

**AREA POPULATION**

Alpine	3196
Campo	1256
Descanso	778
Guatay	200
Harbison Canyon	720
Jamul	952
Pine Valley	956
Total	8056

# ALPINE ECHO

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LOCAL

VOL. 1, NO. 15

36

ALPINE, CALIFORNIA

FRIDAY, JANUARY 16, 1959

PRICE FIVE CENTS

## Kiwanians Hear Highway Plans

### FACTS, FIGURES GIVEN ON HIGHWAY 80 ALTERNATE ROUTES

The proposed freeway section stretches from Tunnel Hill on Laguna Summit and is indicated on the map which is reprinted on Page 4 of this issue. The following information gives specific data for each of the possible alternate routes for this section of highway. Use the map on Page 4 for reference.

### PTA Presented School Program

A large crowd attended the regular monthly meeting of the Alpine P.T.A. Tuesday night. The school building program and the forthcoming bond election scheduled for January 27th were the chief topics for discussion. Clyde Gilley, district superintendent, presented charts, graphs, and maps which graphically illustrated the pressing need for classroom expansion. The proposed site at Harbison Canyon and the reasons for its choice were discussed.

The data showed that passing both the bond issue and the state loan authorization would increase taxes for debt services only 6.57 cents per \$100 of assessed valuation.

At the close of the program questions from the audience were answered by Mr. Gilley and Mr. Reynolds, school board president.

### DONATIONS FOR ELLIS MEMORIAL

Greengate School, Descanso  
Mr. Bert Banks, Pine Valley  
Mr. and Mrs. Glenn Cheeseman, Whittier, California

### YOUR INCOME TAX

## FACTS ABOUT INCOME TAX

Do you contribute to the support of a dependent, but do not furnish over one-half of his support? Maybe you can claim the dependency credit anyway.

If your dependent can qualify in all other ways except that you do not furnish over one-half of his support then perhaps this will help you.

In cases where two or more persons contribute together more than 50 percent of the support of an individual and each could claim the individual as a dependent except for the fact that he did not contribute more than 50 percent of the support, the law permits one of the contributors to claim the individual as a dependent provided:

(1) The taxpayer claiming the individual as a dependent contributed over 10 percent of the support, and

(2) Each person other than the taxpayer who contributed over 10 percent of the support of the individual agrees not to claim the individual as a dependent for any taxable year beginning in the calendar year 1958.

One of these agreements, Form

The existing highway from Point A (Tunnel Hill) to B (Harbison Canyon Road) is 7.5 miles in length, has a maximum grade of 6 percent for 0.3 of a mile and has a grade in excess of 4 percent for 3.2 miles. The proposed northern alternate would cost \$8,660,000, have a length of 7.7 miles, a maximum grade of 5 percent for 0.2 miles and would involve acquisition of 72 houses and 7 businesses.

The proposed southern alternate from points A to B would cost \$8,620,000, would have a length of 7.4 miles, a maximum grade of 5 percent for 0.2 miles and would involve acquisition of 49 houses, 5 businesses and one church.

Two points on the map between A and B are flagged and at these points the alternate routes could be switches. The Highway 80 Chamber of Commerce has indicated that a south-north-south route might be followed from points A to B. This route would cost \$7,980,000, have a length of 7.5 miles, a maximum grade of 5 percent for 0.2 miles, and would involve acquisition of 51 houses and three businesses.

The existing highway from Point B (Harbison Canyon Road) to C (the Willows) has a length of 5.3 miles, a maximum grade of 6 percent for 2.3 miles, and a length of 3.2 miles in excess of 4 percent

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### A LETTER FROM ABROAD

MARKETING IN MADRID  
From Barbara Latham LaForce  
Dated December 29, 1958

Marketing in Madrid can be a chore that makes you feel as you do when you're coming down with the flu. You think of shopping and you begin to feel bad all over. Keeping the pantry supplied with good things to eat not only takes a hawk eye and a steady aim, but a sturdy pair of hiking legs as well.

