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Elks
magazine
JULY 1977

SPECIAL
New Orleans Travel Guide
Full Color, Pull Out Edition



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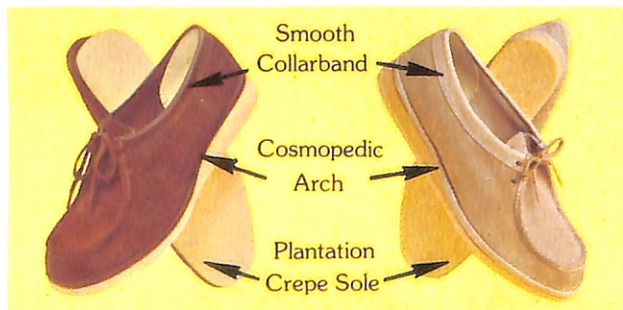
Tan Smooth
Leather

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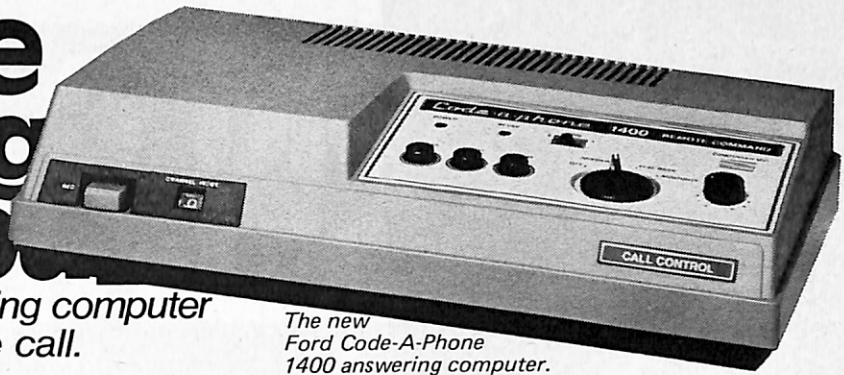
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Telephone Answering Breakthrough

Let a new remote control answering computer free you from your next telephone call.



The new Ford Code-A-Phone 1400 answering computer.

It's a telephone answering computer. The Ford Code-A-Phone 1400 has the first large-scale integration of solid-state componentry—a major change in telephone answering systems since the first mass consumer models appeared five years ago. This means more features, lower cost and greater dependability. Here are some of its exciting features:

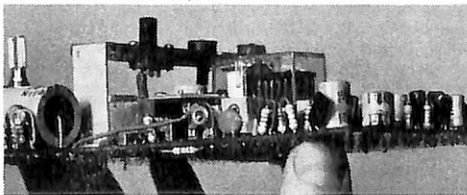
Forget about tapes There are no tapes to buy. The Ford unit has a special polymer-based magnetic tape that will record over 25,000 phone calls without replacement. That's over five solid years of use. There are no cassette tapes to buy, wear out or replace.

Forget about microphones When you want to change or record your message, just press a red button, record your message and let go. The message (any length up to 20 seconds) will record and be immediately ready to playback since the message tape does not have to recycle. There are no separate microphones or level controls since the built-in microphone automatically adjusts to your voice.

Forget about touching it You can adjust your unit to answer on either one or four rings. When the unit is set on four rings and you reach the phone before the 1400 answers, you will not activate the unit. But let us say you're outside or indisposed. No problem. Code-A-Phone will automatically answer after four rings. This means that your unit can always be "alive" in the four-ring position so you never have to remember to set it whenever you leave your home or office.

Forget about going home Just bring your optional remote control pager with you. If you want your messages while you're on vacation or away, call your number and the coded pager will remotely signal your unit to playback all your messages.

Forget about service If you've owned a telephone answering device for more than a year, there's a good chance that it's been in for service at least once. The Code-A-Phone, however, is solid state and built with the same heavy duty components used in commercial units. It should dependably stand up to years of heavy usage. (Ford Industries is the world's largest supplier of telephone answering equipment for the Bell system.) If service is ever required, there are over 200 authorized service centers plus a service-by-mail center. There's also a toll-free "Help-Line" number to call 24 hours a day for advice or suggestions, and your unit has a limited ninety day parts and labor warranty.



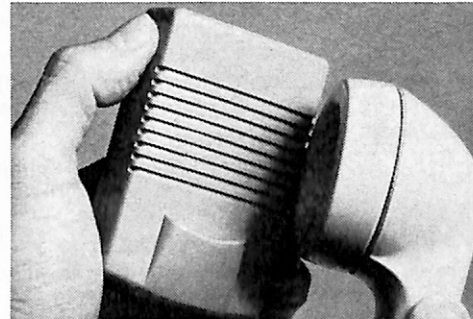
The entire printed circuit-board with its integrated circuits is easily replaceable and contains the "Brains" required to control the audio amplifier and tape transport system.

PLENTY MORE FEATURES

Code-A-Phone has a monitor feature—you can listen to the caller leave his message and pick up the phone to intercept the call. If you want to skip over a message on the tape, just tap a button and it fast-advances to the start of the next call. It has a selectable erase feature that lets you erase a specific message or the entire tape if you wish.

KNOW HOW MANY CALLS

With other answering machines, you never know how many calls you receive until you play them back. With Code-A-Phone you have a call counter—a device that displays the exact number of calls you've received when you arrive home. If you now own another answering machine, you can really appreciate this convenient and exclusive feature.



Hold the small pocket-sized remote-control pager up to any telephone in the world and you can playback all your messages.

Code-A-Phone is the first really versatile answerer that works equally well at home or in the office. It's perfect for the busy or working housewife who spends little time at home. And, if she's home and just plain busy when the phone rings, she can always call back later without offending the caller.

The executive can now leave his office, call from the field and get all his messages. An inefficient operator at a telephone answering service may offend your customers by putting them on hold. Code-A-Phone, however, takes your message quickly—without delay.

There are very few people who haven't left a message on a telephone answering machine, and callers really appreciate the convenience.

NO PHONE COMPANY TARIFFS

Code-A-Phone is equipped with an FCC-registered interconnect device so your unit is actually welcome on your phone line. The 1400 comes with a four-pronged plug so you just plug it into your phone jack. If you don't have a phone jack, just call your phone company and tell them you are purchasing an approved Code-A-Phone and that you want a four-pronged jack for your phone. They'll know exactly what you want and charge you around \$12 for the installation, depending on where you live. If you have a multi-line phone, they can install a jack to tie into any or all of the lines you wish. There are no additional monthly charges.

STANDING BEHIND A PRODUCT

JS&A lets you use the 1400 in your home or office for one full month. Use it to screen your calls, take messages while you're gone or as a back up system when you're busy. Use the remote pager and retrieve calls while you're out. See how easy it is to change the message in seconds, and see how much it uncomplicates your life. Use it under your everyday conditions at home or at your office and then decide after one month whether or not you want to keep it. If you decide to keep it, you'll own the best. If not, return your unit for a full and prompt refund. There is no risk. Even if you already own a phone answerer, it would pay for you to see how much better the Code-A-Phone performs.

JS&A is America's largest single source of space-age products and a substantial company—assurance that your purchase is protected.

The Code-A-Phone comes in two models: the Remote Control unit for \$259.95 called the 1400 and the same unit without the pager but with all the other features for \$179.95 called the 1200. Simply select the unit you want and send your check for the correct amount to the address shown below. Credit card buyers may phone in their orders by calling our toll-free number below. (Illinois residents add 5% sales tax.) There are no postage and handling charges.

By return mail, you'll receive a Code-A-Phone complete with all connections and instructions (extra pagers are available for remote unit) plus your ninety day limited parts and labor warranty. The unit measures 3 1/4" x 8 1/2" x 12" and weighs six pounds.

Code-A-Phone compares to units that sell for much more but do not have the simplicity and the advanced electronics. Don't be confused. Code-A-Phone is the finest telephone answerer you can buy at any price and is years ahead of all other conventional systems.

JS&A gives you everything you could possibly expect from a telephone answering system: 1) A unit years ahead of every other unit at a very reasonable price. 2) A service network that covers the United States with repair centers and free telephone assistance. 3) The chance to buy a unit in complete confidence, knowing that you may return it without being penalized with a postage and handling charge if it's not exactly what you want. You can't lose.

Computer technology has even touched the telephone answerer. Now is the best time to get the finest system available. Order your Code-A-Phone without obligation, today.

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6 What's Your L.Q.?

It's entirely possible to lengthen your productive life 10, 20, even 30 years—but it is up to you.

Jean E. Laird

12 A Jazzy Look at New Orleans

A city for the senses. But, more than anything else—more than iron lacework or hot gumbos—jazz dominates.

Larry Holden

16 Water Frozen

The world chews it, pours drinks around it, and preserves food in it. There's no way to tell just how much we use.

A. F. Gonzalez, Jr.

23 New Orleans

A full-color, pull-out travel guide including a map of the Vieux Carré, traveler's directory of phone numbers, and a guide to the jazzy side.

Jerry Hulse

31 The Ecology Court

Polluters are promptly dealt with in *this* court.

Bill Thomas

33 Mixing Medicines

When different drugs meet they can touch off some unusual reactions.

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The continuing revolution and advancement in solid state engineering has produced the Microlux Chronograph. The Microlux Chronograph combines new advances in electronic watch miniaturization with decreased cost of production resulting in an LCD Quartz Chronograph with today's most advanced features at a price that could not have been imagined 6 months ago.

LCD DISPLAY

The liquid crystal display (LCD) of the Microlux Chronograph is constantly on — no button has to be pushed to read-out time.



12:14
on the 29th
of the month



10 minutes
29.14 seconds

6 DIGIT DISPLAYS

At all times your Microlux Chronograph will display not only the hour and minutes of the correct time but the date of the month. Should you prefer to have continuous seconds in place of the date, a push of the button will convert the date display to seconds. At no time will you lose the time display. Should you require the month, a push on the control button will cause the display to readout the month, date and AM or PM.

QUARTZ CRYSTAL ACCURACY

The Microlux Chronograph is extraordinarily accurate. Its module is manufactured by Hughes, one of the world's foremost manufacturers of micro-electronics. It is guaranteed to be accurate to 3 minutes a year (you will lose no more than an average of 15 seconds per month). You can depend on this accuracy year after year. There are no moving parts, so there is nothing to wear out or even require servicing. The center of the time-keeping accuracy is a tiny quartz crystal which beats exactly 786,432 times per second. This precise, unvarying frequency is converted to digital time through the use of extremely small integrated circuits containing more than 3,000 transistors. The output of these ultra-stable circuits is fed directly to the LCD which continuously displays the time in the form of large, high-contrast digits. The result is that you may set your Chronograph to the exact second.

NIGHT ILLUMINATION SYSTEM

The display of time or Chronograph function may be enhanced in dim or total darkness by pressing the light button. So long as this button is depressed the display will be illuminated. The lighting system runs totally on its own power source, never interfering with the Chronograph's time keeping ability.

THE CHRONOGRAPH SYSTEM

The previous features clearly indicate that the Microlux Chronograph is an exceptional time-keeping system. The Chronograph features make it utterly unique at this price. The quartz crystal gives the Chronograph accuracy to 1/100th of a second. The Chronograph will display time to 59 minutes, 59.99 seconds and will keep track of odd and even hours so that it is possible to time events of more than one hour duration with use of the symbolic indicator. It may be used to time various sporting events such as swimming, skiing, track, flying, boating, auto races, football and basketball games. It may also be used for timing industrial events, such as machine timing, time studies, advertisements, etc.

CHRONOGRAPH FUNCTIONS

- **STOP WATCH** — 1/100 Second accuracy. A simple push of the control button and the Chronograph starts timing. One more push and the event is timed to one hundredth of a second.
- **PAUSE ACCUMULATE** — Your Chronograph is stopped at the end of an event by depressing the control button. Another push of this button restarts the timer where it last stopped therefore accounting for "time-outs" as in football or basketball games.
- **LAP ACCUMULATING OR SPLIT TIMING** — This function will freeze a specific time in an event. At the same time, the Chronograph automatically and invisibly continues timing from the start. This allows the timing of any portion of an event from its beginning and also have the total time at the end, or enables you to time the individual runners as each crosses the finish line.

Both the timekeeping and Chronograph modes are independent, thus, you may change from Chronograph to time/date and back again without losing time in either mode.

Each Microlux Chronograph comes ready to be worn, framed in your choice of white or yellow high styled all metal case and bracelet. Each is warranted for one full year. Convince yourself that this is as exceptional as we say. Wear it for 15 days. If after that time you are not completely satisfied you may return it for a full refund.

Price for the Microlux Chronograph (silver or gold) is \$59.95 (Ill. Res. add \$3.00 sales tax) + \$1.99 shipping and handling.

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Try the Microlux for 2 weeks.
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Allow 3 - 4 weeks delivery.

To expedite shipping by UPS please include street address rather than P.O. Box.

A message from the Grand Exalted Ruler

A Common Desire...



As I write this final message for the July issue of *The Elks Magazine*, I find it difficult to believe that a whole year has sped by since my term began last July. What a wonderful experience it has been for me and Ruth to travel the length and breadth of our wonderful America visiting with the dedicated workers of Elkdom. Together we have traveled over one hundred thousand miles and in these travels we have seen that America and Elkdom are truly **Moving Forward**.

As the year progressed it became evident that one of the underlying reasons for the success of our great fraternity is that we are bound together in a common desire to help others. It has been our privilege to visit the facilities of many of our State Major Projects. The work being carried on with the cerebral palsied, the crippled, the mentally retarded and the handicapped is a tribute to all of our members and especially to those dedicated Elks that give of their time and talents so that others less fortunate may be served. These dedicated Elks are rewarded by a special kind of love that is given to them by those they serve.

Our pledge to our hospitalized Veterans has faithfully been kept and will be kept in the future. As the years pass it becomes ever more important to remember our Veterans as many have been forgotten by their families and friends. Certainly the activities that we carry on for the Veterans are of great importance, but as I have said many times this year, the greatest gift we give to them is our friendship, letting them know that there are those who care.

Again this year, as in the past, the youth of America has been served by

us without regard to color or creed. The scholarships awarded by the Subordinate Lodges, State Associations, and the Elks National Foundation have enabled many young people in their quest for higher education. Hopefully our scholarship programs will provide these young people with the training to be the leaders of tomorrow. The "Hoop Shoot" program continues to grow as more and more young boys and girls compete in our contests. This year with the dedication of a winners' plaque in the Basketball Hall of Fame in Springfield, Massachusetts, we have provided another incentive for the contestants.

This year has seen new emphasis placed on Scouting with the Eagle Scout Recognition Ceremony being implemented by many Lodges. It has been successful in honoring young men for outstanding achievement and has enhanced our community image.

As we complete our first year of the third century of our Country we find Elks are deeply committed to the American principles and can be counted on to support the ideals upon which this Nation was founded. We apologize to no one for our pride in America and the Benevolent and Patriotic Order of Elks.

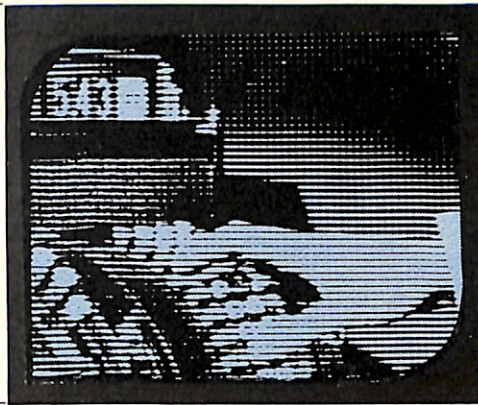
This year is nearly finished and the record written, but it would be incomplete without expressing, on behalf of Ruth and myself, our sincere thanks to those that have done so much for us during our year of service. Your kindness and understanding will be forever in our hearts. As I leave office I pledge my continuing support of the programs of our Great Order and to you, my Brothers, my everlasting gratitude for the opportunity to serve you.

A handwritten signature in dark ink that reads "Geo. B. Klein". The signature is written in a cursive, flowing style.

George B. Klein

IT'S YOUR BUSINESS

by John C. Behrens



SMALL BUSINESS: AN ENDANGERED SPECIE?

Now that Jimmy Carter has finished his first 100 days and laid out his approach for an energy shortage that he sees dead ahead, I think he should be ready to tackle a less publicized but equally important problem which also looms in the next few days. I'm inviting the President to call Sen. Hubert Humphrey, co-chairman of the Joint Economic Committee's Subcommittee on Economic Growth and Stabilization, and get a copy of Prof. George Doyle's report, "Foundations For A National Policy To Preserve Private Enterprise In The 1980s."

Is small business an endangered specie? My mail certainly indicates that many of you think it is and Prof. Doyle implies that the future is more precarious than government perceives. Doyle's report is provocative reading for those who think that there must be a future for the more than 90 percent of American commercial and industrial entities that are classified small enterprises. It may provide direction for President Carter, a onetime fertilizer salesman who tells audiences he knows what it means not to have enough income monthly to pay the rent.

Prof. Doyle, in my opinion, offers a realistic assessment of the business-government confrontation we've been talking about in this column for months. You may not agree with his game plan for the future but he does offer proposals not merely blame for past mistakes. He provides government leaders and business people a place to start talking.

The report forecasts tomorrow's needs, analyzes the capital gap dilemma and examines government regulations. In future columns I'll take a closer look at several of his major proposals.

Of more immediate concern, I believe, is his focus on government regulatory agencies. Agencies such as the controversial Occupational Safety and Health Administration. Government paperwork, Doyle points out, has always been the bane of small business. "But in the view of some, the activities of the Occupational Safety and Health Administration may turn out to be a classic case of government frustrating small business as it attempts to deal with survival . . . Safety

and health are the goals of OSHA but they are not the issue. The costs of poor safety and bad health conditions were the concern but not the issue when the original act was passed in 1970. The basic question was whether there should be a national responsibility assumed by the federal government and the Congress decided in the affirmative . . . Marginal firms claim to have been forced out of business as the cost of OSHA regulations have added the last straw atop of a host of problems faced by such firms."

Prof. Doyle believes moderation is the answer. OSHA is already established, he infers, and we've got to find ways to improve its performance. But others disagree. They insist it's actually a matter of abolishing an unwanted federal agency or drastically reducing its scope and power. Essentially, that's the argument. The problem, as everyone knows, is that it is

extremely rare that Congress abolishes agencies.

President's Views Crucial

The pressure, then, is on the President to give this 6-year-old agency more careful scrutiny while attempting to decide its future in his administration. In March, President Carter told New Englanders at a Clinton, MA, town meeting that "The amount of reports that come into the federal agencies is another thing I think we can correct. Also (we want) to have the top level cabinet officers work in harmony so that if a small business person wants to get an answer to a question, they can figure out where to go for an answer, to send people who administer programs out into the country to get in touch with small business people would help a lot."

But telling people what's going to happen and then getting bureaucrats to cooperate is another matter. I wrote to the OSHA the same month to get the agency's side of this story. No one has answered my questions or even acknowledged my letter yet.

Carter admits that OSHA is a thorny issue. But he told Clinton residents he would continue to support it. "One of the most aggravating programs, and I think a good program, is the OSHA program," he said. "But it is despised by many business people because of the way it has been administered in the past. I met . . . with the director of that OSHA program. I made sure that that director understood that hearings were to be conducted all over the country so that business leaders could come from the small business people and say this is what we don't like

(Continued on page 30)

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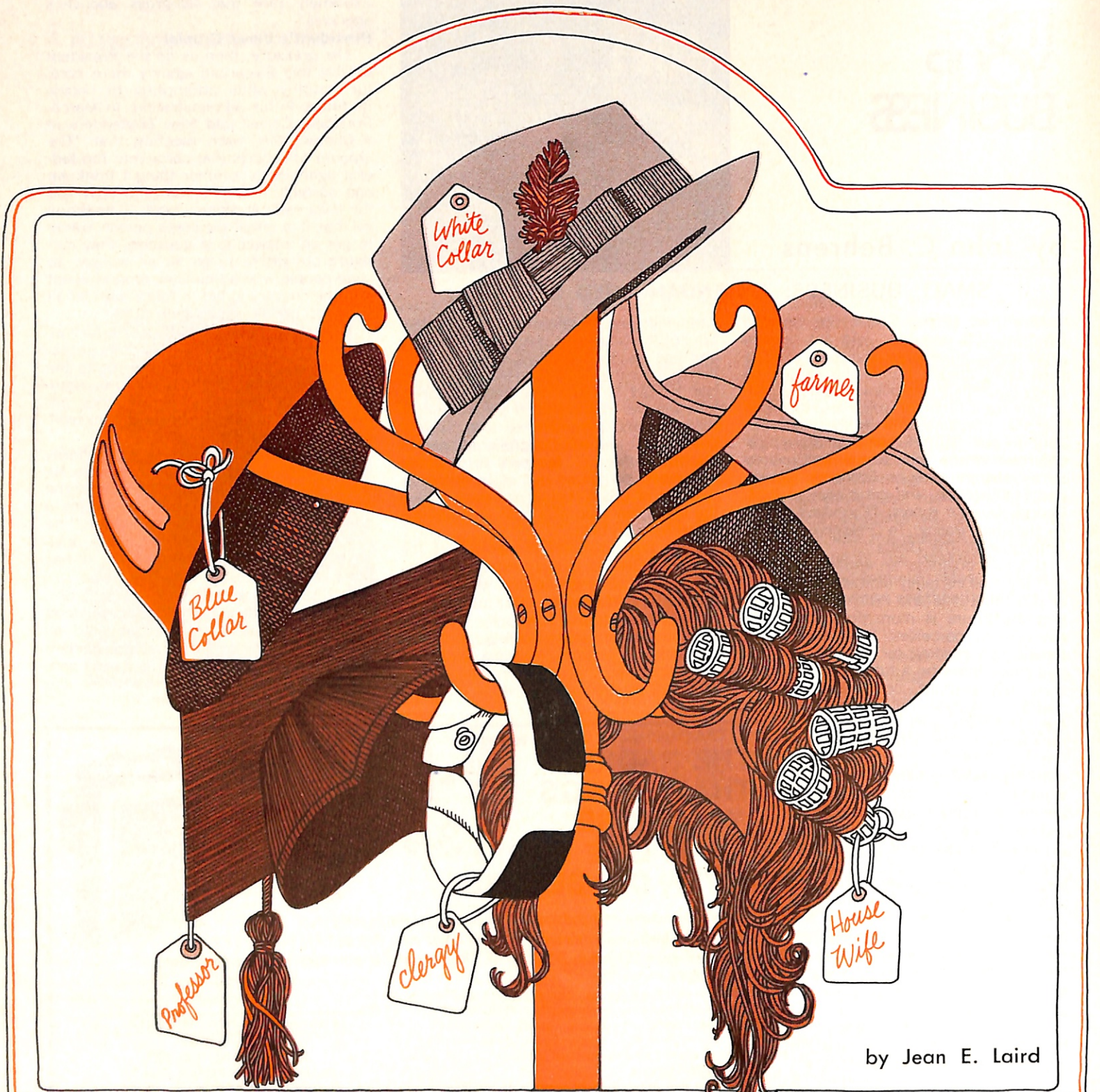
For added convenience an AC adapter is available which allows you to plug your CB-TV Radio into an AC outlet for \$4.95

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by Jean E. Laird

WHAT'S YOUR L.Q.?

