

Grass Valley

By Mrs. A. F. Balzer

Bob Redkey of Monmouth arrived Thursday and spent the holiday weekend at the Arzell Lemley home. He left Monday accompanied by Miss Carolyn Lemley, who spent the holidays here with her parents, the Arzell Lemleys. Rodney Rolfe arrived Wednesday night from Fort Ord, where he is attending school to spend until Sunday with his parents, Mr. and Mrs. John Rolfe, returning to Fort Ord for three or four more weeks of schooling before being sent overseas.

Mr. and Mrs. Roy Schilling spent New Years eve at the home of Mr. and Mrs. Arzell Lemley. Mr. and Mrs. Joe Hammond and family were dinner guests in The Dalles Saturday.

Mr. and Mrs. Clyde Davis and family of Condon were dinner guests Christmas day at the home of Mr. and Mrs. Charles Davis.

Mr. and Mrs. Arzell Lemley and Oscar Lemley went to Portland Thursday to visit their brother, Frank Lemley who is in the Good Samaritan hospital for medical attention.

Miss Barbara Alley returned to Portland after spending the holidays here with her parents, Mr. and Mrs. Earl Olds.

Mr. and Mrs. Gordon Lemley and family were dinner guests New Years day at the John Reuckman home.

Mr. and Mrs. Fred Cox went to Corvallis the Saturday before Christmas and spent the holiday with their daughter, Mrs. Al Roberts and family, returning on Wednesday.

Mr. and Mrs. Gordon Lemley and family spent last Tuesday visiting her sister, Mrs. Ross Hart and family at Beaverton and her parents, Mr. and Mrs. F. M. Crews of Cannon Beach, who were visiting the Harts. Wednesday they went to Gresham to visit Gordon's grandparents, Mr. and Mrs. Chas. Lemley, and home that evening.

Mrs. H. O. Dugger and Mrs. John Rust left Sunday for Longview, Wash., to spend a week visiting the latter's daughter, Mrs. Oran Raven and family.

Dennis Andersen left Wednesday for Norman, Oklahoma, to report to the naval training station after spending his leave here with his mother, Mrs. C. R. Andersen.

Mr. and Mrs. Arzell Lemley were dinner guests Friday evening at the home of Mr. and Mrs. Alfred Kock.

Mr. and Mrs. Alex Brander had as their guest over the Christmas holiday his mother, Mrs. Jessie Brander of Portland.

Mrs. Harry Hooper, Mrs. A. A. Dunlap and Mrs. Verne Mobley and Mary, were business visitors in Portland Friday.

Mrs. Charles Baker and son, Kermit, and the other children of Burns came Saturday and spent the holiday weekend here with her mother, Mrs. T. M. Rolfe. Kermit, who is home on leave from the naval training station in Norman, Oklahoma, to visit his parents will have to report back

there January 15.

Mr. and Mrs. Claud Bayer and family went to Portland Friday and on to Astoria where they were overnight guests of Mr. and Mrs. Charles Ferrigo and family, and home on Saturday.

Mr. and Mrs. Olan Stark and family and Mrs. W. D. Barnett were dinner guests New Years day at the Harold Owens home.

Mr. and Mrs. Harry Young and children of Portland came Saturday and spent the New Year holiday weekend with his parents, Mr. and Mrs. Grover Young.

Mrs. T. M. Rolfe and Mrs. Chas. Baker and children of Burns were dinner guests New Years day at the Willard Rolfe home.

Mr. and Mrs. Edison Sutherland of Richland, Wn., arrived before Christmas and spent the holidays here with her sister, Mrs. Art Bibby and family.

Mr. and Mrs. Gene Reynolds and children, Julie and Mark, were business visitors in Portland Friday.

Mrs. Bernard Martin went to Portland Tuesday December 20 to attend the funeral of her father, Charles Hodges and returned home Friday.

Mrs. Bernard Martin and daughter, Deanna, and Phillis Fix, went to Roseburg Thursday to visit the former's step-father, Frank Grubbe, returning Friday.

Mr. and Mrs. Arzell Lemley and Carolyn were overnight guests Christmas eve at the Gordon Lemley home and spent Christmas day with them.