You who can drive to the nearest super market, finger through the cellophane delights, shuffle along behind a smart little food cart, while piped music soothes the creases from your brow, might wonder why I say this. Well, until December 18 there were no supermarkets in Madrid. Yesterday ONE was opened downtown. This is a new thing in Spain and it will be interesting to see how the Spanish women take to it. But in all the neighborhoods, marketing will probably go on in the same old way for some time to come. This means that the Spanish housewife will make the rounds of at least three or four shops to buy the foods she has planned for the meals that day.

In Spain, it is impossible to buy all the foods needed for a complete

Continued on Page 3

### Theatre and Arts Group to Organize

Organization of an Advisory Committee for the Theatre and Arts Foundation of San Diego County will be completed at a luncheon scheduled Monday, January 19, in the Palm Room of the U. S. Grant Hotel, Ewart W. Goodwin, chairman of the Foundation's recently named Management Committee, announced today.

Co-chairmen include Dr. Roger Revelle, Director of Scripps Institution of Oceanography; James S. Copley, publisher of the San Diego Union and Evening Tribune; Murray Goodrich, businessman and civic leader, and Mrs. Edward Longstreth, Foundation president. Speakers will include Stanley McCaffrey, vice-president of the University of California at Berkeley; Dr. Revelle and Mayor Charles Dail of San Diego.

Invitations to attend the luncheon and discuss plans for building a Foundation theater have been sent to several hundred business, community and civic leaders and

Continued on Page 3

### Change In Brand Inspection Service

According to an announcement by the California Department of Agriculture, as of February 1, stockmen who want brand inspection service on Sunday by state hide and brand inspectors must request such Sunday inspection not later than noon of the preceding Saturday.

On many Sundays no calls are received by the state brand inspectors who are on a stand-by basis and are denied their usual Sunday activities.

### RECOMMEND NORTHERN ROUTE SAY OFFICIALS OF 80 C. of C.

The proposed routes for the new Highway 80 freeway were discussed at the Kiwanis Club meeting last week.

Many authoritative details of the project were presented by Frank Green, President of the Highway 80 Chamber of Commerce, and Don Walker, Past President of the Highway 80 Chamber of Commerce.

The purpose of the meeting was to familiarize local businessmen with the various aspects of the several possible routes in preparation for the public meeting to be held on January 20.

At present the highway project is in the preliminary proposed stages but some of the following facts were brought out in the discussion.

The new highway will be a four-lane high speed closed freeway which will be completely fenced on both sides. There will be no business frontage on the freeway. The right-of-way will be 324 feet wide, and have a minimum of 36 feet between the lanes of east and west traffic.

Access roads to Alpine will be by means of interchanges probably located at the Willows and Victoria Drive if the northern route is adopted. This will necessitate an overpass or underpass at the Victoria Drive junction. The northern route appeared to be favored during the discussion. (Editor's Note—see comment in editorial). There will be ample markings of cut-offs at highway interchanges. The main alternate cut-off for Alpine would be at the Willows. At the Willows another bridge would be constructed over Viejas Creek just south of the present bridge.

The present highway 80 road would revert to the county and become a county road upon completion of the freeway. As an access road it would carry mostly residential and local business property.

The first phase of highway construction would begin on Viejas grade at Dead Man's Curve. The tunnel attempted several years ago at this location would not be used, and the freeway would veer south

Continued on Page 3

### Adobe Hacienda Has New Policy

Adobe Hacienda, 2½ miles east of Alpine on Highway 80, one of the finest quality egg producers on the west coast, is happy to announce its new egg pricing policy which became effective January 1, 1959.

With increasing customer sales the management decided to base the price of customer's eggs to the daily market quotations rather than the previous 5 cents per dozen fluctuation. Mr. Ed Zimmer, owner and operator, says, "This will cause the ranch a little more work, but I feel that the increased savings to customers will also increase the ranch sales to warrant the effort." Mr. Zimmer also stated that the eggs will be competitively priced with major chain stores, and the only remaining difference is the fact that these eggs are the freshest you could ever buy.

All of the eggs produced are taken from the ranch four times weekly, so the eggs have to be fresh and can't be over two days old. "The only complaints we have ever had on our eggs," says Ed, "is that they are so fresh that when hardboiled, they don't peel well. So just let them get a few weeks older like most eggs you are buying and your hard-boiled peeling troubles are over!"

