

**AREA POPULATION**



Alpine	3196
Campo	1256
Descanso	776
Guatay	200
Harbison Canyon	720
Jamul	952
Pine Valley	856
Total	8036

# ALPINE ECHO

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LOCAL

VOL. 1, NO. 18

36

ALPINE, CALIFORNIA

FRIDAY, FEBRUARY 6, 1959

PRICE FIVE CENTS

## Date Set For Bond Election

The Alpine School Board has set a date for a new school bond election. The election will be held on Tuesday, April 14, according to Clyde T. Gilley, school superintendent.

The conditions and issues of this election will be the same as in the elections held last week except for the tax rate. As the tax rate of \$1.51 carried by a two-thirds majority it will not need to be voted upon again.

Precincts and polling places will be the same as in the previous election. Polls will be open from 7 a.m. to 7 p.m.

## Prof. Photographers Elect Local Man To National Council

Clarence Stearns, Honorary Master Photographer, will serve for two years on the National Council of the Professional Photographers of America, Inc., it was announced today. The tenure of office is from January 1, 1959 to December 31, 1960. Members named to the Council by authority of the By-Laws of PP of A include Board Members; Chairmen, Standing Committee; Trustees, Winona School of Photography, and Past Presidents of PP of A.

The Council is the governing body of the 79-year-old association. Members will be among the delegates at the PP of A's 68th Annual Exposition of Professional Photography and the National Industrial Photographic Conference at the Statler-Hilton Hotel, Los Angeles, Calif., July 25-31.

## Missile Film Shown

An unusual film showing the history of missile development was presented at the Kiwanis meeting Thursday night.

The film which was especially arranged for the Kiwanis program by Jim Snap, a member of the Air Force Association, included scenes filmed in Russia and pre-war Germany.

At the January 29 meeting of the club, Jack West, newcomer to Alpine, gave a talk on the Middle East where he had lived for years.

## Girl Scout Cookie Sale Starts Feb. 7

The Girl Scouts of Alpine will again be selling their boxes of delicious cookies starting at 9 a.m. February 7 through February 23.

There are four varieties of cookies to choose from: Sugar chip cookies, butter flavored vanilla wafers, double fudge filled cookies and cookie mints. The cookies are 50c a box; 3c of which goes to each troop, 22c stays in our own San Diego Council, and 25c for the cost of the cookies and sale.

## Weather Reports



No rain expected over weekend. Temperatures slightly above normal.

## P.T.A. To Present Musical Program

The theme for the P.T.A. meeting Tuesday night, February 10, will be "We expand our circles of cooperation through enjoying music of other lands."

Children representing each room will participate in the program of music and rhythms throughout the grades.

The meeting will be held in the school auditorium starting at 8 p.m., and the Fifth Grades will be hostesses.

## Trail Riders Plan Meeting In Feb.

The regular monthly meeting of the Alpine Trail Riders was held Sunday at the home of Mr. and Mrs. A. F. Griggs of the Willows.

Plans for a possible trail ride here this month were discussed; also the possibility of finding additional feeder trails to the California State Hiking and Riding trails.

Members attending included: Mr. and Mrs. Norman Foster of Alpine; Jack Wilson, Alpine; Joanne Schuba, San Diego; and Mr. and Mrs. C. W. Appgar, El Cajon. Mr. A. L. Griggs is president of the club.

## Fire Department Gets New Truck

The Alpine Volunteer Fire Department is the proud possessor of a new fire truck. The new vehicle is an International three-quarter ton four-wheel drive truck. It will carry 150 gallons of water and is capable of producing 200 pounds of pressure.

This new equipment is a welcome addition and will help make the department more efficient than ever.

## Acreage Is Sold

Mrs. Bill Brown of Alpine Branch La Mesa Realty Company reports the sale of four acres on Highway 80, east of the Willows, formerly owned by Dale A. Ernst of New Mexico and formerly of Alpine, to Mr. and Mrs. George J. Laphorne of San Diego. Mr. and Mrs. Laphorne recently purchased 12 acres with improvements on Southgrade Road from Mr. and Mrs. Wayne Long of San Diego, formerly of Alpine.

