

The Medical Roundup

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Cancer of the Neck of the Womb
Each year, in the United States, cancer of the neck of the womb is causing the death

of some 35,000 women. What is sad is that the lives of practically all of these women could have been saved if they had done either one of two things. One, if they had gone once a year for a microscopic (Papnicolau) study of the cells obtained from the neck of the womb, and the other, if they had gone to a physician for a good examination the day they noticed a discharge or perhaps some spotting. Unfortunately,

ly, the earliest symptoms vary from case to case, but certainly most of the women who have failed to consult a doctor about a discharge or pain in their pelvis, have waited too long. Then, the chances for a cure are not good.

The average age of these women, when first seen, is 49 years. An important point is that whenever a physician examines a woman and finds what looks like an ulceration of the neck of the womb he should have what is called a biopsy made. A small bit of tissue should be removed and examined microscopically by an expert pathologist.

Radium Often Works

As Dr. David G. Decker wrote a while ago, at the Mayo Clinic, in a series of 1300 women with cancer of the neck of the womb, only

12 per cent could be operated on and 88 per cent had to receive only some form of radiation. Radium often can work a remarkable cure. In expert hands, the operation now can be performed with a hospital mortality of under 1 per cent. Thousands of women who went to their doctors too late say that they put things off because they were afraid to hear bad news. But if the woman had only gone right away, the minute a discharge or some spotting had appeared, her life probably could have been saved, and then she would have received good news.

For facts about cancer's symptoms and treatment, send for Dr. Alvarez' booklet, "What We Know About Cancer." To obtain it send 25 cents and a large stamped, self-addressed envelope with your request to Dr. Walter C. Alvarez, Dept. MMT, The Register and Tribune Syndicate, Box 957, Des Moines 4, Iowa.

FUNDS APPROVED

Washington—The Community Facilities Administration today approved \$15,000 in advances for Springfield school district 19.

Feeding the Family

By ZOLA VINCENT
Food Editor

Two Regal Ways with Breast of Chicken

Chicken is in the menu so often because of its super abundance. For party or home special occasions, it often is more economical and certainly more satisfying to just use the specially packaged chicken parts.

Here, we prepare four chicken breasts, split (eight halves) as follows. Coat chicken breasts with seasoned flour. Sauté in butter until browned, about 10 minutes. Pour one of the following sauces over chicken and bake in 350 degree oven about 1 hour or until tender. Baste several times during baking period with sauce drippings.

Chicken Orientale. Put one tablespoon butter, one-half tablespoon instant minced onion and one-half wine glass white wine in saucepan and cook until reduced to one-third original quantity; add two peeled tomatoes, chopped; cook until tender. Add one cup tomato

sauce, one-fourth teaspoon saffron, one teaspoon curry powder and one tablespoon butter. Season with salt and pepper. Proceed as above.

Chicken Paprika. Sauté one medium onion, finely chopped, in one tablespoon butter until golden brown. Add one tablespoon paprika and one-half pint sweet cream gradually, stirring constantly. To thicken, add six tablespoons cream sauce or undiluted creamed chicken soup. Salt to taste.

Broiled Peaches. Honey broiled peaches add a festive note to dress up any breakfast or brunch, particularly if bacon, ham, Canadian bacon or sausage are on the menu. Brush well-drained canned cling peach halves with honey and broil until lightly tinged with brown and peaches are heated through.

Raisins in Rhubarb. **Beef Sukiyaki Among Tastiest Japanese Dishes**
To many persons in all parts of the world sukiyaki is con-

sidered the tastiest of Japanese dishes. The principal ingredients are a familiar ones and the meat and vegetables cooked in a savory sauce are satisfying to the heartiest of appetites.

An electric plate with heavy saucepan or an electric fry pan or skillet may be used for table cooking which is the custom in Japan where 90,900,000 persons live in an area of 142,644 square miles. Recipe is for four servings.

Arrange the following ingredients on a large serving platter and bring to the table.