Adobe Hacienda has been a landmark in Alpine for 12 years, and has grown with the community. The ranch is all mechanically operated. Eggs are gathered at a rate of 100 birds per minute and

Continued on Page 4

### A Glimpse Of Old Mexico

By Hazel Hohanshelt

One can, and must, experience vicariously many things in this life ;but certainly no book, travelogue or movie could have given us the real, intimate pleasure of meeting our friends south of the border like those short ten days of actual living in the land of "Manana."

We shall never see another palm tree without recalling again the deep green denseness of the jungle on the road to San Blas a parrot in a cage will call to mind the flash of a hundred bright-colored wings as they swooped and circled over the lofty trees festooned with flowering vines. The bananas on the grocer's shelves will start a mental picture of the vivid, yellow-green groves hugging the steep mountain sides, and we shall never peel another tangerine without seeing again the vendors balancing gracefully on their heads their huge round baskets piled high with fruit.

How dull and uninteresting is my own neatly hung line of clothes when I recall the color bedecked fences, trees and bushes at the river's edge on wash day. What a cold, unyielding mass of steel our mode of transportation since I put

my hand upon the head of a shaggy little burro nearly buried beneath his load of sticks and hay. No monument of pure gold could ever honor enough this patient little beast of burden. There was not one moment, one mile, from Nogales to Marelia, a lovely mountain village south of Guadalajara, that was not thoroughly enjoyable. The roads were good to excellent, accommodations unique to beautiful, food delicious, prices cheap to reasonable and the people gracious and friendly. I could write a book—tell what roads we took, what towns we visited, where we ate, what we saw but you can get any number of good books on Mexico right in your own library. Get one and read it. But go, if you've never gone before! We know we'll go again.

### Weather REPORTS



Generally Fair,  
Slightly Warmer

# ALPINE ECHO

An Independent Weekly Newspaper  
Published in Alpine, California, San Diego County

TELEPHONE Hickory 5-2616

Paul J. Nichols ..... Editor and Publisher

Mailed at the Post Office in Alpine, California  
ALPINE ECHO, POST OFFICE BOX 8, ALPINE, CALIFORNIA

## Editorial

Don Walker, Past President of Highway 80 Chamber of Commerce, has submitted his suggestion that the choice of the new freeway be to the north of Alpine rather than to the south. The main reason for this suggestion is that Alpine would be better situated relative to the freeway. The southern route lays about 4,000 feet or three-quarters of a mile to the south of Alpine and closely follows the present South Grade Road. Tavern Road would intersect this route.

The northern route lays about 1,600 feet north of the present Highway 80 just south of the cemetery. Victoria Drive would become an interchange for business and residential traffic. This route appears to be the better approach for two reasons.

First, traffic along the northern route would be at a higher elevation and would look down into the city of Alpine—it should be easily visible and present a beautiful setting from the highway.

Second, the northern route is closer to Alpine and, therefore, invites visitors. The southern route may be just a little too far. Alpine might become an isolated village.

Perhaps there are important advantages of the southern route which are not readily apparent. Interested parties should be prepared to present any advantages for discussion at the public meeting on January 20 at the school auditorium.

If the residents of Alpine can generally agree on one of the proposed routes and present a resolution to Mr. Dekema, District Engineer, and the highway commission, development of the freeway project probably will proceed rapidly while funds are available. Should there be discord and bickering, this section of highway construction might be stalled and funds appropriated for other projects.

## March of Dimes Has Bold New Program in '59

The 1959 March of Dimes is determined that its bold new program will lead toward even greater victories than those achieved against polio.

Here and in communities all over the country a total of two million volunteers are acquainting the public with the aims of the National Foundation's expanded health program. They move into the annual drive with the sure knowledge that they have a winning combination that spelled success over a major disease in the past. It was the partnership of laymen with physicians and research scientists that produced the Salk vaccine and rehabilitated thousands of victims.

Now, as Mason Bowen, San Diego Chapter chairman, recently said, "This team is ready to apply its unique formula for success to the solution of other perplexing diseases of mankind." Then he added:

"Our concept for the future is the development of an organized force in the fields of medical research, patient care and professional education, flexible enough to meet new health problems as they arise, with specific goals initially."

