

**AREA POPULATION**

Alpine	3196
Campo	1256
Descanso	776
Guatay	200
Harbison Canyon	720
Jamul	952
Pine Valley	956
Total	8056

# ALPINE ECHO

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LOCAL

VOL. 1, NO. 14

36

ALPINE, CALIFORNIA

FRIDAY, JANUARY 9, 1959

PRICE FIVE CENTS

## Hiway 80 Plans Are Discussed At Kiwanis Club

The proposed routes for Highway 80 were discussed at the Alpine Kiwanis Club meeting yesterday evening. Speakers for the program were Frank Green, President of Highway 80 Chamber of Commerce, and Don Walker, Past President of Highway 80 Chamber of Commerce.

Carmelo Manuele, Alpine Kiwanis Club past president and Highway 80 Chamber of Commerce member, was program chairman.

Since the announcement of the proposed Highway 80 changes, many groups and individuals have commented on the many aspects of this project.

As mentioned in a previous issue of the Alpine Echo, a public meeting has been called by District Engineer, Jacob Dekema for the purpose of discussing highway construction plans. The meeting will be held on January 20 at 7:30 p. m. at the Alpine School.

## Season's First Rain Arrives

The season's first soaking rain arrived last Tuesday, January 6, and ended the lengthy current dry spell. Precipitation was adequate to provide welcome relief to the parched land and quell the high fire hazard.

Approximately one-half inch of rain fell in the Alpine area. As we go to press intermittent rain is predicted for the weekend according to a long-term forecast. Snow is anticipated in the Laguna mountains.

Gale winds which battered San Diego on Tuesday flooding and cutting electric power to large sections did relatively little damage around Alpine. A few trees were reported toppled locally.

In El Cajon Valley considerable crop damage was reported, particularly in avocado groves, by wind gusts up to 65 miles an hour.

## Increase In Social Security Benefits Began January 1st

On January 1, a boost in social security taxes reduced the take-home pay of about 57 million jobholders.

About four million employers also were hit by higher taxes. Employers must match penny for penny the contributions of employees covered by the social security system.

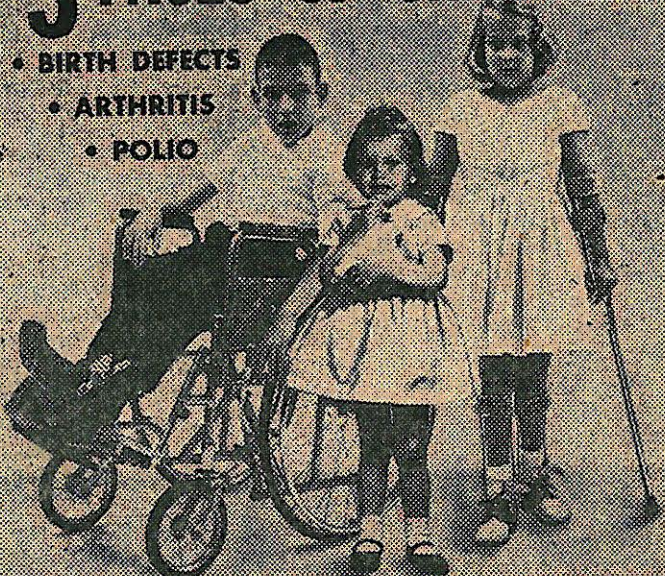
The tax increase will bring close to one billion dollars in added revenue into the social security fund next year.

This will more than pay for the 7 percent increase in monthly checks which the 12,500,000 persons on the benefit rolls will receive, starting in early February.

