



A wounded American soldier is being given life saving blood plasma at a first-aid station only half a mile from the front lines. First aid plasma treatment at these forward medical stations has saved the lives of many of our soldiers. SIGNAL CORPS PHOTO.

YOU CAN BE A BLOOD DONOR

EVERY battle that we and our allies win and every mile of territory that we gain makes the day when our boys come home just that much closer. But as the war speeds up, our casualties become greater. During the next few months more and more lives will be saved by the life-giving miracle of blood plasma. That's why the American Red Cross is urging YOU to be a blood donor now!

WHO MAY BE A DONOR? Anyone who is in good health, over 110 pounds in weight, between the ages of 18 and 60 may be a blood donor. (People under 21 must have parents' consent to participate.) Millions of donors have given their blood without harm, and your donation is carefully supervised by a competent physician. In addition, very careful checks are made to make sure that your blood pressure, pulse, temperature and general health are satisfactory. Donors are encouraged to eat a normal meal three to five hours before donating. Meals taken closer to the time of donating should include only black coffee (no cream), dry toast (no butter), stewed or fresh fruit or fruit juice.

HOW TO MAKE AN APPOINTMENT. No matter what shift you work, hours at the Blood Donor Center are convenient for you. If you are a member of a crew, or can help organize a group of blood donors, transportation for ten or more people will be arranged within a radius of 15 miles. Please make an appointment before you go to the blood bank. You can call ATwater 8561 and make arrangements. The Center is open: Monday, Tuesday and Thursday, 12:00 noon to 7:15 P. M.; Wednesday and Friday, 8:00 A. M. to 3:45 P. M.; Saturday 8:00 A. M. to 2:45 P. M.

HOW LONG DOES IT TAKE? The actual taking of blood requires less than five minutes, but by the time the donor is signed up, rests for a little while afterwards, has coffee and doughnuts and receives his donor badge, it takes about forty-five minutes.

WHERE TO GO. The Blood Donor Center in Portland is located at Southwest 17th and Alder.

A PINT OF YOUR BLOOD WILL SAVE A LIFE