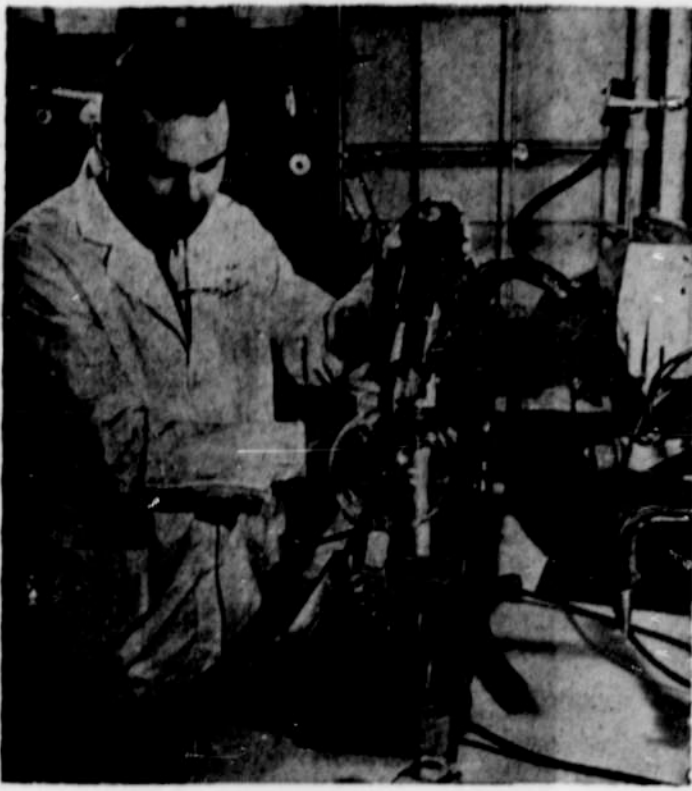


Heart Studies Underway



Evaporation, controlled by elaborate equipment, is a preliminary step in the measurement of adrenal gland hormones by Dr. Richard E. Bailey of the University of Oregon Medical School. Dr. Bailey's research is financed in part by a \$10,532 grant from the Oregon Heart Association.

Salem Scene

by Robert H. Elsner

Bills of Questionable Value Clog Legislature

Nearly 1,500 bills have been introduced during the first 12 weeks of the current Legislative session. Let only a small percentage have come up for votes in either the House or Senate.

With so little floor action to date, it indicates a hectic wind-up, as committees begin to heap bills on their respective houses for final debate and voting.

The seemingly slow progress thus far can be attributed largely to the abundance of bills up for consideration, and the necessity for each to be funneled through a committee. Here, they are screened, amended, and often killed.

But this takes time, whether the bill is of utmost importance or of questionable need. In this regard, there seems to be an increasing number of superfluous proposals. More and more legislators feel inclined to introduce "political" or "pet-peeve" bills.

Many lawmakers no longer believe that legislation should be generated by the people, who logically are the ones to point out a specific need, express dissatisfaction with an existing condition, or urge action when a change is necessary.

Today, there are those who believe government should automatically be bigger and play a greater role in our private lives and decisions. They would have government solve more of our problems, regardless of our ability—or incentive—to solve them ourselves. They feel government is better qualified to think for us than we are for ourselves.

Often, sponsors of these bigger-government bills believe they actually are aiding the public and our free-enterprise system, without considering the new problems that may arise as a result of their legislation.

A legislative committee last month turned thumbs-down on a controversial Sunday-closing proposal. This killed the issue... at least for the next two years. Most opponents of the bill felt that it is an infringement on personal freedom and free competition to determine—through legislation—when people can or cannot buy or sell retail merchandise.

Still to be considered is a bill, H. B. 1642, which would regulate and control trading stamp companies in Oregon. Introduced by a single legislator, this bill actually would eliminate most, or all, merchants who offer trading stamps in this state. In addition to telling stamp companies how they must operate and with whom they must do business, the bill would also require them to pay a \$5,000 annual license fee in EACH Oregon county where their stamps are offered.

