

## Women Declared To Be Suffering Unnecessarily

San Francisco—(U.P.)—About half the nation's women are suffering unnecessarily from a premenstrual "witch" tension which in extreme cases makes them so moody and irritable that their families move out until it's over, a Los Angeles expert on women's diseases said today.

Dr. Eric Henriksen said the condition occurs regularly each month shortly before the menstrual period. Menstruation relieves it.

He described his findings in a paper delivered at the 42nd Annual Congress of the American College of Surgeons.

Dr. Henriksen, head of the gynecology department of the USC Medical School, said a number of drugs can relieve the tension. He said he favored neohydrin, which is obtainable on a doctor's prescription.

**Starts In Twenties**  
He said the tension usually starts in the late 20s. Women who suffer most from it usually are "perfectionists" the driving career women with a compulsion to succeed.

He labeled extreme cases "Witch-AAA" on an irritability scale which starts at "Witch-I." The condition is caused by the body retaining too much water, he said, and the tissues distend.

Dr. Henriksen said many doctors don't recognize the condition. They often dismiss the complaining patients as "neurotic" and tell them to go home and forget about it.

## Margaret Sullivan Turns Up By Proxy

New York—(U.P.)—Actress Margaret Sullivan turned up by proxy Wednesday night to explain why she failed to appear for a television performance.

Miss Sullivan, in a statement issued through a publicity representative, blamed her disappearance on a "misunderstanding."

The 45-year-old veteran of stage, screen and TV said she decided she would be unable to give the role "the kind of performance it deserved" and informed the producer last Sunday she could not go on.

Miss Sullivan said she was staying with friends, in the statement issued through public relations man Dick Weaver and confirmed by her attorney, H. William Fitelson.

## Section Hand Injured When Train Hits Auto

Albany, Ore.—(U.P.)—A Southern Pacific railroad section hand was critically injured here Thursday night when a freight train smashed into his car at a crossing.

Police said the car, driven by 34-year-old Rudolfo Blanco Hernandez, was hurled some 90 feet from the point of impact. The wreckage caught fire and flames had to be extinguished before rescuers could free the injured man who was alone in the car.

Dead line Sunday Classified is at noon Saturday, 10 a.m. Monday to Monday, other days 5:30 previous day.

## Feeding the Family

By ZOLA VINCENT  
Food Editor

### Fish and Potatoes

Combine in Many Ways  
What the British call "fish and chips," we call just plain "fish and potatoes." With plentiful west-coast-caught fish and plenty of potatoes, it is easy to give the family a nutrition-packed main dish at low cost. For instance, Golden-brown fish filets and parsley potatoes.

Fish-potato hash with tasty bits of green pepper and onion... Creamed fish over baked potatoes.

**Fish Dinner Casserole**  
Here's a really swish fish and potatoes casserole that the family will like. Good company fare, too. Recipe makes six servings.

Melt one-fourth cup butter or margarine in saucepan. Remove pan from heat; stir in 1 1/2 tablespoons flour and 1 1/2 cups milk. Return to heat and cook until smooth and thickened. Add one teaspoon chopped parsley and set aside. Sauté one-fourth cup sliced mushrooms (fresh or canned) and one small onion, thinly sliced in one-fourth cup butter or margarine. Add one pound fish filets cut into one-inch pieces and one cup cooked or canned shrimp. Mix with one cup of cream sauce, fill casserole. Top with layer of sliced raw potatoes (three medium size) and pour remaining cream sauce over all. Bake in moderate oven, 375 degrees, for 40 minutes or until potatoes are tender when pierced with a fork.

**Soupers Combos**  
People have been combining canned soups with praise-worthy success for quite a while now. Here are four favorites resulting in four servings each.

**Creole Tomato Soup** combines one can tomato soup with one can chicken gumbo soup to which two cans of water are added; simmer about five minutes.

**Tomato Clam Chowder** combines one can tomato soup and one can clam chowder with two soup cans water added; simmer about five minutes.

**Chicken Vegetable Soup** combines one can vegetable soup and one can chicken noodle soup with 1 1/2 soup cans water; simmer about five minutes.

**Vegetable and Beef Noodle Soup** combines one can vegetable soup, one can beef noodle soup with 1 1/2 soup cans of water; simmer about five minutes.

