Body Needs Fewer Calories as Years Begin To Creep Up

Editor's note: Following is the last of four dispatches on overweight.

By PATRICIA McCORMACK

New York – (UPI) – Even the lean have to worry about getting fat.

After the age of 25, you must reduce the number of calories to stay as slim as you are. Your body needs one per cent fewer calories per year, as the years creep up.

The caloric need is 15 calories per pound of desired body weight. In other words, if you weigh 150 pounds and want to stay there, you need 15 times 150 to hold the line. That adds up to 2,250 calories. By the above rule, then, you would cut 22.5 calories off the daily food intake in your 26th year; another 22.5 in your 27th year, and so on.

To lose weight, meanwhile, fatties must remember that there are 3,500 calories in pound of stored fat. Doctors say it's safe to lose no more than two pounds a week. That's 7,000 calories to cut.

Pass up 1,000 calories a day and you're on your way. Get your loctor's okay before going ahead with the reduced rations.

Skip the starvation diets and the gimmicks. Eat three meals a day, but cut the portions to keep within the calorie budget you've set for yourself.

The calorie cost of what you do in a day's time, over a month and over the years, figures, too.

Dr. Herbert Pollack, of the New York University Postgraduate School of Medicine, says remember that laborsaving devices cause you to spend less and less energy.

"Not too long ago, the housewife spent 240 calories scrubbing the family wash and another 50 calories hauling it to the line. Today, dumping the clothes into the automatic washer and tapping a button takes no more than 15 calories."

There are differences in the calorie cost of lying down, sitting, standing quietly and standing while moving a little bit. The differences, according to Dr. Pollack, aren't large, but when multiplied by the total minutes during the day, they loom larger.

For example, there is a difference of almost nine calories an hour between sitting quietly and standing quietly. Those persons who never stand still may use 66 calories an hour more than the quiet one.

"In 70 hours," said Dr. Pollack, "the former burns the equivalent of one pound of body weight."

Office workers interested in preventing obesity have to pay attention to what happens when the boss buys an electric typewriter.

A gal who weighs 120 pounds and is 63 inches tall uses 87.7 calories per hour in operating a standard machine. The same typist, according to Dr. Pollack, using an electric typewriter, spends only 72.9 calories an hour.

Values for other activities: sleeping, 65:4 calories per hour; lying down, 75 calories per hour; sitting, 81 calories per hour; standing, 90 calories per hour; standing and light action, 156 calories per hour.

Walking 2.5 miles, 210 calories; cycling the same distance, 122; driving, same distance, 17 calories.

Making a bed, 2.54 calories per minute; shining shoes, 2.11 calories per minute; walking indoors, 1.68 calories per minute; walking outdoors, 3.07 calories per minute.

Swimming, 6.06 calories per minute; tennis, 3.5 calories per minute; badminton, 1.91 calories per minute; rowing, 4 calories per minute; dancing, 2 calories per minute; showering, 1.84 calories per minute.

Third of July Party Scheduled Here

A Third of July party will be held Friday at 6:30 p.m. by the Geneva Fellowship of First Presbyterian church for all post high school young people.

The event will be held at the home of Mr. and Mrs. George Flanagan on North Pacific highway. College students and recent high school graduates are invited to attend from Ashland, Jacksonville, and nearby communities.

The party will include swimming and games followed by a potluck supper. Persons planning to attend with last initial from A through J are to take a hot dish; K through S a salad, and T through Z a dessert. Following supper there will be singing and a devotional service by Ross Kinsler, summer assistant at the church.

St. Helens, Ore. – (UPI) – The body of Don J. Campbell, 44, Seattle, one of two men believed aboard a plane which crashed June 14 in the Columbia river has been recovered near here.

Florence–(UPI)–The search for Elbert Straight, 76, of Florence, believed lost in dense woods south of here, entered its third day today.

LEGAL NOTICES

PROCLAMATION

WHEREAS, the unregulated use of certain forest areas is, in the judgment of the State Forester, a menace to life and property due to conditions tending to cause or allow the rapid spread of fires which might occur or because of the inaccessible character of such areas due to the lack of suitable roads, and

WHEREAS, upon the showing of the State Forester it appears to me to be necessary to close to unregulated use the following areas designated as:

AREA NO. R-1—All lands protected from fire by the Deschutes, Fremont, Malheur, Mt. Hood, Ochoco, Rogue River, Siskiyou, Siuslaw, Umatilla, Umpqua, Wallowa-Whitman and Willamette National Forest in Oregon.

NOW THEREFORE, I, Mark O. Hatfield, Governor of the State of Oregon, by virtue of the authority vested in me under the provisions of Sections 477.156 and 477.158, Oregon Forest Laws, do hereby proclaim the unregulated use of the above-described areas to be unlawful and do hereby close said areas and the same shall be subject to use only upon condition that entrants shall comply with all of the following requirements or conditions:

1. Smoking restrictions as specified by the Forester.
2. Have as equipment when using campfires, except when traveling as a pedestrian or camping at improved, designated and posted campgrounds tools as specified by the Forester suitable for extinguishing fires.