The State Board of Pharmacy, in asking for introduction of H. B. 1500, seeks power to PROHIBIT sale of aspirin, headache remedies, and other common medicines to drug stores only.

We wonder if the public asked for this bill? Another bill seeks to cure a 50-year old law which requires freight trains in Oregon to have three brakemen, even though most states either have no such requirement or else specify that two brakemen are adequate on today's modern railroads. Trains which can cross the nation under present law, must add another brakeman when entering Oregon.

Central issue is whether this is a matter for legislation—or negotiation. In most states—and in other industries—management and labor negotiate such matters. In supporting the bill (S. B. 275), the railroads point out that no presently-employed brakemen will lose their jobs in Oregon if the legislation passes.

Although a Federal law covering minimum wages applies to most Oregon workers, S. B. 64, proposed in the state Legislature would go even further. This bill would raise minimum wages for all Oregon workers—including farm employees—to \$1.25 per hour. (Federal legislation has excluded farm employees, for several valid reasons, from its minimum wage requirements.)

Farm spokesmen point that S. B. 64, if adopted, would result in loss of jobs for many agricultural workers—particularly students who pick fruit and berries to earn extra money for books and clothes. Many farm workers are paid on an "incentive" or piece-work scale, paced on their production. In an

hourly system were imposed, the faster workers would not be rewarded for producing more than the inexperienced or lazy employees.

Retailers are also concerned over S. B. 64, because it would require time-and-a-half to be paid all employees who work more than 40 hours per week. This, on the surface, seems good. But many retail employees who can earn extra pay through commissions, bonuses, and other special incentives, would be hurt by such a statute. It would actually limit their earning power.

The proposed law would require time-and-a-half pay to be based on employees TOTAL salaries (which often includes commissions, bonuses, etc.). This is often impossible to compute, because of fluctuating retail salaries, from week to week.

Other opponents to S. B. 64 claim the law is not needed, inasmuch as Oregon already has a Wake & Hour Commission which determines—by industry or job—maximum hours and minimum wages for women and minors. This, coupled with the existing Federal minimum wage requirements, has proven effective and provided the flexibility necessary to preserve jobs and standards for all Oregon employees—men, women and minors.

Campfire Leaders Plan Outdoor Council Fire

The Canyon Campfire Leaders met Tuesday morning at the home of Mrs. Lowell Cree.

Mrs. Ralph Budlong, chairman of the group presided at the business meeting.

May 10 was the date chosen for the annual "Outdoor" Council Fire.

Mrs. Thelma Storey reported on the trip to Camp Kilowan last Saturday.

Mrs. James Mintey from Salem led the Campfire leaders group and Mrs. Ina Rust also from Salem helped the Blue Bird leaders.

The next meeting will be an outdoor meeting at the home of Mrs. Woody Heller, May 7, if the weather permits.

Present were Mrs. Woody Heller, Mrs. Howard Morrison, Mrs. Maurice More, Mrs. Ralph Budlong, Mrs. Don Hauter, Mrs. Irv Steers, Mrs. L. A. V. E. R. N. Ort and Mrs. Vern Morgan from Marion Forks, Mrs. Theo Houck and Mrs. Thelma Storey from Idanha, Mrs. Minty and Mrs. Rust from Salem and the hostess Mrs. Cree.

Paintings Exhibited At Paint Pot Open House

Mrs. Evelyn Stevens celebrated the First Anniversary of "The Paint Pot" Saturday.

At intervals during the day Mrs. Gene Davenport played organ music.

An art exhibit of oil paintings by the pupils of Mrs. Leo Poole and Mrs. Al Nesbitt was featured. Students exhibiting their art were Mrs. Ruth Nash of Stayton, Judy Pate of Gates, Mrs. Gene Davenport, Mrs. Q. V. Miller, Mrs. Harvey Tolbert, Harley Bell, Sharon Jacoby from Mehana, Mrs. Evelyn Stevens, Mrs. Poole and Mrs. Nesbitt also had a display. Harold Williams displayed a water color picture.