The changes in the program, enacted by Congress last summer, will improve the actuarial soundness of the social security fund. For two years the fund has paid out more in benefits than it has

## 3 FACES OF CRIPPLING

- BIRTH DEFECTS
- ARTHRITIS
- POLIO



**JOIN THE MARCH OF DIMES**  
TOWARD GREATER VICTORIES

The "Three Faces of Crippling," for which the 1959 March of Dimes is raising funds, are personified by, left to right: Jeffrey Reil, 10, recovering from birth defect; Regina Vaccaro, 5, polio sufferer; and Lois Telepak, 13, arthritis victim. Thousands of other afflicted youngsters will be helped by contributions to this year's new expanded program.

## PTA To Discuss School Program

The next regular meeting of the Alpine Parent-Teacher Association will be held in the school auditorium Tuesday evening, January 13, at 8 o'clock.

The school building program and related problems will be discussed and all parents are urgently requested to attend this very important meeting. Superintendent Gilley states, "The school board is making every effort to outline a program best suited to meet the educational needs of our growing community, so let's get behind them 100 percent."

Dr. Van Allen of the County Schools Office, who was the scheduled speaker, will not be present but will speak at the April meeting.

## Descanso Ranger Station News

Five employees from Stanslaus National Forest who were detached to help out here in Cleveland National Forest when things were so bad last week, returned home Monday. They were helpful in many ways.

The fire closure is now open in Pine Creek area.

The Ranger Station reports they will have a chance to get a lot of things done now, and are continuing the firebreak construction in Cleveland National Forest.

Regarding the plane crash east of Descanso—all the explosives have been found and inactivated by a bomb disposal unit of the 70th Ordnance Detachment from Fort Rosecrans. Monday the Navy started removing all parts of the plane.

All lookouts and guards stations were closed Tuesday.

Some personnel from Cleveland National Forest are up on the seeding operation on the Stewart fire at San Juan Capistrano.

Rehabilitation at the Laguna campground has been about one-third completed. Roads will be resurfaced next spring.

## H. L. Benbough, Jr. Receives Award

Mr. H. L. Benbough, Jr., president of H. L. Benbough Company, has received the American Carpet Institute's retail merit award. The furniture store president received this award based on the store's consumer services, community service and overall merchandising record.

# March of Dimes Drive Now On

More than 240,000 envelopes for contributions to the 1959 March of Dimes went into the mails in San Diego County today, according to Mason Bowen, San Diego County Chapter Chairman of the 1959 campaign.

The envelopes carried the message of the National Foundation's new and expanded program of research in arthritis, polio, and birth defects.

Support of the organization which developed the Salk vaccine is needed more than ever because of this new program, Bowen declared, adding:

"The National Foundation henceforth will launch broadscale research into the rheumatic diseases affecting at least 11 million Americans, and into birth defects which malfarm 250,000 infants yearly.

Research will also be supported into virus diseases and disorders of the central nervous system."

S. K. B. Olson, San Diego banking executive and chairman of the collection cards committee which addressed and sealed the big mailing, said, "the San Diego Chapter of the March of Dimes is the only local health agency providing a complete patient care program including doctor and hospital bills and needed equipment for polio patients. In 1959, the March of Dimes will continue this aid and will research into improved vaccines and therapies."

"The people of San Diego," Olson said, "played a big part in making the Salk vaccine possible. Now we are asking our friends and neighbors to join us again, this time in breaking new ground. We've done it before and we can do it again, with generous contributions enclosed and returned in those envelopes mailed today."

## P.O. Lobby To Change

Bids will soon be accepted for the work on the Post Office lobby changeover. The material for the 200 new boxes to be added is now accessible. Alpine's increase in post office box patronage has made this addition necessary.

## YOUR INCOME TAX

### How Taxpayers May Claim Exemption For Dependents

(Editor's Note: This is the first article in a series intended to give useful information and tips in preparing 1958 income tax returns.)

Generally, a person may not be claimed as a dependent if he has received gross income of \$600 or more for the year.

However, there is an exception in the case of a child, stepchild, or legally adopted child who is under age 19, or who is a full time student at an educational institution with a regular faculty.

