CHANNEL OPENED – The 269-foot U. S. Coast Guard icebreaker Eastwind thrusts her bow onto the ice at McMurdo Sound in the Antarctic, crunching open a channel for Operation Deep Freeze cargo ships. In the background is Mt. Erebus, an active volcano. (UPI Telephoto)

The Medical Roundup

by Walter Alvarez

Emeritus Consultant in Medicine Mayo Clinic
Emeritus Professor of Medicine Mayo Clinic
(Register and Tribune Syndicate, 1961)

Rocking-Chair May Be Good for Grandmother

That dean of American drug experts, Dr. Chauncey D. Leake, recently president of the American Association for the Advancement of Science, called my attention to the fact that in the London Lancet, Dr. R. C. Swann of the London School of Hygiene points out that the old rocking-chair is probably a good thing for grandmother. It gives her a certain amount of exercise which helps her circulation, and promotes better breathing. It stimulates movements of her joints; it prepares her for sleep, and it helps the old lady to take a pleasant part in the home life. As Dr. Swann says, it is better than a tranquilizer because it is inexpensive, it is non-toxic, and it has no unfortunate side-effects such as some of today's powerful drugs have!

Alvarez

Neuritis

Dozens of people write asking me what is neuritis and what should be done for it. Technically speaking neuritis is an inflammation of a nerve which can cause tingling, numbness, lack of feeling, or some pain in the tissues supplied by the nerve fibers. If the neuritis is severe it can cause weakness or paralysis of one or more muscles. Actually, I fear "neuritis" often is used by us physicians in a vague way, just to explain pain. Often I see people who have been told they have neuritis when all I can see is that they have a pain of undetermined origin. In most cases I will suspect that what the person has is a tendency to arthritis or fibrositis. In some cases I can see that it is a muscle that is sore and then the proper term is a myositis. Or the pain may be in a bursa, or in a bone or a tendon, or a joint.

May Find Weakness

In some cases a neurologist will be able to show that the trouble is in one or more nerves. He may find weakness of one or two muscles, or numbness in an area of skin which is supplied by a certain nerve. If there is a true neuritis, the next question is, why is the nerve inflamed? Often this is difficult to determine because there are many causes. Sometimes the cause is much liquor that has been drunk, or some chemical that is absorbed through the man's lungs or skin as he works in a factory. It may be a virus or a germ. It could be a medicine that the person's own doctor had prescribed. It might be due to a disease such as diabetes or pernicious anemia. It could be due to the virus that produces shingles.

There is a related disease called neuronitis in which a person may suddenly find himself too weak to get out of his car. In perhaps a month, his strength probably will come back again. This is called the Guillian-Barre syndrone. Naturally, I cannot help people who write me about neuritis because, from their description, I may not be able to get the remotest idea what their pain is due to. Perhaps they have no "neuritis."

School News

Walker, Ashland

The third grade children in Walker school presented an assembly program to the primary children recently combining the dates of Feb. 12 and 22.

The following fifth grade Cub Scouts served as color guards; Clinton Smith, Steven Hussey, Dale Lahr, and Mike Bevens.

Jimmy Fieguth was master of ceremonies. Gary Shipley gave a resume of the life of George Washington. The children in Mrs. Alta Lisonbee's, Mrs. Eunice Neill's, and Mrs. Toby Deller's rooms presented the Minuet.

John Spence gave a resume of the life of Abraham Lincoln.

Facts about "Oregon's Birthday" and "Oregon Today" were given by Kevin Williams. The audience, under the direction of Mrs. Neill, and accompanied at the piano by Mrs. Cecil, sang "Many Flags" and "The Oregon State Song."

Fred Neal, vice president of the Walker school student body, was master of ceremonies for the assembly presented to the intermediate children Feb. 22 by the fifth grade classes.

The colors were presented by fifth grade Cub Scouts of Pack 117.

Two verse choir selections, "Washington" and "Lincoln," by Nancy Byrd Turner, were presented by the students of Marvin Gettling's and Mr. Bassett's class.

The story of the Gettysburg Address was given by Jane Turner of Miss Allene Inlow's class.

A group of military calls were played by Jim DeLap, John Zupan, and Kenneth Boettcher, and Steve Hagert sang "Reveille."

John Cady's class presented a play entitled "If Washington Should Return." Leading characters were Judy Hyland as George Washington, Jim Williams as Fred, and Merry Harmon as Judy. The announcer was Bill Holmes.

The children in Mrs. Marilyn Wright's room have finished making a big zoo book. They wrote stories and made pictures to go with them. They have a terrarium with zoo animals in it.

