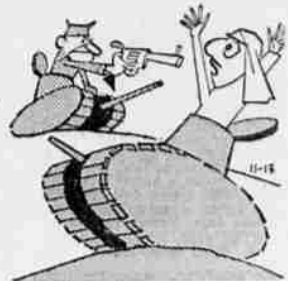


Try and Stop Me

By BENNETT CERF

LATEST STORY from Tel Aviv concerns Israeli private Avrim who tried to wheedle a three-day pass from his captain. "Don't be silly," the captain told him. "To get a three-day pass in this man's army, you've got to earn it with some spectacular exploit."



A few days later Avrim astounded everybody by capturing a brand-new Arab tank. Of course, he was rewarded with a three-day pass. Less than a month later, he captured another Arab tank and earned another pass. When he bagged a third Arab tank he became a national hero, and was promoted to captain himself.

Some time later, Private Moshe, who happened to be Avrim's first cousin, suggested, "Hey, Captain Avrim, how about one of those three-day passes for your favorite cousin?" "Earn one like I did," snapped Captain Avrim. "I couldn't," mourned Moshe. "I haven't your courage, or initiative, or flair for the spectacular."

Captain Avrim locked the door of his office, pulled down the shade, then whispered to his cousin, "Listen, Moshe. It's not as hard as you think. Take one of our own tanks out of the compound some night and drive out into the desert. Pretty soon you'll meet up with some Arab tank driver who's also looking for a three-day pass . . ."

In Bermuda, a formidable lady spent an hour poring over the stock of a book shop near the Salt Kettle House. After rejecting numerous suggestions, she finally decided, "Oh well, I'll take this Ian Fleming paperback." The clerk gave her a startled look, and then said gently, "But, madam, this is the book you brought in with you."

DIETING COSTLY

Christchurch, Eng. - (AP) - Deputy Mayor Elsie Padwick complained that she lost a valuable bracelet because she had followed doctor's orders. She said the bracelet slipped off her wrist after she followed the doctor's direction to lose 20 pounds.

Injuries Reported In Accidents During Week End

Flora May Shaw, 67 of 104 North Ross lane, was injured Sunday afternoon when the car in which she was riding was involved in an accident about 1:45 p.m. at Riverside ave. and Jackson st., according to city police.

Farm Bureau Urged To Oppose Medicare

La Grande - (AP) - The Oregon Farm Bureau Federation was urged Monday to oppose President Kennedy's medicare program.

Mrs. Shaw was taken to Rogue Valley hospital, where she was treated and released. The driver of the car in which Mrs. Shaw was a passenger, Mrs. Dorothy Alice Owens, 49, Talent, was admitted to the hospital Monday. Her condition was described as good.

Dr. Max Parrott of Portland, former president of the State Medical Society, said "medicare is intervention in free enterprise and is a wasteful and impersonal program." Harold Beach, Hermiston, federation president, said the organization will have to make its voice heard if Congress tries to pass legislation to which the federation is opposed.

Driver of the other vehicle involved, Carl Henry Parrish, 26, of 211 Vancouver st., was cited by officers for disobeying a traffic signal.

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Two drivers were slightly injured in a four-car accident about 4:12 p.m. Saturday at Fifth and Bartlett sts. Hurt were Larry Dennis Sander, 17, of 2713 Orchard Home dr., and Joe Mitchell Cole, 19, of 1553 Grand ave. They did not require hospitalization, police said.

The third vehicle in the mishap was operated by Floyd Robert Shoemaker, 36, of 2416 Barnett rd. A parked car registered to Paul Lea Motors Inc., was damaged in the collision. Sander was cited by police for disobeying a stop sign.

In a second accident Sunday, Don Eugene Tackley Jr., reported to police that an unidentified vehicle had struck and damaged his car about 5:57 p.m. while it was parked in front of 720 West 11th st.

Republican Leads

Providence, R.I. - (AP) - Republican John C. Chafee today held a tiny 68-vote lead in his bid to unseat Democratic Gov. John A. Notte Jr. Still uncounted were 6,676 absentee ballots. Members of the armed services have until Nov. 21 to send in their ballots.

Chafee gained one vote Monday when the Board of Elections began a check of voting machine totals throughout the state.

