

They'll Do It Every Time

By Jimmy Hatlo

SNORTINGTON'S BEEN SAVING THOSE TRADING STAMPS, AND AT LAST HE'S GOT ENOUGH FOR THAT FISHING ROD...

HOW'ER MRS. S. HAS A BETTER IDEA, AND WHO IS HER SPOUSE TO STAND IN THE WAY...?



Multnomah Hotel To Be 419-Unit Retirement Home

PORTLAND, Ore. (UPI) — The Multnomah Hotel here will be converted into a 419-unit retirement home next spring, it was announced Tuesday.

In a joint announcement President Edward E. Carlson of Western International Hotels and President Regner W. Kullberg of Lutheran Homes and Hospitals, Inc., said they had completed negotiations for the transfer of the hotel to the Lutheran organization.

Carlson said the Multnomah will continue to operate as a hotel and convention center until about April 15.

Dr. Kullberg announced the appointment of William S. Skans Jr. as administrator of the home, to be called Multnomah Manor. No purchase price was announced.

Carlson said the decision to sell the Multnomah was due mainly to a loss of revenue caused by newer hotel and motel facilities here.

Skans said the living units in Multnomah Manor will be priced from \$2,500 to \$22,000 for a lifetime lease. A 47-bed infirmary will assure fulltime medical care.

New Exams Announced For Civil Service Jobs

New examinations are open to fill several Federal civil service positions.

Included are medical radiology technician; range conservationist; agricultural engineer and civil engineer; engineering aid; criminal investigator; soil conservationist; and soil scientist; soil conservation aid; A/C material controller (Air Reserve technician program); unit aide, (Army reserve, typing); and A/C in instrument and control system mechanic.

Information and application forms may be obtained at local post offices.

Sailor Skimmer



9261 SIZES 2-8 by Marianne Martin

Cheers for the red, white and blue—perfect color team for this sailor skimmer. No waistline shape looks wonderful on little figures. Easy-sew too, in poplin, blends.

Printed Pattern 8261: Children's Sizes 2, 4, 6, 8. Size 6 takes 2 yards 45-inch fabric. FIFTY CENTS in coins for this pattern—add 15 cents for each pattern for first-class mailing and special handling. Send to Marianne Martin, Medford Mail Tribune, Pattern Dept., 238 West 18th St., New York 11, N.Y. Print plainly NAME, ADDRESS with SIZE and STYLE NUMBER. CLIP COUPON FOR 50c FREE PATTERN in big, new Fall-Winter Pattern Catalog, just out! 354 design ideas. Send 50c for Catalog.

Harold White Is Honored at Event By Area Farmers

Approximately 100 friends and professional acquaintances of former experiment station superintendent Harold White attended a special dinner and presentation at North's Chuck Wagon restaurant in Medford Monday night.

White retired from the Southern Oregon Branch Experiment station Jan. 31 after approximately 15 years there. He was station superintendent for about 10 years.

Attempts to Break Into Building Made

Attempts were made Monday night to break into Household Finance company, 129 East Main st., and the offices of Edson and Pappas, architects, which are located above the finance company.

Medford police who investigated the incident said that unsuccessful attempts had been made to pry open several doors. Damage was said to be minor.

Following the dinner and short talks by some of the guests, White was presented a plaque by C. C. Hoover, retired White City area farmer, for his service to farmers of southern Oregon for outstanding research in agriculture.

John Niedermeyer, Jacksonville area farmer and master of ceremonies, noted this is the best clothed and fed nation due to a team effort between research and farmers.

County Judge Earl Miller praised White for his dedication to the job.

A letter was read from Dean F. E. Price, OSU school of agriculture, praising White's work and leadership in developing the new experiment station on Hanley rd. near Jacksonville.

In accepting the plaque, White noted each taxpayer is part of "the team" which develops the research results. Sixty cents of every \$100 paid to Oregon in taxes comes back in the form of agricultural research, White noted.

Medford Man Fined For Shooting in City

Ferris D. Nelson, 56, of 1132 Mira Mar ave., was fined \$35 in Medford municipal court Monday for shooting a firearm inside the city limits.

Nelson had been cited by city police on Oct. 12. He pleaded guilty to the charge before Judge Donald Denman.

Nelson had been cited by city police on Oct. 12. He pleaded guilty to the charge before Judge Donald Denman.