Mrs. Charlotte Hull's second grade children have been studying about weather. They have been doing experiments to learn how moisture exaporates into the air when it is warmed and condenses when it is cooled.

Mrs. Beatrice Lindsay's sixth grade has been working on a science unit on bacteria and other microscopic life. They have several different samples of pond water that they have studied under the microscope. They also looked at samples of bread mold, diatomite, yeast, algae, and snail eggs.

As a special February project, the class have been reading and reporting on the famous people born in February.

Frank Koch's sixth grade class visited the science department of Southern Oregon college recently. Dr. Irene Hollenbeck of the science department showed many specimens of microscopic plants and animals to the group.

Mrs. Eunice Neill's third grade class invited their parents to a program concluding their unit on American Indians. Indian head-dresses, rattles, and pottery which they had made were displayed.

Jimmy Fieguth, room president, was master of ceremonies, and Anne Weaver, vice president, was chairman of the program. Committee chairmen for the study of the various Indian groups were Todd Way, Becky Riddle, Jimmy Fieguth, Alice Dale, and Holly Wishart.

Ashland has sometimes been known as the "Banana Belt." But some citrus fruits are being grown here. Mr. Cady's room knows, because they have an orange tree in their room. Of five oranges, three are left; one is a green one.

Miss Florence Allen, supervisor of student teachers, told Miss Klann's first grade class about her trip to New England and showed souvenirs from those states.

The Room 7 class has been studying life in the New England states. One group made a map of states and cities, another group made a map of farming, and the last two groups made maps of industries, mountains, lakes, and rivers.

Room 7 finished a unit in science on solids, liquids, and gases. Their new unit is on simple machines. Class members are bringing simple machines such as ice cream scoops, apple peelers, can openers, and yo-yos to school.

TIGHT WITH A BUCK

Washington – (UPI) – Washington waiters say the New Frontier Cabinet members and other top officials of the Kennedy administration are close men with a buck – especially when it comes to tipping. U. S. Sen. Stephen M. Young (D-Ohio), in a leter to constituents, said a waiter at the Occidental restaurant near the White House called the new officials "lousy tippers." The waiter said he hoped "they would be as tight-fisted with our money."

They'll Do It Every Time

By Jimmy Hatlo

Feeding the Family

By ZOLA VINCENT
Food Editor

Keep a Date With These Date Treats

It's Date Festival time at Indio as scenes from the Arabian Nights take over at the Fair Grounds. It is gospel truth that camel and ostrich races are among popular daily events. And here are some date treats for enjoyment wherever you are.

Party idea is to stuff California dates with cocktail sausages; place in medium oven, 350 degrees, until lightly browned. Serve on cocktail picks.

Another party idea is to stuff pitted California fresh dates with pimiento-stuffed green olives. Wrap a third of a slice of bacon around the stuffed date, secure with a toothpick, place under broiler, turning frequently until bacon is crisp.

For Teatime, stuff dates with marshmallow halves; roll the cut side of the marshmallow in ground peanuts.

Fill dates with candied citrus mix moistened with orange juice.

Marshmallow date snacks are made like this: place whole marshmallows on soda crackers; top with pitted dates and place in oven until marshmallow is melted.

Cauliflower Salad

For a salad that is quite different and very good, try this cauliflower salad for a change. Use it for topping thin lettuce wedges.

Wash a small head of cauliflower, separate into flowerets and chop very fine. Add two tablespoons finely chopped onion, two tablespoons grated radishes, two teaspoons fresh lemon juice, one teaspoon prepared horseradish, one-half teaspoon salt, one-eighth teaspoon ground black pepper and two tablespoons mayonnaise or dairy sour cream. Toss lightly.

Tuna Scallop

Combine two seven-ounce cans of tuna, two cans cream of celery soup and two tablespoons prepared mustard. In greased 1½ quart casserole, alternate layers of tuna mixture and 1½ cups cheese cracker crumbs. End with crumbs. Dot with butter. Bake in hot oven, 400 degrees, 30 minutes or until bubbling hot. Six servings.

Cookery Hints for Best Seafood Flavor

Follow these seafood cookery hints for menu variety, satisfying flavor, abundant nutrition . . . and budget economy. No protein food can surpass superlatively delicious, properly prepared fish and shellfish.

Do not overcook any seafood. Cook fish just until flesh flakes easily with a fork. Overcooking toughens shellfish (except Pacific oysters) and dries fish.

Cook frozen fish and shellfish according to package directions. Once thawed, do not refreeze. Cook and serve or refreeze as cooked fish. Keep fresh seafoods wrapped in saran wrap or foil or covered in coldest section of refrigerator. Use day of purchase.

