

# Extension Service Assists Young Brides With Homemaking Through Study Groups

Corvallis - The girl who marries "to get away from it all" is in for a surprise. Chances are, she'll hold a full-time job until children arrive; then recess from the labor force only to return again after her children are in school.

Home economists at Oregon State university find Oregon's young brides eager for all homemaking help they can get according to this year's enrollments in extension sponsored study groups. With all the work savers available now, why does a homemaker feel any need for homemaking help? Extension specialists who develop many of these programs list several reasons.

As family purchasing agent, U. S. women handle billions of dollars a year. This takes know-how especially on a budget. A trial and error system is costly, but education provides an economical shortcut, they believe.

### Hard Work

Present divorce statistics indicate that good marriages don't just happen, but are the result of hard work. There's every evidence that young marriages require some extra help and skill. The marriage in which the bride is under 20 is three times as likely to end in divorce as one where the bride is 22 to 24 years old. Since nearly 80 per cent of Oregon brides are under 20 at time of marriage, some special help for young marrieds is in order.

OSU extension programs are attempting to eliminate some of the "guess and by golly" in keeping house and in buying furnishings for the first home with sound unbiased information.

### Young Mother

A typical young mother of two launders an average of 200 articles of clothing, walks 30 miles in her kitchen, shops for, stores, cooks and serves 150 pounds of food each week. She's nurse, chauffeur, interior decorator, seamstress, purchasing agent and many other things to her family. (This may explain why she gets upset when her husband asks "What did you do today?")

"These are the homemakers who've asked OSU for newest homemaking aids and are getting them through a unique type of educational program," says Esther Taskerud, coordinator of home economics programs for the cooperative extension service. More than 21,500 Oregon homemakers are enrolled in study groups which get together once a month for a demonstrated lesson that centers on the family.

subjects that they study in their groups: Clothing. A few years ago buying clothing or yardage presented four choices of fiber - cotton, linen, wool or silk. But now that number has zoomed to more than 70 fibers. Shopping, sewing, laundering, and care of all these fibers and their respective blends is being presented in several lessons throughout the state.

Last year 2,500 women took OSU extension classes for alteration of ready-to-wear. A conservative estimate would be that learning this skill has saved them between \$5,000 and \$7,000 on alterations, alone.

Foods. A fourth of the family paycheck goes for food. U. S. families spend \$50 billion dollars a year on food. Virginia Weiser, OSU's extension nutritionist, says homemakers charged with this responsibility seek all kinds of help in food buying and meal planning.

### Families Eat Better

New programs in foods and nutrition are designed to help families eat better for vibrant health. "This has always been our aim," says Miss Weiser, "but we are constantly shifting our approach in keeping with the changing family, new foods and marketing trends."

"There are two lines of 'attack,'" says Miss Weiser. "One way is to 'catch them young and start them right' before they marry." She refers to the assistance she gives the 4-H club department in developing foods and nutrition projects for more than 10,000 boys and girls in extension's 4-H youth program.

From every side, the young homemaker hears about diets, health foods, drug products all promising to be a boon to health, beauty and trim figure. Last year ten million people in the United States spent a total of half a billion dollars to buy unnecessary diet preparations and drugs. Is the expense justified? Home economists don't think so. Nutrition workshops and special programs pointing out truths and untruths in food advertising is a popular extension lesson.

### Home Management

Home Management and Equipment. A popular activity for young homemakers was a series of home management workshops that are being held last fall and winter in seven Oregon counties. Bernice Strawn, home management specialist, who developed the subject matter, believes that "good managers are made, not born."

First, women learn to analyze simple jobs around the

house applying some management techniques used by industry. Then they develop time-saving ways. Gradually they are able to see shortcuts in more complex jobs.

More than 1,000 women have already attended these home management workshops. And they've asked for more. They want more help in making a time schedule for getting work done and organizing their jobs so that children can help.

They learn how to iron their husband's dress shirts in 5 minutes or less. They learn how to re-arrange their storage areas so they reduce the amount of purposeless energy put forth. Perhaps as important as anything is the morale boost these homemakers get. It's reassuring to know their families and problems are "normal."

### Finance Problems

Family Finance. Dorothy Sherill Miller, OSU's family finance specialist, believes that if a young couple can adopt a sensible attitude about the use of money early in marriage, the easier the adjustment will be. She tries to teach couples, regardless of their income and age, that everybody has 100 per cent of income to use to get what's wanted from life. Deciding what they want money to do for them in the present and future is sometimes one of the most important links of communication a couple can establish.

