

Bloodmobile Will Be in Medford Two Days During Week

Red Cross officials have announced that the Bloodmobile will visit Medford on two days next week.

It will be at the Chapter house, 60 Hawthorne ave., Monday, Aug. 12, from 2 to 6 p.m., and again Tuesday, Aug. 13, from 10 a.m. until 2 p.m.

The goal for next week's visit will be 350 pints of blood.

Blood collections fell far below normal during the first two visits of the Bloodmobile to Jackson county this year. Although the quota was not met in June, officials noted a definite increase in first time donors during the visit and are confident that residents will turn out to support the program again this month. Efforts to activate the local program and encourage new donors have continued throughout the intervening period, officials said.

Shortage of Blood

There has been an extreme shortage of blood throughout the state this summer. This is attributed to the increased number of accidents resulting from overcrowded highways and the fact that many resi-

dents are away from home on vacation and unable to donate as usual. An exceptionally large number of walking donors have had to be called as a result of this situation. It was indicated that all types

Health, Education, Welfare Are Costly

Washington - (UPI) - Although national defense costs the American people \$50 billion a year, their annual investment in health, education and welfare is twice that - \$101 billion, according to Finance Facts published by the National Consumer Finance association.

In the decade from 1953 to 1963, the percentage of the gross national product ticketed for health, education and welfare rose from 11.6 per cent to 17.8 per cent.

of blood are in demand at this time.

This summer visit of the bloodmobile to Medford has been planned with accent on convenience for shoppers and office and shop workers. In fact, it is not necessary for shoppers and people working downtown to make advance appointments, Red Cross officials said. They can just walk into the chapter house Monday or Tuesday and a full staff of Red Cross specialists will be on hand to take care of them.

Officials pointed out that donating blood is a simple procedure. Walk in, register, give blood, have a snack in the canteen, and return to work or shopping relaxed from an hour in the air-cooled atmosphere of the chapter house.

vided for persons living within a 10-mile radius of Medford and baby sitters will be available at the chapter house for persons wishing this service.

Appointments may be made for the drawing next week by

22 Persons Held For Sex Offenses

Salem - (UPI) - Twenty-two persons in Oregon were arrested for sex offenses during July, the State Police Central Bureau of Investigation reported today.

July is the first month that all sex crimes in cities and counties were required to be filed with the bureau under a law passed by the recent legislature.

During the month there were 62 reports of sex offenses received by city and

county police agencies. Oregon courts convicted 32 persons of sex crime violations during the month and dismissed charges against four others.

Ten of the convictions were for contributing to the delinquency of a minor. Three were convicted of rape, two of incest and indecent exposure and disorderly conduct involving sex each accounted for five convictions.

Water Runoff Below Average

Portland - (UPI) - Water runoff in most of the Pacific Northwest was below average during July, the U.S. Geological Survey said today.

Ollis M. Orem, engineer in charge of the survey's Current Records Center here, said the only high runoff in the region was the inflow to Lake Owyhee in eastern Oregon and the flow of the Chehalis river in western Washington.

Areas in which the deficiency was most pronounced were the Cascade Range in Washington and southern Oregon; Northern Idaho; the main stem of the Snake river between Milner and Weiser, Idaho, and the Sproat river on Vancouver Island.

Travel in Sweden Widens Waistline

By GAY PAULEY
UPI Women's Editor

Stockholm, Sweden - (UPI) - Travel broadens perspective, and also thickens the waistline.

But, both feasting for the eyes and for the stomach belong to tourism, and as I round out a trip through three Scandinavian countries the conclusion is: digest as many of the sights and the varieties of foods as you can. You may not be this way again for a while and you can diet when you get home.

On a two-weeks tour of Denmark, Norway and Sweden, our group has fattened on everything from an unleavened bread (flatbread) made with barley and water and served, buttered, with coffee in a Lapp camp to the

"groaning board" of smorgasbord, a man-y-dish feasting where the supply never runs out.

