner? It'll help the fit of my clothes.

Some of the passengers on my flight complained they'd never recover that day, because they go from Tokyo home through India, the Middle East, Europe and the Transatlantic route. They don't recross the International Dateline.

"A whole day of life gone," one executive moaned. "A whole Saturday in which I could have been playing golf."

Seven College Representative To Be Visitor

Miss Janice Carlson, field director of the scholarship program of the Seven College conference, comprised of liberal arts colleges for women in the western part of the nation, will be in Medford Thursday, October 16. She will be here to meet with secondary school students and guidance officers as well as with alumnae of the seven colleges.

Each year the Seven College conference offers scholarships to outstanding students in 14 states in the midwest, southwest, and west. For the current academic year, 60 students who applied under the Seven College scholarship program were awarded grants totaling more than \$75,000.

Members of the Seven College conference are Vassar college in Poughkeepsie, N.Y., and Barnard in New York City; Bryn Mawr in Bryn Mawr, Pa.; and in Massachusetts, Mount Holyoke in South Hadley, Radcliffe in Cambridge, Smith in Northampton, and Wellesley in the town of Wellesley. Miss Carlson's headquarters are at Radcliffe this year.

Miss Carlson is being assisted with her arrangements by Mrs. James Ragland, 3182 Pacific highway.

United Nations Observance Set

Moore Hamilton, Medford postmaster and president of Medford chapter, Oregon United Nations association, will be guest speaker for the next meeting of the Lone Pine Parent-Teacher Association. It will be held Tuesday, October 14, at 7:30 p.m. at the school. The meeting is in observance of United Nations' month and pupils in the eighth grade will present the United Nations flag.

Norman John, president of the unit, will introduce parents of new pupils in the first grade. The unit is making plans for a carnival to be held November 8 in the school gymnasium. This will be the fund-raising project for the year.

Mrs. E. J. Lindstrom will take membership dues. Mothers of pupils in the eighth grade, with Mrs. William Short as chairman, will served refreshments. Nursery care will be provided.

Political Rally Set By PTA

Central Point-Five parent-teacher associations have planned a political rally for Thursday, October 16, at 8 p.m., in the Central Point Junior High school gymnasium. The public is invited and there will be no charge.

The Rally is being sponsored by Central Point elementary, Jewett Junction High, Crater High, Sams Valley and Gold Hill Parent Teacher associations.

Hosts for the evening will be Superintendent H. P. Jewett, and the principals and presidents of the various units. The unit presidents are Mrs. William Colley, Roy Henry, H. H. Force and Victor Croxton. The attending principals will be C. A. Meyer, George Johns, Arthur Straus, Gilbert Mack and William Brewster.

All of the candidates whose names appear on the November ballot have been invited. Each will speak for two minutes and will be available for interviews at the coffee hour following the meeting.

A membership table for each unit will be set up for anyone wishing to join the PTA, and the literature on the coming election will be on hand.

Baby sitting will be available and each Parent Teacher member is asked to bring one dozen cookies for the coffee hour.

Demonstration On Tin Craft Given for Unit

The use of discarded tin cans as Christmas decorations was demonstrated by Mrs. Ronald Caperna at a meeting of the Wilson Park Home Extension unit, Tuesday, October 7. The group was enthusiastic about the demonstration, and many made decorations to use in their homes at Christmas.

Mrs. Richard Niles also showed how to make toys for Christmas from articles at home.

The chairman, Mrs. Alvin Boswell, appointed several chairmen. They are Mrs. O. P. Mueller, membership; Mrs. W. L. Haring, Associated Country Women of the World; Mrs. A. G. Campbell, health; Mrs. O. H. Smeltz, safety; Mrs. Verne McCall, publicity; Mrs. E. C. Conrad, hospitality; Mrs. Ronald Caperna, recreation; Mrs. Ronald Harding, historian.

The next meeting will be held at the home of the secretary, Mrs. David Shaffer, 932 Stewart avenue on November 4 at 7:30 p.m. Co-hostesses will be Mrs. Boswell and Mrs. Ronald Caperna. The project for the meeting will be "Improving Yourself as Hostesses," with Mrs. Ronald Harding and Mrs. Gary Pree as project leaders.

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 for publication and for week day news is 5 p.m. the day before publication.

Monday

- 7:30 p.m.—Siskiyou Knife and Fork club, Plaza Cafe, 23 North Main st., Ashland.
- 8 p.m.—Degree of Honor lodge, Girls Community club.
- 8 p.m.—Jackson County Civic Music association concert, Hedrick Junior High school gymnasium.
- 8 p.m.—St. Catherine's guild, St. Mark's Parish house.
- 8 p.m.—Scottish Rite Women's club, Medford Masonic temple.
- 8 p.m.—Camp Fire Girl board of directors, home of Mrs. J. P. Rowan, 808 Minnesota avenue.

