

Overstuffed Minister Repents And Reduces

DAYTON, O. (AP)—"My gluttony was going to turn my children into orphans."

It was as simple as that, says the Rev. Edsel F. Pugh. Realization of this grisly fact was the turning point for the Dayton pastor who had stuffed himself to a staggering 266 pounds.

In nine months, after his doctor had warned him he'd die young unless he lost considerable weight, Mr. Pugh took off 99 pounds.

Like countless other Americans battling the problem of obesity, the pastor of Hillcrest Brethren Church put off doing something about this threat to his physical well being.

"Sometime—tomorrow—next week—next month, I would begin to diet," Mr. Pugh always told himself. As a minister, he says, his "intemperance was a thorn in the flesh."

The road to gluttony was an easy one. For 5-foot-8-inch Edsel Pugh it began when he, as a student pastor serving the rural churches in Kentucky, and his wife Ann spent weekends with the church families. Says he:

"They fed us to the point of misery. We sampled every variety of rich Southern food—and loved it."

To one particularly fine cook who knew his weakness for Southern fried chicken and old Kentucky ham, he often joked: "When I die, you can always say, 'I helped kill that boy.'"

Mr. Pugh's diet then and later, after he took over the Dayton pastorage, "must have exceeded 5,000 calories." He ignored, even resented the advice of friends.

As the clergyman looks back on the period before his diet, he realizes he was in "constant stress from psychological, as well as physical symptoms. I had lost my self respect. I was always tired and consequently unmotivated. My work lagged and I found no sense of satisfaction through accomplishment."

His doctor started him on a rigid diet. For 14 days his only food was 20 ounces of liquid formula—dextrose, evaporated milk, corn oil and water. After three or four days, he says, it felt good to be empty.

In seven days he was desperate. But he lost 17 pounds in the two-week period. This gave him incentive to go on a 1,000-calorie diet for the next seven and a half months. Then his calorie allowance was increased to 1,500 a day.

Going about his church duties and attending frequent social events, Mr. Pugh says at first it was difficult.

"At dinners, 'til people realized I was serious, they pushed food on me. Sometimes we could arrange in advance what I'd eat or not eat. Otherwise, I just dispensed with food."

The minister credits his wife with much of his improvement. They made a rule that she and the children would continue their normal eating habits but he would stay on his diet. She, however, sometimes made allowable substitutions for him when the going got rough.

"My family made certain I did not forget the diet by placing a small ceramic devil in front of my place at the table. Our children constantly warned, 'You aren't allowed.'"

Now, however, 10-year-old Mark, 7-year-old "Fleety" and 3-year-old Martha have a new pal. Dad enjoys outdoor games as much as they do.

No longer exhausted by his excess pounds, Mr. Pugh has new energy and new interests. He and his wife go in for antique hunting and furniture refinishing.



AN ANNUAL EVENT, the Motschenbacher family reunion, was held this year in Klamath Falls at the home of Rhinehart Motschenbacher, 803 Walnut Street. Dinner was served to the 11 pictured, left to right, Mr. and Mrs. Rhinehart Motschenbacher, Mrs. Clarence (Anna) Motschenbacher of Dorris; Mr. and Mrs. Philip Motschenbacher of Shady Cove, Oregon; Mr. and Mrs. Lawrence Motschenbacher, Midland; Mr. and Mrs. Arnold Motschenbacher, Medford; Mr. and Mrs. Pete Motschenbacher of Roseburg—Photo by Miller-Williams

Party Honors Tullake Family

TULELAKE—The Bob Brissenden family was honored with a farewell party Sunday evening, June 14, at the Community Presbyterian Church. Hostesses were Alison Osborne, Lois Johnson, Marie Osborne, Eleanor Potter, Mary Jane Smith, Eileen Buckingham, Estelle Grove, Thelma Mitchell, Theresa Wynn and Joanne Dahle.

The refreshment table was centered with a large bouquet of pink peonies with tall pink candles on either side. A large "Wanted" poster, claiming the Brissendens were "wanted for desertion of community duties" was placed in a corner of the room. The poster was decked with old pictures of the family.

