

Self-Pity Will Not Evoke Sympathy From Others

The person who feels sorry for himself and is always bemoaning his hard luck is bidding for sympathy and attention, whether he realizes it or not. But he rarely gets it and then he is even more sorry for himself than he was before.

Why, you may ask, are people so lacking in feeling that they do not sympathize with a person who has a run of bad luck and whose morale, as a result, is low? The answer is that they do sympathize at first but, in time, it comes to be an old story and they lose patience with the person who always has a tale of woe to tell them.

When a person pities himself and lets others know it, it is because he has discovered this is a way of putting himself in the limelight and winning the attention he craves. Furthermore, he gets satisfaction from feeling that many of the failures he has experienced or many of the mistakes he has made are not, really, his fault after all.

If, in addition to being able to free himself of any sense of responsibility for his failures and mistakes, he can win the sympathy of others, it helps to clear his conscience of any feeling of guilt.

Sympathy at First

This little trick while often carried out without any real intention to gain sympathy, invariably does bring sympathy at first. So it is used over and over again. But, the more it is used, the less effective it is. People get tired and lose patience with the person who is always feeling sorry for himself or complaining of his hard luck.

So, they stop showing him their sympathy and this makes him feel that he is even more of a martyr than he felt at first. The less sympathy he gets, the sorer he is for himself, the less patience others have with him.

A vicious circle is set into motion and once this happens, it is hard to stop it. Thus, it can safely be concluded that it is mistaken kindness to be sympathetic toward people who are bidding for attention because it merely encourages them to continue to use this easy way out of their difficulties.

LETTERS FROM READERS

Troublemaker: "Why is it some people seem to delight in getting others into trouble?"

(A) Troublemakers get great satisfaction from getting others into trouble because it gives them a feeling of self-import-

ance and superiority to be able to do so. If you will study any troublemaker you know, you will discover that he or she suffers from an inferiority complex. Like all such people the troublemaker is compensating for this by a method he has discovered from past experience. It is very similar to bullying and teasing in that the troublemaker inflates his badly deflated ego at the expense of others.

Parties: "My wife likes to go to parties and insists that I accompany her. I enjoy going over week ends but not during the week because I am too tired to go to work the next day. We have been married less than a year and I want to make my wife happy as she is at home alone all day and naturally likes to get out occasionally." C. D.

(A) If your wife has little to keep her busy during the day, why not suggest she take a part-time job or do some volunteer work in the community? This would give her something to occupy her time so she would be willing to stay at home in the evenings. You should not be going to parties and staying out late during the week if you want to advance in your work and keep from ruining your health.

Foreign Language: "My parents came from the other side and insist upon speaking in their language at home. The result is that they know little English, make many mistakes, and speak with such a foreign accent it is hard for our friends to understand them. How can we convince them that they should speak English at home?" C.N.P.

(A) Point out to your parents that if they are planning to make America their home, they should try to speak English so they will fit into the community better. Show them how important language is in all social relationships and tell them it is a handicap for you to have to use two languages. Of course it is easier for them to use the one they are accustomed to and that is doubtless why they do it.

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Hughes Resigns As Budget Director

Washington — (U.P.) — Budget Director Rowland H. Hughes, smiling, rotund architect of the Eisenhower administration's balanced budgets—has resigned.

Deputy Budget Director Percival F. Brundage will replace Hughes on April 1.

Hughes said he was resigning his \$17,000-a-year post for personal and family reasons.

Use Tribune Want Ads QUICK and EASY!

GOLD HILL Woman Honored at Party

By MRS. AGNES HARRISON

In and around Gold Hill—Mrs. Minnie Baker of Rogue River was the honored guest at a surprise birthday party Jan. 13 at the home of her daughter and family, Mr. and Mrs. Mike Tepovac and son Jerry.

Others who attended were Mr. and Mrs. John Terrell, Howard Baker and Christine, Mr. and Mrs. I. D. Hardin and three children, Mr. and Mrs. James Moran and son, Mac McCoy and son, Mrs. Ruth Davis and four boys, all of Rogue River, Mr. and Mrs. Fred Governor and six children, and Mr. and Mrs. George Triller of Gold Hill. The honored guest received many gifts.

Mr. and Mrs. Archie Bell are the parents of a son, Archie Jonathan, born Jan. 6 at the Canyonville hospital. The couple have one other child, Rose Anna, 26 months old. Grandparents are Mr. and Mrs. Paul Rasmussen, highway 99N, and Mr. and Mrs. David Bell of Canyonville.

Mr. and Mrs. Ivan Smith, Sardine Creek, were surprised Wednesday evening, Jan. 11, when a group of relatives arrived unexpectedly, bringing refreshments of cake and ice cream, gifts and cards, the occasion being Mrs. Smith's birthday. Visitors were Mr. and Mrs. H. E. Wharton, Mr. and Mrs. Ted Wharton and two children, all of Medford, and Mrs. Nora Wait and Mrs. Mary Sutherland of Sardine Creek.

Ray (Pop) Davis is confined to his bed after returning from the hospital where he underwent surgery recently.

Mr. and Mrs. George Andrews have sold the "49" motel and trailer court to Mr. and Mrs. John Reedy of Ashland. The Reedys will take possession March 1 when the Andrews will move to Ashland.

Mrs. Homer Miller of Brookings, Ore., recently visited here with her mother, Mrs. Helen Shoemaker.

