

### Concert To Be Given By William Warfield

On the program which William Warfield, noted bass-baritone will present for Jackson County Civic Music association Monday, February 4, will be one number arranged by Byron Arnold, Los Angeles. Mr. Arnold is the brother of Mrs. Darrell Huson, president of the association, and usually spends a vacation in Jackson county each year.

The number will be "There's A Man Goin' Round Takin' Names" and is one of a group of spirituals which Mr. Warfield will sing.

Mr. Arnold, an authority on folk music, and Mr. Warfield attended Eastman School of Music at the same time. Mr. Arnold has done considerable research in folk music, particularly in the southern states. He has published a book of folk songs which he gathered by way of tape recordings while travelling in the southern states and hill areas, where much of the folk music is sung but has never been put into written form.

Several years ago Mr. Arnold gave a program for Medford Music society.

Mr. Warfield is a star of the first magnitude in every field open to a singer's art. He has a heavy schedule of concerts every year, is sought after as a soloist with symphony orchestras, appears with music festivals both abroad and in this country and was chosen to represent America at the Brussels International fair, giving a recital on the Fourth of July. Last season he sang with the Festival Orchestra at the Casals Festival in Puerto Rico and the great cellist chose him to create an important role in the premiere of his new, highly acclaimed oratorio, "El Pesbre."

Warfield is a superb actor as well as a singer, and made his mark on the stage before becoming a singing star. He toured the country as the stage lead of the hit musical, "Call Me Mister" and has starred in other musicals and operas. However, it is in the

### Social Events ♦ Women's News



Chicago—Gerald Prochnow, winner of the men's national cooking championship in Chicago received a kiss from his wife as he displayed his prize-winning recipe for Chippy's Eggs in Haystacks. Mr. Prochnow, a design consultant from Milwaukee, was one of four amateur male cooks selected from more than 41,000 in competing in the championship. (UPI)

### All-Out Assault on Fad Reducing Diets Launched

Salt Lake City—An all-out assault on "freak" and fad reducing diets was launched here today.

The 50-man board of directors of the National Dairy council announced that beginning today they will go on weight control diets until their next meeting to be held in Chicago on May 15. Within a week, these men also will be joined in the diet project by some 200 board members of local Dairy councils across the nation.

Based on a diet pattern reviewed by the council on foods and nutrition of the American Medical association and found consistent and authoritative medical opinion, the menus the men will follow embrace a balanced diet including milk, butter, cheese and ice cream, as well as other basic and commonly-used American foods.

The intention of the project is two-fold: First, the men will gain the physical fitness benefits of reducing or maintaining their weight on a nutritionally adequate diet. Second, by so-doing, they will demonstrate to the American consumer—and the business executive, in particular—that milk, milk products, and other basic foods should play an essential role in weight control.

### Couple Returns From Trip South

Gold Hill—Mr. and Mrs. John Cogswell have returned to their home here after a vacation in California, Mexico and Nevada.

They were guests of his aunt, Mrs. Nell McClellan in Downey and visited his mother, Mrs. Margaret Cogswell, who is in a convalescent home in Los Angeles. While there they also were guests of his brother-in-law and sister, Mr. and Mrs. Donald Lutz.

Following a trip to Tia Juana, Mexico, the Cogswells were guests of his brothers and sister-in-law, Mr. and Mrs. Morton Cogswell and Mr. and Mrs. Levert Cogswell at Oakland, Calif. They also visited former Gold Hill residents, Mr. and Mrs. Curtis Parker in Santa Rosa, and before leaving California spent some time with Mrs. Cogswell's brother and sister-in-law, Mr. and Mrs. L. B. Logan, El Sobrante.

### Women Now Better Proportioned Than 1900 Counterpart

New York—(UPI)—The American female is taller, heavier, bustier, leggier and hipper than her 1900 counterpart.

But don't worry, girls. The statisticians say you're more willowy and better proportioned than ever before. The key to the matter, they say, is added height. The American woman today is, on the average two and a half inches taller than the woman of 1900.

Another cause for rejoicing: In 1900, a size 20 was one of the most popular sizes. Today there are still plenty of 20s, but sizes eight, 10 and 12 are quite common. They were relatively rare 60 years ago.

These findings come from a study by the research staff of a girdle manufacturer. The survey revealed that in 1900, the average woman was five feet two inches tall and weighed 114 pounds.