The Medical Roundup

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



Chronic Alcoholism

In "Today's Health," John E. Gibson reviewed some of the myths about chronic alcoholism. The first myth is that moderate drinkers don't live as long as teetotalers. Actually, moderate drinkers live as long as anyone else; it is only the heavy drinker who shortens his life. Myth number two is that heavy drinkers are longer-lived than non-drinkers. This isn't true.

Myth number three is that alcohol will warm a person when he is cold. Actually, alcohol can give a cold person a temporary sensation of warmth, but it does this because the blood vessels in his skin dilate and thus carry more blood. This makes the man feel warmer. But a warm skin can cause a man to lose body heat, and hence alcohol is a bad drug to take when a person is exposed to great cold.

Do drinkers have a different personality from that of total abstainers? Yes, studies made of hundreds of men and women showed that three of four of those who drank even moderately, smoked, while less than one total abstainer in 10 used tobacco. The drinkers preferred activities of somewhat more exciting natures, while the abstainers were more sedate. An exploded myth is that people are often driven to drink. The evidence indicates that they usually walk to the bar because they want to.

Dangerous as Tranquilizer Does liquor actually help a person temporarily to overcome his anxieties and fears? Yes. But it can be dangerous to use alcohol as a tranquilizer. The more alcohol does for a person to make him feel happy and social, the more dangerous it will be for him. Lillian Roth wrote in her book, "I'll Cry Tomorrow" that the first drinks she had one evening were delightful because they so took away her fears and inhibitions and feelings of shyness that she could be happy, loving and outgoing person that she wanted to be. But because three drinks could do so much for her, she found herself terribly enslaved by alcohol.

Are extroverts more affected by liquor than are introverts? Yes; this has been shown to be true. Can one become an alcoholic without ever drinking alone, or ever touching hard liquor? Yes, studies have shown that many a chronic alcoholic never drank alone; never drank more than beer, and never got obviously drunk.

Are people right in warning a man when, each morning, he feels he has to have a drink or two before he can start the day? Yes; it is a bad sign when a man starts drinking before noon. Will a man be safe if he never takes a drink until supper time? No, but it can help in keeping him from becoming an alcoholic. There is a type of chronic alcoholic who does all his heavy drinking before he goes to bed.

Do alcoholics really see pink elephants? Yes; but they rarely do. Someone in a clinic once kept a record of the types of animals seen by alcoholics in their "DT's" (delirium tremens — tremens meaning tremble). Fifteen said they saw dogs and insects; 14 saw snakes; 10 vaguely saw animals which they could not identify; nine more saw creatures which they could not describe; four saw elephants, only one of which was pink.

Called for Protection

Many years ago, as an intern in a huge free city hospital, I was impressed by the fact that most of the men I saw with DT's did not tell me about seeing animals, they kept begging me to protect them from people who, in their dream-like hallucinations, were attacking them. I remember well the terror in the voice of a man who called me repeatedly to protect him from people who had piled brush on him, and were setting it on fire.

Is drinking responsible for criminal behavior? Yes; the percentage of alcoholics who run afoul of the law is remarkably high. Two out of three of 1600 men in a penitentiary were found to have been alcoholics, and half of 900 women prisoners were similarly afflicted. Many a young man commits his first crime while drunk; and authorities agree that many a crime would never have been committed if the person hadn't first become befuddled with alcohol. Sometimes a man gets drunk so as to have enough "Dutch courage" to commit a crime.

Does alcohol stimulate the flow of ideas? Yes; in some persons drinking will for a while increase the flow of ideas, but often those ideas are boring and silly. The man's talk is almost certain to be stupid if he gets drunk. Many a writer, under the influence, has written something that, at the time, he thought was great literature. But next morning, when he looked at it, he was puzzled to find it to be gibberish.

Is alcohol a stimulant? No; it is a depressant. It seems to be a stimulant because it removes inhibitions.

What should a man say when a party wants to keep from drinking? Dr. Howard W. Haggard used to advise that the man say, "I'm so allergic to alcohol, I just can't take a drop." Any courteous host should promptly accept this excuse and quit begging the person to drink.

It's tragic when a loved one falls victim to a mental disease — but quick recognition of his symptoms may be the key to a successful recovery. If you would like to have the booklet, "When Mental Illness Strikes A Family," by Dr. Alvarez, send 25 cents and a stamped, self-addressed envelope with your request to Dr. Walter C. Alvarez, Dept. MMT, Box 957, Des Moines, Iowa, 50304.

