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Sig Unander, who last week announced his candidacy for the Republican nomination for U. S. Senator, promises a "hard-hitting, grass-roots campaign" in his effort to capture the seat held by Sen. Wayne Morse.

Unander-for-Senator committees will be organized throughout the state, according to Unander's campaign chairman, Wes Phillips, Portland insurance agent. Unander said his campaign will endeavor to inform the people, not confuse them.

The ex-state treasurer, who recently returned to Oregon after serving as vice-chairman of the Federal Maritime Board, said he will go to the people throughout the state to inform them of the national and international situation, and to make it perfectly clear exactly where he stands on the issues.

"Because of the seriousness of the world situation today," Unander said, "voters, more than ever before, are going to want to be thoroughly informed before they go to the polls. They are going to want to know the issues and how the candidates stand on the issues."

Unander added: "Voters are not going to be fooled by clever political maneuvering, meaningless slogans and vague campaign promises. I plan a straight-forward campaign."

Don't Blame Just Fats for Heart Attack Toll

Don't blame just "too many fats" in the diet for the high death rate from heart attacks and strokes, the president of the Nutrition Foundation, Inc. emphasized this week at Oregon State University.

Other important factors that have to be considered include:

Children, as well as adults, that are overweight; overeating (just plain "stuffing yourself"); lack of exercise, tension; and an unbalanced diet, says Dr. C. G. King of New York.

Overeating and diets that are out of balance are the two biggest hazards to health, Dr. King insisted in a paper given at the second biennial Symposium on Foods sponsored by the Oregon State University department of food and dairy technology.

King is an internationally known biochemist who has won the highest honors for nutrition research and who is currently on a six-member United Nations committee studying nutrition problems and programs in various areas of the world.

The old feeling that it "doesn't matter if children and adolescents are too fat because they'll outgrow it" is not true, Dr. King said. Checks of school health records have shown that overweight youngsters are much more likely to have heart and related problems when they get to be adults, he said.

"Overweight youngsters tend to be at a social and actually physiological disadvantage," Dr. King noted.

Because they are overweight they tend to be awkward and less active than others. This, in turn, adds to the problem because excess calories and fats are not burned up in the body.

The longer overeating and overweight continues, the harder it is to correct, Dr. King warned.

High cholesterol level in the blood is an "indicator" of heart attack potential but it is not very specific, according to the nutrition scientist. High blood fat content is also an indicator but perhaps is more a signal the individual is eating "too much."

"You can get fat without eating much fat," Dr. King explained. It's a matter of eating more calories than needed.

Workers who do physical labor have a "fringe benefit of health" that isn't fully appreciated, King noted. Men and women who sit at a desk all day or do "pushbutton" type work can run into trouble unless they get some exercise to tone up the body and use up the high calorie meals that characterize America.

Studies reveal that heart attacks and strokes show up 15 years earlier among people in countries where overeating is prevalent (U. S., England, Western Europe, and cities of many other countries).

Nervous tension plays a part in the heart attack picture too, King said, though it has not yet been fully defined. High excretion of adrenal hormone has been found in the urine of some men working in tension jobs and these individuals have a high incidence of heart attacks even though their diet, weight, and family history are in their favor.

There is a "genetic trend" evident, King continued, with more heart trouble evident in some families than others. Just how far this can be offset with proper diet, exercise, etc. is under study.

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Simpson Announces Fire-Safe Woodfiber Acoustical Product

SEATTLE—Simpson Timber Company announced it has perfected and is ready to market woodfiber acoustical products as fire safe as incombustible mineral tile.

Robert J. Seidl, general manager of research and chemicals, said the process Simpson has developed after six years of research is a major breakthrough for woodfiber.

"Code restrictions have been closing against forest products in some construction fields. Simpson's new process of Pyro-Chem protection for woodfibers now means acoustical products from the forest can again compete in these markets," Seidl said.