## A LETTER FROM ABROAD

From Barbara Latham LaForce  
Madrid, Spain

**Interview With A Spaniard**  
"The Archivo del Ministerio de Hacienda, a library in Madrid where government documents are stored, isn't a popular place. Maybe the reason is that it lacks the bar that the Biblioteca Nacional has. In any event, during the three months that Clay read there he saw only three or four people using the facilities of the Archivo. So, it was easy to be informal and friendly.

"After a few days of mutual nodding and smiling with a Spaniard who sat at one of the tables in the tiny quarters, Clay ventured the first word. Their conversation turned to a discussion of Spanish wines. Clay admitted that those he had tasted were "all right," however, the wines that were syphoned out of the huge vats in the bodegas made him ill.

"Senor Pujal, the honor of Spanish wine being at stake, couldn't get Clay across the street to a cafe fast enough. (You'll find that bars are set up in almost every eating place in Madrid—even the tea room that we like has one!) Thus, an interesting friendship began over the wines of Spain, their excellence, and how they should be served.

"Senor Pujal turned out to be a pleasing person, likeable in his flamboyant way. He is a lawyer, studying to become a judge and using the Archivo as a quiet alcove

Continued on Page 4

## Noted Physicist To Address Students

Dr. Edward C. Creutz, experimental physicist and director of research for General Atomic, will discuss "Applications of the Theory of Relativity" when he addresses city and county high school science students Tuesday (Feb. 10) at 4 p. m. in Crawford High School, 4191 55th St., San Diego.

The lecture, one of the series entitled "Meet The Scientist," is co-sponsored by the Theatre and Arts Foundation of San Diego County, General Atomic, Convair, Convair-Astronautics and Scripps Institution of Oceanography.

Dr. Creutz, educated at the University of Wisconsin, headed the first group to undertake metallurgical research of uranium, beryllium and aluminum for the Manhattan Project during 1942-44. This work led to the successful development of the fuel elements for the first nuclear reactors at Oak Ridge and Hanford.

Between 1944 and 1945 he was a group leader at the Los Alamos Scientific Laboratory when the primary work on the atomic bomb was done. Later he headed the Department of Physics and was director of Nuclear Research Center at Carnegie Institute of Technology. During 1955-56 he held a special assignment as scientist-at-large evaluating the U. S.-controlled thermonuclear program for the Atomic Energy Commission.

He was named GA director of research in late 1955. He also is director of the division's John Jay Hopkins Laboratory for Pure and Applied Science.

## Interstate Hiway Construction Lags

Construction of the 41,000-mile interstate system of super-highways, off to a slow start in 1956, is in high gear in most states today.

But it is lagging badly in a few. And it is threatened with a nation-wide slowdown in 1961 unless Congress provides more money this year.

## Freak Winter Storm Hits Alpine Area

A sudden storm last Sunday brought an additional 0.30 inch of rain to Alpine. The precipitation came as a mixture of rain, sleet, hail and snow starting late in the afternoon and continuing as intermittent showers throughout the night.

The area east of the Willows including Descanso and Laguna Junction received one to two inches of wet snow. Highway 80 became slippery and hazardous to traffic.

## Water Authority Meeting Feb. 13

The San Diego County Water Authority will hold a meeting on February 13th, to discuss and determine actual boundaries for the proposed new water district.

The communities of Alpine, Dehesa and Rancho El Cajon have petitioned to form a new water district. Since the original petition was circulated there has been some dispute regarding boundaries. This matter will be discussed at the February meeting

California has been allotted 2,135 miles of superhighways as part of the 41,000 mile interstate system. As of November 30, 1958, only 68.6 miles have been completed and 165.5 miles remain under construction.

Upon completion the network of trunk-line, multi-lane highways will link together 90 percent of the nation's cities with populations of 50,000 or more as well as many smaller cities and towns. It also will serve about half the rural population.

Although it will comprise only 1.2 percent of the nation's total mileage of roads and streets, it is expected to carry 20 percent of all highway traffic.

During the first year of the program, which got underway July 1, 1956, only 58 miles were completed out of 1,987 contracted for.

The pickup quickened last summer after Congress provided for a temporary speedup as an anti-recession measure Congress increased authorizations for Federal aid for the interstate network by 800 million dollars for fiscal years 1959, 1960 and 1961.

