

Linda Eccleston Crowned Shady Cove Bethel Queen

Shady Cove - Miss Linda Eccleston was crowned honored queen of Bethel 56, International Order of Jobs Daughters, at a ceremony Saturday, December 21 at the VFW hall in Shady Cove. Miss Suzi Chubb, retiring queen, was installing officer and Dick Callender, acting counselor of Crater chapter, Order of DeMolay, officiated at the coronation ceremonies, assisted by a corps of officers.

The new queen is the daughter of Mr. and Mrs. C. W. Eccleston, Shady Cove.

Other bethel officers installed were senior princess, Miss Judy Taylor; junior princess, Miss Suzanne Rogers; guide, Miss Jacqueline Hume; marshal, Miss Josephine Hume; chaplain, Miss Celeste Huffman; treasurer, Miss Eda Larson; recorder, Miss Maria Ackerman; librarian, Miss Mary Weisbrod; messengers, Miss Nancy Blackman, Miss Sandra Hawks, Miss Susanne Scheuble, Miss Susan Eastin, Miss Rita Spain; junior custodian, Miss Carole Biddle; senior custodian, Miss Ronelle Huffman; inner guard, Miss Lola Ackerman; outer guard, Miss Patti Barr.

Installing officers in addition to Miss Chubb, were guide, Miss Sandra Sawyer; marshal, Miss Phyllis Briggs; chaplain, Miss Debbie Dunlap; senior custodian, Miss Roberta Dunlap; junior custodian, Mrs. Bert Simmons; recorder, Mrs. William Littlefield; musician, Mrs. John Johnson.

DeMolay members who assisted Mr. Callender during the crowning ceremony were Jim Ackerman, Bill Callender, Dick Wilson, Jim Cuckbertson, John Rogers, Dick Herbstuth, Dayman Bernard, James Hayes and Roscoe Day.

Danny Casey and Dale Chamberlain served as candlelighters. The Bible was escorted by Miss Phyllis Briggs and the crown was escorted by Steve Harmon. Mrs. Keith Krambeal sang, accompanied by Mrs. Johnson.

Miss Eccleston introduced her parents and was presented a gavel of her office by her father on behalf of her uncle Gale Bentz, shop instructor from Oregon City, who made the lucite gavel for Miss Eccleston.

Miss Eccleston received her queen's jewel from Miss Chubb and in turn presented Miss Chubb with her past queen's jewel. Mrs. Dale Ack-



Miss Linda Eccleston

erman presented the queen with the traditional bethel gift of the queen's tiara.

Escorted and introduced were Miss Debbie Dunlap, Miss Phyllis Briggs, Miss Roberta Dunlap, Miss Sandra Sawyer, all past queens of Bethel 56; Mrs. Littlefield, past junior princess and honorary member; Mrs. Ackerman, guardian; Rafe Anders, associate guardian.

Other guests were the queen's aunts and uncles, Mr. and Mrs. Floyd Lewis and Mr. and Mrs. Herbert Pheel, Medford. Mrs. Evelyn Mahan, cousin of the queen, also of Medford, were introduced. Preceding the installation a floral cross ceremony was presented by the bethel officers. Mrs. Wyles Berry, Nevada chapter, Order of Eastern Star, acted as narrator.

The queen's theme, "Twilight Prayers," together with her colors blue and white, were used in decorations in the bethel room.

Mrs. Keith Krambeal sang "Linda" as the girls prepared for an addendum which honored Queen Linda.

Refreshments were served by the guardian council. The cake, decorated by Mrs. Earl Sheppard, depicted an open Bible and a verse from the book of Job was inscribed on it.

A reception and dance were held to honor the queen.

For an interesting and delicious flavor change, use ripe olives in place of mushrooms. Simply cut the olives into generous wedges, or use small whole pitted olives.

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:

11:45 a.m. - Degree of Honor lodge, home of Mrs. Frank Gleaves, McAndrews rd.

12 noon - Woman's Relief Corps of Central Point, Legion hall.

1:30 p.m. - Medford Garden club, courthouse.

6 p.m. - Christian Business and Professional Women, Jackson hotel.

8 p.m. - Olive Rebekah lodge, Odd Fellow hall, 221 West Sixth st.

8 p.m. - Rogue Valley Coin club, Girls Community club.

8 p.m. - VFW auxiliary dance, Camp White.

Tuesday:

10 a.m. - Rogue Valley Navy Mothers club, home of Mrs. Guy Cobleigh, 401 Church st., Phoenix.

10:30 a.m. - Reese Creek Home Extension unit, home of Mrs. Philip Nevins, Crater Lake highway.

1 p.m. - Central Point Royal Neighbors, home of Mrs. Emmett Nealon, route 2, box 275.

1 p.m. - Lady Elks, Medford Elks Temple party lounge.

1:30 p.m. - Medford Chapter American Gold Star Mothers, courthouse auditorium.

1:30 p.m. - Oak Grove Neighborhood club, with Mrs. Alex Connell, 3587 Jacksonville highway.

7:30 p.m. - Wilson Park Home Extension unit, home of Mrs. O. H. Smeltz, 1049 Ingrid st.

8 p.m. - Chapter BE of PEO Sisterhood, home of Mrs. A. Thompson, 800 South Oakdale ave.

8 p.m. - Degree of Honor Past Presidents, home of Mrs. Harold Elliott, 2520 Stewart ave.

8 p.m. - Veterans of Foreign Wars auxiliary, VFW hall, 42 North Front st.

