

News About Today's Woman

Home . . . Career . . . Leisure . . . Arts

Paris Chamber Orchestra To Give Concert Sunday

Paul Kuenta is both founder and director of the Paris Chamber Orchestra which will present a concert in Medford Sunday, November 17, for Jackson County Civic Music Association. It is set for 3 p.m. at Hedrick Junior High School.

Mr. Kuenta, a former student at the Ecole Supérieure de Musique de Paris, organized the ensemble some 10 years ago among prize winners of the conservatory, of which he was one. Several of its members have won prizes in top European instrumental competitions. The group presented its first concert in April, 1951, and met with instantaneous success. Since then the musicians have

Beta Upsilon Chapter Holds Tea and Party

Recent activities of Beta Upsilon chapter, Beta Sigma Phi sorority, have been a perennial tea for rushes, a costume party and a business session.

The tea was held at the home of Mr. and Mrs. Sheridan Scott, 129 White Oak Drive. Guests were Mrs. Leo Vilarino, Mrs. E. D. Davis, Mrs. Gene Warren and Miss Sue Lively; Mrs. E. A. Littrell and Mrs. Charles W. Lemery, chapter sponsors also were present.

Bob Haworth and John Eads entertained with popular folk songs.



Director of the Paris Chamber Orchestra, which will play here Sunday, November 17, is Paul Kuenta. Director Kuenta also founded the group, which gave its first concert in 1951.

been heard in more than 500 concerts, including performances for radio and television in Paris, and in addition, have toured extensively.

The instrumentation of the group normally consists of seven violins, two violas, two cellos, one double bass, and either piano, clavichord or organ. To this basic unit may be added wind instruments (flute, oboe, bassoon, trumpet, horn) to achieve the combinations desired to the presentation of more complex scores, such as the Bach Brandenburg Concertos. Thus, the ensemble maintains a flexibility and virtuosity that enables it to perform works of all styles and periods.

The all-embracing repertory of the Paris Chamber Orchestra spans three centuries of masterworks for small orchestra. From the pre-Bach period are many beautiful but rarely heard compositions of Couperin, Leclair, Rameau and other Baroque masters. A perennial favorite with its audiences is his interpretation of Vivaldi's "The Seasons." Out of the genius of Bach come, in addition to the great Brandenburg Concertos, The Art of the Fugue and Musical Offering, first performed by this group in Paris in February 1961 in a series of six memorable concerts.

From the classical period come the varied instrumental concertos of Handel, Haydn and Mozart, with Mozart's sparkling "Eine Kleine Nachtmusik" as a

Cook's Tour

By Jeanne Lesem



NEW YORK (UPI)—If last fall's clothes are too snug through the middle, don't despair.

Some low-calorie dishes look and taste so festive even guests won't suspect you're dieting. And remember, it's not the calories from a single dish that lead to overweight, but the total you eat for the day, combined with the amount of exercise you take.

These reminders come from home economists of General Foods. They have prepared three low-calorie recipes for party and family meals.

The 250-calorie-per-serving main dish uses leftover beef instead of more expensive broiled meat. An 83-calorie per serving dessert is adapted from a richer one. And a 20-calorie per serv-

ing fruited gelatin will do for either salad or dessert.

For Chinese beef and lettuce, add 1 1/3 cups of packaged precooked rice and 1/4 teaspoon of salt to 1 1/3 cups of boiling water in saucepan. Mix to moisten. Cover. Remove from heat. Let stand 5 minutes.

Melt 2 tablespoons of butter in a large skillet. Add 1/2 pound of fresh mushrooms, sliced. Sauté over medium heat 5 minutes, or until tender. Add 2 tablespoons of butter. When it has melted, add 1/2 cup each of thinly sliced celery and seeded, diced green pepper, 1 clove of garlic, crushed, 1 teaspoon of salt, 2 tablespoons of soy sauce, 1/2 cup of sliced carrot, peeled and firm, ripe tomato, peeled and diced, and reconstituted rice. Heat well, stirring often.

Thanksgiving Favors Made For Hospital

MONTAGUE — Thanksgiving favors, to be given to the Senior citizens at the Siskiyou County General Hospital, were made at the November meeting of the Shasta Valley Garden Club at the ranch home of Mrs. Aldee Davis in Little Shasta.

Mrs. Edward Clement, president, conducted a business meeting and announced coming events.