President's Foreign Aid Plan in Trouble

WASHINGTON (UPI) — Senate Republican Leader Everett M. Dirksen said Tuesday that President Kennedy's foreign aid program was in "deep, deep trouble" because of a "harder appraisal" by Congress and the country.

The Illinois Republican would not speculate on how much of Kennedy's original \$4.5 billion authorization request might ultimately be approved by Congress.

But his statement, made in an interview, supported speculation that the administration may finally get little more than the \$3.5 billion voted by the House.

Chairman J. William Fulbright, D-Ark., of the Senate Foreign Relations Committee which went back to work on the bill at a closed session Tuesday, agreed that the program faced difficulty. But "it's always in trouble," he told reporters.

Hemorrhoids Cured Painlessly By Non-Surgical Method

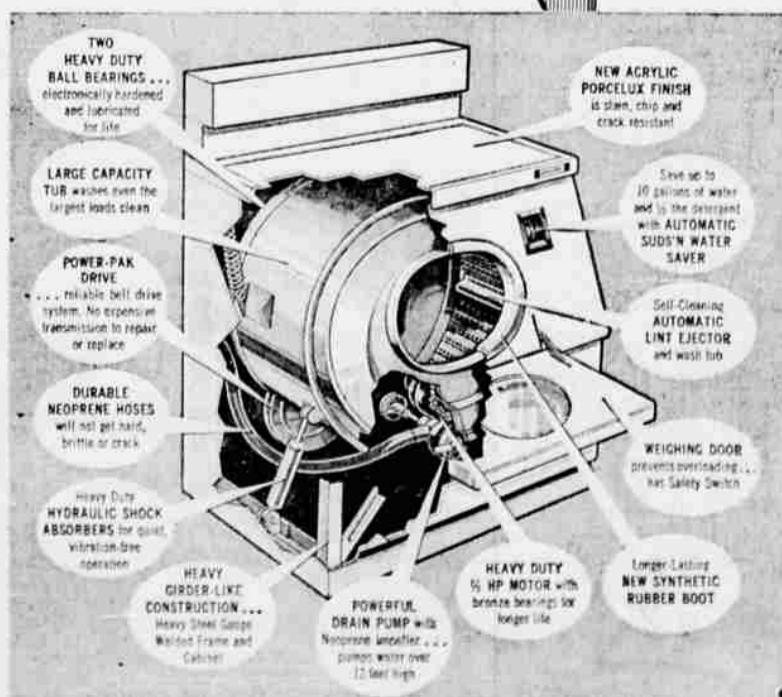
The non-surgical, electronic method for treatment of Hemorrhoids (Piles) developed by doctors of the Beal-Oliver Sandy Blvd. Clinic has been so successful and permanent in nature that the following policy is offered their patients: "After all symptoms of Hemorrhoids... have subsided and the patient has been discharged, if he should ever have a recurrence, all further treatment will be given without additional fee."

Patients experience little, if any pain. Their treatment requires no hospitalization and does not employ drugs or injections.

Write today for a free, descriptive booklet, yours without obligation: The Beal-Oliver Sandy Blvd. Clinic, Chiropractic Physicians, 2025 N. E. Sandy Blvd., Portland 12, Ore.



NEVER BEFORE SUCH HEAVY DUTY QUALITY FEATURES:



HOOT MON! TALK ABOUT THRIFTY

Westinghouse Guarantees Cleaner Clothes or Your Money Back!

WESTINGHOUSE HEAVY DUTY LAUNDROMAT!

- SAVES ON WATER
• SAVES ON DETERGENT
• WASHES 12 DRY LBS.
It's the thrifty, money saving

And It's Only... \$248 EVEN LESS WITH TRADE!

Matching Dryer Only \$178 Plus FREE Bonus Gift 16-Pc. Queen Marie Sheet & Towel Set \$24.95 Value

LOOK at These MONEY-SAVING Features:
• Suds 'n water saver... saves water and uses up to 1/2 the detergent normally used in other automatics.
• Weighing door prevents overloading... ends guess work.
• Automatic lint ejector (not a lint collector).
• 3 Rinses (2 deep rinses... exclusive with Westinghouse).
• Uses less hot water... saving dollars each year!

Let's Go to the International "FLEA MARKET" October 25, 26, 27, Medford Armory! Rummage Sale, Food Sale, Fun Fair, Bazaar, Art Show, Entertainment!

trowbridge electric Use Our Customer Parking Area Phone 773-6241