



To stimulate interest in the United Nations, Mrs. Everett A. Faber of Central Point arranged elaborate Christmas decorations this year in that theme. The picture above shows the mantel decoration, with the large mirror above reflecting part of the room. The arrangement included a world globe and bunches of grapes to symbolize the plenty which the world affords for all, if it is distributed equally; a star represented Christian faith and the love of God and small angels represented the

UN Interest Inspires Theme Of Faber Home Decorations

Central Point—Mrs. Everett A. Faber will fly tomorrow to San Francisco from where she will take the train for Buckhill Falls, Pa. Mrs. Faber, who is western jurisdiction secretary for Wesleyan Service guild of the Methodist church, will attend a meeting of the guild's standing committee to be held there. The committee will set policies and make plans for the guild throughout the United States for the coming year. Wesleyan Service guild is made up of gainfully employed women. Mrs. Faber also plans to spend some time in New York City and may attend sessions of the United Nations if her schedule permits. Because of her long interest in United Nations, Mrs. Faber arranged elaborate Christmas decorations for the family home in the UN theme. On the mantel a lighted globe symbolized the world and the UN, grapes at the base of the globe conveyed the meaning of a plentiful supply of food in the world, which could be distributed equally to all through United Nations' efforts if "we care enough to do so." A lighted star representing "our Christian faith and the love of the Master for every child of God" shone down on a scale model of the UN headquarters. Little angel figurines

represented the heavenly host singing "Peace on earth, good will to men." A table decoration was in United Nations blue and gold, and the Christmas tree was decorated with blue lights and bells. Mrs. Faber believes that each supporter of the UN should make an effort to inform others and stated "The United Nations is doing the thing that the churches have been talking and preaching about for centuries."

(Brainard photo)

Central Point Bethel Holds Annual Ceremony Wednesday

Central Point—Installation of officers was held Wednesday, December 28 by Bethel 38, Order of Job's Daughters, with Miss Vicki Noel taking office as honored queen. She is the daughter of Mr. and Mrs. Victor Noel, 231 North Second street, Central Point. Serving with Miss Noel will be Miss Marla Abbott, senior princess; Miss Nadra Moore, junior princess; Miss Sally Eldon, guide; Miss Helen Hood, marshal; Miss Kay Askwith, chaplain; Miss Laurel Setnes, treasurer; Misses Suzanne Hood, Donna Burnett, Gail Collins, Lynda Pirky and Janet Kilburn, messengers; Miss Julie Ashton, librarian; Miss Jeanette Purdy and Miss Joanne Ritter, senior and junior custodians; Miss Gwen Moore, musician; Miss Linda Warren, recorder; Miss Ruth Day, inner guard; Miss Rachel Hamilton, lady of lights; Miss Joyce Pestka, soloist. Members of the Bethel choir are the Misses Sharon Anderson, Patti Barber, Sandra Chelardi, Doris Golden, Nancy Hopper, Patty McCue, Betty Pestka, Sharon Pestka, Lee Stotts and Ellen Ward. Installing officers were Miss Anita Conger, queen; Miss Linda Obenchain, guide; Mrs. Donald A. Faber, marshal; Mrs. John Stuckey and Miss Roberta Dunlap, custodians; Mrs. Gene Snook, chaplain; Miss Rosalie Johnson, secretary; Mrs. Richard Stratton, musician. The coronation ceremony was conducted by Crater Chapter, Order of DeMolay of which Delbert Chaussee is master councilor. The altar solos were by Bob Lance, accompanied by Mrs. Harley Dressler. Mrs. C. D. Elhart, Ashland, a past grand guardian, was honored and extended congratulations to the new officers. Grand officers introduced were Mrs. Ray Clary, Ashland, messenger and Mrs. Everett A. Faber, Central Point, vice grand-guardian. Bethel guardians introduced were Mrs. John Dunlap, Shady Cove and Mrs. William Sult, Bandon. Past associate guardians of Bethel 38 introduced were C. W. Abbott, H. P. Jewett and Victor Noel. Mrs. Luther Day, matron of Nevita chapter, Order of Eastern Star and Archie Purdy, DeMolay dad, were also introduced. Bethel officers introduced were Miss Lynn Erwin, Ashland Bethel queen; Miss Anita Conger, past queen of the Central Point Bethel; Miss Marva Sult, princess of the Bandon Bethel; Miss Mary Gayle Hodgins and Miss Marcia Clary, junior and senior princesses of the Ashland Bethel; Miss Emily Masterson, princess of Bethel 14, Medford; and Mrs. Donald A. Faber, past princess of Central Point. Miss Noel introduced her parents and they presented her with a gavel and an arm bouquet of red roses. Miss Conger, past queen, presented Queen Vicki with the traveling queen's jewel, and received her past queen's jewel from the new queen. An addendum honoring the new queen was arranged by Miss Sally Eldon. The girls carried muffs and wore snow caps. Miss Joyce Pestka was soloist, accompanied by Miss Nadra Moore. Congratulations from Central Point Masonic lodge were extended by Ed Vincent and Mrs.