An immediate broad attack will be launched against arthritis and birth defects (congenital malformations), but spokesmen emphasized that as long as polio patients need care and rehabilitation, the March of Dimes will provide it. In 1958, for example, about 50,000 polio victims received aid from the National Foundation which totaled approximately \$18,900,000.

The need to train more medical specialists also is being met by expansion of the professional education program. Polio, arthritis and birth defects have crippling factors in common, demand the attention only highly skilled and well trained professionals in health can give. Patient aid will be extended in 1959 to cover victims of arthritis and certain birth defects through the age of 18. The degree to which this program can be brought to life depends in large part on public support of the March of Dimes.

# ARTHRITIS RHEUMATISM AFFECT 11,000,000

ALL AGES STRICKEN BY THE GREAT CRIPPLER...  
CAUSE: UNKNOWN  
CURE: UNKNOWN



MARCH OF DIMES TO START PATIENT AID PROGRAM FOR ARTHRITIS PATIENTS THROUGH 18 IN 1959.

Doctors estimate 70% of serious crippling can be prevented with EARLY TREATMENT.



RHEUMATOID ARTHRITIS  
3 WOMEN STRICKEN FOR EVERY MAN - WOMEN USUALLY ARE HIT BETWEEN 20 AND 35

NOW, MARCH OF DIMES FUNDS BATTLE ARTHRITIS PLUS POLIO... BIRTH DEFECTS... VIRUS DISEASES.

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Sunday School For All Ages ..... 9:45 A. M.  
Morning Worship Service ..... 11:00 A. M.  
Pilgrim Fellowship (For Youth) ..... 7:00 P. M.  
Church Guild, Fuller Hall Every Wednesday ..... 9:00 A. M.

**ST. PHILOMENA CATHOLIC CHURCH**—Fr. Joseph deCristina, Pastor; HI 5-2145  
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Daily Mass 8:00 A. M.  
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Religious Instruction for Children Attending Public Schools:  
Harbison Canyon 11:00 A. M. Saturdays  
Alpine 1:30 P. M. Saturdays

**BAPTIST CHURCH** — Rev. James C. Arnold, Pastor; CY 8-3768  
Sunday School For All Ages ..... 9:45 A. M.  
Morning Worship Service ..... 10:55 A. M.  
Evening Worship Service ..... 7:30 P. M.  
Prayer Service Wednesday Evening ..... 7:30 P. M.

**CHURCH OF GOD—BETHEL ASSEMBLY**—Rev. Ruth Copeland; HI 3-3239  
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Morning Worship Service ..... 11:00 A. M.  
H. O. A. .... 6:30 P. M.  
Evangelistic Sunday Night Service ..... 7:30 P. M.  
Prayer Service Wednesday Evening ..... 7:00 P. M.  
Colored Bible Slides Third Sunday Evening Of Each Month

**CHAPEL OF THE HILLS, Descanso.** Rev. Mr. Wallace L. Truman; HI 5-3628  
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Youth Fellowship ..... 6:00 P. M.  
Prayer ..... 9:00 A. M. Wednesday

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Holy Days Mass 7:00 A. M. .... Confessions heard before all Masses

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**Rocket Propulsion Noise**  
Extreme noise will be one major problem to be faced in an era of rocket propulsion, declared Louis Michelson, General Electric Company Rocket Engines division manager, before the American Health Association here. The racket of rocket motors can be painful to ears 1,000 feet away, he said. And with even more powerful motors in the future, it will reportedly be impossible to come within 3,000 feet without ear protection.

**More Vigorous Hybrids**  
Bigger and better paramecia (one cell protozoan organisms) are being produced by cross-breeding, a phenomenon that may yet shed some light on hybrid vigor—long observed but poorly understood—in such higher organisms as cattle and mules. R. W. Siegel, Ph. D., geneticist at the University of California, crossed two strains of paramecia and discovered that, in terms of daily growth rate, the progeny were considerably more vigorous than the parents. Next, he permitted the hybrids to reproduce by self-fertilization. The result: further generations of highly vigorous paramecia.

