



PIGGY WIGGLY



**Blade Cut
POT
ROAST**



U.S.D.A. Choice blade cut beef pot roasts... they're carefully trimmed to remove excess fat and bone to give you more edible meat per pound.



45^c
lb.

- 7-Bone Chuck Roast** U.S.D.A. Choice lb. **55c**
- Lean Ground Beef** Save at Piggy Wiggly lb. **49c**
- Medium Sharp Cheese** Tasty cheddar lb. **69c**
- Luncheon Meats** Swift's Premium package **29c**
Bologna, Pickle & Pimiento, Salami or Olive Loaf

**Lean Beef
Chuck
Steaks**

U.S.D.A. Choice beef... marinate or tenderize for added flavor.

49^c
lb.

**Simple Simon Fruit or
CREAM
PIES**

3^s 1^t
8-inch pies

Plus S & H Green Stamps



**Northern
Facial
Tissues**

Soft and gentle tissues at a special low price

Regular 23c

15^c

300-ct. box

Plus S & H Green Stamps

All Grinds **HILLS BROS. COFFEE** 1-lb. Can **49c** 2-lb. Can **97c**

Save On **Hills Bros. INSTANT COFFEE** 6-oz. jar **89c**

Vel or **FAB DETERGENT** Giant package **68c**

For Walls or Woodwork **AJAX POWDER** Giant package **89c**

Regular 79c Medium Size **Pond's COLD CREAM** (plus tax) **69c**

Regular 79c Large Size Pond's **DRY SKIN CREAM** (plus tax) **69c**

Regular 53c Fluoride or Regular **COLGATE TOOTHPASTE** Giant tube **45c**

Piggy Wiggly Fresher Produce

U.S. NO. 2 OREGON RUSSET

POTATOES



20 lb. Bag

69^c

- Onions** Boiling Size, Red Yellow or White 3 lb. **23^c**
- Tomatoes** Large Red Ripe Slicing Size lb. **29^c**
- Cauliflower** Fresh Snowwhite Heads lb. **17^c**

Indian River **GRAPEFRUIT**

Florida Pink

2 for 25^c

The Medical Roundup

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

**Operations For Stomach
Ulcers**

The more patients I see with an ulcer—and I have been seeing them for 58 years—the more reluctant I am to let one of them be operated on. So often I can give the man perfect relief if I can only get him to stop worrying and to ease up on the strain of his life. He may even have to change to a less tense or exacting job, or he may have to get away from a boss who is constantly driving him or fussing at him.

A few hundred times, a man with an ulcer has said to me, "You know, Doctor, it's the strangest thing; for the past few months I have been walking the floor every night with pain. And then the day I locked my desk and bought a ticket to come and consult you, I lost the pain. For the past week I have been sleeping like a baby and eating everything I want to eat without any distress."

I maintain that when a vacation or a let-up of strain can do so much for a man, why should one cut out most of his stomach and perhaps leave him more or less of a physical wreck, perhaps with a new ulcer? Why put him on a strict diet?

Why not, instead, try to secure for him mental peace? I could tell of dozens of cases in which a patient had a flare-up of ulcer pain just because something went wrong in his business or in his home. For instance, a boyhood friend of mine was perfectly well until his early fifties when his adored wife found out she had a cancer of the breast. With this, he got a bad ulcer for which someone operated on him. He was well until his wife's cancer came back when again he got a bad ulcer and a surgeon removed more of his stomach. He was then well until his wife died, when he had a terrible flare-up of ulcer symptoms. After that, he was well enough until he got into a nasty law-suit over his wife's estate—and again he got a very painful ulcer.

There are cases, of course, in which an ulcer cannot be kept under control, and then the man is glad to try an operation. But I have seen many of these men who, on returning to their work and strain, got their ulcer pain back again. In one of the worst of these cases the man could not be helped at all—even after an operation—because he lived with an avenging conscience which would not leave him alone.

I often say to a man with a severe ulcer, "If an operation would surely cure you, or if it would surely do you no harm, I would gladly let you be operated on. But there is a considerable percentage of persons who are not cured by an operation, and are even made worse."

A number of them get a new ulcer that usually is more painful and more dangerous than the original one. Many a consultant sees so many of these poor or bad results of surgery for an ulcer that he hates ever to have one of his ulcer patients operated on.

A while ago, I read a fine report by Dr. Everett D. Kiefer of the great Lahey Clinic in Boston who told of the results obtained by 572 patients who had most of their stomach removed for a duodenal ulcer. This is the operation usually performed today. The surgeon's hope is that with the removal of most of the stomach there will be so little gastric juice formed that the old ulcer will heal, and a new one will not develop.

But unfortunately, sometimes a new ulcer does develop. Four of the Lahey patients promptly died from the operation, and 2 per cent more died soon afterward, which shows that the operation, especially in the cases of older persons, is not to be accepted thoughtlessly.