Miss Vicki Noel (Classic Studios)

New York Doctor Analyzes Headaches; Groups Listed

By DELOS SMITH
United Press Science Editor
New York — (U.P.) — According to a headache doctor, headaches fall into three groups; those due to a structural disease of the body, those due to upsets or illnesses interfering with bodily functions and those for which no physical cause whatever can be found. These latter are "psychogenic tension" headaches. Dr. Mortimer F. Shapiro is part of a consultation clinic at Mount Sinai hospital in New York. When doctors aren't sure what's ailing a patient he's sent to the clinic and the cause of the ailing is found out if it can be. Dr. Shapiro took the first 100 of these referred patients whose complaint was headache for which the referring physician could find no physical cause. The ultra scientific and knowledgeable techniques of the clinic found physical causes in only four. These techniques indicated that the headaches of the other 96 were strictly psychogenic. One of the hurdles the doctor must jump in making these people well is the language they use. Emotional Quality "Too often," said Shapiro, "the patient plays 'Humpty-Dumpty,' with the confusing assumption that words may mean what he chooses them to mean. And too often the patient uses words not so much to convey their literal meaning but rather to communicate to the physician some emotional quality which may be extraneous." But on the other hand, the emotional quality may be very pertinent—it may point to the cause of the headache, which is emotional rather than physical. Shapiro pointed out that heart palpitations may be part of a reflex pattern of bodily response to anxiety. Or: "If an individual keeps his fist clenched for too long a period of time, symptoms of pain, cramp, paresthesia (tingling or burning sensations) soon appear. A similar mechanism may underlie some of the psychogenic headaches." In his 96 patients, he demon-

Central Point Bethel Holds Annual Ceremony Wednesday

strated that "problems of anger and aggression" set off the headaches of 89. In his report to the New York State Journal of Medicine, he said it was "noteworthy that the average patient had no initial awareness that anger played any role in the genesis of his symptoms. . . . A possible explanation may be that the headache among other functions serves as a means of enabling the individual to remain unaware of the extent and violence of his rage." Very young children are checked when they express their anger and rage, and "it becomes intimately associated with prohibition and anxiety-laden fantasies of retribution. Thus, a situation stimulating anger which may become overwhelming presents a threat to the individual and necessitates some defense against this anger. The first line of psychologic defense may be repression, that is to say, actively remaining consciously unaware of the emotion." But whether conscious or not, an active emotion has its reactions within the purely physical body, and repressed or suppressed anger can start the same physical reflex patterns into motion, just like anger which is consciously felt. "Moreover," Shapiro continued, "the very fact that the individual is unaware of an emotion prevents its adequate discharge. In fact, this unawareness often insures the chronic persistence of the emotion and its physiologic pattern to the point where somatic (bodily) symptoms result." Redmond Firm Gets Franchise For TV Redmond—(U.P.)—The city of Redmond has granted a six-month franchise to Redmond Television, Inc., to bring a coaxial cable into the city to provide television reception. An antenna will be located on Reservoir hill in Redmond Heights. Construction on the antenna is due to start soon and it was believed the cable would be ready for use in 30 to 60 days.