Dr. Siegel attributes this phenomenon to favorable interaction of dominant genes.

**Seepage Pits Short-Lived**  
A U. S. Public Health Service field team recently completed a survey in San Diego County of septic tanks connected to seepage pits. Financed by the federal government, the study was nationwide. Its purpose was to find the most satisfactory kind of seepage pit that has proved itself through several years of use. The pits selected for study in this area had all been in use for more than three years and had been built to standard requirements.

In a preliminary report on the study the field team said 200 septic tank systems were opened and examined in Bonita Mesa and the Castle Park-Harbor side area. Although the local septic tank systems had stood up better than those in other parts of the country, the failure age in San Diego County ranged from only five years to 17 years. Septic tank systems are a temporary substitute at best for a connection to a permanent public sewer line.

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## A Letter From Abroad

Continued from Page 1

meal in one store. The lady of the house goes to a lecheria for milk and carries it home in a metal pan or a pitcher. She buys her bread from the panaderia, and goes to the carniceria for meat. Each merchant is a specialist. One sells fruits and vegetables; another vends only fish and shellfish.

There is a type of store that would be familiar to you. The mantequeria sells just about everything; literally soup to nuts. I usually buy cheese, butter, marmalades and drygoods from the one I go to. But as Senor Campanario is a progressive merchant, potatoes, chocolates, cornflakes, beer and dried beans are always available. His shelves bulge with canned goods and one wall is hung with smoked hams and sausages. Food is everywhere and elbowing for space. It's easy to trip over the wine bottles, encased in baskets, that are fleid along the foot of one counter.

All these shops snuggle under the tiers of apartments and offices above them like chicks under the hen—and most of them are just about as small. They are clean, if not always tidy, and, at certain times of the day, jam-packed and noisy. Service is excellent. The merchant, and his wife and children who are usually nearby, are courteous and happy to wait on you. Competition is keen and they want you to return. Within one square block it is possible to pass as many as three or four shops, all selling the same goods.

I might feel glum after tussling through the piles of lettuce and spinach in the fruteria, and craning my neck to watch the meatman's scales, but I always smile when it comes time to pay the bill. Things are inexpensive. The government fixes price limits on food items in Spain.

(More about marketing in Madrid next week.)

## Kiwanis Hear Plans

Continued from Page 1

of the present location of the roadway.

It is the intention of the highway commission to complete the closed freeway between San Diego and Yuma within a ten-year period. The route between Laguna Junction and Coyote Wells already has been approved by the California State and Federal governments. As Highway 80 is part of the Interstate Highway System, 90 percent of funds for construction will be available from Federal sources.

The Federal government offers an incentive to states that restrict billboards on freeways. Any billboards along the freeway undoubtedly will have to be placed on private property.

Property owners would be adequately reimbursed for the purchase of rights-of-way. It has been the policy of the highway commission to arrive at a fair and equitable land appraisal. Appraisals are based not upon present values, but upon the evaluation of property at the time of acquisition.

## Theatre and Arts

Continued from Page 1

government officials throughout the county. Mayors and administrative officers of all incorporated cities have been asked to attend also, Goodwin said.

The theater, he said, would be on 18 acres adjoining the new University of California campus north of La Jolla.

"The coming of the campus," Goodwin said, "presents an inspiring opportunity to create here a great cultural center of the west. The regents have stated that they will be able to establish a major campus here only if the people of San Diego demonstrate that a planned University community can be built around the campus."

Foundation directors and officers, Goodwin continued, believe "the people of San Diego will respond with generosity and imagination to this opportunity. But," he said, "they must be informed

## NEWSETTES

Jack and June Smith announce that a new adult beginner's square dancing class is now open for three weeks. The class meets at the Alpine Union School on Thursday nights from 8 to 10 p.m.

There will be a party at the Youth Center Friday night, January 16, for the benefit of the Alpine Junior Baseball Association.

Sergeant John Talamantes and his family, former residents of Alpine, have been visiting Mr. and Mrs. Robert Rix. Sgt. Talamantes was on leave from Hawaii, and he and his family have now left for Colorado where he will be stationed.

## Club Meetings

Alpine 4-H Champions—First and third Tuesdays each month. Fuller Hall.