The board said Chafee unofficially now had 160,611 votes to 160,543 for Notte.

Court Records

ASHLAND MUNICIPAL COURT
Robert Alvin Arla, violation of basic rule, \$10.
Joseph Marie Wall, violation of basic rule, \$20.
Edna Lucille Williamson, disobeyed stop sign, \$5.
Ruth Adeline Moses, improper right turn, \$5.
David John Hauke, wrong way on one-way street, \$5.
Michael Lee Mills, disobeyed traffic signal, \$5.
Gordon Lee Caster, violation of basic rule, \$10.
Clarence Jerome Lucas, disobeyed traffic signal, \$5.
Lutten, \$20. Bancy, failure to leave name at scene of accident, \$30.
Lorraine Amariya Conley, disobeyed stop sign, \$5.
Bonny Charlene Mitchell, violation of basic rule, \$20.
Christine Stevens George, disobeyed stop sign, \$5.
Marion Dean Jackson, violation of basic rule, \$10.
Arthur Ray Deckard, disobeyed stop sign, \$5.
Paul G. Griswold, leaving motor vehicle parked, unattended and motor running.
Wesley Edgar Reed, disobeyed traffic signal, \$5.
Lola Kay Kutter, violation of basic rule, \$10.
Richard John Cignarelli, violation of basic rule, \$10.
William Henry Davis, disobeyed stop sign, \$5.

license, \$20 and two days in Jackson county jail.
Kathryn Maria Cannon, no operator's license, \$5.
Robert Maynard Prow, no safety chains, \$10.
Virginia Plummer, violation of basic rule, \$20.
Clifford Elton Dunham, illegal possession of birds, \$25.
Bernard Martin Thumier, violation of basic rule, \$10.
Edwin Thomas Fargo, no right turn signal, \$7.50.
Betty Rae Barker, no operator's license, \$5.
George Edward Bretz, truck speeding, \$10.
William Bernard Parton, truck speeding, \$10.
Ronald Bruce Brown, no horn, \$5.

CENTRAL POINT MUNICIPAL COURT
William Alan Bray, violation of basic rule, \$10.
David Allen Hanson, improper U-turn, \$5.
Theodore Garrett Lampman, violation of basic rule, \$10.
Roger Wayne Farrell, violation of basic rule, \$10.
Melvin Wayne Fields, disobeyed stop sign, \$15.
Lenora Anna Allen, violation of basic rule, \$10.
Ellis Leroy Cornutt, operating on wrong side of street, \$15.
Donald S. Chamberlain, violation of basic rule, \$10.
Stephen Michael Knight, inadequate brakes, \$5.
Earl Langford Head, violation of basic rule, \$10.

DISTRICT COURT
Silver Ruben Hodges, overwidth load, \$15.
Bernard John Haas, overwidth load, \$15.
Glenn Marshall Wade, overwidth load, \$5.
Raymond George Maurer, borrowed deer tag, \$50.
Wallace DeForest Green, violation of basic rule, \$10.
William Henry Johnson, no public utility commission or permit, \$25.
James Hugh Lowery, overwidth load, \$15.
David Ellet Foreman, no vehicle license, \$5.
Richard Earhart, overwidth, \$81.
Elmer Albert Bellack, overwidth load, \$15.
Gertrude Lucille Godfrey, carrying person on outside of vehicle, \$15.
Marie Jayne Tenler, no operator's license, \$5.
Kenneth Virgil Warner, no safety chains, \$15.
Dale Lewis Chaney, overheight load, \$15.
Richard Allen Hinchey, no lights, \$10.
John Dennis Higginson, one headlight, \$10.
Dale Leroy Childers, no safety chains, \$15.
Gerald Edwin Bailey, improper right turn, \$10.
Rex Carson Gobie, overheight load, \$15.
Lyle Homer Wyatt, failure to transfer title, \$5.
Charles Bartlett, disobeyed stop sign, \$7.50.

CIRCUIT COURT
Jelena Walter, Donaca vs. Barbara Lillian Donaca, divorce decreed.
John E. Burmaster vs. Robert Burmaster, divorce complaint.