It has been learned that Cogswell's market is another Gold Hill business firm interested in protecting the health of its customers by providing X-rays for their employees. These X-rays were taken during a special Gold Hill clinic recently, but since Jackson county health department was not informed until sometime later, it was not mentioned, along with Gail's market, in an earlier article.

Employees who took these X-rays were Mrs. Joseph Morgan, Mrs. Maybelle Rains and Mrs. Harry Newnham.

A number of Gold Hill residents go to the X-ray clinic each Thursday afternoon and with the help of the Gold Hill health unit are cooperating with the drive to locate an estimated 100 cases of tuberculosis now unknown in the county.

News has been received here that Louise Rowden, formerly of Gold Hill and now living in Crescent City, will enter Mt. Zion hospital in San Francisco in the near future for surgery. Members of the Gold Hill Grange who attended Grange council at Central Point Saturday, Jan. 1, were Mr. and Mrs. Bob Cook, Mrs. Nina Dusenberry, Mrs. Lucy Addington, Mrs. Blanche Merriman, Glen Miller, Mrs. Nellie Miller, Mr. and Mrs. Alva Walker, Mr. and Mrs. H. A. Densmore, Mrs. Millie Walker and Mrs. Ruby Quackenbush.

Woman's Society of Christian Service in the Gold Hill Community Methodist church met Friday, Jan. 13, at the home of Mrs. Wilmer Bailey with 14 members attending. Dessert luncheon was served. Devotions were led by Mrs. Roy Bornaman, and Mrs. Roy Eskew was leader of the lesson, "Changeless Gospel in a Revolutionary Age." Mrs. Lawrence Smith, president, conducted the business meeting. It was decided to hold a food sale sometime in February, date to be announced later. Next meeting will be at the home of Mrs. Nina Dusenberry with Mrs. Wilber Martin to lead devotions and Mrs. Lawrence Smith in charge of the lesson.

The Philadelphia church, located at Grandview ave., one block off of Old Crater Lake highway, will open its doors soon. The church has temporary headquarters at 122 North Riverside ave., Medford. The name Philadelphia means "Brotherly Love." It is non-sectarian. The Rev. Thomas White is the pastor, and resides with his wife and family on Maple lane just out of Gold Hill where they have lived for the past seven years. Mr. White is foreman at White City during the day and has, with some help, done most of the building of the church himself, working nights and some Saturdays.



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Mrs. Wright's enriched white or whole wheat. Save 2c on each loaf. **Large Loaf 26¢**
Full O' Gold **Orange Juice**
You'll love the ripe tangy flavor of tangy orange flavor. **46-Oz. Can 37¢**

Check these items for MORE money savings

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- Bisquick, biscuit mix 40-oz. pkg. 43¢
- Royal Satin, pure-veg. shortening 3-lb. can 83¢
- Kellogg Cereal, Special "K" 6 1/2-oz. pkg. 29¢
- Pear Halves, Hood River No. 2 1/2 can 39¢
- Tomato Juice, Sunny Dawn 46-oz. can 28¢
- S&W Beans, Julienne, sliced No. 303 can 30¢
- Mexicorn, Niblets 12-oz. can 19¢
- Chili Con Carne
- Dennison, with beans 16-oz. can 29¢
- Salad Dressing, Cascade quart jar 45¢
- Mayonnaise, NuMade pint jar 42¢; quart jar 63¢
- Chee-Zip, cheese spread 16-oz. jar 54¢
- Cheese Food, Van Zee 2-lb. pkg. 69¢
- Orange Juice, Bel-air, frozen 6-oz. 19¢
- Instant Dessert, Amazo pkg. 2/23¢
- Nob Hill Coffee 1-lb. pkg. 90¢; 2-lb. pkg. \$1.79
- Airway Coffee 1-lb. pkg. 88¢; 2-lb. pkg. \$1.75
- Edwards 1-lb. can 95¢; 2-lb. can \$1.89
- Tomato Catsup, Taste Tells 14-oz. bottle 18¢
- Prunes, Sunsweet 2-lb. pkg. 69¢
- Red Beans, Idaho 2-lb. pkg. 31¢
- Boy-ar-dee Dinners
- Spaghetti or Macaroni pkg. 43¢
- MJB Rice, Quick Cooking 24-oz. pkg. 39¢
- Borax, 20-Mule Team 32-oz. pkg. 35¢
- S.O.S., soap-filled pads pkg. of 10 25¢
- Rik Rak, Cleanser 14-oz. pkg. 4/25¢
- Supurb, Blue Detergent 40-oz. pkg. 52¢
- Friskies, Meal & Cubes 2-lb. pkg. 35¢
- Scamper, Liquid Detergent 22-oz. jar 59¢

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POTATOES . . 10-lb. bag 59¢
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POTATOES . 10 lbs. for 85¢

SAFEWAY

Prices in this advertisement are in effect through Sunday, January 29, at Safeway in Medford. We reserve the right to limit quantities. No sales to dealers or their representatives.

CLEANSER White King Brand 14-oz. Can **2/25¢**
HAND SOAP Palmolive, Mild, Gentle Reg. Size Bar **3/27¢**
SWEETHEART Fragrant Bath Soap Reg. Size Deal Bar **26¢** Bath Size Deal Bar **39¢**
DEVILED HAM Underwood Brand 2 1/4-oz. Can **2/35¢**
TANG Nalley's Salad Dressing Quart Bottle **49¢**
SHORTENING Fluffo, Pure Vegetable 3-lb. Can **89¢**