



A RECENT RECEPTION honoring the 1958 graduating class of Licensed Practical Nurses and their friends and relatives was sponsored by LPNA, Area 8. Approximately 100 attended the event in First Christian Church which followed and was occasioned by the capping ceremony.

In the picture, Naomi Miller, president of the Registered Nurses Association, District 8, serves punch at the left; and Helen Dwyer, president of LPNA, District 8, is pouring at the right.

Standing, from the left, (with the exception of one) are LPNA hostesses: Opal Stout, Frances Alderdyce, Gladys Samples, Frances Nehl, Velma Steers, Dorothy Brown, Bertha Cummings, Sue Jones, Dolores Larkey, Dorothy Brown's daughter, who helped the hostesses; and back of Mrs. Dwyer, Grace Whaley.

—Photo by Otto Ellis

PRETTY UP TO PERK UP

This is the time of year when beauty seems to bog down. Spring is on its way but it's still some distance off. The fun of the holidays has evaporated, leaving us all with a let-down feeling. Winter wardrobes look shabby and droopy even though they're really not.

So this is the time for a new point of view. This is the time for a new hairdo, a new shade of lipstick, a brand new perfume. It's the time to experiment with color, to buy a new dress or a hat or a scarf, anything that carries just a hint of spring. It's the time to try giving yourself a facial or a pedicure or to wear eye shadow for evening if you've never done it before.

It's a time for looking forward, to anticipating the good looks you can promenade in the warmth of spring if you do your beauty homework now.

For the woman with dry skin, a bit of foundation under her make-up during the winter months is essential. It should go on regularly each morning before the powders. The reason for this is not only that foundation lends a glow to the skin; it also protects. It forms a film against the ravages of wind and cold, sleet and snow and keeps the skin from getting that dry, crawly look and feeling.

At night, the protection will take

the form of a rich night cream which does its work while you sleep.

Gestures can do much to make a mature woman look far older. The handbag dangling at the end of an arm, the feet crossed at the ankles, the head hunched forward between the shoulders all tend to add years to a woman's appearance.

Glasses perched on the end of the nose as you peer at newspaper or book put you in an age class with Whistler's mother. Walk with a shuffling step and derriere thrust out if you want to age at least 15 years. Hands on hips or arms folded make you look not only older but completely graceless.

Yet all of these are gestures that women (and not just mature women but young women, too) can be observed making every day. With such gestures, they rob themselves of the lovely illusion of grace which is the very essence of beauty.

Many teen-age girls try to model themselves after favorite actresses. They do this by exaggerated hair styles and make-up without considering that an actress has the aid of experts. A young girl should seek advice on what becomes her in hair styles and make-up, not what enhances another person.



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The No-Fad Diet: 5



CAKE HAS A PLACE in any balanced diet. What counts up to pounds and should be counted faithfully is the number of calories in all foods.

Eat Cake And Diet, Too

By GAYNOR MADDOX
NEA Food & Markets Editor

Yes, you can eat your cake and still have your diet—even a soundly planned 1,500-calorie diet.

Neither "magic formulas," pills or drugs are involved.

The 1,500-calorie diets recommended in this six-part series on weight control are based on intensive research at Harvard University. They are flexible enough for both sweetness and light.

To be sound, any reducing diet must not only be nutritionally balanced but also be adjusted to our modern cultural pattern. Because cake and ice cream and sugar are commonplace in today's way of living, and also because they are good foods, they have a place in any balanced diet geared to long term weight control.

It's the number of calories in all the food you eat in a day rather than the calories in any particular food you eat that tip the scales either for or against you.

One dish (one-quarter pint) of standard ice cream has about 145 calories. A slice of apple pie has 330. Serve the first on top of the other and you pile up 475 calories. Even so, apple pie a la mode, provided you want it, can fit into your scientifically planned 1,500-calorie diet occasionally.

Fruit pie a la mode has nutritional value. It is important also because any diet you stick to for any time must be made up of familiar foods you enjoy, even if that means angel cake, marmalade and even a piece of candy now and then.

That's the opinion of Harvard University's Department of Nutrition, the first such autonomous division in a great medical and health center, staffed by physicians and surgeons specializing in

human nutrition. If you eat a wide variety of foods, all available at your grocers, but avoid second helpings, follow the ground rules of sound nutrition, and get some exercise, even if only mild, every day, you can at times eat any food you enjoy while you are losing unwanted and possibly dangerous fat.