Example: A college student earned \$1,200 during the year, all of which was spent for his support. His father contributed \$1,300 toward the student's support. His father may claim him as a dependent even though the student earned over \$600. Also, the student may claim \$600 personal exemption on his own income tax return.

Besides gross income, other tests for dependency involve support, whether the claimed dependent is a member of the household, citizenship or residence of dependent, and whether the intended dependent has already filed a return.

## Sweetheart Ball Princess Named

Mrs. Renee Adams, local Gamma Gamma campaign chairman for the March of Dimes, announced that Sharon Chynoweth is the Sweetheart Ball Princess with the withdrawal of Carol Sue Wilcox from the contest.

Miss Chynoweth and her helpers sold little Blue Crutch lapel tags last Saturday to raise funds for the expanded National Foundation program of continued polio aid plus a new medical assault on arthritis, birth defects, and basic research at improvement of man's health.

While March of Dimes contributions made the Salk polio vaccine a shining reality, our chapters still have 50,000 of the polio-crippled on their rolls. There are at least 11 million people who suffer from arthritis and rheumatism, and 250,000 infants born each year malformed.

This Saturday Miss Chynoweth and volunteers will be selling balloons to aid in the campaign.

## Damage by Fire Kept to Minimum

A small fire broke out last Friday morning at the Habit Auto Court, when the thermostat on a hot water heater went out, causing the relief valve to blow out. Prompt action on the part of the owner, Mrs. Mary Koutnik, in calling the fire department kept the damage to a minimum. Call the Fire Department FIRST on any kind of a fire. A few seconds can mean the difference between a small fire and a major one.

## Weather Reports



Mostly cloudy.

Probable showers over weekend.

Temperature near normal.

Continued on Page 2

Support — Support includes amounts expended for the dependent's board, lodging, clothing, education, medical and dental care, entertainment, travel and transportation. During the taxable year, the taxpayer must have contributed more than one-half of the support of the dependent, except in a case where there is a "multiple support agreement." This will be explained later. Amounts received as scholarships for study in an educational institution by a child, stepchild, or le- Continued on Page 3

# 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

The March of Dimes opens its 1959 campaign with the determination 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 Basil O'Connor, president of the National Foundation, 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.

Other funds raised during the 1959 drive will be used for a greatly enlarged research program. This activity is devoted to studies not only of arthritis, birth defects and polio, but of virus diseases and disorders of the central nervous system in general.

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 a large part on public support of the March of Dimes.

## Social Security Benefits Increase

Continued from Page 1

The workers in these higher brackets — \$100,\$150, and \$200 weeks—haven't been paying social security taxes in the latter part of the year. The payroll deductions stopped after the government collected the tax on the first \$4,200 of their 1958 earnings. The total collection from each was \$94.50. They will be back on the tax rolls at the higher rate in January. Psychologically, they will be getting a sizable pay cut.

Employees who earn \$4,800 or more in 1959 will have to pay \$120 in social security taxes. That's \$25.50 more than they paid this year. The tax increase for self-employed persons will range as high as \$38.25. The self-employed pay a 50 percent higher rate.

## Currency Reforms To Benefit U.S.

U. S. officials predict that the currency reforms ordered by Western European nations will stimulate American trade abroad and strengthen the economy of Europe.

The action taken by Britain and 10 other European nations in easing monetary restrictions was praised by the International Monetary Fund, the State Department and members of Congress.

One source explained that the move will allow buyers to acquire dollars to pay for U. S. goods without paying a discount previously required for converting foreign currencies into dollars.

This source described the action as a major forward step toward freer world trade and predicted that other restrictions on trade will be eased within the next year.

