



Keep Aging Parents Happy While Living Own Life

Don't kill off your aging parents by making dependents of them, says Edith M. Stern and Mabel Ross, M. D., whose new book, "You And Your Aging Parents," has just been published.

Studies have shown that old folks stay younger and more truly alive in their own homes than elsewhere. "It is often a tragic mistake when well-meaning sons and daughters jump to the conclusion that it is impossible for parents to manage by themselves. Loss of independence is a bitter pill to swallow. Uproot your parents from the house or apartment that has meant 'home' for a long time, and you destroy a basic reason for their existence."

So say these two outstanding experts in the field of mental hygiene and family welfare. Mrs. Stern, well-known for her writings, is a member of the National Committee for Mental Hygiene. Dr. Ross, a certified psychiatrist and a member of the U. S. Public Health Service, has for four years been director of Prince Georges County Mental Health Clinic in Maryland.

SUGGESTIONS

In Chapter Three of "You And Your Aging Parents," the first book to deal with the problems of caring for aging parents, Mrs. Stern and Dr. Ross suggest the following ways in which sons and daughters can help their parents to get along on their own.

Consider carefully these ten suggestions. See how you can adapt them to your own situation and pocketbook. Some may involve financial sacrifice, some sacrifice of time and energy on your part. But bear in mind that in the long run, if they enable your parents to keep

1. Arrange for a visiting housekeeper to come daily or a few times a week. A widower can usually manage quite well alone if the housekeeper does the chores and prepares enough food to stock the ice-box for several days.
2. Have someone in to do the heavy cleaning once a week. Rightly or wrongly, the old folks will probably have less sense of being dependent and a "burden" if the person who helps them out is hired help and not a member of the family.
3. Suggest sending out the laundry as one way of saving your mother's strength. But if this is against her ideas of how things should be done, and she protests, living happily where they are, this will often be less expensive than don't insist. Also, leave it up to Dad to decide whether he wants the services of a power mower or if he wants to cut the grass himself in the old-fashioned way.
4. Have a visiting nurse check

the health of your aging parents, and give shots, or treatments, and set up special diets where necessary. To arrange for these visits, call the Visiting Nurse Association or Nurses' Official Registry in your community.

5. Install an automatic stoker or replace that old-fashioned coal furnace with an oil or gas burner, to save labor for the old folks. Or have someone come in regularly to tend the furnace.

6. See that there is a telephone next to the bed. Knowing that they can call you at any time of night without having to get up can give enormous reassurance both to your parents and to you.

7. In bad weather, have meats and groceries delivered. But if your mother is used to going to market herself, encourage rather than discourage her from doing so the rest of the time. Avoid having your efforts to make things easy end up by creating a jail.

8. When you supply cooked food,

be casual and unobtrusive about it. Say to your parents "We had this for dinner and it was so good I thought maybe you'd like some." "I brought this because I was worried that you mightn't have anything to eat," which is the same as telling them "I'm afraid you can't take care of yourself."

9. For transportation to church and elsewhere you might arrange for regular service from a taxicab company, similar to that frequently provided for school children. Specify that you want a trustworthy driver who will, if necessary, help your parents in and out of the cab or up steps.

10. Avoid giving the impression that you are organizing their lives. Don't force upon your parents any plan or gadget or service they do not want. Let your keynote be assistance without bossiness.

That a man's home is his castle holds as true at eight-two as at twenty-eight, and when anyone must leave his castle something

Meeting

"Iran, One of the World's Trouble Arcas" was reviewed in an interesting presentation by Mrs. Ada Sparreton for Marian Circle of the First Presbyterian church, Thursday afternoon.

Mrs. W. B. DeWitt led the devotions, using the theme "Spring." Senator Phil Hitchcock spoke on the building project for the church, now under way.

besides his body is liable to move out, too. Even when only one parent is left, you should check that tendency of yours to want Mother or Dad to "sell that big old house" "stop living alone here something awful happens." It is never good to rush the season of dependence.

Following the meeting delicious refreshments were served by the hostesses, Mrs. R. H. Dunbar and Mrs. Gomer Jones.

The April 24 meeting will be a joint potluck dinner with Bethany and Dorcas circles, held in the old church parlor. Guest speaker will be John Reed, 1941 Representative of the Board of National Missions.

Alana Ladd Puts On Blue Bonnet - Dad Praises F.N.E.!



8-year-old Alana Ladd and her movie-star father offer a tip to you, Put on BLUE BONNET Margarine for F.N.E. - Flavor, Nutrition, Economy! You, too, will love the delicate, sunny-sweet taste BLUE BONNET adds to any food! You also appreciate its nourishment. No other spread for bread is richer in year-round Vitamin A! And you'll welcome its economy. Two pounds of BLUE BONNET cost less than one pound of high-priced spread! So remember the letters... F... N... E! Buy All-Vegetable BLUE BONNET Margarine and get "all three" - Flavor! Nutrition! Econom-y!

SAFEGUARD YOUR PERSONAL daintiness with stick deodorant. Remember your deodorant is the last step after your daily bath. Stick deodorant is pleasant and easy to use and will protect you the whole day through. Enjoy the warm days of spring and summer but remember to use your "ounce of prevention." This new deodorant glides on smoothly and easily, drying immediately, is cooling, soothing. Perfect for both men and women.



