

Blood Donors Need Proteins

Colds Undergo Tests on Diets

LINCOLN, Neb.—(AP)—Dr. Ruth Leverton, director of human nutrition research at the University of Nebraska, said she is 100 per cent for blood donations to the Red Cross but warned donors not to expect their systems to replace the blood overnight.

How fast you get your blood back, she said, depends a great deal upon what you eat. A high protein diet, including more than the usual amounts of milk, meat, eggs, fish and cheese, speeds the replacement process, she said.

Dr. Leverton's findings came from a series of tests in which 148 blood donors co-operated. Although the study involved only young women, Dr. Leverton said the results apply in general to all blood donors.

Women donors, she pointed out, usually make a greater proportionate contribution when they give a pint of blood than men do. Blood makes up about seven per cent of the body's weight and therefore the 180-pound man makes a smaller proportionate gift than the 115-pound woman.

Some of the girls ate carefully-controlled foods, containing the usual amount of protein, while others were given their protein in snacks to boost their protein intake to 75 grams. A third group received extra protein foods which increased their protein intake to as high as 90 grams.

The blood of all the donors, Dr. Leverton found, was rebuilt fastest when their diets included between 5 and 90 grams of protein daily. It was a 50 to 90 per cent boost in the protein content of the usual diet.

Even with the high protein diet, however, it required weeks for the donated blood to be replaced completely.

Malayan Boy Scouts To Hear Princess

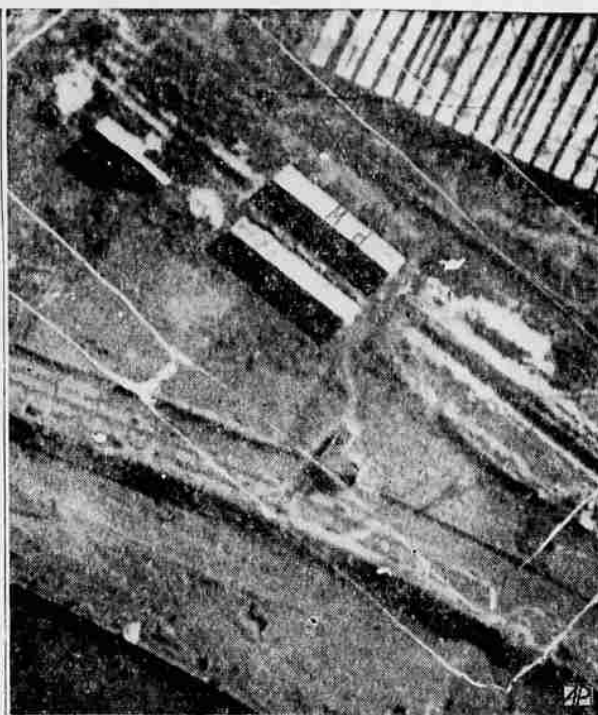
KUALA LUMPUR, Malaya—(AP)—Boy Scouts from the Federation of Malaya will take part in the scout jamboree at Ceylon next February during the scheduled visit of Princess Elizabeth and the Duke of Edinburgh to Ceylon.

The executive committee of the Federation of Scout Councils has announced its acceptance of an invitation from Ceylon to send a patrol of eight Scouts to the jamboree.

YOUNGSTER'S FUN COSTLY

CRETE, Neb.—(AP)—The simple little BB gun is costing the city of Cret \$20 a week. That's what it costs to replace lightbulbs shot out by youngsters sporting BB guns.

City Commissioner C. R. Weaver reported to the city council.



(AP Wirephoto)

POW CAMP AT PYONGYANG—This aerial photo of the POW camp at Pyongyang, North Korea, where Maj. Gen. William Dean is a prisoner, was made about a week ago. The two parallel buildings in the center are the prison camp and the letter "PW" may be seen on the roof of the top one. The river runs along the lower left corner. Buildings at upper right unidentified. White rectangle was drawn in by Air Force to help distinguish the area.

Global Tug of War Strategy Outlined

WASHINGTON — (AP) — Dr. Raymond B. Allen, 49-year old educator physician, Wednesday starts trying to get more steam behind the American "campaign of truth."

Allen, until recently president of the University of Washington, is taking over temporarily the post of director of the National Psychological Strategy Board. This is the White House agency which President Truman set up six months ago to bring into better focus scattered American propaganda efforts in the global tug of war with Communism.

'Hate America' Drive
Strategy board officials said they are just beginning to work out over-all plans for the State and Defense Departments to use in combating Moscow's "Hate America" campaign.