Door prizes were received by Mrs. Floyd Blackburn who drew the \$5.00 gift merchandise order; Mrs. Esther Cline a \$2.50 order and Harvey Bell a \$1.00 order.

Coffee and donuts were served during the day.

TB TEST



In just a second, this young lady will know the tuberculin test she's getting at school is nothing to fear. It doesn't hurt, but it does tell whether TB germs are present. Tuberculin test programs are aided by Christmas Seal funds, which fight TB and other respiratory diseases.

Subscribe To The Mill City Enterprise Only \$3.00 a Year

Rev. Larry Lawrence Writes Letter To Local Eastern Star Chapter, Thanking Estral Fund

Marilyn Chapter No. 145 OES Mill City, Oregon.

Dear Brothers and Sisters: I am indeed happy to say a few words for Estarl. In fact, to use an old saying, "I can't say enough in its favor."

"Eastern Star Training Award for Religious Leadership" has helped many struggling young men complete their formal education in preparation for the Christian ministry. In my own case, if it had not been for the Estarl awards since 1959 I would not have been able to complete seminary training.

Since I was an older fellow with a wife and three children to care for it was necessary that additional financial backing came from somewhere if my ministerial training was to be completed. Mrs. Julia Kemp, a member of the congregation at First Christian church in Mill City and a member of Marilyn Chapter No. 145 OES, recommended that I apply for an Estarl Award. The entire Chapter was behind me. I recall how hard Mrs. Edna Hutcheson worked toward my receiving of that first Estarl scholarship. It was an answer to a prayer (or I should say many prayers) when the notification came that my application had been approved, and that a \$500 check would be forwarded to Christian Theological Seminary in Indianapolis, Ind., to help cover tuition and school expenses for the academic year of '59 and '60.

Since that first year of seminary Estarl has awarded me \$1500, and because of this backing I was able to finish the requirements toward the Bachelor of Divinity degree in January 1963. Formal graduation from C.T.S., however will not be until June 7, 1963. But because the Order of Eastern Star in Oregon has been so generous, not only to me, but to many others in the Christian Ministry, many diplomas will be received this June by graduating ministers from various seminaries scattered across our country. These awards have enabled us to pay tuition and purchase the necessary books for study. A "thank you" is such a small statement, but when we say it, it is backed by sincere appreciation.

You folks who help support Estarl might look at your gifts and contributions as "casting your bread upon the waters, and after many days it will return." By this I mean that each time we preach a sermon we're backed by your love and generosity; each time someone responds to the invitation to accept Jesus Christ as Lord, you're helping to build the Kingdom of God; each time comfort is brought to a bereaved family, you are there because you cared enough to help support and train a minister. It is also true that the churches we serve as student-pastors see to it that we are housed and that food is on the pastor's table. The cost of education, however, is not so easily taken care of unless some other source is available. Estarl provides this other source.

We thank God for your generosity and consideration toward the Christian Ministry. We pray that you folk in Oregon will continue to set an example for other OES chapters around our country in your

work for Estarl. God love you all.

Good luck on your silver tea, April 9.

In His service, Larry Lawrence.

Work Smarter . . Not Harder

By Bernice Strawn Extension Home Management Specialist Oregon State University

If you're involved in planning meatless meals, you'll undoubtedly turn to cheese, seafoods and eggs often. And why not; they all can supply economical meals. Cheese is more than just a tidbit to top off a meal; it's a concentrated food. Nine pounds of milk go into every pound of cheese. Waste no cheese. Use every bit of it. For best taste and texture, serve cheese at room temperature. Gently cooking is the rule, too, to avoid stringiness. Baked cheese fondue, macaroni and cheese, cheese souffle, swiss cheese pie, and open face grilled cheese sandwiches are some ways with cheese for meal pleasure.

