

Oregon's Need Of More Public Health Nurses Pointed Out

By MISS LAVENIA M. FULTON

(Public Health Nurse)
This week, April 11-17, has been designated as Public Health Nursing Week. Although the week, in one sense, commemorates the establishment of public health nursing in the United States 71 years ago, activities of those who engage in Public Health Nursing will center in informing the public of Public Health Nursing as differentiated from other nursing.

The need for better understanding on the part of the public is apparent from recently released statistics which show 1,133 counties and 23 cities in the United States did not have public health nurses in 1947. It was explained by Miss Lavenia M. Fulton, Douglas County public health nurse.

Oregon has 137 public health nurses employed as of January 1, 1947. On the basis of estimated population of 1,420,000, Oregon has one public health nurse for every 10,366 persons. Standard public health practice sets a minimum of one public health nurse for every 5,000 persons.

Oregon is one of the few states which requires at least one year of postgraduate work for a public health nurse.

To bring the State of Oregon up to minimum public health nursing standards of one nurse to every 5,000 population, 147 more public health nurses are now needed in the state.

Douglas County at the present time has two public health nurses to cover the entire county. The work carried on must necessarily be limited to the major health problems.

Duties Defined
An immunization program in the schools and the constant check for communicable diseases and infectious skin conditions take up a large part of the nurses' time.

Two other programs of interest to every family is the finding of active tuberculosis cases in the

communities and adequate care of the children with crippling conditions. The public health nurse is active in both these fields, getting under proper care those persons found to have tuberculosis following their contacts, and helping the families to a better understanding of the disease.

Children found in need of special attention through the Crippled Children's Services are carefully followed and watched by the county nurses.

The County Health Department, which includes a health officer, a sanitarian, and two nurses, is interested in all phases of public health. A general immunization clinic is held in the courthouse on Monday of each week. Friday afternoons are open for clinic visits, especially well-baby conferences.

The County Health Depart-

ment hopes to continue its services to the public, increasingly help families reach a maximum health standard and, in so doing, improve the health of each community.

18 YEARS IN BED

SEWARD, Pa., (AP)—For the past 18 years Gabe Banko has been on his stomach, the result of an accident on October 31, 1929. Gabe, then 10, fell out of a tree while hanging a swing. He has been bedfast since.

Hospital attendants report he does a lot of reading and listens to the radio most of the time. His favorite programs are adventure and sports broadcasts.

The Indians called the Catskill Mountains "Ontora" which has been translated, "Land in the Sky."

Civil Service Ban On Politics Cited

SALEM, Ore., (AP)—Heads of all state departments have been warned by the State Civil Service Commission against asking their employees to make campaign contributions.

The commission said today its warning contains excerpts from the state civil service law, which calls for maximum penalties of \$500 fine and a year in jail for violating the law's provisions on political activity.

The commission pointed out that the law also prohibits employees of the state from using their authority or influence to help any candidate for office. State employees also are barred

from seeking jobs as officers of political parties, nor may they serve on a political committee or be a candidate for office.

The commission said that any employee convicted of violating

the law would be dismissed, and would be ineligible to hold a state job for five years.

The average motor car contains 45 pounds of copper, mostly in the radiator.

BIBLE QUIZ

Are you under the Law? First John 3rd chapter, 4th verse, Romans, 6th chapter, 12 to 16th verses.

Address your reply to Box 343, Sutherlin, Oregon, giving your name and address.

Box 343

Sutherlin, Oregon

EGG NOODLE DINNER for 4

THE COST? **35¢**
less than..



AND HERE'S THE RECIPE!

Fry 1 chopped onion in 2 tbsp. bacon drippings until brown. Add to soup stock (made with 6 c. boiling water, 3 beef bouillon cubes). Add 1/4 pkg. egg noodles, 1/4 tsp. salt, and cook till tender. Add cooked vegetables—1/2 c. peas, 1/4 c. cut string beans, 1/2 c. diced carrots. When vegetables are hot, serve immediately.