Wayne Waitman, pastor, led the large group attending in community singing. A skit, depicting highlights of the family's life, was enacted by Theresa Wynn, Lois Johnson, Eleanor Potter, Mary Jane Smith, Robbie Rogers, Bob Osborne, John Wynn, Theresa Johnson and Jerry Potter.

The Brissendens received several farewell gifts from the group. The family has been active in community and church affairs during their two year stay in the Tullake Basin. He has taught at Tullake Elementary School. They are leaving soon for San Jose where Bob Brissenden will teach in an elementary school, Don, the oldest son will enter San Jose State. Susan will attend high school and John will enter the sixth grade. An older daughter, Nancy, is employed in Los Angeles.



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Betrothal News Told At Party

WEED — Mr. and Mrs. Mario Marchi of Weed announced the engagement of their only daughter Janet to Dan McCarthy at a combination graduation - engagement party held in Oakland Friday evening, June 7, at the home of Mr. and Mrs. James McHugh, relatives of the local people.

Janet Marchi received her bachelor of arts degree from College of The Holy Names at the impressive spring outdoor commencement exercises held on the college campus. She is a 1955 Weed High School graduate.

The bridegroom-to-be is the son of Mr. and Mrs. P. J. McCarthy of Oakland and was graduated with a bachelor of science degree from the University of San Francisco in 1957. At present he is employed in the bay city and is a commissioned officer in the Army Reserve.

For the party occasion a buffet supper was served to parents of son, James, Mr. and Mrs. L. Ravanello, Mrs. Ray Galliani and daughter, Sanya, Mary Ann Cena, Mr. and Mrs. R. Vallerga and son, Michael, Oakland; Mr. and Mrs. Joe Tallero and daughters, Mr. and Mrs. Fred Marchi, San Francisco; Mr. and Mrs. Tony Dalla Costa, Redwood City; Rosie Tallero, Redding; John Schneicher, Lafayette; and Gerald Marchi, brother of Janet Marchi.



JANET MARCHI, daughter of Mr. and Mrs. Mario Marchi of Weed, is engaged to marry Dan McCarthy of Oakland.—Photo by Arthur Odel Studio, Oakland.



ELECTED TO SERVE as new officers of the Lions Club Auxiliary for the coming year are these women pictured at Reames Country Club. Mrs. Clarence Humble, left, was the installing officer at the ceremonies which were held jointly with the Lions Club in late May. With Mrs. Humble, left to right, Mrs. Don Anderson, director; Mrs. Harlan Dexter, director; Mrs. N. S. Hepburn, director; Mrs. Ray Ward, treasurer; Mrs. Maury Clark, secretary; Mrs. Don Nolan, vice president; Mrs. Walter Franklin, president.—Photo by Ellis

ZULEIMA NILE

Zuleima Nile Club held its monthly luncheon meeting on June 14 at the Willard Hotel.

President Pat Lindley introduced Edith Palmerton, who in the absence of Mildred Fredricks, chairman of the day, introduced committee members Phyllis May, Aletha Howell, Blanche Marks, Olive Cornell, Edith Palmerton, Veva Anderson, Thelma Colvin, Isabel Dehlinger, Beulah Gardner, Ruth Holcomb, Myrtle Ellingson, Rosalie Jones, Marilyn Massey, Dorathea Roenicke, Wilma Stroud and Leta Goehring.

The tables were decorated with beautiful arrangements of carnations, roses and statice. The arrangements were given as special prizes to Edith Palmerton and Margaret Storde.

Elfrida Beeber was awarded the birthday prize.

Jean Coddington introduced two young models, Alice Favell and Connie Coddington, who modeled dresses of the type which the sewing group are making for the Shrine Children's Hospital. Betty Kellstrom and Marge Dugan, sewing chairmen, urgently request that all Nile members watch for announcements of summer sewing bees.

Jean Coddington introduced the AAUW music ensemble which played several numbers with Winifred Favell at the piano, Helen O'Neill, the violin, and Mary Penney, flute.

Lillian Haneline gave a report on the recent tea in Ashland honoring past queens and charter members. Attending from Klamath Falls were Lillian Aneline, Grace Huls, Carrie Rush and Pearl Gisvold. Leona Bryant, past queen, and Katherine Stoneypher, Princess Badoura, presided at the tea table.

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