

Prineville Club To Present Program

The Prineville Camera club will present a travel slide program, "The Heart of Oregon," with taped commentary at the Monday, Jan. 7, meeting of the Southern Oregon Photographic association at the Red Cross chapter house, 60 Hawthorne ave.

The meeting will begin at 7:30 p.m.

At a recent dinner meeting, Edward J. Klimko was installed as president. Other officers are Gerald Z. Wollam, vice president; Mrs. Howard F. Lind, secretary; Norman E. Kincheloe, treasurer, and a d Lind, Charles A. Farler, Al Lundquist, John N. Winton and James Simonson, board of directors.

Maynard M. Legacy, print and competition chairman, presented a trophy award to Klimko in the black and white division for highest number of points in 1962, and to Mrs. Helen Stephenson in the color slide division.

Dr. Richard Gilkey, director of the Jackson County Curriculum Materials center, was speaker for the evening.

Exams Announced for Civil Service Jobs

New examinations are open to fill federal civil service positions for agricultural and general manual arts therapists.

Applications must be received by Jan. 17, according to L. B. Nelson, examiner, at the U. S. civil service office in the Medford post office.

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Your Money's Worth

By SYLVIA PORTER

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OMINOUS TRANSPORTATION CRISIS

Out of every \$5 Americans spend, \$1 goes to transport ourselves and our goods. Most of us think of the cost of military defense as our nation's largest expenditure, but we spend twice as much on transportation. Each year, though, the problems of the transportation industry become more acute and the headlines more ominous about our transport system's lack of financial vitality.

Intimately involved in this situation is David I. Mackie, chairman of Eastern Railroad Presidents Conference. Here are Mackie's answers to questions every informed person might ask.

Porter: How much money could we save if our transport system were healthy, and how costly to our nation is this ailing industry?

Mackie: A study by the U.S. Dept. of Commerce stated that "the annual transportation bill would be reduced by several billions of dollars on freight alone" if competition, rather than restraint, were the touchstone of regulation. As for cost, an essential industry in the condition transportation is today is a significant drag on our economy. And our artificially provoked high transport costs could help price U.S. goods out of world markets.

Porter: Just how bad is the present transportation situation?

Mackie: The problem is critical. It doesn't have the dramatics of Soviet missiles in Cuba or the headline attraction of a murder. It is more like a cancer, slowly gnawing the patient to death. For instance, we've had a major railroad go bankrupt and a major airline saved from the same fate only by merger. In the last year for which figures are available (1961), our domestic scheduled airlines in toto and eastern railroads in toto operated at a loss. More of the same could be ahead.

Porter: In the 17-page message President Kennedy sent to Congress on transportation last April—the first such message in history—he diagnosed the disease and prescribed remedies. Which of Kennedy's statements do you think are most pertinent to the public?

Mackie: That "the pressing problems burdening our national system" are "jeopardizing the progress and security on which we depend." Also that these problems are primarily due to a "chaotic patchwork of inconsistent and often obsolete legislation and regulation (which) does not fully reflect either the dramatic changes in technology of the past half-century or the parallel changes in the structure of competition."

Finally, most pertinent is the President's overall recommendation that what is needed is "greater reliance on the forces of competition and less reliance on the restraints of regulation" in federal control over transportation.

Porter: If railroads were given greater freedom to compete, what would that mean to the millions of us?

Mackie: Better service at lower cost. Today inconsistent and obsolete regulation is rusting the rails, and so is government subsidy to our competitors. For instance, in this fiscal year to end June 30, 1963, the federal government alone will spend \$5 billion for highways, aviation and water transport—more than half the annual gross operating revenues of the nation's railroads. None of this government aid is extended to railroads. If railroad competitors were to pay their share for the use they made of such government-provided facilities, every American would pay less in taxes.

Porter: What are the odds on fixing up the regulatory and subsidy "patchwork" and ending transportation crisis?

Mackie: It is probable that President Kennedy will repeat his recommendations of last April to the new Congress. Consumers then should urge congressional approval of his proposals, if only because they'll benefit via lower transportation charges and lower taxes.

The alternative to no Congressional action undoubtedly will be more and more bankrupt carriers and quite possibly, in the end, government ownership and operation of our transportation system. If that day ever comes, the political pork barrel will be wide open.

Dennis the Menace



"GEE, MOM, YOU SURE LOOK WEAK WITHOUT MAKE-UP!"

The Medical Roundup

by Walter Alvarez, Emeritus Consultant in Medicine, Mayo Clinic, Emeritus Professor of Medicine, Mayo Clinic, (Register and Tribune Syndicate, 1963)

Heartburn

Many persons suffer at times from a burning and perhaps painful distress in the depth of their chest cavity. Often they will notice that it follows the eating of certain foods, or the drinking of certain drinks, or the smoking of a certain brand of tobacco. It can also follow a blow-up of temper. I remember men who told me that when they lost their temper they were "on fire" for four or five days afterwards. The tendency to the disease is definitely inherited. Fortunately, it never "turns into" anything terrible; it seems to be a disease all by itself. Even when a man with heartburn has an ulcer, the surgical removal of that ulcer is not likely to relieve the heartburn. Some women have severe heartburn during some of their pregnancies.

Heartburn tends to come in spells of a few days, and then it may go away for a month or more. It has nothing to do with the heart; it is due to the regurgitation of acid gastric juice into an overly sensitive gullet. Ages ago, people started calling it heartburn, probably because it was a burning distress that came back of the heart.

Many patients with this trouble have told me that when the burning is present, the best treatment is to take a little sodium bicarbonate and dissolve it in a third of a glass of water and to sip that. When this washes the acid out of their gullet, they are comfortable.