Miss Janice Bibby of Portland and Gary Alden, a student at the University of Oregon who are spending the holidays here with her parents, Mr. and Mrs. Art Bibby, went to Grants Pass Saturday before Christmas and spent the holiday with his parents, Mr. and Mrs. Durward Alden, they returned here Tuesday.

Mr. and Mrs. Ted Carlson of Kent are the parents of a daughter, Marvene Elsie, weighing seven pounds and two ounces, at The Dalles hospital December 23.

Mr. and Mrs. Donald Clodfelter and son, Wendell, were dinner guests Christmas day at the home of Mr. and Mrs. Glenn Marsh sr., at Hood River. They also visited their daughters, Mrs. Bruce Eccles and family, also her mother Mrs. C. P. Adams and her brother, Clair Adams and family, returning home Monday.

Mr. and Mrs. Herman Peters Jr. of Hood River spent the New Year weekend at the home of his parents, Mr. and Mrs. Herman Peters.

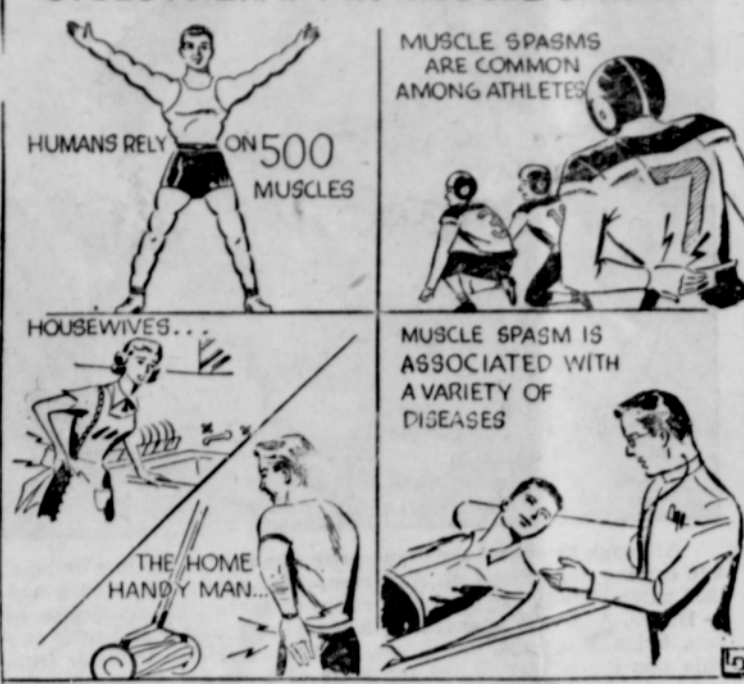
Mr. and Mrs. Donald von Borstel and family were dinner guests New Years day at the home of Mr. and Mrs. A. von Borstel and spent the evening.

Dinner guests at the Art Bibby home Christmas day were their son, Stephen, Mr. and Mrs. Edison Sutherland and Miss Louise Fraley of Portland.

Mrs. Art Bibby and son, Stephen, Mrs. Edison Sutherland took Miss Louise Fraley to her home in Portland last Monday after spending the Christmas holidays with them, returning Wednesday.

Science & Your Health

CYCLOTHERAPY IN MUSCLE SPASMS



by Science Features

We humans rely on a complex array of 500 muscles of various sizes for the physical power we have over our environment. Yet, we commonly become aware of this wonderful system of locomotion only when our muscles "act up"—when they remind us through pain or spasm that something has gone wrong.

A spasm is any sudden, involuntary contraction of a muscle. Twitching, cramps or other types of muscle spasm may be brought on by a variety of causes. Sudden chilling of the body after swimming may result in severe spasm of several of the body's muscles. Sharply diminished circulation of the blood to any part of the body brings about spasms in the blood-starved area. Chemical imbalance is also a common cause of spasm; for example, recent research indicates that the painful leg-cramps of pregnancy are due to abnormally low levels of calcium in the blood of expectant mothers. The so-called night cramps—sleep-disturbing spasms of leg muscles—are also believed to be related to calcium metabolism.

Bacterial toxins can send the body's musculature into violent contractions; the most notorious of these is the poison secreted by the germ of tetanus or lock-jaw. In addition, many ailments of the nervous and skeletal systems are accompanied by muscular spasms.

