

Postman Takes Long Walk As New Hobby

SACRAMENTO, Calif. (UPI) — John Stahl, a retired postal worker who used to take an occasional walk around the block, now thinks nothing at the age of 76 of a 600-mile stroll around the state.

White-bearded and wiry, Stahl is now striding south from the Oregon border along the Northern California coast, averaging a brisk 20 miles a day. He expects to be back this way "sometime in October."

As a young man of 56, Stahl took his first distance hike along the Pan-American Highway when it was "only a path in the jungle" of Central America.

"I figured if I could survive that, I could survive anything," he said.

Later, he tracked across the Yucatan peninsula and Honduras, and then walked 1,560 miles from Fatima, Portugal, to Rome.

Stahl, who calls himself "Old Iron Legs," insists that he has no special diet. "I don't go much for that stuff," he said. "I'll drink several cups of coffee during the day and may occasionally have a couple of bottles of beer or a highball, but not to excess."

He also downs a glass of milk before he starts off each morning. As Stahl puts it, "That's all you need to walk 20 miles, isn't it?"

Bridge Made Of Aluminum

DES MOINES (UPI)—Cars will soon be rolling over the world's first aluminum bridge—to be completed soon on Interstate Highway 80 northwest of here.

Built strictly as a research product by the Iowa Highway Commission, dedication ceremonies for the \$125,000 bridge have been tentatively set for early in September.

The span was included in the Iowa highway construction program as means of collecting data on the relative merits of aluminum when subjected to the heavy stresses and strains of bridge traffic.

The floor and pilings of the bridge are made of concrete reinforced with steel. But the girders, rails and all other parts are of aluminum.

Three aluminum companies — Alcoa, Kaiser and Reynolds — each contributed \$10,000 for building the bridge. The Federal government and the state put up the rest of the money.

New Plane To Go To Outfit

EGLIN AIR FORCE BASE, Fla. (UPI)—The fabled Eagle Squadron of World War II, now the 335th Fighter Squadron of the Tactical Air Command, will be the first combat unit to be equipped with the new supersonic Republic F-105 jet.

The fighter-bomber, described by TAC's Gen. O. P. Weyland as "the most powerful one-man airplane" in the world, packs 13,000 pounds of airborne destruction.

Included in its potential arsenal are nuclear weapons, guided and unguided missiles, 4,000 pounds of rockets and a 6,000-rounds-a-minute automatic cannon whose 20-millimeter shells hit the target with the impact of a car hitting a stone wall at 450 miles an hour.

ANGLING FOR BUSINESS

NYACK, N.Y. (UPI) — Orange and Rockland Utilities, Inc., of Nyack, has gone into the business of servicing 800-watt power units installed in vending machines which dispense . . . live fishing worms. The machines, illuminated and refrigerated, sell the worms for 50 cents a dozen. One of the "wormatics" sold 3,000 nightcrawlers during a recent weekend.

John Mulhearn, a Wells Fargo messenger, recently tripped over a bag of money he was delivering to a New York City bank. He fractured his left wrist, dislocated an elbow. No money was lost.

Slow Eaters Are Quickest Dieters

LOS ANGELES (UPI) — Fast eaters have a harder time reducing than other people, according to the Los Angeles County Health Department.

The explanation is that persons who don't take time to chew the food thoroughly generally overeat because the brain is slow in registering that the stomach is full.

A Health Department article said dieters can lose weight with less discomfort by:

—Getting up from the table feeling slightly hungry. (The hunger feeling will disappear in about half an hour, the article said, and as the body grows used to the lower food intake, the after-meal hunger feelings disappear.)

—Diets containing high protein foods such as meats, fish, eggs and skim milk are more satisfying than other diets.

Bulky salads also are helpful in decreasing hunger because they take a long time to chew.

—Fruits and vegetables of low caloric content are good as "space fillers" and also provide many necessary food elements.

Conscience Gets Better Of Citizen

TRAVERSE CITY, Mich. (UPI) — A conscience-stricken homeowner who got away without paying for his electricity almost five years has sent \$155 and an anonymous letter to the Consumers Power Co. at Traverse City.

"From the time I moved into a certain house where there was no meter, until four years and 10 months later, I used electricity without paying for it," the writer explained.

