



# GRAND OPENING SALE

## THE ALL NEW CASCADE MARKET - CASCADE SHOPPING CENTER - WHITE CITY

Store Hours  
9 to 9 - 7 Days a Week

### FLAV-R-PAC FROZEN FOODS

Time To Fill Your Freezer

- FLAV-R-PAC FROZEN BRUSSELS SPROUTS
- FLAV-R-PAC FROZEN CAULIFLOWER
- FLAV-R-PAC FROZEN FORDHOOK LIMA BEANS
- FLAV-R-PAC FROZEN ITALIAN BEANS
- FLAV-R-PAC FROZEN BROCCOLI SPEARS

## 5 PKGS 99¢

- FLAV-R-PAC FROZEN CUT CORN
- FLAV-R-PAC FROZEN PEAS
- FLAV-R-PAC FROZEN PEAS & CARROTS

## 6 PKGS 99¢

- FLAV-R-PAC FROZEN CHOPPED SPINACH
- FLAV-R-PAC FROZEN LEAF SPINACH
- FLAV-R-PAC FROZEN FRENCH FRIES 9 Oz.
- FLAV-R-PAC FROZEN KRINKLE CUTS 9 Oz.

## 7 PKGS 99¢

- FLAV-R-PAC FROZEN Strawberries

10 oz. Pkg. 4 For 89¢

- FLAV-R-PAC FROZEN LEMONADE

6 oz. Can 8 For 89¢

- Flav-R-Pac Frozen-6 oz. can ORANGE JUICE

3 for 88¢

### Bargain Prices CANNING NEEDS

Kerr Reg. Jar Lids  
2/39¢ 2 for 29¢

SURE JELL POWDER  
2/35¢ 2 for 25¢

### Food for Your DOGS & CATS

Puppies & Kittens Like It Too.  
BLUE Mtn. CHICKEN & LIVER CAT FOOD  
No. 1 Can 8 CANS 99¢

BLUE MOUNTAIN MEAT STEW No. 1 8 for 99¢

INSTANT MIX Super Meat 4 lbs. 57¢  
INSTANT MIX Super Meat 8 lb. pkg. 99¢  
Demonstration Friday & Saturday

### Porter's MACARONI for Summer Salad

PETITE SALAD PATIO SALAD MIDDLETOWN SHELLS WAGON WHEELS  
14 oz. Pkg. 15¢

### NALLEY'S POTATO CHIPS

Big Size 69¢  
49¢

WATCH FOR THE GRAND OPENING SPECIAL SECTION OF THE CASCADE SHOPPING CENTER IN TOMORROW'S TRIBUNE FREE SHETLAND PONY With Saddle and Many Other Wonderful Prizes

Lipton Tea Bags Pkg. of 48 49¢

Van Camps Pork & Beans 2 1/2 Can 5 for 99¢

Wizard Charcoal Lighter Quart Can 27¢

Zee Plastic Wrap For Picnic Sandwiches 100 Ft. Box 27¢

Soffin Facial Tissue 400 Sheet 2 for 39¢

Kellogg Corn Flakes 12 oz. Pkg. 29¢

Wheaties 12 oz. Pkg. 33¢

Planters Peanut Butter Creamy or Chunk 18 oz. Jar 49¢

Potatoes No. 1 Calif. Long White; A Clean, Well-Shaped Size Bulk. Cheese Your Size 10 Lbs. 39¢

Bell Peppers Plump, Shiny Crisp 2 Lbs. 39¢

Plums Santa Rosa, Sweet & Juicy Good for Lunch or Snacks 2 Lbs. 39¢

## FRESH SWEET CORN

Calif.'s Finest Tender Large Ears

6 ears 39¢

Nebergall's BONED & ROLLED HAMS Fully Cooked 8 lb. Average 1/2 or Whole 89¢ lb

RANDY'S FROZEN VEAL CUTLETS PKG. OF 10 FOR 89¢

UNITED MEATS-TASTY BRAND WEINERS 2 FULL POUND PKGS. 89¢

UNITED MEATS-TASTY BRAND POLISH SAUSAGE 3 RINGS 89¢

U. S. CHOICE CHUCK STEAKS 49¢ lb.

CHUCK ROASTS U.S. Choice 49¢ lb.

Eggs, AA Lg. Wespak 39¢ doz.

