

They'll Do It Every Time

By Jimmy Hatlo



As We Live

By ELIZABETH HURLOCK, PH.D.

March of Dimes Coming Events

The "Busy Complex" Brings Unhappiness. What makes some people so "busy" all the time that you think they are either important people or inefficient ones? Are they really "busy" or is that just an excuse to avoid doing something you ask them to do? The person who has a "busy complex" is not using this as an excuse to avoid doing something you want him to, at least, he is not using this excuse consciously. He sincerely believes he is a busy person. True, he may be inefficient in the way he goes about doing things and, as a result, spends much more time doing these things than he needs to spend. Or, he may be a person who has set goals for himself beyond his abilities and, as a result, he is constantly striving to reach those goals. More often than not, however, the person with a "busy complex" is one who has convinced himself that he is an important person, with many duties and responsibilities resting on his shoulders. The belief is a way of inflating his ego and covering up any feeling of inadequacy he may have. Feels Guilty To Relax. He is so sincere in his belief that he feels guilty if he takes time out to relax and enjoy life. This he regards as "wasting" time and he feels just as guilty about it as he would if he were throwing away precious possessions or money. In addition, he is irritated if others "waste" his time by keeping him waiting for an appointment, by spending longer on a given task than he thinks they should, or merely by talking to him when he feels he should be doing something more important. Because of these feelings of guilt, the person with a "busy complex" is never really happy nor does he enjoy life. True, he may get pleasure from his achievements but even then, there is ever-present a feeling of rush and hurry that takes away some of the pleasure these achievements would otherwise bring him. Thus, it is apparent that the person with a "busy complex" is one who is his own worst enemy in that he not only makes himself unhappy but he makes others with whom he is associated uneasy and unhappy also. LETTERS FROM READERS. Names: "I have a family name as my first name. Everyone either mispronounces it or asks where I got it. I would like to change my name but I am afraid I will hurt my parents' feelings. What can I do?" A.R.T. (A) Why not select a nickname that is related to your first name and ask your family and friends to call you by that name? Be sure it is a dignified enough nickname, such as "Terry," "Bob," or "Pat" that you can use in place of your first name. As you grow older, you may be very glad to have a distinctive first name. So don't be in any hurry to change it. Dates: "There are several boys in school who seem to like my

girl friend and me. But they are afraid to ask us for dates. How can we get them to ask us? Two Girls. (A) Are you sure that the boys are "afraid" to ask you for dates? Perhaps they don't want to take you and your friend out on a date and perhaps they feel they have better uses for their money. If you want to discover what is back of their not asking you, break the ice by inviting them to your home for an informal get-together. Then it will be their turn to ask you to do something with them, if they want to take you out and are interested in starting to have dates with you. Entertainment: "My husband is always wanting to bring some of his business friends home for dinner or a drink and he wants me to invite them and their wives for an evening of cards. I think we should entertain our personal friends and we can't afford to do both." (A) Your husband may feel, and rightly so, that getting ahead in business is greatly helped by personal contacts with the people he works with. Go along with him and do what he wants you to do. Entertain some of your personal friends also, even if it means some sacrifices for you. (COPYRIGHT 1955, GENERAL FEATURES CORP.)

Events scheduled during the next few days to raise funds for the March of Dimes include the following: Jan. 30—Skating party, Ashland Skateway, 7:30-10:30 p.m., sponsored by Jobs Daughters and De Molay. Jan. 31—Mothers' March, scheduled in all county towns between 7 and 8 p.m. Bucket of Bucks dances, Jacksonville Community hall, music by Phil Anderson's band; Jackson hotel Pioneer Room, music by Belle Van Dyke's orchestra; Rogue Valley ballroom, music by Melody Wranglers. Junior Chamber of Commerce to award a steer at the dances. Feb. 4—Lion's auxiliary dinner at Rogue River. Dancing and entertainment in conjunction. Starts at 5:30 p.m. Cuba is only about 100 miles wide, but it measures 760 miles from end to end.

Dr. Hurlock

He is so sincere in his belief that he feels guilty if he takes time out to relax and enjoy life. This he regards as "wasting" time and he feels just as guilty about it as he would if he were throwing away precious possessions or money.

In addition, he is irritated if others "waste" his time by keeping him waiting for an appointment, by spending longer on a given task than he thinks they should, or merely by talking to him when he feels he should be doing something more important.

Because of these feelings of guilt, the person with a "busy complex" is never really happy nor does he enjoy life. True, he may get pleasure from his achievements but even then, there is ever-present a feeling of rush and hurry that takes away some of the pleasure these achievements would otherwise bring him.

Thus, it is apparent that the person with a "busy complex" is one who is his own worst enemy in that he not only makes himself unhappy but he makes others with whom he is associated uneasy and unhappy also.