This proclamation shall be effective from and after the 1st day of July, 1959, and shall remain in full force and effect until and including the 31st day of October, 1959.

Done at the Capitol in Salem, Oregon, this 22 day of June, 1959.

/s/ Mark O. Hatfield
Governor

SEAL

STATE OF OREGON

ATTEST:
/s/ Howell Appling, Jr.
Secretary of State

Smoking Restrictions and Tools Specified by the Forester:

1. Smoking restrictions applicable in item number 1 above are as follows:
   a. Smoking is prohibited while traveling in timber, brush or grass areas except in vehicles on roads.
2. Tools required in item number 2 above are as follows:
   a. One axe not less than 26 inches in length overall, with head weighing 2 pounds or over.
   b. One shovel not less 36 inches in length overall, with blade not less than 8 inches wide.
   c. One water container, capacity one gallon or more.

Specified by the Forester on June 22, 1959

/s/ D. L. Phipps
State Forester

NOTICE OF DISSOLUTION OF PARTNERSHIP

NOTICE IS HEHEBY GIVEN that the partnership lately existing between Guy Corliss and Bob Corliss under the firm name of Guy and Bob's Texaco Service has been dissolved and terminated, so far as relates to Guy Corliss, and the further operation of said business by Bob Corliss is for his own account.

Dated and published this 2 day of July, 1959.

Guy Corliss

NOTICE
No. 1245

In the Circuit Court of the State of Oregon for the County of Jackson

In the Matter of the Application of Wayne Ludwell Shadburne for change of name.

To all persons interested and whomsoever might be concerned:

You, and each of you, are hereby notified that the Circuit Court of Jackson County, Oregon, having jurisdiction of the subject matter and the person hereinabove named, under date of July 1, 1959, duly and regularly made, rendered and entered an order and decree changing the name of Wayne Ludwell Shadburne to Wayne Anthony Shadburne.

WITNESS the hand and seal of the Circuit Court of Jackson County, Oregon, this 1st day of July, 1959.

James M. Main
Circuit Judge

Attest:
E. M. Madden
County Clerk
By Jeanne W. Brown
Deputy

NOTICE OF PUBLIC HEARING

NOTICE IS HEREBY GIVEN that at 7:30 o'clock P.M. on the 9th day of July, 1959 in the Council Chambers of the City Hall in the City of Medford, Oregon there shall be a public hearing by and before the Planning Commission of said city on the question of changing the zoning of the following described area within said city, to-wit:

Lots 1 thru 3 inclusive, Block 1, Humphrey Andrews Addition; Lots 1 and 2, Block 2, Humphrey Andrews Addition; Lots 1 thru 6 inclusive, Block 3, Fruitdale Addition; Lots 6 thru 9 inclusive, Block 1, Queen Anne Addition; Lots 6 thru 9 inclusive, Block 2, Queen Anne Addition; and the three lots facing Crater Lake Avenue on the Southeast corner of the intersection of Reddy Street and Crater Lake Avenue, not part of a plotted subdivision,

being an area on Crater Lake Avenue between East Main Street and Jackson Street, from Class IA, Single Family Dwelling District to Class II, Multiple Family Dwelling District.

O. R. McNeel
Building Inspector

NOTICE OF PUBLIC HEARING

NOTICE IS HEREBY GIVEN that at 7:30 o'clock P.M. on the 9th day of July, 1959 in the Council Chambers of the City Hall in the City of Medford, Oregon there shall be a public hearing by and before the Planning Commission of said City on the question of allowing a variance in area requirements for the following described property, to-wit:

The East 50.5 feet of Lot 16, Block 2, Oakridge Subdivision Extension No. 2, City of Medford, Jackson County, Oregon, less the South 11.5 feet; Also, beginning at a point North 0° 15' East 11.5 feet and North 89° 52' West 50.5 feet from the Southeast corner of Lot 16, Block 2, Oakridge Subdivision Extension No. 2, City of Medford, Jackson County, Oregon; thence North 0° 15' East, a distance of 1.0 foot; thence North 89° 52' West 47.5 feet to a point on the West line of Lot 15, Block 2, said subdivision; thence South 0° 8' West 5.5 feet to a point on the North line of property described in Volume 461, Page 401, of the Deed Records of Jackson County, Oregon; thence South 89° 52' East a distance of 99.5 feet to the point of beginning,

being an area located at the corner of Keeneway Drive and Highland Drive.

O. R. McNeel
Building Inspector

LEGAL NOTICES

NOTICE

In the Circuit Court of the State of Oregon for Jackson County

In the Matter of the Estate of Frank Pettegrew, deceased.

