

Effects of Anxieties On Students Is Studied

By PATRICIA MCCORMACK

New York — Some college students tote a bundle of anxieties back to school with them. The anxious ones—worriers—fret about more than academic achievement. Emotional problems and other private concerns make a foundation on which is heaped the usual school worries—making a load full of mental and emotional dynamite.

When the load becomes too much to handle, academic work skids. The drop-outs start when the skid hits a plateau marked failure. A student who wanted to be a teacher, a nurse, an engineer or an architect is put out of the game.

Effects
A report in the current quarterly of the National Association for Mental Health cites new findings in research concerning the effects of anxiety on academic performance.

The findings of Dr. Charles

D. Spielberger, of Duke university, Durham, N.C., concern a collection of Joe college types.

The associate professor of psychology reported that in some cases anxiety helps academic performance; in some cases, it hurts.

The differences in the influence of anxiety hinged, to some extent, on a student's ability.

"It was found," Dr. Spielberger reported, "that anxious students in the middle ranges of ability obtained lower grades and a higher percentage of academic failures than non-anxious students of comparable ability."

"Students of low ability earned poor grades irrespective of their anxiety level; however, a higher percentage of these students with high anxiety were academic failures than were the non-anxious students of limited ability."

Also Found
The investigator found also that for the very superior students, it appeared the anxiety might have actually facilitated academic performance.

"To the extent that anxious students—likely to be under-achievers or academic failures—can be identified early and offered effective therapeutic assistance, academic mortality rates resulting from emotional factors can be reduced," Dr. Spielberger said.

"Ideally, such students should be identified at the beginning of their freshman year."

The psychologist noted that perhaps the most important implication of the findings is that it appears possible to identify members of the college population who, because of their emotional problems, are not likely to function at levels commensurate with their intellectual potential.

Even a chance to succeed, that is.

Summer Socials
Sorority Events

A recent summer social of Beta Upsilon chapter of Beta Sigma Phi sorority, was a luau held Saturday evening, August 4 at the home of Mrs. Larry Rose, 2119 Corona drive. Husbands and guests of the chapter members were invited.

The patio and gardens were decorated in the Hawaiian theme and Hawaiian type food was served. Entertainment was by The Tropicales from Southern Oregon college. Miss Theo Chang played the ukulele and sang. She also narrated the history of the hula, with the Misses Mae Fujiyoshi, Michie Kohatsu and Jo Ann Morita demonstrating the various types of hulas through the ages.

Another summer social of the chapter was a picnic and water sports party held at the private lake of Mr. and Mrs. Douglas Plumley, Hillcrest road. Swimming, water skiing, and boating was on the program.

Bulletin Tells How To Make Slip Covers
Illustrated instructions for making slip covers for various styles of easy chairs are available in a new bulletin from Oregon State university.

"How to Make Slip Covers" takes the seamstress through basic steps of measuring, cutting and fitting fabric to the chair. Most upholstered pieces can be successfully slip covered. However, chairs with much wood trim around the back or those with springs and padding badly out of whack may be better reupholstered, the publication notes.

The bulletin is free on request at county extension offices or from the OSU Bulletin Clerk.

Vacation
Mr. and Mrs. Orin Bartholomew and children, Douglas and Gail, 2830 Elliott avenue, vacationed last week in Vancouver, B.C., Canada, after spending two days at the Seattle World's Fair. En route the family also visited for a day in Portland and made a trip to the Portland zoo.

Fur Muffs Are Large

United Press International
Designer Norman Norell's fall collection included a fur accent perfect for the woman wishing to hide love letters—or even a change of clothes. The accent: a black fox muff that appeared to be at least as large as a beach ball. These perfectly round warning accessories ranged in diameter from 18 inches on up. A replacement for the overnight bag?

Fur touches in the fall and winter collections of the nation's top-notch designers are so numerous that one can conclude only that "they're pelting us with pelts." Fur rims skirts, jacket hems, ends of sleeves. Fur muffs the neck so that sometimes it covers the bottom part of mid-lady's ears.

The uniform on the home-front, the house dress, now features a bandana around the neck. This gives the basic popular silhouette, the shirt-waister, a Western look. Modern Manufacturing, one firm sold on the westernization of the house dress, puts Western-type buttons and cowboy buckles on the daytime frocks. Many no surprise—are saddle-stitched.

An inside story: linings of fur coats in the Andre Fath collection featured lace trappings, gold-brocaded silk and prints with the coloring of Monet's famous "Water Lilies" canvas.

Texans Are Guests Of Couple at Trail

Shady Cove-Trail — Miss Mary Annette Rodgers, accompanied by Miss Catherine Middleburg, both of San Antonio, Tex., recently visited en route to the Seattle World's Fair with Miss Rodgers' uncle and aunt, Mr. and Mrs. Alan Rodgers, Trail. They spent four days with the couple.

Other recent houseguests at the Rodgers' home have been their son and family, Mr. and Mrs. Robert Steeves and family of Salem.