The Medical Roundup

by *Walter Alvarez*
(Register and Tribune Syndicate, Emeritus Consultant in Medicine Mayo Clinic 1962)

Table Salt and High Blood Pressure

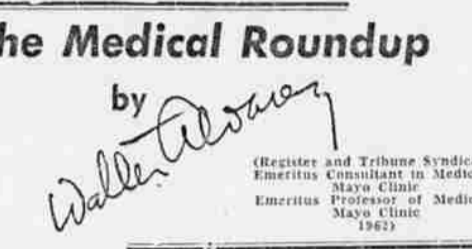
As I often say in this column, I hate to put a patient on a very low cholesterol or "salt-less" diet. I prefer not to do this even when I keep reading articles by enthusiastic physicians who say that when a patient has a high blood pressure, one can cure him by taking all his cholesterol and salt away from him.

Having been a physician for 37 years, and having a very retentive memory, I know too well that men who - perhaps 20 or 30 years ago - became famous for putting their patients on a very salt-poor diet, and who for a while rode their hobby very hard, today are virtually forgotten. Why did their pet treatment fail to work? Partly because to live without salt is so distressing that most patients soon say they would rather die of their high blood pressure than to live on the tasteless food that is given them.

In the days when the no-salt diet was going strong I took my patients off of it for three reasons: (1) it wasn't lowering their pressure very much; (2) I could find no evidence to prove that if I lowered a man's pressure he would live much longer; and (3) all that the salt-poor diet seemed to be doing to many of the men who were on it was to make them very angry with their wives; every day they blamed the poor woman for giving them food which "wasn't fit for a dog."

Another reason why I did not order salt-poor diets was that I soon found a number of reports of research men who said that a salt-poor diet, such as one can prepare in a home, has little or no effect on a high blood pressure. It is only an almost saltless diet, prepared by a hospital dietitian, that has any effect, and this usually is a diet of little besides rice.

One reason for my lack of enthusiasm for medical fads is that I know that soon most of them are given up. I write this particular column now because I just read in Sir G. Pickering's recent book on high blood pressure, that he has no evidence to prove that the lowering of a pressure always lengthens the person's life; also he has been unable to confirm the idea that a



big intake of salt will produce a high blood pressure. In fact, he says that in the cases of women, a generous supply of table salt can reduce the pressure!

I have often said to my students, why insist that your patients follow some strict and unpleasant diet or treatment which takes away all their joy in life, when two years from now you may learn that the theory back of it was wrong? But many patients or their families demand that their doctor do something, and so he does something - which often proves later to have been only an annoyance and an expense.

More information and a discussion of treatments for high blood pressure are contained in Dr. Alvarez's 25-cent booklet, "HIGH BLOOD PRESSURE." You may obtain it by sending 25 cents in a self-addressed, stamped envelope with your request for it to Dr. Walter C. Alvarez, Dept. MMT, The Register and Tribune Syndicate, Box 857, Des Moines 4, Iowa.

Cancer Society Film Is Viewed by Phoenix Students

One of the newest additions to the American Cancer Society's educational materials is the film on cigarette smoking and lung cancer "Is Smoking Worth It?" This film was shown at the Phoenix High School recently to a group of 185 students. Lectures on cancer in general were given by Dr. James Quinn, Medford, and Dr. William Sammons, Ashland. It was reported that the American Cancer Society questioned 22,000 students in and around Portland and found that one out of every four high school boys and one out of every eight girls smoked. The number of smokers increased with every year of high school so that among seniors 35.41 per cent of the boys smoked and 26.2 per cent of the girls.

Youngsters whose parents smoked were more likely to take up the habit than others, the survey showed. Deaths from lung cancer in 1961 were estimated at 37,500. The day-long film showings were arranged by Mrs. Helen Thomas, Phoenix high school teacher.

They'll Do It Every Time



ER-UH-YOU GOT SOMETHING THAT WILL HOLD MORE CREDIT CARDS THAN THIS? IT ONLY TAKES SIXTEEN....

But the Card He Uses the Most...



ER-UH-NOW WHERE IS MY BANANER ERL CARD? IT AINT HERE! MY WIFE MUSTA GLOMMED IT! YOU'LL HAVE TO TRUST ME, MAC...I'M SHORT OF DOUGH....