Mrs. Miller develops subject matter for teaching better understanding of insurance, savings, social security, credit, and money needs at

### California Couple Visiting in Valley

Derby - Guests at the home of Mr. and Mrs. Porter W. Allen, Eagle Point, are Mrs. Allen's brother and sister-in-law, Mr. and Mrs. Neil Smith, Pomona, Calif.

While vacationing in southern Oregon, the California couple also will visit Mr. Smith's brother and sister-in-law, Mr. and Mrs. Bert Smith, Medford, and a sister and brother-in-law, Mr. and Mrs. William L. Stockson, White City.

### Past Matrons

Mrs. V. A. Turpin, 3027 Old Military road, will be hostess for the Past Matrons club of Reames chapter, Order of the Eastern Star, Monday, June 11. A covered dish luncheon will be served at 12:30 p.m., and members are requested to bring their service.

New officers for the ensuing year will be selected.

various stages in an individual's or family's life period. Family Life. Off-campus educational work with emphasis in family life was launched in 1959 when Mrs. Roberta Frasier was appointed to develop this area. Programs have been conducted in all but two counties to help families meet challenges posed as a family begins, expands and contracts. Special emphasis is placed on helping members share feelings with one another.

### Understanding Each Other

"A man and his wife may live together for 30 years or more without knowing each other," says Mrs. Frasier. "It's particularly important to help young couples understand one another's feelings early in marriage so that they won't have 30 or 50 years of misunderstanding."

Mrs. Frasier says that every parent can learn to understand his children better than he does now. Last winter Morrow county couples held a series of meetings on understanding teen-agers, a popular subject.

Parents attending the meetings focus on teen-agers as people. They learned that they can apply principles of psychology to their own family.

Essence of much of Mrs. Frasier's teaching is that to improve behavior of children, parents often have to change their own behavior. Parents working with the specialists find a down-to-earth approach to every day living with children. Experience she's had rearing three children keeps her on the practical side.

### Understanding Children

Preparing parents for understanding children really needs to start before marriage. Extension starts with youngsters of 4-H age. Because families now have children so close in age, today's youth often grow up without the experience of caring for a baby brother or sister. New 4-H projects in a Child Development series help boys and girls to learn to care for babies and have fun with younger children.

Social Recreation. The pleasure that comes from enjoying individuals within the family has to be learned by some of today's families. Schools and organizations of all kinds compete for a family's time to the extent that Sunday breakfast may be the only time they are together.

Developing with families recreational interests they can carry out with little expense at home is a welcome respite from the television set, says Jessalene Mallalieu, OSU recreation specialist.

### Handicapped Groups

Miss Mallalieu also works with handicapped groups throughout the state. Teaching craft projects that develop imagination and artistic talents of our state citizens, is helping people use leisure creatively, says Miss Mallalieu. She holds workshops for local would-be-crafters who then serve as teachers to others.

Oregon families can receive help on all types of problems related to family life—nutrition, clothing, recreation, family finance, and home management, child development and family relations—by calling their county extension office. The Jackson county office is located in Medford near the county fairgrounds.



Signal flags inspire cotton duck trunks and after-swing jacket by Jantzen. Panels of blue, green and white follow the trend to bold, unabashed colors in men's swimwear.

### Designers Use Nautical Colors For Sports Wear

Men will doff their traditional grays, blacks and browns this summer when they take to the water in the brightest splash of color and cotton swim styles to come along in many a season, reports the National Cotton Council.

Designers have turned to the vibrant, unabashed colors of the nautical signal flags for inspiration and used them in a riot of stripes, horizontally, vertically and diagonally, and in bold plaids and checkerboards.

The warm, intense oranges, reds and yellows promise to be the most popular with blues and greens close behind. No summer for shrinking violets.

Styles are almost as varied, ranging from the Jamaica-length boxer trunks to the knitted briefs. The Bermuda and calf lengths so popular for the past several seasons have virtually disappeared. Most are cut low-rise to rest snugly on the hips and many have webbed waistbands.

For after-the-swim, toppers range from Terry cardigans to chambray pullovers. Some have a sports jacket look while others take inspiration from the famous wartime I-k-jackets. Cotton, the traditional swimwear fabric, appears this summer in all the classic constructions and treatments, plus a couple of new twists.

### Scottish Rite Women To Meet

A business meeting of the Scottish Rite Women's club will be held on Monday, June 11, at 8 p.m., at the Medford Masonic temple, according to Mrs. Charles F. Hoppe, president. Club projects and summer activities will be presented.

Mrs. Hazel Graten, chairman of the refreshment committee, will be assisted by Mrs. C. C. Milotta and Mrs. W. G. Meyers.