(LONGEVITY QUOTIENT)

□ Would you like to extend *your* life span by 10 to 30 years? Before answering, don't picture yourself as wrinkled, unemployed, incapacitated and unwanted. Instead, picture yourself at the age of 30, full of vim and vigor, youthful in appearance and capability. For the first time in history, the medical men say it is entirely possible to lengthen your life span—but it is up to *you!*

Frank Lloyd Wright, perhaps the greatest architect of our times, found his life work increased in usefulness and creativity in his 60s, 70s and 80s! Ben Franklin invented bifocals at the age of 78. History is full of documentaries describing men who refused to sit down and vegetate because industry considered them "at the age of retirement." For instance, there is Benjamin M. Duggar, Professor of Plant Physiology at the University of Wisconsin, who was removed from his position by compulsory order when he reached the age of 70. At this point he joined the research staff of Lederle Laboratories and gave the world one of the great drug discoveries—*aureomycin*. And, we could go on and on.

In a recent study by Dr. Erdman B. Palmore and Dr. Virginia Stone, of Duke University Center for the Study of Aging and Human Development, a "Longevity Quotient" (LQ) was discovered. On the LQ scale, a 1.0 indicates someone who died on actuarial schedule; a 1.5, one who lived 50 percent longer.

This study revealed some interesting factors—the knowledge of which can be beneficial to us all. For instance, the average LQ for people with Ph.Ds was 1.23, but only 0.82 for people with fewer than three years of school. And, professors registered highest, housewives a low 0.87. White-collar workers averaged 1.06, blue collar, 0.95. With the lowest LQ of all, farmers were most likely to die early.

Thus, a person's profession has much to do with his life expectancy. For instance, studies show clergy, scientists and teachers live longer than the average. Supreme Court Justices often live beyond 80, and their mortality rate has been 29 percent lower than the national average for men. The reason seems to be that these jobs offer regular hours and a minimum of pressure and tension.

And, gerontologists speculate that superior mental capacity helps one adapt to crises and practice health care. In a 12-year study sponsored by the National Institute of Health, it was found that people who average the

longest lives tend to score higher on intelligence tests than do shorter-lived people. They were also found to be more stable emotionally, and have better adjusted personalities. Also, status jobs provide healthier working conditions, more financial and psychological rewards, preventing the psychosomatically dangerous effects of depression.

A recent study at Duke University revealed that among men age 60-69, the most important predictor of life expectancy was not physical functioning, but rather, job satisfaction. This is also evidenced by the findings of a special study conducted for the Department of Health, Education and Welfare. Indeed, it indicated that the greatest single factor in longevity is the degree to which you are deriving satisfaction from your job. The other factors are important, but work satisfaction was the most significant.

Gerontologists are finding that the harder and longer you work the more likely you are to stay ageless, healthy and alive. Many employees today are forced to retire at a certain age. However, be sure *you* will have something active to retire to—so that you will not wallow in inactivity. Man must use his organs to prevent aging and lengthen his LQ.

The experts tell us, "When a man thinks he needs a rest, let him *change* his activity, rather than *cease* activity." The healthy, happy retirees know how to keep very busy working at both paid and unpaid jobs. Even the unpaid jobs pay important dividends by keeping bodies and minds in ageless, flexible condition. It is almost impossible to work too hard at any age, if you are doing work that reflects your needs as a human being.

Nobody ever died of old age. Accidents kill, cancer kills, bullets kill, coronary occlusions kill, but no one ever died just because of age. Living a long, full life is a miracle of modern chemistry. And, the process of aging has become an important medical specialty, one which we should all look into for the purpose of lengthening our LQ.

Dr. Bruce E. Douglass, chairman of the Division of Environmental Medicine, says "To a greater extent than ever before, barring accidents, a longer life is chiefly up to *you*."

The enormous gain in life expectancy in America, 22 years since 1900, is a gift of modern medicine, research and public-health measures. The top killers at the beginning of the century were pneumonia, influenza, tuberculosis, diarrhea, enteritis and diphtheria.

Today's major killers, says Doctor Douglass, are the diseases of the middle and later years. Arteriosclerosis and cancer account for 75 percent of all non-accidental deaths among adults.

Frequent medical check-ups are a "must" in the crucial age group from 40 to 50. Dr. John P. McCann, head of the Life Extension Institute, firmly believes that the best time to see a doctor is when you are feeling well. He further notes that Americans frequently take better care of their cars than their bodies. He notes that according to authoritative estimates, half of the country's cancer victims could have been saved with prompt treatment and nine out of ten heart attacks prevented.

Doctor Douglass adds, "We find that if you weather this dangerous decade from 40 to 50 and continue to take care of yourself, there can be many years of smooth sailing into the 70s and beyond."

There has been a lot of discussion lately about one's physical age versus chronological age. Exactly what does this mean? Doctor McCann says, "It's really not physical versus chronological, but rather health-assessment age versus chronological age." And, today, scientists say each of us is actually three different ages in one: chronological age, marked by the calendar, biological age, or the condition of our bodies; psychological age, or how old we act and feel. (Aging, as someone once said, is a matter of the mind; if you don't mind, it doesn't matter.)

If your blood pressure or cholesterol greatly exceeds normal, you may be physically seven, 15, or even 20 years older than your contemporaries, according to a study made at the University of Maryland. If you smoke, your lungs may be 10 years older than your chronological age. If you had four grandparents who lived to be 80, you are probably four years younger than your less fortunate friends. And, if you are a man whose father died at age 80 or more, you will live almost 10 years longer than a man whose father died under age 50, say the researchers.

Still, your body can take extreme punishment and still continue to function. You can get along without your gallbladder, spleen, or appendix. You can lose a kidney, a lung, quarts of blood, your pituitary gland, half your brain, both your eyes, all your teeth. In fact, you can live with just half a body as long as it is from the waist up.

Today scientists see a life span of 100 by the year 2000, but the added years will be ours only if we go after them. Tests at the Baltimore Gerontology Re-



search Center show that aging begins when growth stops, around 18-20. Almost all functions then start declining slowly. At 30, they begin deteriorating at a faster but still modest rate which remains constant until death.

Smoking—the scare facts are in regarding smoking, so paste them on your matchbook. Eighty percent of lung cancer is attributable to smoking and male smokers have an 88 percent higher mortality rate than nonsmokers.

Dr. David T. Carr, who has treated hundreds of persons with lung cancer, hates cigarettes with a passion. He considers them the No. 1 health hazard in diseases of the chest. Tobacco is not going to be outlawed, he tells his patients. You alone can save yourself from its lethal effects.

Let's say a person age 40 has smoked a pack of cigarettes a day for 20 years. If that person should stop smoking right now, by what percentage can he or she reduce the risk of lung cancer and heart disease, thus increasing his LQ? Doctor McCann says, "After cessation of smoking, given that no serious lung damage is already pres-

ent, it takes about 7 to 10 years until the individual will again reach the same mortality curve that the non-smoker enjoys. There is, however, a rather precipitous 20 percent improvement in the first month; then the improvement continues at the rate of about 10 percent a year. In the case of cardiovascular disease, a person will return to normal life-expectancy estimates after approximately one short year.

Drinking? Medical experts contend a moderate amount of alcohol produces some beneficial effects. For older people especially, a glass of wine with meals can be relaxing because it dilates the small blood vessels near the skin and, thus, slightly eases the blood pressure. However, heavy drinking almost always shortens life.

In fact, in a study conducted by Dr. Lester Breslow, at the University of California, Los Angeles, up to four drinks a day did not seem to affect the average individual's health adversely. (Breslow and his colleagues surveyed some 7000 Californians and followed them for 5½ years.)

Weight and Diet are also a strong factor in longevity. Doctor Douglass says, "Most patients believe it is normal to gain weight as they grow older.

This is a dangerous misconception. As we age, we gain fat at the expense of muscle. If at 30 you weigh 170 and keep the same weight at 60, you may be carrying a hazardous excess," thus lowering your LQ considerably.

The average American adult consumes 3300 calories a day, but according to the National Research Council of the National Academy of Sciences, that is much too much. They insist men 18-35 should consume no more than 2900 calories per day, and women in that age group should aim for no more than 2000 calories. Men 35-55 should consume no more than 2600 calories; women 1900. Men 55-75 should eat 2200 calories per day and women only 1600.

And, the American Heart Association also recommends that Americans eat one-third less meat. Besides reducing the amount, substitute fish, chicken, turkey, or veal for beef, lamb and pork.

Now, by close study, scientists are trying to find exactly what does happen as the body cells age and disappear. Over the last few years they have attacked the problem from all angles. They have studied aging in animals, and Clive M. McCay, research scientist at Cornell University, has been



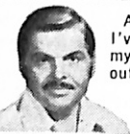
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able to keep rats alive twice as long as their normal life expectancy by feeding them a restricted diet, adequate in all but calories. Lean, always a little hungry, and smaller than their well-fed brothers, these rats stayed healthy for the whole of their extended life span. And, an experiment by a Prague scientist has recently demonstrated that the tendons in such animals are actually biologically younger than their calendar age.

Does this mean that we would be likely to live longer if we always went a little hungry? "Probably," say the scientists. It is far better to undereat than to overeat.

The old saying, "The longer the belt line, the shorter the life line" is borne out by many studies. For every pound of fat above normal, there must be an expanded system of blood vessels, which in turn requires one's heart to pump extra gallons of blood over longer distances. And, for Americans 30 percent over their normal weight, the death rate rises 40 percent!

Exercise, once considered an indulgence for a few, is now considered essential for everyone. Fit, responsive muscles squeeze the veins and force the blood back toward the heart, lightening its load of pumping the blood through the circulatory system.

How much should we exercise? Dr. Donald Erickson, Mayo staffer in physical medicine and rehabilitation, says "Exercise until you are somewhat short of breath. Like any other muscle, the heart needs deep swings of demand—maximum work, maximum rest." However, begin whatever activity you choose slowly, until you gradually develop greater strength and endurance. By exercising regularly, the individual can do more and more all the time, greatly benefiting his cardiovascular system, physical vigor and mental alertness.

Socioeconomic factors enter into the longevity picture more than one might think. For instance, the single socio-economic factor that corresponds most with longevity is the amount of education a person has—not because education itself prolongs life, but because the lifestyles correlated with it do. However, additional studies show that the wealthy consume at least 40 percent more sugar than the poor—a distinct liability.

Your lifestyle is also a great determining factor in your LQ. For instance, if you are happily married, that's one positive step, especially if you are a man. Studies indicate that married men and women live longer than singles, widowed or divorced. However, the experts contend the "good life" does not contribute much to long life simply because Americans tend

to overdo things. They consume too much in the way of calories and cholesterol, nicotine and alcohol.

Everybody gets older every day. However, there are many things we can do to slow down the pace of aging and increase the LQ. Dr. John McCann says, "Avoid excesses in every phase of life." And, for the most part, this means the control and proper handling of emotional factors as well. Some of the traits most highly valued by our society—ambition, drive, energy, conscientiousness, aggressiveness—also correlate with a high incidence of heart disease. You must learn to relax.

In addition, most Americans often work too hard. The hard-driving, competitive, demanding life of the meritocracy brings many insults to the body, and particularly to the heart. As a result, the death rate for men from cardiovascular disease is 50 percent higher in the U.S. than in Western Europe and 25 percent higher than in Canada. And, numerous studies show the high price of Americans overworking, overworrying and overconsuming.

Is the length of your life affected by how you react to stress? Yes, as evidenced by the finding of a medical study of 3000 American men. The subjects were first classified into two personality types, A and B, based on their reactions to stress situations. Type A men were aggressive, hard-driving, competitive go-getters. Type B men took life easier. They tended to roll with the punches rather than meeting opposition head on, were more patient, thoughtful, deliberate, slow to anger, less inclined to take work home or struggle to keep up with the Joneses.

Each was then subjected to a complete physical examination. The great majority of those who were found to have a coronary heart condition were Type A men. And, the A's were much more likely to develop heart disease even when the ordinary risk factors, such as high blood pressure, obesity, and so on, were not present. The B's, on the other hand, at least those who had normal cholesterol levels, appeared to be relatively immune to heart disease, even in the presence of other high risk factors, such as lack of exercise, poor diet, poor genetic history, and so on.

Keeping busy doesn't mean cramming every minute with activity. This leads to stress, and in man, as in aircraft parts, excessive strain accelerates the aging process. When the late Al Smith, once governor of New York State, found his schedule crowding him, he would announce firmly, "I have a previous date with myself," and retire to his office for a rest, even if only for five minutes.

(Continued on page 27)

The Fraternal Corner

This new column will appear periodically. The purpose will be to answer the more common questions received by both The Elks Magazine and the Grand Secretary's Office.

Q. What age was the youngest Exalted Ruler?

A. While we have no means to substantiate this data, we do know of several who are 24 years old. If there were any younger, we would like to hear about them.

Q. Can a life member be granted an honorary life membership?

A. Yes. Provided he qualifies with distinguished service to Elkdom.

Q. Does a secretary need to keep records of individual candidate ballots?

A. No. It was merely a temporary operation, during a certain period, now ended.

Q. Does merely being an Exalted Ruler qualify one for honorary life membership?

A. No. That alone would not qualify one; Section 172 calls for notable, outstanding, and distinguished service to the Lodge or Order. A Lodge is without power to grant honorary life membership except in the manner authorized in this section.

Q. Should by-law revisions be voted on as a group or individually?

A. Any revision that may be controversial and/or debatable should be voted on individually.

Q. Can you tell me more about The Jolly Corks?

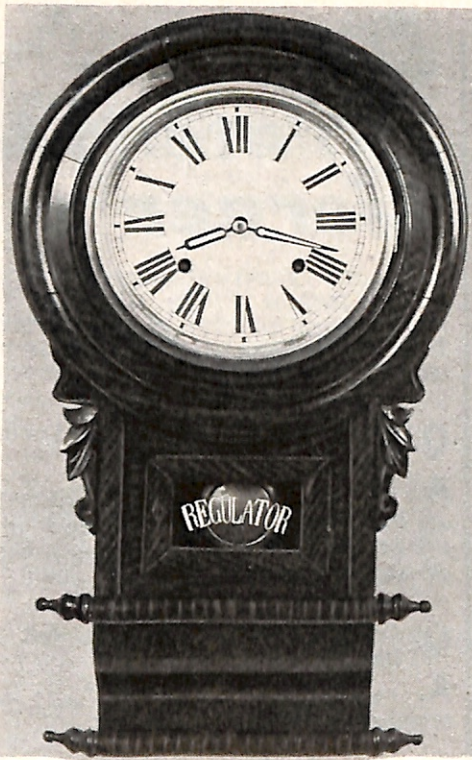
A. The Jolly Corks, which evolved into B.P.O.E. was a loose social club of theatrical people in the city of New York. Original impetus of the gathering of these men was the strict enforcement of the excise law, which made Sunday "a very dry day."

The death of a friend led the members to turn to more serious thoughts. The result was reorganizing the club to become "a protective and benevolent society."

Selection of the name "Elk" was very close, by the way. The other preference was "Buffalos," and the vote was 8-7.

Reference is History of the Order of Elks, 1868-1967, by James R. Nicholson and Lee A. Donaldson. An excellent source, it is available to the public from the Grand Lodge, at \$9.84, sent by first-class.

Questions for "Fraternal Corner" may be addressed to: Fraternal Corner, The Elks Magazine, 425 West Diversey, Chicago, IL 60614.




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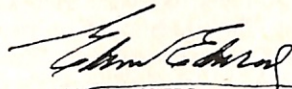
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We hope you will be inspired by your visit to continue your wonderful work, that you will gain knowledge from what you have seen and that you will be most pleased by your visit.

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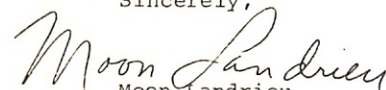
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□ Perhaps more than any other, New Orleans is a city for the senses. Visuals like lacy iron grillwork balconies rivet visitors' eyes. The aromas of hot gumbo, boiled crawfish and chicory coffee pamper noses. The cries of gulls, muted by summer breezes curling in off the Mississippi, float into ears and blend with the mellow tones of trombones, trumpets, clarinets. Mouths water before sampling sugary pralines, red beans and rice, grits, cornbread, afterwards tastes are quenched. Fingertips clutch deck rails vibrating from the engine rumble of steamboats churning down winding bayous toward historic pirate haunts. Yet for all the sights, smells, sounds, tastes and touches, it is the city's musical atmosphere—it is jazz—that dominates the senses.

Today, as in the past, it is in the fabled French Quarter's density of nightspots that the total, but gentle, domination of jazz can be viewed with clarity (even through the blurring humidity). The Quarter is a microcosm of the entire city, and within its tight boundary something for everybody can be found. For the history-minded tourist there is the old bar in which Andrew Jackson and Jean Lafitte allegedly planned the defense of New Orleans. On Bourbon Street, gourmet dining and fast-food gulping are only steps apart. Freshly-scrubbed young men in striped jackets and straw hats strum banjos a la "gay nineties" for some of the crowd.

A little further on a rock group boils away. For the sensual, there is, of course, the barker for a "strip" show who beckons to "step in and take a look at the action." And if you look beyond the Quarter's exterior, colorful as it is, you'll discover the people who mirror the real heart, the true nature, of New Orleans. You'll find the jazz musicians.

Inside the clubs that dot Bourbon, St. Peter, Royal, St. Ann and the other narrow streets of that famous section are clustered some of the world's greatest performers of jazz. This energetic, powerful music has influenced New Orleans, which in turn has been influential in the development of the music. Where the effects of one begin and the other end is a line lost in the formative years of both jazz and the city. Because jazz is liked by so many people, it's not at all surprising that it should have an impact on New Orleans and on the other types of music. This does not mean, of course, that rock, folk or other musical forms stemmed directly from jazz. The facts are more intricate than that and start with the idea that jazz, more than a "type" of music, is a way of playing music.

This is an important point. Although jazz performers prefer to play certain kinds of material, there are no jazz songs as such: virtually any tune can be played as jazz. In the hands of a good jazz musician even a simple tune

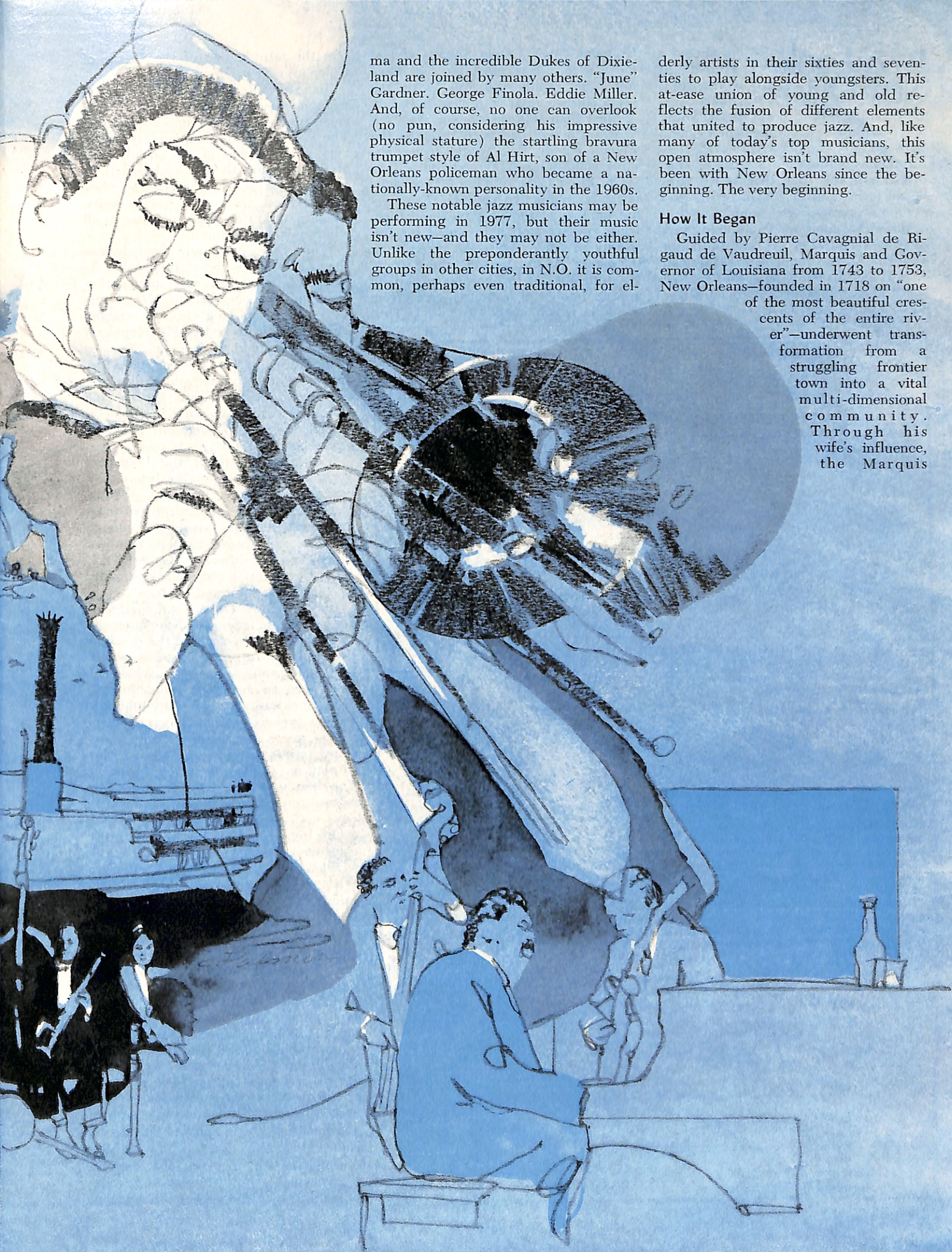
can become jazz. But a musician who lacks understanding of jazz can play a standard jazz song and it won't be jazz.

