

Social Events

Women's News

Garment Workers Would Keep America Beautiful

By PATRICIA McCORMACK



New York - (AP) - Keep America beautiful. Skip the pedal pushers, blue jeans and shorts when motoring to your vacation hideaway. The trouble with pedal pushers and such—where the typical female is concerned—they don't hide away very much.

As any veteran girl-watcher can testify: nothing advances the image of the ugly American quite so rapidly as the site of a chunky matron or miss in pants best suited for females with a model's slim anatomy.

You see such a sight every so often at the gas stations along the typical turnpike, U.S.A. In the vacation months ahead, you'll see them more than every so often.

The International Ladies' Garment Workers' Union wages the cause of keeping the nation's motoring females presentable while making "500 easy miles a day."

They caution that tight-torador pants, shorts or cotton dresses with stiff petticoats are as misplaced in a modern, low-hung automobile as grandmother's linen duster, bonnet and long motoring veil.

Their suggestions:—If you are the slacks type, be sure yours are cut for comfort through the crotch, and in a crease-resistant material so you won't arrive looking accordion-pleated. Make sure the shirt is cut long so it won't ride up and balloon at the back.

—The non-slacks type (most women) ought to consider three of the easiest costumes for motoring. These include the knitted dress and jacket; the easy tweed suit with a neat blouse or sweater; the printed spectator sports dress.

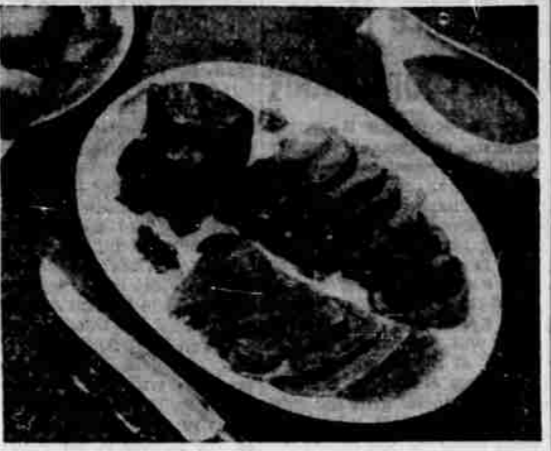
Three Changes—For a motor trip spanning more than a day, plan two or three complete changes of costume, including lingerie, belt, scarf, stockings and shoes. Pack them in layers between tissue paper or scented travel flannels. This saves you from fumbling for clothes each day.

The trick when planning your vacation wardrobe: take just enough for all your activities and changes of weather.

Separates, of course, multiply your travel wardrobe. That is, if you interchange the parts with taste and distinction.

Your city combination can be a neat skirt with a tailored blouse, an attractive belt and cotton gloves. And don't forget the hat you will need when visiting a quaint country church or great city cathedral.

Guests—Hornbrook - Mrs. Carl Lobson of Artois, Calif., and her daughter, Mrs. Georgia Sexton of Willows, Calif., were guests for several days of Mrs. Lobson's sister, Mrs. Grace Quigley.



Verstiale beef tongue gains a sweet-sour flavor when cooked in a spicy, tart liquid and served with a raisin gravy. The remaining slices will be delicious in sandwiches, or as cold cuts.

Serve Pickled Tongue Either Hot or Cold

A delicately-flavored, delightful meat which can present itself in many appealing ways, hot or cold, is beef tongue.

Reba Staggs, home economist, suggests hot Pickled Tongue. Present some tongue slices with gravy for one meal; save others for later cold servings.

PICKLED TONGUE

One beef tongue; vinegar; water; one lemon, sliced; two onions, sliced; six whole cloves; six peppercorns; one stick cinnamon; one and one-half teaspoon salt; one-half cup brown sugar; one-half cup raisins; one-fourth cup flour.

Cover tongue with equal parts of vinegar and water. Add lemon, onion, cloves, peppercorn, cinnamon and salt. Cover and let stand in refrigerator 24 hours.

Remove lemon slices. Cover tightly and cook slowly 2½ to 3½ hours, or until tender. Allow 45 minutes to one hour per pound. Remove skin from tongue while warm and slice one-fourth inch thick. Strain cooking liquid.

