

ROOM REFURNISHED—The first room in the White House to be refurbished by the Fine Arts committee, the Green Room, has been restored as a Federal parlor of the late 18th or early 19th century. The walls have been rehung

in a watered silk, moss green color. The furniture is all of American design, based on English styles fashionable at the time. The late 18th century Axminster rug is a recent anonymous gift to the White House. (UPI)

Oregon Supreme Court Decisions

Salem —(UPI)—The following opinions were handed down by the Oregon Supreme Court here Wednesday:

Harry Wolff, respondent, v. Phil du Puis, appellant from Multnomah county, \$5,000 auto injury judgment reversed.

Oregon Farm Bureau, appellant, v. Frank Thompson and Dean Keller, appeal from Columbia county, reversed, Farm Bureau Insurance company freed of responsibility in personal injury action. The court said Keller was logging, not farming, at the time of the injury.

Thomas and Lora Robinson, respondents, v. Olive and Tom Manning and Everett and Ann Robinson, appeal from Multnomah county, reversed, decree ordering cancellation of real property deeds on grounds of fraud reversed.

George Hann et al. for Oregon - Washington carpenters-employers health and welfare trust fund, appellants and cross-appellants, v. William S. Nored, respondent and cross-appellant, appeal from Benton county, affirmed in part, reversed and remanded in part.

State of Oregon, respondent, v. Howard H. Lamphere and John Doe and Richard Roe, appeal from Washington county, conviction of burglary affirmed.

Dupree Poe, appellant, v. Clarence Gladden, Warden of Oregon State prison, appeal from Marion county, trial court order dismissing a petition by Poe, who is serving a life sentence, affirmed.

Iver Konikson, appellant, v. U. S. Plywood corp, appeal from Lane county, Lane county order dismissing suit affirmed.

Edwin Hojem, respondent, v. J. S. Burres, appeal from Sherman county, judgment for Hojem, a tenant, for wrongful eviction, affirmed.

Stanley J. Mitchell, respondent, v. Merton Caswell, appeal from Clackamas county, judgment for Mitchell for value of logging equipment affirmed.

First Names Can Give Away Ages

New York —(UPI)—Your given name can give away your age.

Popular names for girls now are Lori, Cari, Billye, Cheryl, Caroline and Jackie, says Progressive Grocer, a trade publication. The southern custom of double first names such as Jo-Anne and Mary-Lee, is becoming popular throughout the country, the magazine said.

In the 1920's and 1930's, girls often were named for gems such as Ruby, Pearl or Sapphire, or for flowers. Others were named for popular songs, such as Margie, Baby or Ida.

Current favorite names for boys are of Celtic origin, including Kevin, Sean, Colin, Brian and Keith. Psychiatry also influences the naming of boys, the magazine added. Sons no longer are "juniors." Instead, they have the appropriate Roman numerals, such as II, III, or IV after their names.

Study Shows Water Softeners Popular

St. Paul, Minn. —(UPI)—According to a study of the Lindsay company, maker of water softening equipment, 78 per cent of all families owning water conditioners will continue to purchase these appliances.

Sixty-five per cent insist that a conditioner is a basic household "necessity" and, in contrast, the study revealed a water softener is believed to be a "luxury" item by 60 per cent of the families who have never owned or used one.

The Medical Roundup

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

Twitching Muscles

Many people write to ask why it is that, on dropping asleep, they so jump or jerk that they awaken. This jumping of the body can be particularly distressing to the person who is suffering from a severe arthritis of one or more joints. When he "jumps," he is likely to wake with a stab of pain.

The reason usually given for this jumping is that the moment we fall asleep, tension so goes out of certain of our muscles that others pull together the two bones that make up, let us say, the knee joint. It is the banging together of these two bones which produces the stimulus that causes us to jump. When this trouble keeps people from sleeping, a strong barbiturate may give relief.

Arthritis of the Aged

I am often asked by old people if there isn't something that can be done for their arthritis, which is called "senescent" because it is due to changes in the joints which come with age. I am sorry to have to say that I don't know of any curative treatment.

Usually, the surface of the bones that enter into a joint have become somewhat deformed. The buffer of gristle which in some joints normally covers the ends of the bones may have become roughened or lost, and then it is easy to see why the poor unhappy person should suffer much pain. What is sad is that there is no way in which a physician can remake the joint.

One of the most painful forms of senescent arthritis is in the hip joint. The upper end of the long bone of the thigh, which fits into a sort of cup in the pelvic bone, gets roughened and deformed and

loses its original cushioning surface.

Generally, about all that the doctor can do is to give drugs that relieve some of the pain. Usually he can neither stop the course of the arthritis, nor can he so reverse it as to cause the diseased joint to become normal again. In recent years, orthopedic surgeons have been operating and putting in a new metal joint. They tell me that some of these joints work well, while others do not; the operation is a gamble.

The term arthritis has largely replaced the old word rheumatism. If a person has any pains in his joints, he should know something about them before trying to get help. Dr. Alvarez's booklet, "Arthritis and Rheumatism," provides many answers. Obtain it by sending 25 cents and a self-addressed, stamped envelope with your request for it to Dr. Walter C. Alvarez, Dept. MMT, Box 957, Des Moines 4, Iowa.