**Cheese Filled Tomatoes**  
Here is a main dish vegetable and cheese treat using plentiful cheese and ditto handsome big tomatoes. We give them a spicy touch with herbs. For each six servings:

Choose six large tomatoes; cut slice off top of tomatoes and save. Scoop out center to make a shell; save pulp. Sprinkle salt into each tomato shell. Drain excess liquid from tomato pulp.

Saute one-half cup chopped onion in two tablespoons salad oil until lightly browned. Combine tomato pulp, onion, one teaspoon marjoram, one teaspoon oregano, one cup cooked rice (one-third cup uncooked) and one-half pound shredded swiss process cheese.

Divide mixture evenly into the tomato shells. Replace top of tomato, cut side up. Arrange in oblong baking dish. Add half cup or so of water to baking dish. Bake in moderate oven, 350

degrees, 15 to 20 minutes. Serve at once.

**Pear Pie Crumble**  
Use up some of those Bartlett pears in this wonderful way, for serving cold with cheese or topped with soft vanilla ice cream. Party stuff as well as family favorite.

Line a nine inch pie pan with pastry. Mix together one cup sugar, one-half cup flour, one-half teaspoon cinnamon; work in one-fourth cup butter or margarine as for pie crust, until crumbly. Spread half of this mixture in pie shell. Cover with four cups sliced fresh Bartlett pears; sprinkle with two tablespoons lemon juice. Spread rest of crumbly mixture evenly over fruit. Bake at 450 degrees (hot oven) 10 minutes, then at 350 degrees for 40 to 50 minutes longer until browned and bubbling. Let cool.

**Orange Dessert**  
Peel five or six oranges and slice into cartwheels. Drizzle three tablespoons honey over orange slices and chill in refrigerator 20 to 30 minutes. Combine one cup dairy-made sour cream, two tablespoons orange juice and two tablespoons lemon juice; pour mixture over sweetened oranges and sprinkle with nutmeg just before serving. Four or five servings.

**Walnut Ways**. Walnuts have extraordinary food values. They not only taste good straight from the shell, but they're good when added to almost any cooked food, baked food or salad. They're packed with protein, fat, calcium, phosphorus, iron, vitamin A, thiamin and some ascorbic acid. That's a lot of nutrition! Keep walnuts on hand for more-often enjoyment.

**Poultry, Fish, Cheese, and New Season Apples**  
Western consumers find a super-abundance of good things to eat. To prove this conclusively, take eastern visitors or mid-westerners to one of our markets and stand by while they exclaim over the profusion of poultry, fish, cheese or fresh produce... the quantity, the quality and the low prices of practically everything in sight. These are the plentiful every one is exclaiming over right now.

Crisp crunchy Oregon and Washington apples are rolling to market by the car-load with prices down considerably since their recent appearance. Delicious and Jonathans lead the parade, the Delicious variety being America's favorite eating and salad apple. We can give recipes galore but most of those apples are going to be eaten out-of-hand for sheer pleasure in their crispness, flavor and aroma.

Poultry, fish and cheese headline the buys in protein foods. Large turkeys continue to be featured as do fryers. A wide variety of fresh and frozen fish and shellfish are available at excellent prices. To name but a few: flounder, sole, halibut, fish sticks, shrimp and crab. Canned tuna, salmon and clams are all good budget extenders. Cheese is the dairy product of the month. It is interesting to note that we consume almost eight pounds of cheese per person every year... and the rate is gradually rising.

**Fruit Department**. Melon lovers take heed... the season is getting short. Cantaloupes are becoming more and more scarce and prices are rising. Still in good supply are Cranshaws, Casabas, Honeydews and Persians, Tokay and Muscat varieties of grapes are flooding the market. Thompson seedless, however, are past their peak and many market will no longer handle them. Pears available at reasonable prices.

**Vegetable Department**. Tomatoes of exceptionally fine quality are plentiful and have dropped in price. Price tags on artichokes, broccoli and Brussels sprouts indicate their fall abundance. Potatoes, both white and sweet, are to be found at "happy home-maker prices." Corn, onions, cabbage, carrots, celery, cauliflower and most varieties of squash are in the good-buy class.

