

PILGRIM HOLINESS CHURCH
1123 East Jackson st.
George Moran, minister
Sunday
9:45 a.m.—Sunday school
11 a.m.—Morning worship
7:30 p.m.—Evangelistic service
Wednesday
7:30 p.m.—Prayer meeting

RE-ORGANIZED CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS
Tenth and Ivy Sts.
Harley J. Davidson, pastor.
Sunday
9:45 a.m.—Sunday school
11 a.m.—Worship service
Wednesday
7:30 p.m.—Prayer meeting

SACRED HEART CATHOLIC
326 South Oakdale ave.
Priests: Fr. Carl Meyer, Fr. John A. Lig, Fr. William McLeod
Sunday
7:30, 8:30, 10 & 11:30 a.m.—Mass
2 p.m.—Baptisms
7 p.m.—Mass
Monday
8 p.m.—Inquiry class for adults
Wednesday
7:30 p.m.—Perpetual help devotions and benediction
Saturday
10 p.m.—Exposition of the Blessed Sacrament
8:30-9:30 p.m.—Confession
9 p.m.—Nocturnal adoration
Daily
6:30 & 8 a.m.—Mass

ST. MARK'S EPISCOPAL CHURCH
Fifth and N. Oakdale ave.
G. R. V. Bolster, rector
LeRoy E. Cox, assistant
7th Sunday after Trinity:
8 a.m.—Holy communion
9:45 a.m.—Nursery
10 a.m.—Morning prayer with sermon.
Friday
11 a.m.—Holy communion

ST. PETER'S LUTHERAN
(Missouri Synod)
1021 East Main st.
John E. Simon, pastor
Sunday
9:30 a.m.—Church school
8:15 & 11 a.m.—Worship service

SALVATION ARMY
Beatty and Edwards sts.
Maj. William Ricken, commanding officer
Sunday
9:45 a.m.—Sunday school
11 a.m.—Holiness meeting
11 a.m.—Junior soldiers
1:40 a.m.—Junior legion
2:30 p.m.—League of Mercy services
6 p.m.—Corps cadets class
6:30 p.m.—Young people's legion
8 p.m.—Open air service
7 p.m.—Salvation meeting
Tuesday
7:30 p.m.—Prayer meeting
Wednesday
7 p.m.—Day home club
Thursday
10 a.m.—Day home league
7 p.m.—Night home league
Friday
8 p.m.—Junior youth activities
Saturday
7 p.m.—Songsters practice
8 p.m.—Bible study

SEVENTH-DAY ADVENTIST
1500 Greenwood dr.
Doris Corwin, assistant pastor
Saturday
9:30 a.m.—Sabbath school
10 a.m.—Worship hour
4 p.m.—Missionary Volunteers
Wednesday
10 a.m.—Dorcas
7:30 p.m.—Prayer meeting

TRINITY BAPTIST
(Conservative)
2643 South Stage rd.
Bruce Rogers, presiding pastor.
Sunday
11 a.m.—Sunday school
7:30 p.m.—Youth & adult groups
8:15 p.m.—Studies in Mark

UNITY CENTER OF MEDFORD
Corner Haven & Holly, church
603 S. Oakdale center
Katherine Bosworth, minister
Sunday
9:45 a.m.—Church school
11:15 a.m.—Worship service
Wednesday
11 a.m.—Church prayer ministry

WESTMINSTER PRESBYTERIAN
2000 Oakwood dr.
John O. Reynolds, pastor
Sunday
9:45 a.m.—Church school
11 a.m.—Morning worship
7 p.m.—Senior high fellowship

ZION LUTHERAN CHURCH, ULCA
Fourth and Oakdale
Harvey C. Covert, pastor
7th Sunday after Trinity:
9:30 a.m.—Sunday school
9:30 a.m.—Worship service



MEETS QUADRUPLETS—President Kennedy is shown as he met with the 16-year-old Fultz quadruplets of Milton, N. C.—described as the world's only identical quads—on the White House lawn. The girls, visitors at the White House, witnessed a ceremony involving trainees for a new defense communications system, then were greeted by the Chief Executive. From left, they are Mary Alice, Mary Louise, Mary Catherine and Mary Anne. (UPI)

