



SLEEPING IN HOME, Mrs. Sally Gordon and daughter, Reeda, 9, are overcome by smoke as fire sweeps through Los Angeles structure. Richard Takvorian saw flames and with help of another man carried pair to safety before fire equipment arrived. (International Soundphoto)

Living Costs Rise To Record Level During December

Washington—(U.P.)—The cost of living rose to a record level again last month to make consumer prices at the end of 1956 almost 3 per cent higher than December, 1955, the government reported today.

The Bureau of Labor Statistics' consumer price index rose two-tenths of 1 per cent between November and December to a new high of 118 per cent of the average 1947-49 prices.

The index set records in six of the last seven months of 1956. Means Pay Boost

The new increase also means cost of living pay boosts ranging from 1 to 3 cents an hour for around 500,000 workers in trucking and other transport industries, and the electrical and aircraft factories. Wage contracts in those industries contain escalator clauses tied to the price index.

The Bureau of Labor Statistics also reported that the average factory workers' take-home pay and the purchasing power of his paycheck rose to record levels in December, despite the rise in the cost of living.

At the year's end, the average factory take-home pay was almost 2 per cent higher than in November and about 5 per cent higher over the year.

The purchasing power of the average factory pay check stood at 125.5 per cent of the 1947-49 average.

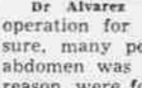
The BLS said higher housing costs were the main factor in the cost of living increase last month.

The Medical Roundup

by *Walter Alvarez*
Emeritus Consultant in Medicine, Mayo Clinic
Emeritus Professor of Medicine, Mayo Foundation

Diagnoses That Have Gone Out of Fashion

Thousands of people used to be operated on for adhesions, but I fear they seldom got much of a result. Fortunately, today, this operation has largely gone out of fashion. In my 25 years at the Mayo Clinic, I doubt if I ever saw a patient sent in for an operation for adhesions. To be sure, many persons, when the abdomen was opened for some reason, were found to be full of adhesions, but seldom did the surgeons believe that these adhesions had caused any of the distress complained of. Incidentally, I fear that usually, when adhesions are cut or pulled apart, they tend to form again.



Dr. Alvarez

Fortunately, after an operation, the adhesions that form tend to loosen up. Only rarely do they cause any intestinal obstruction. I remember patients who, at an operation for some illness, were found full of adhesions, and yet they had had no indigestion, or abdominal pain, or constipation. That is why I say that I do not know if adhesions produce symptoms; and if they do, I do not yet know what they are. Every year I see persons who were once operated on for adhesions, but hardly a one got much of a result.

I am afraid that often, when we physicians are in a hurry; when the reception room is full, and some woman, as she is being dismissed, holds us up to ask why her abdomen is so uncomfortable, we do not behave as we should. Instead of saying that we have not yet determined what the trouble is, or instead of spending half an hour next day trying to explain that several things might cause the distress, or instead of saying that almost certainly it is due to nervousness, we are inclined to hazard a guess that it is due to adhesions, or a bad appendix, or "colitis," and to hope that, until we have more time to study the woman, this will satisfy her.

Nevada Atomic Tests on Schedule

Washington—(U.P.)—The Atomic Energy commission is planning to hold a new series of atomic tests in Nevada late this spring apparently involving nuclear anti-aircraft weapons.

The AEC said Thursday in announcing the series that it would involve "low yield" tests.

It said a "major objective" of the tests would deal with "weapons for defense against attack."

The commission said the exact date for starting the test series will be announced later. News-men will be permitted "limited on-site reportage" of some of the explosions just as they were during the last Nevada tests in 1955.

The AEC also announced that during the year it will conduct separate Nevada tests related to the safety of various weapons and experimental devices "in the event of accidents such as fires during handling or storage" of nuclear materials.

Girl Scouts Election Held

Barbara Edmonds was invested as a member of Troop 77, Intermediate Girl Scouts of Lincoln school, at the last troop meeting. The troop also held election of officers for the spring session of scouting. New president of the troop is Bette de Place, with Darlene Arnold as vice-president. Susan Spencer was elected secretary and Barbara Edmonds was elected treasurer. Patrol leaders are Patty Fagone, Darla Sue Williams and Nancy Atwood.

The troop has Mary Friend, a Senior Scout, for program aide; she is helping the members learn scout songs, games and etiquette.

Troop 77 is making plans for several coming events; plans are being completed for decorating a store window during Scout Week, and for attending church together as a troop on Girl Scout Sunday. The troop is working on nature scrap books and on a nature notebook, with stories on animals, trees or plants written by the girls of the troop.

The troop has decided to learn about France for the international friendship requirement of their second class badge work. At the next troop meeting each girl will bring a picture or some item that tells about France.

Mary Beth Lockington has transferred to Troop 77 from West Linn, Oregon.

WHOLE BRIDGE STOLEN Erba, Italy—(U.P.)—People of this mountain hamlet would like to join forces to catch some thieves who have upset the daily life of the entire village. They can't, however. The thieves stole the wood and cement bridge which spanned the River Bova. The Bova runs through the center of Erba.

diagnoses are correct. In this world, all of us, being human, are subject to error.

