

Ironing Can Be Minimized In Dryer Use

You can minimize ironing if you bear this fact in mind about the characteristics of synthetic fibers, such as Nylon, Orlon, Acrilan, Dacron and the like. They all have the property of 'relaxing' when exposed to heat and 'stiffening' under normal room temperatures. Here is a washing and drying recipe prepared by the American Home Laundry Manufacturers' association that will insure getting the best results with these fabrics...

When you launder items containing synthetics or blends using these fibers, you should wash them in lukewarm to cold water to keep wrinkling to a minimum during the agitation and spinning cycles of the washer. The wear wrinkles that were in the garments before you put them in the washer will remain, as the water temperature is too low to completely relax the fibers.

Reverse Tactics
Then you reverse your tactics. You place the garments in the dryer to the wash and wear setting, or the regular setting if you have no choice, which will supply the heat that will be needed to 'relax' the fabric so that it sheds its wrinkles.

Make sure that you remove clothes as soon as the dryer stops so that the heat of the drum will not reset wrinkles as the garments lie in a heap at the bottom. That way a light touch-up with the iron will be all that is necessary. Some dryers have a buzzer that alerts you about a minute before the appliance has completed its cycle. This helps as a reminder if you've gotten involved in some other projects.

No homemaker has time to refer to washing recipes every time she throws in a load. And let's face it, when - and when not - to have heat can get to be a mixup. But remembering these basic pointers when laundering easy-care fabrics will cut hours off of ironing time.

Visitors Attend Bethel Session

Illinois Valley - Several visitors attended the February 4 session of Bethel 36, International Order of Job's Daughters held in Kerby. Included were Len Carmichael, Compton, Calif., Thomas Adams, James Duerkes and George Blue, worshipful master of the Belt Masonic lodge of Kerby. Refreshments were served. Next Bethel meeting will be February 18.

Navy Mothers Set All-Day Meeting

Central Point - An all-day session is planned by Central Point Navy Mothers club Wednesday, February 13 beginning at 10:30 a.m. in the home of Mrs. Cecil King, 525 Mazama street, Central Point. A noon potluck luncheon will be served. Mothers of Navy, Marine or Coast Guard personnel are invited.

CALENDAR..

Today
12 noon - Mt. Pitt chapter, Townsend club, Mrs. Ida Kelly, 16 Quince st., Medford.
2 to 4 p.m. - Alex Bos reception and art exhibit, Ashland Art gallery-workshop, 31 Water st., Ashland.
Monday
12 noon - Beehive club, Olive Rebekah lodge, Mrs. C. D. Hershiser, 1255 Sweet rd.
12:30 p.m. - Adare P-st Matrons club, Mrs. George Mero, 1615 Thomas rd.
1:30 p.m. - Jackson County Retired Teachers association, Girls Community club.
7 p.m. - Slimmer Yets TOPS club, Sacred Heart hospital social room.
7:30 p.m. - Butte Falls PTA, high school cafeteria.
7:30 p.m. - Shady Cove PTA, school gymnasium.
7:30 p.m. - Valley Rogue extension unit, Mrs. R. W. Wobbe, 3476 Hollywood ave.
7:45 p.m. - Natural Food associates, Medford High school, Room 35.
7:45 p.m. - Degree of Honor Protective association, Girls Community club.
8 p.m. - Neighbors of Woodcraft, Eagles hall.
8 p.m. - St. Catherine's guild, St. Mark's Episcopal church.
Tuesday
9:30 a.m. - Presbyterian church circles, Hope, Mrs. Wayne Safley, Box 166, North Phoenix rd.; Mercy, Mrs. Sam B. Harbison, 2125 Orchard Home dr.; Temple, Mrs. George Osler, 719 Palm st.
10 a.m. - Relief society of Second ward of Church of Jesus Christ of Latter Day Saints, at church, 648 South Ivy st.
10 a.m. - Women's association at Presbyterian church.
10 a.m. - Phoenix Presbyterian church Women's association.
10 a.m. - Women's Mission
Beehive Club Plans Meeting
A noon luncheon will be served at the Monday, February 11 meeting of the Beehive club of Olive Rebekah lodge, in the home of Mrs. C. D. Hershiser, 1255 Sweet road. Table service will be required.
Wednesday
8 a.m. - Chartered bus to Mt. Shasta Ski bowl, Greyhound depot.
10:30 a.m. - Hillcrest Extension unit, Mrs. Warren Kelsoc, Route 3, Box 172, Phoenix-Hillcrest hwy.
10:30 a.m. - Eagle Point Extension unit, Mrs. Steve Wilson, Dutton rd., White City.
10:30 a.m. - Central Point Navy Mothers, Mrs. Cecil King, 525 Mazama, Central Point.
11 a.m. - Security Benefit club, Pythian building.
12 noon - Mistletoe club, RNA, Girls Community club.
12:30 p.m. - Women of Rotary, Mrs. Charles Gustafson, 2210 Hillcrest rd.
1:30 p.m. - Oak Grove Neighborhood club, Mrs. G. W. Kellington, 87 Perrydale ave.
7:30 p.m. - Medford Lions auxiliary, Mrs. Lee Mellish, 117 Black Oak dr.
8 p.m. - Shakespeare interest group, AAUW, Mrs. John Stong, 2120 Woodlawn dr.
8 p.m. - Medford Toastmasters club, Girls Community club.
8 p.m. - Roxy Ann HEC, Mrs. Mabel Christiansen, 504 West Jackson st.
Thursday
10 a.m. - Phoenix Extension unit, Phoenix Presbyterian church fireside room.
10:30 a.m. - Howard Extension unit, Mrs. N. F. Gier, 2902 North Pacific hwy.
10:30 a.m. - Agate unit, Mrs. Wendell Lusk, Truax rd.
10:30 a.m. - Willow Springs Extension unit, Mrs. Alton Minger, 723 Laurel st., Central Point.
12:30 p.m. - Medford Sojourners, Girls Community club.
12:30 p.m. - Eleanor Roosevelt league, Colony restaurant.
8 p.m. - Reames chapter, OES, Masonic temple.
Friday
6:30 p.m. - Men of Unity, Unity church.
8 p.m. - Great Decisions, AAUW, Mrs. Bruce Nelson, 1288 Corona ave.