Notice is hereby given that the undersigned has filed his Final Account in the above entitled matter, and the above entitled Court has fixed the 13th day of July, 1959, at 10:00 o'clock A.M. in the Circuit Court Room in the Court House in Medford, Oregon, as the time and place for hearing objections to said Final Account, and for the settlement thereof.

Dated and first published June 11, 1959.

FRED PETTEGREW
Executor
Skyrman & Heisel
Attorneys for Executor

NOTICE OF HEARING UPON FINAL ACCOUNT
No. 10421

IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR JACKSON COUNTY
PROBATE DEPARTMENT

In the Matter of the Estate of HARRY ELDRIDGE HARDING, Sr., Deceased.

Notice is hereby given that Caroline Louise Harding, executrix of the Estate of Harry Eldridge Harding, Sr., deceased, has filed in the Circuit Court of the State of Oregon for Jackson County, her first and final account and report as such executrix of said estate, and the 27th day of July, 1959, at the hour of 9:00 o'clock A.M. in the court room of the said Court at the Court House, Medford, Jackson County, Oregon, has been fixed as the time and place for hearing of objections to said final account and report, and all persons having objections thereto are hereby required to make or file the same on or before said time.

Dated June 25, 1959.

CAROLINE LOUISE HARDING
Executrix
Robert D. Dames, Attorney
Medford, Oregon

NOTICE OF SALE

Notice is hereby given that on the 20th day of July, 1959, at 10:00 o'clock A.M., at the front door of the Jackson County Courthouse in Medford, Oregon, I shall sell at public auction for cash to the highest bidder, all right, title and interest of Ottie Warren Baker, Clarence L. Smith and Lorraine E. Smith, husband and wife, and Lowell E. Smith and Jane Doe Smith, husband and wife, in the following described real property situate in Jackson County, Oregon, to wit.

The West 10 acres of the following described property:

All that part of Donation Land Claim No. 69 in Township 37 South, Range 2 West of the Willamette Meridian, Jackson County, Oregon, beginning at a point in the center of road 34.02 chains East and 19.61 chains South of the Northwest corner of said Donation Land Claim; thence South 19.61 chains; thence East 8.22 chains; thence North 19.59 chains; thence West 8.22 chains to the place of beginning.

Said sale is made pursuant to an Execution issued out of Circuit Court of the State of Oregon for the County of Jackson on the 12th day of June, 1959, in a matter wherein Mabel Clara Sims, an unmarried widow, is plaintiff and Ottie Warren Baker, Clarence L. Smith and Lorraine E. Smith, husband and wife, and Lowell E. Smith and Jane Doe Smith, husband and wife are Defendants.

Dated this 12th day of June, 1959.

Joseph D. Walsh, Sheriff
Jackson County, Oregon

NOTICE OF HEARING UPON FINAL ACCOUNT
No. 10414

IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR JACKSON COUNTY
PROBATE DEPARTMENT

In the Matter of the Estate of HENRY E. RICHARDSON, Deceased

Notice is hereby given that Robert D. Dames administrator de bonis non of the estate of Henry E. Richardson, deceased, has filed in the Circuit Court of the State of Oregon for Jackson County, his first and final account and report as such administrator in said estate, and July 13, 1959, at the hour of 9:00 o'clock A.M. in the court room of said court at the Court House, Medford, Jackson County, Oregon, has been fixed as the time and place for hearing of objections to said final account and report, and all persons having objections thereto are hereby required to make or file the same on or before said time.

Dated June 11th, 1959.

ROBERT D. DAMES
Administrator de bonis non
Robert D. Dames
Attorney for Administrator
Goldy Building
Medford, Oregon

NOTICE OF PUBLIC HEARING

NOTICE IS HEREBY GIVEN that at 7:30 o'clock P.M. on the 9th day of July, 1959 in the Council Chambers of the City Hall in the City of Medford, Oregon there shall be a public hearing by and before the Planning Commission of said city on the question of changing the zoning of the following described area within said city, to-wit:

Commencing at a point 200.0 feet South of the Northeast corner of Section 14, Township 37 South, Range 2 West of the Willamette Meridian in Jackson County, Oregon; thence South, 1275.76 feet; thence West, 1705.68 feet to a point on the easterly right of way line of the Pacific Highway No. 99; and thence North 35° 05' West, along said Highway line, 760.95 feet; thence East, 314.79 feet to a point of true beginning; thence South 35° 05' East, 84.55 feet; thence West, 50 feet; thence in a northerly direction 68 feet 2 inches to the true point of beginning;

