

Heart Surgery Can Be Reduced By Dieting

Reducing the risk of heart attacks and strokes by not smoking, dieting if overweight, controlling your cholesterol level, and lowering your blood pressure seems to be the key to stopping the rapid growth of coronary artery disease and surgery. Speaking to key Oregon Heart Association volunteers, noted heart surgeon Dr. Albert



New Year Greetings

For you, our customers, and your families, we wish the best of health, happiness and success in the New Year ahead. It's given us great pleasure to serve you.

Carl's Building Center

HAPPY NEW YEAR



To our friends and customers — at the stroke of twelve when you greet a brand New Year, we'll be wishing you the most in happiness and prosperity. It will always be our pleasure to serve you.

THE OLYMPIC



Green Stamp Collectors: Attention!

Now through January 31st, you can get valuable S&H Green Stamps at Equitable Savings for opening a new account or adding to your present one. That's two Green Stamps per dollar for a deposit up to \$1250. 2500 stamps for a deposit between \$1250 & \$5000. 5000 stamps for over \$5000.

All this in addition to the super earnings you get on our 5 1/4% passbook savings and even higher earnings on certificates of deposit and systematic savings plans.

Drop into any one of the 36 Northwest branches this month and ask the people at Equitable how you can cash in on your savings!

Equitable Savings is people.

with Green Stamps for you

1094 S.W. Fourth Avenue Ontario 889-9671

Starr explained that if this is not done, this country may not be able to surgically keep up with the manpower needed to correct the damage created by coronary artery disease.

Dr. Starr reported that the number of operations for coronary artery disease alone has boomed from 25,000 in 1971 to approximately 75,000 in 1973. The most promising way to control coronary artery disease is to follow the advice of the Heart Association to prevent this disease, Starr added. Heart disease accounts for more deaths and disability each year than any other disease.

The Heart volunteers from throughout Oregon were attending the association's annual leadership conference in Portland. The conference is designed to inform them more about what is being done at the medical level to reduce death and disability from heart attacks and strokes, and what they can do in their communities to assist.

Your County Agent Says

SHOP SAFETY

This is the time of year that equipment repairs need to be made and you find your self spending a lot of time in your shop. It is also a good time to go through the following list and make your shop a safe place for you and your help to spend the winter months.

GENERAL SHOP SAFETY HINTS:

1. Good housekeeping—keep all tools and spare parts in bins and racks.
2. Portable electric tools shall be grounded, or double insulated tools shall be required.
3. Guard all pinch points on chain and belt drives.
4. Bench grinder, shield, and tool rests should be kept in place. Face shields or goggles shall be available. Grindstones shall be used only for the type of work designed.
5. Where hazards exist, use proper personal protective equipment.
6. Acetylene and oxygen cylinders are to be kept in upright position and secured at all times, whether full or empty. Shut off valves when not in use. Store cylinders of oxygen at least 20 feet from other flammable gasses, unless separated by a fire wall with one half hour time-resistant rating. A shut-off wrench shall be attached to the cylinder.
7. When repairing equipment in the raised position, block safely.
8. Use welding hoods or goggles. Screens shall be used where any employees are working in the same area.
9. Keep an available fire extinguisher as recommended by the local fire department.
10. Keep all paints and solvents separate from other flammable materials and stored in closed metal containers. Oily rags shall be disposed of immediately after being used. Eliminate all hazardous storage.
11. When it is required that engines must be used or repaired in a closed building or area, ventilation to the outside shall be provided to remove the carbon monoxide exhaust.
12. Eliminate slippery floors.



THIS SILVER TOY POODLE, owned by Eloy Mastis of Route 2, Nyssa, has taken over the chore of nursing a kitten.

The poodle, named Baby, had four puppies but all four died soon after birth. She then took over feeding three kittens, and would not permit the mother cat to nurse them. Two have since died, but this one kitten seems to be thriving, Mastis said.



RAY'S BODY SHOP

Get Set! GO have a Happy New Year



Out with the old, bring in the new. May the New Year bring you happiness, health, and prosperity... and bring us the continued fortune of having you as a patron. Thank you very much!

EASTSIDE MARKET



another **NEW YEAR**

supplants the old... giving us a new opportunity to fulfill our dreams and plans. Happy New Year, and thank you for your friendship and good will.

FEED SERVICE, INC.

Babson's Reports

(Continued From Page 11)

attractive yield, plus some capital appreciation as interest rates decline.

STOCK MARKET OUT-LOOK

Two significant 1973 scares for the stock market were (1) the early-year panic over food prices and supplies, and (2) the still-current worries over oil and gasoline shortages with the unhappy consequences for business and employment. The former proved temporary and should not be overly distressing in 1974, but fuel-energy troubles will be harder to resolve. Hence, depending on the Mideast picture, the stock market may face more uneasiness that could carry well into spring. By then, Israeli-Arab peace talks may have made sufficient progress for investors to start thinking in terms of better business some months away. And the stock market could assume a more hopeful stance.

Now is the practical time for investors to effect portfolio realignments to meet individual goals. Start switching to improve your position whether you are seeking growth or a combination of reasonable income and some inflation protection. These changes can be tied in with tax considerations. With numerous depressed issues in virtually every industry group, go bargain hunting for well-established stocks and convertible securities (of companies with proven earnings capabilities) which are selling at the lower end, historically, of their price-earnings range.

Industry groups looking particularly promising for 1974 include fuel and energy stocks, some of the life and property-casualty insurance issues, offshore securities, and farm equipment stocks. The farsighted investor will find potentially rewarding buys in medical equipment and supplies and consumer goods. Even the currently out-of-favor S & L, building, and apparel groups will offer plenty of good candidates where cash reserves are ample. Such buying should be selective in early 1974, but as the year progresses and uncertainties are brought into clearer perspective, more aggressive buying might be in order. In short, as 1974 makes its debut, Babson's Reports--instead of repeating the cautionary note sounded a year ago--suggests that this is the time for realism and courage, longer-range vision, and a healthy measure of faith in this country and our economy.

END

Motor Vehicles Division

The Motor Vehicles Division will begin taking applications for identification cards on January 2. Those who want to apply for the ID cards must apply in person at a DMV field office. Arrangements may also be made in advance to have a field representative visit centers for the handicapped or elderly to take applications.

Authority for the division to issue ID cards was approved by the 1973 Legislature.

The cards are meant to aid non-drivers who want identification for check cashing and other purposes. The cards will be printed on the same form as a driver's license, with the computer-written phrases "Identification Card Only" at the top and "Not a License to Drive" at the bottom of the form.

Fees for ID cards will depend on how close to the applicant's birthday the original card is issued.



May we chime in with our best wishes for the New Year!

J. C. WATSON CO.



It is a real pleasure at this time to wish all our good friends and customers —

A HAPPY NEW YEAR!

DORITY BEE BOARDS



We want to go on record as first to wish you "Happy New Year" and to thank you for favoring us with your patronage. May every day bring you and your family a full measure of happiness and good health.

Johannesen Adams Motors, Inc.