

## HILTS Young People Have Party

By MRS. M. F. CAVIN  
Hilts — A party Saturday night, Oct. 11, at the home of Mr. and Mrs. Rollin Rainwater, hosted by their daughter, Barbara, brought a group of young people together for games and dancing.

Marcia Kay Cavin, Marsha Simmens, Charles and Gloria Chase, Pat Fox, Rebecca Hah-john and Randy and Rhoda Rainwater. Refreshments of hot dogs, potato chips, relishes, cookies and punch were served at the close of the evening.

Mr. and Mrs. H. G. Thompson and daughter, Marilyn, visited Sunday at the home of Mr. and Mrs. Tom Bradley in Medford.

Sympathy is extended to Mr. and Mrs. Hubert (Buster) Lane and family at 2984 Buckshot rd., in Medford, on the death of their son Frankie, age 14, Saturday, Oct. 4.

Frankie was accidentally killed while hunting in the Roxy Ann area with two companions.

"Bus" Lane was employed several years ago at the Fruit Growers Supply company and he and his family resided here at that time. Frankie attended the local school.

The Hilts Community club met Thursday, Oct. 9, at the club room in the Community Center building. Mrs. Ernest Spannaus was hostess.

As was decided, both canasta and pinocle were played, with high score for pinocle going to Mrs. Ozzie Bernheisel and low to Mrs. Frank Graves. Prizes for canasta were won by Mrs. E. Savage, high, and

Mrs. Frank Ayres, low. Members playing were Mrs. Art Hartman, Mrs. Ozzie Bernheisel, Mrs. Frank Ayres, Mrs. Fred Haynes, Mrs. Joe Caston and Mrs. Frank Ohlund and Mrs. Ethel White of Hornbrook, as well as a guest player, Mrs. E. Savage, of Yreka. Mrs. Savage is Mrs. Ohlund's niece.

Mrs. Ray Middleton Jr. and daughter, Kathy, returned home Wednesday, Oct. 8, after spending several months with her husband in South Carolina. Middleton is stationed there with the U. S. Army.

The first of the week Ray arrived here on a 23-day furlough. They are at the home of Mr. and Mrs. Ray Middleton Sr.

Victor Van de Weghe spent the weekend at the home of his brother and sister-in-law, Mr. and Leland Stickney, in Medford.

He was brought home Sunday by Mr. and Mrs. Les Boardman, also of Medford, who were overnight guests at the Van de Weghe home. Boardman is Mrs. Van de Weghe's nephew.

Mr. and Mrs. Donivan Ward and daughter, Gayel, attended a birthday dinner at the home of Mrs. Robert De Voe and family in honor of Mrs. De Voe's mother, Mrs. Jackie McCullough.

Another guest was Mr. Frank Ward of Hornbrook.

Mr. and Mrs. Doug Whitaker and family made a trip to Salt Lake City last week to attend a three-day semi-annual conference for the

## Vehicle Hits Pumps At Service Station

Walter Glenn Smith, route 3, box 169U, was cited for defective equipment (no emergency brake) Sunday morning after the vehicle he was driving crashed into three Golden Eagle gas pumps at Oil City Service station, 1880 North Riverside ave., Medford police reported.

Latter Day Saints church. Mrs. Harvey Fry and Mrs. Carol Davenport attended a recent luncheon at a friend's home in Ashland.

Mrs. M. G. King who underwent major surgery in the Ashland hospital, returned to her home Thursday, Oct. 9.

Mrs. King is able to be out and has called on several of her friends.

Mr. and Mrs. Marvin Widness and son, Mike, have moved from McMinnville into one of the apartments. Mr. Widness is employed as a pond man. Mike is in the seventh grade and has enrolled at the local school.

Mr. and Mrs. Dick Williams spent several days last week at the home of their son-in-law and daughter, Mr. and Mrs. Nelson Watts, in Chico.

On Friday, Mr. and Mrs. Roy Williams drove down to return his parents to Yreka, where they were the guests of another daughter, Mrs. Violet Williams, for the remainder of the week.

The regular meeting of the Hills PTA was held in the cafeteria room at the school house Thursday, Oct. 16.

Mrs. Edna Barr, 25th district of PTA, president of Yreka, gave a resume of the 18 propositions to be voted on in November.

Plans for serving the dinner at the regular meeting of the firemen Nov. 3 were discussed and Mrs. Al Simmen was placed in charge of the preparations of the meal. Several members volunteered to bake pies for dessert.

Mr. John Fenton's third and fourth grades won the popscicles for having the largest percentage of parents present. Hostesses were Mrs. Rodney Eastman, Mrs. Gilbert Luper and Mrs. Robert Preston.

## They'll Do It Every Time By Jimmy Hatlo



## Back Stairs: New Sign Greet's Ike

By MERRIMAN SMITH  
UPI Correspondent  
Los Angeles — (UPI) — Back stairs at the White House:

As President Eisenhower tours the country, he runs into new signs along the highways over which his motorcades proceed.

