

STAR GAZER

By CLAY R. POLLAN

Your Daily Activity Guide According to the Stars

To develop message for Thursday, read words corresponding to numbers of your Zodiac birth sign.

ARIES	Taurus	Gemini	Cancer	Leo	Virgo
1-2-3-4-5-6-7-8-9-10-11-12-13-14-15-16-17-18-19-20-21-22-23-24-25-26-27-28-29-30-31	1-2-3-4-5-6-7-8-9-10-11-12-13-14-15-16-17-18-19-20-21-22-23-24-25-26-27-28-29-30-31	1-2-3-4-5-6-7-8-9-10-11-12-13-14-15-16-17-18-19-20-21-22-23-24-25-26-27-28-29-30-31	1-2-3-4-5-6-7-8-9-10-11-12-13-14-15-16-17-18-19-20-21-22-23-24-25-26-27-28-29-30-31	1-2-3-4-5-6-7-8-9-10-11-12-13-14-15-16-17-18-19-20-21-22-23-24-25-26-27-28-29-30-31	1-2-3-4-5-6-7-8-9-10-11-12-13-14-15-16-17-18-19-20-21-22-23-24-25-26-27-28-29-30-31

The Medical Roundup

by *Walter Alvarez*

Emeritus Consultant in Medicine, Mayo Clinic
Emeritus Professor of Medicine, Mayo Foundation

Varicose Veins

The American Heart association recently published a good booklet on varicose veins which is being distributed from the office at 44 East 23rd st., New York 10, N. Y. As the author says, if a million or so years ago, our ancestors had only been content to remain on all fours, and had not gotten up and walked on their hind legs, we probably wouldn't have our present troubles with big and dilated veins. Many persons probably have some inherited tendency to weak veins or to poor valves in their veins and tend in middle life to get into trouble with varicose (enlarged and tortuous) veins. Many get into trouble when they have an attack of phlebitis after an operation or after having a baby. Then it is hard on them if they have to stand at work all day. Gravity exerts a big pull on the long column of blood which runs up from the feet to the groin and then on up to the right side of the heart. Normally, there are valves which help greatly by breaking up the long column of blood, but when the veins dilate, the valves no longer close tight and then things can go from bad to worse.

Complications Come
Often, after a person has gone for years with large veins, complications come with swelling and poor circulation around the ankles, from irritation and darkening of the skin on the inner side of the ankle, and then finally from chronic ulceration of the skin in this area. Often these ulcers can be healed only by grafting new skin over them. Many persons could

have avoided getting into serious trouble if they had only started earlier to wear a supportive bandage or one of the new elastic stockings which doesn't show very much. As the author of the booklet says, people with bad veins shouldn't try to earn their living standing up all day, like a policeman or an elevator operator, or a salesperson. A sitting-down job would be much better. On a trip on a plane or a train, it is good for the person to get up occasionally and walk around a little; on a long auto trip the person would do well to get out every so often to stretch his legs. When watching television it helps to have the feet up on a stool and, again, to get up occasionally and walk around.

Can Get Relief
A man with bad veins who can put his feet up on his desk while working can get much relief. Exercises such as walking and swimming can help in improving circulation in the veins. People with bad veins should avoid tight girdles. Women should watch out that their elastic girdles do not interfere with the circulation in their thighs, especially when they have to sit for hours as in an airplane. If a woman with a tendency to bad veins or an old "milk leg" wants to avoid trouble, she had better not get fat. That will only add to her troubles.

A good idea for women who are working in the kitchen is to sit on a stool with their feet resting on a rung. This can be done by men who are working at a bench. Some physicians try to inject an irritant substance into the walls to stick together, but as the author of the booklet says, the results are usually temporary. For large veins surgical treatment is needed. They can be "stripped" out by an expert, using a special instrument. He makes only a few tiny cuts. After removal of the large superficial veins, the blood goes up through deeper veins which are surrounded and supported and kneaded by muscle.

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, 1958)

Grange Notes

Central Point Grange members were surprised Friday night when arriving for regular session they found Grangers gathering from all sections of the county, and realized Central Point had been selected for the Jackson County Pomona Grange surprise visitation.

