

They'll Do It Every Time

By Jimmy Hatlo



Per Capita Beef Supply Expected To Top Record

WASHINGTON (UPI) — The Agriculture Department predicts the per capita supply of beef in the United States next year will be even higher than the record being set in 1963. This supply of beef could mean serious price problems in the cattle industry toward the end of 1964—close to presidential election time. In a review of the livestock and meat situation, the department said consumption of red meat in the United States this year is expected to reach 170 pounds per person. This is 6 pounds more than in 1962. Most of the gain will come from beef. Pork consumption will be up about a pound, but consumption of veal and lamb and mutton together will be down close to a pound. The agency said consumption of beef this year is expected to set a new record of about 95 pounds per person, up from 89 pounds in 1962. The department said beef cattle numbers have increased sufficiently to sustain both the higher level of consumption and a larger cattle inventory which will provide the basis for even larger beef supplies in 1964. Present indications are that inventory numbers of cattle on Jan. 1 will be close to 107 million head, up about 3 per cent from the 103.8 million head on farms a year earlier. Other estimated red meat consumption per capita for 1963 includes pork, 65 pounds; veal, 5 pounds; and lamb and mutton, 4.9 pounds. The department said feed cattle supplies and prices in 1964 will be strongly influenced by the number of cattle and calves placed on feed during the next few months. So far this fall the movement of feeder cattle into feedlots has been slow, although by October feeder prices were from \$2 to \$3 under a year earlier. If large numbers are roughed through the winter instead of going to feedlots, feed cattle prices likely will be somewhat higher by spring than in October-December, 1964.

Dennis the Menace



Small Worlds Around Us

By LYNN M. WATKINS

(Register and Tribune Syndicate 1963)

You Need Instructions To Eat An Artichoke. You can easily find yourself "on the horns of a dilemma" at a friend's house or in a fancy restaurant. It's possible. This dilemma is very real, it does have horns, or at least sharp spines that are horn-like, and it is a vegetable. Its name is artichoke. Sometimes when you least expect it you can come face to face with this flower bud with the "horns" and it's quite an experience. The eating of an artichoke calls for a special technique. If you are at all self-conscious you can wait, toying idly with your knife and fork, or you can fold and refold your napkin, waiting for some one at the table that has been faced with this problem before to show the way. If you do want to rush right in and be the first at your table to begin, you must make the first decision: to use the available tools by the side of your plate or your fingers? Spines on Petals An artichoke in its normal condition has spines on the end of each of the petals, and the petal is part of what you eat. These can pick you, so you have to be careful. Your hostess may be an expert in artichoke preparation. If so she has probably snipped off the ends of the petals before she placed the vegetable on the table. She has respect for your comfort and serves a spineless artichoke; it is easier to handle and safer. So for the very first time you are faced with a green flower-bud called a French artichoke. You have decided to begin. One by one you pull away the petals, in a sort of "she-loves-me-she-loves-me-not" routine. Holding the petal in the fingers of one hand you dip the end of the petal in a small dish of melted butter or some other "dip-preparation."



TALKS WITH CITIZEN—Kentucky Gov. Bert Combs (left) cuts himself a "chaw" from a slab of tobacco offered by a citizen of one of the Kentucky state capitals for a day. State capitals were set up throughout the state to give the people an opportunity to see and talk with the governor. (UPI)

Rocky Preps for Political Foray

NEW YORK (UPI) — Gov. Nelson A. Rockefeller, the only announced candidate for the Republican presidential nomination, today prepared for a mid-week political foray to Miami. The governor will be in his office here today tuning up his address to a group of news paper editors and two taped television interviews in Miami Wednesday. Rockefeller is not expected back in Albany, the state capital, until Thursday at the earliest. When he arrives in Miami, he will be returning to the scene of a recent triumph. In September, Rockefeller boosted his sinking political fortunes by emerging as a champion of civil rights at the National Governors Conference in the southern resort city. MIAMI (UPI) — A father and son tried to use the old Indian trick of keeping in touch by whistling during a hunting trip in the Everglades Sunday. But the wind changed and "I couldn't hear a thing," said Corren Young. The boy was lost for six hours in the huge swamp before a Coast Guard helicopter found him at dusk.