We were 16 women reporters from the United States, Canada, Brazil, Japan and western European countries doing a "top of Europe" tour as guests of Scandinavian Airlines System, and the Tourists Associations of the three countries.

The smorgasbord custom of serving yourself from assorted dishes arranged on a huge central table in a restaurant has been exported to the United States. But some of us Americans haven't learned there is a correct sequence to making a pig of yourself.

Start With Herring

Required starter: herring (sill), always eaten first. It comes pickled in a dozen ways. The first new potatoes of the summer are small boiled, unseasoned except for a sprinkling of parsley, and served with the herring.

Boiled potatoes are not confined to smorgasbord. We've eaten them passed around the table, boarding use fashion, with fish, roast lamb, the famed Swedish meat balls, reindeer meat (there's plenty of it in this part of the world), fresh salmon deep-fat fried like codfish cakes, and salmon served cold with hot scrambled eggs and dill (served on almost everything).

But back to smorgasbord. After herring return to the central table for a refill. The next sequence includes salmon and eel, smoked and jellied, shrimps, prawns and small crayfish (in season), which you peel yourself.

Now you're ready for a third trip for the cold meat courses - boiled ham, liver pate, smoked reindeer meat. Dip also on this visit into assorted salads - lettuce and cucumbers sliced paper thin and marinated in oil and vinegar is a favorite - and into vegetable side dishes, many also marinated.

Hot Dishes Follow

If you can still walk, work your way back to load a fresh plate with hot dishes of anchovies or herring au gratin, filled omelets, meat balls, whole fried onions, small sausages fried, kidney in mushroom sauce.

Frequently these are just the hors d'oeuvres, with the "main" course yet to come - more than likely one of the infinite varieties of fish, for this is fish country where the halibut, cod, salmon and flounder are every-day fare.

You're getting toward the end of the meal now, with only the cheese, bread and dessert to come. The heartier smorgasbords offer at least half a dozen cheeses, as many varieties of bread.

All this is washed down with white and red wines, or beer and schnapps, a potent brandy with an herb flavor.

Dessert at this time of the year is fairly light - fresh cultivated or wild strawberries. Light, that is, if you pass up the great bowls of whipped cream waiters bring to the table.

Farmer Fare

At a country inn on the outskirts of Oslo, we dined on Norwegian farmer fare served on festive occasions. This consisted of the flatbread, another bread resembling the Mexican tortilla in texture made with wheat flour, potatoes and milk or cream (lefse), cured reindeer meat, and a cured mutton sausage (fenglor) that looked like Italian salami.

Huge bowls of sour cream (romme graut) stirred to a froth, sprinkled with cinnamon and sugar, were passed to go with these. It was as well I'd left the calorie counter at home.

As I said, the accent is on fish, but there were Chateaubriand in Denmark, mutton and cabbage stew in Norway, meat balls and pork dumplings served floating in melted butter in Sweden.

In Hammerfest, Norway, a seaport of 7,000 which calls itself Europe's northernmost city, we caught our own supper-cod, abundant in the fjords. The hotel chef broiled it for us.

At the Saltstraumen tourist chalet, a one hour drive from Bodø, Norway, we ate a lean fish called "shoemaker's salmon" because it plentiful and cheap. It was served with, you guessed it, sour cream and flat bread.

Framed and hanging in the lobby of the chalet was this tribute to a mainstay of the Scandinavian economy and diet.

"Lord, suffer me to catch a fish so large, that even I when speaking of it afterwards, shall have no need to lie."

Oregon Child Killed by Automobile

Portland - (UPI) - Vicki Lee Scharborough, 3, Oregon City was injured fatally Wednesday when she was struck by a car on Highway 213 just south of Oregon City.

Kennedy Baby Has Breathing Difficulty

Boston - (UPI) - The son born Wednesday to President and Mrs. Kennedy was suffering from what doctors described as idiopathic respiratory disease syndrome.

In layman's language this means that the infant is having trouble breathing because of a film on the lungs. Officials said this ailment often occurs in premature babies delivered by Caesarean section.

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