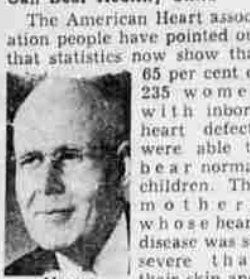


The Medical Roundup

by
Walter Alvarez

Emeritus Consultant in Medicine
Mayo Clinic
Emeritus Professor of Medicine
Mayo Clinic
(Register and Tribune Syndicate,
1962)

Woman With Heart Disease Can Bear Healthy Child



Alvarez

The American Heart Association people have pointed out that statistics now show that 65 per cent of 235 women with inborn heart defects were able to bear normal children. The mothers whose heart disease was so severe that their skin and lips were cyanotic or blue, due to a poor aeration of their blood in their lungs, had a tendency to miscarry, but 61 per cent of 348 pregnancies experienced by these blue women resulted in normal children. When it was the husband who had the heart disease this did not seem to effect the health of the infant.

It must be admitted, however, that the incidence of congenital heart disease in the children of mothers with heart disease was 1.8 per cent, or six times that observed in the children of normal women. As I must keep saying, we cannot disregard the strong influence of heredity in the production of many diseases. Fortunately, today, many of the children who are born with a defective heart can be cured with the help of surgery.

Graves' Disease

Nowadays, we physicians appear to be developing a most unfortunate habit of telling our patients that they have somebody or other's disease.

case, and then dismissing them without explaining in simple English what the trouble is. As a result, dozens of women just wrote to ask me what is Graves' Disease. Their doctor said that is what they have. I can't understand why the doctor did not say, "You have a disease of your thyroid gland - the gland which lies just below your voice box (Adam's apple). You have a little goiter there which produces excessive amounts of thyroid hormone. This chemical, by speeding up your body chemistry, causes you to feel warm, tremble, nervous, restless, on edge, irritable, sleepless and sometimes mentally disturbed."

"It causes you to lose weight, sometimes you have loose bowels, and you will probably perspire too much. The hormone has caused your eyes to bulge forward a bit. Because of this, some doctors may tell you you have exophthalmic goiter (ex meaning out, and ophthalmos referring to eyes)."

It is very unwise to leave this disease untreated because the hormone tends eventually to poison and damage your heart, liver, brain, and to some extent, all the organs of your body.

If I had the disease I would go straight to an expert thyroid surgeon and have him remove most of my toxic (poisonous) goiter. Then, in 3 or 4 days I would feel like a new person. Today, many physicians prefer to give drugs to reduce the activities of the gland, but often the use of the drugs has to be watched carefully for months. If I had the disease I would rather have it cured overnight by a surgeon.

Additional help on this subject is available in Dr. Alvarez' booklet, "Thyroid Trouble and Goiters." You may obtain it by sending 25 cents and a self-addressed, stamped envelope with your request for it to Dr. Walter C. Alvarez, Dept. MMT, The Register and Tribune Syndicate, Box 957, Des Moines 4, Iowa.

Newspaper Guild Votes for Strike

New York (UPI)—New York Newspaper Guild members at three morning newspapers have voted to strike if new contracts are not signed by Oct. 31.

New York Times Guild members voted 1,148-24 Thursday night in favor of going on strike. Similar action was taken earlier this week by Guild employees of the Daily News and Herald Tribune. Strike balloting will be held next week at the four other major New York dailies.

They'll Do It Every Time

By Jimmy Hatlo

GRENADINE JUST HAD TO HAVE EXPENSIVE TRAVELING BAGS FOR HER SOCIAL SAFARIS....

BUT NOW THAT SHE'S GOT 'EM, DOES SHE USE THEM? DUMBSELLEH! IT'S SO MUCH HANDIER NOT TO....



Feeding the Family

By ZOLA VINCENT

Food Editor

Cheese Festival Time And Long-Time Favorites

The quality and goodness of the many fine trade-marked varieties of cheeses from west coast cheese makers seems never to vary; an amazing tribute to the skill of our cheese makers. With highly professional know-how and infinite patience, they convert close to five quarts of top-grade whole milk into each and every pound of full-flavored cheddar.

Here are reminders of long-time favorites, remembered from childhood and so easy to do.

Toasted Cheese. Cut toast squares, 20 of them, from five slices of bread that has been freshly toasted. Combine three-fourths cup grated cheese, two egg yolks, one cup dry crumbs, six tablespoons butter, two teaspoons mustard, one-half teaspoon salt, dash of pepper; spread thick on toast squares. Lay on a baking sheet, cover with an inverted pan and set in a moderate oven, 350 degrees, three minutes. Remove cover and brown five to eight minutes more. Serve at once.

Cheese Balls. Beat three egg whites, add 1½ cups grated cheese combined with one tablespoon flour, salt and pepper; form into balls the size of a walnut, roll in cracker crumbs (three-fourths cup); fry in deep fat about two minutes. Eat "as is" or add to soup or salad just before serving.

Cheese-Tomato Dreams. Spread freshly made toast or English muffin halves with mayonnaise; top each with medium size tomato half; then slice of processed cheese. Criss-cross with half slices of bacon. Place three inches under broiler, briefly to melt cheese, sizzle bacon.

Grape Goodness

Grape growing is the world's biggest fruit industry and the oldest. We grow them in abundance and now is the time to make the most of them. There's a whopper crop of Thompson seedless; plenty of Emperors, Ribiers, Almeris, Cardinals, Red Malazas, Perlette and world famed Tokays.