Unquestionably, the jazz musicians performing in New Orleans today have the skill to make any song jazz. The jazz fans prove it. These fans sometimes travel hundreds of miles to crowd into the Quarter to hear *their* jazz people play. People like Wallace Davenport, a warm and expressive musician who has played with Count Basie, Lloyd Price, Lionel Hampton and Ray Charles. There's Pete Fountain, whose clarinet continues to earn the respect gained by his national popularity on Lawrence Welk's TV show in the late 1950s. Louis Cottrell, "Papa" French, Sweet Em-



A JAZZY LOOK AT NEW ORLEANS

by Larry Holden



ma and the incredible Dukes of Dixieland are joined by many others. "June" Gardner. George Finola. Eddie Miller. And, of course, no one can overlook (no pun, considering his impressive physical stature) the startling bravura trumpet style of Al Hirt, son of a New Orleans policeman who became a nationally-known personality in the 1960s.

These notable jazz musicians may be performing in 1977, but their music isn't new—and they may not be either. Unlike the preponderantly youthful groups in other cities, in N.O. it is common, perhaps even traditional, for el-

derly artists in their sixties and seventies to play alongside youngsters. This at-ease union of young and old reflects the fusion of different elements that united to produce jazz. And, like many of today's top musicians, this open atmosphere isn't brand new. It's been with New Orleans since the beginning. The very beginning.

How It Began

Guided by Pierre Cavagnial de Rigaud de Vaudreuil, Marquis and Governor of Louisiana from 1743 to 1753, New Orleans—founded in 1718 on "one of the most beautiful crescents of the entire river"—underwent transformation from a struggling frontier town into a vital multi-dimensional community. Through his wife's influence, the Marquis

A JAZZY LOOK AT NEW ORLEANS

promoted a round of banquets, balls, parades and parties. With the Marquis' and Marquise's encouragement, celebrations literally exploded within the city for months before the Carnival, or Mardi Gras. It was then that Mardi Gras began to take on the flavor of the pre-Lenten celebration we know today.

With the entry of slaves into New Orleans, there seems to be little doubt as to the African roots of jazz. Jazzmen in N.O. still recount the stories they've heard since childhood of the pioneer musicians, of the slave block in the

Crescent City's Congo Square and of old rag and jazz melodies that have undergone subtle changes with the years and emerged with new titles.

More than 100 years before the Civil War, an action had been taken in the French colony that would foster another condition for the creation of jazz —The Black Code of 1724. This regulated the interaction between the growing number of female slaves and their white owners, and it provided for the freeing of slaves with the consent of the owner. As free persons, these women were able to own property and in a large number of instances were given bequests which were substantial. This

was the introduction of the Creole of Color into New Orleans life.

Some of these *gens de couleur* gained enough wealth to own cotton and sugar plantations with numerous slaves. The Creoles soon occupied a position very near the top of the social order of the city and though excluded from certain areas of white interaction, they had created their own social units, equal to and often vastly superior to all others in the community.

While the increasingly cosmopolitan New Orleans continued to indulge its fantasies, Louisiana was undergoing great political changes. In 1762 Louis XV gave Louisiana to his cousin, Charles III of Spain. By 1800 Napoleon had forced Spain to cede Louisiana to France. Finally, the United States demanded that it be allowed to buy the territory from France to ensure free access to the Mississippi. Napoleon agreed, and the transfer took place on December 20, 1803.

With the growth of the Louisiana Territory, and as generation succeeded generation, African harmony, rhythm and melody were synthesized with the folk music of the booming Southern states—a melange of French, Spanish, Italian and English songs. On April 12, 1861, the situation changed drastically. The Civil War erupted.

Events in New Orleans unfolded that culminated in the disenfranchisement of the colored Creoles and the destruction of their vast political and economic influence. In many instances, what had once been an avocation or hobby became the basis for new occupations. Money brokers became laborers, merchants were transformed into musicians. It was necessary for the Creoles to play music in order to earn money. The best way to do this was to join a band or orchestra. Because the whole city was organization-minded, social events requiring the services of musicians were frequent.

Then came the end of the Civil War. With the Emancipation Proclamation came a violently revolutionary change in the lives of everyone in the bankrupt and disconsolate South. The change effected the beginning of jazz.

Many of the newly liberated American Negroes eagerly turned to music. Unschooling, unable to read, write, or even speak "good" English, they created their own idiom of song: the blues and chants of the fields, docks, warehouses and railroad beds; the hymns and spirituals and incantations of the churches; the hollers and shouts and "singalongs" that even today are a rich and distinctive part of the American repertoire.

Both the Civil War and the Spanish American War dumped large numbers of used musical instruments into pawn

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shops when military and naval bands dissolved in New Orleans. A fascinating thing occurred. The Uptown blacks, fresh off the plantation, gradually gained possession of many of these European musical instruments. They really didn't have anyone to teach them or, especially, to tell them the official limits of these horns. So they just blew them in their own way, which led to street bands and a marvelously new way of playing and singing the old marches and ballads and waltzes and mazurkas and quadrilles.

At the turn of the century, the most popular music in America was ragtime. This was not a New Orleans movement, but it had its effect there on the new music as elements of ragtime entered into jazz. "Muskrat Ramble" and "That's a Plenty," both rags, were part of the early jazzman's material.

Suddenly, all the pieces of the puzzle were falling into place! New Orleans had always been a festive, music-loving city. Its Latin, French-Spanish Catholic atmosphere had unknowingly ministered to the Black population in a way that preserved a strong African influence in its music. Finally, the events of the Civil War and their aftereffects were fusing the Creole of Color with his mastery of European music methods with the burning soul of the black African. This interaction resulted in the creation of *jazz*. Jazz was, in a real sense, born of the street bands of New Orleans, and partially reared in the brothels of Storyville, the Crescent City's legendary red-light district.

With New Orleans' growth came the fancy sporting houses. Though the prostitutes were first concentrated on South Basin Street, they later spread throughout much of the town. The growth continued for almost 35 years before harassed and alarmed city officials had to choose either a course of abolition or containment. Containment was the method chosen, and thus Alderman Sidney Story's creation of 1897: Storyville.

Though estimates vary, at Storyville's zenith there were probably between 1500 and 2200 registered girls within its 38-block confines, which overlapped the French Quarter boundaries. While some legitimate enterprises were conducted in the area, it was primarily a collage of cabarets, cafes, cribs, honky-tonks, houses of assignation, "dance schools," gambling joints and clip joints—all devoted to fleecing the adventurous sensualist of his money. Many of these places required music, and lots of it.

Storyville kept a dozen or more bands going every night. There was Joe Oliver, Louis Armstrong's mentor. Joe was later known as King Oliver. Freddie Keppard was going strong in the Dis-

trict at Pete Lala's cafe. Somewhat later, Emanuel Perez, Pop Foster, George Baquet, and Sidney Bechet played there.

Jazz had come alive and had made the final transformation to a distinct identity. It wasn't a prerequisite that jazz receive that final catalytic boost in the surroundings of Storyville. It just happened that way.

How It Began To Spread

Right after the United States entered World War I soldiers and sailors poured into "good-time towns" across the country. New Orleans' Storyville was no exception. But when four sailors

were killed within the District's boundaries during the early part of 1917, official Washington reacted with indignation and force. Storyville was ordered closed.

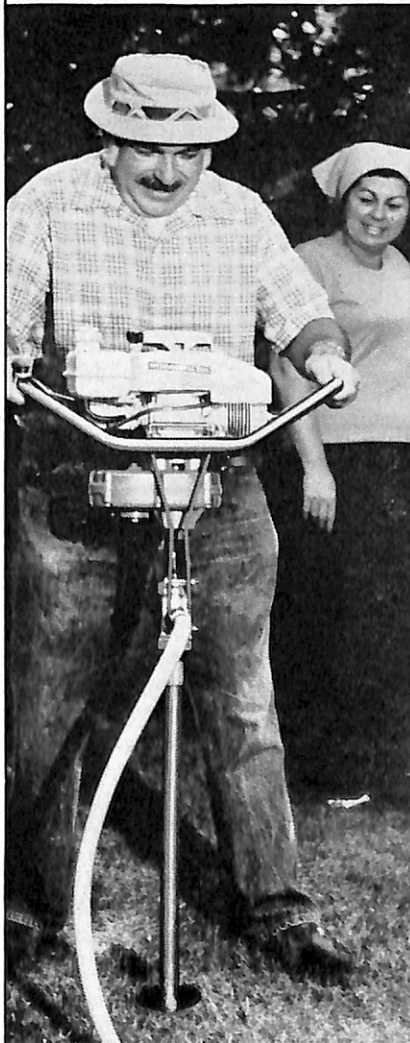
The abolition of the infamous red-light district hit most of New Orleans' jazz musicians hard. Most of them did not like to play in Storyville, but they had come to depend upon it for a living, despite the miserable working conditions and the low pay. The District had become the largest employer of musicians within the city. They had come primarily to play the music they loved.

(Continued on page 36)

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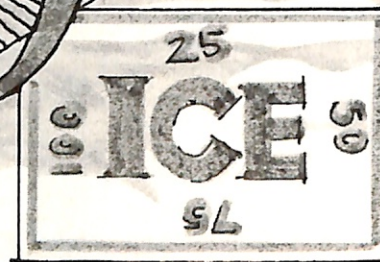
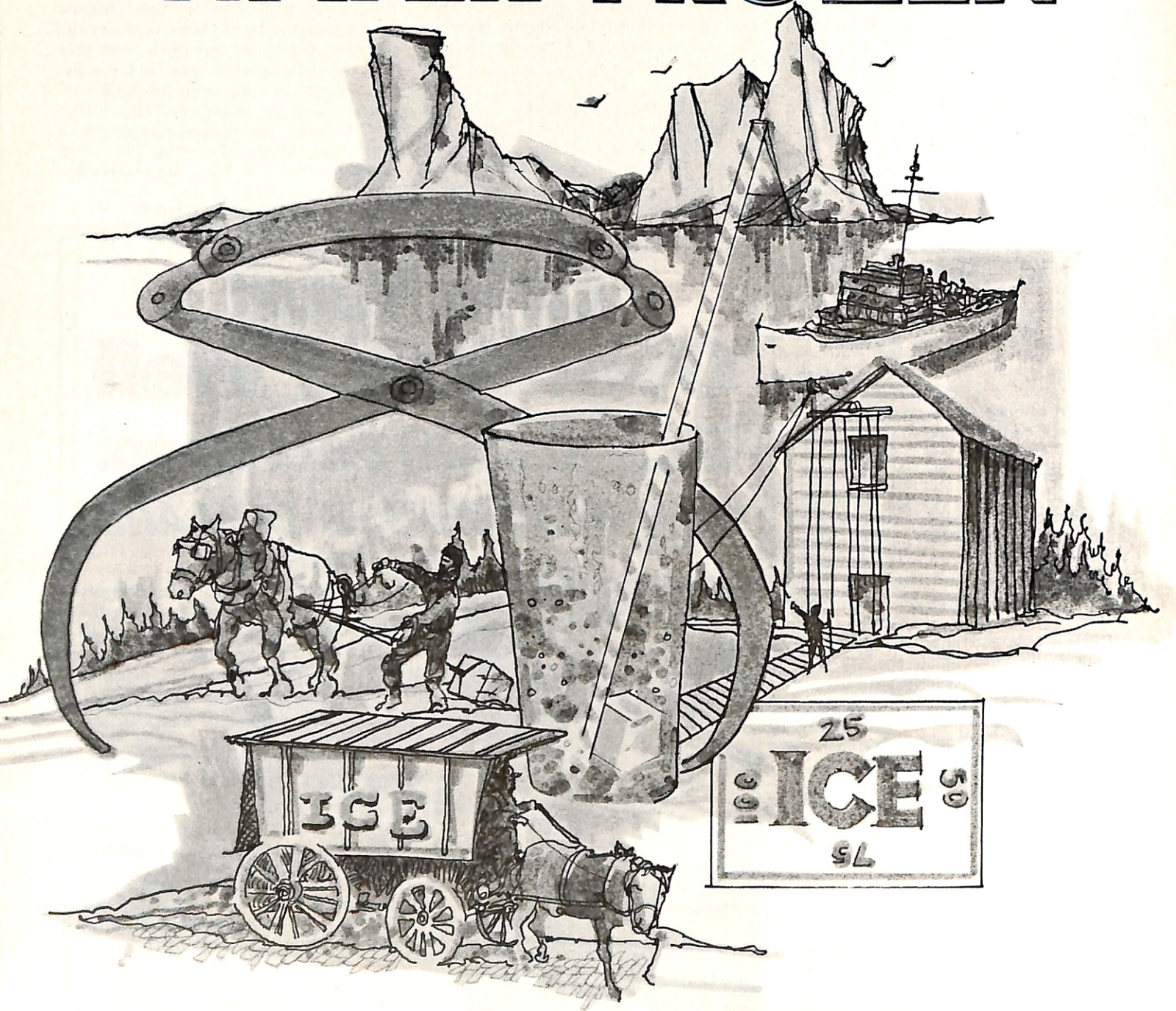
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"WATER FROZEN"



**"Glinting in the light, the diamonds
of delight tinkle into a glass...
your triumph over the hot,
muggy summer..."**

by A. F. Gonzalez, Jr.

□ The summer pleasure of opening the refrigerator is one of life's loveliest moments. The heavy, enameled door swings silently ajar as the tiny interior light pops on dutifully. High in the white chest, the icetrays nestle—frostéd vessels of cooling delight. Cold metal screeches against cold metal as you tug a frosty tray from the box. Tendrils of white, chilled moisture wisp up from the tray as you separate the sparkling cubes from the wet-streaked aluminum mould. Glinting a bit in the light, the diamonds of delight tinkle into a glass. A chilled slice of lemon follows, then a headier potion and finally, the foaming goodness of a favorite mixer. Frostéd, moist, a single bead of sweat coursing down its side, the tall glass stands magnificently—*your* triumph over the hot, muggy, summer atmosphere.

And the triumph, too, of *ice*.

Ice has no color, no smell and no taste. Webster defines it with brusque disdain as, simply, "water frozen." It covers continents, lumps into bergs menacing sea-lanes and packs the peaks of mountains. Nature tops lakes and rivers with it and tosses it at mankind as hail. Next to air, soil and liquid water, ice is the earth's most plentiful commodity.

Yet, during a July scorcher, as cubes of it nestle with a sparkle in your favorite drink . . . as gray-white mounds of its shavings frost your chilled fruitcup . . . or a huge, glistening chunk of it bathes in your party punchbowl . . . ice can suddenly become the most important, precious and delightful element in the universe.

The world chews it, sucks it, pours drinks around it, preserves food in it. A carnival man named Ellis Jones dubbed "El Freezo" was even married completely encased in ice in 1949. There's no way of telling just how much the world spends for the ice it purchases, and for the electric and gas power used to refrigerate it but undoubtedly the figure is chillingly huge.

The world's largest stretch of fresh water ice, 6 billion acre-feet of it—Antarctica—may indeed be a natural resource we shall one day be harvesting. At least the Rand Corporation, the Scripps Institution of Oceanography, the National Science Foundation as well as John Isaacs, John Hult and Neill Ostrander think so. Like modern Mohammeds going to the mountain, they propose to solve Southern California's fresh water shortage by towing huge Antarctic icebergs north and melting them down. Seventy-five percent of the earth's fresh water, they explain, is ice, and 90 percent of that ice covers

the South Pole and slabs off as Antarctic bergs. The world just can't afford to let this vast frigid resource go to waste; as much fresh frozen water breaks off into Antarctic sea each year as spills across the entire United States in rain and snow.

The concept first voiced almost two years ago is enough to make the average citizens reach for another whiskey-soda—and ice. The scientists think they could tow eight two-mile by one-mile icebergs north, and reduce them to water purer than the bottled variety now sold in the States, at a cost of \$25 per acre-foot; Californians are now paying \$65 an acre-foot for the fresh water they are bringing south from distant Colorado reservoirs. And while waiting to be broken up, the 16 square miles of bergs could act as an offshore Sun Valley! "It would be fairly simple," says Dr. Hutt, "to adapt them to skiing and skating, carving ski slopes into the sides and even equipping them with chairlifts."

In the U.S. Army's Cold Region Research and Engineering Laboratory in Hanover, New Hampshire, Antarctic ice is also being used as a fundamental history book about our world dating back 40,000 years. Stored there are four-inch wide cores of ice drilled down 7000 feet from underneath Antarctica's Byrd Station. Each foot of ice core chronicles several decades and by studying them closely scientists have discovered traces of huge volcanic eruptions between 10,000 and 14,000 years ago. More chilling is the amount of deadly lead apparent in the ice deposits which shoot dramatically upwards from the beginning years of the industrial revolution and into the auto age, irrevocable proof of how gasoline wastes are clearly poisoning even the air over distant Antarctica.

Ice has long been put to uses far afield from the normal chilling of a tall cooler or the freezing of the family TV dinners. In Detroit, for instance, engineers once lowered a huge, unmanageable factory press to the floor simply by leaning it against several tons of ice and melting it slowly to earth.

Sir Winston Churchill proudly related in his history of the Second World War that he planned to make ice the Allies' secret weapon. As Britain's Prime Minister, he wanted Royal engineers to cut a gigantic cake of ice from the Arctic polar cap, tow it down the English Channel and fly ski-equipped planes from atop it as from an aircraft carrier. He reasoned that such an icy flat top was cheap to acquire and virtually unsinkable. Cooler heads warned him what summer might do

to his frigid fleet, however, and Operation Habakkuk was ruefully abandoned.

Another indication of the world's high regard for the cooling pleasures of ice can be found in America's Capital. There stand the statues of the country's most illustrious heroes: Washington, Webster, Lee, Jackson. And beside them, Dr. John Corrie, whose claim to American immortality rests solely on the fact that this Floridian was the first U.S. maker of artificial ice.

A later American hero admitted to the National Association of Ice Industries a few years ago that "water frozen" had played an important part in his youth. "I was second engineer in the Belle Springs Creamery at Abilene, Kansas," he related. "My work was from 6 pm at night to six in the morning turning out 300-pound cakes of ice for seven days a week." The ice-man's name was Eisenhower.

Years ago, of course, there was no such thing as refrigeration. Ice was not made—but "harvested" each winter in northern climes, stored for unbelievably long periods and then shipped southward by boat, train and wagon to perspiring consumers. Elderly ice industry veterans muse fondly of these winter harvests. They tell of men and horses clustered at the edge of icebound lakes in mid-February, their breath steaming in the frigid air. Out toward the lake centers men with crosscut saws buzzed away at the gray-surfaced ice, digging out 400-pound chunks. Horses dragged the pieces to shore where the frigid cakes were packed into snow-covered icehouses, wrapped in insulating hay and kept in chilled perfection for six or seven months. Finally, when the hot summer sun had long since turned the lakes back into fishing and boating paradises the ice was shipped from storehouse to local icehouse and finally delivered to the homes of perspiring customers.

And who can forget those daily deliveries?

Every kid on the block perked up at the appearance of the high-sided, horse-drawn ice cart at the corner. Often they staged a bit of a free-for-all at its tailgate to grab just one shimmering sliver of spare ice from the damp, smooth, dark-brown floor of the wagon. The chunks could be chewed on, sucked and licked for what seemed like a delightful eternity. True, one could chip off a piece much more easily from the cake in the family icebox, but no ice compared in flavor or pleasure to that swiped from the back of the cart.

From each home window, the ice company's card stared out at the ice delivery wagon. If the card rested on

its side, a 25-pound piece was to be delivered; upside down, a 50-pound cake. With a few deft jabs of his pick, the grizzled and dungareed iceman could split the cake with magical symmetry into the desired weights. Then, with a grunt, he'd slam his metal tongs into the frosty cake, hoist the huge, cold diamond up onto the black rubber sheeting covering his shoulder and set off to stuff the cake into the icebox's corrugated metal maw.

An antique today, the old-fashioned icebox only gets noticed now when an abandoned one serves as a deathtrap for an unwary youngster. Usually stained a dark brown, these oaken monsters squatted over huge dishpans which needed eternal emptying. The ice chest, always situated at the top of the box, was guarded by a thick door and floored with a bit of rippling metal which invariably mated itself, contour-to-contour, against the bottom of the melting ice cake.

The big icemen today?

People like Bim's. This firm specializes in ice sculpture, has a staff of artists turning out swans, hearts and other masterworks for banquets at city hotels, on board transatlantic steamers and the like. Their art keeps for ten hours at a stretch and can be frozen for re-use with little trouble.

Tons of crushed ice and cubes are

being sold on city street corners today by automatic vendors, the hottest (no pun intended) merchandising item of the current ice industry.

The Barsnak Supply Co. plays a variation on this theme with their "survival kit." This is an inexpensive bag of ice cubes, three bottles of mixer, six cups and an opener, which they hawk to bottle-toting spectators going to American football games.

Kand Ice, another innovation, has actually been sold to Eskimos! Kand Ice is a refrigerant enclosed in a non-breakable container. Chilled first, it can be inserted into coolers, lunch boxes, cases of beer, where it will impart its cold without melting or disappearing. Then back into the refrigerator for another chilling and eventual re-use.

One interesting aspect about the ubiquitous ice cube is that fewer and fewer of them are coming out of the refrigerator as ordinary 6-sided cubes these days. Hotels and restaurants are serving round, hollowed-out, doughnut type cubes because cooling research has shown that these cubes freeze fastest and impart the highest amount of cooling surface to the beverage. Some barber shops are employing perfectly round cubes for facials, eliminating any sharp corners which might dig into the customer's skin. And for "the man who has everything," manufac-

turers have come up with monogram icetrays which permit the host to serve drinks with his icy initials floating about in them.

The world's most sacred ice today? Probably the ice found in the upper slopes of Mount Etna in Sicily. By medieval grant, all the snow on high belongs to the Roman Catholic Archbishop of Catania. As the snow gathers in ravines, it is covered over with fir boughs and, during the next few months, hardens into clear ice. This is sold to Mediterranean resorts, and the revenue reverts to the support of the historic churches around this Sicilian volcano.

Ice is such a pleasant warm weather topic that even Russia's dour *Pravda* can't resist having a little fun with it. In a recent tirade against lack of Soviet progress on construction of experimental houses made of ice in Siberia, *Pravda* punned, "A cool attitude freezes the construction of these icehouses."

