



# Your Money's Worth

By SYLVIA PORTER  
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### FOOD BASKET

In 1958 our favorite brand of coffee was priced at 95 cents a pound by our neighborhood grocer in lower Manhattan. Today, five years later, that same brand costs 79 cents and I can (and often do) buy other brands which are much less expensive.

In 1958 our neighborhood grocer charged 54 cents for a five-pound bag of sugar. Today, because of the sugar crisis, that five-pound bag is up to 89 cents. However, since we are heavy coffee drinkers but not heavy consumers of sugar or products containing sugar, the decline in the price of coffee is more important to our food budget than the upsurge in the price of sugar.

In 1958 a quart of milk delivered at the door cost 29 1/2 cents. Today the price is 29 cents. Milk is a big item in our household and thus this price steadiness has helped stabilize our food budget.

In 1958 a dozen oranges cost 74 1/2 cents. Today, because of the severe winter freezes, this bag is up to \$1.49 and we're feeling this in our food bills. Our grocer says, though, that oranges should be back to 95 cents a dozen by winter and meanwhile, we're buying many healthy and satisfactory substitutes.

The cost of living rose to an all-time high in July, the Labor department reported recently — with two-thirds of the increase due to rising food prices. The official food index is now at 106.2 compared with an average of 101.4 in 1960, an average of 101.9 in 1958. The base period of 100 for the index is 1957-59 so this means it now costs us \$16.62 to buy the food basket that cost \$10 five years ago.

But the official index doesn't dramatize as does a simple tracing of the prices of typical foods what has happened to food costs in this period. Here are the prices charged by our neighborhood grocer on seven major items in late spring 1958, 1960 and late summer 1963. While your store's prices undoubtedly are different, the trends will be representative.

| Food             | Aug. 1963 | May 1960 | May 1958   |
|------------------|-----------|----------|------------|
| Bread            | .27       | .24      | .20        |
| Milk qt. del.    | .29       | .30      | .29 1/2    |
| Round steak lb.  | \$1.29    | \$1.19   | \$1.13     |
| Potatoes 15 lbs. | .84       | .79      | .73        |
| Butter lb.       | .79       | .75      | .74        |
| Margarine lb.    | .53       | .55      | .51        |
| Coffee lb.       | .79       | .73      | .65        |
| Total            | \$4.80    | \$4.35   | \$4.35 1/2 |

The rise in these seven typical items over a five-year period is a bit over 10 per cent — not nearly as scary as the headlines have been suggesting. What's more, the jump in the food price index during the last 12 months has been due primarily to a whopping 8 per cent hike in the prices of fruits and vegetables. The index of meat, poultry and fish prices is down more than 1/2 per cent and that covering dairy products is off 1/4 per cent from a year ago.

Even this is only a part of the story. A first major fact is that there are spectacular bargains in food stores across the nation — particularly in areas away from central cities. I buy food both in lower Manhattan and in the country and the price differences at times run into eye-stopping sums.

A second major fact is that there is an abundant supply of nearly all foods and the opportunity to make cost-saving substitutions never has been greater. Even a casual housewife can cut her food budget with ease these days by shifting her marketbasket when extraordinary developments suddenly and artificially boost the prices of specific foods. It's a cinch to shop the sales, the stores and the seasons in this era and save money.

A third major fact is that the average rise in incomes has been considerably larger than the average rise in living costs in recent years. The vast majority of us are still ahead of the price game.

The cost of living is tilting upward and it must be watched with care. But despite the new scare headlines, so far that's all it's doing — tilting upward.

### DRIVER CITED

CENTRAL POINT—Lawrence Grey Meyer, 16, of 2765 Beall lane, Medford, suffered a knee injury when his bicycle and a car driven by Mrs. Lillian Greer Schueke, 64, 2108 Beall lane, Medford, collided at the corner of Pine and Second st. Central Point, Saturday, according to Central Point police. Mrs. Schueke was cited for failure to yield right of way, police said.

## Mrs. Logan Charges Hatfield 'Cares Nothing About Oregon'

"Personal ambition" and "making it to Washington" are the consuming ambitions of Gov. Mark Hatfield; he "cares nothing about Oregon," Mrs. Logan charged Monday night.

Mrs. Logan, who, though a Democrat, held state appointments under both Gov. Douglas McKay and Paul Patterson, was appointed first to an unexpired term and then to a full four year term on the State Industrial Accident Commission by Governor Hatfield.