In many of these chronic conditions, including arthritis, neuritis, paraplegia and low back pain, a new treatment known as cyclotherapy is proving beneficial. Doctors have found that cyclotherapy, a unique form of electrically generated physical energy, has scored striking results in easing spasms and relieving the pain of patients suffering from a variety of ailments that affect the muscles, and helping them toward rehabilitation.

The physician also has a variety of other physical and chemical agents at his disposal to quiet disturbed muscles. Heat, in various forms, has been used since time immemorial to "iron out the kinks" in painful muscles, and it is still a valuable means of therapy. Many drugs, including anesthetics, barbiturates, counter-irritants and the recently developed "tranquilizing drugs" have their place in the spasm-fighting armamentarium.

In some cases, muscle spasm is not primarily the result of disease, but is related to over-use of a particular set of muscles. In these conditions, such as the so-called "occupational cramps" or "athlete's cramps," modern methods of treatment including cyclotherapy have proven effective in restoring free motion to the affected parts.

Mr. and Mrs. D. L. Reynolds were dinner guests Christmas day at the Gene Reynolds' home.

The American Legion Auxiliary will hold its next meeting Wednesday, January 11, at the home of Mrs. J. E. Norton at Kent at 2 o'clock.

Mr. and Mrs. Len Garland took their son, Howard Garland, to The Dalles Monday where he left for Kansas City to report to an air base after spending the holidays here with them.

Rev. and Mrs. Wilbur Junker of Kent are the parents of a son born Sunday night at 1:30 a. m. the first New Years baby born at The Dalles hospital. The baby weighed nine pounds and two ounces and was named Larry Dale.

Mr. and Mrs. J. E. Norton and sons, Ross and Willy, were dinner guests Friday evening at the home of Mr. and Mrs. Robert Ta-

tum. Dinner guests at the Don Smith home were Mrs. Maude Garrett and son, Bill, of Shaniko and Mr. and Mrs. H. N. Riggs and family.

Mr. and Mrs. Lamer Sayers and family of Moro spent Monday afternoon and evening after Christmas at the home of Mr. and Mrs. Gordon Lemley.

Mr. and Mrs. Sam Davis left Saturday for Phoenix, Arizona to spend the winter in a warmer climate.

Mr. and Mrs. Edgar Alley and Ruth, and Mr. and Mrs. John Alley and Barbara Alley, were in The Dalles Monday to visit John and Barbara's grandparents, Mr. and Mrs. Tom Alley.

About 250 attended the New Years dance held at the Kent Legion hall sponsored by the George Bell Post No. 49 of the American

Legion. Music was furnished by Jack Creighton's orchestra of The Dalles. Supper was furnished by Auxiliary with Mrs. A. A. Dunlap as chairman, assisted by Mrs. Alfred Kock, Mrs. A. von Borstel, Mrs. Oliver Schadewitz, Mrs. Frank von Borstel and Mrs. J. E. Norton.

Mr. and Mrs. Norman Adams and children, Gregory and Sandra of Eugene were over night guests Wednesday at the home of his sister Mrs. Donald Clodfelter and family.

Mr. and Mrs. Bruce Eccles of Hood River and Stephen spent the New Year weekend at the home of her parents, Mr. and Mrs. Donald Clodfelter.

Mr. and Mrs. Ralph Eakin and family of Condon and Oscar Lemley and daughter, Randy, were dinner guests New Years day at the home of Mr. and Mrs. Estel Hartley.

Mr. and Mrs. Ted Kelly have as their guests her parents, Mr. and Mrs. Glenn Fairchilds of Grants Pass and her grandmother, Mrs. Myrtle Fairchilds of Estacada, who came before Christmas. Other guests Christmas weekend were Mr. and Mrs. Ceford Garoutte and family and Mr. and Mrs. Glenn Fairchilds Jr. and family of Grants Pass.

Mrs. A. A. Dunlap spent New Years day in Wasco at the home of her son in law and daughter, Mr. and Mrs. Art Watkins. Other guests were Mr. and Mrs. Kendrick Dunlap and family and Mr. and Mrs. Jack Cushman of Moro, Dorothy Wilson of Springfield, Mr. and Mrs. Kelly Wilson and baby of Mitchell and Mr. and Mrs. J. W. Coons and son, Jimmy of Moro.