A total of 117 visitors were present, including the following masters from the county Granges: Charles Foot, Gold Hill; Merton Bradshaw, Lake Creek; Carl Christianson, Live Oak; C. L. Johnson, Phoenix; Menno Bachman, Upper Applegate; Herb Carleton, Upper Rogue; A. E. Simms, Roxy. Ann, other Grangers represented were Eagle Point and Griffin Creek. Other officers present were Jackson County, Pomona Master Bob Bitterling, and State Grange Steward Roscoe Roberts.

The officers were escorted by the assistants to the master's station, from where each gave a short address with the usual farmer jokes added. Master Otto Niedermeyer was advised by the secretary, Mrs. Niedermeyer, of a presentation to be made, and 16 members received their attendance contest pins.

For the lecturer's program, Mrs. Gaston Floux introduced Dick Lamb, district Scout executive, who gave the Grangers an insight into Scout work, after which he led the group in typical scout recreation, with his audience playing the role of the young scouts. All agreed the scouts do have good times, and the lecturer thanked Lamb for a perfect program for taking care of the unexpected large crowd.

Refreshments were served by Mr. and Mrs. Melvin Hall, Mr. and Mrs. W. H. Arnold and Mrs. O. T. Wilson. The table decorations honored Washington's birthday in patriotic colors.

The Home Economics club will meet Wednesday at the home of Mrs. Charles Jantzer with Mrs. Alma Mallory assisting.

The Central Point Womens degree team will give the first and second degrees March 7, with Mrs. Walter Mang as master. All candidates are cordially invited.

The display table at the meeting was provided by Central Point Boy Scout Troop 40, under Scoutmaster George Ray. On display were various examples of handicraft, including knots, wrist bands and moccasins, made by members of the troop.

Mrs. O. T. Wilson, Reporter.

Largest zinc mine in the world is at Gilman, Colorado, and the largest molybdenum mine in the world is not far distant at Climax, Colorado.

4-H CLUB NEWS

Phoenix 4-H Clothing Club, the "Flying Stitches," held a business meeting and workshop Feb. 22. Twenty-two of the 24 members were present. Miss Mary Lou Ganer, county 4-H club agent, attended the workshop portion of the meeting.

Three new girls were enrolled and all will be taking first year clothing.

Diane Bolz, Reporter.

Cub Scouts

Cub Pack 110 The Annual Blue and Gold dinner of Cub pack 110, Talent, was held Monday night with a record crowd at the dinner and following meeting.

Bobcat pins were presented to Wayne Gage, Lon Hunt, Ronald Newbury, Greg Hartley, Roy Mosser, Donald George and Tommy LaRue. Billy Bagley was presented his wolf award and Dale Wahl his bear award.

Soil conservation has been established embracing about 950 millions of acres in the United States.

BEVERLY'S TV & RADIO
Phone Spring 2-9001
634 Crater Lake Avenue
SERVICE CALLS \$3.50
Open Sunday through Thursday
til nine, close Friday 3 p.m.
My own shop 10 years.

Andy's JEWELER
15 NORTH CENTRAL

Beauty
is our Business!
For that Lovely Look—Come to
TOWNE BEAUTY SHOPPE
36 So. Central - SP 3-5313

WHY WAIT?
IMMEDIATE DELIVERY
New English-built Fords
CHOICE OF 11 MODELS.
PRICES START AT \$1495
(P.O.E.) DELUXE ANGULA
Grater Lake Mrs.
Main & Fir

TV TROUBLES?
DIAL SP 2-5702 for
Expert Repairing
• TV • Radio
• Hi-Fi Equipment
HOMER HIGHT
Electronics Technician
25 Years Experience
PURUCKER MUSIC HOUSE

the ROCKET EIGHT
is GOING GREAT!
• First in sales in medium price class.
• Step out of the ordinary... into an Olds.
• You don't have to look twice to tell it's a new model.
DARRELL MILLER CO.
415 S. Riverside