Dr. Kiefer and his associates studied the surviving patients some 10 years after the operation to see how they were getting along. Twelve per cent, or one in eight, said that the operation had not completely controlled their symptoms.

Eight per cent were suffering from what is called a persistent "dumping syndrome"—which means that every time the person ate, he was much distressed, perhaps with nau-

sea, a feeling of bloating, feverishness, chilliness, sweating or a need for moving his bowels.

Naturally, such persons dread to eat; some go down to skin and bones and stay very thin. Without much of a stomach, 34 per cent of the Lahey Clinic patients had trouble keeping their weight. Such persons, if their work is hard, may find it impossible to go back to their old job. Eighty-two per cent found that they could eat normal-sized meals without distress.

Obviously, the ideal operation for an ulcer has not yet been devised. This is why, in my experience, physicians and surgeons with ulcers almost never permit anyone to operate on them.

My esteemed and learned friend, Professor Owen Wangensteen of Minneapolis, is now trying to cure ulcers by freezing the lining of the stomach, and I surely hope this idea works well. If the freezing can stop the stomach from secreting acid the ulcer should heal.

If you have "hunger pains" in the pit of the stomach or just to the right of it before meals, you may have an ulcer. For a list of symptoms which usually are NOT due to an ulcer, send for Dr. Alvarez's booklet, "Ulcers of the Stomach and Duodenum." Just send 25 cents and a stamped, self-addressed envelope with your request to Dr. Walter C. Alvarez, Dept. MMT, Box 957, Des Moines 4, Iowa.

**Novel Seat Belts
Made in Sweden**

New York—UPI—A unique auto seat belt, a combination lap and chest type that is anchored at three points instead of the usual two places, was demonstrated here recently.

The three-point belt, which is standard equipment on all Swedish made Volvo cars sold in the United States, consists of a single band extending diagonally downward over the chest and across the hips.

The band is anchored to the car on the door pillar above the shoulder, on the floor below the door and on the drive shaft tunnel where the single catching device of the belt locks into place. Tests have shown the belt can withstand a force comparable to 8,000 pounds.

When not in use, the belt, which the Volvo company says exceeds all current medical and technical safety requirements, hangs at the door pillar so that the strap does not clutter the seats or floor of the car.

**Paintings by Bend
Youth on Display**

Salem—UPI—Paintings by a Bend youth are being displayed here in an unusual one-man show in the Capitol coffee shop.

The artist is Charles O'Brien Donley, 19, who paints from a wheelchair.

Donley was stricken with muscular dystrophy in grade school.

POPULAR ITEM
New York—UPI—Consumption of latex foam rubber in the United States is expected to rise to 157 million pounds in 1963, a 10 per cent increase over the domestic total of last year, according to the Latex Foam Rubber council.

**Army Weans Missile
From Launching Pad**

The U. S. Army is weaning its maturing Pershing missile from the launching pad.

Within a few weeks, the sturdy little rocket should be ready to take over its job of bolstering the ballistic missile striking force on the European continent.

Pershing then will have shed its reliance on the launching pad. This is one of the last steps toward making it combat-ready. So far, the results look good.

Monday night, missile experts wheeled a Pershing missile off the concrete firing pad and shot it from a mobile transporter-erector, launcher parked at a slight angle on a sand bank.

The needle-nosed missile bolted from the vehicle and struck out on a successful 200-mile shot to a target area in the Atlantic Ocean. The Pershing thus racked up its 41st success in 49 shots from the cape, a record unequalled among ballistic rockets being tested here.

Break Dependence
Army experts are anxious to break Pershing from dependence on a launching pad because the missile was designed a "shoot and scoot" weapon that could be carted around a rugged countryside and set up and fired on a few minutes' notice.

Pershing, in effect, is the mightiest field artillery piece ever developed, at least in the Free World.

The two-stage missile will

replace the Army's Redstone missile in the European defenses this year.

Redstone is reliable but it is cumbersome and uses difficult-to-handle liquid fuels. Pershing is considerably lighter and uses comparatively safe solid fuels.

**Booklets Gives
Workers Advice**

White Plains, N. Y.—UPI—How much radiation can the human body safely absorb? What simple measures can be taken by workers engaged in industrial radiography to eliminate radiation hazards? What is the difference between a "curie" and a "roentgen"?

These are some of the questions answered in a 53-page brochure, "Safe Handling of Radioisotopes in Industrial Radiography" just published by Picker X-Ray corporation. Radioactive isotopes such as cobalt 60 and iridium 192 are now used for "x-raying" steel pipe, structural welds, missile components, auto engine parts and many other products to spot hidden defects. They can be handled without danger to life or limb, the booklet says, but you have to know how.

The safest time to drive a car is between 9 and 11 a.m., according to Dodge safety engineers.



CLOCK THROUGH WINDSHIELD—Time stood still in Bessemer, Ala., Tuesday when a tornado tossed a jewelry store clock into a truck windshield. The ornamental watch normally hung outside the store. (UPI)



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