Folgers 3 lb. Canister \$1.45; 6 Oz. Instant 99¢; 10 Oz. Instant \$1.39. lb. 49¢ 2 lbs. 97¢

Alcoa Aluminum Foil 18 in. x 25 ft. 69¢

Zee Waxed Paper 100 Ft. 5 for 88¢

Cottage Tomato Sauce 10 cans 77¢

Cottage Corn Cream Style or Whole Kernel 9 cans 99¢

Del Monte Early Garden Peas 303 Can 5 cans 99¢

Del Monte Golden Corn Cream Style-303 Can 6 cans 99¢

Sugar White Sain 10 lb. Bag \$1.53

Vienna Sausage Wilson 6 for 99¢

Cottage Peas 303 Can 8 cans 99¢

B&M Oven Baked Beans Large 28 Oz. Can 3 for 88¢

Wyandotte Large Pitted Olives 4 cans 99¢

Swanson TV Frozen Dinners (Tops in Quality) CHOPPED SIRLOIN - FRIED CHICKEN - TURKEY - ROAST BEEF - CREAM OF CHICKEN - BAKED HAM - PORK LOIN 49¢

Saffola Margarine 3 lbs. 99¢

Shasta Canned Pop All Flavors 6 for 59¢

Kitchen Queen FLOUR 10 lb. Bag 77¢

FREE! Red Roses for The Ladies

FREE! Cotton Candy for The Kidies

FREE! Sample Sniders Ice Cream Cones or Teen Floats Served 10 to 6, Fri. & Sat.

FREE! Sample Teen Beverage Served 10 to 6, Fri. & Sat.

CLIFF CHAR Those Real Good BRIQUETS 10 POUND BAG Reg. 79¢ 57¢

SNIDERS ICE CREAM Top Quality in the Round Carton 1/2 Gallon 69¢

TEEM BEVERAGE Carton of 6 12 oz. Bottles Plus Dep. 39¢

They'll Do It Every Time By Jimmy Hato  
HOWCUM? IN THE EATERY WITH THE THREE-ITEM MENU- YOU CAN'T GET A WATER TO TAKE YOUR ORDER...  
BUT THE PLACES WITH EIGHTY-FIVE Dishes on the menu- you can't get a FARE- PRESTO! NO TIME TO MULL IT OVER!  
YESSIR! WHAT YOU THINK TO HAVE SIR? MADE UP YOUR MIND? WHAT'LL IT BE, SIR?  
UH-H...  
THANK AND A TOP OF BOB LEIDER...  
6-27

### KIMMY SAYS—

Editor's note: This column is written by a Medford teen who has chosen the nom. de plume of "Kimmy." Other teen agers in the area-and, who knows, perhaps even parents baffled at their offspring's behavior - are invited to write to "Kimmy," in care of the Mail Tribune, for suggestions or advice on manners, dress, behavior and similar subjects.

Dear Kimmy: I see someone cheating on a test and he is a friend of mine. Should I tell on him?  
Mixed Up  
Dear Mixed Up: What a true friend you must be, caring enough about the friend to wonder what is really right. This is a very touchy subject.  
Remember that he is cheating only himself, not the person he is copying from. If that is the case, I would say to say something to the teacher, but DON'T say anything about it to the rest of the students.  
If you don't stop him NOW, how far is he going to go the next time?  
Dear Kimmy: My teenage son is very quiet. He never likes to go parties or out with other boys. Should I coax him to get out more or will he become more sociable as he gets older? He is 14. Thank you Kim.  
Dear Jean: You said your boy was 14 and 14 is a very independent age, whether it be a boy or girl.  
If it is just the problem of not wanting to go to parties and dances, I wouldn't push him too far. Many boys at 14 aren't prepared for this type of thing.  
The social relationships of young adults are more important to them than anything else. The big question he may be wondering is "What do others think of me?"  
Teen-agers may turn to people outside of the home (an older teenager or a teacher) for the approval and praise they received as children, but still need, even though they want to show their independence. I really don't think you have anything to worry about. He's just growing up.

Dear Kimmy: My dad is always saying, "I was your age - I'm why do parents say this?"  
Dear Wondering: Hardly any offspring goes through his life time at home without his parents describing or re-calling many things about his childhood or how "things" were. "When I was growing up..."  
Your parents are more or less revealing to you what the conditions of your problem were about 15 years ago. Put up with it and remember that someday you'll be able to say "Well son, when I was your age - !"  
Dear Kimmy: How can I get my daughter to stop nagging me for a telephone in her bedroom?  
A Haggard Dad: Buy her a telephone and I'm sure she'll stop nagging you.  
Dear Wondering: I want to break up with this boy and I am wondering if I should do it or have a friend talk him?  
Undecided: You do it. You're the one that wants to break up with him, not your friend. He will think a lot more of you, too, if you tell him yourself. He may not admire you for awhile, but someday he will. This is JUST ONE of the disadvantages of going steady!  
Dear Kimmy: Do you enjoy writing this column?  
Just Wondering: I love it! How about you?