also,

Beginning at a point that bears 1060.62 feet South and 1367.67 feet West from the section corner common to Sections 11, 12, 13 and 14, Township 37 South, Range 2 West of the Willamette Meridian in Jackson County, Oregon; thence West 629.58 feet to the easterly right of way line of the Pacific Highway (U.S. No. 99); thence along said right of way line North 35° 05' West 169.10 feet; thence East 629.58 feet; thence South 35° 05' East 169.10 feet to the point of beginning, LESS AND EXCEPTING THEREFROM the following: Commencing at a point that bears 1060.62 feet South and 1367.67 feet West from the section corner common to Sections 11, 12, 13 and 14, Township 37 South, Range 2 West of the Willamette Meridian in Jackson County, Oregon; thence West 629.58 feet to the easterly right of way line of the Pacific Highway (U.S. No. 99); thence along said right of way line North 35° 05' West 135.10 feet to a point of true beginning; thence continuing along said line 34 feet; thence East 34 feet; thence in a southerly direction, a distance of 33 feet to the true point of beginning,

being an area on North Pacific Highway from Class IV, Limited Light Industrial District to Class V, Light Industrial District.

O R. McNeel
Building Inspector

NOTICE OF PUBLIC HEARING

NOTICE IS HEREBY GIVEN that at 7:30 o'clock P.M. on the 9th day of July, 1959 in the Council Chambers of the City Hall in the City of Medford, Oregon there shall be a public hearing by and before the Planning Commission of said City on the question of changing the zoning of the following described area within said city, to-wit:

Lots 1, 2 and 3 of Block 6, Highcroft Addition to the City of Medford, Oregon,

being an area on the Southeast corner of Oregon Terrace and Jackson Street in the City of Medford, Oregon, from Class IA, Single Family Dwelling District to Class II, Multiple Family Dwelling District.

O. R. McNeel
Building Inspector

Use Tribune Want Ads

A—TOO LATE TO CLASSIFY

TRADE nearly new Cycle Jacket for Crash Helmet. 315 Apple St. or SP 2-8431 after 4 p.m.

HELP: Our warehouse is full of good used Sewing Machines traded in on new Singers during last week's "Sale-A-Thon". Help us get some much needed room. Portables start at $14.50, Cabinet models from $19.50. No reasonable offer refused. We also have a few new demonstrators left with very low prices.
SINGER SEWING MACHINE CO.
318 E. Main SP 2-7153

APT. for rent. NO 4-2258.

AFTER YOUR 4th OF JULY CELEBRATION RELAX AT DREAMLAND. FINEST OF MODERN MUSIC. FEATURING LESLIE WALDEN OF KLAMATH FALLS ON HIS CLARINET.

BUSINESS & office space available in busy Central Point. See Donald E. Faber NO 4-2258.

BUILDING MATERIALS
Cash & Carry Wholesale Prices

215 lb. 3 Tab Roofing	9.50 Sq.
90 lb. Roll Rfg.	4.00 Roll
45 lb. Smooth Roofing	2.55 Roll
4x8-¼ Plaster B.	1.60 Sheet
4x8-⅜ Plaster B.	1.76 Sheet
4x8-½ Plaster B.	2.08 Sheet
4x8-¼ Shop Grade Sanded Ply.	2.72 Sheet
4x8-⅛ Masonite	2.08 Sheet
4x8-⅛ Ply Veneer	1.76 Sheet

Get the Bargains At:
MEDFORD LUMBER CO.
ASHLAND LUMBER CO.
CENTRAL POINT LUMBER CO.
EAGLE POINT LUMBER CO.

FOR SALE—Electric table model cream separator, also electric ice cream freezer. See at 1234 Corona Ave.

BEDDING PLANT CLEARANCE: $1.50 per flat on all Zinnias, Petunias, Marigold, Salvia, Lobelia, Ageratum, etc. BERRYDALE FLOWER FARM.

FOR SALE, '51 Packard 4-door, R&H, excellent shape, $175. 719 S. Central.

⅛" Hardboard in 4x8 sheets, each $1.80
LEWIS WHOLESALE
BUILDERS SUPPLY
New Location
443 S. Riverside

Douglas Fir Plywood
¼" 4x8 shop plywood, ea. $2.56
LEWIS WHOLESALE
BUILDERS SUPPLY
New Location
443 S. Riverside

We fix em while you sleep Hawkins Nite Garage. SP 3-1534

WILL pay cash for your timber. Small or large volume considered. Write Tribune Box 5028.

CASH & CARRY
Week's Best Buy
4-ft. Panel Shakes $12.50 per sq.
4x8 Sheet Rock ½" $2.08 sheet
4x8 Sheet Rock ⅜" $1.76 sheet
30" Split Sugar Pine Shakes
No. 1 $12.50 per sq.
No. 2 8.00 per sq.
S&H Green Stamps
NORTON LUMBER CO.
Phoenix KE 5-2037
Camp White TA 6-9331
Ashland MU 9-4833

EXPERIENCED Cabinet Maker wants work. No job too small. Call KE 5-1173 day or night.

