

# Simple Precautions Can Prevent Water Mishaps, RC Notes

Local Red Cross officials have warned all who are now participating in or planning to take to water sports during the summer not to become a vital statistic by overdoing it.

11. Don't "overpower" your boat. A motor too powerful for your boat makes it difficult to control and may cause upsets or other accidents.

"Simple and sensible precautions can prevent many drownings," Dr. William Roberts, local Red Cross chapter water safety chairman, observed.

## 4-H NEWS

**Table Rock Stitches**  
A meeting of the Table Rock Stitches 4-H club was held at the home of Marjory and Alice Bonney Monday, June 6. The Just So girls worked on their pin cushions. Our next meeting will be held at the home of Mrs. Frank Myers June 20.  
Marjory Bonney, Reporter

**Handy Annies**  
The eighth meeting of the Handy Annies 4-H club was held at Mrs. Carnegie's June 1.

Jeanette Grier gave a report on the history of 4-H. We checked our goals for the year but they will not be completed until the fair. We were reminded by the leaders of our project to bring stamps as a way of helping needy people. Refreshments were served.

Recently our club held a Mother's night at the home of May Carol Leavens. We invited our mothers and each girl took part in a program about 4-H. The girls then served refreshments to the mothers.  
Mary Ann Carnegie, Reporter

**Kandy Kids**  
The regular meeting of the Kandy Kids 4-H Cooking club was held June 8 at our leader's home. Under old business, we brought up the pre-fair which will be held June 20 at Jewell school. Under new business, we planned a bake-day for the Junior Dinner club members which will be held June 14 at 9 p.m. at our leader's home.

Also under new business we planned for our club swimming party which has been set for July 8. Our next meeting will be held July 8 at 9:30 a.m. at our leader's home, Doreen Bradshaw. That will also be a bake day for those who want and then after the bread is baked the rest of the club will judge it.  
Carolee Kuest, Reporter

"Increase your fun in the water by observing a simple precaution as the water sports season gets under way," he continued. "It is foolish," he explained, "to try to equal your end-of-last-summer's exploits at the beginning of the year. Your physical condition and endurance may not be as good now, after nine months of sedentary living, as they were last September."

In advising to "take it easy at first," Dr. Roberts offered several safety hints for summer activities:

1. Learn to swim. Swimming lessons under qualified Red Cross instructors are being given at the city pools and at the YMCA.

2. Always swim with another person. Make sure someone is near to help if needed.

3. Swim in a safe place. The presence of lifeguards usually indicates the area is safe for swimming.

4. Know the swimming area. Before diving, make sure the water is deep enough and that there are no submerged rocks or other obstructions.

5. Respect the water and know your limitations. Don't go beyond safe limits or individual ability.

6. Use discretion. Don't swim right after eating, when over-heated, or over-tired.

**Stay Calm in Trouble**  
7. Try to stay calm in case of trouble. Assume a face-up, floating position, keep your hands under the water, and slowly move your hands and feet.

8. Keep safety equipment in your boat or canoe. Non-swimmers should wear life vests when riding in a small craft.

9. As a general rule stay with your boat or canoe. Most small crafts will float, even when filled with water or over-turned.

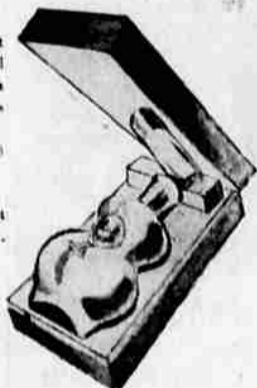
10. Don't overload your boat. Keep at least two-thirds of your boat hull above the water line.

## Elizabeth Arden's Blue Grass Time



Summer is coming in...and with it comes the wonderful time of Blue Grass, the fragrance that is most loved by most women everywhere. And now, you can use it profusely...for here are special values that make this most appealing Perfume even more so.