Today, she is five feet four and a half and weighs 126. The average bust measurement in 1900 (in the 20-40 age bracket) was 33 and three-tenths inches; today, it's 35 and one-fourth. The average waist, which was 24 inches 60 years ago, is 26 inches now.

Hip averages have increased only from 36 inches to 36 and a half inches.

**CALENDAR**  
Friday:  
8 p.m. — Westonka council, Degree of Pochontas, Redman hall.  
Saturday:  
5 to 8 p.m. — Rosy Ann Grange, Ground Hog day dinner at Grange hall, Spring street.  
8:30 p.m. Derby Hoedowners, Community hall.

### YMCA Plans Course In Lifesaving

A senior lifesaving class for women will be offered by the Medford YMCA beginning Wednesday, February 6, at 10:30 a.m., in conjunction with the women's slim and trim program.

Persons are eligible who have passed their sixteenth birthday, are in sound physical condition, and can do a standing front dive from the deck in reasonably good form, swim 440 yards continuously, surface dive to a minimum depth of six feet, and tread water and float motionless for one minute each.

One and a half hour sessions will be conducted each Wednesday, through May 15, allowing ample opportunity for participants to meet the minimum 17 hours required for class completion. Instruction will be under the direction of a Red Cross water safety instructor, and certificates will be issued to persons satisfactorily completing the course.

It is estimated that nearly 100,000,000 Americans participate in water sports annually and 40 per cent of these would drown if it became necessary for them to swim 30 yards or more. Far too many of these water enthusiasts lack the skills they need to save themselves and others in an emergency. The lifesaving course being offered teaches the right action at the right time in, on and around the water, the YMCA stresses.

A baby sitter will be available at the "Y" during these sessions, so persons wishing to participate need not hesitate because they have preschool children.

Women wishing to register or receive additional information about the course should call the Medford YMCA, dial 772-6295.

### Honor Society Holds Ceremony

Ashland—Members of Kappa Delta Pi, Southern Oregon college educational honor society attended a pledging ceremony Sunday afternoon, January 27, for 10 candidates and heard a talk by Dr. Betty Lou Dunlop entitled, "Innovation in Education."

The ceremony was conducted by the president, Darwin Bevens, Ashland, assisted by Claudia Heglund, Chiloquin, and Priscilla Cantwell, Grants Pass. Pledged were Kenneth R. Ackeson, Gladys Jamison, Sally Maulding and Vivian Wiegand, all Medford; Mildred Ann Boyd, Richmond, Calif.; Diane Cowan, Norma Jane Jefferies and James L. Skibby, Ashland; Barbara Ethel Webb, Prineville, Ore.; and Dr. Donald E. Moore, faculty member.

Future activities for the organization will include lectures on current trends in education. Scheduled are addresses on "Team Teaching" by William Ruck, Oregon Program director for the Medford public schools; "Non-Graded Classrooms" by Verne Speirs, assistant superintendent, Ashland public schools and "Paul Woodring's Plan" by Robert Casebeer, SOC graduate student.

In Dr. Dunlop's talk, she discussed programmed learning and reported upon the research done in England during the past year in respect to the use of the augmented Roman alphabet. Use of this alphabet tends to simplify the beginning reading process by using 42 characters for the 2000 sounds which children encounter in a developmental reading program.

### Twirlers Plan Saturday Dance

Whether the groundhog sees his shadow on Saturday, February 2, or not, is of little concern to square dancers.

The Twirlers will not be hindered by the legendary rodent and will hold the customary first Saturday night dance, with entertainment.

The potluck dessert dance will begin at 8:30 p.m. at the Pythian building, Fifth and Grape streets in Medford.

Several twirlers enjoyed a week end of dancing in Roseburg last Friday night, and some attended the Promenaders' birthday party Saturday night.

Arthur Shoemaker, Twirler caller, announces that the Wednesday night classes are now closed to beginners.

### Hot Cheese Puffs Tasty Appetizer

Hot hors d'oeuvres are a happy addition at gatherings in any season but particularly are they good during the winter months.

Tillamook Puffs will be the hit of any party, and they are good served with soup or salad too. Also in their favor is the ease of preparation.

**TILLAMOOK PUFFS**  
Two egg whites; dash of salt; one cup grated Tillamook cheese; one teaspoon prepared mustard; 24 crackers.

Beat egg whites with salt till stiff. Fold in cheese and mustard. Spread lightly on crackers. Broil till puffed and lightly browned.

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