LEGAL NOTICES

No. 59-410-E
SUMMONS

IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR JACKSON COUNTY

CLAY M. CONLEY and ENZIE M. CONLEY, husband and wife,
Plaintiffs,
—vs—
CHARLES D. HOY and JANE DOE HOY, husband and wife, the unknown heirs of Charles D. Hoy, if deceased; also all other persons or parties unknown claiming any right, title, estate, lien or interest in the real property described in the complaint herein,
Defendants.

TO: Charles D. Hoy and Jane Doe Hoy, husband and wife, the the unknown heirs of Charles D. Hoy, if deceased; also all other persons or parties unknown claiming any right, title, estate, lien or interest in the real property described in the complaint herein,
Defendants.

IN THE NAME OF THE STATE OF OREGON:

You and each of you are hereby required to appear and answer the complaint filed against you in the above entitled suit on or before the last day of four weeks from the date of the first publication of this summons, and, if you fail so to appear and answer said complaint, for want thereof, the plaintiffs will apply to the court for the relief demanded in said complaint, succinctly stated as follows, to-wit:

That each defendant herein be required to fully set forth any and all right, title, estate, lien, claim or interest whatsoever that they or any of them, may have or claim in, to, or upon the property described in the complaint herein, or any any part or parcel thereof; that said real property is situated in Jackson County, Oregon, more particularly described as follows, to-wit:

Lot 2 and the west 38.0 feet of lot 3, block 22, of Bluff Addition to the city of Butte Falls, Jackson County, Oregon.

That each and all of the claims that may be made on the part of any or all of said defendants herein, in or to said real property herein described, or any part thereof, be adjudged and declared to be null and void and that plaintiffs herein be decreed to be the owners in fee simple of said real property, free and clear of all right or claim whatsoever on the party of said defendants, or any of them; that each and all of the defendants herein and each and all of the persons claiming, or to claim, by, through or under them, or any of them, be forever enjoined, restrained and barred from asserting, attempting to establish, or claiming any right, title, estate, lien or interest whatsoever, in, to or upon said real property, or any part or parcel thereof, and that the plaintiffs' title to said property be forever quieted and set at rest and be adjudged and decreed to be superior to that of the defendants or any of them.

This summons is published by order of the Honorable James M. Main, Judge of the Circuit Court of the state of Oregon for Jackson County, duly made and entered on the 10th day of June, 1959.

The time prescribed in said order for publication of this summons is once a week for four consecutive weeks. The day of the first publication of this summons is the 11th day of June, 1959.

NEFF, FROHNMAYER & LOWRY
Attorneys for Plaintiffs
Post Office Address:
200 Cooley Theatre Building
Medford, Oregon

NOTICE TO CREDITORS

In the Circuit Court of the State of Oregon for the County of Jackson

Probate Department

In the Matter of
of
the Estate of Daisy C. Patterson, deceased.

NOTICE IS HEREBY GIVEN that I have been appointed Administrator with the Will Annexed of the above estate by an order made therein on June 17, 1959; all creditors having claims against said deceased are hereby notified to present the same, duly verified and with proper vouchers attached, to me at the office of Roberts, Kellington & Branchfield, 201-5 U. S. National Bank Building, Medford, Oregon, within six months from the date of this notice.

Dated at Medford, Oregon, this 18th day of June, 1959.

Miles L. Mosher
Administrator with the Will Annexed

NOTICE OF PUBLIC HEARING

NOTICE IS HEREBY GIVEN that at 7:30 o'clock P.M. on the 9th day of July, 1959 in the Council Chambers of the City Hall in the City of Medford, Oregon there shall be a public hearing by and before the Planning Commission of said City on the question of allowing a variance in set back requirements for the construction of a carport at 618 Dakota Street.

O R. McNeel
Building Inspector

Use Tribune Want Ads

CLASSIFIED AD DIRECTORY

PERSONAL

Lodge Notices	1
Special Club Events	2
Personal	3
Lost and Found	4
Instructions	5
Wanted Male Help	10
Wanted Female Help	11
Male or Female Help	12
Wanted Situations	13
Wanted Miscellaneous	14
Financial & Loans	15

REAL ESTATE

For Rent Houses	20
For Rent Apartments	21
For Rent Furnished Rooms	22
Rent Room and Board	23
For Rent Miscellaneous	24
Wanted to Rent	25
Medford Realty Board	30
For Sale Real Estate	31
Business Opportunities	32
Wanted Real Estate	33

FOR SALE MISCELLANEOUS

Building Supplies	40
Appliances	41
Furniture	42
Musical Equip., Radio, TV	43
Sports and Hobbies	44
Miscellaneous	45
Dogs and Pets	50
Poultry	51
Livestock	52
Wanted Livestock	53
Hay, Grain and Feed	54
Fruits & Vegetables	55

Automotive & Equipment

Machinery and Tractors	60
Logging Equipment	61
Equipment for Rent	62
Trailers	70
Parts and Accessories	71
Cycles and Scooters	72
Cars and Trucks	73

UNCLASSIFIED COPY

Too Late to Classify	A
Business Directory	B
Card of Thanks	C

Classified Rates

1 day per word	5c
2 days per word	8c
3 days per word	10c
4 days per word	12c
6 days per word	14c

By Line Per Month $2.25
(Minimum First Issue 50c)

Business Directory
Each line per month $1.75
Minimum per month $5.25

Dead Line on Classified Ads 5:30 p.m. for following day, except 10 a.m. for Monday; for Sunday noon Saturday.