Vitamins Listed In Canned Foods

New York —(UPI)—An average serving of the following canned foods contains 25 per cent or more of the recommended daily dietary allowance of vitamins, minerals and proteins, says the National Canners association.

Vitamin C — any canned citrus fruit or its juice, tomato juice, sweet potatoes or tomatoes.

Vitamin A — apricots in syrup, purple plums in syrup, apricot nectar, tomato juice, pimientos, pumpkin, spinach, or sweet potatoes.

Protein — salmon, drained tuna in oil, or canned beef. Iron — prune juice, beans with pork and molasses, clams or corned beef.

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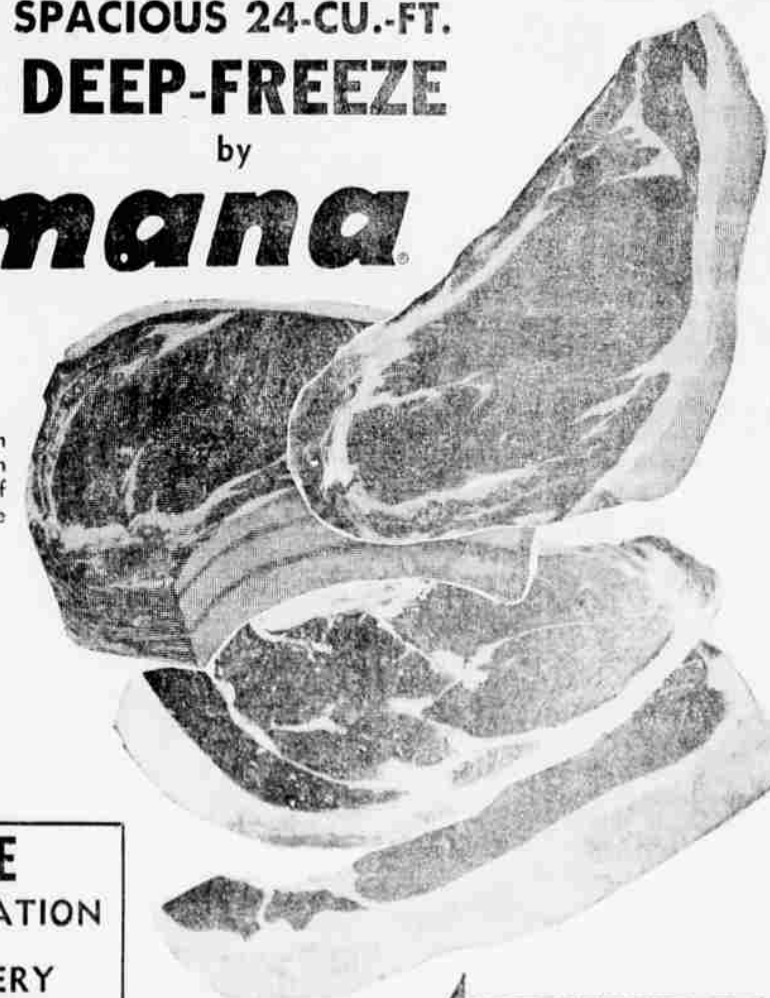
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| 10 lbs. Round Steak | 4 Pkgs. Cut Green Beans | 4 Pkgs. Fruit Pies |
| 10 lbs. Chuck Roast | 5 Pkgs. Cut Corn | 4 Cans Grape Juice |
| 10 lbs. Ground Beef | 5 Pkgs. Peas | 2 Pkgs. Meat Pies |
| 2 Pkgs. Fillet of Sole | 5 Pkgs. French Fries | 4 Pkgs. Broccoli Spears |
| 3 lbs. Roast Pork | 5 Pkgs. Leaf Spinach | 4 Pkgs. Macaroni and Cheese Casserole |
| 4 lbs. Center Cut Pork Chops | 5 Pkgs. Mixed Vegetables | 2 1/2-Gal. Ice Cream |
| 2 Frying Hens | | 4 Pkgs. Chinese Food |

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Food Congress Will Highlight Aid To Hungry

Washington —(UPI)—The World Food Congress here June 4-18 will highlight the 1963 efforts of the Food and Agriculture Organization of the United Nations to relieve hunger throughout the world.

About 1,200 persons from 190 countries are expected to attend the congress sessions in the State Department auditorium.

Timing of the congress has been set to mark the midpoint of the freedom from hunger campaign. This campaign, started by FAO in 1960, seeks the help of private, interested groups in projects to improve agricultural output and nutrition in less-developed areas. Several countries, including the United States, have set up freedom from hunger foundations. The idea of a world food congress was conceived by planners of the freedom from hunger campaign.

Attention on Problems

The international meeting will focus public attention on current and future problems in feeding the world's millions. The problems are substantial, according to the Foreign Agricultural Service. A third of the world's people are inadequately fed. A fifth of the world's people are chronically hungry. World population is expected to double by the end of the century, and so will hunger and malnutrition, unless the world can find a solution.

FAS said that from the plans now formed, a blueprint of action will emerge. The congress will assign current and future world food needs, determine what should be done to meet these needs, and invite governments and people to achieve solutions.

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