Like many Americans living abroad, I've often noticed that the rest of the world looks a little aghast at the typical Yank's insistence on ice, lots of it, in anything cold that he downs. My own most "Ugly American" moment came in London's Westbury Hotel a few years ago when, on a warmish summer day, I asked for some iced tea after lunch. Little did I know what I was getting into.

The proper British waiter eventually returned with a nice English bone china pot of hot tea, a glass and one forlorn ice cube. Although I seldom challenge waiters, I did send him back, explaining that ice tea ought to come in a pitcher and that one cube just would not do.

When the waiter returned, Joseph the *maitre 'd* accompanied him. The tea had gone into a pitcher, all right, with two tiny ice cubes which were rapidly melting. They had doubled the ice in the glass as well; it now held two cubes. Again, I refused service, explaining, "You don't understand. Ice, to an American, is not to make things cold. If the tea were icy cold and the glass frosted, I would still want ice in it. Lots of ice. To hit my teeth when I drink; to chew on afterwards. Ice, for us, is a psychological necessity, a symbol of plenty, a triumph over the elements, not just a cooling element." The staff retreated and finally a proper ice tea was served.

The next day, another business lunch took me back to the Westbury Grille. As I entered, Joseph came over to me. "Are you going to have ice tea again today, Mr. Gonzalez?" he asked anxiously. I told him, "I'm not sure yet. Why?"

"I've had the staff practicing it all morning," Joseph replied. ■



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NEWS OF THE LODGES



"Pacesetters" George and Ruth Klein

During a visit to Daytona International Speedway in Daytona, FL, GER George and Ruth Klein took a turn around the track in the pace car. Brother Klein was then installed into the Speedway's 100 Mile Per Hour Club.

The grand opening and dedication of a new building for Niagara Falls, NY, Elks was highlighted by an initiation of the lodge's largest class. PSP Lucian Masur was on hand to congratulate the 53 new Brothers. On the West Coast, PGERs Robert Boney, Frank Hise, E. Gene Fournace, and Francis Smith joined state sponsors and PGERs Horace Wisely, R. Leonard Bush, and Gerald Strohm at the dedication of a one million dollar building erected for Santa Barbara, CA, Lodge. Renovation of the Arcadia, CA, Lodge building earned local Elks a citation in recognition of their contribution to the beautification of the city.

Transportation for the elderly and assistance at the Council on Aging's drop-in center noon meal are some of the services provided by the more than 80 volunteers who were honored by Attleboro, MA, Lodge. Rev. Gordon Larson, executive director of the Council, thanked the volunteers, whose work was estimated as the equivalent of at least \$27,000 in donations to the city.

Sixty-four Scouts were honored by East Hartford, CT, Lodge at a "Gathering of the Eagles" dinner. Youths from seven towns which are part of the Algonquin Council, Boy Scouts of America, received awards.

Beardstown, IL, Lodge increased its membership by 16.6 percent this year to a total of 525 members. The Brothers are especially proud that there was no lapsation for that entire period.

A donation of \$100 from Mrs. Genevieve Elleu, whose husband is SP John Elleu, was presented to the National

Foundation during a dinner at Racine, WI, Lodge. A class was initiated in honor of SP Elleu recently at Fond du Lac, WI, Lodge. Brother Elleu was on an official visit to the lodge at the time.

Thunderstorms and a power blackout did not stop members of San Antonio, TX, Lodge from continuing their meeting. After locating candles to place at each station, the Brothers proceeded with the opening ceremonies.

An organ recital given by Brother Al Konop raised \$1,307 for the Rosary Hill Home for terminally ill cancer patients in Hawthorne, NY. The generosity of the New Rochelle, NY, Elk, who was assisted by Brother Val Idoni, will enable the Home to purchase an electric bed with side rails and an air pressure mattress.

The completion of the new Harry-Anna Crippled Children's Hospital in Umatilla, FL, represented the culmination of years of effort by the Florida Elks. The \$2,150,000 structure was financed by the contributions of lodges throughout the state, with Stuart-Jensen Lodge leading in donations. Dedicated in early spring by GER George Klein (inset photo, left) and PGER William Wall (right), the state sponsor, the 100-bed hospital will continue the tradition of the original Harry-Anna Hospital founded by the Florida Elks in 1933—to serve as a charitable, non-profit institution caring for the physical and emotional well-being of crippled youngsters.



Harry-Anna dedication



The annual piggy bank dinner held at Los Gatos, CA, Lodge raised funds for cerebral palsy victims. Among the 110 guests was Tony Lopez, CP theme child. "The Singing Angels" were featured at a cerebral palsy benefit show sponsored by Wooster, OH, Lodge. Proceeds of \$2,877 were given to the North Central District CP fund-raising program.

Seventy-five South Rockland youngsters between the ages of 8 and 18 attended a dinner held in their honor at Pearl River, NY, Lodge. Awards were given for scholastic and athletic excellence and especially for voluntary work with handicapped youngsters. State Youth Chm. Dominick Napolitano Jr., DDGER Richard Brisky, and VP Edward Coyle were the guest speakers. A sports banquet was co-sponsored by the Carteret Sportsman's Association and Carteret, NJ, Lodge for the high school's Central New Jersey Group Three football team. Trophies and plaques were presented to team members, cheerleaders, and coaches. The Central Florida Boys Clubs of America presented a trophy to Orlando Lodge in recognition of the many youth activities sponsored by the Brothers.

Presiding at the officer installation ceremonies at Galesburg, IL, Lodge, PER Edward Welch had the honor of passing the gavel to his son ER John Welch. As William B. Stone retired from his post of Exalted Ruler of Naples, FL, Lodge, the chair of fidelity was taken by his son, new ER William L. Stone.



A SILVER GOBLET presented to PGER William Jernick (right) by ER Richard Samuels commemorated Flemington, NJ, Lodge's initiation of 15 candidates in Brother Jernick's name. Following the ritual, Brother Samuels, too, was honored when he received a National Foundation benefactor's certificate from the Past Grand Exalted Ruler.



INSPECTING FISHING GEAR purchased by San Mateo, CA, Lodge were (from left) immediate PER James Miller, Brother John Norton, chief of police of Foster City, Brother Tom Constantino, and two young fishermen. Under Brother Norton's supervision, the equipment will be made available for use by interested youngsters.



A CLASS of 11 initiated at Jamestown, ND, Lodge included three father-son combinations. (Back row, from left) ER Ross Milne, Emil Weiland, and PER Jack Brown congratulated their sons (front row, from left) Brian, Paul, and Dick following the ceremony.

AT 87 YEARS of age, recently initiated Joe DeCastro (center) is one of the oldest new members of Marshfield, MA, Lodge. An official welcome was extended by ER Jan Sikora (left) and DDGER Gaetano Abruzzese, who presented Brother DeCastro with an Elks jacket.



THE ERECTION of Grandview-Hickman Mills, MO, Lodge's new building was initiated by a recent groundbreaking. Participating in the ceremony were VP Don Reinhart, DDGER J. Carl Inman, PDD G. K. McClintick, ER Elton Overby, PERs John Cary III, Robert Payne, Charles Redman, Leonard Come, and Dale Anderson, Treasurer Jim Campbell, Est. Lead. Kt. Richard Larkin, and Trustee Richard Williams.



AN OIL PORTRAIT of Past Grand Trustee Melville Junion (right) is on permanent display in the foyer of Green Bay, WI, Lodge as the lodge trustees' tribute to PER Junion. Trustees Chm. Donald Doherty (center) presented the gift to Brother Junion during a recent lodge meeting, at which ER Ronald Daanen offered his congratulations.



TWENTY-TWO members of the Future Nurses Club of Hillside High School in New Jersey received rings from the local lodge. Observing as Marie Lodomirak, club president, accepted her ring from ER George Millward (right) were Kathryn Redling, R.N., the club advisor, and Youth Chm. George McDonald.



PENNSYLVANIA SP Earl Case (seated, third from left) was Middletown, PA, Lodge's guest for the recent celebration honoring State Tiler and PER Jacob Yaros (seated, right). Also in attendance for the occasion were (seated, from left) Grand Trustee A. Lewis Heisey, Carrol Stotz, and (standing) Ross Seltzer Sr., Kenneth Nye, Clyde Coble, and James Harold, all Past Exalted Rulers of the lodge.



PROUD FATHERS abounded at Chicago (North), IL, Lodge's installation ceremonies. Brother Arthur LeFebvre (fourth from left) was the first PER in the lodge's history to install his son, Paul LeFebvre, as Exalted Ruler, and PER Alex Birren (right) and Brother Joe Fraser (left), chairman of the board of directors, saw their sons Jack and Scott become lodge officers.



FUNDS from Cobleskill, NY, Lodge's first annual dinner-dance were used to purchase three television sets, gifts, and canteen books for the VA Hospital in Albany. A delegation of Elks and ladies delivered the lodge's offerings to James Crugnale, administrative assistant to the hospital's chief of staff.



A COURT OF HONOR with Vincent Collura, secretary to the GER, as featured speaker was held at Kearney, NE, Lodge for six young members of lodge-sponsored Troop No. 139. Milton Klein (back row, left), advancement chairman of the troop, and Scoutmaster Dr. F. H. Prellwitz (right) congratulated (front row, from left) Michael Stevenson, James Sanks, Daniel Sanks, Dick Edwards, and (back row) Mike Tye and Randall Murrish for their Scouting achievements.



PROCEEDS of \$1,000 from Arlington, MA, Lodge's annual charity dance were turned over to the Arlington Retarded Children's Association, bringing the total of lodge donations to the organization to over \$10,000. ER William Sullivan (third from left) presented the check to William Miller as Brother Franklin Hurd Jr. (left), chairman of the lodge's Retarded Children's Committee, Committeeman Steve Rauseo (right), and Representative Eleanor Campobasso (second from left) and Mrs. Helen Hughes of the Association looked on.



HEAD CHEF and PDD Patrick Melillo (left) was one of the members of Lyndhurst, NJ, Lodge who prepared and served a dinner which raised \$1,000 for the Lyndhurst Youth Center expansion fund. Enjoying the meal with two of the youngsters present were Mrs. Evelyn Pezzolla, fund-raising chairlady for the Center, and R. Repole, Center director.

THE RITUALISTIC TEAM of Wallace, ID, Lodge has a dedicated supporter in Brother Edwin Hall (left), who donated \$1,000 to help defray the costs of the team's trip to New Orleans for the national ritualistic competition. Expressing the lodge's gratitude, ER Robert St. Peter accepted the check from Brother Hall.



BRUNSWICK, New York, Lodge was instituted recently, with 600 people in attendance at the ceremonies hosted by Colonie Lodge. Leading the 218 charter members are the lodge's charter officers (seated, from left) Treas. B. Coleman, Secy. F. DeViddio Jr., Est. Loyal Kt. C. Wilcox, ER J. Elgeiser, Est. Lead. Kt. P.

Maier, Est. Lect. Kt. F. DeWolf, and (standing) In. Gd. R. Lynch, Trustees T. McGrath, J. Ziemke, A. Maier, and J. Doyle, Tiler B. Carroll Jr., Chap. D. Horton, Organist V. DeBonis, Trustee C. Murray, and Esq. J. Bulmer.

(Continued on page 37)

New Orleans

New Orleans: Now there's a town. No, not just a town—an experience. I get homesick just thinking about all the good things. It's the same way I feel about Paris or San Francisco. Only with New Orleans, well, it's a combination of both. Take the *Vieux Carré*, the French Quarter. It's every bit as French as Montmartre, as breezy as North Beach, as southern as red beans and black-eyed peas. Set me down in New Orleans and every atom of me comes alive. In New Orleans (the locals call it "Nu awlins") visitors get caught up with all the soul stuff. The food. Carriage rides. The French Quarter. Walks down along the Mississippi. Jazz and, well—see what I mean?

I fell in love with Nu awlins the first time I laid eyes on the place. This was nearly 20 years ago. Nothing's changed. The love affair goes on. Morning, noon, nighttime. It makes no difference. It tugs at the heart. I can still hear Al Hirt blowing his horn, those sweet hot notes that make the crowds laugh and cry and applaud, all at once. That's soul music, brother. The stuff I said gets inside you, stays with you.

New Orleans is like an old flame whose memory burns deep

the
Elks
magazine

Travel guide

by Jerry Hulse

down inside, never to be forgotten. You become a part of it. Now ordinarily I'm a late riser. But in New Orleans it's different. I get up while the town's coming full awake again. Usually along about 7 o'clock I run off to Cafe du Mond, down on Decatur Street. I order coffee. The chicory-laden stuff. And a bag of *beignets*—the square-cut doughnuts which are buried in powdered sugar. Couldn't forget

them. After this I stroll down to the levee and sit there all alone, watching the barges and the tugs and the ferries moving up and down the muddy ol' Miss.

Right now whenever I close my eyes I can hear the riverboats whistling, that sweet, lonesome sound. Yes, it's good, awfully good, just to be alive in New Orleans. You'll know what I mean when you visit the old town during the convention. The Fairmont has been chosen as convention headquarters—a hotel with character as well as comfort. During the last several years it has undergone a \$25 million face lift. Now guests sunbathe and play tennis on the roof. And they dine, just like always, in the Blue Room, the city's most prestigious supper club.

Speaking of dining, I couldn't go to New Orleans without paying a visit to Corinne Dunbar's. Situated in an old antebellum home, it's as much of this Louisiana city as

Bourbon Street is. Or the Garden District. Although Miss Dunbar died several years ago, her fine old restaurant still turns out memorable meals under the supervision of a distant cousin, James Plache.

Dunbar's is no ordinary restaurant. No, not in the least. Rather, it's like going to someone's private home. You don't



New Orleans



In the French Quarter everything is an adventure, from a short walk, or a buggy ride, to the St. Charles streetcar



just walk up and go inside; instead, you wait for someone to answer the doorbell. And after this you are led into a parlor where cocktails are served. Later, guests are shown to the dining room where, once more, there's the warm feeling of being a guest in someone's private home. Because of its popularity, reservations are absolutely necessary—both for luncheon, which is served between noon and 2:30 o'clock, and dinner, 6 to 9 p.m. At Dunbar's a different menu is planned each day. And so the guest has only the one choice. These are old family recipes, jealously guarded and guaranteed to satisfy the taste of the fussiest gourmet. (I still have visions of Oysters and Artichokes Dunbar.)

In New Orleans, dining is one of the real pleasures. I know friends who go there for nothing else. Just to eat and drink. They move from one restaurant to another: Antoine's, Arnaud's, Brennan's, the Commander's Palace, Galatoire's, the Caribbean Room at the Pontchartrain Hotel. I've had similar memorable experiences at the Royal Orleans Hotel. And I've even enjoyed Houlihan's Old Place, which is neither Irish nor French—just inexpensive and satisfying. Besides, it's in the French Quarter and that, for my money, is what New Orleans is all about.

Unless I go down to Cafe du Mond, my day begins with breakfast at Brennan's. It's a tradition with nearly everyone who goes to New Orleans. Heavenly aromas drift out the carriageway and onto Royal Street, attracting the strollers who come inside, staying on the entire morning, sipping Absinthe Suisse and spooning Eggs Sardo and Eggs Hussarde. Depending upon the choice, the eggs come with creamed spinach and hearts of artichoke and Hollandaise sauce, or else with grilled ham and tomatoes, Marchand de Vin sauce and Hollandaise.

Just as it satisfies the appetite, New Orleans satisfies the soul. Everyone knows how jazz was born there. Off in that sinful section called Storyville. To this day jazz musicians still march to the cemetery whenever another musician dies, playing their happy, going-home music after the funeral's over. Just recently when jazz musician Armand Hug died, his friends marched alongside the hearse all the way to the grave, blowing trumpets, trombones and saxophones. Hug, a legend in New Orleans, finally got to sit out a set (probably watching from the sidelines with St. Peter, stompin' his foot while the sweet music poured over the tombs and the cemetery walls).

New Orleans is a mixture of sights and sounds: paddle wheelers down along the Mississippi, magnolias blossoming, banana boats being unloaded, chicory roasting in cafes all over town. Some cities barely exist while others are alive with a pulse that warms the blood. This is New Orleans. You get caught up by the heartbeat of the life and you don't want to leave. You never want to go away. No, you want to stay and breathe it all in.

Day or night, weekdays or Sundays, the town never misses a beat. Imagine Las Vegas, only a little noisier and with fewer losers. Come morning, the night people are replaced by the day people in the Quarter. They roam through St. Louis Cathedral and the Cabildo, a Spanish jail which is a museum that's filled with Mardi Gras exhibits, French opera playbills and a death mask of Napoleon. Outside the door, artists display oils and watercolors in Pirate's Alley while tourists pose for portraits. Old buildings are laced with wrought-iron balconies that look down on carriageway gates, patio gardens and courtyards with musical fountains.

Even a streetcar ride is an adventure in New Orleans. I'm thinking now of the St. Charles streetcar which takes off from Bourbon and Iberville Sts. and rambles out past

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NORTH RAMPART ST.

BURGUNDY ST.

Vieux Carré

(OLD FRENCH QUARTER)

DAUPHINE ST.

BOURBON ST.

ROYAL ST.

2

15

DECATUR ST.

4

BARONNE ST.



TROLLEY CAR

8

10

14

7

9

11

16

6

5

1

12

13

CANAL ST.

IBERVILLE ST.

BIENVILLE ST.

CONTI ST.

ST. LOUIS ST.

TOULOUSE ST.

ST. PETER ST.

ST. ANN ST.

DUMAINE ST.

CHARTRES ST.

RIVERGATE
EXHIBITION
CENTER

WORLD TRADE CENTER



Mississippi River

1. PRESERVATION HALL
2. ST. LOUIS CATHEDRAL
3. JACKSON SQUARE
4. FRENCH MARKET
5. COURT OF TWO SISTERS
6. ANTOINES
7. OLD ABSINTHE HOUSE
8. GALATOIRES
9. AL HIRT'S
10. THE FAMOUS DOOR
11. BRENNAN'S
12. DUKE'S OF DIXIELAND
13. ESPLANADE LOUNGE
14. JAZZ MUSEUM
15. TRADITION HALL (JAZZ)
16. HERMANN-GRIMA



some awfully good restaurants (including Corinne Dunbar's) and into the Garden District. It's all in contrast to the upbeat, around-the-clock rhythm of the Vieux Carré. It's also a cheap ride. Just pennies. What's more, the St. Charles streetcar is to New Orleans what cable cars are to San Francisco. It's a symbol, a fixture. And once you reach the end of the line you merely reverse your seatback and face the opposite direction. The St. Charles doesn't turn around; it simply rattles off again, using its aft end for its front.

The Garden District is where it goes upriver; you'll see huge homes that were built with fortunes from cottonbroking and banking during the 1800s. The cotton rich built magnificent mansions and planted lovely gardens and furnished the homes with antiques delivered from Europe. Each year during the New Orleans Spring Fiesta these homes, as well as others in the French Quarter, are opened to visitors. Other tours journey beyond the city into the plantation countryside with its lonely bayous.

Meanwhile, back in the French Quarter during Fiesta young girls in hooped skirts compete for the queen title and, after this, the entire Quarter comes alive with floats, horse-drawn carriages and marching bands, making it the biggest, noisiest celebration next to Mardi Gras itself.

New Orleans was colonized by the French and later turned over to the Spanish who gave it back to France. Then along came Napoleon who sold it to the U.S. for \$15 million, along with the rest

of the Louisiana Territory—one of the best real estate deals Uncle Sam ever made.

Slowly the town took shape until today New Orleans is rated as one of America's most exciting cities. The big attention getter always has been the French Quarter, 90 square blocks bounded by Canal, Rampart, Decatur and Esplanade. Crowds pack Al Hirt's, Pete Fountain's, Pat O'Brien's and other jazz joints and watering holes throughout the Quarter. Only a few steps off Bourbon Street other

sounds rise up from Preservation Hall which occupies an old art gallery; it's dedicated to the preservation of pure, old-time jazz, the sort of soul-tuggin' stuff that immortalized Louis Armstrong and Bix Biederbeck, among others. Black musicians, hair streaked with gray, sit in straight-back chairs, bringing joy to the hearts of jazz buffs and an occasional tear to their very own eyes. It's a scene. Yessir, it's a scene. What's that, a request? How about it, fellas—mind playing *The Saints* . . . one more time? ■

—A Personal Guide to New Orleans—

- ✓ For **Detailed information**, contact the Greater New Orleans Tourist & Convention Commission, 334 Royal Street. (Telephone 522-8722.) Ask for shopping guides, walking guides, etc.
- ✓ See the **Superdome**. Looks like a flying saucer. Inside it's used for everything from sports events to musical productions.
- ✓ Visit **Lamouthe House**, an 18th century mansion crowded with antiques. The proprietress, Miss Gertrude Munson, performs a nightly ritual—preparing cafe brulot (coffee, brandy, curacao and spices) from a 200-year-old Sheffield urn.
- ✓ Take a **Steamboat cruise** up the Mississippi. Departures from docks at the foot of Canal Street. Paddle wheelers sail in the morning, return in the afternoon. Others cruise all the way to Natchez and back (seven days).
- ✓ **Public transportation**: Bus fares are 30 and 35 cents. (You can pick up a free transit map at 317 Baronne Street.) The tariff for taxis runs 50 cents for the first fifth of a mile, ten cents for every fifth of a mile thereafter. Contact Checker (943-2411), United (522-9771) and Yellow (515-3311).
- ✓ **Airport Transit**: Costs 45 cents by bus to the Central business district. Limousines charge \$3.50 per person to downtown hotels. Cabs are more expensive. For transit information telephone 529-4545.
- ✓ **Weather**: Phone 525-8831 for the latest weather information.

- ✓ Call 288-9788 for **Dixieland tours** (pickup at your hotel).
 - ✓ **Gray Line tours**. Complete city tours (3½ hours). Company also operates dinner-nightclub tours. Phone 525-0138.
 - ✓ **Plantation tours**: Cadillac limousine service to view plantations up the Great River Road. Call 834-2133 or 834-8543. Other tours by bus (837-8784 or 895-4962) or contact Gray Line (525-0138).
 - ✓ **Horse & Carriage Tours**: Leisurely rides through the French Quarter are provided by Gay 90s Carriage Tours (phone 482-7013).
 - ✓ Take a **free ferry ride**, round trip, across the Mississippi.
 - ✓ Visit **City Park**: Picnic facilities, tennis, golf, bicycling, etc.
 - ✓ Tour the **St. Louis Cemeteries** (hundreds of original settlers buried here).
 - ✓ Ask the Tourist & Convention Commission for information concerning **Longue Gardens**, one of New Orleans' major attractions.
 - ✓ **Cajun Country**: If you have the time, take a tour (or drive) to Cajun country (Lafayette and St. Martinville). Noted for crawfish stew, jambalaya and other Cajun cooking. St. Martinville is also famous as the final meeting place of Evangeline and Gabriel.
- Note: For information describing other tour companies contact the Tourist & Convention Commission.*

Jazzy Places & Faces

The Famous Door, corner Bourbon and Conti. Often called the "Jazz Corner of the World," this spot has housed every major New Orleans jazz band. Music begins at noon and continues until 2:30 a.m. Bands include Rick Haldeman and Connie Jones plus the Bourbon Street Five, June Gardner and the Hot Foot Five, and The Famous Door Five. Two drink minimum. 523-9973. Accepts all major credit cards.