Card parties to be sponsored by the club will be the first and third Thursday of each month. The first was held November 7 with Mrs. Everett Conroy and Mrs. Laura Jones as hostesses. The event was held in the club room of the Montague Auditorium.

The clean-up contest, started earlier this year, will be extended into spring of 1964, at which time prizes will be awarded.

The next meeting of Top-Op State District of California Garden Clubs, Inc., of which the Shasta Valley Club is a member, will be held some time in early December.

Mrs. Morris Prather, Christmas lighting and decorating chairman, announced that the garden club will again sponsor a contest for the Montague area. Rules for the contest will be announced.

The day's activities started with the workshop during which the Thanksgiving favors were made. The work was not completed, so another work day is planned for Thursday, November 14, starting at 1:30 p.m. at the home of Mrs. Frank Kouts in Montague.

The next business session of the club will be December 6, at the home of Mrs. Feather, who will demonstrate a Christmas arrangement. An open discussion on gardening and a gift exchange will also be held.

Change Date

GOLD HILL—The next meeting of Past Noble Grands Club of Amethyst Rebekah Lodge has been set ahead one week due to the Thanksgiving holiday which falls on the regular date. Mrs. Joe Lewis will be hostess for the group in her home on Sams Valley Road, Thursday, November 21 at 2 p.m.

Gilberts Here

Mr. and Mrs. Charles Gilbert, Portland, former long time residents of Medford, were guests here last week end of Mr. and Mrs. L. G. Frink, Thomas Road.

ing fruited gelatin will do for either salad or dessert.

For Chinese beef and lettuce, add 1 1/3 cups of packaged precooked rice and 1/4 teaspoon of salt to 1 1/3 cups of boiling water in saucepan. Mix to moisten. Cover. Remove from heat. Let stand 5 minutes.

Melt 2 tablespoons of butter in a large skillet. Add 1/2 pound of fresh mushrooms, sliced. Sauté over medium heat 5 minutes, or until tender. Add 2 tablespoons of butter. When it has melted, add 1/2 cup each of thinly sliced celery and seeded, diced green pepper, 1 clove of garlic, crushed, 1 teaspoon of salt, 2 tablespoons of soy sauce, 1/2 cup of sliced carrot, peeled and firm, ripe tomato, peeled and diced, and reconstituted rice. Heat well, stirring often.

Just before serving, remove pan from heat, add 2 eggs and stir quickly. The heat from the other ingredients will cook the eggs. Add 3 cups of coarsely shredded lettuce and mix lightly with a fork.

Serve immediately, while lettuce is crisp. Makes about 8 cups or 6 servings.

Make jelled melon balls by adding 3 cups of boiling water to 1 (.614 ounce) package of dietetic lime flavor gelatin. Stir until crystals dissolve. Chill until slightly thickened. Fold in 1 cup of unsweetened melon balls. Pour into 6 molds or sherbert glasses. Chill until firm. Unmold or serve from glasses.

Orange trifle has a base of dietetic vanilla pudding. In a small saucepan, add 2 (.282 ounce) envelopes of the pudding to 2 cups of skim milk. Beat with egg beater to blend. Bring to boil over medium heat, stirring constantly. Remove from heat and cool well.

Split 3 ladyfingers lengthwise and crosswise. Place 2 pieces in each of 6 sherbert glasses or dessert dishes. Spoon about 1 tablespoon of sweet sherry over cake in each glass. Sprinkle each with 1 teaspoon of chopped nuts, and top with orange sections, using total of 3/4 cup or about 2 oranges, peeled, seeded and sectioned.

Beat the cool pudding lightly until it is smooth. Divide among desserts. Chill 2 to 3 hours. If desired, garnish with prepared dessert topping made from 1 (2 ounce) package, and 1 maraschino cherry each. This will add about 36 calories per serving.

Lincoln School Open House Set

Lincoln School Parent Teacher Association will conduct open house at the school Thursday, November 14 at 7 p.m. Parents of children attending the school are invited, and to visit their children's rooms.

A brief business meeting will be held and refreshments will be served in the cafeteria.

A baked food sale also is planned for the same night. Mrs. George Ortly, ways and means chairman, has announced.

Couples Visit Valley Homes

APPLEGATE VALLEY — Among those visiting here from other areas were Mrs. Charles Siebert, Whittier, Calif., who was a guest of her nieces, Mrs. John Calhoun, Upper Applegate, and Mrs. Donald Eckerd, Medford. Mr. Siebert also came here to accompany his wife on her return south.