Often, even after my 45 years of intense study of the causes of abdominal discomfort, I have to say to a woman, "I cannot say exactly what is bothering you. All I can say with certainty is that you have no sign of what we doctors call organic disease—such as an ulcer, some gallstones, or a cancer. The essential point is, I am sure there is nothing in your abdomen to operate on. Perhaps if you will watch and keep a written record, you will find that your stomach gets upset after an emotional storm, or when you eat a certain food, or when you get constipated, or when you get a cold, or when you have a severe migraine headache over one eye."

Dr. Alvarez hopes his readers will understand that it would be impossible for him to answer requests for information or to attempt to diagnose by mail. (Released by The Register and Tribune Syndicate, 1957)

Capitol Reporters Named To Committee

Washington—(U.P.)—Three Capitol reporters were elected Thursday to the Standing Committee of Correspondents, governing body for the congressional press galleries.

The successful candidates and their vote: Frank Eleazer, chief of the United Press House staff, 341; Richard L. Lyons, Washington Post and Times Herald 288; and Alan S. Emory, Watertown, N.Y., Times, 240.

Don Irwin of the New York Herald Tribune received 226 votes.

There were only three vacancies on the five-member committee.

Why All the Excitement When Bergman Came Back?, Writer Would Like To Know

By DOC QUIGG
United Press Correspondent
New York—(U.P.)—Sometimes it seems to me that our public hysteria spasms are getting back to the mass lunacy of the 1920s. I don't know how it has been in your town, but there has been a heavy hullabaloo in our town recently over a Bergman named Ingrid.

After 34 highly—and neatly—publicized hours in New York, Miss Bergman departed these shores "weary but smiling," as the papers said.

If you ask me personally, I say I couldn't care less what Ingrid does—whether she comes, goes, stays put, or shilly-shalies. What earthly difference does it make?

Miss Bergman is an actress—a pretty fair one, with a lovely face and a fetching accent—who had a child by one man while still married to another. This comes under the category of forthright action, if nothing else.

I do not care for you today to discuss morals, religion, or the law. For all I know Miss Bergman may be a person of virtue, with the rectitude of a New England church steeple. I believe, however, that she has been quoted as dubbing her action a "mistake." And she said it's how people act after their mistakes that counts.

My interest is in the terrible tizzy thrown by this burg on the occasion of her brief visit. You'll have to pardon me, but I just don't get it. I saw the red engines, but I didn't see the fire.

Before her arrival, she was dined at us in interviews over radio and television. At the airport, she was interviewed in five languages. She said she had "never regretted anything."

One peacemaker wrote: "When she stepped off the plane, she displayed a smile that would melt the heart of an income-tax collector."

That's fine. Let her smile. But let us not go into a kingsize connoption over it. Miss Bergman indicated just before her tumbled-tooth departure for Paris that it would be a pleasure to get back to Europe, where people aren't so hooray-happy over her public and private life and most folks don't give a hoot about her comings and goings.

The next time Ingrid comes here, let us hope it is with some of the quietude that marks the entering and exiting of her once-celebrated fellow countrywoman, G. Garbo. Nothing makes me happier than the fact that Greta has achieved her desire to be alone in public.

If Miss Bergman wants to stay away for almost eight years, that's her choice. But please let's simmer down and not mob ourselves with curiosity the next time she returns.

In situations such as this, it is a pleasure to recall the item carried by the show-business trade newspaper "Variety" about a wedding last year: "Married—Grace Kelly to Prince Rainier the 3rd, April 18th and 19th, Monaco. Bride is film star; groom is nonpro."

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Feeding the Family

By ZOLA VINCENT
Food Editor

Cheese Asparagus Fondue

Good California canned white asparagus combines with cheese for a hearty luncheon or supper main dish. Six servings.

- 1 No. 303 can white asparagus Milk
- 2 eggs, well beaten
- 1 cup grated sharp Cheddar cheese (about 1/4 pound)
- 2 cups soft bread crumbs
- 1/4 cup minced onion
- 1/2 teaspoon salt
- 1/2 teaspoon paprika
- 4 slices cooked crisp bacon
- Drain asparagus and reserve liquid; arrange asparagus in greased 1 1/2 quart casserole. Combine asparagus liquid and enough milk to make two cups liquid. Add eggs, well beaten, cheese, crumbs, onion, salt and paprika. Cook over low heat until cheese is melted. Pour over asparagus. Top with crisp bacon slices. Place casserole in pan of hot water and bake in slow oven, 325 degrees, one hour, or until set.

Sauy Sauerkraut

Men like sauerkraut. Men like apples. Men like ham. Knowing these things we have combined sauerkraut, apples and ham in this recipe which we know the men (and this includes the growing boys) are sure to like.

