

**Three Successes  
Bring Glimpse of  
Future for U.S.**

Washington—(Science Service)—Suddenly, the U.S. is looking tomorrow in the face.

1. World-wide communications-in-particular, television—seemed right around the corner as President Eisenhower's voice was bounced coast-to-coast via the balloon satellite, Echo.

2. Re-entry problems for a man orbiting in space seemed solved. And it looked like the U.S. now had a way to get film or data sheets down from a spy or weather satellite without ending the life of the entire satellite.

3. Flight to the inner edge of space by a manned, winged plane seemed another step nearer as Air Force Maj. Robert White flew the X-15 to 121,000 feet, 28 miles above the earth.

Termed "Fantastic" "This is fantastic," he said. National Aeronautics and Space Administration and Defense department personnel here felt the same way.

The three successes coming as in succession will soon be followed by Courier, a second communications satellite with active internal mechanisms. Radio waves will not be reflected from it but will be accepted and rebroadcast from inside.

This panorama of accomplishment seems to be a payoff for America's broadly based space effort. The variety of effort and achievement is spectacular... as far as unmatched by Russia.

Nobody in Washington could be more pleased than those officials who have insisted on breadth when others cried for crash programs in specific areas.

**Minimum Plan Set  
By James Conant**

James Bryant Conant, in his recently published and much discussed book, "The American High School Today," recommends the following as a minimum high school program for the academically talented student:

Four years of mathematics.  
Four years of one foreign language.  
Three years of science.  
Four years of English.  
Three years of social studies.

A total of 18 courses with homework to be taken in four years.

This program, Conant adds, will require at least 18 hours of homework each week.

**Daytime Charmer**



9187  
9188  
9189  
by Marion Martin

For day-in, day-out wear—see this casual charmer in nonwilling cotton or drip-dry blend. The little-boy collar, crisp shirtfront and spin-about skirt give it such a trim 'n' tidy look.

Printed Patterns 9187: Misses' Sizes 12, 14, 16, 18, 20. Size 16 takes 4 1/2 yards 35¢.

Send FIFTY CENTS (coin) for each pattern—add 10 cents for each pattern for first-class mailing. Send to: Marion Martin, Medford Mall Tribune, Pattern Dept., 232 West 18th St., New York 11, N. Y. Print plainly NAME, ADDRESS with SIZE and STYLE NUMBER.

New! Send Now for our 1960 Fall and Winter Pattern Catalog—every page in exciting color! Over 100 styles for all sizes, all occasions plus school... 35 cents.

**This week the value spotlight is on the "Stars-of-the-Food-World" at SAFEWAY**

**BIG BUYS ON FAMOUS BRANDS!**

SHOP IN AIR CONDITIONED COMFORT AT SAFEWAY



**All-Star Sale**

**BIG SAVINGS ON COFFEE!**  
**FOLGER'S M.J.B.**

Here's proof that savings are great at Safeway this week end on two famous brands of top quality coffees.

2-lb. Tin \$1.09 **55¢**  
1-pound tin **55¢**

**Sanka Instant** Let's You Sleep 4-oz. jar **79¢**

**Coffee Mugs** 10¢  
Famous Anchor Hocking Fire King in attractive white.

**Instant Tea** Tenderleaf 4 oz. jar **49¢**

**Boned Chicken** or Turkey Swanson's 3 5 oz. tins **\$1**  
**Lucerne 3.8 Milk** "Bonus Quality" 4 Half Gals. **\$1.84**  
**Cane Sugar** Candi Cane Brand 10 lbs. **89¢** 25 lbs. **\$2.19**

**JOHNSON MODEL BAKERY**

German Chocolate Cake 1.25 Lemon Pie .55¢ each  
25 Gold Bond stamps with each cake. Orange Bread 29¢ loaf

Gold Bond Stamps With Each Purchase



**Gerber's**

All regular 10 for 95¢ strained fruits and vegetables at this special low, low price.

**10 4 1/2 oz. tins 69¢**



**Santiam**

Famous Blue Lake variety stringless, fancy cut green beans. Famous Northwest product.

**5 303 tins \$1**



**Bel-air**

Premium quality apple, peach, cherry, and pineapple quick-frozen pies. Home baked flavor.

**3 24 oz. pies \$1**



**Betty Crocker**

All regular 39¢ varieties cake mixes. America's favorite complete mix in the package.