While trying to pull together loose ends of the cold war campaign, Allen may be in the center of a continuing dispute over a proposal in Congress to remove information and propaganda operations from the State Department and combine them in a single big agency like the former Office of War Information.

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General Objectives
The strategy board, second of two agencies created after the start of Korean fighting, is concerned only with top level policy. It lays down general objectives to be carried out mostly by the State Department's "Voice of America" radio, films, posters, pamphlets and libraries, and by Army psychological warfare operations on the Korean battlefield.

The agency has the added responsibility of advising the President and the National Security Council on Communist propaganda strokes and on the effectiveness of American "white," "grey" and "black" weapons in the world war for men's minds.

Open Information
"White" propaganda is the open information campaign of the State Department.
"Black" operations include rumor campaigns and propaganda whose source is hidden. "Grey" is in between with its source purposely kept vague.

Would Be Gilding the Lily

Why Women Don't Make New Year's Resolutions

BY HAL BOYLE

Associated Press Staff Writer

NEW YORK—(AP)—Do women make New Year's resolutions? It is the belief of most men that they do. This is because they themselves overhaul their lives at this season, and chart a fresh course. And they figure that whatever they do, why, women naturally will do likewise, because of the desperate feminine determination in America to outdo men in any field.

But that just shows any male generalization about the opposite sex is likely to be untrue.

I have found women strongly resist the idea of making New Year's resolutions. Or, if they do make them, they do it in utter secrecy.

I was writing down my list of promises to myself to live better when Frances looked over my shoulder.

"What have we here, Rover?" she asked.

"New Year's resolutions," I explained proudly. "I've got up to 112—and I'm only about half through."

"Half through?" she murmured. "You aren't even half started."

She picked up my list—rather cynically. I thought—and skimmed through it, shaking her head.

"What do you mean by these first two items—that you'll give up Sazerac cocktails and quit looking at wrestling matches on television?" she demanded. "You know we don't have a television set yet and you never drank a Sazerac cocktail in your life."

"Well, I put down a couple of easy ones to warm up with," I replied lamely. "It's always easier to give up something you don't do than something you do do."

"Why don't you swear off taking trips to the moon?" Frances suggested. "Your last few flights have left me rather worried."

In an effort to get out of this

conversational side-pocket, I inquired:

"All right, then, let me see your list."

"My list of what?"

"Your list of New Year's resolutions."

Frances looked at me carefully, then said:

"Tell me, Rover, what good resolutions you think I need to make?"

"Just how would you like me to be different?"

I thought that over, and then mumbled hastily that, of course, I was just joking. I put on my coat and went to the office. Then I went up to three different girls there and asked what their New Year's resolutions were.

"Are you kidding?" said the first girl.

"Why should I make any?" said the second girl.

"What's wrong with me now?" said the third girl.

Well I think this small survey gives the answer. If a woman made New Year's resolutions and told them, she'd be admitting in public something was wrong with her.

And women, generals, and prophets simply don't do that.

Council Okays Home Purchase

SUTHERLIN — Sutherlin City council members approved a resolution to approve the Douglas County Housing Authority's purchase of Sutherlin homes from the federal government.

In order to retain the housing project after June of 1952 it was necessary for the council to approve the purchase of the property, so that the project would be under county ownership.

The federal government had termed the housing, no longer needed, if there was no transfer to a local authority, thereby considering the property should be cleared of buildings sometime in mid 1952.

However, now that the council has approved transfer of the property, it is expected that it will be taken over from the federal government about July 1, 1952, by the Douglas County Housing Authority.

300 Taverns Lack Licenses

PORTLAND—(AP)—Only a few Portland taverns were closed Tuesday because of lack of licenses, the State Liquor Commission reported.

Some 300 tavern owners had not received licenses for 1952. But letters authorizing operation were mailed to many of them, George S. Woodworth, license division supervisor, said.

The president of the Oregon Licensed Beverage Association, Oren F. Campbell, said he knew of no one who had not received a license.

KF Pastor Accepts Post

KLAMATH FALLS—(AP)—The Rev. Gerald Emerson, assistant pastor at the First Presbyterian Church here, has accepted a double pastorate in which he will serve both Creswell and Springfield Presbyterian churches.

Mrs. Emerson, a Christian education specialist, assists her husband in his work.

The Emersons came here several months ago following extensive missionary work in Bogota, South America.

Sutherlin Hires City Official

SUTHERLIN — Thomas Cunningham, Madras, Oregon, was picked by Sutherlin City Council members, recently, to be Sutherlin's new City Superintendent. Cunningham, according to his application for the position has been five years in city work. Among the positions he held, were two years as City Superintendent of Madras, where he also was City Recorder and Municipal Judge. He spent some time with the police and engineering department at Bend, Ore. He was also with the Plans and Surveys department at Long Beach, California.