The apportionments for 1959 and 1960 were made promptly. But those for 1961 are being delayed

Continued on Page 4

## YOUR INCOME TAX

### HOW A TAXPAYER MAY DEDUCT MEDICAL EXPENSES

A taxpayer who itemizes his deductions may include medical and dental expenses which exceed 3% of his adjusted gross income.

This deduction is allowed for expenses actually paid during the year for the medical care of the taxpayer, his wife and his dependents, not compensated for by insurance or otherwise.

The amount paid for medicines and drugs may be taken into account as medical expense only to the extent that it exceeds 1% of the taxpayer's adjusted gross income.

Maximum: There are limits to how much may be deducted for medical expenses. On a joint return or the return of a head of a household or a surviving spouse, maximum exemptions are:

If two exemptions are claimed ..... \$5,000

If three exemptions are claimed ..... \$7,500

If four or more exemptions are claimed ..... \$10,000

On a separate return of a taxpayer who is not the head of a household, maximum exemptions are:

If one exemption is claimed ..... \$2,500

If two or more exemptions are claimed ..... \$5,000

The "old age" or "blind" exemptions may not be counted in applying these limitations.

Beginning in 1958, maximum deduction is \$15,000 for a taxpayer who is 65 or older and is disabled,

or whose spouse is 65 or older and is disabled and does not make a separate return.

If both are 65 or older and disabled, the maximum deduction on a joint return is \$30,000. But this is limited to \$15,000 for any one taxpayer or spouse.

Definition: Medical expenses are defined as the amounts paid for the diagnosis, cure, mitigation, treatment, or prevention of disease or of a physical or mental defect

They include payments made for diagnostic, surgical, hospital, nursing, laboratory, dental, x-ray, obstetrical, therapy treatments, and other similar services. The cost and maintenance of artificial teeth, eyeglasses, surgical appliances, braces are also considered a medical expense.

Medical expenses include amounts paid for psychiatric care for the purpose of alleviating a mental disturbance or defect.

Transportation: The cost of transportation primarily for and essential to receiving medical care

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# 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

Maybe it's because this incident is so close to home, but the treatment of the Americans at Rosarito Beach we find extremely irritating. Almost any American visitor to Mexico might have been easily involved. We have heard previously of prolonged detention and mistreatment of Americans in Mexico for such things as minor traffic violations, etc.

A responsibility of nations and communities who encourage tourist travel is courtesy. A courteous attitude may not always be obtainable on a personal basis, but certainly is expected from public officials. In this instance, the wrath of the Mexican officials seems to be primarily directed to the Americans involved. If this incident near our border isn't reckoned with in a bold decisive manner, how can we command respect for the American tourist in far corners of the globe?

If Mexican officials are so unreasonable perhaps they would understand an immediate closure of the border to tourist travel. And perhaps, too, for a time, we could forego such commodities as Jai Alai, Tijuana trinkets, divorces, dysentery—and Bonelli.

If Mexico isn't safe for Americans, it isn't safe for "precious" American dollars.

## Cattlemen Concerned About Tax Problem

The California Cattlemen's Association with headquarters in San Francisco has expressed concern about growing tax problems. The Association and many local county cattlemen's associations are exploring the possibility of establishing, in conjunction with other agricultural organizations, county tax study committees.

In Humboldt County a committee of agricultural organizations functioning in this manner has demonstrated considerable value in this

field and has attracted attention.

The cattlemen have called for action assuring assessment of agricultural lands as such and not on the basis of future potential uses. The tendency in some areas has been to increase valuation of agricultural lands for tax purposes as urban, industrial, and residential developments move close. The cattlemen maintain this procedure is unjust and detrimental to agriculture.

## Your Income Tax

Continued from Page 1

is deductible as a medical expense. Transportation expenses of a parent to accompany a child to get medical care or taxicab fare to a doctor's office also are allowable.

To be deductible, transportation expenses must be essential to medical care and not merely incidentally related to it.

Insurance: The cost of membership in Blue Shield and Blue Cross plans, as well as commercial hospitalization and medical insurance premiums may be included in computing medical expenses.

The cost of life insurance or disability insurance which provides for loss of earnings is not a medical expense. Premiums paid for accident and health insurance which does not provide reimburse-

ment to the insured for medical expenses is also non-deductible. However, if an accident and health policy covers both loss of earnings and medical expenses, an allocation may be made of the premium between the two types of coverages.