School News

McLoughlin Junior High Edited by Kathy McCurdy. Staff: Jane Anders, Judy Chambers, Rita Gonzalez, Vicki Simmons, Faye Hartsook, Sue Maglerie. Spelldown is an organized spelling bee telecast over Channel 10 at 6:30 p.m. Thursdays. Purpose of this show is to prove that spelling can be fun and educational. So far this season there have been five contests between McLoughlin and Hedrick Junior Highs. Students from McLoughlin who have been on the program so far are Karen Trefren, Don Samples, and Candy Von Stein, seventh grade; Marilyn James, Cheryl Giles, Jackie Eastley, Carol Dykstra, Deanna Darling, and Doug Esselstyn, eighth graders; and Bob Mann, Carol Fungate, Cathy Kincaid, Berlette Stephens, Jim Gordon, and Helen McKee, ninth graders. The Boosters held a popcorn sale recently. Object of the sale was to earn money for hats and gloves for the girls. Each Booster brought one dozen popcorn balls, and there was a complete sell-out. Majorettes this year are ninth graders Sharon Mast (head majorette), Christy Drake, and Sheryl Williams, and seventh graders Teresa Lewis and Linda Vinsel. Mrs. Sandra Weller is the advisor. The first issue of the Junior Quill, McLoughlin's school paper, was distributed to the student body recently. Editor for the first issue was Berlette Stephens. Assistant editor was Jane Anders, and sports editor was Mike Tillery. Mrs. Sherril Harshbarger is Junior Quill advisor. The paper is published six times each year by the 34 members of the journalism class. Editors and assistant editors are elected by the class. Others who will serve as editors during the year are Marcia Hale, Rhonda Davis, Barbara Lilly, Kathy McCurdy, and Lynda Farfan. Assistants will be Susan Bailey, Rita Gonzalez, Dawn Merickel, Dennis Kurovsky, and Gail Smith. Miss Victoria Shellenberg, field director of the Seven-Cole Conference Scholarship Program, presented a lecture on "Go East to College" recently at Medford High School. McLoughlin was represented by 16 girl honor students. Also attending were students from Hedrick and Medford High School. Miss Shellenberg spoke briefly of the campus and social life. Slides were shown of the seven different colleges.

LEGAL NOTICES

NOTICE OF SALE OF REAL PROPERTY No. P-162-61 IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR JACKSON COUNTY PROBATE DEPARTMENT In the Matter of the Estate of MARION S. PEACHER, Deceased. NOTICE IS HEREBY GIVEN that the undersigned, James Noah Peacher, administrator of the estate of Marion S. Peacher, deceased, will sell at private sale on or after the hour of 10:00 o'clock a.m., December 16, 1963, at the offices of Harbison and Piazza, 20 1/2 West parallel with the Medford, Oregon, for cash or upon such terms as may be agreed upon, the following described real property situated in Jackson County, Oregon, to-wit: Commencing at the Northeast corner of Lot 15 in Block 2 of ROGUE VALLEY HEIGHTS EXTENSION in Jackson County, Oregon, according to the official plat thereof, now of record; thence South 0°04'40" East along the East line of said Lot, a distance of 207.0 feet to the true point of beginning; thence continue South 0°04'40" East along said line 100.0 feet; thence North 89°55' West parallel with the North line of said Lot, a distance of 324.36 feet to the West line thereof; thence North 0°33' West along said West line a distance of 100.0 feet to a point North 89°55' East 324.36 feet to the true point of beginning; together with all of the tenements, hereditaments and appurtenances thereto belonging, or in any wise appertaining. Said sale is to be for cash or upon such terms as may be approved, subject to the confirmation of this Court, on the 4th day of November, 1963. DATED AND FIRST PUBLISHED this 12th day of November, 1963. JAMES NOAH PEACHER, Administrator. Harbison and Piazza Attorneys for Administrator.