# SCIENCE

## Record Meteor Showers

Meteor showers (periodic rains of meteorites that generally arise from comets and may recur for centuries) have been recorded in the Far East for almost 2,000 years: A recent compilation from Japanese, Chinese, and Korean texts dating as far back as 15 B. C. includes 118 accounts of these sometimes spectacular bombardments. Four of them, each recorded at least three times, appear to have been "lost," according to the compilers, Sasumu Imoto and Ichiro Masegawa, of the Calendar Association of Japan. Their fragments may have been depleted after many passages around the sun, or their orbits may have tilted away from the earth's. A meteor shower that occurs annually about August 12—the Perseids—was traced by the authors back to a first report in A. D. 36. Published by the Astrophysical Laboratory of the Smithsonian Institution, Washington, D. C., the report contains such accounts as: "Stars fought each other in the southwest," "Stars fell like the weaving of a shuttle," and "Stars fell like a shower and made the heavens red." Identified along with the Perseids were the meteorite showers known as Lyrids, Aquarids, Orionids, Leonids, and Andromedids.

## Pi Meson Decays Into Electrons

The conviction, expressed some 10 years ago, that the pi meson occasionally decays directly into an electron—instead of by its usual route through primary breakup into a mu meson—has finally been confirmed by an international team at CERN, a 13-country cooperative nuclear research center, Geneva, Switzerland.

Shortly after the pi meson was discovered, in 1947, it was estimated that, once in 10,000 times, direct decay into electron would occur. But such an event was never detected despite diligent search by investigators at the Universities of Columbia and Chicago, who concluded, finally, that the

process could occur less than once every 100,000 times—if it occurred at all.

Now the CERN physicists have not only detected the direct decay but have shown that it occurs about as often as the original prognosticators supposed. The experiment establishing this fact was done with a synchrocyclotron, a 600-mev particle accelerator. The successful investigators were T. Fazzini, G. Fidecaro, A. W. Merrison, H. Paul, and A. V. Tollestrup.

## Lobsters Talk

Lobsters, like men, develop deeper voices as they mature. This and other curious facts, such as that salt-water fish "talk" a lot more than fresh-water fish, have been revealed by tape recordings, made by James M. Moulton, Ph.D., of Bowdoin College, Brunswick, Me., of underwater sounds. Some fish sound like "the noisy eating of celery," others like klaxons, and shrimp in chorus sound like fat frying, reports Dr. Moulton. The spiny lobster rasps when perturbed, rattles when not, and sea robins will respond to imitations of their calls when played back to them under water. Dr. Moulton believes that many fish make their sounds in connection with mating and that, someday, "introduction of appropriate sounds into the sea may serve to increase the catches of commercial fishermen."

## Youth Center

Mr. Tom Nichols was elected as the new president of the Alpine Youth Center Monday night.

The rest of the new officers are: Mr. Vern Chynoweth, vice-president; Mrs. Marjorie Cooper, Secretary; and Mrs. Miriam Bates, Treasurer.

## Mission Launches 'Three-D' Program

With a winter of cold weather in the offing following a very warm Fall season, the Union Rescue Mission of 226 South Main Street on the Los Angeles Skid Row is launching a "Three-D" program to aid the unfortunate men and boys in need.

"We'll be helping the dependents, delinquents and defectives," said Hugh R. Murchison, Union Rescue Mission president.

He described dependents as people in poverty and need, delinquents as people in crime, and defectives as the handicapped.

Meetings are being held regularly so that no areas of planning will be left untouched for the expected onslaught of cold and rainy weather, he said.

Those wishing to help were advised by Murchison to send gifts to the Union Rescue Mission, Box 629, Los Angeles 53, Calif.

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# JAMUL NEWS

The Jamul P.T.A. will meet Monday, January 12. A Civil Defense program is planned for this meeting.

Boy Scout Troop No. 321 held a Court of Honor Monday, January 5th, 1959, in the Jamul School. Those present were Mr. G. Clark and son George, Mr. A. Hayes and son Gary, Mr. F. Jenkins, Mr. J. Burger and son Joe, Mr. Clyde King, Mr. R. Martina and son Ronnie, Mr. and Mrs. C. King and son Edward, Mr. C. McKandles, Mike Bybe, David Camillo, and Mac McAbee.

