

**Quotes From the News**

**BY UNITED PRESS INTERNATIONAL**  
 Hollywood—Actress Janet Leigh, commenting on the fall fashions now being introduced in Paris:  
 "The Paris moguls of mode are like little boys playing with yo-yos, the way they trifle with our skirt lengths; up, down, up, down."  
 London—Gallery director Robert Katz, reacting to a city council decision to close the one-man show of Dr. Stephen Ward's paintings:  
 "We will fight. This is bureaucracy gone mad."  
 Chicago—The Rock Island Railroad, in a letter to off-train employees warning that their jobs would be abolished if operating employees strike in protest to proposed new work rules:  
 "You are notified that your position is abolished effective upon completion of the last tour of duty which can be completed before 12:01 a.m. July 30."

**Social Security Recipients Reminded of Payments**

"Knowing when to stop social security checks can be as important as knowing when to start them," Edward B. Jacobson, social security district manager in Medford said today.  
 "Whenever monthly benefits are being paid there are events which must be reported to social security. We depend on the people who get benefit checks to let us know when such events happen. If they don't, an overpayment can result. Under the law that money must be repaid."  
 Jacobson said that most overpayment of benefit cases involve the retired beneficiary who returns to work but fails to notify the social security office; the widow or child beneficiary who marries; and the widow who gets monthly checks for herself and a child under 18, but fails to tell the social security office when the child leaves her care. He added that there are other cases, too, and that it is very important that anyone who gets social security checks knows just what events do affect their right to benefit payments.  
**Receives Instructions**  
 Each person who applies for social security benefits receives instructions on what events should be reported to the social security office. The Social Security administration regularly encloses reminder notices with checks that are mailed out. Even so, the social security office sometimes finds that a beneficiary has been overpaid because he or she did not report events that stop or temporarily suspend benefits. Such overpayments must be repaid, or deducted from future benefits.  
 Jacobson urged persons to contact the social security office when in doubt about the need to report a return to work, marriage, etc. They can tell immediately and perhaps save unnecessary worry about it. The best way, though, is to be sure to know beforehand what events affect the benefits being received and how to report them as they occur.  
 The social security office is at 1017 North Riverside ave., Medford.  
**AIMS TO PLEASE**  
 Madison, Wis. — (UPI) — The "dean" of the University of Wisconsin's food service, Beulah Dahle, had a few tips today upon announcing her retirement. The way to keep students happy, she said, was to serve cold dishes cold, hot dishes hot and give them what they want, if possible.

**North Bend Man Held in Arkansas**

Little Rock, Ark. — (UPI) — Herbert Earl Trest, 35, of North Bend, Ore., was held in Little Rock jail today on \$500 bond after being charged with arson in a fire Monday night at a duplex.  
 Trest, whose case is set for a preliminary hearing in Little Rock Municipal Court July 31, was arrested shortly after the fire, which caused minor damage.  
 Trest allegedly told officers he set the same building on fire Friday night.



**QUESTIONS REFUSED**—William Gallacher, 81, head of the British Communist Party, is shown as he arrived at Chicago after a flight from London. He refused to answer most questions asked by reporters, at left. The U. S. State Department granted him a "compassionate" visa so he could visit his ailing sister, Mrs. Agnes Wilson, 75. (UPI)

**The Medical Roundup**

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

**Varicose Veins**

Only 14 years ago the operation for varicose veins was so poorly designed that failures outnumbered successes by at least two to one. Now, an expert surgeon can get an excellent result in some 95 per cent of cases.

As some people know, there are valves in the veins in the legs which help the blood to keep flowing upward against gravity, until eventually it reaches the right side of the heart. It is probable that some people inherited an incompetence of the valves, or even a lack of valves in their principal leg vein. Often, one can see the same type of large convoluted leg veins in a mother and her daughter.  
 It is recorded that in the second century A. D., Galen, (the great physician whose ideas dominated a medical thought for some 1500 years) tore out some of the varicose veins with a blunt hook. I read also that in 1906, Dr. Charles H. Mayo devised what is called the "stripping method." In this type of operation, a small cut is made in the skin near the ankle, a stripper, which may be a long rod with a loop at the end, is fitted over the cut vein, and the loop is pushed up around the vein to the groin, where another nick is made in the skin through which the vein is removed. Sometimes this type of operation cannot be performed because the veins are so corkscrew-like. Such a vein has to be dissected out through a fairly big incision in the skin.

**Leg Raised**

To test the efficiency of the valves in the long vein in the leg and thigh, while the patient lies on a couch the affected leg is raised above the level of his heart until the veins are empty. The leg is then quickly lowered and a tourniquet of soft rubber tubing is applied in such a way as to compress the upper end of the long vein. Then, when the patient stands, if there is backflow, the sudden taking off of the tourniquet will quickly make the varicosities prominent, all the way down the leg. The vein will fill with blood in a few seconds, and any incompetent valves can quickly be located. There are other such tests that can be made.

In some cases, the veins are injected with a substance which makes them visible with X-rays, while in a few cases, only a surgical exploration can tell what their condition is.

The person with bad leg veins can get help by sleeping with the foot of the bed raised a few inches. In many cases, the varices can be controlled well enough by an elastic support, such as a knee-length bandage or stocking.