Names: "I have a family name as my first name. Everyone either mispronounces it or asks where I got it. I would like to change my name but I am afraid I will hurt my parents' feelings. What can I do?" A.R.T. (A) Why not select a nickname that is related to your first name and ask your family and friends to call you by that name? Be sure it is a dignified enough nickname, such as "Terry," "Bob," or "Pat" that you can use in place of your first name. As you grow older, you may be very glad to have a distinctive first name. So don't be in any hurry to change it. Dates: "There are several boys in school who seem to like my

genuineness—ARTHRITIS SUMMERS OFFERED AMAZING RELIEF. A truly remarkable new medical discovery now offers wonderfully fast relief from nagging, crippling agony of Arthritis, Rheumatism, Neuritis and Neuralgia. Sensational Ar-Pan-Ex tablets work through your blood stream to bring blessed relief from gnawing, stabbing pains in joints, muscles and nerves. Why keep on suffering when wonderful Ar-Pan-Ex can make your life worth living again—bring back restful nights—active days. Most stubborn cases are helped by Ar-Pan-Ex.

CENTRAL DRUG CO. Main & Central

3 brilliant new multi-transistor ZENITH hearing aids

FROM \$50 TO \$150. Here's superb performance and power in convenient, compact hearing aids... each priced amazingly low... each operating for remarkably little. Every one of these brilliant new multi-transistor Zenith Hearing Aids is an important milestone in Zenith's famous Crusade for better hearing at lower cost.



Ask to see Zenith's other exciting tubeless, multi-transistor Hearing Aids... the efficient 75-X, the new, improved Royal-M with famous Zenith Phone Magnet telephone listening feature. 10-Day Money-Back Guarantee One-Year Warranty Five-Year Service Plan

BATTERIES • CORDS Repairs for All Makes

GEORGE E. WHITE HEARING AIDS 131 West Main Medford, Oregon

Eating Habits Of Teenagers Declared Poor

Portland—Teenagers come in all sizes—regular and king-size, slim or fat—but they all need milk, many of them more than they're drinking now. While today's teenager eats far better than those in previous generations, proof comes persistently from research reports that America's "younger set," as a group, still do not consume adequate nutrients. In other words, their eating habits rate a poor grade on the mealtime report card.

How much milk should they drink? According to Dr. Zoe Anderson, director of research and nutrition service, National Dairy Council, it would take at least 12½ billion pounds of milk per year—about 10% of present annual production—to give teenagers the nutrients they need from milk. Why do teenagers need milk? Principally, for calcium. Their need for this mineral is great, and essential to proper growth and development. Recent Iowa State college studies, for example, showed that calcium is particularly lacking in the diets of teenagers in that state. The pattern is similar in many parts of the United States. Then, too, overweight teenage girls tend to have the poorest eating habits. Their problem stems from a poor selection of foods. All told, these young people need more nutritious and protective foods, such as, milk, meat, and fresh fruits and vegetables — fewer high calorie snacks.

Dental Assistants Name New Director

Mrs. Frances Rutter, president of Southern Oregon Dental Assistants' association, has been elected a director of the state

association. Mrs. Rutter was named to the office during a meeting of the local group Wednesday evening. Mrs. Frances Dempster conducted an oral quiz concerning certification subjects. Receiving high scores in the quiz were Miss Betty Duncan and Mrs. Marion Lusk. The executive committee served refreshments.

In the past 50 years 80 per cent of the U.S. iron ore came from the Mesabi range in northern Minnesota.

Use Mail Tribune Want Ads

OK MARKET 1202 North Riverside OPEN EVERY NIGHT 'TIL MIDNIGHT

Shavings Phone 2-8277

PENNEY'S ALWAYS, FIRST QUALITY!

WE'RE STARTING THE YEAR WITH A BANG! THIS IS THE MONTH ENDER YOU'VE BEEN WAITING FOR...

ON SALE MONDAY MORNING

END-OF-MONTH

clean-up Money in Your Pocket!

SORRY! No Phone or Mail Orders

SORRY! No Layaways on E.O.M. Items

Sensational savings on hundreds of in-season items!... Unbelievable special purchases!... Terrific reductions on winter goods!... The axe to all odds and ends; discontinued lines! Tremendous savings for you!... Doors open 9:30 A.M. ... Be here early to be sure!!

