

Grange News
Upper Rogue Grange will hold a meeting Thursday evening, Nov. 6. Annual election of officers for the ensuing year will be held and final plans will be formulated for the Country Fair which the Grange will present Saturday, Nov. 22.

A visitation by Josephine County Grangers is also expected. All members are urged to attend.



JOHN M. HELFRICH
Named Manager

Helfrich Named Commercial Head

John M. Helfrich of Portland has been named Pacific Telephone and Telegraph company's southern Oregon district commercial manager, according to J. H. Creager, Medford manager.

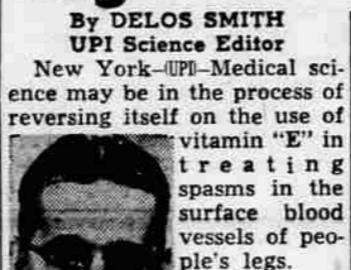
Helfrich, who now is personnel supervisor in the Oregon area headquarters, succeeds the late R. B. Bacon.

Helfrich started his telephone career in Portland in 1946 as a telephone representative after serving with the Navy in World War II. He became an assistant manager, an exchange manager and a sales supervisor later.

He will supervise the company's commercial operations throughout southern Oregon, and will have his office in Eugene.

Creager said Helfrich supervised crews in southern Oregon for change over to the dial system in Central Point and the Phoenix-Talent area.

Interest Revived In Vitamin E for Leg Muscle Spasms



By DELOS SMITH
UPI Science Editor

New York—Medical science may be in the process of reversing itself on the use of vitamin "E" in treating spasms in the surface blood vessels of people's legs.

Nine years ago a medical scientist found this obscure vitamin relieved those spasms in a number of victims. This caused a medical stir because those spasms cause a painful lameness and can lead to such blood starvation in the legs they have to be amputated to avoid gangrene.

Other scientists tried out vitamin E in other victims. Some couldn't verify the hopeful results; others verified them only in part. Medical interest slipped. But now it has been revived with a bang. Results of a "blind test" strongly indicate the vitamin can end those spasms.

The test was made by Drs. Peter D. Livingstone and Clifford Jones in 40 men who had had the spasms for years and some of whom were in a bad way in their legs as the result. Twenty of the 40 got heavy daily doses for 40 weeks. The other 20 got pills which looked exactly like the vitamin pills but were chemically blank.

Neither doctors nor patients know which patients were getting the vitamin E until the end of the experiment when the identifying code was "broken." While the experiment was on, every effort was made to spot the results, if any, as they appeared.

But that's hard. The victim feels the spasm if he has his weight on his legs, but the result of an individual spasm is not detectable by the doctor. The doctor sees only the damage continuing spasms do to blood vessels by breaking them down slowly.

So the men were required to walk up two steep steps and then turn and walk down them. This was done daily, and they kept walking until the laming pain appeared, indicating spasm. In that way, there was an "objective" measurement of whether spasms decreased during the experimental period.

During the experiment three men were lost from each set of 20 because they died or their illness became more crippling. Of the remaining 17 who got the vitamin, 13 considered they were improved and four noted no change in their condition. Of the 17 who took the chemical blank, 20 thought they were improved and 15 were sure they weren't.

Livingstone and Jones thought heavy doses over a considerable period were needed if there was going to be an effect. What the E vitamin has to do with the tone of blood vessels, science doesn't know—it is one of the many secrets of body chemistry science hopes to lay bare, with persistent striving.



CHARGED—Charles F. Willis Jr., former White House aide and assistant to Sherman Adams prior to 1955, has been charged by Rep. Adam Clayton Powell (D., N. Y.) with having offered him \$50,000 if he would support the GOP ticket in the New York state election. Willis, now president of Alaska Airlines, has denied the charge.

Yreka Convention Adopts Resolution
Cave Junction — The convention of the Western Mining Council in Yreka, Calif., recently, adopted the resolution proposed by the Illinois Valley Chapter, WMC, Inc. The resolution embodies the recommendation that the government buy and stock pile all strategic minerals and buy gold at recognized world prices and place gold coins in circulation as legal tender.

GIVE THE UNITED WAY

..MY COUGH IS GONE!
How About Yours?

For fast relief of coughs following colds or flu do as I did. Take Creomulsion Cough Syrup at once. Creomulsion stops the tickle, soothes irritation and helps you to breathe more freely. For quick cough comfort get—

CREOMULSION
FOR COUGHS, CHEST COLDS, ACUTE BRONCHITIS

117 S. CENTRAL SP 3-7301 FREE PARKING IN REAR OF STORE



WARDS
MONTGOMERY WARD

It's a handsome desk... a welcome addition to any room decor. Your choice of oak or mahogany veneers.

It's a complete sewing center... fully automatic sewing machine. Plenty of work-space and one spacious drawer for accessories.

20-YEAR GUARANTEE • FREE 7-DAY HOME TRIAL

SALE! SIGNATURE
fully automatic zig-zag desk sewing machine

\$188 \$5 DOWN
NO MONTHLY PAYMENTS 'TIL FEBRUARY 1959

- 7 "magic" cams do thousands of decorative patterns—automatically for new sewing ease
- New pushbutton reverse for fast back-tacking
- Zig-zag stitch control for easier stitching

Even if you never sewed a stitch before, you'll sew beautifully with this automatic Signature! Embroider, applique, sew on buttons, makes perfect corded buttonholes, any length—all without extra attachments. Come into Wards—sew on a Signature and you'll sell yourself!