Small Worlds Around Us

By LYNN M. WATKINS
(Register and Tribune Syndicate 1962)

Many tern colonies have almost been destroyed by the hordes of foraging crabs which have developed an appetite for tern eggs and young birds. When being raided by crabs, the parent birds swoop and dive at the intruders, all the time emitting their plaintive, wild cries of distress and alarm, but never quite attacking the crabs which are destroying their families.

Ordinarily we associate terns with the ocean shore or even with the high seas, but the so-called "black tern," as graceful and swift in flight as any of its cousins, lives inland and feeds on insects instead of fish. It is particularly fond of dragonflies, which it catches on the wing and while in full flight.

The black tern will often follow a plowman in the field, swooping down to grab worms and grubs turned up by the plow. It works within a few feet of the man, calmly feeding as if the man was upsetting the worm life just for him.

Whether found inland, far from the seashore, or in great numbers along the edge of the ocean, terns are friendly and attractive birds always, and wherever found, they practice the favorable formula that "one good tern" deserves another."

GOLFING HAZARD - Kibworth, England - (AP) - Golf club members went hunting today. Their quarry is the crow that has stolen 100 new golf balls from the fairways in the past month.

Because of the rapid and graceful flight of the terns, they have been aptly called "sea swallows." Terns enjoy one another's company. They will nest in large colonies, the nests being placed within a few inches of another. They may have the use of many miles of ocean beach, but will ignore the expanse and all gather in a very small area. A concentration of terns on an ocean beach has often been estimated to number several thousand, and all will be within a couple of acres of beach.

NO LAUGHING MATTER

South Orange, N. J. - (AP) - William Ricciardi, 17, tied a handkerchief around his face and approached a used car lot office Monday but was promptly tackled by one of two patrolmen who saw him. Ricciardi explained it was all a joke. His friends who owned the lot, although not appreciating his humor, spoke in his behalf and no charges were made.

THREE YEARS LATER

Paris, Tex. - (AP) - Roy Davis lost his wallet containing \$141 in cash and checks in a cleaning shop in June, 1959. This week his son found the wallet in a pile of laundry bags-the money and checks still inside.

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SPECIAL 1750 ROBERTS RD. This charming 3 Bdrm. home is now vacant and ready for a new owner. No expense for drapes, rugs, landscaping, fence - it's all there - plus a built-in oven and range, double garage - even a playhouse. Will sell under FHA term!

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WILSON SCHOOL 3 Bedroom, 1 1/2 bath, family dining room, double garage, gas forced air heat, large fenced yard. Priced at \$16,500 and easily financed.

PIONEER SUBDIVISION One of the finest in an area of fine homes. 3 large bedrooms, formal dining room, double garage, covered patio, oil forced air heat - Must be seen to be appreciated.

INVESTMENT Two small 2 bdrm. homes on one westside lot. Now rented and have good rental record. \$1,000 down and rent will make the payment!

3 ACRES Large older home remodeled into two 2 BR apartments - could easily be 4 or 5 bedrooms \$18,000.

BRICK HOME 3 bedrooms, 2 baths, party room, built-in oven & range, refrigerator, freezer. Located on large view lot.

EARNHART PARK An immaculate 3 BR on a landscaped corner lot. 2 baths, built-in GE oven & range. Priced at \$16,900 - FHA terms.

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WEDNESDAY, Nov. 14 10 a.m. Thursday, Nov. 15 each day Formerly Red Blanket Lumber Co. Bankrupt \$440,000.00 Evaluation 2 SAWMILLS at PROSPECT, Ore. PLANING MILL at WHITE CITY, Ore. EQUIPMENT AT PROSPECT to be sold Wed., Nov. 14

Sale Stars at Gang Mill on Red Blanket Road Sawmill Engineering 10' Band Head Rig Log Gang (Anti-Friction Bearings) Albany Trimmer Dry Kilns Table Edger Crane Filing Equipment A-C Tractor Table Edger Trucks EQUIPMENT AT WHITE CITY to be sold Thurs., Nov. 15 Red Blanket Planing Mill, 11th St. and Ave. F Yates American A-20 Gerlinger Forklifts Planer/Matcher Wheel Tractor Meshon Resaw Trucks Mershon Resaw Auto. Office Equipment Grinding Equipment

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