Kentucky Governor Takes Capitol to Sections of State

By CAROLE M. MARTIN United Press International FRANKFORT, Ky. (UPI) — The telephone rang in the governor's office here. "May I speak to Gov. Combs?" the businessman asked. "I'm sorry, sir," a receptionist answered, "the governor is out of town taking state government to the people." Somewhat perturbed, the caller shot back: "Well, when the hell is he going to bring the government back to Frankfort?" Gov. Bert Combs, who three years ago initiated a unique program of setting up a "state capital for the day" in various parts of the state, delights in telling this anecdote to visitors to his temporary offices from metropolitan Louisville to tiny Haymond nestled in the mountains of eastern Kentucky. Voter Complaints When he was a gubernatorial candidate, Combs explains, he was often told by a voter in a remote area: "We get to see everybody who's running for governor, but we never get to see a governor."

The Medical Roundup

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



Cystic Disease Of Breasts Recently, Dr. Alton Ochsner, head of the great Ochsner Clinic in New Orleans, discussed at length that cystic disease of the breasts in which the tissue feels like a bag full of bird shot or buck shot. The nodules are little cysts or tiny bags of either fluid, or a cheesy material. This common disease can cause discomfort or pain, and often a constant anxiety due to the inability of anyone to definitely rule out cancer without cutting a nodule out and examining it under a microscope. Today the cystic disease is thought by many physicians to be due to an imbalance in the activity of the glands of internal secretion. As should be expected if this be true, the trouble tends to quiet down after the menopause. It tends to be at its worst in a woman's forties. Not Primarily Cancerous The disease is not primarily cancerous, but women with cystic, nodular, or "shotty" breasts have a slightly greater tendency to get breast cancer than have their sisters with normal breasts. Unfortunately, in some women cystic mastitis causes some nagging and anxiety-producing pain. In rare cases it can produce enough pain to interfere with the woman's sleep. Usually it is in both breasts. The pain may subside a bit just after the onset of menstruation. Rarely, there will be a little brown discharge from both nipples. Commonly, the little cysts contain a fluid which can be removed with a hypodermic needle and syringe. Sometimes, the cysts contain a cheesy material and then the trouble is called Schimmelbusch's disease. Not infrequently I see a woman with shotty breasts who has a nodule in one of them, made up of perhaps three little cysts stuck together. If the walls are smooth and slick so that I can move the little nodule around, I am practically certain it is not a cancer, and hence have no desire to have the woman operated on. Definite Nodule In other cases there is a definite nodule which appears to be a large cyst. If I could only be sure that it did not contain a small cancer, I would not permit the woman to be operated on. But there is a certain very small risk; in occasional cases the nodule is cancerous, and so I feel it had better be removed. Sometimes I can become more certain that the nodule is benign or malignant by having it X-rayed. If it is benign, it should have a smooth outline; while if it is cancerous that outline may be ragged. Surgeons tell me that cancer is rarely found in a cyst, and this is encouraging, but if a patient of mine were to die of such a cancer—which I had not had operated on—I would be terribly distressed. Another difficulty arises in some of these cases. If every 6 months or so a woman with cystic mastitis, or perhaps Schimmelbusch's nodular disease, has to go to a hospital for removal of a little mass in one of her breasts; she soon gets very tired of her frequent operations and her constant anxiety; and her husband may become disgusted over the frequent bills. An End to Soreness In such cases I have found a certain operation very satisfactory, because it puts an end to the soreness and pain; the constant anxiety, the repeated small operations, and the danger of cancer. What a surgeon does is to make a long cut through the crease under the breast. Then he lifts the breast up and scoops out all of the glandular tissue, leaving the nipple, the skin, and the fat under the skin. Unfortunately, not all surgeons seem to be well acquainted with this operation, but I have found it most satisfying. Dr. Ochsner, with a hypodermic syringe, likes to remove the fluid from a large cyst, and then to have this examined microscopically for cancer cells. This sounds sensible, but still I like the comfort that a woman gets when her diseased breast tissue is all removed at one time. Not only should a woman watch for the possibility of breast cancer—but for other danger signals. Dr. Alvarez lists many signals in his little booklet, "What We Know About Cancer." You may obtain it 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, Iowa, 50394.

Joint Session Hears Musical Program

SALEM (UPI) — A special veterans day musical program was presented to the joint session of the House and Senate Monday by the 79-member cast of the stage musical "Space is so startling." The moral remarmament group, representing 17 countries, was greeted by the governor at a reception in his office following his address to the special session. The choral group, dressed in costumes of their native countries, sang three numbers and received a standing ovation from the lawmakers and spectators.

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