Boys to receive awards were George Clark, music merit badge; Ronnie Martina, Mike Bybee and Gary Hayes, service stars.

The Boy Scouts are sponsored by the Jamul Community Club which meets every third Friday of the month.

## NEWSETTES

A surprise birthday party was given for Kathleen Hittle Friday night at Fuller Hall. The young people present besides the guest of honor were: Mary Hittle, Charlotte Hittle, Shirley Watton, Linda Wilson, Grant Cook, Carl Strauch, Larry Chynoweth, Mike Matthews, Paul Spires, John Snyder, and the hostesses, Roberta Runbeck and Janie Woodall.

Also present were: Mrs. Kenneth Hittle, Mr. and Mrs. Robert Runbeck, Dr. and Roger Larson, and Mrs. E. C. Woodall.

Mr. and Mrs. Forrest Hohanshelt returned Saturday evening from their holiday trip into Mexico. The Echo will soon have a story from Mrs. Hohanshelt about their interesting trip south of the border.

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## CHURCH SERVICES



- ALPINE COMMUNITY CHURCH** — Roger M. Larson, Ph.D., Pastor; HI 5-2110  
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  
Sunday Masses 8:00 and 10:00 A. M.; 6:30 P. M.  
Daily Mass 8:00 A. M.  
Receive Confessions Saturdays 4:30 to 5:30 P. M.; 7:30 to 8:30 P. M.  
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  
Sunday School For All Ages ..... 9:45 A. M.  
Morning Worship Service ..... 11:00 A. M.  
E. 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  
Sunday School, for all ages ..... 9:45 A. M.  
Morning Worship ..... 11:00 A. M.  
Youth Fellowship ..... 6:00 P. M.  
Prayer ..... 9:00 A. M. Wednesday
- BLESSED SACRAMENT CHURCH, Descanso**—Fr. Tullio Andreatta, Pastor; HI 5-3620  
Sunday Mass 9:00 A. M. .... For week day Mass call rectory  
Holy Days Mass 7:00 A. M. .... Confessions heard before all Masses
- ALPINE LUTHERAN CHURCH** — Rev. Charles W. Tedrahn, Pastor; HI 2-3595  
Sunday School, every Sunday ..... 9:30 A. M.  
Morning Worship Service, Woman's Club ..... 10:45 A. M.

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**Letters From Abroad**

**A SUNDAY TRIP TO PARIS**

Received from Jack Aaronson, formerly of San Diego, now teaching in an Army school in Germany.

"Paris!! I loved it. After I climbed the steps of Notre Dame, touched the Gargoyles that squat hideously from the towers—I was delighted to know these were made of limestone because I saw a fossil shell embedded in one—I entered the bell tower. As I looked there was wonder to see how it was possible that this kind of engineering could have been done.

"Down below that Sunday morning I went to a service. The cathedral is an enormous bare vastness that is so large that crowds inside are lost. Many different kinds of services were being held in the various altars that are everywhere along the outer walls. Nuns of many lands glided by, all races and all colors, each intent upon her own way.

"I left the Cathedral and wandered down the street and stumbled upon the Bird Market. It seems that on Sunday afternoons the Paris Flower Market changes to a Bird Mart. Such a twittering and chirping. Surrounding you are thousands upon thousands of canaries, finches, Java finches, parakeets, cockatiels, and hordes of others. There was a group of tiny birds not more than two inches long that must have been imported from the French colonies. Seeing this mass of tiny reed cages piled layer on layer glowing with greens, iridescent reds, purples and yellows, browns and pinks made quite a sight.

"Down the street and up an alley one comes to Sainte Chapelle. If there was only one thing I was able to remember of my time here in Europe so far I know I would choose this tiny exquisite church. As you enter you find yourself into a rainbow shattered oval of towering stained glass windows.