Alpine Cloverettes—First and third Saturdays each month. Fuller Hall.

Alpine Ramblers—Each Saturday night. Youth Center.

Volunteer Fire Department—Second and fourth Tuesdays each month. Fire Hall.

Gamma Gamma Chapter, Epsilon Sigma Alpha Sorority—Second and fourth Wednesdays each month.

Alpine Woman's Club—Second and fourth Tuesdays each month. Club House.

Alpine Kiwanis Club—Each Thursday night. Fuller Hall.

about the project through "concerted action by community leaders who are concerned about the cultural welfare of our city and county."

Goodwin, who will preside, said there would be no solicitation of funds at the luncheon.

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JACK HOISTAD

## Man's Smallest Enemies

### Hidden Viruses Are Suspected Of Causing Much Unseen Damage

(Editor's Note: This is the second of three articles on viruses, the harm they cause, what is being done about them, and even what good they may do, by Dr. Henry W. Kumm, chief of virus research for the National Foundation, veteran of 23 years on investigation of malaria, yellow fever and yaws while with the International Health Division of the Rockefeller Foundation.)

By HENRY W. KUMM, M. D.

Chief of Virus Research, The National Foundation

Can viruses which cause apparently mild childhood illness make people sick years later, when they have grown up? This is one question scientists under National Foundation grants are now trying to answer.

The idea seems almost ridiculous at first. After all, we are all familiar with a virus disease like measles. Most of us had measles when we were young. We got sick; then we got well. But did we really get totally well?

Measles can sometimes be very serious. Occasionally the virus gets into the central nervous system (which means the brain and spinal cord) and causes inflammation. This is called encephalitis and can be an extremely bad thing. It can cause paralysis or the loss of functions directed by the brain. Fortunately, severe encephalitis occurring during an attack of measles does not happen often.

But what about youngsters who do not get measles encephalitis? Do some of them nevertheless have some damage to their central nervous systems which may cause disability under the stresses of later life? There is reason to think that this may happen. Dr. Jonas E. Salk, who developed the vaccine against polio (which is itself a central nervous system disease), believes that such damage may indeed occur. And he believes that what is needed is a vaccine or vaccines to protect against these virus diseases which sometimes produce central nervous system diseases, even those which are apparently mild childhood illnesses. He is working on this problem with March of Dimes support.

Study Brain Waves  
There is another attack on this problem now being conducted in Chicago. There, Dr. Frederick Gibbs and his associates at the Brain Research Foundation have been given a March of Dimes grant to study the brain waves of children. This is done by using a delicate electrical recording called the electroencephalograph. It is a perfectly painless procedure, but it is already indicating that mild virus

disease in childhood sometimes can leave a legacy of defect behind it. But why would anyone think in the first place that such diseases leave problems behind them? The answer is that scientists are now coming more and more to the belief that when viruses enter the human body they always remain, at least in small amounts. And where virus remains there is an ever-present possibility that there may be damage. One reason scientists think this way is because of growing understanding of the body's defense against viruses. In most cases, when we are invaded by viruses, we develop antibodies as a defense mechanism. These antibodies are really small units of extremely complicated proteins which can destroy or neutralize the virus that is attacking.

Antibodies Keep Producing  
But in many cases antibodies are still being produced in the human body as long as 70 years after the original virus attack. Many scientists now believe that this is so because a small amount of the original virus remains for life, still stimulating the body to produce antibodies. Antibodies don't last long, a few weeks at most. All the antibodies you have now were produced within roughly a month. It is conjectured that if, at the age of 40 or 50, you are still producing antibodies to a measles virus that attacked you when you were six or seven, some of that virus must remain within your body.

Network Of Research  
The National Foundation uses March of Dimes funds to support a vast network of virus research laboratories from coast to coast, charged with studying this and other questions. From this research we expect the answers to many problems and the control of certain diseases that as yet we cannot stop. Virus disease is a major phase of the expanded program of the

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FOR LEASE—80 acres, 15 in hay. Ideal for horses. 3000 sq. ft. house; separate studio house. \$350.00 per mo. HI 5-3738.