She was told by the governor when appointed, she said, that the agency was a "mess," and he gave orders for a complete reorganization and house cleaning. This, Mrs. Logan said, she and Commissioner Sidney Lewis, with the help of other experts on hand, proceeded to do, until they came up with a highly efficient and workable program of reform that won commendation from the governor in a speech he made at the western conference of workmen's staff is reduced.

In three years, Mrs. Logan said, the staff had been drastically reduced without firing anybody. When a worker left the agency for some reason, others divided the work and no new personnel was hired. The budget was reduced by \$230,000. A rehabilitation center was established in Portland where men injured in industrial accidents were retrained, salvaged and rehabilitated, so they would not become burdens to society but could continue earning and maintaining themselves and families, she stated.

"However, from being the governor's 'golden haired girl' in his praise of my contributions to this program," Mrs. Logan said, "suddenly early this year, I discovered myself the victim of a well organized war of nerves designed to force me to resign." The effort against her, carried on by the governor's

"hatchet men," she said, followed a pattern most effectively used against women employees. First, she said, came a whispering campaign, then disparaging leaks to the press, then a rash of anonymous letters implying inefficiencies and even immoral conduct. It was a campaign, she said, of "character assassination."

Mrs. Logan implied that similar tactics were used against her predecessor, Mrs. Cecelia Galey, the first woman, a Republican and lawyer, to hold appointment on the commission. Mrs. Galey resigned and now holds an office in a federal agency.

Budget Is Increasing Since her resignation earlier this year, Mrs. Logan said, the rehabilitation center has been virtually decimated and the whole reorganization program scrapped. At the same time, she said, more people are being hired than before and the budget is on its way back up.

In the question and answer period, Mrs. Logan said that the governor's sudden disenchantment with her seemed to stem from her willingness to answer questions on the agency put her by the legislature at the time of the Three Way Bill legislation. She said that the governor, at first threatening to veto the Three Way bill, which would let private insurance companies compete for the funds in the Workmen's Compensation coverage, later reversed his stand to that held by labor and said he would sign the bill if it came before him. The bill did not pass.

Mrs. Logan, former state president of the League of Women Voters, will leave soon with her husband, a professor chemistry at Oregon State university, for a trip around the world. They will visit many of Professor Logan's former students, who are now serving as technical experts in various fields, in his program to encourage "on the ground" training of technicians by those who have received training in our universities. They will return to Oregon after the first year.

## The Medical Roundup

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

### BITES AND STINGS

Recently, Drs. Paul A. Reszel and Mark B. Coventry, of the Mayo Clinic, reported that in 1962, they treated 231 persons for animal bites. In addition an uncounted number of persons were seen with insect bites and stings.

Snake Bites: In the United States each year there may be from 2,000 to 3,000 snake bites, but only some nine deaths.

Obviously, snake bites are not as dangerous to life as most people think. The treatment is with an antivenom serum. It is polyvalent, meaning that it can be used to counteract the venom of three of the four most dangerous snakes: the rattler, the water moccasin and the copperhead. There is no good antidote for the bite of the coral snake.

If the person is not sure what type of snake bit him, and if, after the bite he is comfortable, with little or no swelling around the wound, the chances are that the snake was not a venomous one. With the bite of a venomous snake, in minutes there will be much pain and tenderness and swelling around the wound. The exception is with the coral snake. With that, the symptoms come after some two hours.

One can slow the spread of the venom with a tourniquet, applications of ice, incision and sucking out of some of the venom. The tourniquet must not be applied too tightly or left on too long. It is well to make two criss-cross cuts, each a fourth of an inch long and a fourth of an inch deep — over the region of the bite. Sucking with the mouth definitely helps; it can remove half of the poison. The person can spit out the blood and venom; it will not hurt him, even if he has a sore spot in his mouth. After testing the patient to make sure that he is not dangerously sensitive to horse serum, the antivenom can be injected every hour or two until the symptoms are decidedly diminished.

Insect Bites: In rare cases a person is so allergically sensitive to the sting of a bee, wasp, hornet, or yellowjacket that he can even die of it. When such a person is stung, the physician can inject epinephrin, or an antihistaminic, or a corticosteroid.

Any one who has been badly sensitized and made very ill by a bee sting should be desensitized by an allergist who can inject extracts of bees and wasps. The person can carry around with him a drug like Isuprel, which can be absorbed from under the tongue. The dose is 10 milligrams. It is well also to carry a solution of epinephrin with a sterile needle and syringe.