Tuesday

- 10:30 a.m.—Oak Grove Home Extension unit, home of Mrs. Paul Larson, 3275 Hollywood ave.
- 10:30 a.m.—Reese Creek Home Extension unit, home of Mrs. Jo Mattheisen, Butte Falls rd.
- 12 noon—Lady Elks, Grants Pass Elks temple.
- 12:30 p.m.—Women's association circles, First Presbyterian church: Bethany, Mrs. Glenn Harrison, 1382 Kings highway; Charity, Mrs. Marrs Gibbons, Old Military rd.; Faith, at church; Grace, Mrs. Tom Polk, 2127 East Jackson st.; Hope, Mrs. Marvin Nelson, 225 Cottage st.; Mercy, Mrs. L. J. King, 2198 Buckshot rd.; Temple, Mrs. Charles Champlin, 621 J st.; Trinity, Mrs. B. L. Dodge, North Phoenix rd.

Soil-Less Plant Mixture Big Business for Women

By RON BURTON
United Press International
Hermosa Beach, Calif.—(UPI)—Nine years ago this month, two young women figured out a formula for a soil-less mixture for house plants. They borrowed \$500 to start making it. Now their firm's annual business grosses about one and a quarter million dollars.

"We don't talk about it too much," said Betty Barnes, "people somehow wind up with an idea of a couple of women toiling in the fertilizer business. It's really nothing like that at all."

Miss Barnes' partner is Martha Parks. The two women came up with a mixture of ground charcoal, redwood leaf mold, peat moss and five "other ingredients," called "Black Magic."

The ladies first made the mixture on a canvas spread on the living room floor. They distributed the mix in a pickup truck—"rented of course."

Now they have a large, modern plant near Los Angeles. The venture began when they met on a double date 10 years ago. Intrigued by the facts that charcoal is very absorbent and that soil inside most modern decorative containers doesn't support plant life too well, they began their own research. After much reading and experimenting on the living room canvas they found the product they had been hunting for. It absorbed the plant's poisonous wastes, something which soil in most planters cannot do for very long.

"We knew there was a need for this sort of thing," Miss Parks said. "I guess that anything which will grow in earth will grow in our mixture."

The women still are good friends. They have a formula for their successful partnership, a business which attorneys say usually has many weaknesses.

"We always make decisions jointly," Miss Barnes said. "If something comes up on which we disagree, we put it aside for a while, then try again. Usually it's solved with no difficulty. I suppose that if there's any division of duty, I handle people, and Martha handles sales."

The women, unlike male business tycoons, worry constantly about their employees and their community. They're active in many civic groups including garden clubs.

Miss Parks' has held jobs as supervisor in charge of grading walnuts and a part in a picture starring Rita Hayworth ("Girls Will Play"). They wanted someone who looked wholesome and had a way with animals for one picture," she said. "It was a memorable experience, trying out for the part. I had to romp with a young leopard to prove I was qualified."

Miss Barnes' jobs ranged from hiring pilots and subbing for a nurse to running an elevator.

"We each have our own houses," Miss Barnes said. "Lots of plants—in our mixture, of course. I, however, have cats."

"And I," said Miss Parks "have dogs."

Phoenix PTA Plans First Fall Meeting

Phoenix - The Home Economics club of Phoenix Grange, will hold the first fall meeting Wednesday, October 15, at the home of Mrs. Alfred Schroeder, Coal Mine road. Dessert luncheon will be served at 1 p.m. with Mrs. Charles Lewis as co-hostess. The discussion topic will be "Safety with Appliances."

Visitor Here

Mrs. Benton C. Watts of St. Louis, Mo., is in Medford to spend a week with her son-in-law and daughter, Mr. and Mrs. James P. Rowan, and their family, 828 Minnesota avenue. Mrs. Watts will meet Mr. Watts in San Francisco at the end of her stay here and the two will return home together.

Mrs. Watts traveled to Medford with the Rowans after the two couples had spent a vacation together in southern California and Mexico.

Card Party

Wenonah club will hold a card party at the home of Mrs. James Wicker, 809 Adams lane, Thursday, October 16, at 1 p.m.

The Order of Oddfellows originated in England in the 18th century.

Order Now!
Name Imprinted
CHRISTMAS CARDS
Largest Selection to Choose From
On the Balcony at
Swem's BOOKS • GIFTS • RECORDS
217 EAST MAIN • MEDFORD, ORE.

Concert Set Tonight

First of a series of five concerts which will make up the season for Jackson County Civic Music association will be given tonight at 8 o'clock in Hedrick Junior High school. Tonight's concert will be given by the internationally known dance team of Carola Goya and Matteo who will present a program entitled "A World of Dancing."

