

STAR GAZER

By CLAY R. FOLLAN
Your Daily Activity Guide According to the Stars

To develop message for Thursday, read words corresponding to numbers of your Zodiac birth sign.

ARIES	1 Parents	31 Plants	61 Ratering
Taurus	2 Your	32 Fine	62 And
May 21	3 Partners	33 Favorable	63 And
6-27-41	4 Shop	34 Little	64 Misplaced
6-23-50	5 For	35 Garden	65 Lately
6-27-50	6 Good	36 Perfect	66 Marriage
7-7-50	7 Girl	37 Well	67 Well
7-27-50	8 Found	38 Talents	68 Action
8-27-50	9 Don't	39 For	69 Relations
9-27-50	10 Advice	40 And	70 Cap
10-27-50	11 Now	41 In	71 On
11-27-50	12 Sweets	42 In	72 Visiting
12-27-50	13 D	43 For	73 Agreements
1-27-51	14 Close	44 You	74 Research
2-27-51	15 Search	45 Print	75 Hand
3-27-51	16 Involunt	46 Involunt	76 Try
4-27-51	17 Lullabies	47 Eat	77 Free
5-27-51	18 For	48 Upward	78 And
6-27-51	19 A	49 Before	79 Before
7-27-51	20 Something	50 And	80 New
8-27-51	21 Pa	51 Involunt	81 Foot
9-27-51	22 In	52 Inspiring	82 Unimportant
10-27-51	23 Seem	53 So	83 Signing
11-27-51	24 Read	54 Romance	84 Get
12-27-51	25 Coast	55 Brings	85 Worry
1-27-52	26 Waste	56 Changes	86 New
2-27-52	27 A	57 Courtship	87 Trunk
3-27-52	28 Good	58 Satisfaction	88 Satisfaction
4-27-52	29 Day	59 Rest	89 Answers
5-27-52	30 Your	60 Personal	90 Contacts
6-27-52	31 Good	61 Advice	91 Neutral

The Three U's—Part III

Catching Would-Be School Drop-Out Early Said Important for Success

Editor's note: A horde of idle youngsters roam the nation's streets looking for jobs that aren't there—for them. New ways are being explored to change them from useless minuses into social pluses.

By PAUL C. TULLIER
Senior Editor

World Book Year Book

A million of them are now idle. Millions more will follow. What can we do to hold those millions in school? How can we salvage those already out of school?

There are no pat answers to the first question. But a search for one is under way. "We must catch the would-be drop-out early," says Robert C. Taber, director of pupil placement and counseling for the Philadelphia school system. "By the time a pupil reaches high school, he has usually decided whether he will finish school or drop out." But, he says, "by starting in the early school years we stand a good chance of influencing and reducing the number of drop-outs."

The way to "catch" the would-be drop-outs is to recognize their symptoms. Some are easy to detect. Playing hooky is one. Tardiness, day after day, is another. A report card filled with low and failing grades is a third. But there are other symptoms that are not so easy to spot. Typical examples of such behavior patterns can be found in pupils who have passing grades but who often daydream in class. Brash youngsters who talk back to their teachers or who are continually bullying their classmates are suspects. Painfully shy students who have little to say either in the classroom or on the playground are also watching. Each in his own way may be flashing an SOS for help. More and more teachers are on the lookout for such signals. Sometimes, of course, these traits are found in the gifted child as well as in the drop-out, and teachers are aware of this.

Works as Team

Once the would-be drop-out is spotted, the school staff closes ranks and works as a team. Youngsters with "behavioral problems"—the shy ones, the aggressive ones, the insolent ones—are dealt with more understandingly. Or they are referred to specialists. Family troubles that are affecting their schoolwork, or even school attendance, are handled by school authorities or turned over to social agencies. Most of all, the teachers look for the youngster's special interests.

An example of such teamwork at the grade school level, and what it can result in, comes from Robert Taber. "Mary Ann was a shy, retiring girl," says Taber. "She was also a poor student, unable to keep up with her class."

In her second year, Taber continues, she was placed in a special class for retarded children. Her teacher worked closely with her, looking for ways to cut through her indifference. When Mary Ann showed an interest in drawing, her teacher encouraged her. Soon the counselor and art director were drawn in. Special instruction in art was provided.

"The changes in her attitude soon became evident," says Taber. "The school left her face. Her interest in schoolwork improved. She returned to regular classes. She was no longer considered retarded."