**Your Income Tax**

Continued from Page 1

gally adopted child who is a student should not be taken into account in determining the total cost of his support.

However, sums received by veterans for tuition payments while attending school and appointments to service academies are not considered scholarships.

A multiple support agreement may be made if no one person contributed more than half of the support of an individual, but over half of the support of the individual is contributed by two or more persons, each of whom, but for the support test, would be entitled to claim the individual as a dependent.

Any one of the persons who furnished over 10% of the support may claim an exemption for the dependent individual, if each of the other persons contributing to the individual's support files a

The colors rain down on you from all directions.

"After a walk along the Seine, I hied off for more of Paris—Rodin's museum, Napoleon's Tomb, a concert at the Palisade Chaillot, and that evening I saw "Aida" at the Opera House. Opera is nationalized in France, hence things are done in a magnificent way. This is about as gorgeous a spectacle one can hope to see.

"I strolled down the Champs de Elysee, bought some roasted chestnuts from a vendor, sipped some coffee in a sidewalk cafe. Now this is really a fine occupation. Everybody sits to look at everybody else who walks by to look at those who are sitting.

"Paris was wonderful!"

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written statement that he will not claim the individual as a dependent for that year.

**Member of Household:** If the claimed dependent is a member of the taxpayer's household and lives with him for the entire year, it is not necessary that he be related to the taxpayer in any way in order that he may be claimed as an exemption.

A dependent, related in any one of the following ways is not required to be a member of the taxpayer's household or to live with the taxpayer: (1) son or daughter, or descendent of either; (2) stepson or stepdaughter; (3) brother, sister, stepbrother, or stepsister; (4) father or mother, or ancestors of either; (5) stepfather or stepmother; (6) son or daughter of a brother or sister; (7) son-in-law, father-in-law, mother-in-law, brother-in-law, or sister-in-law.

**Citizenship or Residence:** The dependent must be a citizen or resident of the U.S., a resident of Canada, Mexico, the Canal Zone, or the Republic of Panama.

**Joint Return:** The dependent may not file a joint return with another person. To illustrate, suppose the taxpayer supported his daughter for the entire taxable year while her husband was in the armed forces. If the daughter and her husband file a joint return, the taxpayer may not claim his daughter as a dependent even though all the other tests are met.

Further, if the husband files a separate return and claims an exemption for the taxpayer's daughter, her father may not claim her as a dependent.

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**Pine Valley News**

By Elizabeth Taylor

The Improvement Club's New Year's Party was a success. There were fifty people who attended the program. Dancing and good entertainment followed an excellent dinner prepared by Jane Orbom.

Mrs. Fred Kerns entertained with an open house on New Year's Eve for her Pine Valley friends.

Mr. and Mrs. Bill Jones, Jr., had dinner New Year's Day at the home of Mr. and Mrs. Ralph Frey of Alpine. Afterwards they attended a singing program at the Smythes. The program was put on by the Church of Christ of Lakeside.

Mrs. George Taylor had a New Year's Party. Those who attended were Jim and Paula Baum, Ina Mae Wordley, Judy and Bert Mullins, and Mr. and Mrs. Ralph Mullins. George didn't make his own party because he was on the San Juan fire.

Mr. and Mrs. Warren Currier visited friends in Pine Valley last Friday.

Mr. and Mrs. Ross Jones of Phoenix, Arizona visited the Houcks at the Trading Post last week. Mr. Jones is former Arizona State Attorney.

Mr. Tondro's sister from Pasadena is visiting with him in Pine Valley.

Mrs. Caroline Koscielski and young son, Danny, are guests of Bud and Donna Ledgerwood this week.

The Improvement Club had a good attendance for their meeting Saturday night at the Club House. Special feature of the evening was an informal talk given by Mr. Arthur Lynds of the Pine Valley Company. He talked about the plans and hopes the Company has for developing Pine Valley in the future.