Leg Cramps and Restless Legs So many people past middle age keep asking me what to do for leg cramps at night that I feel compelled to say here every so often that the best medicine I have found to keep away my own leg cramps is drinking a glass of milk every day. This supplies the calcium (lime salts) which

we all need to keep our muscles from getting overly irritable. When people say, "Sorry, I can't drink milk," I advise the taking at bedtime of a tablespoonful of the syrup of Neo-Calgulon. Many physicians give five grains of quinine for the cramps and some people tell me that this sometimes works.

For years I have tried to find some drug that will relieve the "restless legs" that cause so many highly nervous people to spend one miserable night after another. Some few cannot sit for long during the day. Now one of my friends who has suffered greatly from restless legs tells me that half a capsule of Gopavin (one-quarter grain of codeine with one-quarter grain of papaverine) will give her a good night's rest. I had given her the Gopavin to quiet an irritable bowel, and now, to her great joy, she finds that it is also a good quietener of her legs.

I hope that many people with "restless legs" will get their home doctor to try the Gopavin—usually given to abort colds—and then will write to me at Box 957, Des Moines 4, Iowa, to tell me if it works for them.

Millions of people who go to a doctor thinking they are seriously and dangerously ill are suffering only from nervousness. You may obtain a copy of Dr. Alvarez' booklet, "Triumph Over Nervousness," by sending 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.

TAKE THAT, YOU BUM

San Pedro, Calif. — (UPI) — A Folsom convict managed to send his "fan mail" to the outside world among 10 million 1963 California auto license plates made so far at the prison. The message, sandwiched between two regular license plates, was a perfect plate which read: YOU BUM.

The Family Council

Editor's note: The Family Council consists of a judge, a psychiatrist, three clergymen, three editors and a women's editor. Each article is a summary of a family disagreement presented to the Council. The Council deals with problems, major and minor, encountered by guidance counselors and social workers. Edited by Mrs. Alma Denny. (Copyright by General Features Corp.)

Gilda T. — I'm hurt that he never told me about Nanette.

Ronald T. — She's letting a troublemaker upset her over nothing.

Gilda T. — Last week a girl who belonged to the same social club as I did, before my marriage, stopped into see me on her way to Oregon. I hadn't seen her for nine years, and she still very chic and attractive. She had just been divorced and was bound for her sister's home and an introduction to a marriageable neighbor.

Over coffee she let me know that Ronny had proposed to her several times, and that he only asked me to marry him after he was sure he could never have her. She tried to make it sound as though she was sorry now, and as though I was the luckier girl.

Ronny admits this now. He says all the boys took turns proposing to Nanette, but most of them were kidding, including him. I can't believe that. And I'm hurt to learn I wasn't his first love.

Ronald T. — Nanette is just a trouble-maker and always was. She has plenty of wiles and they worked on 19-year-

old boys. I was one of the kids she thought she could wind around her fingers. It's true I asked her to marry me. I was 21 at the time. And I know now that if she'd said yes, I'd have wriggled out of it all by the time I was 22. That's when I met Gilda and learned the difference between a silly infatuation and the real thing. Fortunately Nanette said no, and made things easy for me.

I can't see why hearing about this now should upset Gilda. I never told her that episode because I wasn't proud of it and I didn't think it had anything to do with our love for each other. What difference can something that's over and done with, make now?

The Council: Lookie, Gilda. Are you bored or something? Trying to stir up a little excitement from a dead bonfire? No matter how much you fan it, Ronald's old flame will still come out a dud!

All that Nanette was revealing was that she'd missed the boat and she's sorry. Here she is, nine years later, with her life still on the turbulent and worried side. And here are you two—the man she says she could have had, and the girl who has him.

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Gilda, was some of the old-time inferiority complex whenever nervous, assured Nanette was around. Surely you don't consider her a rival at this late date? If you do, Ronald's version of the old "affair" should reassure you. Evidently Nanette has a need for raking up the dead coals of the past, for there he her days of shining glory. Gilda has no such need. Her present and future are bright enough. We leave Gilda with this piece of wisdom formulated by a happily-married woman after a similar encounter with one of her husband's former loves. "It's not so important to be the first woman in a man's life. What really counts is to be the last."

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Open House JANUARY 3-4-5

The welcome mat is out! It's Open House at Equitable Savings' new office in the Medford Shopping Center. From Gold Hill to Ashland, everyone is invited to join the fun. The punch is chilled and the coffee's hot. The cookies are crunchy and the prizes bright and shiny. There's something for the whole family... so bring the kids, too. Souvenirs for your pocket or purse. FREE \$1.00 savings accounts and special bonus gifts for new savers. Open a new account of \$250 or more and get an attractive, dependable electric or springwound clock... \$150 or more, a modern, rugged umbrella... \$50 or more, a polished chrome flashlight. (Limit, one gift per account.) We hope you can join the celebration. We'd like to meet you and let you get acquainted with us. Just drop by anytime from 9 A.M. to 5 P.M. on January 3, 9 A.M. to 9 P.M. January 4, or 9 A.M. to 5 P.M. January 5.

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STAR GAZER. By CLAY R. POLLAN. Your Daily Activity Guide According to the Stars. To develop message for Friday, read words corresponding to numbers of your Zodiac birth signs.

VEGETARIAN THIEF. Los Angeles — (UPI) — Frank Hobbs got his \$250 hamburger back Thursday, but it's going to cost him \$50 to get lettuce put on it. The 36-inch plastic hamburger was stolen from atop Hobbs' car where it advertised his charbroiler. It was found in an alley but "the bun had been split in half and the lettuce was gone," Hobbs said.

HERB & NED'S. 1-Lb. 69c 2-Lbs. \$1.37. MJB 10-Oz. INSTANT \$1.39