**4 pkgs. \$1**

**Biscuits Fizzies Zee Towels**

**Pillsbury or Ballard** Refrigerated for quick, easy to fix biscuits. (Limit 3 please) 8-oz. tin **5¢**

**Diabetic Instant Sparkling Drink Without sugar** Package Makes 8 Drinks **25¢**

**Soft, absorbent paper towels. A famous Northwest product** 4 rolls for **89¢**

**Breakfast Cereals**

Choose from Kellogg's Pop, 10-oz., or Shredded Wheat; 12-oz.; Post Toasties, 12-oz. or Sugar Coated Corn Flakes, 10-oz. **4 pkgs. \$1**

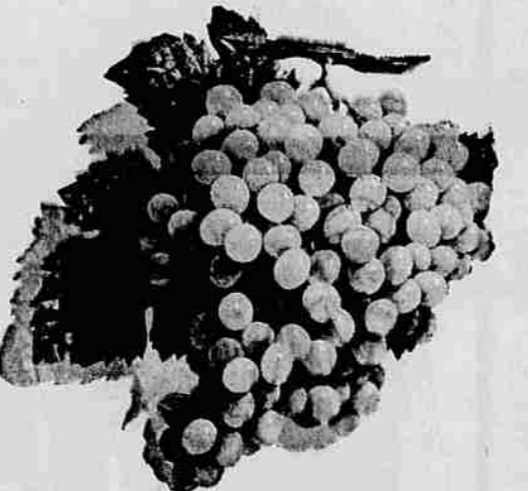
**FRESH EGGS AA MEDIUMS** 2 doz. **95¢**  
**CRACKERS** Sunshin Krippe 1-lb. **29¢**  
**MINI RICE** Ready in an instant 8 oz. Pkg. **19¢**  
**FANCY PEARS** Town House for grand desserts 3 303 tins **69¢**  
**GRAPEFRUIT** Town House, sections 303 tins **25¢**  
**TEA GARDEN DRIPS** Maple syrup 24 oz. bottle **39¢**  
**CUCUMBER DISKS** Heinz Sweet 15 oz. **25¢**  
**DRESSING** Wishbone Russian or Deluxe French 4 oz. jar **35¢**  
**CANDIES** Roxbury Burnt Peanut and Chicken Bone 3 8-oz. pkgs. **79¢**  
**Libby's Potted Meats** for tasty sandwiches 5 No. 15 **\$1**  
**Alka Seltzer** For headache relief 1 Large **54¢**

**Cantaloupes**

Excellent quality... guaranteed. Great with Safeway Ice Cream. **5 for \$1**

**Tomatoes**

Red-ripe beauties... perfect for slicing in salads, sandwiches, etc. **2 lbs. 19¢**



**Seedless Grapes**

Fresh picked Thompson seedless at their peak of flavor goodness. These beautiful grapes are perfect for desserts and fruit bowl snacks. A real tasty treat during the hot weather. Guaranteed by Safeway.

**lb. 10¢**

**Yellow Onions** Med. for salads stews, etc. lb. **5¢**  
**New Potatoes** White Rose Oregon Grown 25 lb. bag **\$1.29**  
**Bartlett Pears** Fully ripened lb. **19¢**

**GOLD BOND STAMPS**

Save For Valuable Gifts for every member of the family

**Franco-American** Spaghetti, 20 oz., or Macaroni, 15 1/2 oz. **5 tins \$1**  
**Libby's Peas** Or Del Monte "Early Garden" green peas 4 303 tins **85¢**  
**Mexicorn** or Whole kernel Niblets 5 12 oz. tins **\$1**  
**S & W Kidney Beans** Plump Red Oven Baked 6 303 tins **\$1**  
**Applesauce** Hood River Oregon's greatest 5 303 tins **95¢**  
**Blended Drink** Rel Monte fancy quality pineapple-grapefruit 4 29 oz. tins **\$1**  
**Ajax Cleanser** The magic cleanser 2 14-oz. tins **33¢**

**Beef Pot Roast**

"USDA CHOICE" grain-fed steer beef with lots of flavor and tenderness. All blade and No. 7 bone cuts scientifically aged and properly trimmed before weighing. **lb. 49¢**

**Boneless Stew Beef** "USDA CHOICE" well aged lb. **79¢**  
**Cross Rib Roast** Boneless "USDA CHOICE" Beef lb. **79¢**

**T-Bone Steak**

or Club and Porterhouse Steaks at special prices this weekend at Safeway. Scientific "aging" brings out the maximum flavor! careful trimming gives you more good eating meat for your money. **lb. \$1.09**