## National Scout Week

National Boy Scout Week will be from Feb. 7 to Feb. 13 with Boy Scout Troop 105, Cub Pack 350 and Explorer Post 305 participating. The Cub Pack will hold its annual Blue and Gold Dinner Saturday at 6:30 p.m. in the school auditorium. Special guests will be Dr. Roger Larson, Don Wilson, and speaker Harvey Maddin. Sunday all scouts will attend church together.

## IS MY BABY ALL RIGHT?

### Many Birth Defects Preventable Through Mother's Precautions

(Editor's Note: This is the second of three articles on birth defects, the leading childhood health problem, by Dr. Thomas M. Rivers, medical vice-president of the National Foundation, noted pediatrician and dean of American vir- ologists).

By THOMAS M. RIVERS, M.D.  
Medical Vice President,  
The National Foundation

The causes of birth defects are largely unknown. But one fact has already been firmly established by medical science:

The belief that all congenital malformations are hereditary is untrue. This idea, with its implication of parental taint and guilt, needs urgently to be dispelled.

Some birth defects can be prevented by precautions taken before and during the mother's pregnancy. Others can be remedied by modern surgery and the new science of rehabilitation. Still others, physicians believe, may be controlled within the foreseeable future as a result of such research projects as are now being financed with March of Dime funds by the National Foundation (originally the National Foundation for Infantile Paralysis).

Birth defects result from two basic causes. Some of them, it is true, stem from heredity, determined by the genes. These indeed pose a difficult problem in prevention—though medical science may, in the not too distant future, have much more to say about this matter which touches on the mystery of human life.

The second main group of birth defects lend themselves more readily to control. These are the defects caused by so-called "environmental condition"—i.e., factors that are not hereditary but act upon the mother while the unborn child is being formed. They include mishaps, injuries and infections that are often preventable.

#### Virus Infections

Foremost among these are certain virus infections. We know, for instance, that the virus of German measles, if it attacks a mother during the first three months of pregnancy, may cause a defective child. A heretofore unknown group of viruses only recently discovered by National Foundation research grantees may have similar effects.

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## SCIENCE

Four "extinct" animals have been found alive at the bottom of the Pacific Ocean. At a depth of more than three miles, in an ocean trench about 200 miles west of Lima, Peru, nets dropped by the Columbia University research vessel Vema picked up four specimens of Neopilina, supposedly extinct for 300,000,000 years. One of the small, snail-like animals was flown for study at Columbia University by J. Lamar Worzel, Ph.D., chief of the Vema research crew, in Lima, Peru. The others are being carefully tended aboard ship in the hope of keeping them alive despite a 60 degree temperature change. The only comparable living animal link with remote prehistory is the Lingula, a brachiopod.

Bacteriologic warfare against several insect pests has been declared by the U. S. Food and Drug Administration. For the first time, with FDA's blessing, bacterial insecticides will be sprayed directly on crops in 15 states, Puerto Rico, and Hawaii. Heretofore these were applied only to soil. But human volunteers have demonstrated that they can eat or inhale Bacillus thuringiensis Berliner—a microbial pesticide—without ill effects.

Continued on Page 3

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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.  
H. C. A. .... 6:30 P. M.  
Evangelistic Sunday Night Service ..... 7:30 P. M.  
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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.

### Birth Defects

Continued from Page 2

For it is during this period, when the fertilized egg grows with enormous speed, that embryonic life is most vulnerable to damage.

#### Shock Mars "Bud"

Everyone has seen a bud blighted by disease or marred by insect ravage. When the bud unfolds, the flower is imperfect. The human bud, burgeoning within the shelter of the mother's frame, is even more delicate and complex. It too can be marred by what physicians call a "shock" or "insult" in those early days when it is first taking on the contours and lineaments of a human being.

In the first three weeks of embryonic life the rudiments of the spine take shape and the head begins to form. This is the time when "insult" may cause a malformed skull or open vertebrae. In the fifth and sixth weeks the eye lenses emerge and the face appears. This is the time when insult may cause blindness or harelip. In the seventh and eighth weeks the embryo, still less than two inches long, is growing a heart and lungs. This is the time when an insult may cause heart disease or other internal malformations. By the 10th week the infant is almost completely formed in miniature.