**CLASSIFIED ADVERTISING**

**HELP WANTED**  
 Demonstrators wanted. NEW baby showers and household parties. Earn \$400 to \$2000 a month. Company pays hostess gifts. **MARIAN CRAFT**, HI 3-3070. 1-9

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

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**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**—Light housekeeping and child care 5 days a week. Live in. Call HI 5-3872 after 4 p. m. 1-9

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**FOR SALE**—Good oak fireplace wood. HI 5-2924. 1-9

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## RECIPES

### POTATOES

After all this fancy holiday fare, is anyone interested in plain meat and potatoes?

The potato is the world's most valued and most widely grown vegetable. About 8,000,000,000 bushels of potatoes are grown each year throughout the world—more than any other single food crop.

The potato contains many important food elements—carbohydrates, nicotinic acid (niacin), iron, vitamins B1, B2, and C. A medium-sized raw potato contains about 70 calories.

"Mealy" potatoes are best for baking, boiling, and frying. "Waxy" potatoes are best for salads, scalloping, and creaming. Boil new potatoes in their skins. Whenever possible potatoes should be cooked in their jackets as it saves minerals and vitamins. If you do pare them, keep parings thin as the minerals and vitamins escape.

Besides baked, boiled, fried, scalloped, etc., here are a few different potato recipes.

#### Twice-Baked Potatoes

Cut baked potatoes in halves lengthwise. Scoop out potato, mash thoroughly, season with salt and pepper, add butter and heated milk. Whip into potatoes, beating until fluffy. Refill potato shells heaping full. Brown in hot oven.

#### Special Stuffed Potatoes

Follow directions above for twice baked potatoes—except mix in for each potato: 2 tbsp. bits of cooked ham or tuna, 1 tbsp. minced onion, 1 tsp. minced parsley or 2 tbsp. sour cream, 2 tbsp. crisp bacon bits, 1 tbsp. minced onion, dash

nutmeg or 2 tbsp. cottage cheese, 2 tbsp. crisp bacon bits or cooked ham, etc., 1 tbsp. chives.

#### Dutch Potatoes

Core 6 pared medium potatoes. Draw a wiener through each. Place in baking pan with 3 tbsp. drippings. Add 1 cup milk. Bake at 350 degrees one hour. Serve 6.

#### Potato Croquettes

2 cups hot riced potatoes

2 tbsp. butter

½ teas. salt

½ teas. pepper

¼ teas. celery salt

Few grains cayenne

Few drops onion juice

Yolk 1 egg

1 teas. finely chopped parsley

Mix ingredients in order given, and beat thoroughly. Shape, dip in crumbs, egg, and crumbs again, fry one minute in deep fat, and drain on paper towel.

#### Hot German Potato Salad

Boil 6 medium-sized potatoes in their skins until tender. Peel and slice thinly into bowl. Fry 6 slices bacon until crisp.

Cook in ½ cup of the bacon fat in the skillet until yellow:

¾ cup chopped or thinly sliced onion

Mix in:

2 tbsp. flour

1 to 2 tbsp. sugar as desired

1½ tsp. salt

½ tsp. celery seed, if desired

Dash of pepper

Stir in gradually:

¾ cup water

½ cup vinegar

Cook, stirring until mixture

boils. Boil 1 min. Pour over the

potatoes. Add the crisp bacon,

broken into pieces. Serves 6.

### Man's Smallest Enemies

## Tiny Virus Causes Many Ills From Common Colds to Polio

(Editor's Note: This is the first 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. Dr. Kumm spent 23 years on the investigation of malaria, yellow fever and yaws while with International Health Division of the Rockefeller Foundation).

By HENRY W. KUMM, M. D.  
Chief of Virus Research,  
The National Foundation

So far as we know now, viruses are man's smallest enemies and among the most deadly. Invisible to the naked eye, and difficult to see even with the best optical microscopes, viruses have caused man sickness, pain, death and crippling since the dawn of history.