Al Hirt's, corner Bourbon and St. Louis. Doors open at 9:00 p.m.; show starts at 10:30. Al performs on Monday, Thursday, Friday and Saturday. Admission is \$12.50 per person (includes two drinks). 525-6167. No credit cards accepted.

Preservation Hall, 726 St. Peter. Music by the Preservation Hall Jazz Band and stars Sweet Emma on weekends. Performances from 8:30 p.m.-12:30 a.m.—but arrive early (7:45) because this place is always crowded. No alcohol served; drinks can be brought in. 523-8939. No credit cards accepted.

Duke of Dixieland's Dukes' Place, 214 Royal Street. Nightclub located in rooftop penthouse of Monteleone Hotel. Features world famous Dukes of Dixieland and five screen multi-media presentation of jazz and New Orleans scenes. 5 p.m.-2 a.m. Monday-Saturday. Four shows nightly: 9:30, 10:30, 11:30, 12:30. 523-3341. Major credit cards accepted.

Pete Fountain's, 231 Bourbon. One of the plushest clubs in the Quarter. Pete's band, featuring Eddie Miller on tenor sax, performs one show nightly on weekdays and two shows nightly on weekends (9:30 and 11:30). Open every night except Sunday and Monday. Admission is \$11.00 per person, which includes show and two drinks. 523-4374. Accepts major credit cards.

Tradition Hall (formerly **Heritage Hall**), 605 St. Ann. Some of the best jazz around can be heard by Albert "Papa" French, Louie Cottrell and others. Music from 8:30 p.m. until . . . Donation \$1.50; \$1.00 for kids. No alcohol served, but drinks may be brought in. 523-4550. No credit cards accepted.

Maison Bourbon, 641 Bourbon. Music all day and night from 9:45 a.m. until 3:15 a.m. by Wallace Davenport, Johnny Horn and Roy Liberto. One drink minimum. 522-8818. No credit cards accepted.

The Blue Angel, 225 Bourbon. Alternating bands of Jimmy Allen and George Finola. Music begins at 8:00 p.m. One drink minimum. 523-1011. Accepts all major credit cards.

Crazy Shirley's, 640 Bourbon. Murphy Campo and his Jazz Saints play Dixieland jazz nightly from 8 p.m. 'til 1:45 a.m. One drink minimum per person. 581-5613. No credit cards accepted.

—Larry Holden for "A Jazzy Look at New Orleans," turn to page 12 in the July, 1977, issue of The Elks Magazine.



Relaxation is great, but on the other hand, too much sleep may also be harmful. According to a 6-year study by Dr. E. Cuyor Hammond, of the American Cancer Society, men over 50 who sleep 9 or 10

(Continued from page 9) hours a night have a higher death rate than those who sleep seven hours. A healthy person, Doctor Hammond explains, has more energy, tends to get up earlier, and doesn't rely on sleeping pills for a restful night.

Keep mentally alert and increase your LQ. The experts tell us, our abilities to think and reason continue increasing with age—*provided these faculties are given sufficient exercise*. Recently, a study was made at the University of Minnesota of 5000 extension students whose ages ranged from 20 to 70, and who were engaged in occupations which made continuous demands on their intelligence. In the vast majority of cases, mental ability definitely increased with age! The average man of 50 years scored higher than the average man of 40; and sixty higher still. This does not mean that the older we get—the smarter we get,

but that our accumulation of knowledge and experience is retained and brought to better use through the years. It also shows that increasing age does *not* erode one's reasoning and thinking abilities.

Dr. William Kountz, Director of Scientific Research of Gerontological Research Foundation, St. Louis, Missouri, adds: "Allowing oneself to slip mentally as well as physically is the primary cause of deterioration. Memory loss is not a sign of age but a sign of increasing carelessness." Memory loss is mostly due to slipping into bad habits rather than aging. And, there is nothing like constant activity to keep the mind actively alert.

Being happy and optimistic also does much to increase a person's LQ. Certainly we now have enough medical evidence to substantiate the relation between mental attitude and health. Psychiatrists have stated that 70 percent of all illnesses are due to a combination of mind and body. Dr. Karl Menninger, the noted psychiatrist, has said that how long you live can very well depend upon your mental attitude. But, more important, how *much* you live depends almost wholly upon your mental attitude.

A special Gallup Poll report cover-

ing 402 persons across the United States turned up some interesting facts about LQ. This poll included 152 men and 250 women over 95 years of age, in the correct male-female ratio for this age group in the nation.

An interesting pattern emerged: Of moderation in everything, of zest for life, of serenity—but with many exceptions. Heredity appeared to be a factor, since most studied came from long-lived families—but not all of them.

The "rules" that came out of the Gallup study were very simple. "Don't be fussy about your food, and never, never, overeat. Don't worry. Work at a job you love, and if it gives you physical exercise, so much the better; if not, be sure to get your exercise—and lots of it—some other way." And sleep—less important for the number of hours than for the quality of it. While 85 percent of the people in the study had at least eight hours of sleep each night, their secret was probably "that they never took their troubles to bed."

Above all, we must enjoy ourselves if we are going to make our longer years worthwhile. At a point of balance between caution and indulgence, there is a sensible way that cannot only add years to our lives, but also life to our years! ■

An Appeal From The

ELKS NATIONAL SERVICE COMMISSION

"So long as there is a disabled veteran in our hospitals, the Benevolent and Protective Order of Elks will never forget him."



The above pledge to hospitalized veterans was made long ago on behalf of *all* Elks. Heretofore, the burden of its fulfillment has been borne mostly by the faithful and dedicated committees serving the hospitals. This was due primarily to the fact that a lodge located at a distance from a veterans hospital felt no obligation to participate in this noble benevolence.

To correct this assumption and to involve all Elks in keeping the pledge, Section 134i was added to the Grand Lodge statutes. It mandates that every lodge appoint a standing National Service Committee. Since its adoption, many lodges have become very active in the program. Funds are raised to expand the scope of Elks remembrance at the hospitals. These lodges, regardless of their distance from a veterans hospital, have established a pleasant and easy way to match the basic grants for essentials the hospital committees receive from the Elks National Service Commission.

Drawing from their experience with the usual regularly scheduled annual affairs, a Veterans Remembrance Night is added to be held each November to raise funds. The proceeds are sent either to the nearest Elks veterans hospital committee or to the State Association for distribution through the State National Service Committee. This event is also held to comply with the annual Grand Exalted Ruler's Proclamation naming November as Elks Veterans Remembrance Month. Furthermore, it provides another enjoyable social evening for the lodge members and their

ladies, and acquaints them with the lodge's concern for hospitalized veterans.

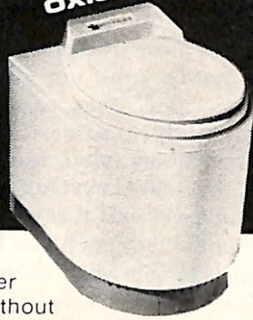
The Grand Lodge State Associations Committee gives credit for this type of participation in the annual Veterans Remembrance Achievement report. A firm source of revenue is thereby instituted to provide for the "extras" and special occasions that make Elks programs at the hospitals in every state worthy Elks endeavors. The Elks' renowned reputation for excellence in any benevolence is thus carried into an area where there is a recognized need.

Accordingly, it is urgently recommended that every lodge schedule a fund-raising Veterans Remembrance Night in November to be part of the observance of the Grand Exalted Ruler's Proclamation.

The deep appreciation of the hospitalized veterans who will benefit and the members of this Commission for this much-needed cooperation is assured.

Sincerely,
ELKS NATIONAL SERVICE COMMISSION
William J. Jernick, PGER, Chairman
George I. Hall, PGER, Vice Chairman
Robert G. Pruitt, PGER, Secretary
Ronald J. Dunn, PGER
E. Gene Fournace, PGER
Frank Hise, PGER
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YOU AND RETIREMENT

by Grace W. Weinstein



MORE ON MOBILE HOMES

If you are thinking about buying one of the new, attractive, safer mobile homes we talked about last month, be sure you consider both the total cost of the home and its location.

The base cost of the home, although it includes furniture and appliances, is not the final cost. An additional outlay of about 15 percent of the basic purchase price, or \$1500 on a \$10,000 home, must be expected for set-up costs: a concrete pad, supports, skirting to conceal the wheels, steps and handrails at each entrance, tie-downs to provide essential wind resistance. You may also want, at additional cost, such items as a patio and an awning and a storage shed. You may feel that extra appliances, such as laundry equipment or a dishwasher, are worth their extra cost.

And the base cost of a mobile home does not include one truly important extra: land. Whether you buy a lot or rent space in a mobile home community, you must figure the cost over and above the cost of the housing unit itself.

If you want to put your home on land you own, or buy especially for the purpose—and some 60 percent of all mobile homes are currently placed on individually owned lots—do a careful check of local zoning codes first. Many zoning codes, especially in built-up areas, prohibit mobile homes and you may be disappointed. If you do get a go-ahead, however, check further. Find out about the availability and the cost of utility connections, water supply, and sewage disposal. Some other specific questions to ask, according to the Better Business Bureau, include:

▶ Will zoning ordinances permit you to add on to your home at some later date?

▶ How are mobile homes classified for tax purposes? How much will you have to pay in property taxes?

Another way to find a location is to buy a home in a mobile home community. Today's mobile home communities are often considerably more spacious and attractive than the "trailer parks" of a generation ago. The newest communities, many of which limit residency to adults, look like suburbs with paved sidewalks and streets, underground utilities, off-street parking, street lighting, and so on. Some have swimming pools, recreation centers, even marinas. Woodall's 1977 Retirement

and Resort Communities Directory, a good buy at \$5.95, provides complete information about retirement communities of all kinds, including facilities and fees and regional considerations.

If you choose the mobile home community approach, zoning will not be a problem and utilities will be assured. You will have to pay rent; monthly rentals, according to the Manufactured Housing Institute, currently range from \$45 to \$125, with most between \$60 and \$90. Precise rental depends on the location of the community and the facilities it provides. But rental amount is not the only consideration. There have been complaints about some mobile home communities and you will want to investigate before you make a commitment:

▶ Some charge substantial "entrance" fees before you can move in. Some will allow you to move in only if you buy your home from the park owner—and will only allow resale to the park owner, at the price he sets. Some raise rents sharply, and frequently. Some evict residents without warning.

▶ Some mobile home communities control needed services; residents may have to buy such items as awnings and skirtings, even fuel oil, from the park owner, at the price he sets.

▶ Some communities hem residents in with rules and regulations. Children may be forbidden one month, permitted the next. Dogs may be prohibited, or allowed at a monthly fee. Overnight guests may be severely limited.

Some mobile home communities, because of the same kind of locally restrictive zoning that could hamper you as an individual, are not well-located. Be sure you will have convenient access to shopping, doctors, and other necessities of life.

Many mobile home communities, of course, are well-run, well-located, and desirable places to live. It is important to know in advance, however, as much as possible about the community you choose. Visit several communities, in bad weather as well as good, and talk to the residents; find out if there is a residents association and what it does. Find out about practical matters: maintenance of landscaping, removal of trash, metering of utilities, and so on. Find out about any restrictive rules and regulations, and decide whether you can live with them. ■

LODGE VISITS



GRAND EXALTED RULER GEORGE B. KLEIN



En route to Racine, WI, Lodge for an official visit, George Klein arrived in Milwaukee aboard a North Central Airlines flight. Before deplaning, the GER took the opportunity to check out the pilot's controls in the aircraft's cockpit.



When George Klein (right) returned home to Lincoln, NE, Lodge to conduct the installation of ER Larry Pickering and the other new officers, he set a double precedent. It was the first time that officers of the lodge were installed by a Grand Exalted Ruler, and the only such ceremony performed by Brother Klein during his term as GER. Brother Klein is a PER and an honorary life member of Lincoln Lodge.



The Oklahoma Highway Patrol escorted GER George and Ruth Klein from the airport in Oklahoma City to El Reno Lodge where the Kleins joined in the celebration of the lodge's diamond jubilee. Mayor Earl Penwright, a member of the lodge, presented Brother Klein with a key to the city.



A visit from GER George Klein (second from right) and PGER Ronald Dunn (seated) made the celebration of Catskill, NY, Lodge's 60th anniversary an especially memorable occasion. Offering the lodge's hospitality to the distinguished guests were (from left) PDD Michael Valentin, anniversary chairman, ER George Carl, and George Covell, co-chairman of the event.



GER George Klein (center) was the guest of honor when the Nevada Elks convened in Reno for their mid-year meeting. The GER was greeted by PGERs Horace Wisely (third from left),

R. Leonard Bush (sixth), and Gerald Strohm (second), and (from left) California-Hawaii SP Marvin Pike, Nevada SP Robert Sparks, and Arizona SP William Murie.

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It's Your Business

(Continued from page 5)

about the program and this is what we need to change it."

Change, however, hasn't been the answer in the past. The agency has had three administrators and three reorganizations since it was created in 1971. It still lacks a sufficient number of professionally qualified people. The consequence, says John Grimaldi, director of the Center for Safety at New York University, is that the agency falls back on archaic bureaucratic solutions. It codifies, inspects and fines.

Businessmen are attempting to fight for their rights in scattered areas and the courts have yet to resolve basic issues. The Supreme Court, for example, has agreed to conduct a review of federal appeals courts' rejections of the claims of two construction companies that the procedures of the OSHA deprived them of their rights under the constitution. That decision is expected later this year.

Some proprietors have won hard-earned concessions. H. R. Gibson, Jr., of Gibson Products, Plano, Texas, asked for a search warrant from the OSHA inspectors who visited his place of business. He argued his case on the basis of a violation of his Fourth Amendment rights and the court ruled that OSHA officials, in fact, do have to show cause that a violation does exist.

But the crunch is yet to come, I believe. OSHA is currently making a concerted effort to enlarge its field staff—Doyle says that the agency plans to hire college graduates in science and engineering and give them short-term training and then send them out to enforce regulations—which means more inspections and more controversy if the past is an indication of the future.

In the first five years of OSHA standards (through May, 1976) Prof. Doyle continues, the agency made 318,931 inspections. Its officers found 1,196,726 violations and issued 229,931 citations. More than 98 percent of these violations were of a non-serious nature. The average fine, for example, was under \$27. OSHA, then, was the kind of governmental nuisance that made life miserable for the proprietor trying to compete, meet

payroll, and production schedules.

With additional inspectors (especially technically skilled college grads with little small business experience) the future could be a nightmare. Says Doyle: "There are five million businesses in the sphere of OSHA regulation, of which 90 percent have 25 or fewer workers. A sizable penalty assessed by OSHA can put such businesses to the wall." And, although federal loans might help a firm invest in reforming its operations to comply, if such was the case, OSHA offers little encouragement to the small businessman. "Small firms which are not as capital intensive as larger firms in the same line of business may find it easier to relocate than larger firms when faced with stringent requirements," the OSHA contends.

For a governmental agency to tell a taxpaying businessman he should relocate is as arrogant as the British Parliament's "Intolerable Acts" after the Boston Tea Party in 1773.

Yet, there is a need for supervision and guidelines, Prof. Doyle points out, and many business persons agree. "It has been commonly accepted for many decades that about 90 percent of industrial accidents have occurred because of the unsafe actions of employees. Seldom has anyone been charged with negligence by virtue of having permitted the job to be carried out in an unsafe fashion. Now, however, with OSHA, employers are responsible for job practices and job conditions," he explains. "OSHA looks at the vast area of small businesses with less than 25 employees and claims that there is where there are more than half of the serious violations and more than half of the fatalities."

On the other hand, everyone agrees that the conflicting elements of risk management must be resolved and soon if small business is to have a future. Otherwise, a flourishing federal bureaucracy will survive the 1980s but small business will be extinct.

Mail Call: Your response to my offer of a free copy of "Law and Order: Focus on Oneida County, New York" was tremendous. There are no copies left to send.

Address your questions and comments to John C. Behrens, c/o The Elks Magazine, 425 Diversey Parkway, Chicago, Illinois, 60614. ■

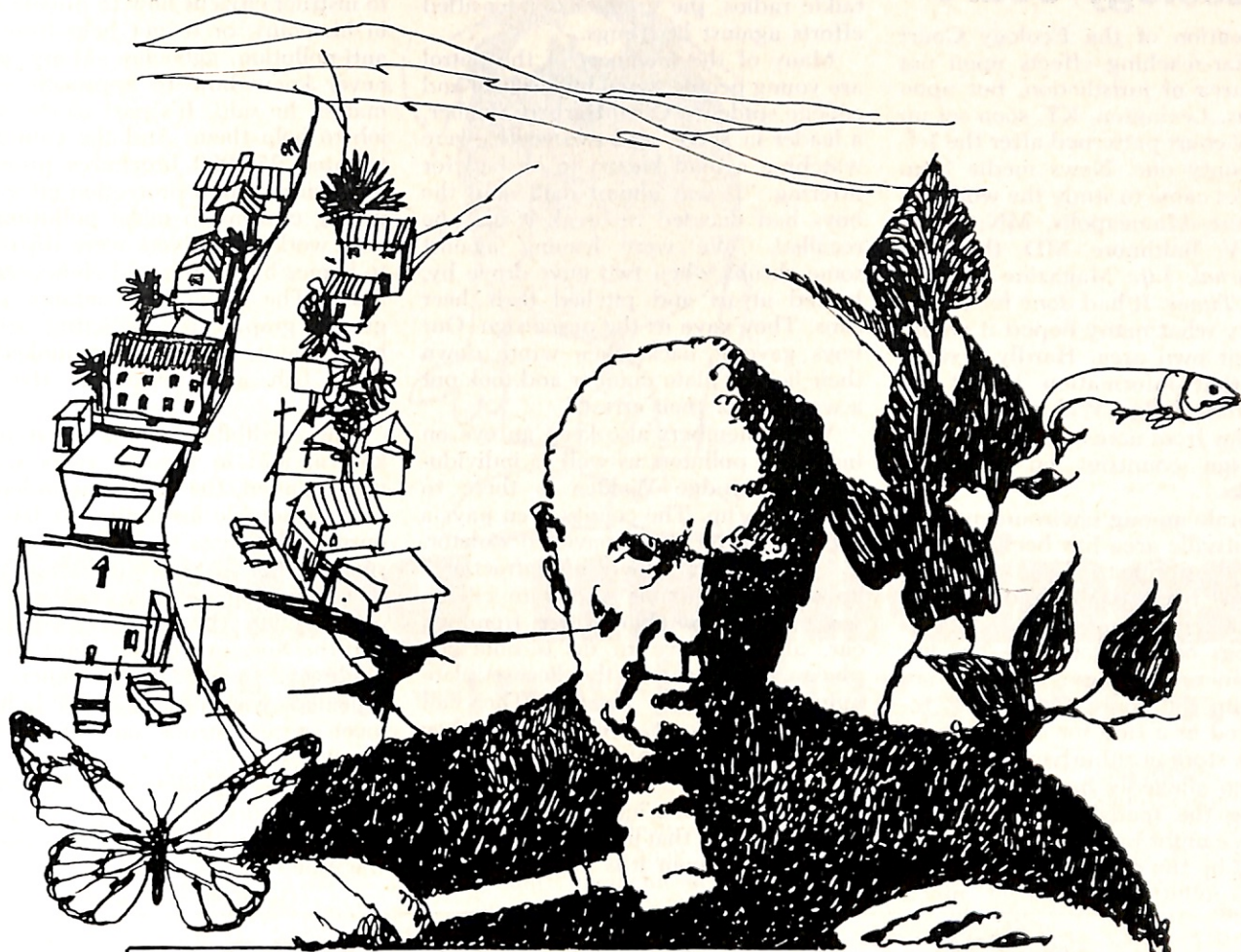
Obituaries

SPECIAL DEPUTY Joseph Winner of Lewiston, ME, Lodge died recently. District Deputy Grand Exalted Ruler for the West District in 1968-1969, he also served on the GL New Lodge Committee from 1969 to 1971. Brother Winner was serving as Special Deputy Grand Exalted Ruler at the time of his death.

PAST DISTRICT DEPUTY William Ashley Paige of Wareham, MA, Lodge died April 20, 1977. Brother Paige was District Deputy Grand Exalted Ruler in 1965-1966 for the South District.

PAST DISTRICT DEPUTY G. Kenneth Wayne of Seneca Falls, NY, Lodge died April 16, 1977. Brother Wayne became District Deputy Grand Exalted Ruler for the North Central District in 1953-1954.

PAST GRAND TILER Fritz Coppens of Traverse City, MI, Lodge died April 6, 1977. Appointed District Deputy Grand Exalted Ruler in 1955-1956 for the West Central District, he was a member of the GL Americanism Committee in 1965-1966. Brother Coppens held the position of Grand Tiler in 1966-1967.



THE ECOLOGY COURT

by Bill Thomas

✿ Each Friday afternoon in a small courtroom in the Jefferson County Fiscal Court Building in Louisville, KY, Judge William K. Walden bangs down his gavel calling to session one of the most impressive institutions in America. It's come to be known throughout the land as the Ecology Court, a first in the United States, perhaps the entire globe.

The problem of pollution is universal. So is man's indifference toward his environment, and, to a great extent, the welfare of his fellow man. It is with these factors that Judge Walden and his Ecology Court deal regularly. And it is because of this that the court has been placed in the national spotlight.

Many a concerned citizen has watched as polluters encroached upon his environment—and felt helpless. In most communities laws against polluting a stream, littering or setting open fires are on the books, but they are seldom enforced. Residents in Jefferson County, however, can be confident polluters in their neighborhood will be promptly prosecuted.