Wednesday:

10:30 a.m. - Lake Creek Home Extension unit, home of Mrs. Foster Swigert, Meridian rd.

11 a.m. - Townsend Harmony auxiliary, Carpenters hall, 123 1/2 West Main st.

12:30 p.m. - Chapter CP of PEO Sisterhood, home of Mrs. C. H. Paske, 1010 South Oakdale ave.

1 p.m. - Chapter CG of PEO Sisterhood, home of Mrs. Frank Morgan, 629 South Holly st.

2 p.m. - Wednesday Study club, home of Mrs. George R. Carter, 821 East Jackson st.

8 p.m. - Southern Oregon Mushroom club, Red Cross bldg.

Thursday:

12 noon - Zonta club, Jackson hotel.

12:30 p.m. - Medford Sojourners, Girls Community club.

1 p.m. - Westside Home Extension unit, home of Mrs. H. Edwards, route 2, box 420, Ross lane.

1:30 p.m. - Sams Valley Ladies club, home of Mrs. Lloyd Sanderson, Ramsey Canyon rd.

7:30 p.m. - Interior Decoration Study group, with Mrs. Calvin Smith, 1209 Leland ave.

8 p.m. - Reames chapter, Order of the Eastern Star, Medford Masonic temple.

Friday:

11 a.m. - Griffin Creek Home Extension unit, Griffin Creek Grange hall.

1:30 p.m. - Past Presidents, Fraternal Order of Eagles auxiliary, with Mrs. A. W. Ford, 206 West Jackson st.

Saturday:

1 p.m. - AAUW Luncheon, College Commons, Ashland.

What No Spinach?

New York - (UPI) - Knowing your onions and other vegetables and fruits will improve beauty as well as health.

The editors of Vogue's annual Beauty Book advise eating green pepper strips, carrots, berries and nuts to keep nails from splitting and breaking.

Grapes, eaten in the afternoon, give fast energy. Apricots, escarole, and kale, which are rich in Vitamin A, add lustre to the hair. Tomatoes, full of Vitamin C, provide the body's cement, a protection against bruises. Oranges and lemons help fight off infections and keep skin elastic and bones supple.

For a new taste in fruit cake cut the cake into slices and top with slices from a square pint of ice cream.

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New and retiring queens and master councilors of Medford bethels, International Order of Job's Daughters, and Medford chapter, Order of DeMolay, were honored at the annual winter formal dance held recently at Rogue Valley Country club. Pictured at the end of the grand march which opened the evening's festivities are (left to right) Miss Lynda Knips, new queen of Bethel 55; Don

Gordon, Miss Sylvia Lu Morris, new queen of Bethel 14; Fred Funsten, Miss Karalee Selby, retiring queen of Bethel 55; James Busch, Ashland, Miss Sharon Blickenstaff, retiring queen, Bethel 14 and Robert Pond, master councilor-elect of Medford DeMolay. Members of the guardian councils of the two bethels and other officers of Masonic affiliated groups served as patrons and patronesses for the dance.

Extra Vitamins Not Needed If Diet Proper, Says AMA

Chicago - Most people can get enough vitamins from a proper diet. They do not need extra vitamin preparations, the council on foods and nutrition of the American Medical association stressed here today.

The council criticized some national surveys which indicate that some people suffer from vitamin deficiencies because they do not receive sufficient varieties of food.

Vitamin pills or other preparations are unnecessary for individuals who maintain a diet that meets the recommended dietary allowances developed by the food and nutrition board of the National Research council, the AMA council stated in that organization's journal (Jan. 3).

In fact, an extra dose of vitamins A or D can cause serious harm, the council pointed out.

"Generalization of survey findings as a basis for vitamin supplementation of healthy individuals is not rational. The methodology employed in the surveys and the standards used for interpretation have varied considerably. It is necessary for the physician to evaluate each person individually, the council stated.

Vitamins are essential nutrients, and their usual source is food, the council pointed out. All of the nutrients essential to maintain health in the normal individual are supplied by an adequate diet.

The AMA council did agree, some situations where vitamin

supplementation is both necessary and desirable. It may be useful during periods of illness or a deranged mode of life that may result in impairment of absorption of nutrients or deterioration of the dietary quality. Some babies also need supplements, they pointed out.

In conclusion, the council stressed that public health will best be served by insistence on a factual basis for vitamin supplementation and therapy. It is sound judgment to emphasize repeatedly that properly selected diets are the primary basis for good nutrition.

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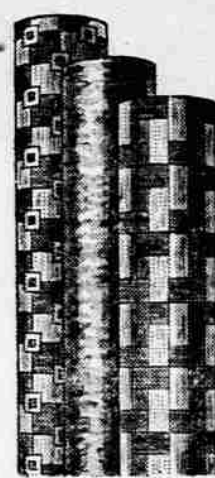
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NEWBERRYS

Lodge Past Presidents To Meet on Friday

Mrs. A. W. Ford will be hostess for a meeting of past presidents of the Ladies' Auxiliary to Crater Lake Aerie, Fraternal Order of Eagles, at her home, 200 West Jackson street, Friday, January 9 at 1:30 p.m. A business meeting will follow dessert.

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pletely natural because estrogen and progesterone are the female hormones which power these cells in youth. Ultra Feminine is actually a wonder drug preparation which works within the skin to replenish these physiological substances which wane with time. It works like a doctor's prescription yet has been proven so safe that you need no prescription to buy it!

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