

MEDFORD MAIL TRIBUNE

Published Daily Except Saturday by MEDFORD PRINTING CO. 27-29 North Fir Street—Phone 2-6141

Subscription Rates: By Mail—In Advance: Per copy 10c. Daily and Sunday—One year \$12.00

Advertising Representative: WEST-HOLIDAY COMPANY, INC. Offices in New York, Chicago, Detroit, San Francisco, Los Angeles, Seattle, Portland, St. Louis, Atlanta, Vancouver, B.C.

10 YEARS AGO March 11, 1945 Darrel Riggs leads Medford High school basketball team to 53 to 26 victory over Prineville to clinch berth in state tournament; Medford to play Vernonia in first tournament game.

From Arthur Perry's Ye Smudge Pot column: Defeat is mounting in Germany like taxes and the Ohio river. If this cheers up the people, there is an expert with a wet blanket who predicts America will be fighting the Japs for years and years.

20 YEARS AGO March 11, 1935 (It was Monday) Katie Grieve installed as master of Upper Rogue Grange; other new officers include Paul Robertson, Evelyn Coburn, Leo Hoag, Vic Chapman, Stewart Weeks, J. W. Richardson, Bruce Grieve, and Rube Moore.

Asland High school basketball team, southern Oregon champions, scheduled to play Benson Tech of Portland in first round of state tournament.

30 YEARS AGO March 11, 1925 (It was Wednesday) Judge Gardiner speaks on "Juvenile Protection" at annual Daddy's Night program at Roosevelt school.

Herriot and Biden, two of leading substitutes on Medford High school basketball team, to miss state tournament because of mumps; Medford to play Franklin of Portland in first game.

40 YEARS AGO March 11, 1915 (It was Thursday) Governor Withycomb reappoints Dr. J. F. Reddy, of Medford and Grants Pass, to state mining board.

Mrs. Esther Lance, 71, a resident of the Foothills creek area since 1870, dies at her home; survivors include sons G. W. Lance, Gold Hill, and Marion Lance, Medford, and daughters Mrs. Hull, Grants Pass, and Mrs. Helms, Medford.

What's the Answer? (Can You Get 4 of the 7?) Copr. 1955, Editorial Research Report 1. A woman who's a U.S. citizen does or doesn't automatically lose her citizenship on marrying an alien?

Turtles Once Harvested Here

The Mail Tribune's recent Sunday picture pages with snapshots of earlier day people and scenes of the Medford vicinity created a great deal of interest and brought the offer of many more pictures than we were able to publish.

ONE of the pictures shows a large number of turtles in a pen which was located on the old Potter-Palmer place, now known as the Modoc orchard, near Bybee bridge on Rogue river. Gazing at the huddled reptiles are a number of townspeople who had gone to the spot to enjoy a picnic and to inspect pens where the turtles were kept until shipped out.

OTHER descendants of early day valley residents were able to supply a few additional details concerning the turtles. Mrs. J. S. Richardson, daughter of the S. M. Nealon family, which settled in the Table Rock region many years ago, recalls that there were large numbers of turtles in that vicinity in days gone by, that the slough on her parents' ranch harbored many of the reptiles and that a man made regular trips to the spot to capture them.

Curator Myrtle P. Lee of the Jacksonville Museum has searched the back files of newspapers published around the turn of the century in Jacksonville and Medford but failed to find any mention of commercial shipments of turtles.

THE shell-bearing reptiles are few and far between around here nowadays. Occasionally one will be seen floating in a slough, backwaters of the Rogue or some creek. They are very seldom glimpsed on dry land.

Representative Harlan Hagan of California in seeking an increase in appropriations for maintenance of recreational facilities and for the administration of timber sales in the national forests, has called attention to a situation long in need of correction.

More Forest Funds Urged The California congressman in a statement prepared for the House appropriations committee, declared that increases of \$200,000 for recreational activity and \$800,000 for timber sales as proposed in President Eisenhower's budget are less than the amounts needed.

He pointed out that funds for sanitation and clean-up work and for maintenance of existing improvements in the national forests have not kept pace with the increase in the number of visitors.

THERE are many good reasons why more funds should be made available for Forest Service use as advocated by the Congressman. For the past several years it hasn't been possible to make the additions and improvements needed to keep up with the greatly increased public use. In fact, it hasn't even been possible to employ sufficient manpower to keep existing camping and recreational areas in satisfactory condition.

Many of the campground facilities once available have fallen into disrepair and in some instances a health hazard has resulted.

WHEN it is considered that government timber is bringing higher prices than probably ever before, that many bids must be processed in almost every instance where stumpage is put on the auction block, that huge sums are being realized from such sales and that the public lands constitute a valuable asset both in the way of recreational opportunity for the people and as a revenue producing source, it does seem that a more generous share of that revenue should be plowed back to the ultimate benefit of all concerned.—E.C.F.

In the Day's News

By FRANK JENKINS Let's talk for a moment today about little things—such as colds in the head.