To four cups liquid add brown sugar and raisins. Cook 10 minutes. Combine flour with a small amount of water and add to liquid. Cook, stirring constantly, until thickened. Add tongue slices to gravy. Heat through. 12 servings.

Prevent fish hooks from rusting by sticking them in a cork and then storing the cork in a jar containing dry baking soda, a rust inhibitor.

Speaker Named For Men's Group

Vern R. Christy, Ashland, will be guest speaker for Men of Unity, Monday, June 17, at the Unity church, Holly and Haven streets. His topic will be "Glimpses of Nicaragua."

Ray Bosworth will continue his series on history and interpretations of the Bible. His subject will be "The Prophets."

Mr. Bosworth, chairman of Men of Unity, will conduct a brief business meeting.

At 6:30 p.m., a potluck dinner will be served. Men of Unity is a non-sectarian organization, and any man interested is invited to attend.

Lodge Group Sets Dinner, Meeting

Mrs. Helen Nichols, great Pocatontas of California, will make an official visit to Weatontas council, Degree of Pocatontas lodge, this evening at 8 o'clock in Redman hall on Apple street.

During the meeting the degree team, under direction of Charles Dooms, will initiate several candidates.

Members are to take pies for an annual pie social which will be held after the meeting.

At Exercises

Hornbrook - Mr. and Mrs. Arthur Blanchard and son, Jim, attended graduation exercises last week at Grenada, Calif., where their grandson, Donald True, was graduated from a grammar school.

A little chopped ice tied in a clean washcloth and given to your teething baby to gnaw will cool his gums.

Riverside Club Event Planned; Scores Listed

The Riverside Bridge club will conduct an open pairs championship master point game Wednesday, June 19.

At this week's regular play 38 players competed. Winning the north-south position were Mrs. R. T. Jones and R. H. Finnell, who scored 142 points.

Continuing in that position the winners were Mrs. H. B. Collins and Paul Hatton, 127; James Morgan and Al Gilhouse, 125, and Mrs. J. J. Dougherty and R. T. Meegan, 124.

East-west winners were Mrs. J. J. Finegan and Mrs. F. E. Bowman, 127½; Mrs. Adam Richter and Mrs. Dale Forncrook, 123; Mrs. G. A. Coddling and Mrs. B. L. Marten, 117 and Mrs. L. W. Buoncoco and Mrs. L. Espey, 110.

Family Arrives From Chillicothe

Mr. and Mrs. D. E. Prickett and children, Becky and Dan, Chillicothe, Ohio, arrived here Wednesday to spend two weeks with Mrs. Prickett's parents, Mr. and Mrs. D. E. Scripser, 727 West Fourth street. Mrs. Prickett is the former Ann Scripser, and her friends are invited to call at the Scripser home while she is here.

Visitors Return

Mrs. Howard Gault and daughter, Janice, 3426 Delta Waters road, returned early this week from California where they visited Mrs. Gault's son, Lt. David Gault and Mrs. Gault in their home at Atwater.

Lt. Gault is stationed at Castle Air Force base near Merced, Calif., and the couple has purchased a home at Atwater.

Luncheon Held By Circle Women

Gold Hill - Mrs. Bessie Henderson was hostess for a potluck luncheon and business meeting of the Golden Circle Women's group of Gold Hill Christian church at her home on Highway 99 last Monday. The year books for the circle activities were distributed.

Bible study and prayer meetings at the Christian church will continue to be held during the summer on Thursday at 7:30 p.m. each week.

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Learn Needed Nutrients Before Dieting, Advice

Portland - With the advent of beautiful summer days, thoughts are running towards spending more time at outdoor recreations.

Does your bathing suit reveal a few excess pounds? And are you concerned about how to get rid of them safely and effectively? A planned program of eating the right foods and doing daily exercises can do wonders in helping you accomplish your goal.

In case you've been reading about a "melt-pounds-away-fast diet in a popular magazine don't fall prey to trying it, the council points out. Most persons fail to realize that unscientific fad dieting can be harmful to their health. Leading nutrition authorities point to a wide variety of ill-effects from dietary deficiencies in persons who go off on a poorly devised reducing binge.

