

They'll Do It Every Time

By Jimmy Hatlo

POPPIN SHOOTING A TON OF FLASHBULBS AND A MILE OF FILM ON EVERY ASSIGNMENT. ON WALL, HIS PAPER SUPPLIES EM-



BUT ON THE HOME FRONT, WITH HIS OWN EQUIPMENT, A CLICK OR A FLASH YOU JUST CAN'T GET OUT OF HIM...



Feeding the Family

By ZOLA VINCENT
Food Editor

Food Planning Ideas

Mean Money Savings
In planning food shopping, you'll save many dollars by following these simple rules:
Know your family's likes and dislikes. No purchase is wise if the family does not eat it.

Know family's nutritional needs. Use basic food guide to plan meals.

Know what foods can be substituted for each other to take advantage of "specials."

Know what and how much food you have on hand so that you avoid duplication, delay in use, save valuable storage space and handling.

Know storage facilities. Buy in more economical large size containers only when foods can be kept and used while in top condition.

Study this newspaper's food ads. Advertisers use those items in the wholesale market that are best bargains of the week.

Ad describes brand, grade and sizes of items featured. Try to harmonize ads with family's taste. Check ad and take it with you or make a check-list.

Savings Made While Store Shopping

Muttering about the high cost of food does no good. To get the most for our money, we must give thoughtful consideration to things like these:

Compare cost per serving with the foods that can be substituted one for another.

Compare costs per serving between fresh, frozen and canned forms of food. Often there is a large price difference, especially at this season of the year.

Read labels. They are an important buying guide as to quality that will best serve your purpose; size to buy to avoid waste. Labels often suggest uses, remind you of other supplies needed or of food combinations liked by the family.

Buy some "emergency" shelf staples each week to help balance out the food bill.

Save time, confusion and perhaps a return trip by checking your purchases with your list before going to the check-out stand.

Kitchen Care of Fresh Vegetables Vital

There's a wealth of good eating awaiting our selection in local vegetable bins. What you do with vegetables after you get them home is a matter of considerable importance in terms of both family health and economy.

Preservation of all those good vitamins and minerals is important to family nutrition. There'll be less trimming and waste when perishables are stored briefly, used promptly. The extra minutes it takes will pay big dividends in better, tastier meals, money saved.

Snap Beans. Wash, sort and drain well; refrigerate covered.

Fresh Limas. Refrigerate unshelled beans; shell just before using. Very perishable.

Beets. Remove fresh tops, clean and save in hydrator or moisture proof bag; refrigerate beets covered or keep briefly in cool, well-ventilated place.

Cabbage. All types best stored whole in cool, dry, well-ventilated place.

Carrots. Remove tops and refrigerate covered. Store topped carrots in cool, dry place.

Greens. Use quickly. Trim off damaged leaves. Refrigerate covered. Wash just before using.

Lettuce. Trim, wash and store separately. Wash head an hour or two before needed and return to hydrator or damp cloth to crisp. Cover and refrigerate endive, escarole, parsley, romaine, watercress.

Sweet Corn. The quicker corn gets onto the table after harvest, the better. If stored, leave husks on to protect kernels. Wrap in slightly damp cloth, refrigerate briefly.

Tomatoes. Ripen at room temperature. Store in refrigerator or cool, dark, dry place.

Others. Refrigerate cucumbers and peppers. Refrigerate celery and celeriac; do not remove root ends until ready to use. Refrigerate peas covered and in pods, until ready to use. Store dry onions in cold, dark, dry place, well ventilated. Green onions and radishes in hydrator.

(Next Week: Care and storage of fruits, berries, melons.)

We Revel in New Season Berries, Melons

Three weeks ago we talked mostly of citrus fruits, bananas, avocados and pineapples. Today we find practically every berry, melon and fruit on the market excepting casabas, cranberries, Persians, pomegranates and tangerines and searching probably would reveal those.

Berries. Strawberries of course. Raspberries are ripening red and black in the early summer sunshine. Blueberries, huckleberries, Logan

berries, Youngberries and Boysenberries are increasing with July peaks ahead for making incomparable berry pies, cobbles, jams, jellies and preserves as well as for sheer enjoyment with sugar and cream, both sweet and sour.

Melons. Sweet tasting, chilled and fragrant cantaloupes for serving in peeled half moon slices with a French dressing as a salad, for breakfast and snacking with a dash of lemon or lime juice, with vanilla ice cream as super dessert. The pale green meat of the honeydew invites serving with fresh lime or lemon wedges. Plenty of watermelon for chilling; and plugging is still the best way to test them.

Fruits. Yellow fleshed peach varieties for eating "as is," for pies and cobbles, with Red Havens moving to market for freezing and canning when the price is right; for slicing and eating out of hand right now. Nectarines were never handsomer nor more luscious. Early plums are at their best with Santa Rosas increasing for late July peak. Luscious ripe sweet cherries too invite out-of-hand eating. Golden apricots of good quality but remember that these are highly perishable; must be handled carefully, eaten soon. Desert districts are getting a good start on the grape season.