Employees Honored At Al Fresco Dinner

Mr. and Mrs. C. M. Lizburg entertained Sunday at their summer home at Rocky Point for employees of Burelson's Ready-to-Wear store.

Families and friends of the employees also attended the event.

An al fresco dinner was served by the hosts in the summer home gardens.

Grandson Guest In Central Point

Central Point—A guest at the home of his grandparents, Mr. and Mrs. L. C. Gordon, 746 Freeman road, is Roland Pacey, Grenada, Calif. He also plans to spend a week at Diamond lake.

Visit
Mr. and Mrs. William Hucks, Portland, were week end guests at the home of Mr. and Mrs. Jack Nichols, 232 Olwell way. Mrs. Hucks has been instructing a summer music workshop at Southern Oregon college.

Broadus Family Guests of Scotts

Illinois Valley — Mr. and Mrs. Stanley Broadus and children, Springfield, Ore., recently spent a week with Mrs. Broadus' parents, Mr. and Mrs. Albert Scott, Kerby. During their stay the visitors were guests in the home of Mr. and Mrs. Freeman Scott and family, Kerby, and the Delbert Scotts, Cave Junction.



This Cleopatra-inspired dress is of velvet, one of the lush textured fabrics featured in fall clothing. A red abstract print colors the frock, and a bib of beads sparks the round neckline. It is a Heiser design.

Berry Powder Soon May Be On the Market

How would you like a jar of pure strawberry powder—to add to milk shakes, sodas, cakes, icings, or other desserts—on your pantry shelf?

Although berry powder of this type is not yet being prepared commercially, Earl M. Litwiller, Oregon State university food technologist, has freeze dried less-than-perfect strawberries into a fine powder that retains all the fresh goodness of fresh picked fruit.

Strawberries not quite perfect enough for fresh marketing are frozen and dried—in an almost perfect vacuum—and then are crushed and seeded. End result is a powder finer than sugar, which when kept in an air-tight jar, makes a quick, easy, and delicious flavoring agent.

Litwiller points out that amount of sugar added to desserts can be regulated when berry powder is used. A thick creamy, ice cream soda requires about two teaspoons of powder and about a teaspoon of simple syrup—plus milk and ice cream. For the calorie-conscious, the syrup could be eliminated and ice milk could be used to concoct delectable desserts.

Processing and marketing costs on freeze drying these fruits have not yet been fully determined, says Litwiller, but they do hold promise for the future.

Shady Cove Woman Honored at Shower

Shady Cove-Trail — Mrs. Clayton Fields was honored at a layette shower recently by women of the Shady Cove Gospel church, for which the Rev. Mr. Fields is the minister.

Games were played and the honored guest was presented gifts.

Attending were the Mesdames Delbert Spain, Claude Hunt, Russell Elder, Raymond Anderson, C. R. Cooper, Doris Elder, Betty Surgeon, Sheldon Jack, Marie Allen, Dean Elder, C. M. Wells, Don Shepherd, Frances Mack, G. S. Elder, Mary Boatwright, Mrs. Mary Harper, all of Shady Cove; and Mrs. Lillian Hanson, Jacksonville.

Californians Guests At Shady Cove Home

Shady Cove-Trail — Dinner guests recently at the home of Mr. and Mrs. Carroll Watson and family of Shady Cove, were Mr. and Mrs. Marc Le Due and daughter, Miss Frances Le Due, Beverly Hills, Calif. Miss Le Due, a graduate of Beverly Hills high school, will enroll as a freshman this fall at the University of California, Los Angeles. She plans to major in entomology.

Miss Sheri Watson spent a week with Miss Le Due and her parents at the Le Due cabin at Union Creek.

State Officers Of FHA Meet for Summer Session

The state officers of the Future Homemakers of America convened August 7 in Delake for their summer executive council meeting which will run through August 10, according to Miss Pauline Goodwin, supervisor of home economics education in the State Department of Education and the State advisor of FHA.

The officers, headed by President Ann Jones of Heppner, will plan the coming years FHA activities, which include the 18th annual state meeting of Oregon Future Homemakers of America to be held in Corvallis next March. Also, a workshop involving both state officers and 10 district officers from the five FHA districts in Oregon will be held at Taft High school during the year.

The Future Homemakers of America is a national non-profit organization for students studying homemaking in high school.

The Oregon association has 110 chapters and 4,088 members. State officers and their advisors include: president, Ann Jones, and advisor, Mrs. Grace A. Schmidt, both from Heppner; vice president, Diana Smith from Halsey, and advisor, Mrs. Genevieve Overton from Brownsville; secretary, Karen Ramey, and advisor, Mrs. Alice Waldron, both of Klamath Falls; treasurer, Nancy Baker, and advisor, Miss Mildred Peterson, both of Pendleton; and editor, Linda Hellberg, and advisor, Miss Janet Reilly, both of Sherwood.