Drastic dieting can cause severe emotional disorders. The lack of vital nutrients in a fad diet can bring on weakness and fatigue that could lead to serious accidents, the council says.

Farewell Party Held by Family

Shady Cove - Eldon Elder was recently honored at a farewell party at the home of his parents, Mr. and Mrs. Gilbert Elder, Shady Cove. He was presented a gift from the family.

Present were Mr. Elder and his parents, Mrs. Eldon Elder, Mr. and Mrs. Russell Elder and children, David Elder, all Shady Cove, Mr. and Mrs. Delvin Elder and family, Eagle Point.

Cardiovascular Health Institute Set

Corvallis - Cardiovascular health will be the subject for a special institute June 19, 20 and 21 at Oregon State university. A half dozen of America's leading experts will speak.

Fifty-four per cent of all deaths this year in the United States will be from cardiovascular causes, OSU officials noted in announcing plans for the conference.

Lectures, all of which are open to the public, will cover various factors involved in cardiovascular health such as heredity, nutrition, stress and trauma, and exercise. Resources available for rehabilitation of cardiac patients will be outlined also.

Arrive

Mrs. Ira McDonald Jr., and children, Denny, Debby and Mike arrived this week from Astoria, Ore., to spend the summer months with Mr. and Mrs. Ira McDonald Sr., 110 Lozier lane.

To Meet

Phoenix - A meeting of the Phoenix Garden club is planned for Friday, June 14 at 1 p.m., in the Phoenix Community club.

The first important step is to learn what nutrients that your body needs. The National Research council's recommended dietary allowances are outlined in the easily understood "Guide to Good Eating." This provides the foundation for a good diet. The guide categorizes foodstuffs into four basic food groups and recommends certain allowances of each.

From the dairy foods group, children need daily three to four glasses of milk, teenagers need two or more glasses. Of the meat group, including meats, fish, poultry, eggs, or cheese, everyone needs two or more servings daily. At least four servings of the fruits and vegetables group are needed by everyone daily. Be sure that one of these servings is citrus or another good source of vitamin C.

And from the breads and cereals group, everyone needs four servings per day. Choose breads and cereals of the enriched or whole-grain type. Educate your appetite to like those foods that provide the most nutrients for the calories spent. For example, have cheese and fruit rather than that devil's food cake for dessert; snack on carrot or celery sticks rather than on potato chips; choose milk or fruit juice instead of a soft drink. Form the habit of trimming excess fat from meats and either omit or use very small servings of gravies and sauces. Learn to enjoy a wide variety of foods and pay attention to those extras such as rich pastries.

In order to take off, and, more importantly, to keep off, those unwanted pounds make intelligent eating a habit, the council warns. By following the guide presented above, you can be sure that you are obtaining the nutrients essential for both adding years to your life and adding life to your years.

Cheese Toast Strips Perk Up Soup Course

Crisp, flavorful toast strips will perk up any vegetable soup or salad course. These are cheesy, a little bit different and good served either hot or cold.

PARMESAN TOAST STRIPS

Six slices white bread; one cube butter or margarine, melted; one-half cup commercial corn flakes crumbs; one-half cup grated Parmesan cheese; one-fourth teaspoon garlic salt (optional).

Trim the crusts off the bread. Cut into strips of interesting shapes. Dip pieces into melted butter. Roll in mixture made of corn flake crumbs, Parmesan cheese and garlic salt. Place on cookie sheet, and bake at 425 degrees for seven to nine minutes until golden brown. Cool on cookie rack. Makes six servings.

Fast Answer

Your cupboard holds the answer to quick summer meals—a casserole. In a greased shallow baking dish, arrange 1 (12 ounce) can of lunch meat, sliced, 1 (1 pound) can of cut green beans, drained and 1 (1 pound) can of yams, drained.

Top with mixture of 2 tablespoons of melted butter or margarine and ½ cup each of sweet pickle liquid, firmly-packed brown sugar and sliced sweet gherkins. Bake 30 minutes in preheated 350-degree oven. Serves four.

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