"I have figured what I owe by what my bills were for the first 12 months after the meter was installed, making a total of \$146.01, then I've added \$8.76 for interest at the rate of six per cent, making a total of \$154.77. I'm enclosing \$155 even as it's easier to mail. Please believe that I'm sorry."

The letter was signed: "From one who is trying to be a Christian."

Library Not Sure Of Count

NEW YORK (UPI) — The New York Public Library has estimated it owns 27,500,000 different items but admits it isn't the slightest bit sure of the count.

Officials describe the figure as an "educated guess," pointing out, for example, that they measured with a ruler to determine that there were 4,570,000 clippings, pamphlets, pictures, maps and other "miscellaneous" items.

The library also believes it owns 6,400,000 books, 67,000 phonograph records, 34,000 film and microfilm reels, 8,000 microprint cards, 110,000 fine prints, 125 globes and 67,000 Braille and recorded books as well as periodicals and music for the blind.

The "educated guess" included another 270,000 pamphlets and other unbound items, 182,000 unbound music scores, 3,020,000 broadsides, posters, photographs, prints and slides, and 9,003,000 manuscript letters and documents.

He's Rich Out Of Card Ideas

CHICAGO (UPI) — When Bill Harris couldn't find any greeting cards to suit his taste 16 years ago, he began making them himself.

This year, his greeting card firm anticipates a profit of \$150,000 on sales of one million dollars.

Harris, 41, said his ideas come from everywhere—and everyone. Arriving home one night, he was greeted by his son with, "I love you, Daddy."

"How much?" Harris asked. "So much, Daddy," the boy answered, spreading his arms wide as they would go.

Harris made a card of it. Then there was the time Harris cut his finger and became angry when he couldn't find a bandage right away.

He made a card of it. The card comes complete with a small bandage.

Three-Wheeler Newest Idea For Troops

ROME (UPI) — "Three-times-three" adds up to greater efficiency for Italy's crack Alpine troops.

Three-times-three is the technical name for a new three-wheel vehicle designed to carry weapons and ammunition over rough ground, up and down steep hills, through swamps, and over ditches.

The vehicle, also called an "Alpine mechanical mule," features two rear wheels in the form of short tank treads. It can travel at a top speed of 45 MPH for eight hours without refueling. Each of its three wheels has an individual drive, hence in part, its name — three wheels, three drives.

Another feature of the vehicle is its maneuverability. It can turn on a dime left or right because its tracked rear wheels turn 90 degrees. But perhaps its most unusual feature is the fact that it can contract its width from four feet, two inches to two feet, six inches.

The U.S. Army has ordered two of the first 20 models of the vehicle and they are scheduled for demonstration before the end of summer. The Italian Army has ordered 200 "tre-per-tre" machines.

Land Markers Being Stolen

WASHINGTON (UPI) — The Coast and Geodetic Survey is quite disappointed with the way Americans are stealing the government's permanent survey markers while strolling about the nation.

The markers are small discs usually imbedded in rock or concrete. They are placed by the survey to mark longitude and latitude, elevation, magnetism, gravity and direction.

The discs are used by engineers, surveyors and government agencies as the basis for maps and charts, and for private and public engineering projects.

Nature lovers, small boys and amateur explorers seem to have developed an affection for the markers which have been disappearing at a rate of more than 1,000 yearly.

It costs the government from \$40 to \$1,500 each to put the discs back where they belong.

Planning Can Cut Food Buying Cost

WASHINGTON (UPI) — Want to serve big meals—with trimmings—for about 20 cents a person?

Then tuck "buymanship" into your shopper's list said the National Association of Food Chains. And here, according to the NAFC, is how to sharpen your buymanship.

"Sit down and save by pre-planning the shopping list based on menus and ads that promise savings; plan meals the family will eat, and consider the values of 'convenience' foods versus home-prepared foods."

Prepared food products, such as cake mixes, are cheaper, more uniform and less time-consuming than comparable "recipe" cakes—the home-made kind, said the association.

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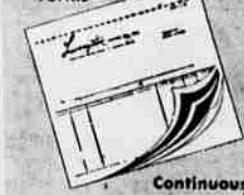
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FAIR WARNING
PITTSFIELD, Mass. (UPI) — The 5,000-pound safe in a restaurant here was cracked recently to the tune of \$6,000. So now there's a sign over the safe announcing that it contains only \$35.60, enough for the restaurant to open for business the next day, and that it would take four men working 17 hours with diamond-cutting tools to get this "small change."

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