ASHLAND
ASHLAND METHODIST CHURCH
North Main and Laurel sts.
P. Malcolm Hammond, minister.
David Coulter, associate minister
Sunday
9:45 a.m.—Church school
8:30 & 11 a.m.—Morning worship
12 noon—Coffee hour
Tuesday
7 p.m.—Senior MYF
8 p.m.—Bible study group
Saturday
10 a.m.—Boy's groups

Jehovah's Witnesses
Kingdom Hall
700 North Main st.
W. D. Holman, presiding minister
Friday
7:30 p.m.—Theocratic ministry school and service meeting
Sunday
3 p.m.—Public talk
4:15 p.m.—Watchtower study
Tuesday
8 p.m.—Bible study

LITHIA CHURCH OF CHRIST
Women's Civic Clubhouse
Winburn Way
Fred Bremer, minister
Sunday
9:45 a.m.—Bible classes
10:45 a.m.—Morning worship
7:30 p.m.—Evening worship
Tuesday
7:30 p.m.—Bible study

CENTRAL POINT CHURCH OF CHRIST
Third and Oak Sts.
Mr. Jean M. Shelby, minister
Sunday
9:45 a.m.—Sunday school
10:45 a.m.—Worship service
6:30 p.m.—Youth meetings
7:30 p.m.—Evening service

COMMUNITY BIBLE CHURCH
Paul A. Kroon, pastor
Sunday
9:45 a.m.—Sunday school
11 a.m.—Morning worship
6:30 p.m.—Prayer pals. Jets cadets Junior high young people, senior high, young adults, preservice prayer meeting
7:30 p.m.—Gospel hour
Wednesday
8 p.m.—Choir practice
8 p.m.—Midweek prayer meeting and Bible study

FIRST PRESBYTERIAN CHURCH
Robert Olmsted, pastor
Sunday
9:45 a.m.—Church school
11 a.m.—Worship service
Wednesday
8:45 p.m.—Church picnic

PENTECOSTAL CHURCH OF GOD
Fifth and Pine sts.
Andrew W. Kahn, pastor
Sunday
9:45 a.m.—Sunday school
11 a.m.—Morning worship
7:30 p.m.—Evangelistic service
Tuesday
7:30 p.m.—Bible Study
Thursday
7:30 p.m.—Young people's meet. in

GOLD HILL ASSEMBLY OF GOD
Fifth ave.
Charles Pearson, pastor
Sunday
9:45 a.m.—Church school
11 a.m.—Worship service
7:30 p.m.—Evangelistic services
Wednesday
7:30 p.m.—Bible study & prayer
Thursday
7:30 p.m.—Women's prayer meeting

BIBLE SCHOOL
Yreka—The First Baptist church, Yreka, will hold a Daily Vacation Bible school the week of Aug. 6 from 9 to 11:45 a.m. daily. There will be four groups from kindergarten age through juniors.

CHRISTIAN CHURCH
Corner 4th st. and Sixth ave.
Miss Jean Cunningham, minister
Sunday
9:45 a.m.—Sunday school
11 a.m.—Worship service
Thursday
7:30 p.m.—Bible study and prayer

CHRISTIAN SCIENCE SOCIETY OF GOLD HILL
Fifth and 4th ave.
Sunday
9:30 a.m.—Sunday school
11 a.m.—Morning service

COMMUNITY METHODIST
Corner 4th st. and 4th ave.
Locken Gregory, pastor
Sunday
9:45 a.m.—Sunday school
11 a.m.—Worship service
6:30 p.m.—Senior MYF

JACKSONVILLE ASSEMBLY OF GOD
Fifth and Blackstone
O. E. Summers, pastor
Sunday
9:45 a.m.—Sunday school
11 a.m.—Worship service
7:30 p.m.—Evangelistic service
Wednesday
7:30 p.m.—Bible study and prayer hour

