

Scientists Warned To Take It Easy In Changing Diet

By DELOS SMITH
UPI Science Editor

New York—(UPI)—Scientists who think it would improve the public's health to change the common American diet have been warned to take it easy because eating is an emotional expression of people and not just a matter of chemicals and calories.

The warning comes from Dr. Walter W. Hamburger, associate professor of psychiatry at the University of Rochester (N.Y.).

It has sharp pertinence because science is forging an ever-stronger link between America's high-fat diet and its high death rate from heart attacks.

He skipped the question of



IT'S FUN TO EAT!
Rosarita
MEXICAN FOOD

And it's fun that's always in good taste! Rosarita's real, exciting, Mexican flavor guarantees the success of any meal.

Entertaining the boss? Retaining with it? Just heat 'n serve! ROSARITA ENCHILADAS

Your choice of 2 large Beef or Cheese-filled Enchiladas. Serve with Rosarita Refried Beans—top off with a sauce to suit your own taste! Mc-Mc-Mc-Mc-Mc-Mc-Mc!

Rosarita
MEXICAN FOODS
Look for me at your grocery store!

whether a change in the American diet would be a good thing, since his scientific concern is more with the mind than with the body. But he was emphatic in saying people who resist a change of diet should not be pressured, threatened or made to feel guilty.

Emotional Symptoms
This should be well known to all physicians merely from their unsuccessful efforts to get some overweight patients to reduce, he said. Some have fired their doctors and continued to be overweight but have "a new conflict because they have not followed professional advice."

"Or if they continue the treatment and lose weight to conform to professional pressure," he said, "they experience in many instances emotional symptoms of depression, anxiety and irritability."

Hamburger was advising members of the American Public Health Association on the practicality of a big-scale campaign to persuade the American public to reduce the animal fats and, perhaps, increase the vegetable fats of its common diet.

He thought such a campaign could be feasible from the psychological viewpoint "for a large segment of our public." But he thought "any public health campaign which utilizes the threat of serious illness to the person who does not reduce his fat intake," would be worse than no campaign at all.

Cites Associations
The experiences of mind science show quite clearly the emotional meanings of food, which can be controlling in "the emotionally unstable," he said. For instance, some men associate meat with virility and a substitute of vegetable fats for some of their meat fats would strike them as regrettably sissy.

Milk is a food often identified with mother; unconsciously some persons consume much milk only to feel an emotional solidarity with their mothers. On the other hand, he cited a woman who didn't wish such solidarity, and milk acted in her stomach as a poison. But she was a tremendous meat eater, he said. Unconsciously she associated meat with her father who was "the preferred parent" of her early childhood.

"Like all other medicine it should be taken as needed," Horton said. "I tell parents to be sure a child is guilty before spanking him; never spank him when angry; don't apologize after spanking him; and use the paddle as a reality, not as a threat."

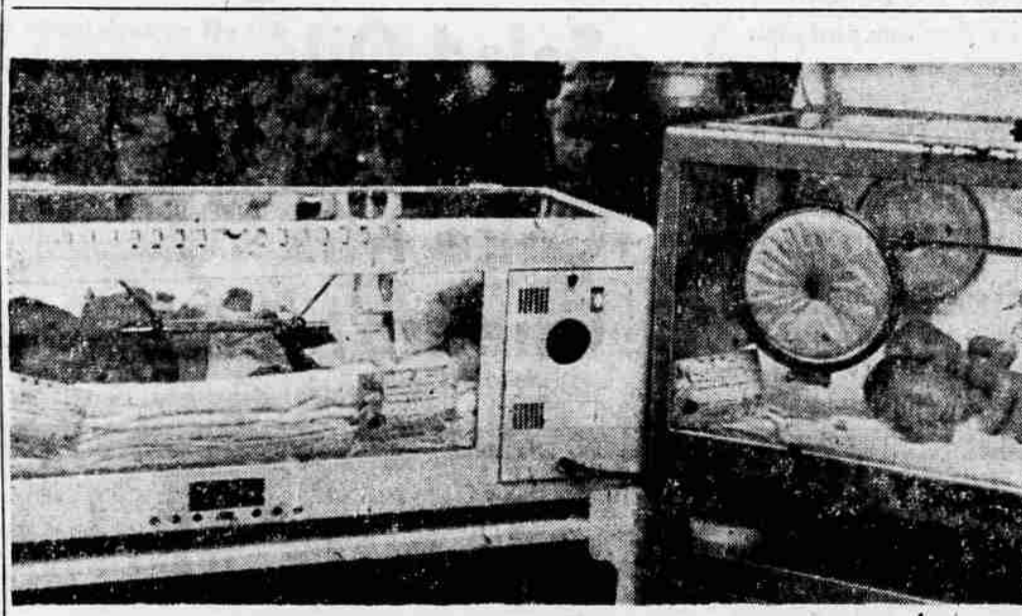
Zigzag, Ore.—(UPI)—Mrs. Cornelius DeYoung, 69, Portland, object of an all-night search in rugged country near Mt. Hood, has been found alive and in apparent good condition.