One new addition to his vast collection of roadside greetings was outside Salina, Kan., where a group of young military school cadets were drawn up in as stiff attention as their excitement of the moment would permit.

Their sign said: "Hi sir."

When the President stopped at Cedar Rapids, Iowa, he just wouldn't let well enough alone and now he realizes that some mysterious fate will keep him on his diet whether he likes it or not.

The President was leaving a tent at the national corn picking contest and spied a big cake which proclaimed "Welcome Ike" in white and yellow icing.

"I just can't leave," he said, "without a piece of that wonderful looking cake." Whereupon one of the hostesses cut a big slab and handed it to him. He took it gingerly with one hand and attempted to sign a lady's autograph book with the other hand.

Several other ladies showed up with papers to be autographed and the President was hemmed in. As he tried to do everything at once, the cake seemed to explode and he started to drop it, then grabbed for it.

A cascade of icing fell over his gray suit. He grabbed for one stray bit of cake and got icing up his sleeve. Finally, he had to step away from the ladies and dust himself off. But not without leaving a few telltale spots.

When the President visited last week in his old hometown of Abilene, he stayed at the Sunflower Hotel where he last was a guest in 1954. Each time, the hotel manager claims, that the President comes to town the secret service makes the Sunflower install new elevator cables.

As one of the hotel clerks said "We now have the largest supply of slightly used elevator cable in all Kansas."

In the Eisenhower Museum in Abilene, there is a display

of auto license plates used by the President over the years. One is a 1948 New York license number "DE III." The President had this number when he was president of Columbia University.

Could this be prophetic? The District of Columbia number on the car of Vice President Richard M. Nixon is "1111."

As far as any one can remember, the first time Eisenhower was ever photographed as President worshipping in a purely religious church service was in St. Mathews' Cathedral in Washington. This was last week when he attended the Pontifical Requiem Mass for the late Pope Pius XII.

The usual policy of press secretary James C. Hagerty is to refuse flatly to let photographers inside a church where the President is attending a service.

London — (UPI) — Lord Mayor Sir Dennis Truscott quoted a schoolgirl's essay about his job: "The Lord Mayor is covered in fur and goes around in a coach. He is a newcomer to the city, but he has a lot of affairs there."

## Men Who Exercise Regularly Said Less Likely To Have Stroke

By DELOS SMITH  
UPI Science Editor  
New York — (UPI) — Science has come through with clear although complicated proof that men who exercise regularly are less likely to have heart attacks and "strokes" than men who don't.

That is what countless physicians have been waiting for before really raising the sit-down living habits of countless aging males. It had long been suspected on the basis of statistical evidence.

To get the physical proof in human bodies, Prof. H. W. Fullerton, long a world leader in scientific efforts to understand the blood chemistry which leads to heart attacks and "strokes," first devised super-sensitive measurements of the clotting times of blood.

Used Medical Students  
Then he and his associate, D. G. A. McDonald, applied the measurements to healthy young medical students. On test days they reported to the testers fresh from a night's sleep, with empty stomachs. Blood was drawn for test-tube measurements of clotting-times and then they were given a breakfast of eggs, bacon, and ample butter for the toast.

Three and a half hours later, more blood was drawn for more test tube measurements of clotting times. The breakfast was high on fats, and meals high in fats will make the blood more readily clottable while the meal is being digested. But that is the kind of meal most people have — three times a day.

The test-days of the young men were divided between strictly sit-down mornings during which they exerted themselves physically only to the extent of walking from one classroom to another, and exercise mornings when after breakfast they walked three miles, rested a while, and then walked another three miles.

Results Given  
Their blood at the end of a sit-down morning clotted much more quickly and readily than at the end of an exercise morning. Blood clots naturally, of course. The scientists measured the effects of the high-fats breakfast as an "acceleration" of normal clotting time. The exercise all but "abolished" this acceleration, they found.

The meanings of this is rather clear when you keep in mind that blood clots in blood vessels of heart or brain

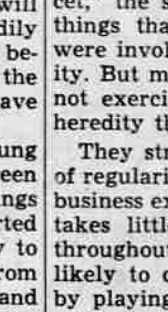
causes a block of blood flow which produces heart attack or stroke. In reporting to the technical journal, "The Lancet," the scientists said other things than blood chemistry were involved, such as heredity. But men may exercise or not exercise, as they choose; heredity they have to take.

They stressed the necessity of regularity in exercise. "The business executive who undertakes little physical activity throughout the week is unlikely to compensate for this by playing several rounds of golf at the week end," they said.

Dr. Fullerton is professor of medicine at the University of Aberdeen, Scotland and McDonald is an assistant.



Delos Smith  
UPI Science Editor



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