**Changing Role of Man in the Home**  
Conference of newspaper foods editors in New York revealed that women's work in the world today is changing considerably the role of the man in the home. This changing status was documented by Lendal H. Kotschevar, Ph.D., Chairman, Home Economics Department and Director of Food Services at Montana State University at Missoula.

at a luncheon sponsored by the Borden Company.

Formerly men concerned themselves largely with the affairs of the outside world and women were content with their sphere of influence in the home. Today women participate freely in many social, political and community activities, with one-third of our married women working outside the home. Working wives now outnumber bachelor girls on the job two to one.

As women are moving out of homemaking activities men have been moving into them with increasing recognition of the fact that home is not a woman's world but made up of a group of individuals called a family, and each member of it has responsibilities.

Specifically, a recent survey revealed that men alone or men with their wives exceeded in number the wives who shopped alone in the supermarket. It was also noted that the man and wife shopping as a team frequently did not carry a shopping list. This means that men are deciding what to buy on their own or make the decision jointly with the wife.

Men are doing more and more of the food preparation in the home, seem to have a natural interest in cooking; are interested increasingly in learning about cooking and "home work," according to Dr. Kotschevar, who further stated that an increasing number of men are taking food courses at the college and university level.

Simplicity of preparation and the time element shortened by prepared foods in infinite variety are important keys to getting men into the kitchen. Manufacturers, well aware of this trend, are increasingly slanting their appeal to the man and his changing role in the family unit as shopper, cook and "homemaker."

## Sardinians Said Outgrowing Suspicion of All Strangers

Cagliari—(U.P.)—Sardinia is rapidly emerging from its age-long sleep. Tourists have discovered the natural beauties of this island, and the Sardinians, once suspicious of every stranger landing on their land, are quickly getting accustomed to a new way of life.

Some years ago no tourist would have dared to land at Olbia, the port on the eastern coast, where the boat from Civitavecchia, on the mainland, docks after an overnight crossing.

Malaria was all around and only Sardinians or salesmen would land at Olbia. Then the Americans arrived on this island and with tons of DDT defeated the malaria curse.

Antonio Segni, premier of the

present Italian government, a Sardinian himself, whenever he is free from the burdens of his job, takes a plane to go to his hometown of Sassari and the nearby seashore to enjoy a quiet week end.

**Interior Changing**  
Despite the example set by their premier, the Italians are not yet attracted by the natural beauties of this island. It is the foreign tourists who discovered and appreciated them.

The French have set up camping on the island of Caprera, off the northern Sardinian coast.

But the real "aficionados" of Sardinia, are the British. Two years ago they became particularly interested in the zone around Alghero, a 15,000-inhabitant town in the province of Sassari, in the northwestern zone of the island.

Their interest was such that today a plane service is linking Alghero directly with London, and every fortnight groups of palid English stenographers leave London to enjoy the sunny wonders of the Alghero coast.

It is not only the coast that is opening up to visitors. Also the mountains, once lonesome and mysterious, are changing. There are not yet first-class resorts, but small rustic hotels are being built on the Limbara and Gennargentu ridges.

**More Hotels**  
Hotel accommodations are still scarce, but while five years ago there were 37 hotels throughout the island, today there are twice as many. In addition, the families of the fishermen rent their houses at reasonable prices.

Sardinians, once as hard as their mountains to deal with, are getting loquacious and pleased to have come in touch with the outside world.

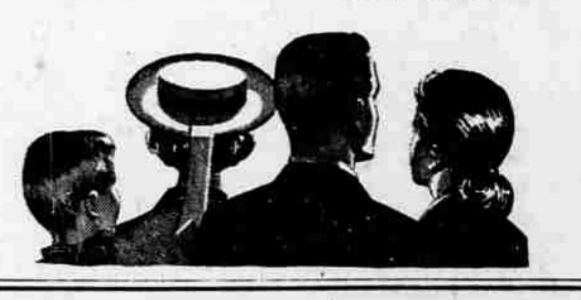
Of course, Sardinia is not a land for sophisticated vacations.

The most modern way of spending the time is deep sea fishing along a coast which is a real paradise for fishermen.

Sardinia's women wearing their traditional colorful dresses, may still use obsolete systems to manufacture their elaborated laces, but they work to the rhythm of music on the radio. There is no doubt that tourism will improve the still backward social conditions of the inhabitants of the interior zones.

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