According to plans, Cunningham, is to assume the duties and responsibilities of the new position on or about January 1. There has been no indication as to whether he would be able to make the move from Madras to Sutherlin by that date, as yet.

Howard, Rex Applegate Prominent in the News

YONCALLA — News of two prominent members of the pioneer Applegate family comes up in the Christmas news.

The Applegate family had their holiday celebration in Portland at the Mr. and Mrs. E. A. Tulley family home. Among the guests were Col. Rex Applegate, of Mexico City, Mexico, and Mr. and Mrs. Howard Applegate of Seattle, Wash., were present.

Howard Applegate who is with the United Press in Seattle is being transferred to the Portland office.

Col. Rex Applegate's new book, "Kill or Be Killed" is off the press and the government has adopted it as an army text book.

This is the second book of his to be adopted by the government for army use. He flew up from Mexico. He is the son of Paul Applegate of Scottsburg, both former residents of Yoncalla.

Mr. and Mrs. Vince Applegate of Yoncalla were among those going from here.

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Visitors Listed For Holidays

RIVERVIEW — Mr. and Mrs. Loren Cline, recently returned from Army service in Hawaii, are guests of his mother, Mrs. A. W. Ernsberger.

Mr. and Mrs. Gilbert Wing went to Mrs. Wing's mother's in Portland for Christmas Day.

Mr. and Mrs. Francis Schultz and son were guests at his mother's home in Hillsboro.

Several of the local boys in service were fortunate enough to get holiday leaves. Among them were Gerald Templeton, here from his Navy assignment at Bremerton, Wash.; Stan Endre from Moffitt Field, Cal., and Ray Harper from Camp Roberts, Cal.

Mr. and Mrs. Forrest Whisman of Portland are visiting their sisters, Mrs. Jennie Lee and Mr. and Mrs. Harry Boring.

Driver Eludes Police, Then Goes to Sleep

DETROIT LAKES, Minn.—(AP)—When police attempted to stop a 26-year-old motorist to question him about a traffic violation recently, he must have had something more important to do because he took off in his car at high speed. Despite warning shots he eluded police in a 16-mile chase.

A little later Clay County Sheriff W. T. Curran found him. He was asleep in the back seat of his car.

Steel Executive Dies

NEW YORK — (AP) — William A. Irvin, president of the United States Steel Corp. from 1932 to 1938, died Tuesday after a long illness. He was 78.

Irvin is a native of Indiana, Pa.

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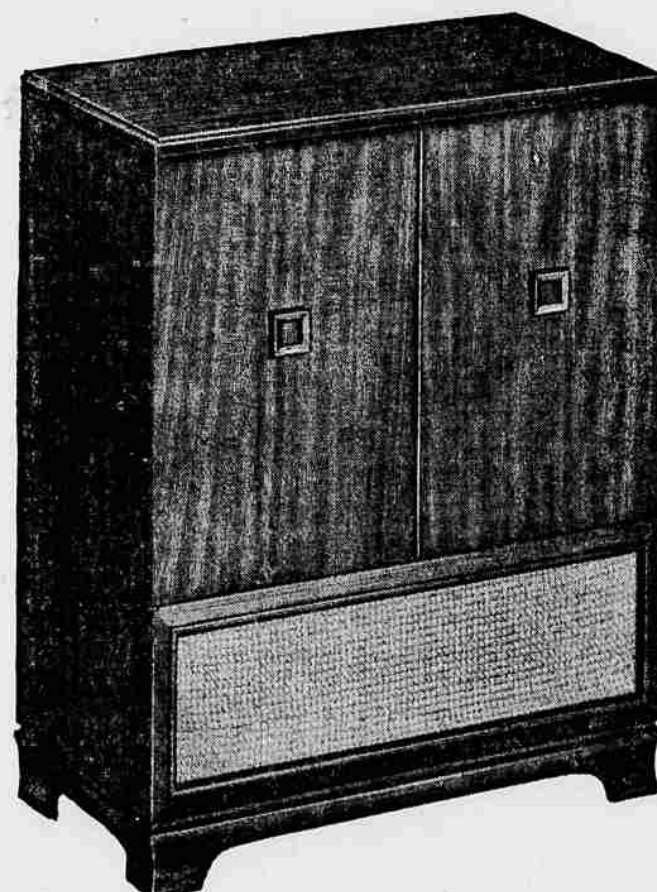


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