FIRST PRESBYTERIAN CHURCH
King R. Jones Jr., pastor
Sunday
9:30 a.m.—Sunday school
11 a.m.—Worship

ST. JOSEPH'S CATHOLIC
Fr. William McLeod
Sunday
9 a.m.—Mass

SHADY COVE GOSPEL CHURCH
(Nondenominational)
Waltory lane
Clayton Fields, pastor
Sunday
10 a.m.—Sunday school
11 a.m.—Church service
6:30 p.m.—Young people's service
Wednesday
7:30 p.m.—Evening service
7:30 p.m.—Midweek service

OUR LADY OF FATIMA CATHOLIC CHURCH
Sunday
10 a.m.—Mass

TALENT ASSEMBLY OF GOD CHURCH
J. C. Arnett, pastor
Sunday
9:45 a.m.—Sunday school
11 a.m.—Morning worship
6:30 p.m.—Children's service
6:30 p.m.—Christ Ambassadors service
Wednesday
7:30 p.m.—Evangelistic service
7:30 p.m.—Bible study and prayer meeting

FIRST METHODIST CHURCH
First and Wagner sts.
Mrs. Violet Bolliger, minister.
Sunday
9:45 a.m.—Sunday school
11 a.m.—Worship service
6:30 p.m.—Junior MYF
Wednesday
7:30 p.m.—Prayer meeting

FRIENDS CHURCH
A. Clark Smith, pastor
Roland E. Hartley, assistant
Sunday
9:45 a.m.—Sunday school
11 a.m.—Worship service
7:30 p.m.—Evening service
Wednesday
7:30 p.m.—Prayer meeting

RURAL CHURCHES
HELAN BAPTIST CHURCH
(Conservative)
White City
Crater Lake hwy. & Avenue A
Richard A. Haden, pastor
Sunday
9:45 a.m.—Sunday school
11 a.m.—Morning worship
6:30 p.m.—Baptist youth fellowship
7:30 p.m.—Evening service
Wednesday
7:30 p.m.—Midweek prayer service

GIBBON ACRES PENTECOSTAL CHURCH OF GOD
139 Gibben rd.
Benny Ivey, pastor
Sunday
9:45 a.m.—Sunday school
11 a.m.—Worship service
7 p.m.—Evangelistic service
Wednesday
7 p.m.—Bible study
Thursday
9:30 a.m.—PLA
Friday
9:30 p.m.—Young people's meeting

PROSPECT BAPTIST
(Southern Baptist)
Community hall
Kirk Snider, interim pastor
Sunday
9:45 a.m.—Sunday school
11 a.m.—Worship service
6:30 p.m.—Baptist Training union
7:30 p.m.—Evening worship
Wednesday
7:30 p.m.—Prayer meeting
Sunday school hours

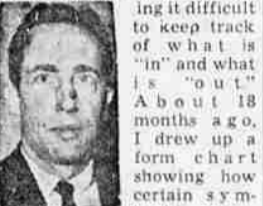
SAMS VALLEY COMMUNITY
(Nondenominational)
School house
Sunday
10 a.m.—Sunday school

TRAIL COMMUNITY CHURCH
Rep. Walter Rogers, pastor
Fifth ave.
9:45 a.m.—Sunday school
11 a.m.—Morning worship
7:30 p.m.—Evening service
Tuesday
7:30 p.m.—Young people's meet. in
Wednesday
7:30 p.m.—Bible study & prayer
Thursday
7:30 p.m.—Women's prayer meeting

Who's On First?

Who's 'In' and Who's 'Out' Makes Need for Frequent Change in List

By DICK WEST
Washington—(UPI)—Status symbols in the U.S. capital are constantly changing, making it difficult to keep track of what is "in" and what is "out." A month or 18 months ago, I drew up a form chart showing how certain symbols, both in the prevalent here during the Eisenhower administration, had been discarded and replaced during the first few weeks of the Kennedy administration.



West
Washington—(UPI)—Rep. Al Ullman (D-Ore.), says he is gratified by House approval of the upper division of the Baker reclamation project but expressed regret that some western Republicans did not support the measure.