FRIGIDAIRE electric range, last year's model. 40-in. oven with rottiisserie. New guarantee. Must sell. Hellands', 484 E. Main. E.C. HI 4-1411.

FRIGIDAIRE—1958 Refrigerator, 12½ cu. ft., freezer at bottom, automatic defrost, excellent condition. Used 3 months. Take over balance. Hellands', 484 E. Main, E.C. HI 4-1411.

WANTED — Room and board. School teacher. Young man. Ph. HI 5-2996 after 5 p. m. 1-16

MISCELLANEOUS  
5-Piece yellow dinette set, like new. Best offer. Kibsen Hawaiian steel guitar and amplifier. Cost \$160.00, sell for \$80. Noritake china service for 8. Never used. Best offer. HI 5-3642. 1-16

The Ladies Guild of St. Philomena Catholic Church will have a Bake Sale at Bailey's Cafe Saturday, January 17, from 10 a. m. to 4 p. m.

National Foundation. Other areas of March of Dimes activity are polio, arthritis and birth defects.

(The third article by Dr. Kumm will discuss viruses that may be of benefit to man.)

**THE FRUIT BOWL**  
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**RECIPES**

**EVAPORATED MILK**

Evaporated milk—a concentrated form of sterilized milk in which the water content has been reduced—is a convenient way of keeping milk for a long period of time. This milk is always uniformly rich in all the food substance of pure, whole milk, and most canned milk is enriched with vitamin D.

The government requires all evaporated milk to contain at least 7.8 percent milk fat and not less than 25.5 percent milk solids. Fresh fluid milk is concentrated to slightly less than half its volume to make evaporated milk.

These are good recipes using canned evaporated milk.

**Barbecued Cheese Buns**

Turn on oven; set at moderately hot (400 degrees F.)

Split four sandwich buns. Put in shallow baking pan with cut side up.

- Mix together:
- 1 C. finely diced, American cheese
- 2 chopped hard-cooked eggs
- ½ C. finely cut green pepper
- 1 teas. grated onion
- ½ C. canned milk
- 2 tabs. catsup
- ½ teas. salt
- Few grains pepper

Arrange on buns, using about ¼ cup of mixture for each. Bake on top shelf of oven 7 minutes, or until cheese melts and buns are toasted. Serves 4.

**Creamed Vegetables**

Drain and save liquid from 2 cups cooked or canned vegetables. Melt in saucepan 1 tabs. butter or other shortening. Blend in 2 tabs. flour, ½ teas. salt, few grains pepper. Stir in slowly ½ cup liquid off vegetables. Boil 2 minutes, stirring constantly. Stir in ½ cup canned milk. Add drained vegetables and heat thoroughly, but do not boil. Serves 4.

For Creamed Meat, substitute diced, cooked or canned meat for the vegetable. Meat stock may be substituted for the vegetable liquid for added flavor.

For Creamed Fish, substitute flaked fish or seafood, cooked or canned, for the vegetable. Water may be substituted for the vegetable liquid.

For Creamed Eggs, substitute sliced, hard-cooked eggs for the vegetable, using 6 eggs for a serving of 4. Meat stock or water may be substituted for vegetable liquid, if desired.

**Baked Custard**

- 4 eggs
- ½ C. granulated sugar
- ½ teas. vanilla
- 1 C. water
- 1½ C. undiluted canned milk