### Daughter, Family Guests in Ashland

Ashland - Vacationers visiting at the home of Mr. and Mrs. L. H. Gallatin, 148 Central avenue, have been Mr. Gallatin's daughter and family, Mr. and Mrs. Larry Joris and son Terry, Fort Robinson, Neb. Mr. Gallatin accompanied them to Alameda, Calif., for a few days visit in the Bay area.

### Postpone Meeting

Prospect - Because of the annual convention of the Oregon Federation of Garden clubs to be held June 18 through June 20 in Salem, the regular Prospect Garden club meeting set for June 19 has been postponed to June 26, officers have announced. The June 26 meeting will be a workday session at the Prospect Community park.

### Visits

Michael Hartley, son of Mrs. Jack Hartley, 1408 Fortune drive, left Saturday after visiting several days with his mother. He is employed at the missile base at Lowry Air Force field, Moses Lake, Wash. He is a Medford High school graduate and has attended University of Denver in Colorado.

### Luncheon

Jacksonville - Past Matrons club of the Adagel chapter, Order of the Eastern Star, will meet for a barbecue luncheon at 12 noon, Monday, June 11 in the home of Mrs. Gertrude Wingham, 105 Perrydale avenue. Mrs. John Pond will assist.

## MANOR-ISMS . . . .

By ETHELYN EVANS

Rogue Manor Sunday vesper services will be conducted by members during the summer months. Mrs. Howard Mana, from Atherton, Calif., an excellent artist on the Hammond organ, will play for our 15 minute meditation period, we have our own choir to lead in hymn singing, we have six retired ministers and several retired missionaries and a number of laymen willing and able to take over the devotional service. However, we are so very glad that all the valley churches, in rotation, plan to continue conducting these services next season, as they have been doing since the Manor opened. We enjoy their services and the fellowship and friendship that developed as a result of their coming. And our members reciprocate enthusiastically: Manor members always fill quite a large section at all church services in the valley.

Our members not only scatter themselves throughout the business, professional and religious life of the valley, but they are taking an ever increasingly active part in many organizations like Rotary, Masonic Orders, book clubs, etc., and at the DAR district conference there were 12 to 15 Manor members present. The majority of the new officers elected by Grater Lake chapter, DAR, for the coming term seem to be Manor members, and a number of those who have not been here the required year for office, have been appointed on committees. At this district meeting, slides shown and lectures given proved the worthwhile work being done by the DAR in the southern mountain schools they have supported and maintained for many years, and the unceasing efforts of this organization in behalf of our western Indians.

### Grand Officers Visit Court; Activities Held

A meeting of Roxy Ann court, Order of the Amaranth, was held June 2 at the Masonic temple in Medford in honor of Mrs. William Aplanalp, grand royal matron, and Gerald Laurens, grand royal patron, both of Portland.

During the evening they were escorted to the throne and given honors. Also escorted was a large group of grand officers and royal matrons and patrons visiting from other courts throughout the state.

After the business session, which was conducted by Mr. and Mrs. Richard Mayfield, royal patron and matron, honorary membership in Roxy Ann court was extended to Mrs. Aplanalp and Mr. Aplanalp, grand marshal, and to Mr. Laurens and Mrs. Laurens, grand marshal in the East.

An addendum was presented for Mrs. Aplanalp and Mr. Laurens. The meeting was preceded by a dinner served under the direction of Mr. and Mrs. Hal Bishop. Mrs. Lawrence Messal was in charge of a member participation flower show. Ribbons and prizes were given to Mrs. Bishop, Mrs. Merritt Swing and Mr. Mayfield. Sunday morning a breakfast was held at Stanley's for the honored guests.

### Back Interest

The back of the wedding gown is as important as the front, for the back is what everyone will look at throughout the ceremony.

but I suggest that name because that is the thing to do on Barneburg Hill - if you weed, you are "in." Since hundreds of ground cover plants set out by the nursery are starting to thrive, so have the weeds. Our members in an unorganized but militant task-force rush out each day to do battle with the weeds. I must admit that the distaff members are in the majority. One reason for that could be the chance to wear unusual, far-out, pretty or becoming sun hats. This weeding, of course, is a grand way to get exercise in the open air; but it is also a labor of love. Members are anxious to have the grounds as beautiful as the plans tell us it will be, eventually.

One of our maintenance men, worried about the tons of good magazines thrown out after the subscribers place them in library and lounges a certain length of time, arranged with Mrs. Kay Crowell, Jackson county juvenile officer, and Frank Glonning, Camp White, for passing the magazines on to them. Our cooperative police department cars pick them up and deliver them. The Manor is happy about this arrangement.



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