Talent Further Developed

Mary Ann's talent was further developed in junior high school. Later, she received a high school scholarship. Her academic grades were satisfactory, and, after graduation, she won an art scholarship and subsequently went on to earn honors for herself in the professional field.

"Not every student has special talents like Mary Ann," says Taber. "But it's a good example of what teachers and counselors can do to help a child."

Almost every school system now has some kind of special program to help backward students. Some, like the one in Cheyenne, Wyo., are on the lookout for possible poor readers as early as kindergarten. Other systems have corrective reading courses all the way through grade school into high school. Some cities such as Union City, N. J., and Medford, Mass., have introduced special teacher programs to improve reading instruction.

Reading ability is one of the foundation stones of a Chicago program designed to help potential drop outs and reclaim those already in that category. Known as the Great Cities School Improvement Program, it is one of 10 such projects financed by the Ford Foundation in U. S. cities. The Chicago experiment is a good example of the originality being shown by each of them.

Part One is devoted to holding the would-be drop-out in school. It involves pupils 14 years or older who are still in elementary school and almost certain to drop out. Classes are held at the Stephen A. Douglas School.

'Mail Order' Learning

New subject matter and new ways of teaching have been introduced. Two unusual "textbooks," for example, have been added to the usual list: the newspaper and the mail order catalog. "The newspaper," says Mrs. Helen Isbitz, assistant principal in charge of the program, "has been called the 'poor man's university.' And because it is an up-to-the-minute record of current events, it is a university in print." As used at the Douglas school, the daily newspaper becomes a tool by which the youngsters improve reading skills, learn to "skim" and improve their vocabularies. They learn history through current events. They discover science. They learn practical arithmetic by "shopping" the ads.

The classrooms themselves are vibrant with color. Large bulletin boards are filled with posters, pictures, and student projects. "We keep their eyes as well as their minds busy," says Mrs. Isbitz. "Blank walls too often encourage day-dreaming—a luxury these youngsters can't afford." Some classrooms have pictures of Lena Horne and Louis Armstrong cheek-by-jowl with Ralph Bunche. "We try to inspire the children with pride of race," says Mrs. Isbitz. "We try to raise their sights and encourage them to believe that they, too, can amount to something if they will only make the effort."

All of these innovations have paid off. Pupils are rarely bored. Their reading skills have increased, their vocabularies have enlarged, and even their way of dressing has improved. School counselors work closely not only with the children, but also with their parents. Field trips are made to museums, to concerts, to plays. All these forces, combined, have achieved the main goal of the project. Of 420 youngsters involved, all have remained in school.

Drop-Outs Involved

Part Two of Chicago's Great Cities project involves those who have already dropped out. Headquarters are at the Paul Laurence Dun-

bar Vocational High School. Early in 1961, teams of teenage volunteers made a door-to-door survey of the school district, seeking out youths of 16 or over who had dropped out of school. Later, the youngsters were invited into the project office at Dunbar for personal interviews and counseling in the after-school hours.

"In many cases," says Gilbert Sims Derr, guidance counselor in the special project office, "we were the first persons these people met who took the trouble to listen to them. Most of their experience had been failure. Many of them couldn't believe that they actually would get another chance to complete their education and learn a trade."

Success Reflected

A measure of the program's success is reflected in a special needle trades pilot program which was set up by the Board of Education with the cooperation of the Amalgamated Clothing Workers of America, the Illinois State



WINNERS—Jon Inskeep and Chuck Smith are shown at work during the Plymouth Trouble Shooting contest held in Portland May 11. The pair from Medford High school won the event; competing against two-man teams from 16 other schools. The team, with a minimum of tools analyze, detect and correct the hidden "bugs" in Plymouth cars provided for the contest by dealers throughout the area. Identical problems were concealed in all of the cars and the local team required 30 minutes to locate and repair all of them. Inskeep and Smith will now go to Detroit, Mich., June 24 through 26, to compete in the national contest to select the country's most talented schoolboy auto mechanics. Prizes will be scholarships. (Moran photo)

Feeding the Family

By ZOLA VINCENT
Food Editor

Sweet-Sour Short Ribs Skillet Meal

Serve this mixture of pork short ribs, pineapple and green pepper over chow mein noodles and accompany it with a tossed salad. Six servings that are certain to please.