Fish simmered in water or steamed will hold its form better if tied in cheesecloth, placed in a wire basket or wrapped in aluminum foil.

Enjoy a wide variety of west coast seafood items; try out new ones on the family. Baste lean fish with melted butter or margarine and you will find it easily bakes, broils or planks successfully.

Compliment fish and shellfish with new interesting sauces and pretty garnishes such as lemon wedges, radish roses, pickle fans, tomato wedges, crisp green parsley, sprigs of watercress, mint, pineapple cubes, grapes and cranberry sauce.

Lemon Tricks With Fish

Fish has a special affinity for lemon juice. Rub fish with fresh lemon just before cooking. It gives added flavor and removes "fishy" odor.

Squeeze a little fresh lemon juice over seafood salads just before serving for added flavor and freshness.

Add a sparkle to poached fish by using a tablespoon of lemon juice to each quart of water when cooking.

For any fish not rich in fat, try lemon butter. It's wonderful basting sauce for barbecued fish.

Glamour Groceries Are Here to Stay

It is a good sensible idea to keep an eye out for the best buys, to take advantage of the seasonal plentifuls and to restrain ourselves from investing all our market money in fancy foods and gourmet items. But who wants to be sensible all the time?

There's food and good eating, drama and excitement in fancy foods. Delicacies for the very wealthy are no longer tucked away in gourmet shops for folks with charge accounts. They're now displayed handsomely on grocers' shelves; join the prosaic groceries in the wheeled carts for exclaiming over and trying out on the family.

It is estimated that there are 10,000 delicacies in fantastic array from 30 nations available in American markets. We touch briefly on a few of yesterday's gourmet items that are popular foods today: smoked and pickled fish and shellfish, red and black caviar, cheese delights beyond numbering, capers, fancy mustards, pate de foie gras, smoked turkey, anchovies and anchovy paste, liver pates, lobster pate, fancy breads and biscuits galore, puddings and babas, smoked frogs legs, roast caterpillar, rattlesnake meat, octupus.

Then there are snails, shad roe, pheasant, whole squab, sauces and salad dressings from far away places, hearts of palm, wild rice, Italian antipasto, Scotch kippered herring, Mandarin oranges, Mexican pepitas, Macadamia nuts, Danish delights in great array, Bombay duck and myriad Chinese specialties.

Come to think of it, Boysenberry jam, Spanish rice, candied sweet potatoes, East Indian chutney, almond stuffed olives, Alaskan king crab were recently luxuries.

Today's Plentifuls

Back to the budget. Exceptional buys continue in chickens and turkeys. Local markets variously feature specials on beef, lamb and pork; yours for the looking. Plenty of fresh, frozen and canned fish and shellfish for Lenten observers, menu variety.

Fruit and vegetable displays offer apples, avocados, bananas, grapefruit, oranges, winter pears; green and red cabbage, cauliflower, celery, cucumbers, eggplant, lettuce, onions, peppers, potatoes, squash. Rejoice in early (luxury) asparagus, early rhubarb.

Boy Scouts

Troop 35

Jacksonville Boy Scouts Troop 35 held a Court of Honor last week with Don Wendt, Eagle Scout, and former Troop 35 Boy Scout member presiding.

A Tenderfoot Investure was held for Terry Dorsey, Danny Peyton, Allen Holden, Robert Moad, Bill Hinkle, Henry James and Edward Hinkle, who is institutional representative for Boy Scout Troop 35 and Cubmaster for Cub Scouts Pack 35. Hinkle is starting again where he left off 20 years ago, and going up through the Scouts with his son, Bill.

Harry Barneburg conducted the ceremony and tenderfoot badges were presented the candidates, who in turn presented their parents with a miniature emblem of their new rank. An Honor unit plaque was presented to Troop 35 for going "over the top" in 1960. New boys in the troop now number 37, including Mike Patterson and Edward Moad, who transferred to Troop 35 from California.

Scoutmaster Arthur Iverson and Assistant Scoutmaster Woodrow Davis were awarded two year pins.

Second class rank was achieved by Philip Crocker, Charles Logan, Jim Conlon, Donald and Ronald Skog. Emblems were also presented to these boys' parents.

Merit badges were awarded Dean Parrott and Max Christensen for pigeon raising; Joe Davis, Larry Hogan, home repair; Mike Young, firemanship and Lonnie Walters, first aid and sculpture.