- 150 Only Women's Better Cotton Blouses... Sanforized... 32, 34, 36 only. A steal at this price..... .88
30 Only Men's Better Wool Pullover Sweaters... Broken sizes, colors... What a buy..... 3.00
400 Yds. Better Denims, Gingham, Cottons... Full bolts... Yipes! This hurts..... per yd. .25
20 Only Better Nylon Blend Blankets... 72x90... Good colors... Out they go!..... 3.99
40 Only Better Cotton Loop Rugs... Latex back, 17" x 24". Penney's super special!..... 1.00
120 Only Girls' Better Blouses... Sanforized cotton... 7-14... Slashed to the bone!!..... .50
250 Only Women's Better Flannel Gowns... Sanforized prints... Hurry down for these!..... 1.22
150 Only Girls' Better Rayon-Cotton Panties... 6-12... A terrific value!..... 4 pr. 1.00
150 Only Men's Better Cotton Briefs... Sizes 30-38... Time to stock up, men!..... 2 pr. 1.00
300 Yds. Ruf-Sheen Drapery Fabric... 36" wide... Decorator colors... Buy now and save..... yd. .50
250 Pair Women's Better Rayon Tricot Panties... White only, S-M-L... Hurry down..... 4 pr. 1.00
200 Only Men's Better Woven Flannel Work Shirts... Sanforized... 14 1/2-17. Don't miss this..... 1.33
12 Only Women's Better All-Weather - 4-Season Coats... Broken Sizes... A super special..... 12.99
200 Pair Men's Better Stretch Socks... Good colors... Once in a lifetime buy!..... 3 pr. 1.00
40 Only Men's Zipper Front, Lined Denim Jumpers 38, 44, 46... A work clothes buy!..... 2.44
35 Pair Much Better Assorted Cafe Curtains... Several styles, colors... What a buy!..... pr. 1.50
60 Only Girls' Much Better Fashion Pants... 3-6 year... Good Colors... We're giving these away..... 1.00
96 Only Men's Better Cassino Sport Shirts... Many colors... S-M-L. A steal at..... 2.00
75 Pair Boys' Better Denim Lined Jeans... 3 to 12... Wears like iron... Super savings..... 1.50
72 Only Men's Better Chambray Work Shirts... 14 1/2-17... Buy now for Spring..... 1.00
150 Only Boys' Better Corduroy Shirts... Broken sizes, colors... Slashed to the bone..... 1.22
21 Only Women's Wool Plaid Skirts... Sizes 22-30... A super saving for you!..... 4.00
64 Only Infants' Receiving Blankets... Soft absorbent flannel, washable... A buy!..... 3 for 1.00
32 Only Ladies' Better Hats... Good Colors... We're giving these away at..... 1.00
15 Only Much Better Lint Free Bedspreads... Reduced to clear... Your saving dollars here!..... 4.00
150 Only Men's Better "T" Shirts... 38-44... Stock up now for the coming year..... .50
110 Pair Men's Better Flannel Pajamas... Sanforized... B, C, D... A steal!..... 2.00
60 Only Select Group Women's Better All Wool Sweaters... Broken sizes, colors... Terrific..... 2.44
15 Only Much Better Denim Spreads, Drapes... Good colors... A super value..... 1.50
50 Only Better Ironing Board Pad and Covers... 1 Pad, 2 Covers... Buy now and save..... 2.00
12 Pair Men's Better Cords... Broken sizes, colors... What a value, men!... .. 2.00
34 Only Women's Better Cotton Dusters... Sizes 12-20... Pink, blue, yellow... Out they go!..... 1.50
7 Only Men's Insulated Hip Boots... Sizes 6-9... Were much higher priced..... 12.00
300 Yds. Printed Suede Flannel... Sanforized... Full bolts... drastically reduced..... per yd. .25
40 Only Women's Better Can-Can Slips... Assorted sizes... A terrific value..... 2.00
130 Only Women's Better Bemberg Gowns... Broken sizes... "Sister" check this price..... 2.00
22 Only Girls' Much Better Dresses... Most sizes... Colors... Hurry down and save..... 2.00
100 Pair Women's Much Better Corduroy Fashion Pants... 22-30... Prints, plains... A giveaway!..... 2.49
12 Only Cotton Chinelle Bedspreads... White, pink, rose... Full and twin... Hurry..... 2.00
150 Yds. Chintz Valancing... Nice patterns... A Penney super special!..... yd. .25
18 Pair Men's Better Orlon Whipcords... Broken sizes... Buy now and save!..... 4.00
120 Pair Men's 40% Wool Boot Sock... All sizes... A terrific value... Look at this price!..... 2 pr. 1.00
75 Only Fitted Mattress Covers... A steal at this price... Twin and double!..... 2.77 & 3.77
75 Only Men's Better Cotton Sweatshirts... 36-44... Hurry down and get yours!..... 1.00
16 Only Men's Better Suede and Reversible Jackets... Broken sizes... Out thy go at!..... 6.88
75 Only Better Plaid Yarn Shag Rugs... 24"x44"... a sensational price!..... .99
75 Only Boy's Better Gabardine Shirts... Broken Sizes and Colors... Yours for only..... .77
50 Pair Men's Better Whipcord Pants... Sizes 30-40... You will see the value..... 2.44
30 Only Men's 33 1/3% Wool Union Suits... Buy now for next winter..... 3.00
70 Only Men's Much Better Ties... A terrific value... Hurry..... 3 for 1.00
30 Only Men's Much Better Wool Sport Shirts... Cut to the bone..... 5.00
34 Only Women's Better Leather Billfold Sets... You'll have to scramble for these..... + tax 1.00