#### Fear Often Unfounded

It is not uncommon to find a mother who feels that, having once had a malformed child, she should bear no other children. This fear is often unfounded. In many instances, by avoiding or remedying conditions responsible for the original malformation, she can subsequently produce healthy and normal offspring.

As soon as feasible, the National Foundation will offer patient aid for children through age 18 with three specific kinds of birth defects involving the central nervous system; spina bifida, or open spine; encephalocele, open skull; and hydrocephalus, excess water in the cavities of the brain.

#### Basic Precautions

Finally, here are six simple precautions that every prospective mother can take especially during the crucial first three months of pregnancy:

- 1—Avoid exposure to German measles.
- 2—Develop good "maternal soil" by a diet rich in proteins, vitamins and minerals—a precaution that should start in adolescence.
- 3—Postpone operations under anesthesia till after childbirth, if possible. At any rate, discuss the problem thoroughly with your physician.
- 4—Avoid extensive x-ray treatment.
- 5—Shun powerful drugs, medications and narcotics.

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### CLUB Activities

About 25 teenagers and chaperones attended the Alpine Ramblers swimming party Saturday night at the Y.W.C.A. in San Diego. The chaperones were Mr. and Mrs. Bud Cooper, Mr. and Mrs. Tom Nichols, Mr. and Mrs. John Bates, Mr. and Mrs. Larry Wilcox, and Mr. Frank White.

The Alpine Ramblers will sell tickets for the March of Dimes Sweetheart Ball to be held in the school auditorium Saturday, February 14.

The Japatul Valley 4-H Club is planning a box social for February 13th, 1959, at 7:00 p. m. at the Youth Center in Alpine. There will be games, dancing and door prizes. The Alpine and Descanso 4-H Clubs have been invited as guests.

A special meeting of the Woman's Club will be held Monday night, February 9 at the Club House. It is husbands' and wives' night, and a potluck dinner will be served.

Mr. Eugene Fuson of the Union-Tribune will be guest speaker of the evening. Mrs. Norma Catherine Smith will preside, with Mrs. Katherine Black as hostess.

Mr. Clarence Stearns was guest speaker at the last club meeting. His subject was "The History of Photography."

6—Do not make abrupt changes to high altitudes.

Besides birth defects, other areas of March of Dimes activity, are polio, arthritis and virus diseases.

(In his third and last article, Dr. Rivers will discuss the hope medical science holds out for birth defects in the future).

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### Pine Valley News

#### BY ELIZABETH TAYLOR

Mr. Joe Trouxal and his mother from Coronado who recently purchased Bob Judson's home spent several days in Pine Valley last week.

Mr. and Mrs. John McNeece of El Centro spent the weekend in their Pine Valley home.

Uncle Bert Bangs is visiting Mr. and Mrs. Henry Dywe in Yuma, Arizona.

Mrs. W. A. Scheniman of El Centro has been in the hospital for several days, but is now at home.

Pine Valley people were shocked to hear of the death of Mr. W. J. Thornburg who died of a heart attack Sunday in El Centro.

According to an announcement by the Pine Valley Company, the new name of the Inn will be "Horbart House." It was named for an early Pine Valley settler who sold food and supplies to the local Indians in the 1840's.

The Improvement Club's monthly meeting will be held Saturday, February 7, at 8 p. m. at the Club house.

### SCIENCE

Continued from Page 2

fore it is used on a large scale, however, the substance will be given a year's trial run against such despoilers as the cabbage looper and the cabbage worm.

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FOR SALE—Nice fat weaned pigs. \$12.00. Phone HI 5-3885. 2-6

### Boy Scout Awards

Boy Scout Troop 105 held their regular Court of Honor Monday night with their parents as guests. Tenderfoot awards were presented to Morris Bye, James Green, Calvin Jerney, David McElwain, Jerry McGill, Jay Schaaf, and James Taylor. Second Class Badge was awarded to Grant Cooke, and First Class Badge to William Dalton, Jr. Robert Mendenhall and William Dalton, Jr., received two-year pins. Leaders are Raymond Partridge and George Masters.

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 rotisserie. 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.