Blue Grass is a Fragrance Set — a pale blue plastic aerosol bottle of Perfume Mist plus a purse sacc of Blue Grass Perfume. Special Price, 5.00 (A 7.50 value)



Blue Grass is a Flower Mist to use lavishly for coolness. 4 oz. 2.00, 8 oz. 3.50 (regular price 2.50 and 4.25)



Blue Grass is a Dusting Powder, the most refreshing after-bath treat. In a lovely big box, 2.00 (regularly 2.50)



# Mann's MEDFORD

delightfully demure, and Dacron! by L'aiglon

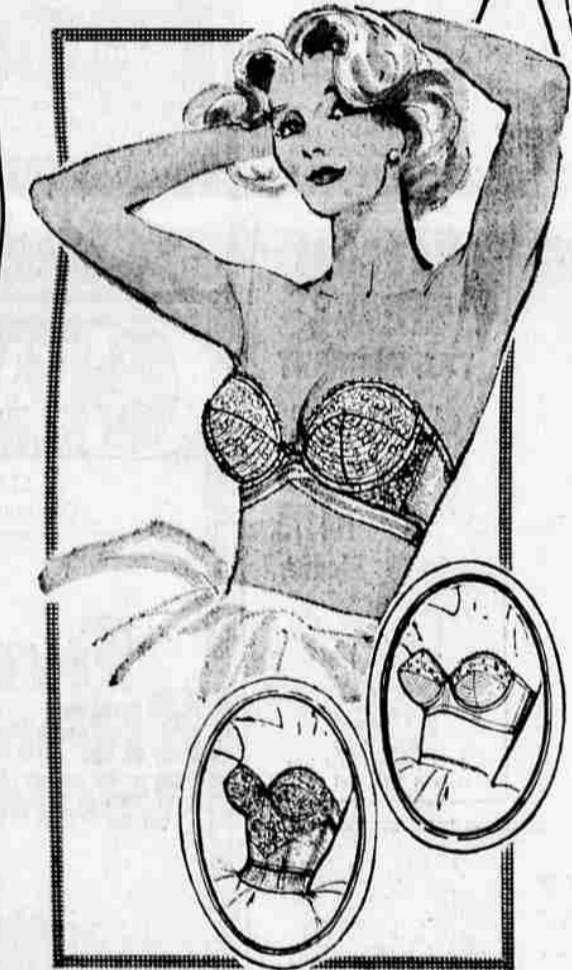
1—L'Aiglon chooses the demure look in a flurry of polka dots as shown at extreme left. A fashionable dress for the summer days ahead. So easy to care for. Sizes 8-20.

17.95

2—Jeanne D'Arc chooses the demure look in this fresh young fashion of flower-printed dacron polyester. Lace-touched neck and sleeves. Can be washed and drip-dried in a swish. Misses sizes.

17.95

ready-to-wear 2nd floor



there's safety with glamour in

## Jantzen THE BRA OF NATURAL BEAUTY strapless bras

lovely new moulders for every figure type

Cotton contour cup strapless. Embroidered upper bust section. Sheer nylon leno in all elastic back section. 3-way detachable straps. Deluxe "slip not" construction.

A 32-36, B & C 32-38 3.95

Cotton and nylon leno back section with bare rubber "slip not" elastic band. Detachable straps. Clever cross-over treatment center front for low plunge. Low, low back.

A 32-36, B & C 32-38 5.95

foundations - 2nd floor



tiny love of a hat the feather flirt

... all downy fluff, poised on the merest velvet perch to nestle pertly above your brow

2.98

millinery salon 2nd floor

her life is full of fun and fashion in

White Stag



prize catch in sailcloth

Leave it to White Stag to tailor sailcloth into shapes that could rock a bachelor off his toes. And do it with flair. Pants are tapered and have a hidden zipper. The jacket in cotton satin striped in icy shimmer of white... ready to be worn at the first sign of a breeze.

jacket 7.95 pants 5.95

Texture meets check, in coordinates

ABOVE:

Always on the go, she chooses the Shoreline collection. Clamdiggers styled in solid-toned sailcloth with new waist detailing. Mid-calf length rolls up or down. The top of knitted cotton, its white-trimmed collar softly rounded to bare her fresh young face to the sun.

clamdigger 4.95 trim jolly top 2.98

LEFT:

Our cotton knit shirt full of detail; fancy needlepoint stitch; round collar atop V-neck; brief dolman sleeves. The coordinating Surrey Check Slimdigger, has exclusive criss-cross, elasticized waist-whistling belt; side-zipper; made of easy-care cotton.

shirt s-m-l 3.98 pants 5.95



Shop all day Monday 9:30 A.M. to 9:00 P.M.