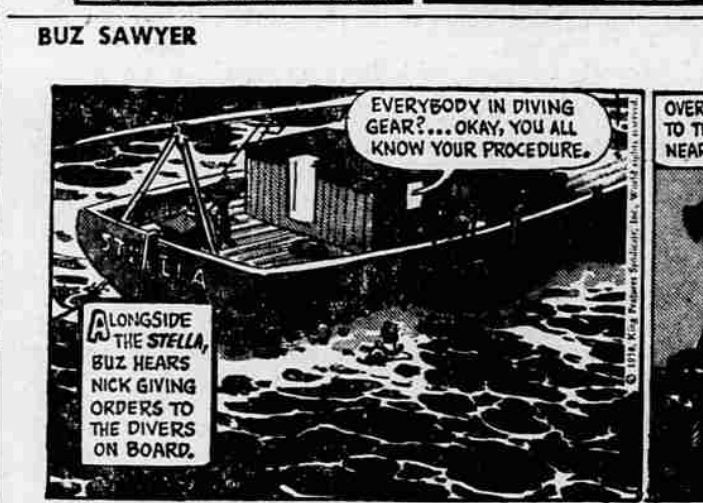
KENNEDY Fuel Kiosks
LET OIL TANK WORRIES BE ERASED—OUR AUTOMATIC CALLS ARE SPACED
Keep "old-man" winter on the run... do it with our reliable Fuel Oil. Regular deliveries make sure your supply never runs down.

WEISFIELD'S of Amsterdam
Direct Diamond Import
THE SENATOR MAN'S ONLY DIAMOND RING
49⁵⁰
Solitaire in black onyx with 14-K gold mounting.
PAY 1.25 A WEEK
WEISFIELD'S
THE WEST'S LARGEST CREDIT

Wal's TV & Radio Service
Oldest Shop in So. Oregon
109 E. Main Phone SP 2-2249
Day and Night Service 3.50
(Medford and vicinity)
No calls Fri. eve., all day Sat., or Sunday

Strange As It Seems

By ELSIE NIX



CROSSWORD PUZZLE

Answer to Yesterday's Puzzle

ACROSS

- 1-Away
- 2-With mouth open
- 3-Period of time
- 4-Hawaiian
- 5-Arm officer
- 6-Enthusiastic
- 7-Parasol
- 8-Parasol
- 9-Parasol
- 10-Parasol
- 11-Parasol
- 12-Parasol
- 13-Parasol
- 14-Parasol
- 15-Parasol
- 16-Parasol
- 17-Parasol
- 18-Parasol
- 19-Parasol
- 20-Parasol
- 21-Parasol
- 22-Parasol
- 23-Parasol
- 24-Parasol
- 25-Parasol
- 26-Parasol
- 27-Parasol
- 28-Parasol
- 29-Parasol
- 30-Parasol
- 31-Parasol
- 32-Parasol
- 33-Parasol
- 34-Parasol
- 35-Parasol
- 36-Parasol
- 37-Parasol
- 38-Parasol
- 39-Parasol
- 40-Parasol
- 41-Parasol
- 42-Parasol
- 43-Parasol
- 44-Parasol
- 45-Parasol
- 46-Parasol
- 47-Parasol
- 48-Parasol
- 49-Parasol
- 50-Parasol
- 51-Parasol
- 52-Parasol
- 53-Parasol
- 54-Parasol
- 55-Parasol
- 56-Parasol
- 57-Parasol
- 58-Parasol
- 59-Parasol
- 60-Parasol
- 61-Parasol
- 62-Parasol
- 63-Parasol
- 64-Parasol
- 65-Parasol
- 66-Parasol
- 67-Parasol
- 68-Parasol
- 69-Parasol
- 70-Parasol
- 71-Parasol
- 72-Parasol
- 73-Parasol
- 74-Parasol
- 75-Parasol
- 76-Parasol
- 77-Parasol
- 78-Parasol
- 79-Parasol
- 80-Parasol
- 81-Parasol
- 82-Parasol
- 83-Parasol
- 84-Parasol
- 85-Parasol
- 86-Parasol
- 87-Parasol
- 88-Parasol
- 89-Parasol
- 90-Parasol
- 91-Parasol
- 92-Parasol
- 93-Parasol
- 94-Parasol
- 95-Parasol
- 96-Parasol
- 97-Parasol
- 98-Parasol
- 99-Parasol
- 100-Parasol