Potpourri

How much have the interests of women changed in the past 35 years? Norman Cousins, editor of the Saturday Review, thinks they have changed greatly and said recently in an editorial that the average young American woman of today is not satisfied merely to keep house and raise children, but seeks intellectual and creative outlets which are seldom available. Mr. Cousins believes that Sinclair Lewis' "Main Street" which startled Americans 35 years ago, should be dusted off and read again. Lewis wrote of a fictional Carol Kennicott who sought vainly for creative ideas and color in her small town existence, and Mr. Cousins believes that while such women were few in the days when the book was written, they are now "legion."

"They are the college-trained, young married women, full of life, bounce and energy, but their Main Street is in the home," he wrote. "It is not that they object to being the family cook, house-cleaning, nursemaid, handyman and chauffeur. It is just that they believe their duties do not exhaust the meaning of life. They respect the requirements of growth—not only in their children, but themselves. They would like to be able to do creative things. . . . But the housework tends to become an end in itself; indeed, a dead end." The editor says these women too often are married to men who are willing to settle down "in front of the television set for an evening of Westerns and crime shows" and who are bewildered if not downright antagonistic when their wives want some sparkle of creative activity in the weekly routine. He also believes women read more than men and says "the male may scorn authoritative information because he knows too much to bother to read." "Much has been made of the fact that women possess most of the nation's material wealth," concludes Mr. Cousins. "It is possible they also are better informed about what is happening in the world. But neither superior holdings nor superior knowledge is enough, apparently, to win them the respect they crave and deserve as individuals."

Mr. Cousins comment that women read more than men stuck in our mind when we read a little later that "only five per cent of us (Americans) buy books habitually and even paperback books are bought by a small fraction of the total population. A recent survey indicated that while 55 per cent of the adults in England were reading books, only 17 per cent of Americans were." This last comment came from Gilbert Selde's review of a new book by Paul Blanshard entitled "The Right to Read: The Battle Against Censorship." Mr. Selde, who believes that Author Blanshard has written a "tremendously impressive" book, says that the truly discouraging part of the book is the story of reading itself and adds "Who is going to fight for the right to read when so few people read at all?"

Potpourri read for the first time last week of a movement called "Meals for Millions." A re-print of an article in the Los Angeles Times states that through this organization, 28 denominational and interchurch religious agencies have distributed 4 million "three-cent meals" of multi-purpose food since April 1, 1954. Having long believed that there must be some fairly simple solution to the world's food problem, we read the entire article, written by Dan L. Thrapp, religious editor of the Times. Meals for Millions distributes "a mixture called 'multipurpose' food what looks to some like sawdust, tastes to many like turkey dressing, but can be mixed with any food of any people in any part of the world and is indistinguishable to their palates from the nourishment to which they are accustomed."

Meals for Millions began during World War II and was the brainchild of Clifford E. Clinton, an LA restaurateur who was food consultant to the Quartermaster General, UNRRA, and the Food Administration. Mr. Clinton took his food problem to Dr. Henry Borsook, biochemistry professor at Caltech, and the professor came up with the new food. According to the Times, it is soybean meal fortified with minerals and vitamins, and can be used either seasoned or unseasoned. Two ounces is said to contain the protein, minerals and vitamins (except C, which is unstable) equal to those obtained in a meal of a quarter pound of beef, glass of milk, dish of green peas and a potato.

We were not surprised to learn that an energetic American woman, Miss Florence Rose of Brooklyn, is now the mainspring of "Meals for Millions" and read with interest how she has traveled around the world, making plans for production of the food in numerous countries. One is India, where she enlisted the aid of Health Minister, Rajkumari Arriit Kaur, and Minister of Agriculture Dr. Panjabrao S. Deshmukh. The Indians are experimenting with peanuts as a substitute for soybeans in the multi-purpose food and in Iraq experts are studying dates and sesame seeds as a base for a multi-purpose food.