Phillip Crammer, jet mechanic with the United States Marine Corps in the Hawaiian Islands, and Mrs. Crammer visited friends here recently. Crammer was on a month's leave, and was a guest of his parents, Mr. and Mrs. Louis Crammer, Butte Falls. In seven months he will be transferred to Southern California.

Twistin' Teens Dance Tonight

'Twistin' Teens Square Dance Club will hold a dance this evening at the Ray residence, Route 1, Box 271, Old Stage Road, Central Point. Dennis Ray will be caller.

Those attending are to take potluck finger food.

Play Set For Tonight

"A Thousand Clowns," the first Broadway Theater League production for the season will be staged this evening at 8:30 o'clock in the Holly theater.

The play, last season's outstanding Broadway comedy hit was written by Herb Gardner, who once was cartoonist-creator of the comic strip figures, "The Webbs." With his first play being produced in 1962 when he was only 27, he leaped to immediate attention as an important new talent, winning the New York Drama Critics vote as the most promising new playwright of the season.

Porter Van Zandt has directed the comedy, and the settings, costumes and lighting were designed by Philip Rosenberg.

Sister Visiting From Torrance

Mrs. Walter Anderson, Torrance, Calif., is a houseguest of her brother-in-law and sister, Mr. and Mrs. Glenn O'Dell, 145 South Holly Street. She arrived last week with Mr. Anderson and his sister, Mrs. S. L. Johnston, Port Angeles, Wash., who had been visiting with them in Torrance.

The two continued north to Port Angeles, where with Mr. Johnston they are making an elk-hunting trip.

Mr. Anderson is to return here the end of this week.

WORK SMARTER — NOT HARDER

By BERNICE STRAWN Oregon State University

Do you look upon housework as drudgery and a thankless job? If so, you use up three to four times as much energy as is actually needed to do the work, according to recent research.

Mental attitude makes the difference. Those who view homemaking as a labor of love gain satisfaction from providing for others and escape emotionally-fatigued fatigue. It's really worthwhile to look for the brighter side.

Spandex, the new elastic fiber, can't stand rough treatment any more than natural rubber. Elaine Carlson, OSU extension clothing specialist, says that word directly from the Elastic Fabric Manufacturer's Institute reveals some misconceptions about this product which they are trying to correct.

For instance, spandex, available under different trade names, should not be washed with chlorine bleach or it will yellow. Originally, machine washing was suggested, but now they feel that hand washing will result in longer wear.

It's true that spandex is stronger than rubber. Covered spandex is stronger than bare

fibers. The bare spandex power nets are likely to be weak at the seams.

Does rainy weather make doors stick in your house? Good old home remedies such as wax, soap and oil usually help at first, but sometimes become messy. You might also try one of the silicone products. These take the squeak out of hinges and make doors and windows slide more easily.

Silicones are available under several trade names in aerosol spray cans or squeeze tubes. You'll find them in hardware, department, and auto supply stores. The price varies from 25 cents up to \$1.50.

Gold Hill Club Meeting Changed
GOLD HILL — A Christmas workshop will be held at the home of Mrs. Ferd Jones when the Gold Hill Garden Club meets Friday, November 22 at 10 a.m. The regular session was postponed one week due to conflicting activities of some members.

Also scheduled is a business session and election of officers. A potluck luncheon will be served at noon.

Change Made

Willow Springs Home Extension unit women will meet in the home of Mrs. Kenneth Mainwaring, 5243 Gebhard Road, Central Point, Thursday, November 14 at 10 a.m. instead of the home of Mrs. Edward Walter as previously announced, according to officers.

Enforce the rule of no extra riders on farm machinery.

Two Are Capped As Gray Ladies

HORN BROOK — Mrs. Lawrence Breceda and Mrs. Henry Clawson were capped as Gray Ladies by the Red Cross at ceremonies held recently at the Elk's club room in Yreka. Both women were members of the second class of Gray Ladies trained at the Siskiyou General Hospital in Yreka.

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Calendar

7:30 p.m. — Little Garden Club at Medford, Mrs. Herb Vallee, 724 Alder St.
7:30 p.m. — Phoenix High School, open house, at school.
Thursday
12 noon — Medford Spinners, Girls Community Club.

This Dior-inspired textured cotton homespun in earth brown is the fall fashion formula for this pantskirt suit. Style details include loop buttonholes and inverted skirt pleat. Underneath is a sleeveless blouse of brown and white cotton paisley. Made from Vogue Pattern 1205.



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