



SKIERS FOUND—Two lucky skiers talk over their good fortune at Longmire, Wash., after being found. The pair, missing overnight on the snowy slopes of Mt. Rainier, said they were more concerned about fears of searchers than for themselves. Both are expert skiers and experienced climbers. They are Clara M. Mitchell, Boulder, Colo., and her companion on the hike, Robert D. Working, Seattle. (UPI Telephoto)

The Medical Roundup
by *Walter Alvarez*
Emeritus Consultant in Medicine
Alto Clinic
Emeritus Professor of Medicine
Mayo Clinic

Dozens of persons write, much distressed, because they have met one of those many doctors who, for some reason, is hurried when he hears that his patient takes one or more enemas every day or every week. I have seen hundreds of such persons—usually women with a very irritable and constipated bowel—and I have yet to find one in whom the frequent washing-out of the bowel, even over the course of many years, seemed to have done any harm either to the large bowel, or to the person. It is impossible for me to see how enemas could do any harm, especially if the water used contains a rounded tablespoon of table salt to the bag. This makes the fluid non-irritating, like tears in the eyes.

Usually, when I can pin the doctor down to tell me why he objects to enemas, he does either one of two things; he says frequent enemas will make a hypochondriac out of the woman, or he tells me of a case he once heard of in which an enema tip was driven through the wall of the rectum. As to the first objection, the answer is that the enemas do not make a hypochondriac; it is a woman (or man) who takes many enemas. He or she does it while des-

perate for a little relief. As to the enema-tip—I remember how that happened. A man who was going to have his colon x-rayed, asked his chum to help him. But the friend, who had been drinking heavily, was so befuddled, he got hold of a long lip used for giving vaginal douches, and inserted it through the wall of the man's rectum. As I remember, a surgeon quickly sewed up the hole and saved the man's life. Why this rare and most unusual accident should cause any physician to forbid his patients ever to take an enema is beyond my understanding.

Years ago, quite a few people, and most nurses, used to speak of "high" and "low" enemas. A high enema was taken through a long rubber rectal tube. What people did not know was that because of the presence in the rectum of two or three valve-like partitions, the tube always curls up into a ball which remains low in the rectum. As a result, a "high" enema goes no higher than does a "low" enema.

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6 for **88c**
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11 lbs. for **88c**

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SPRING CARROTS Crisp—Snappy Fresh—Topped 3 lbs. **25c**
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Spray Wax Johnson's Pledge cleans and waxes 6-oz. tin **88c**
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Johnson's Model Bakery
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Fruit Filled Coffee Cakes ea. **69c**
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Sticky Bun Rolls doz. **75c**
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Blended Juices Stockley's Pineapple-Grapefruit or Pineapple-Orange 4 29-oz. tins **88c**
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Pear Halves Highway. Perfect for breakfast, in salads, for desserts. 3 No. 2 1/2 tins **88c**
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There's no place like Safeway for perfect steaks
ROUND STEAKS
OR SWISS STEAKS . . . whole or full half-cut with bone in. The combination of things we do makes Safeway steaks a better buy for you. "USDA CHOICE" grade beef plus our own careful aging in climate-controlled rooms assures you of top flavor, tenderness, and juiciness. Proper trimming before we weigh your purchase saves you money. Here is round steak at its very best! A really grand buy this weekend.
Lb. 88c

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Loin Roast End cuts, 2 1/2 to 3 1/2 lbs. **43c**
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Oscadeo For spotless dishes even in hard water 20-oz. **49c**

BARBECUED CHICKEN
From Your Safeway at the Shopping Center ONLY
Plump, tender chickens dripping with flavor. Barbecued with our own special barbecue sauce to mouth-watering golden brown. Treat your family tonight to something special.
\$1.19 EACH

T-Bone & Club Steaks
"USDA CHOICE" beef, scientifically aged for perfect tenderness and flavor. Trimmed of all excess bone, fat, and waste, before weighing, to save you money.
\$1.09 lb.

Boneless Top Sirloins
Absolutely no waste on these delicious "USDA CHOICE" beef steaks. Proper aging brings out peak tenderness and flavor. Wonderful eating, every bite!
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Fresh Young Fryers
Plump 'n tender whole fryers that are lip-smackin' good. Weight range is from 2 to 3 pounds
Cut-up Fryers **45c lb.** **39c**



WANDERING KITTEN RETURNED—Mother instinct—to protect young—is illustrated at River, Mass., as a mother cat brings one of her kittens back home after she had wandered away from the family hearth. She picks the kitten up in her mouth and takes her chances with traffic. (UPI Telephoto)

Small Worlds Around Us
By Lynn M. Watkins

The Martins Are Awfully Nice Folks
Mr. and Mrs. Martin and their three adorable children live in a three-story apartment building in a small city. Mr. Martin does not work in an office, a store or a factory, but he is very busy every day and he is a kind and indulgent father.
Mrs. Martin, a devoted mother, does not sew, dust, cook or attend club meetings. Neither does she work, but she does provide for her children.
There are 12 apartments in the 3-story gabled structure in which the Martins live, all live in a roomy suite. Strangely enough, every apartment is occupied by a family named Martin, and the surname of each family is Purple. The structure in which these happy families all live is aptly named "The Martin House."
The ancestors of these Martin families never lived in towns or cities. They were dwellers in wooded areas, and they built their nests in hollow trees. Now they have left the country for not more expensive life in the city. Today's purple martins prefer to live close to human habitations.
If no house is supplied them they build their paper, rag and grass nests in the eaves of houses, or under the overhang of garages or farm buildings. Today's purple martins are practically domesticated birds.
The purple martin is the largest member of the swallow family. It is a fast and graceful flier; its relationship to the swallow is evident in its swooping flight and friendly attitude. About the size of a blackbird, it is considered to be brave and fearless, readily attacking crows or hawks that come too close to its nesting site. This is one reason why the wise farmer or poultryman encourages these cheerful birds to nest in their neighborhoods.
The early American Indians were known to encourage purple martins to nest near their encampments, whether because of a love for the cheerful, glossy black birds themselves or because the birds consume countless numbers of insects which undoubtedly caused these early Americans considerable discomfort.
Probably the birds' ceaseless war on flying insects was the

Kitchen Glamor
by Alice Bunker



Add a bright, gay touch of color to your kitchen with this charming, new picture panel. Cheery sampler for a kitchen—marking reminder, too. Frame it or just hang edge. Easy stitching. Pattern 7113; transfer 13 1/4 x 20 inches; color chart.
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