Since 1971 when newly elected County Judge Todd Hollenbach established Ecology Court as an integral part of his county administration (which also includes the city of Louisville), the environment has enjoyed special emphasis. Anyone—private citizen, hog feeder or private manufacturer—who has violated one of the state's environmental statutes can be brought before the court. And during the

past five years, more than 5000 cases have been prosecuted; there have been very few acquittals. And the court has levied thousands of dollars in fines on air pollution cases alone.

"We are not interested in making money," said Judge Walden, "but instead we want to alleviate the problem. If the court can bring about a solution to the problem, then that is just what we want to do. If that requires a fine, then we fine the offenders . . . and it makes no difference whether it be the president of a large corporation or a bum on the street. We treat them all alike."

Initially the court was established as a token move against pollution. But it met with such popular acclaim that in 1972, Judge Hollenbach announced Judge Walden would spend full time in the administrative and judicial operation because, Hollenbach said, "of our deep feeling that Ecology Court is rendering a public service and the constantly increasing interest in the entire ecological area."

Since that time, Judge Walden, himself a man close to the soil and to nature, spends hours lecturing to clubs and civic organizations, school groups, even directing ecological tours for school children. "We think ecology is largely an educational matter," he said. "Many people are not even aware they are polluting our environment . . . and when we call their attention to it, they only want to do what's right."

The Ecology Court

The creation of the Ecology Court has had far-reaching effects upon not only the area of jurisdiction, but upon other areas. Lexington, KY, soon set up an ecology court patterned after the Jefferson County one. News media from many places came to study the workings of the court—Minneapolis, MN; Charleston, WV; Baltimore, MD; the *Wall Street Journal*, *Life Magazine* and the *New York Times*. It had done for Jefferson County what many hoped it would do for their own area. Hardly a week goes by that information is not requested from Judge Walden by other communities from across the country or from foreign countries on how the court works.

And morale among environmentalists in the Louisville area has been boosted a thousand percent. Even citizens' groups have been established to keep watch on the environment. One of them—Watchdogs on Environment—has initiated numerous cases which were brought into the court. One WOE report resulted in a fine for a smoke violation for a store in suburban Louisville. A man who allegedly had flipped garbage along the roadside for 12 years finally was caught by WOE sleuths and fined \$300 by the court. The group has organized pollution patrols of much

of the county. Using CB and walkie-talkie radios, the group has intensified efforts against litterbugs.

Many of the members of the patrol are young people, some high school and college students. Once Herbert Slucher, a leader in WOE, and two youths were watching a road known to be bad for littering. "It was almost dark, and the boys had decided to break it up," he recalled. "We were leaning against some shrubs when two guys drove by, looked at us and pitched their beer cans. They gave us the peace sign. Our boys gave it back, then wrote down their license plate number and took out a warrant for their arrest."

WOE members also keep an eye on industrial polluters as well as individuals. And Judge Walden is there to back them up. The county even pays a \$25 reward for each convicted violator.

"Anyone can report an infraction," he said. "If you as a private citizen see someone pitching litter from his car, all you have to do is note the place and time and the license plate number of the car," he said. "Then call the Ecology Court. We'll see that they are subpoenaed into court. Chances are you'll never have to appear against them, for they'll admit their guilt, pay their fine and that'll be all there is to it. Best part about it is they won't likely do it again."

The judge has prepared pocket cards to instruct citizens how to pursue a case in his court, or to get help from local anti-pollution agencies. Many people never know how to approach such a matter, he said. It's part of the court's job to help them. And the county distributed 250,000 brochures promoting its environmental protection efforts and urging citizens to make pollution controls work. The flyers were distributed to homes by church and civic organizations. The brochure contains photographs graphically depicting automobile exhaust, open burning, junked cars, dead fish and debris in the Ohio River.

The credibility of the court is well known, and in the six years since it was founded, the court has indeed become a notable institution. It has some outstanding cases to show for its work, such as the S&S Auto Salvage, fined \$3,650 for operating a junkyard without meeting the required conditions; and the Kosmos Cement plant on Dixie Highway, fined \$16,475 when, after repeated warnings, it still failed to meet requirements on air pollution standards.

Seagrams Distillers were brought before the court with charges of air pollution. Forest Hills Development Co. was fined by the court for stream pol-
(Continued on page 34)



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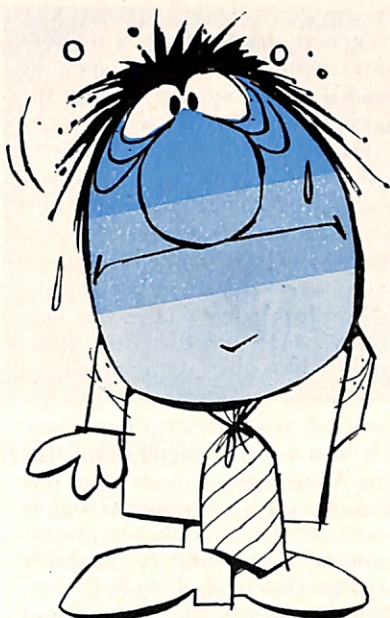
Brother Ralph Samuels (center) was congratulated recently by ER Don Charbonneau (left) and Est. Loyal Kt. Norm Jespersion for helping Dickinson, ND, Lodge raise \$7,000 this year for the National Foundation. On the same occasion, Brother Samuels accepted a certificate acknowledging his own \$1,000 donation.



During the spring meeting of the Georgia Elks Association, PGER Robert Pruitt (second from left), the state sponsor, was presented with an honorary founder's certificate representing \$1,035 contributed in his honor by the ten lodges in the Northwest District. Participating in the presentation were GER George Klein (second from right), State Foundation Chm. Charles Tynes (right), and SP Matt Hitlin.



During a recent meeting at the Elks National Home in Bedford, VA, PGER John Walker (center) awarded an honorary founder's certificate to the Home Lodge for completing its \$1,000 pledge. ER William Kehoe accepted the certificate as current subscribers and paid-up members (from left) George Viola, Doral Irvin, executive director, Anthony Machnik, Douglas Weimerskirk, William Braswell, Walter Shiflett, and Ralph Marting looked on.



missing medicines

caution! —may be hazardous...

□ Although not the definition cited by scientists, chemistry could be defined as the science of combining substances so that the whole is usually surprisingly different from the sum of its parts. Take a positive ion of the soft metal sodium which can burn the skin or explode when mixed with water. Combine this hazardous substance with a negative ion of the poisonous, greenish-yellow gas chlorine. The result is not an even more dangerous chemical, but something quite different, the universal seasoning, the white currency with which Roman legionnaires were paid—salt.

If simple chemical combinations can produce such seemingly unrelated and surprising offspring, it should not be surprising that when two or more different drugs meet inside the human body some unusual results may occur.

The results of some drug interactions are unimportant. Others, however, can mean the difference between successful and unsuccessful treatment; can produce a false reading of a laboratory test; can cause unexpected and possibly serious—even fatal—side effects; or can set off puzzling or misleading symptoms.

Drugs interact in a number of ways. One drug may make another drug act faster or slower, or more powerfully or less powerfully than it normally would. One drug may change the effect another drug has on the body.

A fairly common way one drug acts on another is by affecting the way it is absorbed, distributed, or broken down (metabolized) by the body. For ex-

ample, let's assume that you are afflicted with a circulatory problem due to clotting of blood in an artery or vein. Your physician may prescribe an anticoagulant medicine—a medicine that "thins" the blood and thus helps dissolve the clot. If, at the same time, you are taking an antacid, even a nonprescription antacid, the anticoagulant may be absorbed at a slower rate than required to do its job properly.

Alcohol and anticoagulants can interact in two ways, both serious. Chronic alcohol abuse will speed up the rate by which the liver metabolizes or breaks down the anticoagulant, reducing its effect. But drinking a great deal of alcohol in a short period can slow down the metabolism. This can magnify the impact of the anticoagulant to the point where the blood becomes so thin it may be difficult to halt bleeding caused by an injury or from an ulcer aggravated by the alcohol.

It should be noted that a number of popular nonprescription cough and cold medicines contain up to 15 percent alcohol, and that alcohol interacts not only with anticoagulants but also with a number of other medicines.

When a number of drugs are being taken, consideration must be given to the effect of adding one drug to another—their cumulative impact. This so-called additive reaction is especially important if the drugs are similar in their general effect.

There are some drugs which, when combined, produce reactions that go beyond what one might assume would result from adding the effect of one to

the other. With such drugs, the end result is greater than the sum of the two parts.

Many nonprescription cold remedies contain antihistamines which can produce potentiating effects (the action resulting when the effect of two drugs are not just added together, but multiplied) when taken in conjunction with alcohol or with a wide variety of prescription and other nonprescription drugs, particularly those that act as central nervous system depressants, including anesthetics, barbiturates, hypnotics, sedatives, and analgesics.

How can you protect yourself against a harmful drug interaction? Here are some suggestions:

- When your physician prescribes a drug for you make sure he knows what other drugs you are taking. All of them. Remember that the words "drug" and "medicine" mean the same thing, and that alcohol is a drug. Headache remedies, cold medicines, laxatives, and other nonprescription medicines are drugs. When your physician asks, "Are you taking any other medicines?" *no drug* is too unimportant to mention.

- Don't start taking a second drug unless your physician knows about it. It's also a good idea to tell your pharmacist when he fills a prescription what other drugs you are taking. He may wish to set up a personal record so that he can tell at a glance if you may be exposed to a drug interaction.

- Don't take a drug prescribed for someone else because it is "good for stomach pain," or whatever it is that

is troubling you. The drug in that prescription may interact with something else you are taking, or it may not be suitable for you or your ailment.

- Read the label. Over-the-counter medicines are required by FDA to contain information about significant drug interactions.

- Remember that drugs have three names. There is the chemical name, which is usually not given on the label. There is what is called the generic name, which is the official, established name for a drug; and there is the proprietary name or the trade-marked brand name for that drug.

It is important to remember this because the warnings printed on labels

give the generic name. Thus, a number of nonprescription medicines such as the antacids warn against taking the medicine with tetracycline, which is the generic name of an antibiotic. However, Achromycin, Azotrex, Kesso-Tetra Syrup, Sumycin, Panmycin, Tetrastatin, and over a dozen others are proprietary names for tetracycline. So unless you know the generic name as well as the proprietary name, you may be exposing yourself to a drug interaction. To avoid this, ask your physician or pharmacist to tell you the generic name of your prescription drugs.

- It is also worth remembering that numerous drugs contain more than one ingredient. Empirin, a medicine widely

used for relief of simple headache and other discomforts, contains aspirin as well as phenacetin and caffeine.

- Finally, since knowledge about drug interactions is by no means complete, and individuals differ in their reactions to drugs, you may possibly experience a reaction to a mixture of drugs that is unknown, not only to your physician and pharmacist, but to the medical profession generally. So, if you are taking more than one drug and you become ill, by all means report it to your physician or pharmacist. ■

—For a free copy of the complete article, *Mixing Medicines*, by Timothy J. Larkin, write the Consumer Information Center, Dept. 569E, Pueblo, CO 81009.

The Ecology Court

(Continued from page 32)

lution because of an inadequate sewage treatment plant in one of its housing subdivisions. And there was the case of the middle-aged lady who was brought into court on a charge of open burning of leaves. She told the judge the leaves became accidentally ignited from her cigarette, the judge said: "Next time you come to court, either have a better story or a lot of money." He let her go with an admonishment never to do it again and filed the case away to be kept on record if she were ever charged again. Next time, she would likely get a stiff penalty.

Many of the cases brought before the court are initiated by the County Health Department or the County Air and Water Pollution Control Board. Their investigators are working full time on such matters. But Judge Walden is happy to see citizen participation. "It's this that makes the court go, and it makes us feel we've made some headway in this war against pollution," said Judge Walden.

Many citizens feel the most significant step any county could ever take against pollution would be the creation of such a court. Laws to protect the air and water and general quality of life abound in most cities and states; but while some municipalities might say they have begun stricter enforcement, Louisville has actually done it.

Actually, specialized courts are nothing new. In ancient times, there was a distinction between law and

equity courts, which still is the basic difference in the modern judicial system. Even more specific, the current system of justice is divided into youth, traffic, domestic, civil, criminal, patent, military, claims, tax and customs courts. Those courts have sprung up through the years much the same way as the Ecology Court in Jefferson County.

Like most American cities, Louisville and surrounding Jefferson County found their streets getting filled with litter, the air smoggy and the water polluted. "We had more than enough laws on the books," said Judge Walden. "We just needed some better way to make the citizens aware of the laws."

Creating the court was simple. By virtue of a strong home-rule system of government in Kentucky that makes the county judge chief of the judiciary as well as county executive, Judge Hollenbach simply had to announce the court and it was brought into being. About 150 cases a week come before the court. And it is a most practical way to dispatch ecology cases.

One county official said he thinks having all ecology cases heard together, rather than interspersed with other criminal cases, has made the fines heavier. He theorized: "It's only natural that a judge would be somewhat lenient in an ecology matter if, in the case immediately preceding, someone was charged with stabbing a person to death."

Fines often range from \$10 to as high as \$500 a day, plus court costs of \$18. The average fine is \$37 and a generous, well-put lecture from Judge

Walden, who is never lacking for colorful words with which to express himself.

It seems to have long been an inherent trait of mankind to wantonly cast his filth and waste upon his environment and never to clean it up. At one time, all he did was move on to another location once he had spoiled the place where he lived. The problem is nothing new. Chief Seattle of the Duwanish tribe voiced his concern and prophesied great concern in a letter to President Franklin Pierce in 1855, saying:

"The whites, too, shall pass—perhaps sooner than other tribes. Continue to contaminate your bed and you will one night suffocate in your own waste... there is no quiet place in the white man's cities, no place to hear the leaves of spring or the rustle of insect wings. But perhaps because I am savage and do not understand, the clatter seems to insult the ears. And what is there to life if a man cannot hear the lovely cry of the whippoorwill or the arguments of the frogs around the pond at night."

It would seem the beginning of survival is already upon us. Many of the creatures that inhabited the earth in 1855 no longer exist. Instead of a new lifestyle in keeping with our environment, we continue to convert the earth to concrete, the air and water to poison, the solitude to noise. Except in Jefferson County, KY, where the Ecology Court and the people are striving to rectify that situation for themselves and for those who follow.

There are words of wisdom in the purpose of the court. Judge Walden said his goal is to leave something behind for generations to follow. "When I was once seriously ill I realized you're not going to take anything with you," he explained. "What we do while we're here is for our fellow man. It's like a man who plants a tree. He doesn't plant it for himself—he plants it for the ones who will follow." ■

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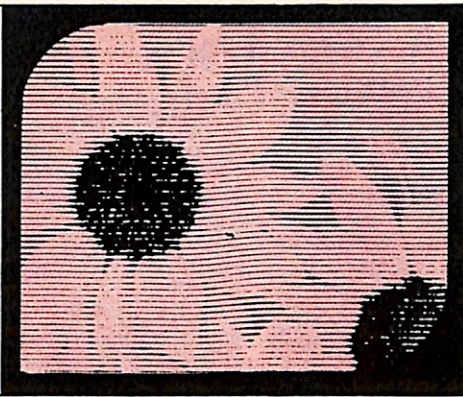
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BACKYARD GARDENER

by Helen Rosenbaum



THE EGGPLANT EXPRESS

Loved by some and cordially detested by others, eggplant never made it to the top twenty-five vegetables in garden popularity polls . . . until recently, that is. A new survey by the National Garden Bureau shows that eggplant has finally climbed out of the ratings cellar it shared so long with rutabaga, salsify, and other food garden wallflowers.

What's happening to eggplant? Plant breeders all over the world see its value as a base for meatless dishes and are concentrating on improving it. Eggplant varieties were formerly large, rank, and late fruiting, often susceptible to plant diseases carried in garden soil.

New eggplant hybrids have low growing, compact plants that set on loads of fruit two or three weeks earlier than the old favorites. You can choose between hybrids bearing the long, slender fruit or those with the traditional egg-shaped fruit. The newest varieties carry multiple disease resistance.

The eggplant is of the nightshade family (Solanaceae) which also includes the potato, tomato and pepper. According to United Fresh Fruit and Vegetable Association, this family is not only a leading source of food, but also includes tobacco, belladonna, horsenettle, and ornamentals such as petunia, nightblooming jasmine and thornapple. Eggplant is known under the botanical name of *Solanum melongena* L. The eggplant common to the United States is *Solanum melongena*, var. *esculentum*. It is one of the few vegetables you can grow in this country that also thrives in the tropics. For eggplant had its origins in subtropical or tropical India and China.

Ancient eggplant products brought to Europe were small-fruited, resembling an egg, probably accounting for the name "eggplant."

The Spaniards introduced eggplant to America and called them "berengenas" or apples of love, while some botanists in northern Europe at this time referred to the species as "Mala insana" or mad apples because they thought that eating eggplant would make a person insane. In Medieval Europe it was believed that the eggplant had remarkable properties as a love potion. British traders brought eggplant to London from West Africa in the 17th century, calling it "Guinea squash."

The cultivated eggplant is an annual bushy plant which attains a height of 2

to 4 feet. It thrives only under relatively high-temperature conditions. The plant is killed by light frosts and injured by long periods of chilly frostless weather.

Leaves of the eggplant are large, alternate on the stem, lobed, and the underside of most varieties is covered with dense wool-like hairs.

The star-shaped flowers are large, violet colored, and solitary or in clusters of two or more. The fruit is pendant and botanically considered a fleshy berry. Depending upon the variety, the color of the mature fruit may be purple, purple-black, yellowish-white, white, red or striped. Purple is the most popular strain, shape can be oval, round, long or pear-shaped. Seeds are borne on the fleshy placenta and are distributed throughout the fruit. Although there is some cross-pollination, the eggplant is self-fertile.

Don't take it for granted that the eggplant varieties for sale as plants in local nurseries are modern varieties. Check with the extension service of your state college of agriculture.

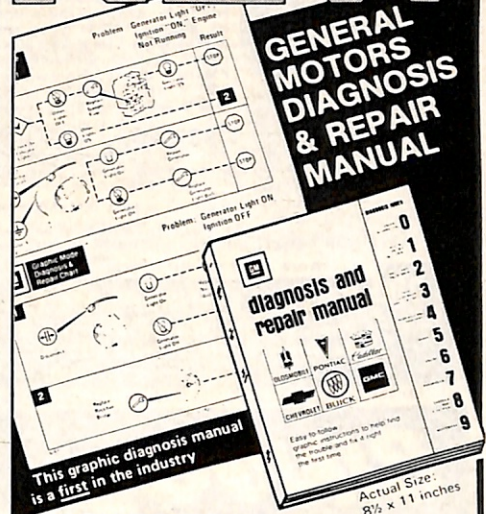
The United States Department of Agriculture suggests that eggplants should be set in your garden in the spring only after the daily mean temperatures have reached 65° to 70° F. Cool weather stunts their growth and they become hardened.

Eggplant needs a fertile and well-drained soil to accommodate its extensive and deeply penetrating roots. The optimum acidity range is 5.5 to 6.5 pH. Good loams or sandy loams containing ample quantities of organic matter are desirable. Plants do not do well on muck soils because excessive amounts of nitrogen may result in fruit drop. Lighter soils or well-drained sandy mucks are preferable because they warm up early in the spring.

Only shallow cultivation to control weeds or to work in topdressing fertilizer is necessary.

Whatever your choice in eggplant varieties, harvest the fruits while they are still small, before seeds begin to harden and turn bitter. There is all the difference in the world in taste and texture of tender young eggplant and that of mature fruit. You really do not sacrifice total production when you harvest fruit on the small side because allowing eggplant to mature on the plants reduces the formation of new fruit.

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FREE CATALOG

A Jazzy Look AT NEW ORLEANS

(Continued from page 15)

The music scene didn't die completely with the demise of Storyville—it simply shrunk. Those who really "made it" with national audiences moved out of New Orleans to the North and West. Even long before the District closed, the migration had begun. Tony Jackson and Jelly Roll Morton had departed, and bassist Bill Johnson had persuaded Freddie Keppard to go in 1911 with the Original Creole Band. Sidney Bechet had left New Orleans some time earlier and King Oliver left for Chicago less than a year after Storyville's end.

Young Louis Armstrong was offered the opportunity of playing with Fate Marable's piano-calliope orchestra on the steamer Dixie Belle, the largest and best of the Mississippi River paddle-wheel boats. In the spring of 1920, Satchmo boarded the immense craft at its berth at the foot of Canal Street. For seven months, and nearly 2000 miles, he plied the river. His reputation spread. Marable regarded him as a brilliant sideman. "It was a mess of traveling," Louis said later, "for a lonesome kid who had always been afraid to leave home before."

Musicians were rapidly vanishing from New Orleans, for those who left to work the boats never returned. Finally, in 1919, Congress passed the Volstead Act to enforce prohibition. It was an unpopular law everywhere, but particularly in New Orleans. Cabarets, clubs, dance halls, ballrooms, saloons and cafes folded almost overnight. And as the remaining lights went out so did many of the musicians.

The illustrious New Orleans jazz era began to fade.

But by the 1920s "jazz" had become, once and for all, jazz. It had spread from New Orleans not only to Chicago but to the Eastern Seaboard and to the Pacific Coast. Yet it was Chicago that willingly served as the hub following the New Orleans exodus.

The Louisiana aggregation destined to make the most sensational changes in popular music—and cut the first jazz records in history—was to become known as the Original Dixieland Jazz Band, a raucous, entertaining combo.

In the thirties the playing of New Orleans style jazz was all but decimated. But several of the old luminaries came out of the woodwork. By 1939 Bunk Johnson emerged from retirement in New Iberia, Louisiana. About the same time, Heywood Hale Brown recorded the Kid Rena Band. The recordings and Bunk Johnson's nationwide tours sparked what is now known

as the New Orleans Revival. All over the United States, musicians began forming groups based on the New Orleans motif, which spawned the ever-popular Dixieland style. Whenever possible, instrumentation was exactly like the Crescent City groups. One group, The Dukes of Dixieland, was particularly outstanding. And today the Dukes are still outstanding.

The changes in jazz, some subtle, some striking, can be heard today ricocheting off French Quarter walls. The jazz played at Preservation Hall is unlike Pete Fountain's jazz. "June" Gardner and Wallace Davenport and Al Hirt all perform jazz, but the jazz is different. A walk down the streets of the Quarter will underscore the variations of jazz in the 70s; the musical alterations drift to you from the jazz spots. Sometimes, if you're lucky, you don't even have to go inside a building to hear one of the earliest forms of jazz: funeral parade music.