FOR RENT—Furnished, 1-bedroom cottage in Alpine. \$65.00 month. AT 2-9729. 2-6

CLEAN YOUR HOUSE FOR CASH! Will be in Alpine area Feb. 16 to buy anything old or antique—furniture, colored glass, bric-a-brac. Just drop a card to Mrs. Cole, 3860 Atascadero Dr., San Diego, and I will call at your house.

## Florence's Market

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Hormel Pure Pork Sausage .. lb., 39c

Slab Bacon ..... lb., 49c

Whole or Half

Smoked Picnics ..... lb., 37c

Pippin Apples ..... 4 lbs. 25c

Navel Oranges ..... 4 lbs. 25c

Carrots ..... 4 pkgs. 25c

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## Control Of Epilepsy Is Now Possible

The first real help that can come to an epileptic is the acceptance of the condition by his parents and himself, according to O. E. Hood, director of the Institute for Child Study in Los Angeles.

Speaking before the annual general meeting of the San Diego County Epilepsy Society Wednesday, Hood pointed out that many cases of parents with an epileptic child "shop around" from one doctor to another. This is not only costly but sets up an emotional situation within the family that is not good for the child.

While there is no cure for the epileptic condition, it is possible to control it. By use of one or a combination of drugs, the patient is better able to control his seizures, Hood said.

Anyone, regardless of age, may have a seizure of convulsion given the right set of circumstances, Hood added. It could be brought on by a blow to the head, illness with accompanying high fever, or by an emotional storm, that would cause a short-circuit of the electrical current of the brain.

San Diego County now has more than 300 registered epileptics, 127 of them registered with the Society in the past year, according to Mrs. Welden Stephens, of El Cajon, retiring president.

By being registered with the Epilepsy Society, the epileptic may receive the fellowship and understanding that is often lacking in the community. Each is given an identification bracelet which will make him known to the police or other emergency crews who will treat him accordingly, she said.

This United Fund supported agency also helps epileptics to secure employment, thus making him at least partly self-supporting.

Placement for diagnosis and treatment may be made through the Epilepsy Society, both for physical and mental care, she said.

Mrs. Stephens was honored for her work with the Society as its president for the past two years with the presentation of a silver serving tray.

The meeting elected 18 members to the board of directors. Of this number, the officers for the new year were elected. They were: Dr. Lenora Brown, President; John E. Barnwell, First Vice-President; Harold D. Cornell, Second Vice-President and Chairman of the Board; Mrs. J. Clenton Goodwin, Secretary; and Miss Carol Hayes, Treasurer.

## Group Attends Meet

The Junior High Pilgrim Fellowship Group and the Senior Pilgrim Fellowship attended an Interdenominational Youth Meeting Sunday night at the First Presbyterian Church in San Diego. The meeting was sponsored by the Council of Churches.

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## RECIPES

### CHEESE

Cheese is a very valuable food. It is a good source of calcium, phosphorus, and Vitamin A; and contains a high percentage of protein and fat. Cheddar cheese is composed of about 34 percent fat, 26 percent protein, 2.5 per cent salt, 35 per cent moisture, and the rest carbohydrates. The protein content of one pound of cottage cheese is about the same as that of one pound of beefsteak.

There are about 400 varieties of cheese, but in general all may be divided into four classes: soft, intermediate, hard, and processed.

**Soft cheese** includes the fresh, unripened kinds like cottage cheese, Philadelphia cream, and Neufchatel, and ripened kinds such as Camembert and Brie.

**Intermediate cheese** includes Liederkranz, Roquefort, Munster, and Brick.

**Hard cheese** includes such varieties as Cheddar and Swiss.

Processed cheese includes cheese made by blending several other types of cheese. Spicy bits of other food, such as pimientos and olives, are often added.

### Cheese Fondue

Melt in skillet—3 tbsp. butter. Add and stir until lightly browned—3 cups bread cubes (5 slices).

Place bread cubes in greased 1-qt. casserole in alternate layers, with 1 cup shredded sharp American cheese (¼ lb).

Mix and pour over bread and cheese—

1 large egg, beaten  
1 cup milk  
½ tsp. salt  
1-16 tsp. pepper  
¾ tsp. dry mustard

Sprinkle with paprika. Set casserole in pan of water 1 inch deep. Bake 40 min. in 350 degree oven. Serve hot. 4 servings.