4 pounds pork short ribs
1 tablespoon shortening
2 cups water
2 teaspoons salt
1 1/2-pound 4-ounce can pineapple chunks
1/2 cup green pepper strips
1 small onion, thinly sliced
3 tablespoons brown sugar
2 1/2 tablespoons cornstarch
1 tablespoon soy sauce
1/3 cup wine vinegar

Nut-Bread Tips

Home-made or store-bought, there are many tasty nut breads for the making of delectable sandwiches for going to school, to work or to a tea party. Cool thoroughly before slicing. Use thin sharp knife to prevent crumbling. Nut bread slices spread with cream cheese are superb eating. Cut sandwiches into different shapes.

Smart Shoppers

Watch Newspaper Ads

Many shoppers are confronted not only with the need for providing foods for the physical fitness of the family but also find it necessary to fit the shopping into a fiscal pattern having to do with income—and outgo.

Both of these have long been the concern of this department and this "play on words" leads us right into several favorite subjects. The country's wisest nutritionists agree that there is no such thing as "health foods"; that absolutely everything necessary for buoyant health and vitality of normal persons is to be found in the local supermarket; foods filled with all essential nutrients—and at reasonable prices.

Our part of the country is singularly blessed with incredible wealth of fresh fruits, vegetables, meats, poultry, dairy products, fish and shellfish. Canners and freezers capture much of our production at its peak of perfection; make it available in local markets at surprisingly small cost.

Your cues to information as to seasonal best buys for your physical—and fiscal—fitness programs are: grocery advertisements in this newspaper; in the specials displayed throughout all of our markets; and in frequent references to seasonal abundance and best buys in these foods editorial columns. It is easier to balance the budget when you know the food facts.

Many May Pleasuries

May is merry with an abundance of beef, lamb, pork and poultry. Look the promotions over and vary the menu. Best buys (only more so) are right where they've always been—in the less fancy, longer cooking cuts. Fish and shellfish supplies are best among cod, Dungeness crabs, fish sticks and portions, flounder and sole, halibut, oysters, rockfish and salmon. Canned tuna and sardines are budget standbys; so is canned corned beef.

Produce departments offer abundance of artichokes, asparagus, green cabbage, carrots, celery, lettuce, onions, potatoes, squash varieties, bunched vegetables. Plenty of good quality apples along with many avocados, bananas, citrus fruit. Strawberries are increasing in supply right along.

All dairy products and eggs are nutrition-packed and at advantageous prices.

Confiti Loaf Cream Is Creamy Dessert

This Confiti Loaf Cream is served chilled. It is so good that we make enough for 8 to 10 servings at one time, thereby using a can of fruit cocktail and one of those smaller size angelfood cakes from the bakery. Keep this in mind for repeating for a children's party.

The confit effect in this creamy dessert mold comes from its bite-size pieces of colorful cling peaches, pears, pineapple, maraschino cherries and seedless green grapes.

1 envelope plain gelatin
1/4 cup sugar
1/4 teaspoon salt
2 eggs, separated
1 1/2 cups milk
1 teaspoon vanilla
Few drops almond extract
1/2 cup whipping cream
1 can (1 pound, 1 ounce) fruit cocktail, drained
1 small angelfood cake broken into pieces

Mix gelatin, two tablespoons sugar and salt in top of double boiler. Beat egg yolks and milk together. Add to gelatin mixture. Cook over hot water, stirring constantly until gelatin is dissolved, about five minutes. Remove from heat; stir in flavorings. Cool until mixture begins to thicken. Beat egg whites until foamy. Add remaining sugar and egg whites gradually and continue beating until mixture forms soft peaks.

SOC Commuters Name New Officers

Ashland—The organization of associated commuters at Southern Oregon college recently elected officers for the year.

They are Randy Clark, Medford, president; Rick Hester, Ashland, vice president; Pam Bettes, Ashland, secretary-treasurer; and Linda Watson, Ashland, social chairman.

Purposes of the organization are to provide greater participation in school events, workout transportation and parking problems involving commuters and form an organization for campus civic and political affairs, Miss Watson stated.

The Medical Roundup

by Walter Alvarez

High Blood Pressure

It is difficult to give an answer of great value to a person who writes me asking how he should go about treating high blood pressure. In the first place, there are four types of high blood pressure, with varying degrees of severity and importance. Many persons with Type I, or perhaps even Type II, can get along so well that they hardly need treatment. This is particularly true of women of 50 or so who can usually live comfortably for many years with a systolic ("top of the wave") blood pressure varying between 160 and 180 mm.

With the Type III pressure, a man usually around 40 or 50, is likely to complain of morning headache or shortness of breath or a consciousness of his heart action. He may also be getting little strokes or mild heart attacks which are leaving a little residue of illness. The man may be becoming irritable and hard to get along with. He needs good care if he is to avoid serious illness.