Back in the Eighteenth Century when Southern slaves under the French were allowed to bury their dead with bands, they accompanied the body to the cemetery. The band played slow, dark dirges. "Just a Closer Walk with Thee" and untitled blues were given reverent renditions throughout the long march immediately ahead of the horse-drawn hearse. But once the services had concluded, and the phalanx of mourners was well out of earshot of cemetery officials, the band would kick up the tempo with a military-like drum roll and stomp its way back to town, attracting hundreds of spectators enroute.

They still do it today.

The soles of on-lookers' shoes tingle with the thump of the drum. Shrill brass horns penetrate the blossom-fragrant summer afternoon. Glistening rays of Louisiana sun skip happily along well-polished trombones. The flashy funeral parade band passes by. A bit of jazz is heard, a bit of history is glimpsed. It could only happen in jazzy New Orleans. ■



"Don't move! I want to see if I can make that hole in your shoe!"

NEWS OF THE LODGES

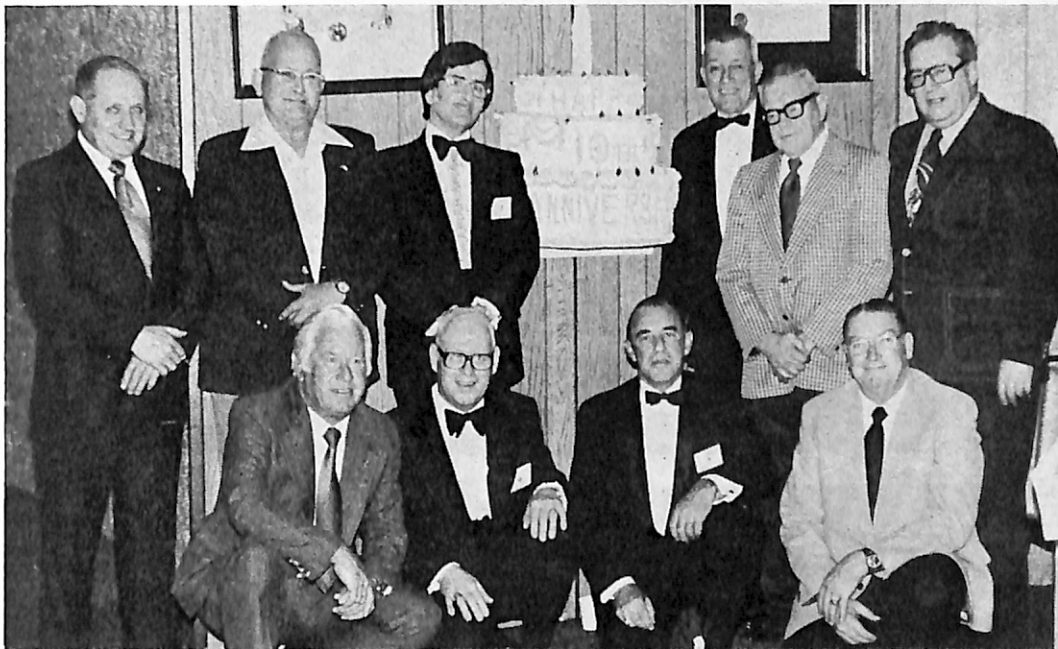
(Continued from page 22)



THE GOVERNOR of Colorado, Richard Lamm (seated), recently signed a proclamation declaring a statewide observance of Elks National Youth Week. (From left) VP Ed McMechen, SP Wayne Patterson, and Youth Chm. George Brujok were at the governor's office to witness the signing of the executive order.



A FLAG crocheted by Bobbie Bell (second from right) and placed in a shadow box frame designed and built by Esq. Tom Bell (right) was presented to immediate PER Augie Northern (left) during a party in honor of the outgoing officer. Mrs. Gloria Northern joined her husband and the Bells at Alhambra, CA, Lodge to view Old Glory before its installation in the lobby.



GUESTS celebrating the 10th anniversary of Oak Harbor (Nav Air), WA, Lodge with its members during Charter Member Night were DDGER Norm Triplett (back row, left) of Bellingham Lodge and PSP Al Berman (right) of Burien Lodge. Officers from the charter group included (back row, from left) Ed Wallgren, PER Paul O'Connell, PER Marv DeMille, Clint Bassett, and (front row, from left) Stan Loughlin, PSP Leo Paquin, State Trustee Harry Bliven, and Les Rollag.



A HANDSHAKE sealed the charitable transaction which designated Brothers Norman Wonder (left) and PER Robert Elliott (third from left) honorary founders of the National Foundation. ER Carol Keller (second from left) and Chm. Joe Vicondoa thanked the two Susanville, CA, Lodge gentlemen for their generous \$1,000 donations.



A GALA DINNER was held at San Pedro, CA, Lodge for Msgr. George Scott (center), Past Grand Chaplain, in honor of his services to Elkdom. Admiring the lodge's gift of a television to Msgr. Scott were well-wishers (from left) ER Nick Capalia, and PGERs Horace Wisely, R. Leonard Bush, and Gerald Strohm.



THE FISHING DERBY sponsored by Puyallup, WA, Lodge for handicapped children had local Elks giving poolside pointers on baiting, casting, and dropping a line. Trout were deposited in the pool by the Brothers for the day-long contest.



THIRTY-SEVEN Eagle Scouts and Quartermasters received flags and certificates from Palo Alto, CA, Lodge, which sponsors 10 Boy Scout units in the Stanford area Council. During the annual recognition dinner, ER Arthur Scholz (third from left), DDGER Henry Trincherio (fifth), and Capt. B. J. Adams (second) congratulated two of the Scouts and Quartermaster Miguel De La Pene (fourth).



ONE HOUR after his installation, ER Michael Spracher of Lodi, CA, Lodge attended a Court of Honor for a local troop's 16 Eagle Scouts. DDGER Frank Johnson Jr. and District Vets Chm. Angelo Bonetti aided Brother Spracher in presenting flags and certificates to the Scouts.

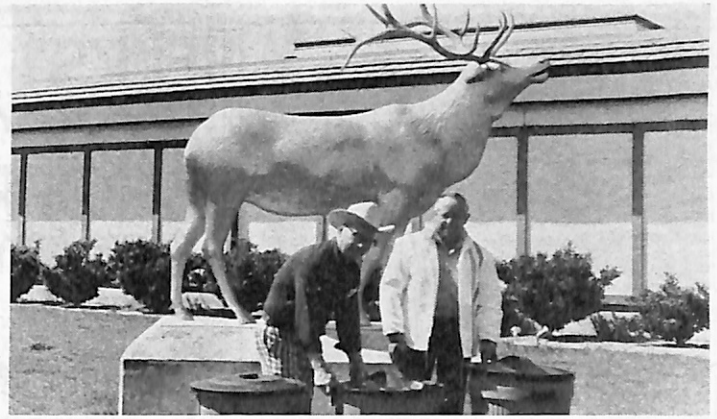


◀ **FOR AN ACT** of valor, Sheriff's Department investigators Glen Clary and Marty Yingling received police awards from Santa Ana, CA, Lodge. ER John Glynn (left) and Chm. Art Echternacht (right) presented plaques to the two gentlemen for their action in moving a wounded bank manager to a position of safety and then apprehending the bank robbery suspect.

◀ **ACTING** as Exalted Ruler and Esteemed Loyal Knight for initiation ceremonies at Central City, CO, Lodge, PER Howard Knoll (center) and PER Max Robb (second from left) initiated members of their families. Sons Tom Robb (left) and Dale Knoll (second from right) and the elder Brother Knoll's grandson, Don Mattivi, received a welcome to the order from their sponsors.



FOURTH GRADERS Bryan Baxter, Alice McCambly, and Craig McLaughlin displayed the U.S. Government Bonds they won in the Elks Eye Injury Poster Contest sponsored by Hillsboro, OR, Lodge. District Visual Chm. Ed Moore and ER John Rost congratulated the youngsters and thanked them for their participation in the event.



GETTING READY to ship 177 hides to be tanned and then delivered to area veterans hospitals were Vets Chm. Orville Figgs (left) and ER Tom Ramsey. The elk, deer, sheep, and cow leather was collected by members of Red Bluff, CA, Lodge who also covered the cost of the tanning process.



ONE OF THE MANY children receiving therapy under the Washington Elks major project therapy program is three-year-old Brandy Reipen, who attended the recent Major Project Night held at Renton, WA, Lodge. Also present were Ms. Judy Rhodes, who demonstrated treatment techniques with Brandy, and (from right) Tall Elks Chm. Bill Hoxie, ER Cal Horman, Lyle Tenney, program trustee, State Secy. Walt Hagerman, program manager, and State Chm. Walt Wilson.

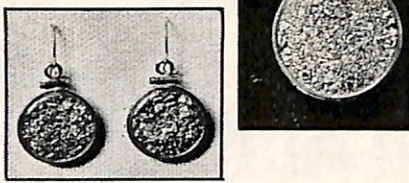


VISALIA, California, Lodge held a dinner-dance in honor of the newly installed officers. PER Orville Stubblefield (right), treasurer, offered congratulations to his son Jerry, after he installed him as Exalted Ruler for the new year.



THE DEDICATORY plaque for the new home of Sunland-Tujunga, CA, Elks was placed on the building under the direction of PGER Horace Wisely (left) and SP Marvin Pike (right). ER Doyle Wynn (second from left) readied the drill while PGER R. Leonard Bush (second from right) and DDGER Ned Vento held the plaque.

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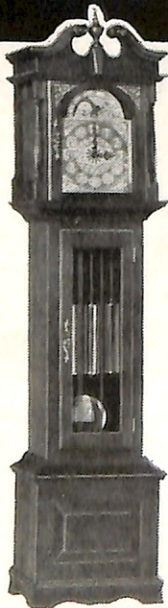
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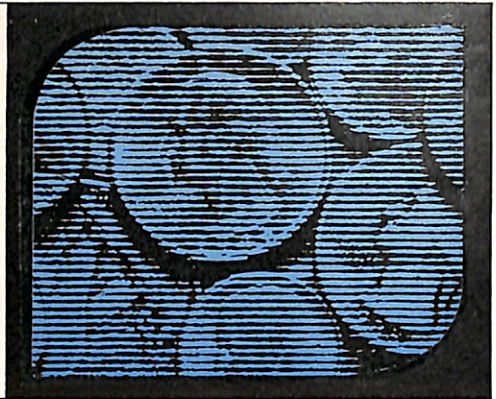
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SUMMER'S BEST

The 4th of July clearance sales kick off the summer's best bargains for you.

Check these clothing bargains for you ladies: furs look really good this month, for you with the wherewithall to buy them. Women's purses, sportswear, and fabrics are sale priced.

Clothing bargains for you men: hats, sportswear, men's and boys' suits, and general summer wear.

Children's clothing is on sale too.

Save on air conditioners, furniture, refrigerators and freezers, rugs and carpets, white goods, and bedding during July, and it's a good month to buy next winter's fuel oil.

Supermarket Snoop says this is the month to save money on all sorts of fresh produce. Check these: apricots, blueberries, raspberries, blackberries, dewberries, nectarines, peaches, plums, prunes, sweet cherries, cantaloupes, limes, watermelons, mangoes, sweet corn, beets, okra, peppers, snap beans, cucumbers, and tomatoes. Wow.

"Dear Mike: Is there any reason why vegetables should not be frozen without blanching first?"—J. Weitzel, Lancaster, CA.

A. Yes. Without blanching, an enzyme action continues to mature even frozen vegetables, inevitably spoiling the taste. Blanching halts this process and preserves full flavor. There are two exceptions to this blanching rule: green peppers, and okra for frying should be frozen without blanching.

Air conditioning weather is here again, and air conditioners are on the bargain calendar this month. Our energy situation and high electrical rates make it vital that you get the most for your cooling money. With window air conditioners, place the units on the shady side of the house, or shade them from the sun. Keep all grills and filters clean. When a room isn't occupied, turn the temperature control to a warmer setting or shut off the unit. Cover or close floor and wall registers so cool air doesn't escape into the ductwork of your heating system.

Speaking of ductwork, if you have central air conditioning, check the ducts for air leaks—especially at connection joints. Cold air leaks can be easily repaired with adhesive duct tape. Ducts exposed to outside or attic heat should be well insulated to avoid losing more cold—and running up a higher cooling bill.

Get more energy and money saving ideas in a free book called *Our Energy Problems and Solutions*. Order from Energy Solutions, Monty Levine and Associates, Dept. MM, P.O. Box 53404, Houston, TX 77052.

"Dear Mike: Where can I buy a small, inexpensive digital clock powered by a pen-lite or C size battery? Also, where can I buy Velcro closure material? Thanks."—J. D. McConnell, Chicago, IL.

A. The battery-powered digital clock may be sold in the big discount or department stores, or you might check



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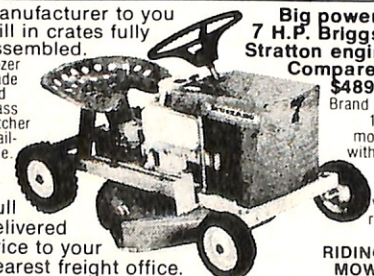
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the Yellow Pages for stores selling "Ham" radio equipment and electronics. Velcro is a handy item and it's sold in most fabric and sewing shops. I'd like to hear some of the nifty things you've found for it to do. So, readers, how about sharing your good ideas?

Reader Harold Smith recently asked where he could get shirts custom-made. We got letters: Dr. Wilbur Flannery of New Castle, PA, says they're available from Custom Shop, 17th & Walnut, Philadelphia, PA 19100. Hildegard Turner of Racine suggests Badger Uniforms & Shirt Co., 1125-6th St., Racine, WI 53402, or phone 414-634-6612. Frederick Miller of Oakhurst, NJ, recommends Rupert Rhodes Shirtmakers, Newburyport, MA 01950. Ken Cox of Plainville, MA, says try Ripley Shirt Co., P.O. Box 4157, Dallas, TX 75208. And Lorraine Bieze of Kenosha, WI, says to check the local sewing centers like "Stretch & Sew" to see if you can hire a local seamstress to custom make shirts. Thanks y'all.

Here's a directory of over 700 free tourist attractions in all 50 states—gardens, museums, historic sites, and natural and man-made wonders. Order the 1977 *National Directory of Free Tourist Attractions* from Pilot Books, Dept. MM, 347 Fifth Ave., New York, NY 10016, at \$2.50 per copy.

"Dear Mike: Hot question on solar energy. We are seeking information on a windmill, generator, and resistance heaters to supplement our furnace. Thank you."—Paul Schulz, Benton Harbor, MI.

A. Order *Solar Energy and Your Home*, published by HUD, free from Consumer Information Center, Dept. 646E, Pueblo, CO 81009. Find out the kinds of solar equipment available, manufacturers, and where to get full details on heating and cooling products and systems. Order your free copy of the *ERDA Solar Equipment Catalog* from ERDA, Technical Information Center, P.O. Box 62, Oak Ridge, TN 37830. Write specific questions to National Solar Information Center, P.O. Box 1607, Rockville, MD 20850.

If you have an urgent question on solar energy, try the new federal Solar Energy Information Hotline: 800-523-2929. In Pennsylvania call 800-462-4983. They're toll free.

With warm weather here, it's time to clean your refrigerator and to put an open box of baking soda inside to keep things fresh.

Utility scissors will serve you better and longer if you give them proper care. So keep them in a dry place, and always dry them off when they get wet or moist—to avoid rust. Don't toss them around either or they'll get out of alignment and lose some of their cutting ability. A little oil on the hinge now and then also helps.

Remember to get your list of economy motel chains and other info on cheap sleep. Order *Budget Motels List* for 50¢ and a stamped, self-addressed envelope from More For Your Money, 1802 S. 13, Temple, TX 76501.

Refrigerators and freezers are the third largest home energy users, so saving energy on these will save you money. Cover all liquids kept in the refrigerator—and especially in frost-free models. Moisture is drawn into the air from uncovered liquids, making the refrigerator work harder.

Supermarket Snoop says that to maintain the freshness and quality of eggs, store them promptly in your refrigerator with the large end up. He's not sure why, but they just seem to keep better in that position.

Money Saver of the Month: Want to eat good, watch your diet, and save money at the same time? Cottage cheese is the answer. Supermarket Snoop says it's one of the most economical protein sources, and you know it's great for calorie counters. Try cottage cheese for breakfast. Mix it with fresh or frozen strawberries, blueberries, sliced oranges, or other fruit. You can also mix it in scrambled eggs as an extender and fortifier. You're welcome.

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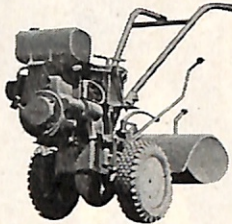
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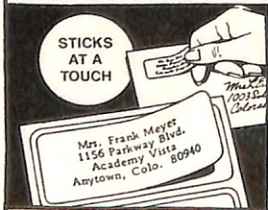
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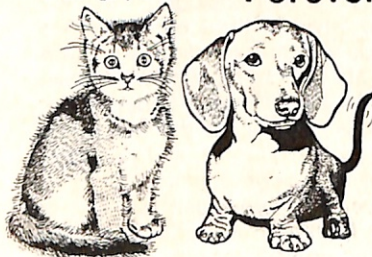
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OR MONEY BACK**



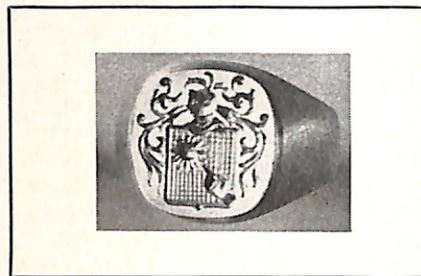
Thanks to Ed Sale's amazing Secret System, you can play a lovely song the first day, any song by ear or note in 7 days. In this

SPECIAL INTRODUCTORY OFFER you get all this: 66-page Instruction Book, 52 photos, 87 chord and finger placing charts, 110 songs (words and music), chord finder of all popular chords. Special Guitarist's Book of Knowledge, and extra bonus: special wallet-size tuning aid for tuning any guitar by ear.

Total Value \$9.00
ALL FOR ONLY \$3.98

Please add \$1 for shipping and handling.
Satisfaction Guaranteed or Money Back
ED SALE Studio 293-A, Avon By the Sea, N.J. 07717

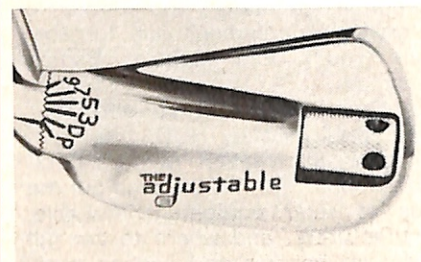
Elks Family Shopper



YOUR OWN FAMILY CREST RING in solid 14 kt. gold for \$195.00 or sterling silver, \$90.00. Either send a photo or drawing of your coat of arms; or have Heraldica Imports look it up from your name; or design your own coat of arms. Send for free color catalog from Heraldica Imports Inc., Dept. EL, 21 West 46th St., N.Y. 10036.



ELKS EMBLEM BELT BUCKLE looks handsome on your favorite belt. Simulated silver buckle has the Elks emblem in gold, blue and white. Fits up to 1½" belt. \$9.95 plus 50¢ shpg. (Secretaries of Elks lodges may order at discount prices \$7.00 ea. for 12 or more.) D & L Buckle Co., 1690 N. Veterans Lane, Anderson, CA. 96007. Allow 30 days for del.



THE "ANYTIME CLUB" for the golfer who travels, plays when the course is too wet for a cart, or is just plain tired of carrying a bag. The Adjustable® sets easily to driver, 3, 5, 7, 9 iron and putter. Top quality construction. Guaranteed. \$44.90 ppd.; 2 for \$79.95. International Golf Products, Dept. E77, 1865 Campeau St., South Bend, IN. 46617.

See Advertisement on Back Cover

Haband's 100% polyester **KNIT Slacks**

2 PAIRS OF EXECUTIVE SLACKS **14⁹⁵**

3 for 22.35 All 4 for 29.60

HABAND

265 N. 9th St.

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FIND YOUR WAIST & INSEAM HERE
Waists: 29-30-31-32-33-34-35-36-37-38-39-40-41-42-43-44-45-46-47-48-49-50-51-52-53-54.
Inseams: 26-27-28-29-30-31-32-33-34.

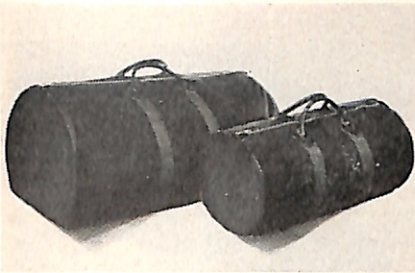
| COLOR | Waist | Inseam | COLOR | Waist | Inseam |
|------------|-------|--------|---------------|-------|--------|
| Desert TAN | | | Olive GREEN | | |
| New NAVY | | | Lt. Char GREY | | |

OK HABAND! Send me _____ pairs of these genuine DoubleKnit Slacks, for which I enclose my full remittance in the amount of \$_____

GUARANTEE: Examine these slacks. Try them on. Show the family. Then if for any reason you do not want to keep and wear them, fire them back at us for full refund of every penny you paid us. 72J-035

Name _____
Street _____ Apt. No. _____
City _____
State _____ ZIP _____

Shipped direct to you & we pay the postage!



BEAN'S ZIPPER DUFFLE BAGS are rugged 12-oz. army duck; water repellent with lock-stitched seams, leather-piped ends, round leather handles, heavy-duty zipper. Dark brown. Small: 21" long x 11" dia. for \$16.00; Large: 27" long x 16½" dia., \$22.00. Over-shoulder carrying strap is \$2.75. Ppd. L. L. Bean Inc., 730 Main St., Freeport, ME 04033.



UP TO 500 PICTURES fit in the Roto Photo File. You turn the wheel of this handy revolving file to see your pictures which are protected in transparent windows. Handsome heavy plastic base will not tip. Comes with envelope holders. Photo Wheel, \$10.99. Pix refill, \$1.99. Add \$1.00 shpg. Holiday Gifts, Dept. 707-7D, Wheat Ridge, CO. 80036.



LEARN HOW OLD COINS INCREASE IN VALUE from Village Coin Shop. A 1909 U.S. penny is now worth \$3.50. If you spend \$12.00 for dinner today, at the worth of a 1909 penny, it would cost you \$4,200.00. Learn the fascinating facts on collecting coins by contacting Village Coin Shop, Dept. E6, Plaistow, N.H. 03865.