### Cheese and Fruit Partners

Cheese and fruit combinations attractively arranged make a decorative and tempting dessert.

Concord grapes, smoked cheese, flaky cracker.

Red apples, New York or Gouda cheese.

Fresh pears, currant preserves, cream cheese, tiny hot buttered baking powder biscuits or salty crackers.

Green gage or other plums stewed with strips of candied ginger, Brie cheese, and crackers.

Tart plums, thin slices caraway rye bread, Camembert cheese.

Tokay grapes, American Liederkranz, thin slices buttered pumpernickel bread.

Place in alternating layers in buttered baking dish:

8 oz. boiled macaroni  
dots of butter (2 tbsp.)  
1¼ cups cut-up sharp cheese (½-inch cubes).

¼ tsp. salt  
¼ tsp. pepper  
2 cups milk

Sprinkle with paprika  
Bake in 350 degree oven 40 min. or until golden brown on top. Serve hot. 6 to 8 servings.

**Cheese Paprika Toast**

Sprinkle toasted bread strips or triangles with grated American cheese and paprika. Place under broiler or in mod. oven (350 degrees) until cheese is melted.

**Cheese Cake**

Cream 1 large pkg. cream cheese with ¼ cup sugar.

Dissolve 1 pkg. lemon jello in 1 cup hot water.

Cool and then combine with cheese mixture.

Add 1 tabs. lemon juice and some grated lemon peel.

Whip 1 large can of evaporated milk very stiff; fold in ¼ cup sugar.

Add to cheese mixture.

Roll 30 graham crackers and mix with ½ cup butter.

Put half in bottom of pan, add cheese mixture, and put other half on top.

Let stand a few hours.

New members welcomed at the Alpine Community Church Sunday were Mr. and Mrs. R. E. Harris, Mr. and Mrs. Charles Rathbun and daughter, Rhoda Lynn, and Grant Cooke

## A Letter From Abroad

Continued from Page 1

for cramming Clay always enjoyed talking to him, because, being true to his nationality, the Spaniard spoke with his very soul—words weren't enough. Arms had to fly, lips curl and eyebrows dance. His opinions about America and Americans, put forth with utmost sincerity, were well meant. They may seem a little naive, however.

"Having been asked if he would like to share his opinions with Alpine Echo readers, he seemed flattered and obligingly wrote these statements down for us:

**"On Spanish-American relations:**

The poor people who don't like you, don't, not because they don't like you as a person, but because they envy you. In America, and in all parts of the world, the poor don't get along with the rich. For this reason, the poor of Spain don't share some things (see eye to eye) with you. But the man who is neither rich nor poor, but who is in the middle, like me, sees and accepts without passion that the Americans have their good points. If you have come to the conclusion that we Spaniards don't like the Americans, it is because you have listened always to the lower classes.

"On the other hand, in Spain there are some Americans, for example soldiers, who possess money and believe that they can do anything that they wish. But, I repeat to you, that among the middle class, the American middle class is respected.

"Naturally, we must do away with some things that in no way do Spaniards good. . . well, for example, divorce. I believe that the honorable and industrious Americans don't think well of divorce,

either. "If you are pleasing, practical, honorable, etc., we like you."

"Senor Pujal only shrugged his shoulders when asked about the Spanish addiction to the nationally sponsored LOTTERY, and the large consumption of alcoholic beverages!"

## Harbison Canyon Club Meets

New officers were elected at the meeting of the Harbison Canyon Civic Club Saturday evening at the Community Hall. Peggy Hopkins was elected president; Virginia Hettinger, vice-president, and Hazel Gibb, secretary-treasurer. Failure of the bond election last week was discussed at the meeting by school board member Walter Gibb, school board president John Reynolds, and district school superintendent Clyde Gilley

The club is planning a campaign for the successful passage of the next school bond election, April 14.

## Interstate Highway

Continued from Page 1 until Congress backs them up with money.

The Federal government is bearing nine-tenths of the cost of construction of the system. But, nevertheless, some states have had difficulty in raising their shares.

Other factors slowing down the program in some states have been inadequate laws on acquisition of right-of-ways and a shortage of engineers.

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