House Approval Of Baker Project Pleases Ullman

Washington—(UPI)—Rep. Al Ullman (D-Ore.), says he is gratified by House approval of the upper division of the Baker reclamation project but expressed regret that some western Republicans did not support the measure.

The House voted 200 to 182 for a bill introduced by Ullman to authorize a \$6 million project on the Powder river near Baker, Ore.

"This is a great victory for Oregon's future growth and development," Ullman said.

But he added that it was a "tragic commentary" that the narrow margin of victory came "on a straight party vote against a virtually solid bloc of Republican opposition."

"How can we in the Pacific Northwest afford such narrow political maneuvering when our very future is at stake in this fundamental issue of water development?" he asked.

A breakdown of the voting showed that 184 Democrats were joined by 16 Republicans in supporting the project. The opposition found 41 Democrats joining 141 Republicans.

However, Ullman's comments were directed chiefly at a split among Oregon and Washington state Republicans.

Rep. Edwin R. Durno opposed the project while his Oregon Republican colleague, Rep. Walter Norblad, voted for it.

Washington Republicans split with Reps. Jack Westland and Thomas M. Pelly opposed and Reps. Walt Horan, Catherine May and Thor Tollefson supporting the Baker project.

Two California Republicans, Reps. John Baldwin and Charles S. Gubser, also voted for the project.

Western Democrats voted for the project.

Final Wildlife Hearings Slated

Washington—(UPI)—House Interior Subcommittee hearings on legislation designed to solve land use problems on the Tulelake, Lower Klamath and upper Klamath National Wildlife Refuges in Oregon and California will be completed Aug. 13-14, it was announced Thursday.

Rep. Walter Rogers (D-Tex.) chairman of the reclamation subcommittee, said representatives of the Tulelake irrigation district in California, would appear at the hearings.

The Medical Roundup

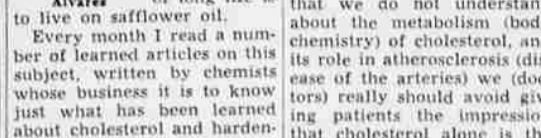
by *Walter Tennyson*
Emeritus Consultant in Medicine
Mayo Clinic
Professor of Medicine
Mayo Clinic
Register and Tribune Syndicate, 1962

Don't Be Panicky About Cholesterol

Today I find many people who I should say are much too panicky about cholesterol.

Because they are trying so hard to stay on a cholesterol-free diet they would not think of touching an egg. Many have the idea that the secret of long life is to live on safflower oil.

Every month I read a number of learned articles on this subject, written by chemists whose business it is to know just what has been learned about cholesterol and hardening of the arteries, and practically all of them say they are not sure that cholesterol is the only substance that is causing the damage; they strongly suspect that other factors are at work, and they are hunting for these factors.



The research workers know that they cannot always greatly lower the blood cholesterol with diet because so much of the substance is made in the body, and is not taken in with the food; also they are not sure that the small reduction in blood cholesterol that they can produce with diet will do the patient's arteries any good. Most of these authorities say there is little doubt that a diet low in calories is good for the arteries of a person who is too stout.

There seems little doubt, also, that a change from hard fats of animal origin to oils of vegetable origin can help to some extent, and since this is the best dietary treatment we doctors know about, patients with artery trouble and heart attacks had better try it.

But to doubt how little good such a diet can do: Recently in a big Veterans' hospital hundreds of men who were kept on an anti-cholesterol diet for two years or so had only 16 milligrams less cholesterol (per 1 unit of blood) than did the men who ate as they pleased. It is very doubtful if a 16 mg. difference could do anyone any good. Other physicians who have checked the result of dieting have found a reduc-

tion in the cholesterol level of from 30 to 45 mg. possibly of value.

I recently read an article by Professor Arthur Grollman of the University of Texas, a man who has done much work on this problem, and as he says, "Cholesterol intake alone does not determine the level of serum cholesterol, or necessarily affect the deposits of cholesterol in the nodules in the walls of the arteries."