Type IV, or malignant high blood pressure, is a serious and dangerous disease. Fortunately, today, it can sometimes be brought under control.

These several types of hypertension can often be diagnosed in a minute by an eye specialist who will look into the backgrounds of the eyes to see how much change there is in the tiny arteries which supply the retina (the seeing part of the back of the eye) with blood. He may see what are called tiny "flame hemorrhages" (bleedings) or tiny "cotton wool patches."

Enjoying Perfect Health

Often during the course of the years, I have marvelled over how much hypertension an occasional man or woman will be able to tolerate comfortably enough. I remember a ruddy-faced, strongly-built middle-aged woman who, for years, used to come in for a check-up of her systolic blood pressure, always over 200 mm. In her 40s, she still could beat her sons at tennis, and as she said, she had absolutely no symptoms and was enjoying perfect health.

She was fortunate. Others are not so fortunate; anyone with a systolic blood pressure around 200 mm, is in danger, especially if he is overweight and particularly if he has diabetes. Statistics now show that a combination of hypertension, diabetes and overweight must be well treated if heart attacks and strokes are to be avoided.

For some years, we doctors

have used Reserpine, made from the Indian snakeroot, for most patients with mild hypertension. It usually works well, and lowers the blood pressure, perhaps enough to help the patient. For a few years, we physicians tried some powerful drugs which were not entirely satisfactory because they had a number of unpleasant side-reactions. Also, they could suddenly lower the blood pressure so much that the patient would get dizzy and have to lie down.

Last year, a good summary of work with these drugs was given by Dr. Alexander Scherger of the Mayo Clinic and Dr. Ray W. Gifford Jr., of the Cleveland Clinic. Many of their patients, while being treated, complained of weakness, especially in the mornings; many complained of diarrhea, which sometimes was so bad that there was rectal incontinence.

Measure Twice Daily

As one can see, when a patient is taking powerful drugs to lower blood pressure, it is essential that he learn to measure his blood pressure twice a day. If the pressure should be low, it would be dangerous to take a dose of a strong pressure-lowering drug. As the doctors say, this need for constantly watching the blood pressure throughout the day and every day is a serious disadvantage, and obviously the new drugs are not yet the ideal ones. What is hopeful is that now, powerful pressure-lowering drugs have been found, and doubtless, in time, still better ones will be synthesized.

Recently, Dr. Irvine Page of Cleveland, and his associates, have been getting good results by giving two strong drugs together which can lower a high blood pressure and can keep it down; Dr. Page tells us that even when the hypertension was originally severe, if it is kept low for some time, it may stay down after the use of the drugs is discontinued. Most encouraging is the fact that one can see the eye changes clear up. The difficulty with such treatment is that the work should be done in a hospital, where it can be directed by experts.

Dr. Alvarez has a 25-cent booklet which discusses Blood Pressure and its causes. You may get a copy by sending 25 cents and a self-addressed, stamped envelope with your request to Dr. Walter C. Alvarez, Dept. MMT, Box 937, Des Moines 4, Iowa.

IKE TO BE HONORED

New York—(UPI)—Former President Dwight D. Eisenhower will be presented with the first Benjamin F. Fairless Award, bestowed by the American Iron and Steel Institute, at a banquet here May 23.

Domiciliary Veterans Observe Citizens Month

White City—Joining with the national government, state and local administrations, the Veterans Administration here is observing the Senior Citizens Month as proclaimed by President Kennedy, who called attention to the 17 million citizens now aged 65 or over with an expectation of 24 million by 1980, according to Frank J. Glonning, administrative assistant to Dr. E. G. Everett, chief medical officer. Glonning has been active and an official of the Rogue Valley Council on the Aging for several years. He quoted the recent statement by John S. Gleason, VA national administrator.

"The dedication of VA employees in helping those in need is well established," Gleason said. "This spirit has been recognized in employee participation in community affairs. I hope we will now give increased support to those communities' activities designed to create a new and meaningful life for our senior citizens. The opportunity to use their great reservoir of talent can improve the economic, social and cultural aspects of their lives, and also greatly strengthen our nation."

One of the prominent activities at the domiciliary here is the 50 Plus club, sparked by Mrs. Rita Holmes, prominent statewide figure in aged groups.

The local group enjoys dances, dinners and other social gatherings with the cities of southern Oregon, Glonning



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