Recipe for Fluffy Bread Is Introduced

Corvallis-Homemakers can now make fluffy homemade yeast bread and rolls higher and lighter than traditional recipes allow with directions provided by Oregon State university home economists. Similar to batter whip breads now on the market, fluffy bread can be made from favorite recipes mainly with a change in the method of mixing, says Dr. Andrea Mackey, OSU home economist.

First mixing develops the gluten-those long strands of wheat protein that give bread its distinctive character. It also whips air into the mixture. After mixture is well blended, add remainder of the flour, salt, sugar, yeast and shortening. And beat well again. Busy homemakers who may not have time to make favorite yeast breads in one operation can mix the dough one day, refrigerate it and let it rise and bake the next day with no loss in quality in the final product, the home economists point out. OSU home economists found

in basic studies on dough and bread quality that regardless of the temperature at which dough started to rise the final product came out the same although cold doughs took longer to rise. Assisting on the project was graduate student Mrs. Emogene Faye Veal, now a high school home economics teacher at Dallas.

New York - The Berlin Tourist office reports now that the German government is granting family loans to newlyweds settling there, more than 11,000 couples have already applied for the interest-free loans.

Best Diets Include 'Anything You Like'

Chicago - One of the country's pioneer producers of diet and health foods believes low calorie foods make poor diet fare. Dr. Stephen Gaymont, Hungarian-born bacteriologist, objects to crash diets of all low calorie foods because they fail to produce the good eating habits conducive to maintaining proper weight over the long run.

Gaymont, who introduced yogurt into the United States, believes the only effective way to diet is to eat anything you like, but in sensible quantities. He's all for letting you eat cake on a diet, but in small pieces.

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OPEN TODAY
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ALWAYS LOTS OF FREE PARKING...

YOU CAN "CHARGE IT" PRESENTS a flurry of Fabrics for Spring

Enough crisp cottons, rich silks, luscious linens, beautiful blends to start your wardrobe plans spinning... your sewing machine whirring! Save as you create your own magic all through the house... here are just a few ideas.

NEWBERRYS SPECIAL PURCHASE
4 YARDS 1⁰⁰
SPECIAL PURCHASE of many lovely fabrics in cottons, rayons and blends... in lengths up to 10 yards. Some prints, some solids; percales, broadcloths, nets, taffetas, satins, novelty weaves. Exciting treasures!

PRINTED COTTON
3 YARDS 1⁰⁰
A host of colors and designs in lengths up to 10 yards; in widths of 36 to 45". Scoop up all of the fabrics you'll need for a complete Spring wardrobe.

SPECIAL... COTTON PLISSE
A real bargain! The most complete selection of sleepwear cotton you've ever seen! Easy-care, wash and wear 36" crinkle fabric. Cool and crisp!
Reg. 44c yd. **37c yd.**

MAGIC GREPE 79c yd.
NEW... SPRING PRINTS 79c yd.
You'll never believe such sheer glamour could be machine washable! 100% Dacron in the most luscious floral prints. 44" wide.
Both prints and solids in a soft lovely fabric of 50% cotton and 50% rayon. Washable; wearable; wonderful for Spring!

SPORTS FABRICS 69c yd.
NOVELTY FABRICS 77c yd.
In every conceivable color and popular shade! Dozens of wonderful weaves. 36 to 45" widths, lengths to 10 yards.
Sportswear prints in bright, new colors - interesting textures. Widths 36 to 45". A Newberrys bargain.

BURLA PRINTS 98c yd.
Have you seen Burla prints? It's exciting and new in both solids and gorgeous prints! All cotton, washable, 45".

DAN RIVER CHINO 98c yd.
TAHITIAN TWEEDS 98c yd.
Genuine Dan River Chino in the most delicious solid colors of the season! All cotton, very washable, 36" wide.
Texture is the feature this spring! 15 new solid colors, including the darling of the moment, Deep Sea Coral! All cotton, washable, 45".

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HOLLY Theatre
This outstanding annual event is again brought to the ladies of Medford by Radio Station KYJC and will be presenting new and novel methods of food preparation, cooking and homemaking.

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• Lots of New Recipes!
• New Menus!
• Easier way to prepare meals
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THESE OUTSTANDING FOOD EXPERTS WILL BE PRESENT:
• Beverly Lyons (Polly Pacific) Pacific Power & Light (Copco Division)
• Helene Kralowec, Home Economist Oregon Beef Council, Portland
• Dr. E. W. Harvey OSU Seafoods Laboratory, Astoria
• Plus at Least 2 Nationally Known Chefs Demonstrating Their Specialties

Food Expert On Program
Mrs. Helene Kralowec, Portland, home economist for the Oregon Beef Council, will be on the program for the KYJC "Foodorama" on Wednesday, February 13 at the Holly theatre. "Beeforama Cookery" will be Mrs. Kralowec's subject and she will demonstrate new and interesting recipes for beef, one of Oregon's major products.
Mrs. Kralowec, a graduate of Washington State university, Pullman, has worked as a home economist for the Seattle Times and the Oregon Journal. Recently she has been a consulting home economist for several firms.
Mrs. Kralowec is a member of the Oregon Home Economics association and past chairman of Portland Home Economists in Business.

Mrs. Helene Kralowec