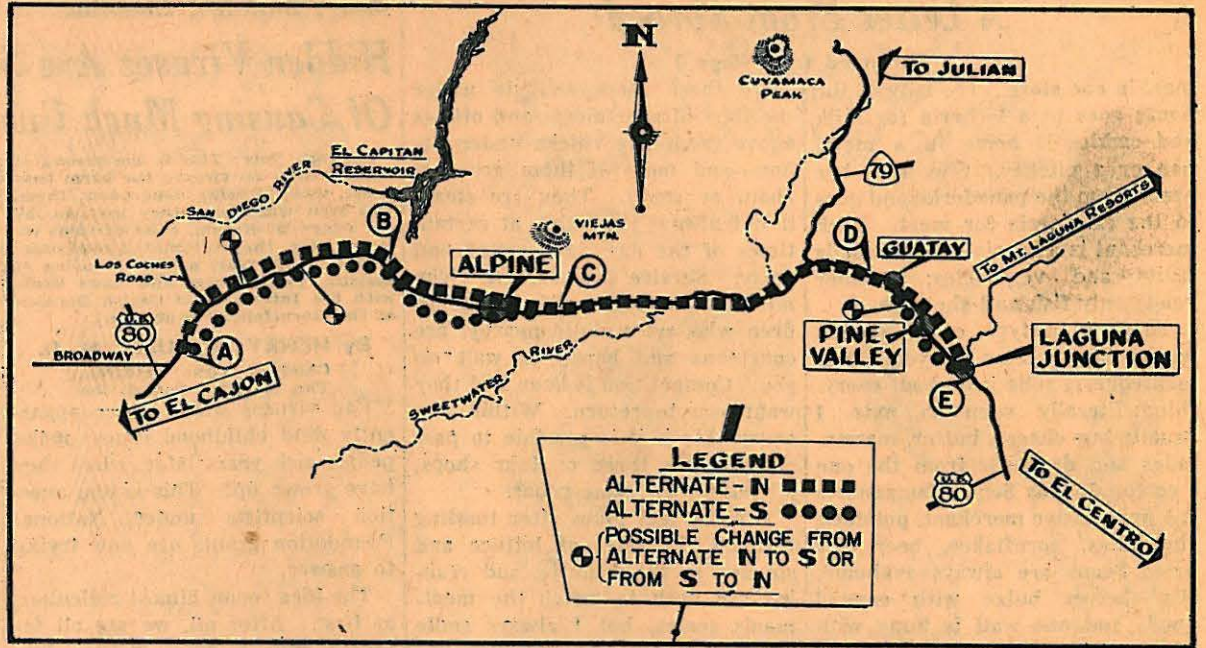
Beat ingredients to mix well. Pour custard into 6-8 baking dishes; sprinkle with nutmeg. Put dishes in 2½ inch deep pan; pour water around custard dishes. Bake in moderate oven (350 degrees F.) 40-45 minutes, or until knife inserted in custard comes out clean. Remove from water and cool. Add topping, if you desire.

**Adobe Hacienda**

Continued from Page 1

rushed to the refrigeration rooms, which are humidified, to insure the peak of freshness.

The sales department is open from 7 a.m. to 7 p. m. seven days a week—for the customer's convenience they have no holidays. The ranch is open to visitors any time, and it is well worth a few minutes drive just to see this large sanitary egg establishment. There will be free balloons for the kiddies during January; also free recipes for the ladies.



The above map shows the proposed route for Highway 80 between El Cajon and Laguna with possible alternates.

**Hiway 80 Routes**

Continued from Page 1

grade. The proposed northern alternate would cost \$6,190,000, have a length of 5.2 miles, a 5 percent grade for a distance of 3.2 miles and would involve 28 houses and one business.

The proposed southern alternate from points B to C would cost \$6,680,000, would have a length of 6.0 miles, a maximum grade of 4 percent for a distance of 3.9 miles and would involve 29 houses and one business.

The existing highway from point C (the Willows) to point D (a point 2.3 miles east of the Route 79 sign) is 11.1 miles in length, has a 7 percent grade for 1.8 miles and a length in excess of 4 percent grade for 2.9 miles. The proposed freeway between C and D would cost \$12,190,000, would have a length of 10.2 miles, a 4 percent

grade for 5.8 miles, and would involve 15 houses and five businesses.

The existing highway from point D (a point 2.3 miles east of the Route 79 sign) to point E (a point 0.6 miles east of Laguna Junction) is 4.7 miles in length, has a 7 percent grade for 0.5 miles and a length in excess of 4 percent grade for 3 miles. The proposed northern section from points D to E would cost \$5,400,000, have a length of 4.7 miles, a 4 percent

grade for 3.3 miles, and would involve 15 houses. The proposed southern route would cost \$4,800,000, have a length of 4.7 miles, a maximum grade of 6 percent for 1.2 miles, and would involve 31 houses.

The total length of the existing Highway 80 section from points A to E is 28.6 miles. The proposed new freeway would have a length of 27.6 miles, and a total cost of \$31,160,000.



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