Meat and Fish. We may revel in fresh produce but meat still makes the meal for most men; takes 25 per cent of the food budget according to recent USDA report. Meat prices in general show no tendency to decline but the markets' advertised specials along with poultry, hamburger, frankfurters, lamb and beef steaks will help budget-balancing as well as making very good eating. Excellent values at fresh and frozen fish counters: cod, flounder, crab meat, fish sticks, rockfish

'Heavy Water' Found To Sterilize Mice; Potential Studied

By DELOS SMITH
UPI Science Editor

New York — (UPI) — Now that "heavy water" is relatively cheap, scientists are finding out what it does inside animal bodies. One amazing thing it does is to make mice sterile.



Delos Smith

Mice are prolific and sure-fire reproducers, as everyone knows. But 30 per cent "heavy water" in their drinking water stops their reproduction cold.

"Heavy water" differs from ordinary water in that its hydrogen atoms are heavier. But that is no slight difference. By exploiting the difference, scientists gained some of the basic knowledge of the atom which ushered in the atomic bomb and the atomic age.

The processes for making it out of ordinary water have been simplified and it is available for experiments in animals such as those conducted by Drs. Ann M. Hughes and Melvin Calvin in the laboratories of the University of California at Berkeley.

Experiments Simple
Their experiments were simple, as scientific experiments go. They did nothing to the mice except to spike their drinking water with deuterium oxide. As the proportion of this "heavy water" to ordinary water increased, so did the sterility of the mice of both sexes.

No harm seemed to have been done to the mice. There was halibut a best buy.

Veggies. They're all there and at reasonable cost due to nearness of growing areas.

were "controls," of course; the procedures were minutely scientific and the results aren't to be doubted.

You need to be reassured as to that because our bodies along with mice bodies deal constantly with hydrogen atoms. Our bodies and mice bodies are "biological systems" which are most similar although not identical, of course, but one can assume that what gives for the mouse system is most likely to give for the human.

Reason for Drastic Effect
Then why and how can hydrogen atoms which are heavier than the ordinary hydrogen atoms which are so useful, bring about such a dramatic and drastic effect? Reporting to the American Association for the Advancement of Science, the California scientists offered several speculative ideas.

In previous experiments they found that "heavy water" interfered with the reproduction of algae by slowing the dividing of its cells. From that knowledge, they reasoned that it interfered with the development of mouse ova.

Since the male reproductive chemistry was shown to be more susceptible than the female, they reasoned that the interference was mainly with the male contribution to the fertilized egg. They haven't the answers by any means, they said. But they intend to get them.

ACTOR DIES
New York — (UPI) — Phil Pheffer, 39, a stage and television actor, died Wednesday night after a short illness. He had leading roles in an off-Broadway production of "The Iceman Cometh" and in several summer stock productions, in addition to his television work.

Tacoma Disclaims Responsibility

Tacoma — (UPI) — The city of Tacoma disclaimed any responsibility Thursday for a bridge planned by Lewis county officials despite the fact that it will be covered with about 100 feet of water when Tacoma builds its proposed Mayfield dam.

City Attorney Marshall McCormick said he was "taken aback" by the announcement that Lewis county intends to go ahead with its plans for a bridge over the Tilton river.

"The city will most certainly give notice to the Lewis County Commission that Tacoma will not be responsible for the bridge," McCormick said.

However, he added, there would "undoubtedly" be some litigation.

In Chehalis, Lewis County Engineer Charles Neville said the county would honor a contract with a Seattle firm, Troy T. Burnham Co., to build the bridge at a cost of about \$125,000.

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Body of Man Found In Blackberry Patch

Portland — (UPI) — The body of an 81-year-old Portland man, missing since June 13, was discovered Thursday in a hillside blackberry patch near SW 30th ave. and Multnomah blvd.

The man was identified from cards found in his pockets as Burton C. Mitchell.

Deputy Coroner Paul Haggard said Mitchell may have been struck by a car or he may have toppled down the bank. He said an autopsy is planned.

The male nightingale sings day and night during the mating season.

Quotes From the News

By UNITED PRESS INTERNATIONAL

Chicopee Falls, Mass. — Kazimierz Machowski, on whose farm an Air Force plane crashed, killing nine Air Force men and six newsmen:

"Parts of the plane were everywhere. It was the most awful thing I ever saw . . . and I hope I never see anything like it again."

Portland, Maine — Vice President Nixon, saying he doesn't think the Adams issue will be a decisive thing in the November elections:

"I have found from past experience that you can never predict in June what the issue will be in November."

Washington — Secretary of State John Foster Dulles, telling a congressional committee that the American way of life was in greater jeopardy from the cold than from a hot war:

"I think we would win a hot war and I do not know if we will win this cold war or not; depends on whether we have an adequate program."

Washington — Oren Harris (D-Ark.) chairman of the House Influence-Investigating subcommittee, on the cross-examination of John Fox about Fox's accusations against Sherman Adams:

"We want the truth—the facts and only that. It is our duty to protect, as well as expose the facts."

STEEL OFFICIAL DIES
Plainfield, N.J. — (UPI) — Charles H. Meyer, 60, staff assistant to the vice president and controller of the United States Steel Corporation, died Wednesday.

WRONG FUEL
Syracuse, N.Y. — (UPI) — It was sugary and syrupy but not sweet for Walter Heil when someone dumped sugar and syrup in his car's gas tank. Repair bill: \$500.

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