

Physician To Speak Here On How to Balance Diet

Dr. J. D. Walters, well known practicing physician and lecturer on nutrition-dermatology, Sherman Oaks, Calif., will speak in Medford Tuesday, September 22. His lecture here will be sponsored by the Medford chapter of Natural Foods, associates (NFA) and will be held at the Red Cross building, 40 Hawthorne avenue at 7:45 p.m.

Dr. Walters received his medical degree from Ohio State university in 1931. After internship at St. John's hospital, Cleveland, he served as resident physician in obstetrics at the same hospital and later was trained at the skin and cancer unit of the New York Post Graduate Medical school and hospital. In 1938 he began his career as a nutritional consultant and it is stated that he has done much research in that field. His topic here will be "How to Have a Balanced Diet."

The speaker is a national director of the American Academy of Nutrition, and he holds fellowships in the American Academy of Dermatology-Syphilology, in the Socie-

Plan Party For Students

Students of Southern Oregon college have planned a get-acquainted party for high school graduates who will be entering SOC this fall. The party will be held at the Rogue Valley Country club Wednesday, September 16, at 7:30 p.m.

SOC students and faculty will be present to welcome the high school graduates, and entertainment will be provided by the Strollers. Refreshments will be served.

It is announced that informal dress will be in order. Graduates of Medford, Central Point, Butte Falls, Prospect, Eagle Point, Shady Cove and Trail are invited to attend.

Miss Vicki Robertson and Dick Clark are co-chairmen in charge of the event.

Club Hears Talk On Arranging

A program on flower arrangements was given for the Little Garden club of Medford Sept. 9 at the home of Mrs. H. R. Vallee, 724 Alder street. Mrs. G. O. Bradley was co-hostess.

Mrs. Ed Lyon became a new member; Mrs. Hugh Shellabarger and Mrs. Otto Chestnut were guests.

The program was given by Mrs. Vern Marshall and Mrs. C. T. Bascom.

The next meeting will be a potluck luncheon at the home of Mrs. George Sample, Applegate, October 7. The program will be "Study of Bulbs."

Fall Activities Announced For Temple, Santha

Talisman temple of Pythian Sisters will hold a business meeting Tuesday, September 15 at 8 p.m. at the Pythian building. The Sunshine Girls will hold a candy sale at 7 p.m., preceding the meeting.

Idella Rogue Santha, Nomads of Ayudaka, will hold their first meeting after the summer recess Saturday, September 19, at 8:30 p.m. A potluck dinner will be served at the Pythian building. Charter members and past regents will be honored with a party. Members are asked to bring a humorous gift, costing not more than 75 cents for their "Damon pal."

Mr. and Mrs. Lynn Skillington, Klamath Falls, will show movies.

Mrs. Carl Fichtner is dinner chairman and Mrs. Don Anderson of the birthday and Damon pal gifts.



ENJOYING THE SIGHTS of America, Princess Beatrix, heir presumptive to the Netherlands throne, smiles as New York Mayor Robert Wagner points at some interesting scene. Mrs. Wagner is at right. Princess Beatrix arrived in New York on maiden voyage of the new Holland-America flag ship Rotterdam, is to go on to Hudson Champlain Celebration as guest of U. S. Now 21, princess spent a good part of her childhood in U. S. and Canada, a refugee from war-torn Holland. Times and sights have changed.

Thousands of Russians Watched American Homemaker Keep House

By ALINE MOSBY United Press International

Moscow - UPI - For six weeks, Mrs. John Jacobs did the family wash, baked pies and had guests for dinner—all with more than 58,000 Russians looking on each day.

While Soviet citizens crowded around to poke, feel and ask questions, Mrs. Jacobs tried to live like an American housewife in an open-walled five-room apartment at the American Exhibition held this summer in Moscow's Sokolniki Park.

Soviet newspapers claimed the show was disappointing because the Russians wanted to see only machinery. But this official line, didn't jibe with the visitors who daily watched the Alexandria, Va., housewife scramble eggs and vacuum rugs as if she were a sensational new ballerina at the Bolshoi Ballet.

Mrs. Jacobs, an attractive brunette with a warm, homey personality, began her "performance" each day at 11 a.m. by dusting the living room furniture. Since tastes are different in this land of fringed lampshades, the Russians were quite critical of that room. Americans might have recognized the furniture as one of the most expensive modern makes. But to Russians it looked cheap — too simple and no shiny varnish finish.

Comment on Blanket She made the beds with colored sheets and an electric blanket which nearly brought down the house. As an encore, she let curious Russians feel the foam rubber pillows.