Since we are one of those Americans who feels guilty at the remembrance of the food wasted in this nation while millions in other parts of the world starve, we heartily hope that Meals for Millions continues to be a successful venture.

Maybe Mrs. S. D. Earhart wishes she was back in her native Tennessee, where they grow watermelons in December. Mrs. Earhart came in last week with a clipping which pictured three watermelons about to be harvested in Chickasaw, Tenn. The melons were planted by M. J. Jessup III, a grandnephew of Mrs. Earhart, and pictured with the three big melons was little Connie Faye Dobbs, 2, a grandniece of the Medford woman. Just to be fair, we should add that the melons had to be covered with blankets not long ago to keep them from freezing.

The December issue of Sports Illustrated gives President Eisenhower's recipe for cooking mountain trout. The president says it should be dipped in corn meal, each fish wrapped in aluminum foil and then cooked 10 minutes on each side—no more or less—over glowing hot charcoal coals. The article also says that President Ike insists that the prospective consumers of the trout must be precisely on station and eat the fish at once. No waiting permitted.

There pappy would agree. When pappy cooks a steak over the coals on the outdoor grill, he insists that every other part of the meal be ready for serving before he starts the steak. As it comes off the fire it is slapped on a hot plate and the diner starts to eat at once. We've never eaten any trout cooked by President Ike, but we are willing to bet it isn't any better than pappy's steaks. O.S.

ROGUE RIVER Town Returning to Normal

By MRS. MYRTLE WHIPPLE
Rogue River—Rogue River is settling back to normal after the flood of Dec. 21-22. Many homes were damaged, but families are now moving back in. Some yet are being cared for in the VFW hall. At Rogue River junction all the business firms were under water. Bob Gail estimates his grocery store loss at 80 per cent. This was one of the worst floods, as so many have built down on the river in the last few years. The flood of 1927 was bad but not as damaging as this one. The sympathy of this community goes to the McLaren family in the death of Mrs. Dave McLaren. Mrs. McLaren had lived in Rogue River for over 30 years and has a host of friends here who will miss her. Mr. and Mrs. Herb Harwood of Eugene spent Christmas with Mrs. Harwood's parents, Mr. and Mrs. James Whipple. A family reunion in honor of the 40th wedding anniversary of Mr. and Mrs. Lloyd Smith was held Dec. 18 in the Civic club room. A turkey dinner was served to Mr. and Mrs. Bill Baker and children Billie and Ralph of Fortuna, Calif.; Mr. and Mrs. Artie Smith and children Craig, Drake and Zane of Springfield, Ore.; Mr. and Mrs. Wesley Brown and children Steve, Shirly and Zandra, Grants Pass; and Mr. and Mrs. Ralph Smith and children Pat, Mike and Debbie of Rogue River. The Smiths have the two daughters and two sons. Friends who enjoyed the reunion were Mrs. Lois Morgan and Hurst Morgan, Rogue River; and Mr. and Mrs. Roy Hildebrandt of Eugene. The centepiece was a Christmas tree and pinned to it were over \$50 in bills, gifts from the children. A family dinner was held Christmas day at the home of Mr. and Mrs. Roland Jones. Guests were Mrs. Jones' parents, Mr. and Mrs. Nat Hart, grandparents; Mr. and Mrs. Fred Dengler; and her aunt, Mrs. Juanita Scott. John Carter of Parks Air Force base, Calif., is home on furlough to spend the holidays

Medford Man Head Of New Dairy Group

Eugene—(U.P.)—A new Oregon dairy group has been organized here. The group is called the American Dairy association of Oregon with Victor Birdseye of Medford the president. It plans to build consumer demand for dairy products and to decrease Oregon dairy surpluses by coordinating efforts with those of the dairy products commission and the Oregon Dairy council. Funds for the new program will be raised by voluntary assessments against members. Other officers include Arthur Ireland, Forest Grove, vice-president; Frank Hettwer, Mt. Angel, secretary-treasurer. Sweetened whipped cream with strained honey, for new flavor and to keep the whipped cream firm longer.

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