

YOUR BLOOD MAY SAVE A LIFE



Don't Let Them Down!

On every major fighting front boys like these are fighting to bring this war to a speedy close. But every inch down that road to victory is exacting its price in blood, blood that you can help to replace. 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' or spouse's 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 not exceed: Black coffee (no cream), dry toast (no butter), stewed or fresh fruit or fruit juice.

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.

HOW TO MAKE AN APPOINTMENT

For people working in war industries, or on night shifts, hours at the Blood Donor Center have been adjusted to suit their convenience. 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 A. M. to 2:45 P. M.

WHERE TO GO

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