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Rainbow Auxiliary

MALIN—The Malin Rainbow Assembly was well represented last weekend at Lebanon, Oregon, where the 26th annual grand assembly of Rainbow for girls in Oregon was held.

Mrs. Agnes Schreiner, Mother Advisor of the Malin Assembly took her car and with her were Jacquetta Saunders, Martha Beasley, Barbara Cornett, Janet Elmore and Ruth Kalina. Mr. and Mrs. Jess Smith and daughter Patti had with them Kathleen Wilson.

Mrs. Ethel Hamilton, Grand Deputy of Rainbow for girls, also attended the Grand Assembly and was accompanied by Mrs. Alma Coulson, Tulelake, who is Grand Deputy of California Rainbow.

The Malin Assembly was honored this year by having Barbara Cornett take part in the meetings of Grand Assembly as Grand Confidential Observer and Kathleen Wilson sing in the Grand Choir.

Patti Smith was installed this year as Grand Religion, thus bestowing another Grand appointment upon the Malin Assembly.

Around a thousand girls registered for the meetings, which were held on March 27, 28 and 29th. Citizens of Lebanon furnished housing facilities for the girls.

TUNA TIPS

Need to get a lunch or supper in a hurry? Then bake muffins from a mix. While baking fix creamed tuna, using one of the condensed soups. Break the hot muffins apart gently. Fill and top with the tuna mixture.

Next time you prepare meat loaf use any leftover slices for hot open-faced sandwiches for the next day's lunch. Arrange the slices on bread or toast, top with hot gravy, and serve with a cooked vegetable.

Benefit CONCERT



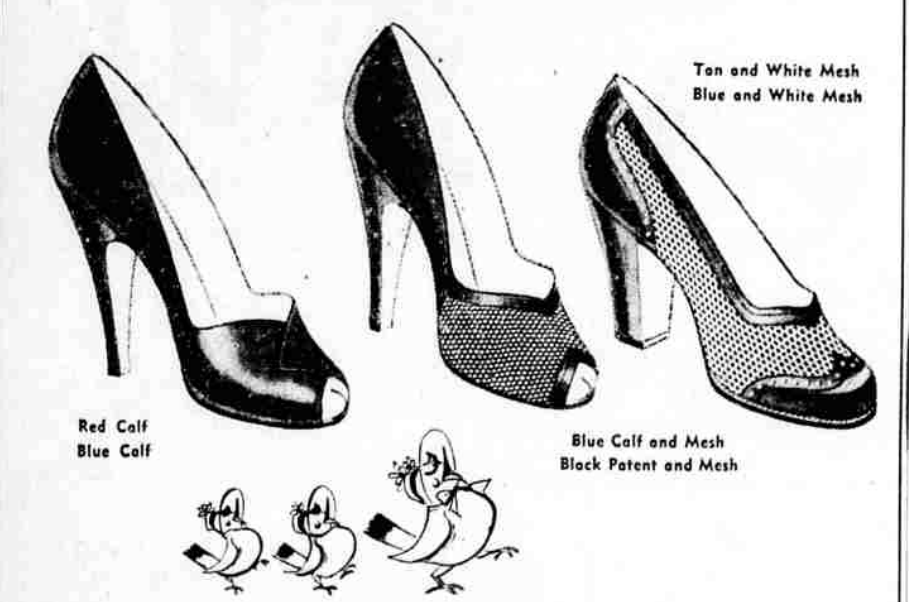
- ★ **Rafael Mendez**
World famous trumpet soloist... in concert with
- ★ **KUHS Band and A Cappella Choir**

Proceeds from the concert will go for the purchase of additional uniforms for the KUHS band.

Friday, Pelican Theatre
8:00 P.M.

Reserved Seats—\$2.00—Chamber of Commerce
General Adm.—\$1.50. Students \$1.00—Chamber, Derby's or at the Box Office

BUDGET SHOES



Life Stride's Spring Shoe Revue!

From every fashion angle, our new Life Strides spell fashion for spring. Fine leathers... in a rainbow of colors... in any heel height you could wish for. We show you but three of the styles in our new spring Life Stride collection.

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—featuring all kinds of quality canned fruits, vegetables, juices—dried fruits, too!

DEL MONTE GARDEN SHOW

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Make meals a riot of flavor!
Spring is as close as your pantry shelf when you've a good supply of DEL MONTE Brand Vegetables on hand. Keep a rich variety of stored-up goodness from DEL MONTE within reach all the time. Makes meal planning so much simpler and easier.

To make your mornings glorious!
Morning appetites wake up quick with a brimming glass of any DEL MONTE Juice. Pick your favorites—they're all full of flavor. Keep some on hand all the time for healthful refreshment throughout the day.

Fill your basket high with fruits!
Flavor's never out of season at your house when your pantry's stocked with DEL MONTE Brand Fruits. The grand array now showing at your grocer's gives you bushels of salads and desserts for the days to come.

Now branch out with more DEL MONTE varieties!
There's a world of extra flavor help for you in all the other DEL MONTE Products your grocer is showing now. For baking, for lunch boxes, for all the picnics and parties ahead, depend on DEL MONTE to give your family added flavor enjoyment.

also
Fruit Nectar
Grapefruit Juice
Orange & Grapefruit Blend