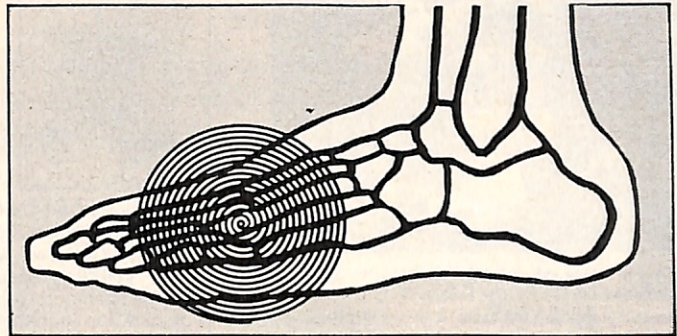
Dri-Guard for "No Control"

Go Anywhere! Sit Anyplace! New patented "DRI-GUARD" liners have abundant absorbent material where most needed! Launderable or disposable liners enclosed in soft vinyl holder prevent escape of any moisture. Use 2 launderable liners at once for full night's sleep without change. Guaranteed effective for both men and women or money back. **ORDER BY WAIST SIZE.** Complete with launderable liner, \$7.95; Extra liner \$3.50, 2/\$6.75; 48 disposable liners \$7.95. (add 75¢ postage/handling, 6% tax in Calif.).

RALCO MFG. CO., Dept. 624
1537 E. McFadden, Santa Ana, CA 92705
(Sold by Mail Since 1965)

My Feet Were Killing Me...Until I Discovered the Miracle of Hamburg!

It was the European trip I had always dreamed about. I had the time and money to go where I wanted—see what I wanted. But I soon learned that money and time don't mean much when your feet hurt too much to walk. After a few days of sightseeing my feet were killing me.



Oh, I tried to keep going. In Paris I limped through Notre Dame and along the Champs-Élysées. And I went up in the Eiffel Tower although I can't honestly say I remember the view. My feet were so tired and sore my whole body ached. While everybody else was having a great time, I was in my hotel room. I didn't even feel like sitting in a sidewalk cafe.

The whole trip was like that until I got to Hamburg, Germany. There, by accident, I happened to hear about an *exciting breakthrough for anyone who suffers from sore, aching feet and legs.*

This wonderful invention was a custom-made foot support called Flexible Featherspring. When I got a pair and slipped them into my shoes *my pain disappeared almost instantly.* The flexible shock absorbing support they gave my feet was like cradling them on a cushion of air. I could walk, stand, even run. The relief was truly a miracle.

And just one pair was all I needed. I learned that women also can wear them—even with sandals and open backed shoes. They're completely invisible.

Imagine how dumbfounded I was to discover that these miraculous devices were sold only in Europe. Right then I determined that I would share the miracle I discovered in Hamburg with my own countrymen.

Today thousands of Americans of all ages—many with foot problems *far more severe than mine*—have experienced this blessed relief for themselves.

Here's why Feathersprings work for them and *why they can work for you.* These supports are like nothing you've ever seen before. They are custom fitted and made for *your feet alone!* Unlike conventional devices, they actually imitate the youthful elastic support that Nature originally intended your feet to have.

Whatever your problem—corns, calluses, pain in the balls of your feet, burning nerve ends, painful ankles, old injuries, backaches or just generally sore, aching feet. Flexible Feathersprings will bring you guaranteed relief with every step you take.

Don't suffer pain and discomfort needlessly. If your feet hurt, the miracle of Hamburg can help you. Write for more detailed information. There is no obligation whatsoever. Just fill out the coupon below and mail it today.

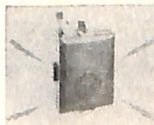
© Featherspring International Corp. 1976

FEATHERSPRING INTERNATIONAL CORPORATION
514 N. E. 124th, Dept. E77
Seattle, Washington 98125

YES! I want to learn more about the guaranteed relief Flexible Featherspring Foot Supports can give. Please send me your free brochure. I understand that there is no obligation and that no salesman will call.

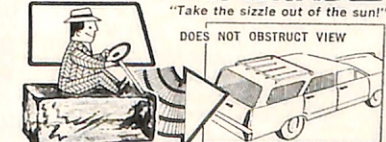
Print Name _____
Address _____
City _____
State _____ Zip _____

DOUBLE-DUTY ALERT



24 hour protection. Wireless—PERMANENT/PORTABLE adjustable slide-bracket fits over door tops in seconds. For HOME, OFFICE OR TRAVEL, this new battery-powered protection device warns against break-in. Use on inward and outward opening doors. DOUBLE-DUTY ALERT signal erupts the instant a door is ajar. Heat Sensor component, at bottom of case, sounds Siren-Like signal when heated to 135 degrees. COMPLETE WITH BATTERIES, READY-TO-OPERATE \$12.95 plus .65¢ P&H. Send check or money order to W. ROCHE CO. 3816 NO. OAK GROVE A522 MIDWEST CITY, OK. 73110. OKLA. RES. ADD STATE TAX.

SIDLES AUTO SUN SHADES



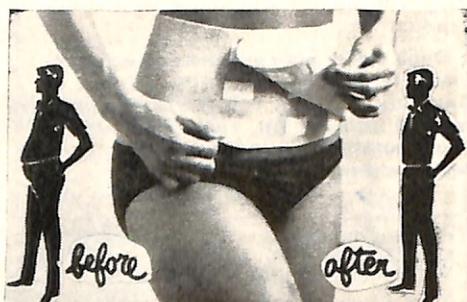
RIDE UP TO 15° COOLER with SIDLES SHADES

Custom made from durable aluminum to block out the sun's rays. Easily installed and instantly removable. Increases air conditioner efficiency and saves passengers and contents from the ravages of a blazing sun. For free information send year, make, series, model (sedan, station wagon, pickup, bus, etc.), and style (2 or 4 door), with your name and address to **SIDLES MFG. CO., INC.,** Box 3537E, Temple, TX 76501. For questions and/or same day shipment on Master Charge phone orders, call (817) 778-1636.



Carol's illness prevented her from climbing these stairs like she used to. She could move to a one-story house, but she loves this house. A *Cheney Weclator™* solved Carol's problem by letting her ride from floor to floor quickly and comfortably. As the first stairway elevator to be UL-listed, it's virtually maintenance-free and can be installed in just a matter of hours. For a colorful brochure on *Cheney Weclators*, or *Wheelchair Lifts* and *Wheelchair Van Lifts*, contact your local Cheney Representative or write: The Cheney Company, Dept. EM, 3015 S. 163rd Street, New Berlin, WI 53151. (414) 782-1100.

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Have a pot belly? Put it in its place! Look and feel more attractive the minute you put it on. Instant grip Velcro fastener makes it easy to put on and take off. 6" wide, adjusts from 26-50" Machine wash. For men and women. \$4.99 plus 70¢ pstg.

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Dept. 707-7B, Wheat Ridge, Colorado 80036

Shows Actual Size

YOUR NAME & ADDRESS
(and/or anything else you want)
Printed Like This on 2 to 5 Lines
ON 300 GUMMED LABELS

WORLD'S BEST GIFT

Labels of De Luxe Quality! Large & readable. Print (not typewriter) type. Centered lines. Rich blue ink. Snow-white gummed paper. Any copy up to five 35-character lines. Sparkling gift box. 300 for \$2.00. Any 3 orders, only \$5.00. 4-wk. del'y. Ppd. & guaranteed.

SEND NO MONEY NOW! Pay for labels after they arrive and prove satisfactory.

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**NEW
CARI-CART
only
\$24⁹⁵**

Ingenious *Cari-Cart* folds to go where you go. Carry it like a purse, use it like a cart! Empty, *Cari-Cart* weighs only 96 ounces, yet it will carry up to 15 times its own weight in the spacious 1/4 cubic foot interior! Extra pocket for your shopping list. Wide rubber-tired wheels steady the load, roll easily. Sturdy chrome-plated steel frame covered with easy to clean heavy-gauge plaid vinyl. Weather-tight rain cover. *Cari-Cart* is as attractive as it is practical! Only \$24.95. Add \$2.50 for handling & postage. MO residents add 4% sales tax. Send check, money order or your American Express, BankAmericard or Master Charge number to MASH International, Dept. E, P.O. Box 1705, Kansas City, MO 64141.



Carry Incredible Loads!

This big new jumbo-sized cart lets anyone carry ten times the load of a common wheelbarrow or cart with incredible ease! Make fewer trips. Weight balances over axle and two large 26" bicycle-sized pneumatic tires. Rolls so smoothly over rocky or soft surfaces, it seems practically self-propelled! *Free Catalog*. GARDEN WAY RESEARCH, Dept. 74417. Charlotte, Vermont 05445.

See Advertisement On Inside Front Cover

**SATISFACTION GUARANTEED OR MONEY BACK
OLD VILLAGE SHOP
Dept. M-3382, Hanover, Pa. 17331**

Sure, I'll try the world's most comfortable shoes.
Please send me:

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|-----------------------|----------------------------|
| prs. | Men's Tan Leather |
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| (M242578B) Size | Width..... |
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for just \$14.99 pr., plus \$1.50 per pr. postage and handling. If they are not the most comfortable, the finest quality pair of shoes I've ever owned, I may return for a full refund of purchase price, no questions asked.

SAVE MORE! Order TWO pair for just \$28.99 plus \$2.75 postage and handling.

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Acc't No. Date Expires.....
 C.O.D. Enclose \$2.00 deposit per pr.
 Enclosed is

NAME
 (please print)

ADDRESS

CITY

STATE ZIP

Elks Family Shopper



WELSH TWEED TRILBY. You'll look so British and feel so comfortable wearing this informal British hat made in Wales from the best Welsh tweed. Pattern is olive brown dog's tooth or black and white dog's tooth. Fully lined. 1 7/8" brim. Sizes 6 3/4 to 7 7/8. \$16.50 ppd. Send 25¢ for catalog. Austral Enterprises, P.O. Box 70190, Seattle, WA. 98107.



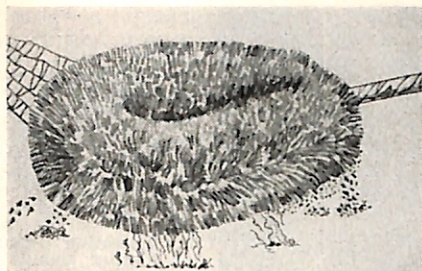
BEAUTIFUL STONE CROSSES. Nature shaped these natural crosses of Stauro-lite, the mineral whose Greek name means cross. Many believe these mysterious crosses are lucky. Mounted with jump-ring and eyelet, they are lovely pieces of jewelry. Only \$5.95 from Fairystone Enterprises, Dept. E7E, 906 Luck St., Martinsville, VA. 24112.



STRUCK IN GENUINE 10 KT. GOLD—a recreated 1860 Clark, Gruber \$20 Gold Piece in exact size shown. The originals are collector's items worth thousands of dollars. Now re-struck incl. serial number, certificate of authenticity. \$28.50 plus \$1.50 shpg. Use as jewelry; golden holder, \$8. Centre Coin Co., Box 1, Dept. E-7, Sherman Oaks, CA. 91413.



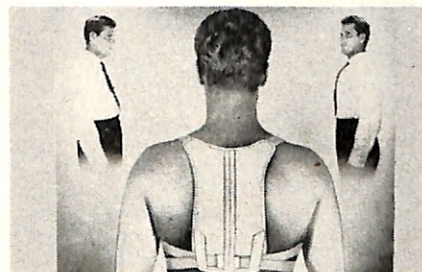
FISH FLOCK TO THE BAIT OR LURE that has Spanish Fly Bait Oil on it. You simply spray this secret scent on your favorite bait or lure. Effective in all seasons, in fresh or salt water, lake or stream, surf or bay, even under ice. 4-oz. aerosol can, \$2.99 plus 60¢ shpg. Jay Norris Corp., 31 Hanse Ave., Dept. 105-24, Freeport, N.Y. 11521.



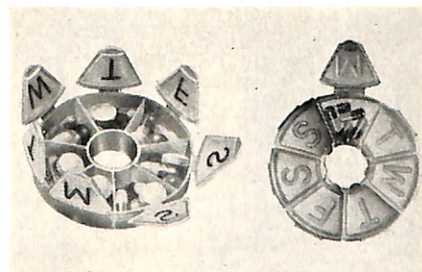
GIANT DUST MAGNET BRUSH has thousands of tiny synthetic fibers that attract and hold dirt by electrostatic action. Gently lifts dust, dirt, ashes, pet hairs, cobwebs, lint. Long handle reaches where dustcloths can't. \$4.99 plus 95¢ shpg. 2/\$8.99 plus \$1.50 shpg. (Pa. res. add 6%.) American Consumer, Dept. DUS-54, Caroline Rd., Phila., PA. 19176.



A SHOE FOR ALL SEASONS—the genuine leather "Bulldogger" is so comfortable and sturdy, you'll love it for working and weekend. Supple glove leather upper and neoprene sole resist stains and moisture. Natural Tan. Men's sizes 7 to 12; C, D, E widths. \$12.99 plus \$1.75 shpg. Old Village Shop, Dept. M-3363, Hanover, PA. 17331.



YOUR POSTURE IMPROVES INSTANTLY with Kinlen Posture Lift. Men and women wear it to stand straight, do away with sagging shoulders. Invisible, lightweight, comfortable. Washable. Men give measurement around chest, women below bust. \$4.95 plus 75¢ shpg. Kinlen Co., Dept. EK-77PL, 809 Wyandotte St., Kansas City, MO. 64105.



7-DAY PILL CASE reminds you to take your medication on time. You never take too little, never too much. Each daily compartment holds 7 to 8 pills. Case measures 3" wide. A great traveling companion for only \$1.00 plus 25¢ shpg.; 2 for \$1.98 ppd. Crown-Castle, Ltd., Dept. PB-505, 51 Bank St., Stamford, CT. 06901.

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Vitamin E 400 I.U.

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LIMIT ONE BOTTLE PER HOUSEHOLD

COMPARE AND SAVE UP TO 60%

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| VIT. B-6 25 mg. <input type="checkbox"/> 100 - 64¢ <input type="checkbox"/> 300 - 1.75 | BREWERS YEAST <input type="checkbox"/> 300 - 65¢ <input type="checkbox"/> 1000 - 4.25 | VIT B-12 25 mcg. <input type="checkbox"/> 100 - 45¢ <input type="checkbox"/> 1000 - 4.25 | WHEAT GERM OIL 11 min. <input type="checkbox"/> 100 - 79¢ <input type="checkbox"/> 500 - 3.85 | GRAPEFRUIT DIET TABLETS LOSE WEIGHT & EAT 2 MEALS A DAY <input type="checkbox"/> 90 2.49 <input type="checkbox"/> 180 4.85 | |
| VITAMINS FOR HAIR 50 SOLD ELSEWHERE FOR 9.95 <input type="checkbox"/> 50 3.95 <input type="checkbox"/> 100 7.45 | | 100 THEREMS EQUIVALENT TO SQUIBB THERAGRAN REG. 2.49 NOW <input type="checkbox"/> 1.49 | | PURE-NATURAL VITAMIN E BEAUTY CREAM 2 OZ. REG. 2.00 NOW <input type="checkbox"/> 89¢ | |

EIk-8

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Vitamin Products

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TEAR OUT AND MAIL TODAY

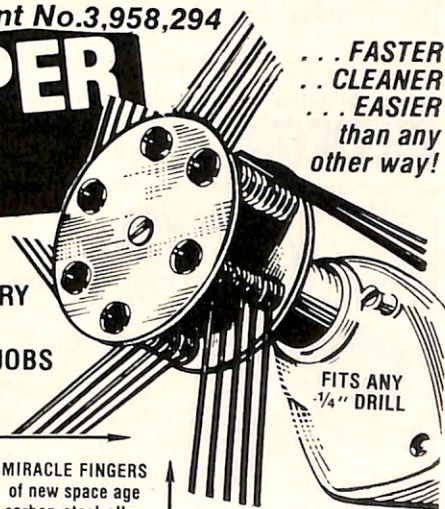
So new it's been awarded U.S. Patent No. 3,958,294

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Powers Paint Off

... FASTER
... CLEANER
... EASIER
than any other way!



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- AUTOS AND BOATS
- HUNDREDS OF BIG AND LITTLE JOBS



MIRACLE FINGERS of new space age carbon steel alloy

FITS ANY 3/4" DRILL

Never buy expensive, paint removers again. Caustic chemical removers are dangerous to skin and eyes and highly flammable.

Works on a patented new principle to do the job cheaper, safer and last a lifetime. Made of solid steel, not cheap plastic! High-speed "whipping action" makes paint, rust, scale vanish as if by magic!

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Order: COARSE for big jobs. FINE for furniture.

I enclose \$ _____

Charge: BankAmericard Diner's Club
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Monitor yourself with the Professional Quality *Kinlen* BLOOD PRESSURE MONITOR/KIT™



ONLY \$19⁹⁵ plus \$1.50 postage

Are you one of the 23 million hypertensives in the U.S. today? If so—you should monitor your blood pressure and report to your doctor just as you would check your temperature with a thermometer. Monitor/Kit™ contains Blood Pressure Unit, stethoscope, zippered case, record log and complete instructions. Everything you need. Easy to use. Unconditional money-back guarantee if returned postpaid within 30 days! Order yours today!

KINLEN PRODUCTS
Dept. EK-77BK, 809 Wyandotte St.
Kansas City, Missouri 64105

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WITH THESE SLEEP SHADE AIDS THE BEAUTY SLEEP® SHADE EYE MASK is specially fashioned from fine satin. It covers your eyes in style and insures total darkness and comfort.



PASTEL & JEWEL TONES, ALL SATIN (State Choice of color) **\$7.50**
(PASTEL — Pink, Blue, Green, Yellow)
JEWEL TONES — Midnight Blue, Royal Blue, Forest Green, Burgundy, Crimson)

The fine quality and unique design of the SLEEP SHADE® EYE MASK has been giving sleeping satisfaction to thousands for over 40 years. It's comfortable and easy to wear. SLEEP SHADE® EYE MASK provides complete darkness for sound sleep.

DELUXE ALL BLACK ACETATE SATIN **\$6.00**
REGULAR, SATIN AND SATEEN **\$5.00**



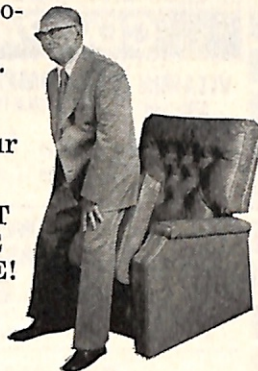
Pstg. and hdlg. 75c, each add. pkg. 50c
SLEEPWELL® EAR STOPS are another great sleeping aid. They are soft, so they fit your ears easily and they are re-useable. If you want to eliminate noise—day or night—try SLEEPWELL®.

1 Pair 60¢, 6 pair in Box—\$3.00 (Pstg. & hdlg. 25c; each add. pkg. 20c)
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The Burke Chair helps you all the way to a standing position—safely and gently. Send for a free catalog. Then, if you desire, select the recliner, rocker or contemporary of your choice. And try it free for a week in your own home.



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Hold your portable T.V. right where you want it, without awkward tables or stands. Takes any width, up to 14" deep, 17" high. Brass tone finish pole has spring tension rod to adjust to 7½ to 8½ ft. ceiling heights. Can be set up in Hi or Low position. Hi position is great for reclining watchers! Made in U.S.A. Extension for higher ceiling, add \$2.00.



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See Advertisement on Inside Back Cover

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I want to enjoy the great days of the Big Bands again in my own home! Please rush Stereo Sound of the Dorsey Brothers records:

VOLUME I (Z439786) VOLUME II (Z439794)
The Tommy Dorsey Band Tommy & Jimmy Dorsey Band for the amazing price of just \$3.99 each plus 60¢ postage and handling on full money-back guarantee!

SPECIAL FREE OFFER! Order both albums for \$7.98 plus \$1.00 postage and handling and receive a FREE Glenn Miller Band Stereo Album (Z443655) (a \$3.99 retail value), containing 10 big Miller favorites!

CHARGE IT:
 American Express Carte Blanche Master Charge
 BankAmericard Diners' Club Interbank No.

Acct. No. Exp. Date

Enclosed is \$..... (Pa. residents add sales tax.)

Print Name

Address

City State Zip.....

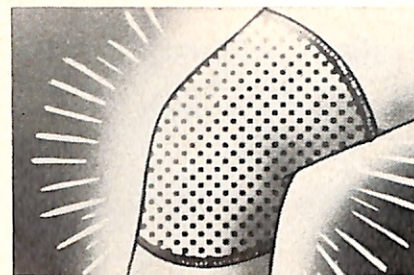
8 TRACK STEREO TAPES! Check here to order Dorsey albums on tape at no extra charge on same money-back guarantee!

VOLUME I (Z439802) VOLUME II (Z439809)
 FREE TAPE OFFER! Order both tapes and get Glenn Miller Band stereo tape (Z443653) FREE!
© Hanover House, 1977

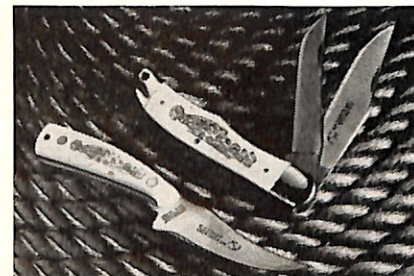
Elks Family Shopper



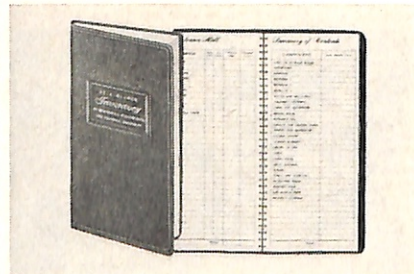
24 K.T. GOLD is etched into the head of a silver Mercury dime by an exclusive patented Bi-tone Process. The dime is set in a sterling silver frame and suspended by the finest Italian Sterling 18" chain. A conversation piece of lasting beauty. Available here for the first time. \$25.00 ppd. Cartwheels, Inc., 2500 Grubb Road, Wilmington, DE, 19810. Toll Free 1-800-441-7666.



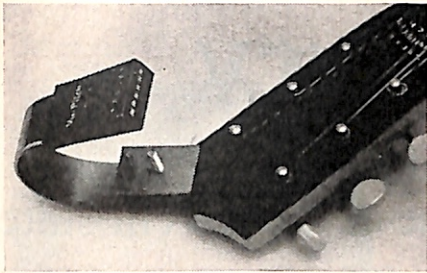
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