Carrying her small microphone around, the housewife opened drawers to show off women's nylon lingerie. Young girls lined up to feel the stiff crinolene petticoats which are a novelty to the Soviet Union.

The children's bedroom didn't go over so well. The Russian housewives didn't like the double-decker bunks — "dangerous for the child on top and no air for the one in the lower," they said firmly.

The tub in the bathroom was too small to many onlookers. They were "shocked," Mrs. Jacobs concluded after several conversations with her fans, because the toilet was not a separate room as in the Soviet Union.

Kitchen A Marvel But the kitchen was a marvel. One woman thought the wall oven was a television set. They watched eagerly when the American women used the electric can opener and dishwasher.

But though the apartment was a success, Mrs. Jacobs was the main attraction.

"They were more interested in talking than in any particular item," she told me. "Some days I got hecklers who asked about unemployment. Then I said, 'gentlemen, excuse me, but if you don't mind, we women want to look at this electric blanket.'"

"People wanted to know how I live, and how I learned Russian. I told them I was born in Bulgaria and went to the United States in 1938."

As a finale to the show, Mrs. Jacobs set the table in the tastefully furnished dining room with place mats ("what, no tablecloth?" the Russians asked) and candles ("don't you have electric lights?"). Then she and one of the male guides sat down to eat.

"At first it was very difficult to eat," she said. "The first day one guide and I sat down as if for dinner — all we had was a gelatin dessert, cake and coffee."

"We thought the audience would go away when I stopped talking into the microphone. But the minute we took a sip of coffee, we look-

ed around and saw hundreds of people. The guide choked and coffee spilled all over his shirt. We had to learn to eat looking at our plates, not at the people."

Rugs Too Plain While I watched her go through her "act," two Russian women in the audience also commented the beige rugs were "too plain." They like the Oriental variety.

"Why a fireplace? Don't you have central heating?" another woman inquired. "Open bookcases are not good — books deteriorate that way unless they're under glass," another pointed out.

Mrs. Jacobs brought Kate, 6 months; Lucia, 2; Nell, 3, and John, Jr., 5, to Moscow with her, plus husband John, one of the Exhibition office executives. The children lived in their hotel room with a Russian nurse and baby-sitter.

Lady in Lab Can Write Own Employment Ticket

By GAY PAULEY UPI Women's Editor

New York - UPI - The lady in the lab can just about write her own job ticket in the next decade.

Already the woman who specializes in science rates the highest beginning salary of all women college graduates. And Mrs. Alice Leopold, the head of the women's bureau of the U.S. Labor department in Washington, said the prospects are even brighter in the years ahead.

Mrs. Leopold, who was in town recently to talk with her reporter on job opportunities for women, listed the "10 best" fields in the next 10 years — professions where the proportion of women to men still is relatively low, and where women are expected to be in the biggest demand.

Work Force Increases The groups, which Mrs. Leopold listed alphabetically instead of trying to arrange by order of importance, are:

Accountants, administrators, bacteriologists, chemists, economists, engineers, mathematicians, physicists, psychologists and statisticians.

Mrs. Leopold said that by 1970, almost 30 million women will be working, compared with the 23 million employed today. A Bureau of Labor statistics projection into 1965 shows the greatest increase in women workers will be in the professional and technical fields; the second will be in clerical and sales; and the third, in the managerial field.

Opportunities Expanding "Job opportunities also are expanding in the fields traditional for women," said Mrs.

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 day news is 5 p.m. the day before publication.

Monday 11:45 a.m. — Jackson County Retired Teachers association, Jackson hotel for transportation to Lithia park.

12 noon — Medford 50-Plus club, Camp White.

7:45 p.m. — Westminster guild, First Presbyterian church.

8 p.m. — Degree of Honor Protective association, Girls Community club.

8 p.m. — Scottish Rite Women's club, Masonic temple.

8 p.m. — St. Catherine's guild of St. Mark's Episcopal church, parish house.

8 p.m. — Nevita Social club, Masonic temple, Central Point.

Tuesday 10 a.m. — Rogue Valley Navy Mothers club, Girls Community club.

10 a.m. — YMCA gym and swim class.

10:15 a.m. — Woman's Mission society, Eastwood Baptist church.

10:30 a.m. — Oak Grove Extension unit, home of Mrs. S. B. Sandberg, 225 Renault ave.

1 p.m. — St. Anne's Altar society, home of Mrs. Fred Shere, 4057 Carlton ave., Central Point.

