

SOC Conducts Diet Experiment With Students

Ashland - An experiment in special dietary practices conducted at Southern Oregon college by Miss Seraphine Scanlon, director of dining services, has resulted in the successful loss of weight for a number of participating students. In some instances the loss was as much as 35 pounds.

Twenty-two students ate at a special diet table three times a day for the term and careful records were kept for each by Miss Marjorie Samples, SOC coed. During the entire time, the dieters were required to attend all meals and eat everything on the tray - and there was a promise of "no fudging" which was observed by each.

"Unlike crash dieting and other dietary fad reducing methods," Miss Scanlon observed, "our program involved the teaching of an awareness of the size of portions and the changing of eating habits. Girls, for instance, consumed 1,200 calorie meals and the boys 1,500 each day. The dieting habits involved resulted in the selection of low calorie food items and portions instead of those with high calorie content."

In conjunction with the experiment, Miss Beverly Bennett, SOC professor of physical education and health, conducted a body-conditioning class which included specific exercises for spot reducing and the improvement of posture.

"Though an experiment of this nature is rarely offered in a dormitory unless it is a definite research project," Miss Scanlon concluded, "we feel that ours has been successful as 4 of our students have reached their goals and are now on prepared maintenance diets, and the group as a whole has lost a total of 200 pounds during the term."



LET IT RAIN - For those sudden showers Enno of Italy has created this dramatic one-piece handkerchief cape and hood. Boyed in a flame red cotton gabardine, the cape has arm slits in front.



Students Guests Of Zonta

A group of students from Medford High school were guests of Medford Zonta club for the group's Thursday luncheon meeting at the Jackson hotel. Introduced were Miss Sissel Frogner, exchange student from Norway, Miss Carolyn Mencke, Miss DeWanda Winchell, Miss Rosiland Randles, Miss Lynette Shaw, art student, and Miss Lindaglenn Miller.

Miss Mencke has been chosen by the American Field service to spend the summer in Finland, Miss Winchell was Zonta club's representative to Girls' State last year and Miss Rosiland Randles is the 1959 representative; Miss Lynette Shaw, art student, has been chosen winner of Zonta club's annual scholarship to attend Southern Oregon college; and Miss Lindaglenn Miller will attend the Junior Engineers and Scientists Summer institute at Linfield college this summer under the joint sponsorship of Medford Zonta club and Elk Lumber company.

Miss Frogner, whose stay in the United States is sponsored by the Lions club, spoke about her pleasure in being able to spend a year in the United States under the AFS program to promote understanding between nations. She compared the Norwegian and American school systems, speaking of school spirit and of the annual Student Government day held in the local high school. Miss Frogner stated she hoped to promote a similar day in her high school in Norway next year.

Mrs. Eloise Winklebleck, president, asked Miss Frogner to extend greetings from the local club to Zonta club members in Bergen when she returns home.

Miss Mencke spoke of the purposes of the American

Six of Medford High school's better known students were guests at a meeting of Medford Zonta club Thursday noon at the Jackson hotel. The group included (left to right, seated) Miss Sissel Frogner, American Field service student from Norway; Miss Carolyn Mencke, chosen as an AFS student to spend the summer in Finland; Miss Lindaglenn Miller, who will attend the

Junior Engineers and Scientists Summer institute at Linfield college this summer; Miss Lynette Shaw, art student who received the club's scholarship for Southern Oregon college; standing (left to right) Miss Rosiland Randles, Zonta club's 1959 representative to Oregon Girls' State and Miss DeWanda Winchell, the 1958 Girls' State representative.

Herb Gardner Describes Ease of Growing Plants

By ROSE MCKEE

Washington - You don't need a "green thumb" to grow herbs. Just about anyone with even a square foot of soil about his home can grow at least one herb - and generally, the poorer the soil, the better.

This is the opinion of the man in charge of a world famous herb garden. It is the medieval little garden almost hidden on the extensive green grounds of the Washington Cathedral. Patterned after the monastery gardens of the Middle Ages when monks cultivated the "healing and sweet-smelling plants," it reminds many visitors of the references to herbs in the Bible, Shakespeare, and other literature.

Harry Rosenberger, the National Gardener, told the National Association of Home Builders that there has been reawakening of interest in herbs throughout the country in the last five years. This is due to a renewal of interest in cooking with herbs, according to the volunteer women who supervise the Cathedral's herb operations. Seeds and bottled herbs are sent to all parts of the world.