Former Resident Plans Visit Here

Miss Sharon Ann Dixon, daughter of the Rev. and Mrs. Melvin Dixon, Heppner, Ore., is to arrive this week end as a houseguest of several friends. The Dixons lived here until last May while the Rev. Mr. Dixon was minister of the St. Luke's Methodist church.

Miss Dixon will divide her time as a guest of Miss Janet Crawford, daughter of Mr. and Mrs. John G. Crawford, 1503 East Main street, Miss Sandra Shugart, daughter of Mr. and Mrs. Vance Shugart, 400 Barnes avenue, and Miss Diane Paulsen, daughter of Mr. and Mrs. Donald Paulsen, 508 Hamilton street.

Couple Slates Trip to Canada

Mrs. William (Barbara) Robinson, 512 Austin street, a teacher in the Jacksonville Elementary schools, who has been attending the summer session at the University of Oregon, Eugene, will be joined there this week end by her husband.

The couple then will travel to White Rock, B.C., Canada, where their daughters, Marjorie and Linda, have spent the summer with a great aunt, who conducts a summer camp for young children.

Marjorie Robinson has been a counselor at the camp during the summer.

On the return trip the family will attend the Seattle World's Fair and make a trip to Rainier National park.

Mrs. Robinson was attending the university summer science session on a grant which was awarded her.

Family Returns From Vacation

Mr. and Mrs. Harry R. Gould and children, Lois Ann and Charles Edward, 18 Myrtle street, are home after vacationing for two weeks in Washington and Canada.

At Everett, Wash., they were guests of Mr. and Mrs. Charles Lewis. Mrs. Lewis is the former Miss Jane Gould of Medford and a niece of Harry Gould. While with the Lewises, the travelers attended the Seattle World's Fair.

From Everett they traveled to Canada where they made numerous boat trips and also visited the cities of Vancouver, Victoria, Sidney and Nanaimo. They also saw the Butchart Gardens, on Vancouver island.

On the return the family spent five days on the Oregon coast.

Picnic Postponed By Fifty-Plus Club

Because of inclement weather a picnic planned for Friday by members of the Medford Fifty-Plus club has been postponed indefinitely. The group will meet instead at the St. Mark's Episcopal church guild hall, West Fifth street and North Oakdale avenue, Friday, August 10 at 12:30 p.m. Those who attend should take sack lunches.

Acne Can Be Controlled, Dermatologist Explains

(Editor's note: Post "no picking" signs in the bathroom and bedroom of the acne sufferer in your family. In the following dispatch, the second of three, there's other advice from doctors expert in the management of acne.)

New York—(UPI)—Acne troubles four out of five American teenagers.

For some it becomes a true disease. The deep blackheads become infected. Too often they leave permanent marks, both physical and emotional.

For many, however, acne is only a passing sign of growing up. With proper care in the early stages, dermatologists state, acne disappears with little or no trace within a year or two.

What is acne?
Tiny glands beneath the surface of the skin secrete oily and fibre-like substances. These glands grow especially active during adolescence.

Pores Clog
As a result, skin pores get clogged. In more serious cases the blocked pores become inflamed, erupt and develop infections.

If acne appears at an early age, and there is a family history of the condition, it is more likely to be serious. Some people suffer acne through college age and into middle age.

Acne can be controlled, says Dr. Donald M. Pillsbury, president of the International Congress of Dermatology and chairman of the dermatology department of the University of Pennsylvania School of Medicine, Philadelphia.

What should you do about acne?

Offer Tips
Dr. Pillsbury and other doctors offer the following suggestions:

—Affected areas should be washed frequently with soap and warm water. This curbs the chance of infection. Stronger cleansing agents are recommended in more serious cases.

—Don't Pick. Often scar-

To Leave

Mrs. Icy Feige planned to leave Medford today for her home at Auburn, Calif., after spending a month here with her brother, Wallace Haskins, 228 North Holly street.

son's general physical and emotional condition has a lot to do with acne.

He observes that outbreaks of acne frequently follow loss of sleep, emotional tension, improper eating habits and excessive exercise.

Man To Preside At Class Reunion

Ashland-Dr. Arthur Taylor and his daughter, Georgia, 183 Meade street, accompanied by Dr. Taylor's sister-in-law, Mrs. James Landreth, Salem, will leave this week for Aledo, Ill., where Dr. Taylor will preside as master of ceremonies at the 50th anniversary reunion of his high school class.

Californians Visit Relatives in Valley

Visitors this week at the home of Mrs. Hilda Cook, 37 Winema way, include her son-in-law and daughter, Mr. and Mrs. James E. Sharp, and their son, James E. Sharp Jr., Miss Betty Land and Miss Diane Routhier, all of Westminster, Calif.

While here the group also is visiting Mrs. Sharp's sisters, Miss Barbara Sample, 832 Summit avenue; Mrs. Donald Mentzer, 1467 South Stage road; Mrs. Alonzo Lown, Orr drive, Central Point, and her brothers, Dean Cook and William Cook, of the Winema way address.

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