Den chief cords and stars were awarded Mike Young, one year, Den chief, Den 1; Glenn Gilman, one year star, den chief, Webelo den; Charles Logan, den chief cord Den 4; Curt Offenbacker, den chief cord Den 3, and Lonnie Walter, den chief cord Den 2.

One year star and attendance pins were presented to Larry and Jerry Godley, Bert Speigle, Lonnie Walters, Dean Parrott, Ed Welch, Don and Ronnie Skog, Curt Offenbacher, Mike Iverson, Larry Hogan, Glenn Gilman, Joe Davis, Mike Young, Max Christsen and Rafe Anders.

New boys are always welcome into Troop 35 or Cub Scout Pack 35. Information concerning either group may be obtained by contacting any of the scouts or their leaders.

Grange Notes

Upper Applegate

The regularly scheduled meeting of the Upper Applegate Grange was open house, therefore there was no business meeting. Grange was called to order by Master Anna Scott, the flag was presented.

State Lecturer Victor Croxton and Mrs. Croxton were escorted to the master's station and honored. He presented a National Grange award to Veva Saltmarsh for her reports when she served as lecturer during the year 1960. Harlan Cantrall presented a picture to Mr. and Mrs. Lance Offenbacher for their community service.

Martin Grier was in charge of the program. Harlan Cantrall presented a movie entitled "Green Pastures," made by the U.S. department of agriculture, soil conservation division. Francis Krouse gave a talk on "Floor Control." LeRoy Offenbacher explained the new operation of the Phoenix Auction Yard recently acquired by the Cattleman's association. It is now a corporation, and stock may be obtained only from a member of the board of directors. There is stock for sale at the present time. The first feeder sale is to be March 14.

A humorous skit was presented entitled: "Dog Patch." Taking part were Stella Offenbacher, Fred West, Ethel West, Martin Grier, Janet Grier, Lewis Buckley, Edmund and Eleanor Ramsey.

Phillip Krouse presented his slides from his two 4-H trips, one to Chicago, Ill. and one to Washington, D. C. His scholarship in 4-H work to Corvallis was given him by the Upper Applegate Grange.

The March 10 meeting will be county visitation. Women of the Grange are asked to take sandwiches.

IWA Holds Regional Parley at Portland

Portland–(UPI)–Some 250 delegates and guests were here today for the 2nd annual constitutional convention of the Western States Regional Council No. 3 of the International Woodworkers of America, AFL-CIO.

Delegates represent some 40,000 IWA members in the West.

Harvey Nelson, president of the regional council, told the opening session that in addition to the unemployment problem, those in logging and lumbering were faced with the automation factor which was yearly cutting into the manpower needs in the industry.

He said this year was the first time the regional structure of the IWA was faced with the question of negotiations with employes and that there were important problems ahead in that regard.

INDUSTRIALIST DIES

Glendale, Calif. – (UPI) – Funeral services will be held Thursday for Fred Benson Ortman, retired industrialist and church leader. Ortman, 73, a native of New Salem, Ohio, died Sunday.

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by Marian Martin

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Quill and Scroll Hold Initiation At Phoenix High

Phoenix – Initiation for 12 members of the Quill and Scroll Honorary Society was held at Phoenix High school last week.

Quill and Scroll was organized for the purpose of rewarding and encouraging individual achievement in journalism and creative writing, and is open only to juniors and seniors.

This chapter of the society was transferred from Talent at the time of consolidation of the two schools, and has been named the Hugh Simpson chapter in honor of Hugh Simpson, director of information at Southern Oregon college.

Officers are Nancy Pettitt, president; Lyle Logan, vice president; Elizabeth King, secretary, and April Burnette, treasurer. Adviser for the group is Mrs. Mildred Hart.

Initiation ceremony was conducted by Nancy Pettitt, Elizabeth King and Pat Diederich, all members of the society.

Guest Speaker

Simpson was guest speaker and expressed his gratitude and appreciation for having the chapter named in his honor.

Staff members of the yearbook, "The Pirate Log" and the school newspaper, "The Jolly Roger," who met the necessary qualifications were chosen for membership in the organization. Advisers for these publications are Mrs. Donna James and Mrs. Mildred Hart, respectively.

New members included Mike Consbruck, Karen Mocabee, Barbara Gysin, Sandra Dickinson, April Burnette, Dotti Arney, Bonnie Thompson, Lyle Logan, Park Clark and Ernie Bolz. Also eligible for membership but unable to attend were Gene Holt and Linda Ray.

Refreshments were served to parents and guests by the incoming members.

An Ohio State University Science Group Explores the 5 Possibilities of Accidental War...

A feature in

Family Weekly

March 5th

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