Rosenberger said the garden has 117 varieties of herbs. Asked which was the most popular herb, he said, "It's a toss-up between basil and tarragon. But rosemary, lavender and lemon verbena are close contenders."

He said basil should be planted "as soon as the nights are warm or when an oak leaf is as big as a mouse's ear." He advised planting the seed one-fourth of an inch deep and added, "Basil likes the sun but it is not particular about its soil."

Rosenberger opposed fertilizing soil for herbs. He said: "Forget fertilizer. Generally, the poorer the soil, the stronger the herb in taste."

While he considers all herbs easy to grow, he has heard some people say they have had difficulty with tarragon. He doesn't understand why they should have any trouble, but he added: "Tarragon does not like the afternoon sun - and it does like a drink of water once in a while - oh, once a week if it doesn't rain."

He has no favorites among the herbs but he finds the family of thymes "especially interesting because there are so many varieties - they grow

Officers Named For Bethel 38

Central Point - At the May meeting of International Order of Job's Daughters, Central Point Bethel, new line officers were elected.

They included Miss Suzanne Hood, queen; Miss Rachel Hamilton, senior princess; Miss Jeanette Purdy, junior princess; Miss Rebecca Ferrell, guide, and Miss Ellen Goff, marshal.

Mrs. Joseph Rogers, Independence, Ore., grand guardian, assisted by L. R. Manning, Medford, vice-associate grand guardian, installed the new guardian council to serve Bethel 38 at a meeting at the Masonic temple here May 19. Queen Donna Burnett presided.

Members of the newly installed council include Mrs. Archie Purdy, guardian; Paul Hopkins, associate guardian; Mrs. E. V. Goff, secretary; Mrs. Don Patterson, treasurer; Mrs. J. R. Campbell, director of music; Mrs. Ed Knapp, sociability; Mrs. Clyde Crenshaw, paraphernalia; Mrs. Eugene Ferrell, hospitality; Mrs. Merrill Harsh, worthy matron of Nevita chapter, Order of Eastern Star, will be fraternal relations, assisted by Archie Purdy, Mason; Mrs. Charles Meyer, director of epochs; Mrs. Glenn Kelley, philanthropy and Mrs. Eugene Beasley, publicity.

Assisting on the installing team were Mrs. W. K. Sult, Medford, grand guide, guide; Mrs. Harold Gordon, guardian of Bethel 55, marshal; Mrs. C. D. Elhart, guardian of Bethel 14, chaplain; and Mrs. William Askwith, past guardian of Bethel 38, recorder.

Escorted and introduced were Miss Linda Warren, past junior queen of Bethel 38; Princesses Suzanne Rogers, Shady Cove, and Barbara Gordon, Bethel 55, Medford; Sandy Sanders, grand bethel page, and Ellen Ward, grand librarian.

Jeanette Purdy reported on committees for the queen's party.

Serving on committees for the evening were Miss Corabel Ravenor, decorations, and the Misses Charla Meyer, Leslie Meister, Patty Barber, Karen Golding, refreshments, assisted by Mrs. Charles Meyer.

from an inch in height to two feet tall and there is such a difference in the texture and color of their foliage."

Rosenberger fully agrees with the familiar quotation that "A garden of herbs need be no larger than the shadow of a bush." He said that even a square foot of earth is large enough for, say, parsley for the kitchen. But he thinks it a good idea for home-owners to plant herbs among flowers, in between vegetables or as an edging.

The celebrated herb garden began somewhat by accident. The Cathedral, in which many denominations hold services but which is basically Episcopalian, acquired an ancient stone Baptismal Font which experts have concluded was carved in northern France in the ninth century.

To give the relic an appropriate setting, it was decided to make it the focal point of a medieval herb garden. A diary, in Latin, of a medieval monk was found and it recorder the herbs he tended. A successful world-wide search was then made for the seeds and roots of the herbs he mentioned.

Arizona Grand canyon became a national park in 1919.

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

Monday:
11:45 a.m. - Degree of Honor, home of Mrs. Matilda Dietrich, 939 North Central ave.
1 p.m. - Arm Chair Travel club, Senior Activity Center, 601 East Jackson st.
7:45 p.m. - Westminster Guild of First Presbyterian church, Fireplace room at church.
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 at Camp White.