Mostly our good grapes are eaten out of hand, but they're popular also in salads, fruit cups and tempting in desserts. But in small quantities and use quickly.

Macaroni Custard Loaf

Macaroni products are nutritious, delicious, economical and very versatile as everyone knows. Here we put elbow macaroni (you can use shells or other types if you like) in a custard loaf that is delicious "as is" and also makes a fine go-together for fish. Try it, too; topped with your favorite cheese sauce, tomato sauce or a combination tomato-cheese sauce. Or you might prefer to show off the custard loaf; pass the sauce. For six servings:

1. tablespoon salt
2. quarts boiling water
- 2 cups elbow macaroni (8 ounces)
- 6 eggs, beaten
- 1 quart milk

- 1½ cup chopped canned pimientos
- 2 teaspoons grated onion or 1 teaspoon instant minced onion
- 1½ teaspoons salt
- Pepper

Add one tablespoon salt to rapidly boiling water; gradually add macaroni so that water continues to boil (according to package directions). Cook, uncovered, stirring occasionally, until tender. Drain in colander.

Combine macaroni and remaining ingredients; mix well. Pour into buttered 8x5x3 inch loaf pan. Place in pan of hot water. Bake in moderate oven, 350 degrees, one hour or until knife inserted in center comes out clean. Unmold on platter. Worth showing off with garnish of watercress or parsley.

Papaya Pleasures

Here are a few ways in which Hawaiian papaya which is plentiful can give multiple pleasures.

As breakfast fruit, papaya halves with lime or lemon wedges are superb.

In fruit cocktail or salad, combine papaya with banana, pineapple or any other available tropical fruit. Add ginger ale to cocktail; tart French dressing to salad.

As dessert, combine papaya with one, two or several other fruits — banana, pineapple, mango, orange wedges — and grated coconut. Or combine all with cream as frozen dessert.

Papaya, Pomegranates, Pears Enliven Market

The "P's" have it today — with a "Q" for quince and a big "A" for apples which are pouring into markets from northwest orchards. Another new look in local markets is noted in first of the season cranberries and in Coachella valley dates which represent

a very fine crop. Could it be that the holiday season is not far behind?

Papayas are to Hawaii as oranges are to California. The golden fruit is now flowing in ever increasing volume as west coasters become acquainted with its availability. Try it and like it served "as is" halved like cantaloupe and in cocktails, salads, desserts.

Pomegranates, native to Persia, have been California-grown since mission-garden days. Leathery-skinned, they are about the size of a large orange; vary in color from light yellow to bright red. When eaten raw, the fruit is broken open, the kernels dislodged, usually with a nut pick, and the flesh is sucked from the pits. The "kernels" are often used as a garnish for desserts and salads. The juice is used in beverages and ices.

Eaten With Spoon

Persimmons are here to enliven the season with peak in November. They're most often eaten with a spoon, one fruit per serving. The soft fruit is placed stem end down on a plate, gashes cut through top so that "jelly" can be spooned out of skin. They add excitement also to fruit salad combinations when sliced or cut in wedges.

Bartlett pears, luscious and versatile are plentiful along with many grape varieties, new-season cranberries and dates as noted above. A few quince are in as berries; nectarines, peaches and plums fade from the market. Make most of melons right now!

Vegetable bins offer artichokes and broccoli in increasing supply, an abundance of Brussels sprouts, fine selection of lettuce and all salad greens. There are white potatoes, sweet potatoes and yams, along with Zucchini and winter squash types. Tomatoes are at their wonderful best for slicing, broiling, stewing and sauce making. A record crop of apples is rolling to market for filling fruit bowls for frequent snacking.

Dennis the Menace



"YOU PEOPLE MIGHT AS WELL STAY UP, I'LL BE RIGHT BACK."

Portland Traffic Takes Three Lives

Portland (UPI)—Three persons died early today in two traffic accidents that occurred within 11 minutes of each other.

Robert Paul Clements, 21, and Virginia Delores Clements, 19, Troutdale, were killed when their car and another collided near SE 101st and Powell.

The accident occurred about 1:18 a.m. Mahlon Morris Buck Jr., 30, Portland, was killed at 1:29 a.m. near 162nd and Halsey when the small car in which he was a passenger flipped over. Anna Marie Ellis, 32, Portland, the driver, was hospitalized at Gresham. Her condition was described as good.

LEGAL NOTICES

NOTICE OF PUBLIC HEARING. NOTICE IS HEREBY GIVEN that at 7:30 P.M. on the 1st day of November, 1962, in the Council Chambers of the City of Medford, Oregon, there shall be a public hearing by and before the City Council of said city on the question of vacation of Parkdale Drive in Park Terrace Subdivision in the City of Medford, Oregon.

D. F. HUSON, Recorder-Treasurer.

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LEGAL NOTICES

NOTICE OF FINAL HEARING. NOTICE IS HEREBY GIVEN that the undersigned of the Estate of William Kurt Sanders, deceased, has filed his Final Account in the Circuit Court of the State of Oregon for Jackson County, Probate Department, and that the 20th day of November, 1962, at the hour of 1:30 o'clock in the afternoon of said day and the Courtrooms of said Court have been appointed by said Court as the time and place for the hearing of objections thereto, and the setting thereof.

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3-PERSONAL

ATTN: MOTHERS—Are you interested in a Baby Sitter Cooperative? 772-4344.

REAL ESTATE & Investment. 1st 2nd mortgages. Laurendeau Industrial Finance Corp., Main 1