Dead Line on Display Classified Ads—10:00 A.M. Saturday for Sunday and Monday.

3 P.M. the day before publication for Tues. through Fri.

APPROVED CREDIT
CHARGES BILLED
BY THE LINE
DIAL SP 2-6141

3—PERSONAL

PERSONAL Care in private home, for elderly lady. SP 3-5647.

MERLE NORMAN COSMETICS
214 Fluhrer Bldg.

DREAMLAND'S BIGGEST DANCE OF THE SEASON, SATURDAY, JULY 4. FINEST OF MODERN MUSIC. HEAR LESLIE WALDEN OF KLAMATH FALLS ON HIS CLARINET.

James Porter
formerly of the Grand Hotel Barber shop invites old & new customers to his new location of 1488 S. Peach. Appointments accepted. Dial SP 3-3494.

WANTED—YOUNG MEN, between ages 21-35, interested in local service organization.
Allen Wilkes SP 2-4756
Gregg Orr SP 2-9351

BOARD & room. KE 5-9722.

LAURA'S Beauty Shop closed June 22nd through July 6th.

SPACE available for men at Lyn Haven Home for the Aged, 369 No. 2nd, Central Point. NO 4-1721.

Rawleigh Products. SP 2-4438

STANLEY Home Products. Ella Gemaehlich SP 3-4107 & Rose Ditsworth, MU 5-5631.

HAVING MONEY PROBLEMS? See Dick Milestone. He can arrange a loan for you from $50. to $1500, on furniture, automobile or salary. American Finance Corp., 123 W. Main St., Ph. SP 2-6201.

PERMANENT stainless steel cookware. Sales & Service. MU 5-8951

Miriam's Beauty Shop
909 E. Jackson SP 3-3806
Miriam Ward, operator.

ANYONE having a drinking problem is welcome at Alcoholic Anonymous, 8 p.m. Tues. & Sat. Rear of 212 N. Oakdale SP 2-6657.

WATKINS Products SP 3-5667

LEGAL NOTICES

ADVERTISEMENTS FOR BIDS

Sealed bids will be received by The Board of Directors, School District No. 4, Jackson County, Oregon at the office of the Superintendent of Schools, Phoenix High School, Phoenix, Oregon, until 8 P.M., P.S.T. on July 13, 1959, for the construction of an addition to the Phoenix Elementary School at Phoenix, Oregon.

Bids will be received on the basis of one contract to include all construction, including plumbing, heating, and electrical work.

Bids must be submitted in the exact form of the Proposal and Bid Form incorporated in the Contract Documents, consisting of Proposal Form, Bid Form, List of Subcontractors, Alternate Bid Form.

Plans and specifications will be on file at the office of R. J. KEENEY, A.I.A., Architect, 210 Fluhrer Building, Medford, Oregon; Builders Exchange in Builders Exchange Building, Portland, Oregon; Builders Exchange, Eugene, Oregon; Builders Exchange, Medford, Oregon; and at the office of the Superintendent of Schools, Phoenix, Oregon.

A set of drawings and specifications may be obtained by prime bidders from the Architect upon a deposit of $50.00. Additional sets of drawings and specifications may be obtained from the Architect for the cost of reproduction.

Each bid shall be accompanied by a certified check, or bid bond (with authorized Surety Company) made payable to Board of Directors, School District No. 4, Jackson County, Oregon, in an amount not less than 10% of the base bids.

No bidder may withdraw his bid after the hour set for the opening thereof, or before the award of the contract, unless said award is delayed for a period of 30 days.

The Owner reserves the right to reject any and all bids, to waive any informality in bids received, and to accept or reject any or all items of any bids.

Bidders prequalification forms may be obtained from the Architect, R. J. KEENEY, A.I.A., 210 Fluhrer Building, Medford, Oregon, and must be filed in the Architect's office 10 days prior to the bid opening. If any bidder does not qualify, he will be notified 8 days prior to the bid opening.

Mr. Ernest R. James
Superintendent of Schools
Florence Drake
Clerk, School Board

Publication and dates:
Medford Mail Tribune, Medford, Oregon—June 25, 1959; July 2, 1959; and July 9, 1959.

Use Tribune Want Ads

4—LOST AND FOUND

LADY MEDFORD BEAUTY SALON
Good Permanents—SP 3-3211

LOST: Perscription Sun Glasses black & white rims. SP 2-6155 or SP 2-4253.