Tuesday:
10 a.m. - Rogue Valley Navy Mothers club, home of Mrs. C. R. Alexander, 110 Almond st.
1 p.m. - Central Point Royal Neighbors of America, home of Mrs. George Jaeger, box 628, Jacksonville.
1:30 p.m. - Gold Star Mothers, courthouse auditorium.
1:30 p.m. - Oak Grove Neighborhood club, home of Mrs. J. W. Gustafson, 923 Park st.
7:30 p.m. - Degree of Honor Past Presidents, Orchard Inn Cafe, 5277 South Pacific highway, Talent.
8 p.m. - Pythian Sisters, Pythian building.

Wednesday:
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. Verne Wilson, Shady Cove.
1 p.m. - Chapter CG of PEO Sisterhood, with Mrs. G. T. Hauptert, 222 Valley View dr.
1:30 p.m. - Contemporary Book club, home of Mrs. Richard Gray.
7:30 p.m. - Bethel 14, International Order of Job's Daughters, Medford Masonic temple.
7:30 p.m. - Veterans of World War I, Barracks 540 and auxiliary, Girls Community club.
Thursday:
11:30 a.m. - Westside Home Extension unit, Tou Velle park.
1:30 p.m. - Sams Valley Ladies club, home of Mrs. Cleon Botsford, Sams Valley rd.
8 p.m. - Southern Oregon Stamp club, Girls Community club.
Friday:
1 p.m. - Gettogether club, Girls Community club.
Saturday:
2 p.m. - College Women's club of the Rogue River Valley, Girls Community club.

The population of all the Latin-American countries combined is now almost as large as the population of the continental United States.

Greatest known depth of the Atlantic is 30,247 feet at a point just north of Puerto Rico.

College Trustee Speaks for Club


Mrs. George Flanagan, Medford, a trustee for Lewis and Clark college, Portland, spoke at a recent meeting of the "Pop and Mom" group, an organization of parents of students from southern Oregon attending the college.

The group met at Ping's Gardens for dinner and informal discussion. Mrs. Flanagan gave the parents interesting information about the college. Robert Brewer, who has been chairman of the group for several years, presided.

Mr. and Mrs. W. A. Arnold and Mr. and Mrs. Clifford Voight will serve as co-chair-

men for the coming year. A meeting for all Lewis and Clark students and parents is to be held at the Flanagan home in late summer. A special invitation is to be issued to students who plan to enter the college this fall, and their parents.

The average tides of the Great lakes are only about once inch but spring tides sometimes extend to three inches in some of the lakes. In Lake Superior they may reach eight inches.



WOMEN'S SWIM CLASSES

Get in the swim gals, at the YMCA. Beginners learn to swim. Advanced instruction in skin diving, water safety and life saving.

TUESDAYS & THURSDAYS

STARTING JUNE 2

BEGINNERS—7:30 P.M. ADVANCED—8:30 P.M.