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- It has not always been easy to have Fried Chicken this early in the year. But now, thanks to quick freezing, you can have the finest, tenderest, most flavorful colored fryers whenever your fancy dictates. And brought to you Safeway's waste-free way, you can fix a platter of fried chicken about as easy as you can fry hamburger. Enjoy a Safeway Fryer today.

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Beef Chuck Roast lb. 49¢
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ARGO	Sierra Pine	White King	IVORY	CAMAY
Corn Starch	Toilet SOAP	Granulated SOAP	SOAP	Toilet SOAP
1-lb. Pkg. 2/25¢	2 Bars 21¢	46-oz. Pkg. 79¢	Large Bar 2/37¢	2 Bars 21¢

Cake and Pastry Flour Sperry 10-lb. 83¢
Shortening Royal Satin, 1 lb. 39¢ 3 lb. 1.09
Shortening Snowdrift, 1 lb. 41¢ 3 lb. 1.19
Peanut Butter Real Roast 2-lb. jar 55¢

Soap Values

Lava Soap Medium size bar 10¢
Palmolive Soap Regular Size 2 bars 21¢
Dreft Soap Powder 11-oz. pkg. 33¢
Su-purb Soap Granulated 24-oz. pkg. 35¢
Duz Soap Granulated 20 1/2-oz. pkg. 37¢
Super-Suds Granulated 23-oz. pkg. 37¢
Vel Soap Powder 12-oz. pkg. 33¢
Bleach White Magic Quart 11¢ 1-gallon 35¢

Instant Ralston 1-lb. pkg. 27¢
Rolled Oats Quaker—Regular or Quick Cooking 3-lb. pkg. 39¢
Rolled Oats Albers—Regular or Quick Cooking 3-lb. pkg. 39¢
Kix Corn Cereal 7-oz. pkg. 16¢

Beverages

Canterbury Tea Black 16-bag 18¢
Lipton's Tea Black 1/4-lb. pkg. 33¢ 16-bag 21¢
Lemon-Lime Scooter 2 Quarts 27¢ plus deposit
Ginger Ale Snowy Peak 2 Qts. 27¢ plus deposit
Tom Collins Sky Room 2 Qts. 27¢ plus deposit
Sparkling Water Merry Mix 2 Qts. 27¢ plus deposit
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Sno-White, 24-oz. pkg.
MINTS 10¢
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RAISINS 17¢
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Saturday, April 17. We reserve the right
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Save on Canned Foods

Corn Highway—White, vac. pack No. 2's 22¢
Cream Corn Del Monte No. 2 can 18¢
Corn Niblets—Vacuum packed 12-oz. can 18¢
Golden Hominy Banjo No. 2 1/2 can 16¢
Okra Blue Plate brand No. 2 can 17¢
Fancy Peas Sugar Belle No. 2 can 19¢
Gardenside Peas Standard No. 303 can 10¢
Sweet Potatoes Taylor Squat can 23¢
Chop Suey Jan-U-Wine Veg. No. 2 can 25¢
Meat Balls Haley 16-oz. can 39¢
Veg. Stew Haley's—with Beef No. 2 1/2's 39¢
Link Sausage Cudahy 8-oz. can 42¢
Chopped Ham Cudahy 12-oz. can 53¢
Luncheon Meat Tempt 12-oz. can 45¢
Pink Salmon Prinee Leo No. 1 can 49¢
Apple Sauce Highway No. 2 can 12¢
Sliced Peaches Del Monte No. 2 1/2 can 32¢

Bread, Crackers, Cookies

Bread Mrs. Wright's White or Wheat 1-lb. 14¢
Bread Mrs. Wright's Cracked Wheat 1-lb. 15¢
Vanilla Fig Bars 2-lb. pkg. 53¢
Soda Crackers Busy Baker 1-lb. 27¢
Soda Crackers Busy Baker 2-lb. 49¢
Graham Crackers Pirates' Gold 1-lb. 29¢
Graham Crackers Pirates' Gold 2-lb. 51¢
Tea Timer Crackers 1-lb. box 30¢

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Grapefruit Desert White 1-lb. 6¢
Oranges Juicy Navels 7-lb. Bag 59¢
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Asparagus
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April 11-17

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