If bad varicose veins are left for a long time, an ulcer may form on the inner side of the ankle—an ulcer that is hard to heal.  
 Varicose veins can show up during a pregnancy, or they

can be aggravated by a pregnancy. The varices usually diminish in size after the woman has her child. Usually then she can be greatly helped with one of the new elastic stockings now on the market.  
 When a stout, middle-aged woman comes in with varicose veins, and complaining of pain in her legs, it may be hard to say whether her pain is due to the big veins or to her flat feet, or to her bunions, or some arthritis. The diagnosis will become clearer if the use of elastic stockings or bandages gives relief.

**Air Conditioning Makes Hay-Fever Milder**  
 In a recent paper, three Philadelphia physicians reported that in a home equipped with central air-conditioning, there is a ten-fold decrease in pollen concentration in the air, compared with the non-air conditioned home next door. More remarkable, there is a hundred-fold decrease in the amount of pollen in the air-conditioned home as compared with the outdoor air. Counts of the bacteria and the molds don't show much difference in the house and outside.  
 What happens, apparently, is that much of the pollen falls out with the water which condenses on the cold fins of the air-conditioner.

This means, of course, that the people who suffer during the summer months with hay fever should be much more comfortable in an air-conditioned home, than in one which is not air-conditioned.  
 There are no magic secrets to weight reduction—none are mentioned in Dr. Alvarez' booklet, "Weight Control." You may like to have a famous doctor's comments about this important subject. You may obtain his booklet 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.

**Leads Lacking in Search for Killer**  
 Gooding, Idaho — (UPI) — Officers were short on leads here today as they continued efforts to solve the shooting death of a Portland, Ore., salesman near Hagerman Monday night.  
 The victim was positively identified Wednesday as Richard A. Herald, 31, of Portland. The identification was made by Herald's employer, George Owen, Portland.  
 Sheriff Keith Anderson said he has no more leads in the case.  
 "We're hoping for information from some motorist who may have been passing by when this occurred," Anderson said.  
 Herald was found in his pickup truck at a roadside rest area on U. S. 30 near Hagerman. He apparently was shot twice in the head while asleep. The sheriff said robbery probably was the motive.

**You Can Count on Us... Quality Costs No More at Sears**

**NATIONAL SEARS ROEBUCK AND CO. HOME APPLIANCE Sale**

**HOME APPLIANCES AT PRICES YOU CAN'T IGNORE BUY NOW AND SAVE**

**Open Monday and Friday Till 9 P.M.**

**Priced For A Sellout! 3 DAYS ONLY**



**GOOD QUALITY**

**12-lb. Load Washer \$178**  
 No Trade-in Required

- Set 1 dial for full wash cycle
- Three wash-water temperatures!
- Lint-filter and 6-vane agitator

**Matching Electric Dryer \$118**  
 Normal heat cycle plus 'Air' 12-lb. family-size capacity Handy all-fabric drying timer Lint screen and Load-A-Door No trade-in required

Automatic Washers Start at... \$138

**BETTER QUALITY**

**3-Cycle Washer \$198**  
 No Trade-in Required

- Two speeds, three wash cycles!
- 12-lb. capacity; built-in filter
- 3 temperatures; 6-vane agitator

**Matching Electric Dryer \$138**  
 Normal, Delicate and Wash 'n Wear cycles plus "Air" cycle 5 heat settings; lint filter 12-lb. family-size capacity Has acrylic-enamelled cabinet No trade-in required

**DELUXE QUALITY**

**3-Cycle Washer \$218**  
 No Trade-in Required

- Five wash-rinse temperatures!
- 3 water levels! Built-in filter
- Lint-filter and 6-vane agitator

**Matching Electric Dryer \$148**  
 "Soft-heat" principle dries clothes more gently than ever Has automatic air freshener Clothes dampener; wide door Lighted interior and console No trade-in required

**No Money Down On Sears Easy Payment Plan**

**FAMOUS COLDSPOT Automatic-Defrost Refrigerators with TRUE Freezer**



**Family Size 14 Cu. Ft. Capacity!**

**3 DAYS ONLY**

**Sears Low, Low Price \$278**  
 No Trade-in Required

Refrigerator Defrosts for TRUE Freezer at Top Keeps You—All Automatically 105 Lbs. "Zero" Safe!

- Rust-resistant porcelainized crisper holds 25.2 qts. produce
- Butter chest and 16-egg rack... roomy door storage
- Magnetic doors have flush hinges... open flush to sidewall

**Heavy Duty Refrigerators Low as... \$188**



Available in... Shaded Copper, Turquoise, Yellow, Pink, White

Sears Does Not Establish Artificial "List" Prices to allow so-called "discount" or "trade-in" prices. Sears original prices are low prices.  
**No Trade-in Required NO MONEY DOWN** on Sears Easy Payment Plan  
 UP TO 36 MONTHS TO PAY Ask Sears salesman how you may have up to three full years to pay for Sears Home Appliances.  
**EXPERT SERVICE** is as near as your phone anywhere in U.S.A. Replacement parts readily available for reasonable life expectancy of appliance. Ask about extended service protection for pennies a day.  
 Prices Include Delivery and Normal Installation

**Shop at Sears and Save Satisfaction Guaranteed or Your Money Back SEARS**

501 Medford Shopping Center Phone 773-6661 FREE PARKING

**STORE HOURS:**  
 Mon., Fri., 9:30 a.m. to 9 p.m.  
 Tues., Wed., Thurs., Sat., 9:30 a.m. to 5:30 p.m.