

**ENTERING
KLAMATH FALLS
POPULATION 19,000
Drive carefully**



POINTING to the sign which welcomed these young women who recently have moved to the city is Mrs. Edward D. Smith, secretary of the Welcome Wagon Newcomer's Club. Other officers pictured from the left are Mrs. Monte Moon, vice president; Mrs. Robert Garrison, president; Mrs. Kermit Peterson, treasurer. New residents have found the club an ideal way to make new friends and issue an invitation to all newcomers to join them at the meetings held on the third Thursday of each month at 7:45 in the Pelican Party room.

SOCIETY

By HELEN BECHEN

Daily Leg Exercise Advocated By Dancer

By GAY PAULEY
UPI Women's Editor
NEW YORK (UPI) — We women pay for the lazy way we care for our legs, says a ballerina with a pair of the shapeliest gams in town.

Diana Adams advocates daily leg exercises whether you're a dancer whose feet are your fortune or whether you're just a girl trying to look your best in the new fashions.

"Leg care is like skin care; you can't ever stop," said the brown-haired star of the New York City Ballet Co. "In my own case, if I neglect regular warmups, it takes me three weeks to get back to what I call concert pitch."

Miss Adams has to keep on her toes, but her suggestions for foot and leg exercises based on ballet technique will help the rest of us look our best in the new 16 and 17-inch hemlines.

"I'll start with the one which sounds the most restful, and also the easiest — 15 to 20 minutes of soaking toes in tepid water. This is routine with the dancer after a performance. She says that while soaking, she works the toes up and down, flexes the arches and stretches the feet at the ankles as far up and down as possible. When the fatigue from strenuous dancing has passed, she dries her feet and massages them thoroughly with petroleum jelly, with particular emphasis on heels, toes and instep. The lubricant "keeps us from getting blisters or calluses," she explained in an interview.

"Put your feet up whenever possible," she said. It may not be a ladylike pose, but it relaxes muscles and helps circulation.

For strengthening arches and improving posture, she recommended this "stretcher." Barefooted, rise slowly from a flat foot position to as high as tiptoe as possible. As you pull up on your toes, raise the arms overhead and stretch.

Here are her other exercises for feet and legs:

For the ankles — while sitting

on the floor, cross one leg over the other and rotate the foot 20 times in an outward direction, 20 inward; repeat with the other leg.

For firming the legs — sit on floor, arms behind you. With tummy in and chest high, kick the right leg up, keeping toes pointed and the foot arched. After five times with one leg, change and do five times with the other.

For leg shaping — stand with feet slightly apart, comfortably balanced, toes slightly outward. Then, bend the knees slowly and sink floorward as far as possible, keeping the back straight throughout and the arms extended at shoulder level. Return slowly to standing position and repeat the bend several times.

For thighs—holding on to the wall, or the back of a chair, with the feet side by side and a comfortable distance apart, bend the left knee and raise it as close to the chest as possible, keeping the back straight at all times. Return left leg to starting position and alternate the left and right legs in this exaggerated march step several times.

Diana Adams, a native of Staunton, Va., won her first Broadway dancing role in "Oklahoma." In 1951, George Balanchine hired her for the New York City Ballet Co.

Single and in her late 20's, the lithe and leggy dancer takes the care of her body an athlete gives his. She neither drinks nor smokes, she gets "at least" eight hours sleep a night when she is performing, and sticks to a high protein diet.

"A ballerina needs plenty of energy, and steady nerves," said dancer Diana Adams.



USEFUL AND DECORATIVE are these handsome pieces of American made hand-crafted glass. Chosen with care as to color, texture and shape, they add interest and color when placed suitably in a room. Pictured are a few of the many moderately priced glass pieces to be found in a wide range of color at department stores and gift shops throughout the country.



FRANCES WILLIAMS was elected senior regent of the Klamath Falls Chapter, Women of the Moose, at the regular meeting on August 4.

Moose Women Seat Officers

The Klamath Falls Chapter, No. 467, Women of the Moose, held their regular officers chapter night on August 4 at the Moose Hall.

The meeting was called to order by appointed chairman Eris Fairchild, who conducted, under a special dispensation from Moosehart, the report of the nominating committee and the election of co-workers to fill the vacated stations of senior regent and junior regent.

The meeting was then turned over to co-worker Ruby Bell who presided as installing regent. Co-worker Dora Oberg was installing guide. Co-workers installed to fill the vacated offices were Blanche Richardson, appointed sentinel, Doreen Carlile, elected junior regent and Frances Williams, elected senior regent.

Following the installation the regular chapter meeting and enrollment was held with one candidate, Sharon Lane, sponsored by Patricia Hescok, being enrolled in honor of the officers of chapter No. 467.

BIRTHDAY ANNIVERSARY FORT KLAMATH

A picnic at Collier State Park on July 29 honored Mrs. Bert Gray of Fort Klamath whose 70th birthday was July 30. Present for the party were the Gray's son and daughter and their families, Mr. and Mrs. Don Gray of Klamath Falls and Mr. and Mrs. Gene Corbin, Hyall and Duane, of Chiloquin; Mr. and Mrs. Harold Tower, Klamath Falls, brother and sister-in-law of Mrs. Gray; Mrs. Lona Johnson, Chiloquin; and Bert Gray's sister, Alice Gray of Fort Klamath.

SUMMER BONUS

Each season brings with it a bonus for good looks. The high humidity of summer puts a curl in your hair and moisture in your skin. The sun gives you a golden tan and builds up your vitality. The sea relaxes you and acts as a tonic. Sand wears rough spots from your feet and can turn thin legs into shapely curves if you walk along it often enough barefoot. The salads and cold fruit juice or vegetable drinks of summer slim you down.

LADIES AID SOCIETY

ETNA—The Ladies Aid Society of the First Congregational enjoyed a social afternoon recently preceded by a picnic at Pleasure Park. Attending the affair were Bertha Grimes, Sadie Buchner, Maud Short, Atlanta Adams, Olive Kreuger, Susie Denny, Jane Arbuckle, Bernice Smith, Agnes Calloway, Anna Hovenden, Marjorie Erwin, Mary Harper, Leslie Hyde, Esther Fearing, Augusta Rotan, Margaret Bigham, Jeanette Clay and sons, Peter and Paul, Mary Parker, Dorothy Martin, Wendy Cassady, Hazel Naylor, Rose Dillman, Lottie Ball, Esther Skillep and Gladys Dimmick.

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