LOST—Sun. at Emigrant Lake 2 banana skiis. Call KE 5-1357.

LOST: Tooled leather Keytainer, 3-keys. SP 2-8036.

STAUFFER
HOME REDUCING PLAN
SP 2-9260 or SP 3-2366
VIRGINIA WICKERSHAM

5—INSTRUCTIONS

POPULAR music or classical piano lessons. Beginners or advanced. 1108 E. Main

Colleen Hope Dance Studio

SPECIAL 8 week summer courses. Tap, ballet, toe, acrobatic, baton twirling, hula and teen age ballroom. Combination classes for tiny tots.
SPECIAL SUMMER RATES
COLLEEN HOPE DANCE STUDIO
45 Hawthorne SP 3-6204

GUITAR LESSONS—2 instructors. New & used guitars & amplifiers. Free lessons with purchases. SP-3-4672. Open evenings.

PIANO lessons. KE 5-1177.

10—WANTED MALE HELP

CAREER OPPORTUNITY with a nationwide organization in the consumer finance and personal loan field. Applications for trainees are now being taken from young men age 22 to 27 with at least 2 years of college. Opportunity for advancement are excellent for the right man. Fringe benefits include life and hospital insurance, bonus and much more. Inquire at 311 N. Bartlett. Ask for Mr Dow.

WANTED
A couple of live wire salesmen. Southern Oregon Land Co., 735 S.E. 7th St., Grants Pass. GR 6-3587

FACTORY DISTRIBUTOR

Precision Mfg. Corp., Excelsior, Minn.—World's largest mfgr. in our line selling direct to service stations and garages. Limited travel. High-grade, hard working specialty salesman wanted for Medford area. Commission. Call C. N. McMahan, Crater Inn Motel, 10 to 4 o'clock Friday, Monday or Tuesday.

EXPERT Body Man, Skinner's Body Shop 143 S. Riverside.

ELECTROLUX Corporation needs men for sales & service Dept. Commission basis. Write P.O. Box 3334, Eugene, Ore.

DEPENDABLE married man age 25 to 45 for morning Oregonian route. SP 2-2387.

MAN for retail store — Ashland. Year-round work. Checking in, clerking, ordering. Hospitalization, H & A Life Insurance available. Vacation with pay. Pay commensurate with ability. Write briefly advising experience & pay to Tribune Box 5487.

FULLER Brush Co. needs man with car, married, 23-45. $100 wk. guarantee while training. SP-2-8934.

EXPERIENCED GLAZIER, prefer one with store front installation experience. Steady work at good wages to the right man. MIDGLEYS, P .O. Box 327, 409 High St., Eugene, Oregon.

CARRIER boys for Medford Mail Tribune, age 12 yrs. or older, for Phoenix, Ashland & Jacksonville. Call SP 2-6141 or MU 2-1021.

WANTED applications for Medford Mail Tribune carriers. Must be 12 years old & in Jr. or Sr. High school. Please apply in person to the circulation dept. of the Medford Mail Tribune.

11—WANTED FEMALE HELP

WANTED: Woman for permanent general office work, 5 day wk. Must be accurate, familiar with adding machine, have own transportation. State age, experience. Write Tribune Box 5642.

WANTED—Steno. & Secretary, for work in lawyer's office. SP 2-4474.

HOUSEKEEPER. SP 2-6933.

POSITION OPEN for experienced fountain girl & waitress. Also, lady with experience on grill & sandwich making. Excellent working conditions & good pay. This will be permanent work & no one under 25 need apply. Apply in person only. Jack's Drive-Up, 911 N. Riverside.

2 GIRLS for pressing, steady work. No experience necessary. Mechanical Laundry, 1100 N. Central.

Use Tribune Want Ads

11—WANTED FEMALE HELP

RELIABLE baby sitter, live in. SP-3-2804 5 to 7 pm.

WANTED, experienced stenographer desiring permanent position. Must know shorthand, typing and filing. Excellent job benefits including insurance and paid vacation. Starting wage $240 per month. Write P.O. Box 1308 stating experience and references.

UNENCUMBERED widow. Housekeeping. Live in. Prefer one with drivers license. Tribune Box 5589.

WAITRESS—5 to 9 dinner shift. Sun. off. Apply Jackson Hotel.

PART TIME SECRETARY
Permanent position. Work mornings. Full company benefits paid vacation & hospital insurance. Position requires shorthand, typing & initiative. For interview write Tribune Box 5385, stating qualifications, age, martial status & phone.

BE A Studio Girl Cosmetic Representative. Best commission. Sales & service. Elaine. HI 6-3451

EXPERIENCED bookkeeper & general office work 5 day week. Write Tribune Box 5325.

GROCERY CHECKER 25 to 35 yrs. of age. Experience preferred but not necessary. Write Tribune Box 5345.