NEW IMPERIAL—The 1959 Imperial sedan, shown above, is one of four body styles in the new Imperial line. A new 350-horsepower engine, increased interior room for passengers and many optional features including front swivel seats are featured. The Imperial will go on display at Hamlin Motor company, Eighth and Front sts., Medford, Friday.



IKE ARRIVES IN SAN FRANCISCO—President Eisenhower waves with both hands as motorcade proceeds along Van Ness ave. in San Francisco. The President is campaigning on the West Coast to aid Republican candidates in the fall election.



SLEEPING PEACEFULLY, quadruplets, two boys, two girls, are center of attention at Richmond, Va., hospital. They were born to Mrs. Edward G. Englehart, wife of 65 a week Richmond city employe. Englehart has six other children, all girls.

Chrome Producers Schedule Meeting

The Calif-Oregon Chrome Producers association will meet in the American Legion hall in Cave Junction at 2 p.m. Saturday, Oct. 25. Jean W. Pressler, secretary, has announced.

Application to the U.S. tariff commission for relief under the "escape clause" for injury to the domestic chrome industry because of high imports of low cost foreign chrome will be discussed. Ferrochrome and chemical plants to stabilize and permit the chrome mining industry to continue without government support also will be discussed.

Dick Tracy's Boss Poor Detective

Hollywood—(UPI)—Dick Tracy's creator, cartoonist Chester Gould, didn't prove to be quite the detective his comic strip hero is Wednesday night when he was trucked into appearing on NBC's "This Is Your Life" TV show.

Gould came to Hollywood from his home in Woodstock, Ill., thinking he was to attend a business conference. Master of ceremonies Ralph Edwards was waiting for the cartoonist as Gould took a "tour" of the NBC-TV studios in Burbank.

Asbestos, discovered in Canada about 1862, was known as a fireproof material to the ancient Greeks and Romans.

Quotes From the News

By United Press International

Cranston, R.I.—Vice President Nixon, warning that the Democrats may bring on a disastrous inflation: "Don't forget that every wild spending government in history ends up with worthless money."

Wilmington, Del.—Former President Truman, in accusing Nixon of using "verbal garbage" in his campaign speeches: "A sound government to the Republicans is the kind of government in which the president makes nice sounds while the vice president snarls."

Chicago—Mayor Paul Egan of Aurora, Ill., who is feuding with his police chief, on why he wants to see President Eisenhower: "I want the Army out there in Aurora. At least a couple battalions of whatever is necessary to run the police out of office."

Washington—Actress Talulah Bankhead, who also is a Democrat, on the presidential possibilities of Vice President Nixon: "Heaven help us all if Nixon is elected president in 1956."

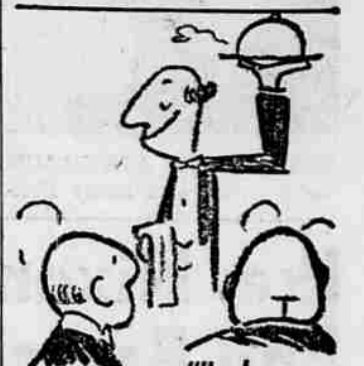
Light Bulb Sale to Continue, Club Says

Electric light bulbs left from a recent sale by the Crater Lions club will be sold at a later date, club officials have announced. The sale will be sometime after Robert H. Organ, sales chairman, returns. Organ was called to California recently because of a death.