- 1 No. 2 1/2 can sauerkraut
- 2 medium-sized apples, cored and diced
- 1 cup chopped onions
- 2 tablespoons brown sugar, packed
- 1 pound cooked ham, cut in large pieces
- 1/2 cup sliced onions
- 1 No. 2 can tomatoes
- 1/3 cup water
- 2 tablespoons all-purpose flour
- Salt and pepper to taste
- Combine sauerkraut, apples, one cup onions and brown sugar in a saucepan; cook over medium heat until onions are tender and liquid has evaporated. Meanwhile combine ham and one-half cup onions in a skillet; cook over medium heat until ham is browned and onions tender. Add tomatoes and bring to boiling point. Mix flour with water until smooth; add to tomato mixture. Cook, stirring constantly, until thickened. Salt and pepper to taste. Arrange sauerkraut mixture on serving dish and pour ham-tomato sauce over it. Serve immediately.

Apple Walnut Bread

Fine Coffee Companion

Oven-fresh bread and freshly made coffee are superlative savored together, especially if a good neighbor or two drops in mid-morning or mid-evening. For a more elaborate snack session, get out a jar of preserves and whip up some cream cheese for bread spreading.

- 1 1/2 cups sifted enriched flour
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1 teaspoon salt
- 1 teaspoon cinnamon
- 1/4 teaspoon each nutmeg and allspice
- 1 1/2 cups whole wheat flour
- 1 cup broken walnut meats
- 1/4 cup chopped apple
- 1 egg, slightly beaten
- 1/4 cup brown sugar, firmly packed
- 1 1/2 cups buttermilk
- 2 tablespoons shortening
- Mix and sift flour, baking powder, baking soda, salt and spices. Add whole wheat flour, walnuts and apple. Combine egg, brown sugar, buttermilk and shortening, add and mix just enough to moisten dry ingredients. Do not beat. Turn into well-greased loaf pan 9x3x3 inches. Bake in moderate oven, 350 degrees, one hour.

French Fried Onions

Masculine Favorite

Notice how often the men order French fried onions when they appear on a restaurant bill of fare? They're easy as this to do at home.

- 6 or 8 medium size mild onions
- 1 cup flour
- 1/2 teaspoon poultry seasoning
- 1 cup milk
- 1/4 teaspoon salt
- Shortening or cooking oil

Skin the onions, slice very thin, separate into rings, dip into batter made from the flour, egg and seasonings; drain well. Have ready a kettle of fat hot enough to brown a small piece of bread in 60 seconds. Lower onions in wire basket into hot fat; fry to golden brown; drain on absorbent paper. Sprinkle with salt. Serve at once.

Canned Foods, Eggs, Potatoes, 2 Per Cent Higher

At the year's end, the average factory take-home pay was almost 2 per cent higher than in November and about 5 per cent higher over the year.

The purchasing power of the average factory pay check stood at 125.5 per cent of the 1947-49 average.

The BLS said higher housing costs were the main factor in the cost of living increase last month.

Beef, Pork, Heavy Turkeys Top Best Buys

Canned foods headline the plentiful foods list during January each year as manufacturers, wholesalers and retailers clear out last year's pack to make room for the new. Watch advertisements and store displays for best canned food buys of the year and plan to buy by the dozen or case family-favored items.

Eggs. The supply of eggs is on a seasonal increase; and this year there is an even heavier supply of high quality eggs available than in 1956 with prices more favorable. It is a good time for economy minded homemakers to make liberal use of eggs in meal planning.

Potatoes. Hundreds of millions of pounds of good quality potatoes continue moving to retail markets and are well worth featuring in family meals during this cold month. Although potatoes may be served in a variety of ways... boiled, fried, baked, creamed, and in combination with many other foods... a recent survey shows that mashed potatoes are still the most popular way of serving.

Meat Department. More of the higher grade beef is expected. Markets are well stocked with forequarter cuts. Delicious braised roasts from the chuck, and long-moist-cooked dishes from the plate and rib are just the thing for a cold rainy day. Pork is still in seasonally large supply with fresh pork cuts more in demand than smoked or cured... perhaps a natural trend after the heavy holiday use of smoked and cured pork products. Lamb supplies are stepping up with genuine bargains in good eating to be found in lamb steaks, lambburgers, breast of lamb and shoulder cuts.

Heavy turkeys are the best buy in the poultry department. Real bargains for home freezer owners. Fryers and broilers will also be in good supply. Now would seem an ideal time for chicken or turkey and dumplings, turkey or chicken pies, fried chicken, broiled chicken, turkey dishes of all kinds.

Vegetable Buys. Broccoli, cabbage and cauliflower are in good supply. All are wonderful when served raw in salads; equally good when cooked quickly and served promptly. Never overcook. Onions and winter squash are budget buys as are carrots, potatoes, and celery.

Fruit buys include grapefruit, oranges, winter varieties of pears and apples. Also available are avocados, lemons, bananas, some varieties of grapes.

Red China Honors Yank-Trained Expert

Tokyo—(U.P.)—An American-trained jet expert won top money in Red China's first awards "for contributions to science" Radio Peiping reported today.

The radio said that Tsien Hsueh-shen, one of the most controversial figures during the exchange of nationals between the United States and Red China in 1955, won one of three top awards valued at \$5,000 each, given by the Chinese Academy of Sciences.

He won his award, the radio said, for a book written in the United States "covering the theories of the automatic control and the automatic regulation of various systems in engineering techniques."

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