Seidl said Simpson's new process applies a permanent fire-safe "armor" to each fiber in the acoustical product. It is a thorough treatment protecting the product inside and out. He estimated the company has invested more than \$500,000 in experimentation and final development of manufacturing processes for the product. Testing was conducted in leading federal and private laboratories, including Underwriters Laboratory at Chicago.

Frank Rada Returns From Trip To Yugoslavia

Frank Rada, former resident here but now of Pendleton was in Mill City Tuesday. He came this far with his son, Rudy, a teacher in Pendleton, who went on to Salem on business. Frank brought with him a clipping about his trip which appeared in the Pendleton newspaper. It is reprinted below:

"Frank Rada of Pendleton has just returned from a three weeks visit to Yugoslavia where he visited members of his family who live there. He left August 9 by plane on his fourth trip to his homeland where he was born at Darover, Yugoslavia March 20, 1890. This is his first return trip since 1920.

"He visited a brother, Emil, at Virovitica, Yugoslavia and a sister, Anna Rakovec, also of Virovitica.

Rada had much to say about changes that have taken place there since his last visit. "The people are happy and they have plenty to eat. They used to make their own clothing, now it is like here, said Rada.

He said he was surprised at the many changes when he got there . . . but one thing hadn't changed . . . "the men and women still go barefooted through the day."

Rada said European women are slaves . . . "they have no washing machines and wash by hand, milk cows, cook the meals, work in the fields, they have no plumbing in the homes, the well for water is outside and some of the homes still have dirt floors.

"American women should be sent over there for six weeks training . . . that would be plenty of time for American women," he said. "Yugoslavian women are tough and they work the same as a man. The field work is mostly machines there," he added.

Rada said he could take three persons to dinner there for what he would pay for a meal for himself here. He said when he arrived his family had a party for him and he said it seemed he was going to a party every night of his visit. He spent five days at the Adriatic beaches.

He said the economy of the country is about what it was here in 1920. Boys go to work in the fields at the age of 10 and 11 years hoeing corn and potatoes, working in the hay and harvest, which is done with a cradle.

Rada said he would rather live in America, but "I like to go back."

He came to the United States in 1907 at the age of 17 and returned to Yugoslavia in 1910. He was married and his wife came to the U. S. a few years after he returned the second time. They resided at Mill City near Salem for 45 years, where he was foreman of a lumber firm and member of the board of directors.

His wife died March 25, 1959, and he now lives on McKay Creek near a son and daughter-in-law, Mr. and Mrs. Rudolph Rada and family. A daughter, Mary, lives in Portland and a son, Edward, is a professor at UCLA, now on a sabbatical leave to Formosa as a visiting professor at the University of Suchow, Taipei, Formosa.

Rada said it took him about 17 hours to go to Yugoslavia one way in 1920, traveling time one way was three weeks. "If everything goes all right, I will go back to visit again," he said.



Susan Bronson, former Miss California, uses blow torch to test flame spread of new woodfiber acoustical tile treated with Simpson Timber Company's Pyro-Chem process (P.C.P.). Pyro-Chem is the exclusive new process that impregnates every woodfiber with fireproofing chemicals. The cost of the new woodfiber tiles will be approximately one-third less than incombustible tile and only a few cents more per foot than ordinary woodfiber tile without this protection.

Simpson will manufacture its fire-resistant acoustical products in its insulating board plant at Shelton, Washington. The Shelton plant was built in 1947 to produce building materials from sawmill and plywood leftovers. The Shelton plant has shipped more than one billion square feet of woodfiber products into national markets in the past decade without cutting an extra tree.

Simpson created a sensation in acoustical markets six years ago with its introduction of the world's first fissured woodfiber acoustical tile, called Forestone. Several major domestic and foreign manufacturers now make this product under franchise arrangements with Simpson.

Seidl predicted the fire-safe product Simpson announced today will create an even greater response because it meets code requirements at far less cost to users. He said there is a growing demand for acoustical products in all public construction as well as in the home building field.

The 66-year-old Simpson firm, operating plants and timberlands in Washington, Oregon and California, is one of the nation's leading manufacturers of lumber, plywood, doors and insulating products.

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