12—MALE or FEMALE HELP

TELEPHONE SOLICITORS, 1—Man, 1—Woman, good commissions & guranteed wage. Selling "Life" & "Time" can work in own home, prefer experienced. Write Tribune Box 5498.

EXPERIENCED Milker, man & wife team preferred. Darling, between Table Rock Store & Bybee bridge.

ELDERLY couple wanted as caretakers for year round job. Apply Buckhorn Mineral Springs, Ashland, Ore.

NIGHT clerk—apply in person only, Jackson Hotel.

SOBER person for gardener. Light duties, room & board, small salary. SP 2-7700.

13—WANTED SITUATIONS

MIDDLEAGED couple wants to live in & care for elderly person or couple. Can qualify as practical nurse. Refs. Write Tribune Box 5564.

YOUNG man experienced meat cutter, sales & route sales. Consider any type public contact work, references. KE 5-1422.

HOUSE work. SP 2-4452.

IRONING, SP 3-5096.

Custom Tractor Work NO 4-1303.

IRONING or baby sitting my home. SP 3-1400.

CARPENTER work. SP 2-4332.

MAN wants yard work. SP 2-2873. 628½ N. Riverside, Apt. 2.

2 BOYS need work. Farm or orchard work, any kind. Call us at SP 2-7050.

MAN wants yard work, SP 3-3216.

WANTED—Timber falling or bucking. 12 yrs. experience. NO 4-2500

CHILD CARE SP 2-2287.

GENERAL janitorial services, offices, etc. KE 5-1506.

EXCELLENT garden work. Permanent or vacation care. New lawns & etc. NO 4-1141.

WANTED — housework and baby sitting. SP 2-8186.

LIGHT CRAWLER BLADING
SP 2-9080

IRONING—pickup & delivery. Call SP 2-4678 anytime.

EXPERIENCED man & wife house cleaning & painting by hour or job. Call after 5:30 P.M. SP 3-5657.

TRACTOR WORK
Rotovating, blade, mow, rake & bale. KE 5-1692.

MOWING—side delivery rake. Baling. 1654 Ross Lane. SP 3-3332.

MOTHER'S care for children by hr., day or wk. SP 2-8745.

CHILD care, anytime. SP 3-2886.

DRESS MAKING—ALTERATIONS
MRS SHEPPARD—SP 3-4863.

PAINTING. No job too small. NO-4-2905.

MONOGRAMS buttonholes, buckles, belts. Expert alterations, dress making. Necchi-Elna Sewing Center. Main & Riverside. SP 2-6667.

BABY Sitting. Refs. SP 2-8260.

IRONING by hr. SP 3-4097.

Painting — reasonable References Free estimates. SP 3-4145.

ALL types carpenter work. Finish work a specialty. No job too small. SP 3-5243.

IRONING by hr SP 2-4511.

TRACTOR WORK
Level, backfill, plow, mow.
Ernie Mallams — SP 2-4310

TRASH hauling. Ph. SP 2-9768.

SHRUBS & HEDGES
PRUNED RIGHT NO 4-2850

14—WANTED Miscellaneous

USED Go-Kart or Doodle Bug. KE-5-2986 mornings or after 7 p.m.

14—WANTED Miscellaneous

WILL buy Indian & Lincoln cents, and scarce U.S. coins. Have same to sell or trade, also many stamps. Ph. MU 9-9096.

WANTED—Best car $350 will buy. HI 6-3675 or P. O. Box 291, Eagle Point.

WANTED—Ray-O-Zone. In good working order, must be reasonable. HI 6-3973

GOOD condition 50 gal. water heater and kitchen circulating trash burner. Rt. 4 Box 430AA Medford.

WE NEED FURNITURE
Call us! SP 2-8218

Best Cash Deal for
good used Furniture. SP 3-1564

WANTED wood heaters. SP 3-3227.

IMMEDIATE cash for furniture & other household effects. SP-2-2114 or SP 2-6355.

CASH for furniture, stoves, antique dishes & misc. NO 4-1994.

CASH for electric ranges, refrigerators, furniture, tools, dishes & misc. SP 3-3227.

USED PIANOS wanted. Will pay cash Erskine's. SP 2-4296.

FURNITURE CASH DEAL
SP 2-2958 or SP 2-8760

WE WILL buy your piano. SP 2-4146.

WANT BARKIE POLES
Contract us for prices & specifications. J H Baxter & Co. P. O. Box 30. GR 6-6666. Grants Pass

15—FINANCIAL & LOANS

MEDFORD Veteran needs immediate $5000 loan. 6% Interest, good security. Write Tribune Box 5601.

WANTED—Party to refinance 15 A. Valley View area. Willing to pay fee plus interest. MU 2-9961 or MU 9-5346.

REAL ESTATE LOANS to $5000. Commercial Industrial Finance Corp Main