

BLM to cut timber sales by \$20 million

The Bureau of Land Management will reduce timber sales on O&C (Oregon and California) lands of western Oregon by 58 million board feet during the next 15 months.

The reduction will amount to about \$20 million of timber sale receipts.

The reduction became necessary because of a slowdown in the forest products market and a consequent slowdown in logging, while timber purchasers awaited a market recovery.

BLM's annual sustained timber offering is 1.1 billion board feet. More than 576 million board feet have been sold during the fiscal year.

The action will mean layoffs for some BLM

employees for a total reduction of 700 work-months during the balance of the year. The cutback will affect a number of positions in BLM's western Oregon operations.

BLM's operation was budgeted based on \$230 million income from O&C lands this fiscal year. BLM officials now estimate maximum income to be just \$195 million.

The reduction may be cushioned by the fact that BLM has already sold more than 2.5 billion board feet, or \$750 million in potential receipts. That total amounts to more than two years' worth of annual sustained yield.

The Doctor Says

Lung function returns quickly to ex-smokers

Smoking cigarettes has long been known to accelerate the loss in lung function that occurs with age.

But now there is evidence that quitting smoking — at any age — has a rapid and beneficial effect on two important measurements of pulmonary function.

Results of a five-year study of 850 healthy men, revealed that those who quit smoking lost significantly less of their forced vital capacity than those who continued to smoke, even when age was considered. Forced vital capacity is the amount of air that can be forcibly exhaled after maximum inhalation.

The amount of air that can be forced from the lungs in one second, a critical indicator of obstructive lung disease, also decreased less among former smokers than among smokers.

Results of the study, which included 354 current smokers, 98 who quit during the five-year study and 398 who never smoked, are reported in the American Review of Respiratory Disease. The publication is a journal of the American Thoracic Society, a branch of the Lung Association.

The subjects are all participants in the normative ag-

ing study which began in 1963 at the Veterans Administration Clinic in Boston.

Surprisingly, the number of years since quitting smoking did not appear important. This rapid improvement in lung function after stopping smoking is welcome news, according to the Lung Association, because giving up smoking, even in middle or later ages, can mean retaining more lung power.

Chemical burns of the eye are very serious and may lead to blindness if immediate action is not taken.

Speed in removing the burning chemical is all important. Drain cleaner, bleach or other cleaning solutions are some chemical agents that can burn the eye.

Flush the eye immediately with large quantities of cool, running water for about 10 minutes to rinse out the offending chemical. Hold the victim's head under a faucet, prop the eyelids open and allow the water to run from the inside (near the nose) to the outside.

If both eyes are affected, let the water flow over both or quickly alternate from one eye to the other. Pull back eyelids so all parts of the eye will be cleansed.

The American Medical Association suggests that if no faucet is available, fill a sink or large pan with water and have the victim immerse his face and blink frequently.

After flushing thoroughly, cover the injured eye with a pad of sterile gauze or a clean folded handkerchief and bandage in place. Do not allow the victim to rub his eyes. Get prompt medical attention, preferably from an ophthalmologist or at the nearest hospital emergency room.

Never attempt to remove a foreign body that is sticking to the eyeball. Particles of eyelashes or specks that are resting or floating on the eyeball or inside of the lid may be carefully removed.

If the foreign body is floating on the eyeball, gently pull the upper eyelid down over the lower eyelid and hold for a moment. This causes tears, which will hopefully wash out the particle.

If this doesn't work, fill a medicine dropper with warm water and flush out the particle. If this fails, carefully lift the particle out with a moistened corner of a clean handkerchief or cloth.

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WESTERN FAMILY

Potato Chips

- REGULAR
- DIPPER
- BAR-B-Q

FIRST 8 OZ. TWIN PACK

39¢

WITH THIS COUPON AND \$10.00 PURCHASE ADDITIONAL AT 89¢ THRIFTWAY SUPER COUPONS MAY BE REDEEMED ONLY WHEN ACCOMPANIED BY A PURCHASE AMOUNTING TO \$10.00 OR MORE. ONE COUPON PER FAMILY.

TW-501 GOOD THROUGH TUES., JULY 7

THRIFTWAY

VALUABLE COUPON

WESTERN FAMILY

CHIP DIPS

ASSORTED FLAVORS, EX. AVOCADO

SAVE 19¢ EACH

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TW-502 GOOD THROUGH TUES., JULY 7 CASH VALUE 1/20 OF 1¢

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SAVE 35¢

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GOOD THROUGH TUES., JULY 7 CASH VALUE 1/20 OF 1¢

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FIRST 1 GALLON

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TW-503 GOOD THROUGH TUES., JULY 7 CASH VALUE 1/20 OF 1¢

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24 EXP., FIRST TWO ROLLS

FIRST 2 ROLLS

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WITH THIS COUPON ADDITIONAL AT \$2.73

TW-505 GOOD THROUGH TUES., JULY 7 CASH VALUE 1/20 OF 1¢

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SAVE 50¢

FIRST 18 OZ. BTL.

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WITH THIS COUPON ADDITIONAL AT 98¢

GOOD THROUGH TUES., JULY 7 CASH VALUE 1/20 OF 1¢

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THRIFTWAY'S "BANG-UP BUYS" FOR THE 4th OF JULY



BONELESS HAM

WILSON "CORN KING"

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(WATER ADDED BY THE PACKER FOR TENDERNESS AND FLAVOR)

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LB.

CENTER CUT HAM SLICES

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BONELESS, FULLY-COOKED

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HALF HAMS

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SMALL (BAR-B-Q SIZE)

FRESH PORK SPARERIBS

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OREGON GROWN

Lynden Farms

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DRUMSTICKS	LB.	\$1.28
THIGHS	LB.	\$1.48
BREASTS	LB.	\$1.98
WINGS	LB.	98¢

BALL PARK

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1 LB. PKG.

OSCAR MAYER

VARIETY PACK

LUNCH MEATS

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- SQUARE
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12 OZ. PKG.

OSCAR MAYER, ALL MEAT

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REGULAR OR THICK SLICED

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12 OZ. PKG.

EDAM OR GOUDA

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\$1.59

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CHICKEN OF THE SEA CHUNK LIGHT TUNA

OIL OR WATER PACK

FIRST TWO 6 1/2 OZ. TINS

75¢

EA.

ADDITIONAL AT 89¢

REAL MAYONNAISE

BEST FOODS

SAVE 51¢

FIRST 32 OZ. JAR

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VAN CAMP'S PORK & BEANS

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16 OZ. TINS

3 99¢

FOR ADDITIONAL AT 39¢ EA.

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16 OZ. RETURNABLE

PEPSI

- REGULAR
- DIET
- LIGHT
- MOUNTAIN DEW



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EIGHT PACK

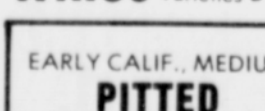
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EARLY CALIF. MEDIUM PITTED RIPE OLIVES

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9 INCH 100 COUNT

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FROZEN FOODS DEPT.

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MRS. SMITH'S (NATURAL JUICE) 37 OZ.

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HIGH POINT DECAFFEINATED

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Sweet Pickles

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