DOWN

- 1-Harvest goddess
- 2-Dude
- 3-Printer's measure
- 4-Florida Indians
- 5-Inmate
- 6-Walked on
- 7-Click beetle
- 8-Wanders about
- 9-Conjunction
- 10-Stare
- 11-Open-mouthed (abbr.)
- 12-Wager
- 13-Exist
- 14-Parasol
- 15-Old musical instruments
- 16-Grin
- 17-Grin
- 18-Grin
- 19-Grin
- 20-Grin
- 21-Grin
- 22-Grin
- 23-Grin
- 24-Grin
- 25-Grin
- 26-Grin
- 27-Grin
- 28-Grin
- 29-Grin
- 30-Grin
- 31-Grin
- 32-Grin
- 33-Grin
- 34-Grin
- 35-Grin
- 36-Grin
- 37-Grin
- 38-Grin
- 39-Grin
- 40-Grin
- 41-Grin
- 42-Grin
- 43-Grin
- 44-Grin
- 45-Grin
- 46-Grin
- 47-Grin
- 48-Grin
- 49-Grin
- 50-Grin
- 51-Grin
- 52-Grin
- 53-Grin
- 54-Grin
- 55-Grin
- 56-Grin
- 57-Grin
- 58-Grin
- 59-Grin
- 60-Grin
- 61-Grin
- 62-Grin
- 63-Grin
- 64-Grin
- 65-Grin
- 66-Grin
- 67-Grin
- 68-Grin
- 69-Grin
- 70-Grin
- 71-Grin
- 72-Grin
- 73-Grin
- 74-Grin
- 75-Grin
- 76-Grin
- 77-Grin
- 78-Grin
- 79-Grin
- 80-Grin
- 81-Grin
- 82-Grin
- 83-Grin
- 84-Grin
- 85-Grin
- 86-Grin
- 87-Grin
- 88-Grin
- 89-Grin
- 90-Grin
- 91-Grin
- 92-Grin
- 93-Grin
- 94-Grin
- 95-Grin
- 96-Grin
- 97-Grin
- 98-Grin
- 99-Grin
- 100-Grin

RADIO PROGRAMS — WEDNESDAY

Programs listed below are received from the radio stations and the Mail Tribune assumes no responsibility except to make changes as they are supplied.

KYJC 1230 kc	KMED 1440 kc	KWIN 1400 kc
4:00—Music Box	News: Car Tunes	Fulton Lewis Jr.
4:15—Story Hour	Car Tunes	Hemingway News
4:30—Bulletin-Godfrey	Hi-Line	News: One for Road
4:45—Arthur Godfrey	Hi-Line	News: One for Road
5:00—Edward P. Morgan	News: One for Road	News: One for Road
5:15—Eventide	News: One for Road	News: One for Road
5:30—Tom Harmon	News: One for Road	News: One for Road
5:45—Frank Goss	News: One for Road	News: One for Road
6:00—Edward P. Morgan	News: One for Road	News: One for Road
6:15—Lowell Thomas	News: One for Road	News: One for Road
6:30—Glendale-R. River	News: One for Road	News: One for Road
6:45—Amos & Andy	News: One for Road	News: One for Road
7:00—News	News: One for Road	News: One for Road
7:15—Turntable Terrace	News: One for Road	News: One for Road
7:30—Robert Q. Lewis	News: One for Road	News: One for Road
7:45—Robert Q. Lewis	News: One for Road	News: One for Road
8:00—Herman Draper	News: One for Road	News: One for Road
8:15—Rusty Draper	News: One for Road	News: One for Road
8:30—World Tonight	News: One for Road	News: One for Road
8:45—World, Seavard	News: One for Road	News: One for Road
9:00—News	News: One for Road	News: One for Road
9:15—Marv Miller	News: One for Road	News: One for Road
9:30—Turntable Terrace	News: One for Road	News: One for Road
9:45—Turntable Terrace	News: One for Road	News: One for Road
10:00—Richfield Reporter	News: One for Road	News: One for Road
10:15—Turntable Terrace	News: One for Road	News: One for Road
10:30—Turntable Terrace	News: One for Road	News: One for Road
10:45—Turntable Terrace	News: One for Road	News: One for Road
11:00—Sign Off	News: One for Road	News: One for Road