### Beaverton Man Named Pharmaceutical Head

Bend - 493 - Wallace Boyd of Beaverton was elected president of the Oregon State Pharmaceutical association at the group's 74th convention here. Next year's convention will be held in Gearhart.

## Karl's SUMMER CLEARANCE

### DRASTIC REDUCTIONS IN ALL DEPARTMENTS!! HURRY--WHILE THEY LAST!!

Women's DRESS SHOES, FLATS, CASUALS & SLIPPERS Values to 3.99 1.77 ON SALE NOW AT

DRESS SHOES, FLATS, and CASUALS for Women & Children Values to 5.99 2.77 PRICED TO CLEAR FAST

THOUSANDS OF SHOES ON SALE AT FABULOUS LOW PRICES... A wide selection of CASUALS, DRESS-UPS, TENNIS SHOES & SLIPPERS for the ENTIRE FAMILY!

Men's COTTON or STRETCH SOX 3 PR. 97¢  
HANDBAGS REDUCED TO 1.66

First Quality SEAMLESS NYLONS 2 PAIR 77¢

Karl's SHOES 230 East Main • Phone 773-9081  
OPEN FRIDAY NIGHTS  
There are over 300 Karl's shoe stores in the West.

### College Students Risk Prosecution On Trip To Cuba

Washington - 478 - U.S. college students heading for a Havana holiday financed by the Castro regime apparently have decided they would not be able to dodge U.S. passport regulations by leaving from Canada.

Officials said Wednesday that about 50 students - who originally were reported planning to take off from New York to Europe and apparently planned to make connections with a Cuban-chartered flight in Prague.

They had their Cuban sponsors presumably came to the conclusion that Canada would not be a safe haven for them last December, when the Canadian Department of Transport refused to grant a chartered airliner permission to take off on a similar student flight.

The officials said the students left Tuesday in two groups: 21 flew to Amsterdam on a KLM plane, and approximately 30 caught a BOAC plane for London and Paris.

U.S. officials in London, Amsterdam and Paris were ordered to intercept the students at the European airports and warn them that they would risk prosecution if they traveled to Havana without specially validated U.S. passports.

Travel to Cuba without such a passport carries a possible penalty of five years in jail, a \$5,000 fine, or both.

### PIPELINE

Tulsa, Okla. - The 1,000-mile, 24-inch pipeline from the Texas coast to New England will cost \$300 million and move as much as 600,000 barrels of petroleum products daily - the equivalent of 30 average size tankers, according to Gulf Oil company.

### The Medical Roundup

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

### Too Much Acid In The System

Many people ask me what to do for too much acid in the system, and I cannot answer them because I am not sure what they are talking about. Often, I find out what they mean to say. I imagine that a stomach is an acid stomach, but I am not sure what they mean.

If I saw the person, I would ask him to show me where his burning sensation was. If he put his hand on his stomach, I would know his burning was of nervous origin, and in his skin. If he moved his hand up towards his throat, I would know he had heartburn.

All good stomachs are very acid inside, but the normal person cannot feel any distress because the few nerves in his stomach wall do not sense the acidity. He probably can sense the acid only when it regulates, or runs up into his gullet. But even then, for some reason, the lining of the gullet must have become irritable - as after the man's eating certain foods, or drinking certain drinks, or smoking, or taking tobacco, or "blowing his top." Often, only a person who has a hereditary tendency to get heartburn will ever get an attack of it. It runs in certain families.

Once I questioned at length, 140 persons with heartburn, and they told me the best treatment consisted of putting some sodium bicarbonate into a third of a glass of water and drinking it. When it washed down, it also neutralized the acid gastric juice in the gullet, the person felt comfortable again.

Some stomachs are too acid when the person has an active duodenal ulcer, but then this situation is not a burning, it is a hunger pain, which comes when he is hungry and is relieved when he eats. A biologic chemist would tell my correspondent that his blood can never be acid; if it were ever to become acid, he would quickly die. There is, however, a condition called acidosis, in which the amount of alkali in the blood is reduced - as it is in dangerous crises in the course of a severe diabetes.

### Death In Refrigerators

How I wish people who put aside an outdoor refrigerator would remember that last year 35 children crawled into old refrigerators, slammed the door on themselves, and then suffocated and died. Three out of four of the victims were from three to six years old. Obviously, no one should ever put away an old refrigerator without removing the door, or locking it shut in some way, perhaps with a padlock, or fixing the door in such a way that it can never be shut so as to be airtight. When Fisherman Hooks Self Every so often a fisherman manages to drive a fish-hook deeply into his skin or the

NEW OBERTI RIFE OLIVES  
OBERTI OLIVE CO.  
1111 1/2 S.W. 3rd Ave. Medford, Ore.

OBERTI OLIVE CO. 1111 1/2 S.W. 3rd Ave. Medford, Ore.