Ike has SLIGHT SYMPTOMS of one, so he called off (undoubtedly on OR ELSE orders from his doctor) all his morning engagements—including a session with Republican congressional leaders.

In London, a slight cold prevented Prime Minister Churchill from attending the Lord Mayor's luncheon welcoming Princess Margaret back from her recent trip to the Caribbean.

WHY this extreme solicitude as to the health of the President of the United States and the Prime Minister of Great Britain? Well, it's like this: When you get as important as President Eisenhower and Prime Minister Churchill you mustn't trifle with your health because you must keep at TOP EFFICIENCY all the time.

WHEN you get to be as important as President Eisenhower or Prime Minister Churchill, you must realize that your life no longer belongs to you alone.

LET me repeat what has been said here before. Wisely and ably and honestly managed security markets are INDISPENSABLE in our American economy.

BOTH are important. Savings must be wisely and soundly invested if SAVING is to be profitable. Enhancement of the capital value of what you own is highly desirable.

BACK in 1929, we became entranced with the idea of buying stocks low today and selling them high tomorrow. As a result, too many of us quit our jobs and became speculators (which is a more polite word for gamblers.) Everybody knows what happened.

COURT RECORDS POLICE COURT Clifford D. Ouellette, failure to yield right of way to pedestrian, \$10. Leonard S. Weaver, violation of basic rule, \$10.

CIRCUIT COURT Cora E. Johnson vs. Norman J. Johnson, divorce complaint. Julia A. Garrison vs. Albert C. Garrison, divorce complaint.

DISTRICT COURT Harry A. Mitchell overwidth load, \$15. Alvin E. Bligh, no PUC permit, \$15. Robert E. Vinson, failure to stop at stop sign, \$10. Sidney M. Pierce, violation of basic rule, \$15.

Joint or Separate Income Tax Returns

By T. COLEMAN ANDREWS Commissioner of Internal Revenue Written for United Press Washington (U.P.)—A perennial question among married taxpayers is whether to file a joint husband-and-wife tax return, or separate returns.

owe both ways. File your return and pay your tax by the method which costs you less. Joint filing is generally better.

There are a few situations in which you may not file a joint return, but they apply only to a relatively small number of married couples. You may not file jointly: If you were divorced or legally separated on or before Dec. 31; if you are married to a non-citizen who does not live in this country; or if you and your wife report your income on the basis of different taxable years.

and files a separate return, you may not claim her as an exemption on your return. Nor may you claim her as an exemption if some one else is claiming her as one—such as, if you are in the service and she is living with (and being supported by) her family.

Dulles' Warning To Chinese Communists Tops News for Week

By CHARLES M. McCANN United Press Foreign Analyst The week's good and bad news on the international balance sheet:

THE GOOD 1. Secretary of State John Foster Dulles gave the Chinese Communists a grim warning of what they may expect if they attack the Nationalist outposts of Quemoy and Matsu. If the Reds engage in "open armed aggression," Dulles said, in a broadcast speech, it probably will mean that they have decided on general war in Asia.

2. The Communists suffered a smashing defeat in legislative elections in the state of Andhra in India. The Reds had succeeded in unseating the Andhra government, controlled by Prime Minister Jawaharlal Nehru's Congress Party, on a confidence vote. The Reds had held 45 seats in the state legislature, the Congress Party 46. The Reds hoped to win the election and take over Andhra themselves. Instead they lost nearly all the seats they had. In partial returns for the 196-seat legislature, the Congress Party had 117, the Reds 10.

3. The Kremlin is talking tough in its propaganda, but it is evident that the internal situation throughout the Soviet bloc is bad. Following the fall of Soviet Premier Georgi M. Malenkov, Hungarian Premier Imre Nagy was accused by the Hungarian Communist Party of "duping the working classes."

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1. We'll informed American sources in Tokyo were reported fearful that a general war in Asia may be only weeks away. Dispatches from Washington, London and Taipei, Formosa, said that Chinese Reds have moved long range artillery and a full air division of new Russian-built MIG-17 jet fighters to positions near the Nationalist-held offshore island of Quemoy and Matsu. They said that despite Dulles' warning, Red Premier Chou En-Lai seems determined to attack Formosa.

2. A new dispute over the Saar coal region threatens to destroy final ratification by both West Germany and France of the treaties which provide for German armament. West Germany wants the way left open for the full return of the Saar when a German peace treaty is signed. France wants to retain its economic rights in the Saar.

3. Some powerful leaders of three political-religious sects are trying to overthrow the American-supported government of Premier Ngo Dinh Diem in Southern Viet Nam in Indochina. Dispatches from Saigon, the capital, report heavy fighting between Viet Nam national troops and rebels of the sects, which fear that Ngo's political reforms may deprive them of some of their ancient privileges.

A Nichol's Worth of... Comment On This and That

By HARMAN W. NICHOLS United Press Feature Writer Washington (U.P.)—A century ago, folks were worrying about the cost of mailing a letter. Postmaster General James Campbell had just signed a new postage bill. It called for three cents for each letter, if the letter didn't travel farther than 3,000 miles. After that it would be 10 cents.

cash, and "no exchanges." No prices were mentioned. Philadelphia lager beer was for sale at \$3 per keg; quart bottles \$1.50 per dozen.