"Because there is so much that we do not understand about the metabolism (body chemistry) of cholesterol, and its role in atherosclerosis (disease of the arteries) we (doctors) really should avoid giving patients the impression that cholesterol alone is the answer to the problem of atherosclerosis. Clearly it is not. We do not need to encourage the prevailing panic about cholesterol."

So far, efforts to lower decidedly the level of blood cholesterol with the help of medicines have not been very satisfactory. It has been reported that an hour of exercise taken each day will produce a reduction in blood cholesterol of some 50 mg. If this observation is now confirmed by other workers in this field, they physicians will have available an excellent method of treatment.

Is your heart sound? You should see your doctor for regular check-ups. You'll also profit from reading the booklet, "Heart Trouble," by Dr.

Organization and Issues
"Everyone thinks the ADA is 'in' but it is really 'out.' Needless to say, the AMA is 'out' . . . Talk about the stock market is 'out.' No one knows yet whether a tax cut is 'in' or 'out.'"

As a footnote, I might add that Frelinghuysen himself is a Republican, and is therefore automatically "out."

1962 Corn Crop Sharply Advanced

Washington—(UPI)—The government's weather and crop bulletin for the week ended July 30 indicates the 1962 corn crop has developed ahead of average and is sharply advanced over a year ago.

Harvesting of winter wheat in the northern Great Plains has made good progress and is virtually complete in the low er elevations. In the Pacific Northwest warm, dry weather has stepped up the harvesting pace considerably. Spring wheat harvest in South Dakota is 15 per cent complete.

Development of cotton plants was excellent in the Western half of the cotton belt, and boll setting was heavy. Cotton fields are generally clean in all areas and insects are under control. The harvesting pace increased in Texas and a few bales were ginned in Arizona and Louisiana.

Rain held the threat of forest fires in the Pacific Northwest at a low point again today.

Rain Calms Threat Of Fires in Forests

By United Press International
Rain held the threat of forest fires in the Pacific Northwest at a low point again today.

Only three small fires were reported in national forests in Oregon and Washington Thursday.

Another three small blazes were listed on state-protected land in Oregon.

All were controlled or out.

Alvarez. To obtain it, send 25 cents and a 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.

QUALITY DIAMONDS

2nd Anniversary Sale

at **John Nuich JEWELERS**



ALL Diamonds
In diamond rings

30% off



TERMS OF COURSE

OPEN TONITE 'til 9



You Must Be Satisfied WITH EVERY PURCHASE

DIAMONDS AT SAVINGS!



231 East Main
Phone 773-6763

Don't Give In To Summer Heat And Humidity

remember...

THERE'S NO PLACE LIKE HOME

This summer "beat the heat" in the comfort of your own living room by installing a modern, efficient air-conditioning unit!

As your air-conditioner provides a regulated flow of cool, dehumidified air throughout your home, discomforts of summer nights and days vanish. Doors and windows remain closed against torrid summer temperatures outside.

AIR CONDITIONING!

See your favorite Cal/Ore League Dealer today . . . let him provide expert advice on the model and cooling capacity of the unit which will insure the proper summer living atmosphere for your home.

APPLIANCE MART	772-4131	Hotpoint
BIG Y APPLIANCE CENTER	773-3052	Westinghouse
FELDMAN & OLSON	773-7751	Fedders
HOME APPLIANCE COMPANY	773-5395	General Electric
JOHNSTON STORES	773-3619	RCA-Whirlpool
LEONARD ELECTRIC COMPANY	773-4541	Frigidaire-Amana
MODERN PLUMBING	773-5368	Carrier
MONTGOMERY WARD & CO.	773-7301	Wards Tru-Cold
PALUMSON & GATES THRIFT MARKET	664-1259	Amana
TROWBRIDGE ELECTRIC	773-6241	Westinghouse
WESTERN AUTO	772-6217	Wizzard
SEARS ROEBUCK	773-6961	Kenmore

Cal/Ore Electrical League