- 4 ounces beef suet
- 2 pounds tenderloin of beef, sliced very thin
- Freshly prepared mustard
- 12 scallions cut in 2-inch lengths
- 1/2 Chinese cabbage, cut in 2-inch lengths
- 1/2 pound spinach cut in 1-inch strips
- 2 cups shirataki*
- 12 large mushrooms
- 12 pieces tofu (soybean curd) in 1-inch cubes
- 1 can bamboo shoots, cut in large bite sizes
- Hot rice

*Translucent threads of gelatinous starch from a root

plant. Also available in cans and ready for use without advance preparation. Cold cooked egg noodles, preferably the long, thin variety, may be used in place of shirataki.

Cut suet into small pieces and place in hot saucepan. When sufficient fat is melted, take a slice of beef and dip into the sauce* allowing sauce to coat meat. Place meat in hot saucepan. As soon as beef changes color, turn and cook other side lightly. This takes but a moment since the thin beef is most delicious when left as rare as possible. When cooked to the desired state, dip in freshly prepared mustard (dry mustard and water blended until smooth). Eat at once. About one-third of the beef is consumed in this manner.

To the remaining fat add enough sauce to cover bottom of saucepan. Add rest of the beef and cook lightly only until beef turns color. Place all other ingredients on top of beef slices. Cook briefly and with tongs or chopsticks transfer beef to top of vegetables.

Do not stir. Continue to cook gently over medium fire until vegetables are just tender. Serve with bowls of hot rice.

Sauce. Combine one cup shoyu (soy sauce), one-third cup sugar and one-fourth cup sake (rice wine). Sherry may be used.

Quick Casserole

Cook one package of frozen lima beans and drain. Combine cooked beans with a can tomato sauce, some grated sharp cheese and two chopped hard-cooked eggs. Heat in oven about 25 minutes. Family will enjoy.

Grapefruit Shell

When company's coming, fix a fancy fruit cup by cutting grapefruit in two, sectioning out grapefruit. Remove grapefruit membranes with scissors and flute grapefruit edges using kitchen shears. Fill with any combination of fresh or canned fruits topped with generous dollop of dairy sour cream.

Fruit Relish

This different and delectable relish is very good served hot with any meat or poultry. Drain fruit juice from large can fruit cocktail into a saucepan. Add one teaspoon powdered dry mustard, one-eighth teaspoon each ground cloves and cinnamon and one tablespoon lemon juice. Boil juice slowly until reduced to half the amount; add fruit and heat slowly. Serve hot.

Broccoli Leftover

A colorful notion for using up bits of leftover cooked broccoli is to use them to decorate next day's casserole of whipped potatoes. Push broccoli stems into potatoes with just blossoms showing. Brush with melted butter and put in oven to brown briefly.

Eggs and Poultry

Top Seasonal Best Buys
Biddy has been so busy lately turning out eggs by the zillions, it seems, and converting countless other eggs into broilers, fryers, stewers and roasting chickens that consumers are being urged to eat more eggs... eat more poultry.

Eggs are tagged at very reasonable prices. Farm-fresh, top quality eggs come in several sizes; all are packed with important vitamins and minerals essential to buoyant health. Not only that but eggs furnish complete protein so high in quality that scientists use "the egg" as a standard to measure the value of protein of other foods. Serve the family eggs more often at breakfast being sure they're grade A quality for frying, poaching, scrambling. Other grades are fine for ingredient purposes.

Broiler-Fryers are bargains. The weight of the birds is the guide to ways to use them. The smaller birds are very tender and suitable for broiling and barbecuing. Heavier birds should be fried or roasted. Fryers may be purchased whole, cut-up or by parts. The packaged cut-up chicken offers not only choice meaty parts such as breast and drumsticks but also backs, wings and giblets which you may want to use for gravy, soup or some special dish. These latter cost surprisingly little.

Ideal for Many Dishes

Consider turkey for all family gatherings. It's ideal for the making of many dishes as well as for enjoying stuffed and fresh from the roasting oven.

You'll find good supplies of good quality beef at reasonable cost. Veal supplies remain about the same. There's fine lamb eating in many of the less fancy cuts. Good buys for the looking in pork. Treat the family to some of the many sausages for change.

Fish and shellfish displays offer fine variety, fresh, frozen, smoked and canned; deserve a place on the menu more often.

Vegetable bins offer fine variety of excellent quality. Fruit displays feature specials on strawberries and you're not likely to buy them at any less this season. There are also apples, avocados, bananas, citrus fruits, melons.

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