First Woman Named Head of Rose Society

Vancouver, Wash. — A sixty year precedent was shattered on September 1 when a woman was elected president of the American Rose society. Some men huffed and puffed about male superiority but beauty, ability, poise and intelligence won out in this hobby society composed predominantly of men.

Mrs. Nat Schoen, Vancouver, Wash., was overwhelmingly elected by more than 3000 rosy votes of the 16,500 in the American Rose society. The new president who takes office on January 1, 1960 is known from east to west as a "down to earth" rose grower, author, lecturer and a rose friend.

She organized many local rose societies during her years as director of the Pacific Northwest District of the ARS, and published a District Bulletin, the Northwest Rosarian.

Vice-President for 1960 is Joseph J. Klima of University Heights, Ohio. He is the first Buckeye ever to serve in this office and hails from the center of the vast membership area composing the Rose society.

New and reelected directors-at-large to the ARS Board include Dr. W. L. Ayers, Lafayette, Ind.; Robert Lawton, Cincinnati, Ohio; C. H. Lewis, Salem, Va.; and Lester V. Smith, Chattanooga, Tenn.

Reelected to the nominating committee are — Mrs. E. L. Lucas of Norman, Okla., and Elliott R. McDonald ofavenport, Iowa.

Cow Belles Make Plans

At the last meeting of Jackson County Cow Belles the group voted to repeat the "Beef to Schools" project first started last year.

The meeting was a luncheon September 11 at the Medford hotel. Mrs. Donald Nichols, Ashland, is president of the Cow Belles and conducted the session.

Under the plan each high school in Jackson county will receive \$10 to purchase beef for use in home economics classes, plus a book on beef cookery and charts.

A report was given on the lunch served at the brush eradication project held on the Applegate September 10.

Plans for the fall and winter include a holiday style show and luncheon, and a beef cooking school which will be open to the public. Dates of these events will be announced soon.

Weekly Session Winners Named

Twelve tables of players took part in last week's session of Medford Duplicate Bridge club.

Winning north-south were Mrs. Sam Richardson and Leonard Clark, first, 110½ points; Mrs. Richard Milestone and Mrs. Paul Hatton, second, 107½; Mrs. Howard Boyd and Gen. J. P. Vachon, tied for third and fourth with Roy Pruitt and George Rode, both pairs scoring 107 points.

East-west winners were Mrs. Paul McDuffee and Mrs. Jack Mitchell, first, 128; Mrs. Roy Keim and Berg Marten, second, 127½; Mrs. George Dean and Mrs. Alto Pruitt, third, 121½; Miss Isobel Stuart and Mrs. Vachon, fourth, 116 points.

Pay-Off Satisfaction New York - UPI - About one out of every two adults in the United States does some type of volunteer work in his community.

More than 40 million citizens volunteer their services to one or more of the half-million churches and gift-supported institutions, reported the American Association of Fund-Raising Counsel. Most workers are women, especially in the church field.

PLANTS REST East Lansing, Mich. - UPI - If a plant loses its leaves, it may not be dead — just resting, says Fred Widmoyer, horticulture extension specialist at Michigan State University.

Almost all plants rest during the year, Widmoyer explained. They may lose their leaves or stop growing for a few weeks. Many tropical plants rest in the fall and early winter.

While the plant is resting, do not add fertilizer, he advised, because it will build up the salt concentration in the soil and kill the plant.

Council Gives Rules For Making Cotton Curtains

Whether your windows are big or small, new draperies or curtains can give any room in the house a fresh, new look.

The National Cotton council suggests that you save money, and time and trouble later, by sewing washable, vat-dyed fabrics into smart window dressings.

Because of their richness, polished cottons have become increasingly popular for use in formal draperies and upholstery of sofas and chairs. Sailcloth, monks cloth, heavy tapestry prints, ticking, and sheer printed batiste are other cotton fabrics especially suitable for full-length or wall-to-wall drapery arrangements.

You can enhance small windows with gay, informal curtains of cotton chintz, broadcloth, or Indianhead. Cotton sheets, in pastel colors or striped and floral patterns, also can be used for inexpensive window treatments. For the kitchen and bathroom, brightly colored and patterned terry cloth toweling is a wise choice for curtains since the fabric washes easily and requires no ironing.

Making well-tailored draperies and curtains is not difficult, but the job does require careful planning. Measuring the width and length of the fabric needed, cutting, and hemming are three of the most important steps. Here are some general rules to follow:

Measuring length and width: Use a yardstick or steel measuring tape. Measure from the top of the curtain rod down to the desired length of the finished drapery. There are three correct lengths: to the window sill; to the bottom of the apron; or to the floor. Allow enough fabric for a double three-inch bottom hem. The double hem will make the drapery hang better because of added weight. For best appearance, sheer curtains should be made with double hems at both sides and bottom. Allow at least four inches for the top hem. This is three inches for the hem and one inch for heading fold-in.