**Corned Beef** Safeway boneless brisket. Cry-o-Vac Wrap lb. **79¢**  
**Sliced Bacon** Del Monte "Sweetheart" lean streaked, smoked 1-lb. pkg. **59¢**  
**Sea Scallops** Captain's Choice Quick-frozen 7 oz. pkg. **39¢**

**Famous DEL MONTE "SWEETHEART" Fully Cooked, "Ready To Eat" Boneless Hams!**

These wonderful hams are ALL good eating meat... absolutely no waste. It's so tender it slices like butter. Fully de-fatted and ready to serve. Average weight is from 8 to 10 pounds.

Whole or Half Hams

**lb. 85¢**



**Cottage Butts** 59¢ Boneless corned Pork, 5 to 6 lb.

**Plate Beef** 19¢ "USDA CHOICE" Aged beef 1 lb.

**Ground Beef** 49¢ It's "burger time" 1 lb.

**Top Sirloin** 1.19 Boneless "USDA CHOICE" beef 1 lb.

**Genuine 1960 Young Spring "USDA CHOICE" Lamb Leg o' Lamb** lb. **69¢**

Tender "USDA CHOICE" lamb with the long portion of the shank bone and excess fat removed.

**Small Chops** Loin cuts lb. **89¢**  
**Rib Chops** "USDA CHOICE" lb. **69¢**  
**Breast 'O Lamb** for stew lb. **15¢**  
**SLAB BACON AT A LOW-LOW PRICE** Buy lots at this money saving price. Half or whole slab **38¢**

**"USDA CHOICE" Lamb Roast** square shoulder cuts lb. **39¢**  
**Whole Lamb** or half lamb lb. **48¢**

**SAFEWAY**

**Tests Show That  
Exercise Reduces  
Blood Cholesterol**

London—(Science Service)—After a fatty meal, the blood plasma may show delayed clearing of cloudiness, which is thought by some researchers to indicate a high cholesterol level that may cause coronary heart disease. But tests have shown that healthy persons can speed the clearing of their blood by a little exercise.

The tests were made on 22 healthy medical students. "In a statistically significant number of cases," when they walked or cycled after a standard meal containing 60 to 75 grams of fat, the plasma cloudiness was less than when they rested.

The investigators, Harold Cohen, senior registrar at the Royal Hospital in Sheffield, and Clark Goldberger, a statistician, report their work in the British Medical Journal.

For breakfast the students, after an overnight fast, were given a standard breakfast such as cornflakes, medium fat fried bacon, butter, a fried egg, two ounces of cream and three ounces of milk. No restriction was placed on the amount of bread, coffee or tea or mammalade that could be taken except that the students were asked to eat the same amount at each test meal.

The researchers studied blood cloudiness after this type of meal and inactivity, and after the meal and exercise. They tentatively concluded that exercise might well be beneficial to persons inclined to atherosclerosis.

**Progressive School  
Said on Way Out**

The old song, "readin' and writin' and 'rithmetic, taught to the tune of a hickory stick," heralds the "newer" concept of schooling.

This new approach to education faded gradually as the movement toward "progressive" and "permissive" methods gained strength.

Today, however, there is a general belief among educators that the "progressive" methods, despite their many valuable characteristics, have been carried to illogical extremes.

As a result, there has been a strong reversal in this trend and the predominant emphasis today is again on the "Three R's."

**Heirloom Worthy**



Exquisite close up—dramatic from a distance. Crochet a cloth or centerpiece in this design.

Circle of elegance—pink-appeals set in spider web background. Pattern: 7370. Crochet directions 60 x inch cloth in string; 40-inch centerpiece in No. 30.

Send thirty-five cents (coin) for this pattern—add 9 cents for each pattern for class mailing. Send to: Medford Mall Tribune, Household Arts Dept., P. O. Box 118, Old Chelsea Station, New York 11, N. Y. Print Plainly NAME, ADDRESS, and PATTERNS NUMBER.

**JUST OUT! Our new 1960 All in One Needlecraft Book contains THREE FREE Patterns. Plus ideas galore for home furnishings, fashions, gifts, toys, basket weavers—exciting, unusual designs to crochet, knit, sew, embroider, huck, weave, quilt. Be first with the newest—send 25 cents now!**