Other concerts will be given by Miss Blanche Theobom, noted mezzo-soprano who has been acclaimed in many of the world's largest cities; The Griller String quartette; one of the leading musical groups of its type and The Rabinoffs, a violin and piano team. The Griller quartette and the Rabinoffs have both given concerts here in past seasons.

The fifth concert is awaiting confirmation and will be announced later, it is stated.

The annual membership campaign closed Saturday night, and the Grillers and Rabinoffs were selected by board members in a post-campaign meeting after membership totals were known.

Scottish Rite Women Plan Meeting Tonight

Mrs. Wyles Berry, Mrs. Marshal Day, Mrs. Lewis Kilburn and Mrs. Basil Lindley will be hostesses for the monthly meeting of Scottish Rite Women's club to be held tonight at 8 o'clock at Medford Masonic temple.

Wives, mothers, sisters and widows of Scottish Rite Masons are invited to attend.

Water-mixed paints hitherto having a flat finish after drying, now may have as high a gloss as standard enamels with a new latex paint.

Personal Property Decision Tabled By Interim Group

Portland - (UPI) - The State Legislative Tax Interim Committee decided in a meeting here Sunday to put off a decision on whether to recommend abolition of the ad valorem tax on personal property.

After a one hour debate the committee agreed to let the matter go before the 1959 Legislature and further study by any interim committee it may appoint to study taxes.

Senator Phil Lowry (R-Medford) proposed that the committee call for abolition of the tax as unsound and inequitable. Rep. Clarence Barton (D-Coquille) suggested a counter proposal to the effect that the group had not had enough time to adequately consider abolition and that no thought had been given as to what other income would replace the tax.

The committee voted to go along with Barton and leave it in the hands of the Legislature.

The committee said it would "suggest" but not "recommend" three possible ways of getting more tax revenue to the 1959 Legislature.

One would eliminate the deduction for federal income tax paid; another would eliminate personal exemptions and substitute dollar tax credits after income tax is computed and a third would require self-employed persons to file estimates of income and pay the tax quarterly.

State Sen. Walter J. Pearson and Barton predicted the 1959-61 general fund budget would be \$300 to \$305 million, compared to the previous budget of \$272 million.

Benton Opposes State Centennial

Corvallis - (UPI) - Strong Benton county opposition to participation in the 1959 Oregon Centennial exposition in Portland has been indicated in a "straw" vote taken by the Corvallis Gazette-Times.

Also, the county Pomona Grange went on record as opposed to the Benton county budget committee giving any more funds to the Centennial committee.

The Gazette-Times survey showed that many of those who objected to participation in the exposition felt that the money could be better spent locally. Those who did approve the expenditure said they believed it was necessary for the county to bear its share of the responsibility of the observation of the Centennial.

Here's a dessert with special appeal for teenagers. Arrange canned cling peach halves in a sundae dish. Top with a scoop of vanilla ice cream and warm bittersweet chocolate sauce.

FLOORCOVERING SERVICE
127 NORTH RIVERSIDE
We Install Your
LINOLEUM, CARPET,
FORMICA & TILE
Carpet and Furniture
Cleaning
Repairing
SP 3-6587 Eves. SP 3-3943



Which is Which?
ONE OF THESE SMART SACYONY FALL SUITS IS BRAND-NEW... THE OTHER WAS SANITONE DRY CLEANED 25 TIMES*...
proof it pays to buy quality dry cleaning

If you could examine carefully these "identical twin" suits, you'd find no difference in color, pattern or texture... none in the feel of the fabric... none in fit or drape. What stronger proof could you ask that quality dry cleaning does not alter the condition or appearance of fabric.

Nu-Way CLEANERS & FURRIERS
H. D. CHRISTENSEN
601 East Main St.
Ph. SP 2-9169
FREE PARKING
Right at the door!
Free Pick-up & Delivery Service

We Give **25%**
GREEN STAMPS
CENTRAL REXALL DRUG
Main and Central

As advertised in LIFE

NORFIELD SHOE CO.
"Southern Oregon's Oldest Shoe Concern"
PHONE SP 2-2123 221 EAST MAIN

Black Suede
Black Calf
\$13.95 & \$14.95

Blue Calf
Red Calf
\$12.95

Soft Brown Calf
\$11.95

Presenting fashions for America in Motion...

This is the week for you to discover America's most wearable footwear fashions. Come in and choose from our special Red Cross Shoe Week collection of wonderful styles. Styles... with the right look, the right feel, the right fit for this always-in-motion age in which we live, today.

Largest selling brand of fine footwear in the world. Styles from 10.95 to 13.95

This product has no connection whatever with The American National Red Cross