Everyone is familiar with the effects of viruses. We have all had common colds, which are due to viruses. We may know someone who has been crippled by the virus of polio. We have heard of yellow fever, hepatitis and smallpox. These are all due to viruses that attack man. There are other viruses that attack lower animals and plants. These may be serious, too, for diseases can devastate a food supply as it destroys the health of a man.

We are apt to think of viruses as essentially the same from one day to another and from one year to another. But this is not so. Many viruses are constantly changing their characteristics—growing more or less harmful.

Here is a recent example. Influenza has been known for many years. Each year it causes some deaths. But after the First World War something happened to the influenza virus. It became more deadly. And it killed 20 million people in an epidemic that encircled the world.

#### When Vaccine Was Developed

The development of the Salk vaccine through research supported by your March of Dimes is well known. At the time the vaccine was developed, polio was an increasing disease. One year's incidence might drop from the year

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## Descanso News

Mr. and Mrs. Don Perkins are the parents of a new baby girl, Gail Maurine, born January 3 at Sharp Memorial Hospital. Grandparents are Mr. and Mrs. George Blank.

Mr. and Mrs. Clinton Blais and their four children left Monday for their new home in New York. Mrs. Blais was presented with a going away gift Friday morning at a coffee at the home of Mrs. Bill Hillyers. Those present were Mesdames Don Murrie, Bob Lacy, Huey Turner, William Orr, William Sullivan, Lou Barrish, the hostess and honoree.

vaccine.

#### Progress Being Made

Progress is being made against viruses and it is important. Not only does it bring us closer to control of the virus diseases for which we still have no answer, but it is helping us to understand other health problems as well.

Virus disease is a major phase of the expanded program of the National Foundation. Other areas of March of Dimes activity are polio, arthritis and birth defects.

(The second article by Dr. Kumm will discuss questions for which answers are sought through virus research).

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## LAW IN ACTION

### MENTAL SUFFERING

How much is your peace of mind worth?

In recent years the courts have made a person pay damages for invading another's peace of mind on purpose. This may be done through flagrant acts or words, insult and abuse. This mental suffering may stem from fear, nervousness, anxiety, grief, shock or humiliation.



In one California case an evicting landlord locked a woman tenant out of her apartment and then screamed abuse at her.

She suffered mental distress and some physical injury, and she recovered damages from the landlord.

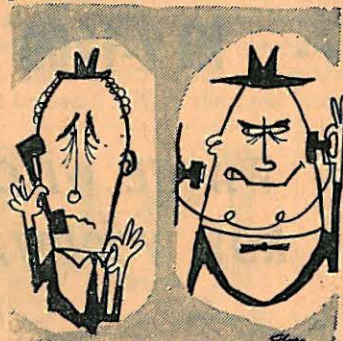
In another case, a creditor called a woman to her neighbor's phone for an "emergency" message. There he falsely accused her of not paying her bills, threatened to make trouble for her, and to sue if she did not pay up. For her shock and humiliation she recovered damages from the creditor.

Again, a man had a dispute with a rubbish collectors association. They threatened to have him "beat up," his truck wrecked, and his business ruined unless he joined the association and paid one of its members for a lost account.

The rubbish collector was so scared he became ill. The court awarded him damages for his distress, even though he suffered no serious physical injuries.

In our complex society people may hear rough language, and put up with unkind words or acts. The law can't force people to be nice to you, nor can it shield you from many crudities of human conduct. They must go far beyond the usual limits of tolerance.

So you can't make every mental disturbance into a law suit. Under the law, the distress must be real and extreme, and, as a rule, directed particularly toward the injured party, not some third person.



The law also looks into the person suffering the "mental disturbance." Is it some man with a "tough hide" or a frail woman? It could deny the one damages and award them to the other.

Note: California lawyers offer this column so you may know about our laws.

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