

## High School Senior Girls Surpass Coeds in Strength

Stanford—You may come up with your own reasons for it, but tests at the Stanford Department of Physical Therapy have indicated that high school senior girls are generally stronger than college women.

These are the findings of Professor Marian Williams, Ph. D., associate professor of physical therapy at the Stanford Medical Center.

Professor Williams is engaged in research directed toward evaluating human strength and determining norms of physical performance.

Her work promises to have widespread clinical value as a comparative measure in cases of certain patients whose medical problems have left them at a less than normal performance level.

Professor Williams' work may also soon become a measure of disability and recovery from polio and other performance-affecting afflictions.

### Machine Used

The research was carried out with a "dynamometer" perfected for Miss Williams at Wayne State University. The "dynamometer" is a simple ring-type meter for measuring amount of tension or "pull".

Major muscle groups were tested through a range of angular positions for each muscle.

Once the norms are developed and perfected, there may be a use for both Miss Williams scales and apparatus in testing the effects of re-

laxants and other drugs on strength and performance.

Preliminary reports from the studies have produced information not generally appreciated about muscle growth and development. They tell of some muscles whose strength increase appears to continue with age, to young adulthood, while that of some others hits a plateau early in life.

The studies have been conducted only on subjects ranging from sixth graders to college students. Additional studies are contemplated over a wider age range.

**Factors Noted**  
Professor Williams points out that factors other than strength abilities can have a decided effect on performance. "On a given day, at a given time," she emphasizes, "psychological or neurological factors may affect one's performance". Extensive testing, it is expected, will help to eliminate the effects of these factors in compiling the tables of norms.

Once completed, it is expected additional uses will be found for Miss Williams' work. Physical education classes may well use the tests as a measure of development and an indication of needed training. In a rather far-fetched way, it has been suggested that athletic squads can be compared on the basis of her studies.

"However," Professor Williams points out, "we are primarily interested in clinical applications and I'd rather



Terrence O'Flaherty (at right) radio and television editor of the San Francisco Chronicle, was in the valley last week to attend performances of the Oregon Shakespearean festival in Ashland. The editor, pictured here with his host, Robertson E. Collins, is West coast representative for the Peabody Award committee, and has also served on the Sylvania Award committee. Mr. Collins is a former member of the board of the Shakespearean festival.

## Proper Clothing Storage Saves Garments, and Time

Corvallis - Plan storage for children's clothes this fall as carefully as you plan their back-to-school wardrobes.

With proper storage, you can add months to the life of the clothes, they'll look neater, and mother can be spared daily pick-ups, advise a team of extension home economists

at Oregon State college. Bernice Strawn, home management specialist, and Mary Routh, clothing specialist, offer these suggestions for storing outdoor wraps and other school outfits.

First, provide a place for the youngsters to remove and hang their outdoor wraps when they first enter the house. Place a table or counter and stool right by the door so they can park their books and sit down to remove overshoes.

Convert extra space under the hall stairs, an unused corner, or a small area behind the back door into closet space for the youngsters. Fasten a row of hooks within easy reach for coats. Hangers probably look neater to mothers but small youngsters find them hard to handle, home economists comment.

**Use Clothespins**  
Fasten a row of wooden clothespins to the side of the closet about a foot above the floor to hang rain boots. Line the floor underneath with plastic to catch "drip." Boots may also be placed on a slotted wood rack over a plastic pan.

Build two shelves above coats, one about a foot deep for caps, and another below about 9 inches deep for mittens.

To store little girls' school separates and boys' slacks and shirts, two clothes poles instead of one are suggested spacesavers. Place one above the other. On one, hang short garments such as blouses and shirts, and use the other for skirts, trousers or longer outfits.

Reserve some of the closet area for hanging party dresses, suits, coats, bathrobes and other full-length garments. Use hangers to prevent wrinkling.

### School Clothes Money Savers Are Suggested

New York - (UP) - If the budget is too slim to provide a whole new wardrobe for back-to-schoolers in your house, try these money-saving tips.

Don't throw out slightly outgrown clothes. Let down the hem of a too-short dress and cover the crease with rows of embroidery or rick-rack. Add a pocket with the same designs.

Make a jumper out of a dress. Remove the sleeves and cut out the neckline, making it lower in front. Bind armholes and neckline with a plain color or a plaid dress, embroidery on a solid-color dress. An outgrown blouse, too short to tuck into a skirt, makes an ideal dickey for the jumper.

A summer cotton can be dyed a darker color and worn as a "transitional" cotton.

An outgrown spring coat can become a jacket. Cut off at the hipline and finish with a new hem. A princess coat makes a good fitted jacket, and a box coat a full jacket. If there are pockets, cut below them, adding shallower pocket linings if necessary. With the left-over material, add cuffs if sleeves are too short.

Use the left-over fabric from a coat for a matching beret or beanie.

## Women Marrying Earlier And Have Larger Families

New York - (Science Service) - More women are marrying at an earlier age and having larger families than they did 20 years ago, statistics released here show.

There were 41,500,000 married women in March of 1958. This is 3,750,000 more than there were in 1950 and 11,333,000 more than in 1940, Metropolitan Life Insurance company figures reveal.

The rise has occurred mainly in younger women - those 18 or 19 years of age are marrying at the rate of one in three as compared to one in five in 1940. Among the 20 to 24 age group, two-thirds are married as against only half 20 years ago.

The birth rate has shot up too. In 1940 there were 125.9 births per 1,000 married women aged 15 to 44, while in 1956 this figure rose to 158.8 per 1,000 married women.

Larger families are becoming quite common, statisticians point out. The birth rate for third and fourth children

Cool touch: dissolve lime gelatin in hot water and add 2 tablespoons of fresh lime or lemon juice and some finely chopped mint. When thickened, fold in well-drained canned fruit cocktail and a sliced banana. Chill in a square pan and slice to serve on crisp lettuce.

Nearly one-third of these American wives, or 13,000,000 were in the labor force in March, 1958. Reflecting the tendency of wives to seek

work after their children grow up, nearly two out of every five married women in the 45 to 54 age group have jobs outside the home.

Small fry can wear funny faces on the backs of their heads in new terry dry-off robes. The robes have hoods embroidered with faces on the backs, complete with pigtails.

MAIL TRIBUNE, Medford, Or. Sunday, Aug. 30, 1959

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