SPECIAL
Pre-Christmas Reduction!
SAMSONITE STREAMLITE
TRAIN CASE
Reg. \$17.95 plus tax
Special **\$14.95** plus tax

In Hawaiian blue, London grey, crystal green, saddle tan or natural rawhide. Your choice while supply lasts. LAY-AWAYS INVITED! COMPLETE SETS AVAILABLE!

"J.N." GREEN STAMPS
• Luggage Repairs • Luggage Covers

Burk's for all your luggage needs
314 East Main Phone SP 2-4422

WOOLWORTH'S

OPEN MONDAYS 'TIL 9:00 P.M.

BIG Savings
SHOP NOW ..

CHRISTMAS Paper
Box of 3 big rolls, assorted designs, Christmas wrapping paper.
Regular \$1.00 Value
Our Price 77¢

BOXED Christmas Cards
Big value assortment of 50 beautiful Christmas Cards with envelopes.
Regular 98c Value
Our Price 77¢

Head Scarfs
Ladies water repellent print scarfs in a large assortment of attractive print designs. Size 32 x 32 with hand rolled hems.
Each 59¢

Jewelry Boxes
High gloss lacquer finish musical jewel chest. Inside mirror and tray, blue corduroy lining. Complete with lock and key.
Each \$7.95

USE OUR LAY-A-WAY

Ladies Slippers
Ladies' capeskin vinyl leather soft sole slipper with natural shearing collar and full fleece lining. Colors red and royal blue.
Pair \$1.88

GIRLS' Car Coats
Made of heavy washable saiteen with washable quilted lining. Sizes 8 to 14 in red or turquoise.
\$5.95 Each

22" HIGH HEEL Dolls
Vinyl teen-age doll with moving eyes, rooted hair, high heel shoes. Taffeta dresses in stripes, dots of plain colors.
Each \$3.98

Wrist Watches
These watches are guaranteed to give complete satisfaction. A new watch, without question within 90 days of purchase if not satisfied.
\$8.95 plus tax

BOYS' BOMBER Jackets
Made of backed plastic with dynel collar, quilted lining. Sizes 6 to 14 in brown only.
Each \$5.95

"SATISFACTION GUARANTEED OR YOUR MONEY REFUNDED"

F. W. WOOLWORTH CO.
39 NORTH CENTRAL AVENUE • MEDFORD, OREGON

Multnomah Defeats 2 Money Measures

Portland—(UPI)—Money bills were defeated Tuesday in the Portland-Multnomah county area where voters have been hit by recent property tax increases.

A proposal for a new \$7 million second bridge over the Willamette river went down to defeat by more than a four-to-one margin.

A \$139,555,000 bond issue tax levy for a 10-year capital improvement program in Portland also was soundly defeated.

Is That So? By OLGA BURNS

If you ever see a hawk walking, look for a quail. The fact is hawks stalk them on foot when there is no other way of getting them.



Such incidents are more commonly seen in the bobwhite's liking for the ground is so pronounced that he usually even roosts there. Since snakes, rats and many other predators are on a constant lookout for them one would think they would stay in the trees. However, bobwhites have worked out a technique that is effective for the majority though death for the individual.

Form Into Circle
It consists of this. When the hour for sleep comes, they form themselves into a circle in a comparatively open spot, tails toward the center, and breasts out. Thus, when an enemy attacks, only one or two are killed and all the others launch themselves safely into the air without danger of bumping into each other in the critical moment of takeoff.

Stranger still is the fact they usually nest on the ground. In that case, they apparently rely solely on their powers of camouflage for protection. Off the ground, danger from many predators would be eliminated, but on the ground there is danger from all.

(Released by McClure Newspaper Syndicate)

Free: By special arrangement with the editors of the Encyclopedia Americana, my panel of judges will award each week to the reader who sends me the best true-life nature observation, or the best question on nature and wildlife, a complete 30-volume set of this world-famous reference work in a handsome Sealcraft binding. Each week new submissions will be considered. Sorry, I simply can't answer you many friendly letters. Please address your letter to: Is That So! in care of Medford Mail Tribune, Box 1069, San Francisco, Calif.

white quail country that includes much of the land east of the Rockies.

Hawks prefer, of course, to kill a quail on the wing. But the bobwhite is a fast flier for short distances, with speeds up to 40 miles an hour. He is also nimble in the air, and so with luck he sometimes makes it to a clump of bushes into which he dives. At that point, the hawk, likely as not, will light on the ground nearby, study the situation briefly and then walk into the thicket. He knows that the bobwhite, probably exhausted, trusts to his powers of camouflage and may lie still long enough for the hawk to reach him.

The hawk has both good eyesight and a keen sense of smell. Because of the latter he will surely get the bobwhite if the little bird lies still too long. Some of the bobwhites seem to realize this and make a break for it as the hawk draws near. If one does, his chances are excellent. The reason is the quail is relatively faster on the ground than in the air, and the hawk, because of his size, cannot possibly overtake him.

By George! you'll say after listening to Jack Vaughn's bed-time story of old Tibet tonight at 10:30 on T.V.