The National Era, a newspaper of the times, put its own ad on the front page. Advertising was 10 cents an agate line for the first insertion; a nickel a line thereafter.

A letter to the editor of the Era began: "I think you should publish this letter—but you are the best judge of that."

The writer complained about the way the House and Senate were "fiddling around" with a bill that would have increased the Army by two regiments of infantry and two of cavalry, plus one new brigadier general. It would cost \$2,500,000.

The letter writer was mostly concerned about an additional general. "We have enough of those fellows as it is."

Winchell and ABC Will Part Company New York (U.P.)—The American Broadcasting Company announced Thursday night that it is parting company with commentator Walter Winchell at the columnist's request.

ABC President Robert E. Kintner said in a statement that the network "regrets" the termination of the contract.

An honest disagreement in our relations and ABC felt its long and mutually beneficial association with Mr. Winchell required consent to his ABC contract effective Dec. 25, 1955, or sooner if contractual details will permit," the announcement said.

Babson... How To Live Long

By ROGER W. BABSON Babson Park, Fla.—(Special to Mail Tribune)—This story may be valueless; or it may be most important. It will not cause anyone to eat less or frozen fruit and vegetables, but it may develop a new industry.

There is in this village the Florida Research and Water Company. It owns the local water company and is interested in the study of live seeds small enough to eat alive. It also believes in "raw" water and "raw" milk—that is, pure spring water which has not had the living matter killed by chlorine, and pure milk which has not been pasteurized. It recommends the eating of more "whole cereals," more "raw" vegetables, and "raw" fruits, especially those consisting largely of live seeds, like okra—but they should be ripe seeds; also live "sprouts and buds." It believes in juicing machines, but not for live seeds.

Let me illustrate: It is impossible to eat a peach seed, and probably unwise to swallow live orange, acerola, or apple seeds, unless they are ground; but ripe tomatoes, strawberries, blackberries, blueberries, bananas, figs, and pomegranates should be eaten, seeds and all, uncooked. Of course, all raw fruit and vegetables should be carefully washed. The acerola berry of Puerto Rico is reported to have 50 times the Vitamin C—per gram—contained in an orange.

The second paragraph on page 59 of the Reader's Digest for January, 1955, is thought-provoking.

All agree that string beans may be cut up and cooked for a few minutes. Some people, however, believe that sunflower seeds, peas, small beans, nuts, and psyllium, onion and celery seeds should only be softened in warm water and swallowed like pills! The thought is that all vegetables have three functions: (1) Supplying vitamins, minerals, etc.; (2) supplying much-needed bulk; and (3) through their living seeds supplying that unknown and intangible "something" known as life.

That people lived, before the days of cooking, to 120 or even 400 years of age may have been due to their feeding upon life. Sufficient experiments have not been completed to prove whether live seeds should or should not be eaten uncrushed, before they are "killed" by juicing machines or boiling. They, however, are part of my diet.

Boiling anything long enough kills life. It is believed that freezing also destroys this life-minerals. However, the age of peas, beans, and corn does not affect their life-giving powers. Corn kernels over 3,000 years old, taken from Egyptian tombs, will sprout the same as if gathered yesterday. It is debatable whether we should eat raw or cooked eggs. When I eat T. B. my doctor insisted that I eat only uncooked raw, fertile eggs containing life. He also recommended the uncooked coral of lobsters and the live roe of fish.

All beautiful birds live only on live seeds, live worms, and live spring water. Their food must be alive. The only birds which will eat dead meat are the horrible crows and buzzards; dangerous insects and bacteria will also eat dead things. The same principle applies to animals of the forest. Certain moldy cheeses and yeasts contain life. Live seeds in 15-cent envelopes can be purchased at any hardware store.

Those who have seen any fish (from mackerel to sharks) pulled alive out of the ocean have been impressed by their natural beauty and proportions. When analyzing the diet of these fish, we learn that the smallest fish live on minute animal and plant life known as plankton and algae; that the larger fish live on the smaller live fish; and so on up to the whale. But, all insist their food be alive.

I am not vouching for any theory of life, but it does seem as if the above evidence should be considered when selecting our diet. Once, no doctor had recommended B12 pills or brewer's yeast; but today they recommend them. Perhaps we will live to see doctors recommend the addition of non-fattening live seeds or phosphatides to our diets.

Should Peas Be Swallowed As Pills? All agree that string beans may be cut up and cooked for a few minutes. Some people, however, believe that sunflower seeds, peas, small beans, nuts, and psyllium, onion and celery seeds should only be softened in warm water and swallowed like pills! The thought is that all vegetables have three functions: (1) Supplying vitamins, minerals, etc.; (2) supplying much-needed bulk; and (3) through their living seeds supplying that unknown and intangible "something" known as life.

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