RADIO PROGRAMS — THURSDAY

6:00—News of America**	Wake Up to Music	News: Chuckwagon
6:15—Yawn Patrol	Wake Up to Music	News: Chuckwagon
6:30—Yawn Patrol	Wake Up to Music	News: Chuckwagon
6:45—Yawn Patrol	First News	News: Chuckwagon
7:00—News Roundup**	Wake Up to Music	News: Chuckwagon
7:15—Cecil Brown*	Weather News	Sunrise Serenade
7:30—MacLeod—Sports	Valley Beepers	Sunrise Serenade
7:45—Harry Bahrt	News of America**	Sunrise Serenade
8:00—Variety**—Wthr.	NBC News* Hear!	Cliff Ingle News
8:15—Frank Goss*	Hear!	Koffee Klatch
8:30—Breakfast Tunes	Hear!	News/ Koffee Klatch
8:45—Howard Miller*	News of America**	Koffee Klatch
9:00—Lost Pets	NBC News*	News/ Live! Time
9:15—Breakfast Club*	Hear!	Live! Time
9:30—Breakfast Club*	Hear!	News/ Live! Time
9:45—Breakfast Club*	Hear!	News/ Live! Time
10:00—Music Box	News*	News/ Live! Time
10:15—Trading Post	Hear!	Newspaper of Air
10:30—Name Neighbor	Standard School	Telo-Test
10:45—Road of Life*	Standard School	Live! Time
11:00—CBS News**	NBC News*	News*
11:15—Sec. Mrs. Burton*	NBC Bandstand*	Woman's World
11:30—Cpl. Next Door*	NBC Bandstand*	News/ Queen for Day*
11:45—Pat Buttram*	NBC Bandstand*	Queen for a Day*
12:00—Paul Harvey*	Lunchtime News	News*
12:15—News—Weather	Weather Markets	Roundup Time
12:30—Houseparty*	Local Sports	News/ Roundup Time
12:45—Houseparty*	His Majesty the Baby	Roundup Time
1:00—Arthur Godfrey**	News/ House Party	News/ Roundup Time
1:15—Arthur Godfrey**	NBC News Listen	News/ Roundup Time
1:30—Arthur Godfrey**	KMED House Party	News/ Roundup Time
1:45—Arthur Godfrey**	KMED House Party	Roundup Time
2:00—Arthur Godfrey**	NBC News Listen	News/ Records Spin
2:15—Arthur Godfrey**	Records Spin	News/ Records Spin
2:30—Musical Mixmaster	Listen!	News/ Records Spin
2:45—Musical Mixmaster	Listen!	Records Spin
3:00—Backstage Wife*	News/ Star*	Records Spin
3:15—Heien Trent*	Star Matinee*	Records Spin
3:30—Nora Drake	True Story*	Records Spin
3:45—Music Box	My True Story*	News/ Records Spin
4:00—Music Box	News/ Star*	Records Spin
4:15—Story Hour	Car Tunes	News/ Records Spin
4:30—Bulletins-Godfrey*	Car Tunes	Hemingway News*
4:45—Arthur Godfrey*	Car Tunes	News/ One for Road
5:00—Edw. P. Morgan*	News*	One for Road
5:15—Eventide	Car Tunes	News/ One for Road
5:30—Tom Harmon**	Weather-News	One for Road
5:45—Frank Goss*	Over Road—Spits	One for Road
6:00—Edward P. Morgan*	NBC News*	World News Roundup
6:15—Lowell Thomas**	Hi-Fi Hour*	Candlelight and Wine
6:30—Glendale-R. River	Hi-Fi Hour*	Candlelight and Wine
6:45—Amos & Andy	One Man's Family*	Candlelight and Wine
7:00—Glendale-R. River	NBC News/ Live*	KWIN Karavan
7:15—Glendale-R. River	Family Living*	Karavan—News*
7:30—Glendale-R. River	News of America**	News/ Candlelight
7:45—E. Point-Henley	Life and the World*	KWIN Karavan
8:00—E. Point-Henley	News*	News/ Ash. Platter
8:15—E. Point-Henley	Night Line*	Ash. Platter Party
8:30—E. Point-Henley	Night Line*	News/ Ash. Platter
8:45—E. Point-Henley	Night Line*	Ash. Platter Party
9:00—Brookings-III. Val.	NBC News*	News/ Green Room
9:15—Brookings-III. Val.	Hi-Line	Green Room
9:30—Brookings-III. Val.	Night Line*	Green Room
9:45—Brookings-III. Val.	Hi-Line	Green Room
10:00—Brookings-III. Val.	News*	Sign Off
10:15—Brookings-III. Val.	News/ Ash. Platter	
10:30—Turntable Terrace	Hi-Line	
10:45—Turntable Terrace	Hi-Line	
11:00—Sign Off	Sign Off	

•ABC •CBS •NBC •MBS