\$10.00 — Non-Members

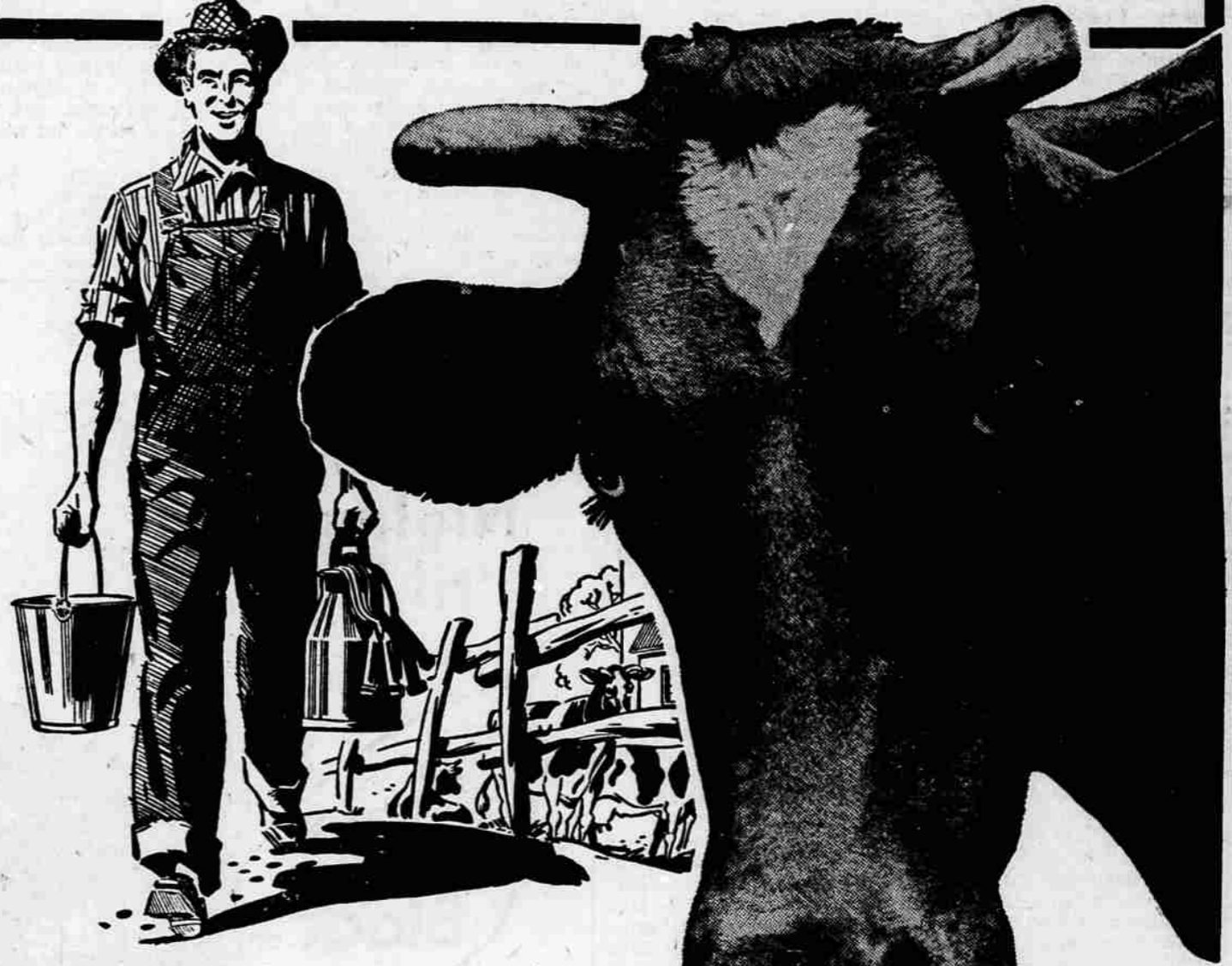
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June Is Dairy Month



Jorgensen's SALUTE ROGUE RIVER VALLEY DAIRYMEN!

The fine dairy foods from Jorgensen's come from the products of Rogue River Valley dairy farms . . . so Jorgensen's salute all who have a part in this truly HOME INDUSTRY. The Dairy industry is as old as time—as up-to-date as tomorrow. Here at Jorgensen's, when we convert the output of home dairy farms into the many Top-Quality Jorgensen's dairy products for YOUR table, we are always on the alert to establish and maintain the very highest standards of cleanliness and purity and rich flavor. We have the latest equipment, here in our spic-and-span Medford plant, to assure the VERY BEST. During Dairy Month, make it a healthful habit to eat lots of dairy products . . . there's HEALTH and GOODNESS in every one of them!

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For better nutrition . . . delicious variety in meals and just plain all-round good eating serve Jorgensen's healthful dairy foods! Your family will love our dairy-fresh products.

WARNING!

Don't Let Your Children Play With Plastic Garment Bags!

All the dry cleaning establishments listed below are very concerned over the reports that plastic bags are responsible for the deaths of over 30 infants across the nation.

They strongly urge you to keep them away from children. They are not play toys and should not be treated as such.

The Kordite Corp., one of the large manufacturers of plastic garment bags, is launching a nation-wide campaign to inform the public in the safe usage of polyethylene bags. They offer the following advice for users of the bags:

1. Keep bags away from children.
2. Treat bags with respect accorded to matches or cutlery.
3. Never use a plastic bag as covering for a crib mattress.
4. When bags have outlived their usefulness, destroy or throw them away.

Over 90% of the customers have expressed a preference of plastic bags over the use of paper bags, but if the continued use of plastic bags is going to be dangerous, they will be discontinued.

<p>Big Y Cleaners</p> <p style="text-align: center;">Crystal White Laundry & Dry Cleaners</p> <p style="text-align: center;">Dumas Domestic Laundry & Dry Cleaners</p> <p>Drive-In Cleaners</p> <p>NuWay Cleaners</p> <p style="text-align: center;">CENTRAL POINT</p> <p>Central Point Cleaners</p>	<p style="text-align: center;">City Cleaners</p> <p style="text-align: center;">Medford Cleaners</p> <p style="text-align: center;">Reliable Cleaners</p> <p style="text-align: center;">EASTSIDE CLEANERS</p>
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