Mrs. Bob Marvin entertained the bridge club at her home in Moro last Tuesday evening. The rooms were beautifully decorated with Christmas greens and candles. Bridge was in play at two tables with Mrs. Harry Hooper holding high score. Mrs. Robert Schilling second and Mrs. Kendrick Dunlap low. Mrs. Marie Barnum won the traveling prize. Others present were Mrs. John Rust, Mrs. Joe Bibby, Mrs. Paul Syron and Mrs. Velma McKean. This was the Christmas party, so after an exchange of gifts refreshments were served by the hostess.

Dinner guests at the Verne Mobley home at Kent New Years day were Mr. and Mrs. M. E. Stonebrink of Portland and Mr. and Mrs. Paul Krueger and family of Culver. The occasion was the birthday anniversaries of Ronnie Mobley and Mr. Krueger.

Tape Helps Keep Accidents Down

Fewer-daylight hours and foggy nights have increased the need for reflective material on equipment moved on highways, cautions a member of the governor's safety committee, Burton Hutton, state 4-H club leader at OSC.

During the past two years, 4-H club members and Future Farmers of American chapters distributed enough tape to "light up" mobile equipment on 700 farms in Oregon as part of the "Reflect to Stay Alive" safety campaign. It is being continued this year.

Use of reflective tape on farm equipment, cattle passes, railroad crossings and on sides of trucks is being promoted. Club members are also checking danger spots in

barre and homes in cooperation with five mutual insurance companies in the Willamette valley.

"We want people to be aware of all hazards," says Hutton. Mabel Mack, assistant director of the OSC extension service and safety committee secretary, reminds parents that children may be in danger walking to and from schools in foggy weather. "Twenty-five cents worth of tape applied to raincoats and overshoes may save a child's life," she says. Last year in Coos county, 500 children were given reflective-covered buttons to wear on outer garments.

Although Oregon has been one of the nation's 13 worst states as far as farm and home accidents are concerned, Mrs. Mack reported the state's record improved last year. It is still the blackest state record in the Pacific Northwest, however. California and Washington have a lower percentage of accidents, according to Mrs. Mack.

We have sold the Dunlap Agency to Frank Ketter, effective January 1, 1956, and want to take this opportunity to thank you for the many years of fine cooperation and hope you will continue your relationship with Frank, who we know will do his best to serve you in the best possible way.

Dorothy Dunlap
Owner
Anita Hooper
Agent

Frank J. Ketter Agency

announces offices in the Baker Building at Grass Valley.

We offer complete coverage in all general insurance.

FIRE AUTO CROPS, FARMER'S COMP.
etc.

Frank J. Ketter, Agent Phone 740
Grass Valley

Spencer & Libby
General Home Phone 1234
800 KELLY AVE
A name closely associated in the public mind with dependability

APPRECIATION

Having sold the Paul's Chevron Station to Leo Roberts, I want to express my sincere appreciation to the customers who made that business successful.

I retain Paul's Automotive Service and will repair your gas or diesel equipment.

I ask for Mr. Roberts the same fine patronage accorded me.

PAUL SYRON

LEO'S CHEVRON SERVICE

of Wasco has bought Paul's Chevron at Grass Valley and wants to thank his patrons for their business and hopes to see them at the new location.

To Grass Valley patrons we extend a welcome to the same station with the new name and assure them courteous service.

Sincerely
LEO ROBERTS

Let's face facts:
you must start to acquire
reserve money now!

Says
E. E. "Pinkie" Billings
P. O. Box 184
The Dalles, Oregon
Phone: 2339

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EQUITABLE
REPRESENTATIVE



The most dangerous attitude in the world for any farmer, rancher, or other businessman is to think that since he can save only a small amount each year a savings program isn't worth starting. Even small savings, made regularly, pave the route to a buffer for a bad year. Your Equitable representative has helped many others build funds when they thought it impossible. Merely by placing your operating money with Equitable and gaining good earnings until you need it, you can make a start toward a solid sum of ready cash. Find out more: phone your Equitable representative or fill in and mail the coupon for full information.



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The Sherman County Journal

Of, By, and For Sherman Countians