You'll want to use plenty of fabric in the width of your draperies so they'll be full, not skimpy. Measure for width across the curtain rod. Draperies of heavy fabric should be one and one-half times the width of the window. Sheer curtains require more fabric, often three to four times the width. Allow one and three-fourth inches

for side seams. If pinch or French pleats are used in the heading, width of the finished drapery should be twice that of the window. For each pair of pull draperies on traverse rod, allow 10 to 12 inches for overlap. A well-hung pull drapery admits no light when drawn.

Cutting: When you are ready to cut your draperies, be sure that the grain of the fabric is perfectly straight. This means that the lengthwise and crosswise threads must be at right angles. If the fabric is stretched out of its woven position, the draperies will not hang well. To obtain a straight line for measuring and cutting, pull a crosswise thread gently and cut on this line. Cut on the true up and down of the straightened fabric.

Hemming: Draperies also hang best if all hems are put in by hand with long, loose slip-stitches. For a trim, square effect, corners should be mitered. It's a good idea to let the drapery hang from the rod for a week before putting in the bottom hem.

For informal window dressing, cafe curtains remain the favorite of the homemaker. They are easy to wash and iron, and they can be easily opened to let in light or closed for privacy.

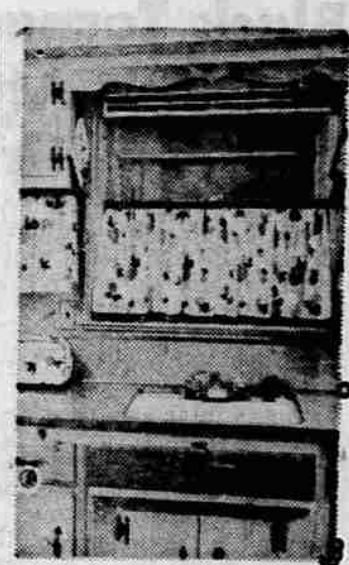
Here's an easy way to make a scalloped heading for cafe curtains: Fold down a four-inch heading at the top of the curtain. Using a saucer, trace semi-circles one inch apart. With right sides of fabric together, stitch around each semi-circle. Cut around each semi-circle three-fourths of an inch from stitching. Turn fabric rightside out, press, and hem heading. Attach rings at points between each semi-circle. Finish side and bottom hems.

Frequent laundering, of course, will help your draperies and curtains wear longer and look better. Rotating them from sunny windows to the shady side of the house also will give them longer life.

Couples' Club

Couples' club of Zion Lutheran church will hold a social meeting Friday, September 18, at 8 p.m. at the home of Mr. and Mrs. Douglas Gordenier.

When toddlers learn to tie their shoelaces, make a game of it with a "lacing shoe." It's a practice shoe in the shape of a house, made of yellow polyethylene.



DECORATIVE—Brighten kitchen with curtains and other gay accessories of cotton terry cloth. Heavy braid borders the shirred cafe curtains, holders, and toaster cover. Kitchen terries by Morgan Jones are machine washable, need no ironing.

Xi Mu Chapter Plans for Year

Xi Mu chapter, Beta Sigma Phi, held the first meeting of the year at the home of Mrs. William Prentiss, 925 Grant avenue, September 9. Plans for the coming year's events were discussed, including a pageant sale scheduled for October, and the schedule of meetings of the year.

The program was presented by Mrs. Edgar Moir, and members were asked to relate an outstanding experience of the summer vacation. A great variety of stories were told, including one about a storm at sea and one regarding the Montana earthquake.

The next meeting of Xi Mu chapter will be held at the home of Mrs. Larry Allen, 2840 Juniper avenue, September 23.

Shady Cove Unit To Meet Tuesday

Shady Cove — Shady Cove Home Extension unit will have a program on leadership development at the first meeting of fall. It will be held Tuesday, September 15, from 10 a.m. until 3 p.m. at the home of Mrs. Max Hawks.

Voice control will be a part of the program study. A potluck luncheon is planned for noon.

Roxy Ann HEC To Hold Meeting

Roxy Ann Home Economics club will meet Wednesday, September 16, at 8 p.m. at the home of Mrs. Charles D. Slater, 3527 Roberts road. Mrs. Orie S. Moore will be co-hostess.

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