Ticks: Rarely a person will develop paralysis following a tick bite. Dramatic recovery usually follows removal of the tick. It is important not to pull the body off, leaving the head buried in the skin. Burning the tick with a cigarette, or pouring a little ether or chloroform over it, or spraying it with ethyl chloride will help to remove it — head and all.

Spider Bites: The spider that has most medical importance is the black widow, which on its under surface has a yellow, red or orange hourglass design. Shortly after the bite the person gets intense pains through the chest, abdomen, and lower back muscles and leg muscles, together with nausea, restlessness, headache, diffuse perspiration, and perhaps difficulty in talking. The important point is that no surgeon should make a mistake and operate on the patient, suspecting that he has a ruptured stomach ulcer or appendix.

Relief can be obtained with an intravenous injection of 10 milliliters (cubic centimeters) of

a 10 per cent solution of either calcium gluconate or calcium lactate. This injection can be repeated over a period of 32 hours.

Animal Bites, Rabies: For rabies there are two types of vaccine; the Pasteur one, made from the spinal cords of rabbits, and the new one made of hen's egg embryos. The Pasteur treatment is not always perfectly safe, but the risk must be taken because once a person gets rabies he dies. I have read that the new vaccine works very well and has advantages over the old one. An immune horse serum can also be used.

Always, if possible, the animal that did the biting should be found and kept under observation. If it has rabies, it will be dead within 14 days. Then, examination of the brain will show the Negri bodies which are characteristic of rabies.

The Pasteur vaccine, consisting of 14 daily doses, gives good protection after 30 days. Rabies has now been found, not only in dogs, but in cats, horses, cows, sheep, swine, foxes, skunks, raccoons, squirrels, civet cats, and bats.

Cat Scratch Fever: This can cause much trouble. There is no definite treatment, and the probably viral cause has not yet been identified.

Human Bites: These may have to be treated with antibiotics.

If you would like to know more about Parkinson's disease send 25 cents and a stamped, self-addressed envelope with your request for "Parkinson's Disease or Shaking Palsy" to Dr. Walter C. Alvarez, Dept. MMT, Box 957, Des Moines, Iowa, 50304.

## Family Council

Editor's Note: The Family Council consists of a judge, a psychiatrist, three clergymen, a newspaper editor, a woman's editor, and two writers. Each article is a summary of an actual case history. The Council reports on problems that have been dealt with by responsible agencies and counselors.

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Norma F. — She called me at a bad time.

Betty G. — I'll never speak to her again.

Norma F. — I can't understand why a friendship of 20-years should be broken over a telephone call. I had to hang up on Betty last week — she got me while a repairman was working on my television set and I wanted to watch him. I knew she had a lot to tell me and I asked her to call back, but she refused.

Betty G. — That did it. I'm fed up with the runaround Norma gives me whenever I ring her number. I tried to figure a good time and chose mid-morning. My cake was in the oven and I was all set to tell her about the bridge game she'd missed the night before, but as usual she played hard-to-get. Well, I won't try any more.

The Council: To get a telephone installed all you need is proof of solvency, not of sense. If users had to pass a test on proper handling of the instrument, they'd be as scarce as space capsules. Betty is wrong to interpret a no-call-talk-now as a rebuff. Don't forget, lady, that you called Norma when it was convenient for you. You gambled on it being an okay time for her. The first rule of good telephone manners is the old business dictum: Caveat emptor — he who makes the call must be prepared to lose out. To Norma we say, no need for further explaining and apology. Betty's pique may run deep. She may be using the phone frustration as the peg on which to hang a vague annoyance with you. In future, though, you might ask yourself when busy: Answer and risk hurting a touchy friend? Or let it ring until she concludes you're out.

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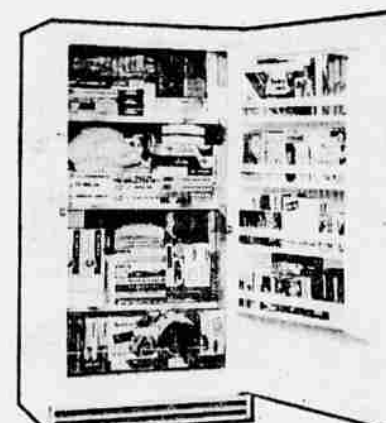
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