Incidentally, if you grew up in a household where soup was an important part of the family dinner and you feel cheated without it, you can enjoy a bowl once in a while and still stick to your 1,500-calorie diet. For cream soups, use your daily allotment of milk. Chill your chicken soup, skim off the fat before heating.

The following two scientifically planned, 1,500-calorie diets with this article show you how you can combine sweetness with light.

DESSERT DIET 2

	CAL.
1/2 cup orange juice	55
1 soft-cooked egg	75
1 slice rye toast	59
1 tsp. jelly	50
6 oz. cocoa (made with nonfat dry milk)	86
	325
1 1/2 cups canned split pea soup with 1/2 oz. chopped ham, 1 tsp. butter or fat	154
1/2 slice toast as croutons	30
Molded unflavored gelatin with sugar, cabbage, lemon juice	55
1 average popover	90
1 tsp. strawberry jam	55
Coffee or tea	—
	384

Chicken Cacciatore (4 oz. breast of chicken browned in fat with tomato sauce)	333
2 small riced potatoes	170
Fresh snap beans, no fat	35
Lettuce wedge, vinegar	10
1 average slice angel cake	116
Coffee or tea	—
	664

8 oz. nonfat milk	85
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DESSERT DIET 1

	CAL.
BREAKFAST	
1/2 cup pineapple juice (unsweetened)	60
1/2 cup oatmeal	75
8 oz. nonfat milk	85
Coffee or tea	—
1 tsp. sugar	18
	238
LUNCH	
Jellied consommé	35
1/2 cup cottage cheese with orange and grapefruit sections (1 cup) lettuce	200
1 slice toast	63
1 pat butter	45
	343

DINNER	
6 raw oysters with sauce	85
2 slices roast veal	185
1/2 cup boiled onions	40
Spinach with lemon juice	20
Endive salad with vinegar or lemon juice	15
1 moderate slice apple pie	330
1/4 pint ice cream	145
	820

SNACK	
6 oz. cola	75
8 oz. nonfat milk	85
	160

TOTAL CALORIES 1,561
Percentage from fat 26

Models and actresses know many make-up secrets. But one of their best ones isn't a secret, really. It is proper removal of make-up and cleansing the face and neck so pores won't become clogged. Use a cleansing cream to remove all make-up and then wash with soap and water.

TEACHERS SHOULD BE DEDICATED EDUCATORS OF NATION'S YOUTH

By ALICIA HART
NEA Staff Correspondent

WASHINGTON — (NEA) — If you don't feel deeply dedicated to furthering the education of our nation's youth, you don't belong in the teaching profession.

That's the sincere advice of the National Education Association's Lois V. Rogers to those who consider teaching just a job and nothing more.

"I think we should be very selective about the young people we choose to become our future teachers," the association field representative declares. "I think the day will come when only the cream of the crop will get into colleges of education. That's what we must have."

Miss Rogers believes that our system of government demands that our teachers be of the highest quality.

"If we're going to govern ourselves," she says, "then we must have as many people literate and motivated by the highest ethical concepts as possible."

She also thinks teachers should exemplify the best in the community. She explains this will result in their students adopting the same high standards.

Miss Rogers has always made every effort to practice what she preaches. In fact, she has been ardently devoted to the teaching profession since she was a small child growing up on an Arizona cattle ranch.

She always believed she was going to be a schoolteacher. "No one particularly influenced me," she says. "It was something I just knew. And that was that."

In order to turn her strongest desire into a reality, she worked during summers to make enough money to finish college.

Jobs included cashing in a meat market and working as a riveter in an airplane factory. Her efforts were finally rewarded with A.B. and M.A. degrees from Arizona State College.

Her first teaching job was at the Glendale, Arizona, elementary school where she taught first grade for 15 years.

But Miss Rogers never restricted her educational activities to just teaching. She helped organize and became the first president of the Glendale Grammar School Teachers Association. Later she was president of the Phoenix Elementary Classroom Teachers Association and executive secretary of the Arizona Education Association.

Her excellent work in the education field led to her membership

ship on the Governor's Advisory Committee on Mental Health and Committee on Higher Education. She also became a member of the President's Committee on Traffic Safety.

Miss Rogers enjoys color photography and working in her lovely garden. But her favorite pastime since recently arriving in Washington is visiting old, historic homes in Virginia.



LOIS V. ROGERS

"I never dreamed I'd ever get so excited about anything like that," she explains. "As long as I don't get shot trespassing on other people's property, I'll be all right."

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