Money raised from the light bulb sale is used to support the sight and blind program of the club.

RAIN STUDY

Ann Arbor, Mich.—(UPI)—University of Michigan scientists hope to learn a lot about the whys and wherefores of rain with the most powerful of all weather radar stations ever put on wheels. The equipment can detect and measure rain drops 50 to 100 miles up in the sky. It is packed in a van and will be used in mountains and on lake shores.



Got A Sugar Problem?
Get non-caloric, non-fattening **M.C.P. JELSWET LIQUID SWEETNER** SPECIAL OFFER!
25¢ PURSE SIZE BOTTLE FREE
With purchase of 4 oz. bottle at regular price.
ASK YOUR GROCER!

Santiam
BLUE LAKE STRINGLESS GREEN BEANS
STRAIGHT-STRINGLESS ALL MEAT TENDER GREEN BEANS

Save 15¢ on Friskies Cat Food

Just take coupon to your store...

DOUBLE OPPORTUNITY! You introduce your pet to wonderful, nourishing Friskies...you pocket real savings doing it!

CHOICE FISH NOURISHMENT...NO STRONG FISHY ODOR! Even the fussiest cats prefer Friskies! Made only from the finest table-quality fish, fortified with Vitamins B₁, B₂, and E, plus selected cereals, Friskies offers everything your cat needs for sleek appearance, happy, healthy life. Pleasant to feed, too...there's no strong fishy odor.

SAVE ON FRISKIES NOW! The coupon below cuts 15¢ off the price of three small or two large cans of Friskies. Clip and take coupon to your dealer today!

another quality product from Carnation



Hurry! Offer is limited!

This coupon worth 15¢... on three 8-oz. or two 15½-oz. cans of Friskies

TO DEALER: This coupon is redeemable for 15¢ (plus 2¢ handling) through Carnation-Albers salesmen or if mailed to Carnation-Albers, Los Angeles 5, Calif., provided it has been used for the purchase of Friskies Cat Food in accordance with offer shown above. Void in any state or municipality where prohibited, taxed or otherwise restricted. Cash value 1/10 cent.

Albers Milling Co., Div. of Carnation Co. • Limit: one per family. Expiration date: Dec. 31, 1958

TOM THUMB		MIDGET PRICES	
TABLE ROCK ROAD AT 4 CORNERS • PHONE NO 4-1511		Thursday, Friday, Saturday	
OPEN 8 A.M. TILL 7 P.M. EVERY DAY			
U.S. NO. 2 Potatoes 50 lbs. 95¢	FANCY GOLDEN Bananas 2 lbs. 25¢	CHASE and SANBORN Coffee Drip or Regular Lb. 69¢	LIQUID DETERGENT Wisk For Wash or Dishes ½ Gal. \$1.39
LARGE CRISP Lettuce 2 heads 15¢	SWEET POTATOES or Fancy Yams 3 lbs. 29¢	BORDEN'S PURE Mayonnaise Qt. 49¢	KRAFT Velveeta CHEESE FOOD 2 lbs. 69¢
RED DELICIOUS Apples 38 Lb. \$1.59	SLICED Bacon Ends Lb. 29¢	BETTY CROCKER Bisquick 3 pkgs. \$1.00	CREAM FLAKE Shortening 3 lb. can 69¢
YOUNG TENDER Pork Loin Half or Whole Lb. 55¢	LITE LEAN Spare Ribs Lb. 53¢	SKIPPY CANNED Dog Food 12 For 89¢	
CASCADE BRAND Ham Whole or Shank Half Lb. 55¢	PURE FRESH GROUND Beef The very best Lb. 49¢		
TOM THUMB MOBIL FEED GENUINE PRESTONE Gallon \$2.09		TOM THUMB	