Maybe you think your family doesn't care for fish. Try again. Its easy to overcook fish. Fish protein is almost as delicate as that of eggs. Eggs require gentle cooking to keep them tender. So do fish. Canned tuna, fresh or frozen ocean perch, red snapper, sole and flounder are plentiful and low cost. Smelt season is really on. Usually there are three species of fresh oysters in our markets. The most abundant is the large Pacific oyster. Then there is the small Olympia oyster, mainly from Puget Sound, and some Eastern Oysters. Canned oysters are in stock year around.

HOW MANY CLOTHES make a washer load? You've heard that overloading is hard on the washer and clothes don't come clean.

You can't rely entirely on the weight of clothes as a guide. For instance, eight pounds of sheer curtains make a far bigger stack than eight pounds of sheets. If the sheets are about right for the washer then you would have to cram this many curtains in with your foot.

Your best guide to loading is your eye. Clothes need to be put in loosely with plenty of room to move around. If they are crowded, soil can't shake loose for find room to float away from the garment.

Try this sweeping time saver. Wet one edge of a newspaper and lay it on the kitchen floor. The paper clings to the floor and little can be swept onto it. Roll up and toss.

Income Tax Time Focuses Attention on Where our Income Goes

What are the facts about food costs and the average amount of money spend on food?

Recently a utility-sponsored article nicely summed up an answer to this question: "compared to most of the things you have to buy these days, food prices are still low. They are

up, of course, over what they used to be—but not nearly so much as most items in your budget." so:

First—Consider the average change in amount spent on food. The average family of four in the U. S. spent \$30.50 a week for food in 1962, just a bit more than it spent in 1961, according to the U. S. Department of Agriculture. Because income on the average increased more than food prices last year, food costs took a smaller bite out of the family paycheck. Between 1947 and 1949, about 26% of income after taxes went for groceries. This was reduced to 20% in 1961, and to 19% in 1962.

Second—Compare the average share of income in the U. S. going for food with other countries.

Nearly one fifth, or 19% of our income on the average goes for food in the U. S., versus 60% in India; 56% in Russia, 45% in West Germany, 42% in Japan and 30% in England and France.

Third—Note that we work less hours today to buy a month's food. About 40% less time was needed in 1962 to buy the same quantity of farm food that was purchased 15 years ago (1947-1949).

Fourth—Figure how your food costs compare with the average. For one or two months, why not keep track of the amount spent at the supermarket on other than food. Subtract the amount spent and see how much your food costs compare.

How does our nutrition stack up? Very well. The nutritional level in the U. S. has increased since 1910, when the first official records were kept. Diets have also improved since the 1930's when one third of the U. S. diets were classified as "poor." As few as 10% had diets so rated in 1955.

Today's young people, both men and women, are, on the average, stronger and two inches taller than their grandparents at the similar age.

See this Typical Calorie Countdown: In both 1961 and 1962, two food groups supplied over 40% of the calories used by the average American. They were flour and cereal products—21% and fats and oils—20%, according to statistics compiled by U. S. D. A.

Another 15% of the average person's calories came from meat, poultry and fish; 13% from dairy products and other than butter; and 2% from eggs. The other 29% was in fruits, vegetables and sweeteners.

Bill Hedge With Army In Germany

Grafenwohr, Germany.—Army PFC William Hedge, son of Mr. and Mrs. Arthur Hedge Sr., who live in Mill City, Ore., is taking part in annual winter training exercises with other members of the 4th Armored Division's 125th Ordnance Battalion near Grafenwohr, Germany. The training is scheduled to end March 28. The exercises are designed

to test and improve the combat effectiveness of U. S. forces stationed in Germany.

Hedge, a mechanic in the battalion's Company A in New Ulm, Germany, entered the Army in December 1961. The 23-year-old soldier is a 1959 graduate of Santiam Union High School, Mill City.

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