

Your Health and Its Care

BY DR. WILLIAM BRADY, M. D.

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EXERCISE FOR THE PUERPERA

As Dr. Rotstein observed, in reference to the absence of the complication of thrombophlebitis (clotting in a vein) in 150 patients who were allowed up on the third or fourth day after childbirth "early postpartum activity lessens the hazard of such a complication occurring."

To that I would add that, within reasonable limitations, early resumption of activity after childbirth lessens the hazard of any complication occurring, including puerperal fever (septicemia) and displacements.

But one of the reasonable limitations to be taken into consideration in every instance is the patient's general fitness, which depends, of course, on her education. If she has not had a fair physical education the chances are she will be flabby, flaccid, and therefore more likely to develop one complication or another following childbirth.

Resumption of activity after childbirth should be early but gradual, not abrupt.

Every puerpera (woman who has recently borne a child) should begin on the first day systematic exercises in bed, and go through them on a regular time schedule at intervals of two or three hours. Including belly breathing exercise.

These bed exercises should increase gradually day by day. Of course if there is any complication such exercises should be carried on only with the approval of the attending physician.

Turning the head from side to side. Extending and flexing the feet on the ankles. Inverting and extending the soles. Flexing and extending one knee, then the other, then both. Turning the body from one side to the other. Raising and lowering one leg, then the other, and after a few days both legs together. Two or three times may be sufficient.



COMPOSITE PIN-UP GAL—Lovely Phyllis Brooks, composite of servicemen's pin-up ideals the world over, says the boys want something with plenty of skirt to remind them of the girls at home. Phyllis not only has plenty of skirt, but everything else.

THE GRANGE

Lake Creek

Lake Creek grange met in regular session on Friday, Dec. 8, with Worthy Master Leonard Bradshaw presiding. There were 12 members and five visitors present.

The special basenent committee reported the completion of the cement floor in the basement. The windows have been ordered; also, the material to finish the ceiling. The new floor is a great improvement over the uneven ground that has been walked upon for so many years.

The following new members were obligated in the third and fourth degrees: Harve Strahm, Ruth Strahm and Betty Bradshaw.

The new officers for 1945 will accept the kind invitation of Eagle Point grange and attend their installation Jan. 2 at 8 p. m.

The following have been appointed by the worthy master to have charge of the sixth war loan sales in this district: Mrs. Burnells, Beth Zundel, Mrs. Wright, Nora Bradshaw and Elynn Charley.

The following members of the Eagle Point grange were our

PARTS and SERVICE
for all
Makes of WASHERS and REFRIGERATORS
YOUNGER'S APPLIANCE SERVICE CO.
31 N. Bartlett Phone 2419

Skytroops "Statues" in Greece



THE BRITISH ARE BACK in Greece and have succeeded in something they tried hard to do in 1942, namely, throwing the Germans out of there. This picture shows some of the British troops who are on half-rations so that the Greek civilians can get more Army food. They are watching the Greek flag being unfurled over free Athens.

On the Radio Chain

STATIONS:
Chain affiliation and where they are on the dial:

KALE (CBS) 1370, Portland.
KGA (NBC-Blue) 1190, Portland.
KGO (NBC-Blue) 510, Spokane.
KQW (NBC-Red) 620, Portland.
KJB (NBC-Blue) 1090, Seattle.
KXN (CBS) 1070, Los Angeles.
KOA (NBC-Red) 920, Denver.
KOIN (CBS) 970, Portland.
KOMO (NBC-Red) 330, Seattle.
KPO (NBC-Red) 380, San Francisco.
KSL (CBS) 1160, Salt Lake City.

Time shown is PWT

Friday
5:00 p. m.—Terry and Pines, BN.
5:30 p. m.—People Are Funny, NBC.
5:45 p. m.—Dick Tracy, BN; Superman, MBS.
6:00 p. m.—Jack Armstrong, BN; Harry W. Flannery, news, CBS; Adventures of Tom Mix, MBS.
6:15 p. m.—Elmer Peterson, Commentator, NBC; Capt. Midnight, BN; Night News Wire, MBS; News, CBS.
6:30 p. m.—Waltz Time, NBC; Gabriel Heatter, MBS; Serenade, BN.
6:45 p. m.—Screen Test, MBS.
7:00 p. m.—People Are Funny, NBC; That Brewster Boy, CBS; Double or Nothing, MBS.
7:30 p. m.—Am 8's, Andy, NBC; Durante and Moore, CBS; Dale Carnegie, MBS.
7:45 p. m.—Lowell Thomas, MBS; Ted Malone, BN.
8:00 p. m.—Stage Door Canteen, CBS; Lone Ranger, MBS.
8:15 p. m.—Music Show, NBC; Fight, MBS.
8:30 p. m.—The Parker Family, BN; Press Club, CBS.
8:45 p. m.—Duffy's Tavern, NBC; Gang Busters, BN; It Pays to Be Normal, CBS.
9:00 p. m.—Furlough Fun, NBC; News, MBS; Aldrich Family, CBS.
9:30 p. m.—Fulton Lewis, Jr., MBS; Adventures of Thin Man, CBS.
10:00 p. m.—News, NBC; Five Star Final, CBS.
11:00 p. m.—Concert Hour, BN.
11:45 p. m.—On all night, BN.

Saturday
5:00 p. m.—Youth on Parade, CBS; Know Your Symphony, NBC.
5:30 p. m.—News, CBS; Elmer Peterson, NBC.
6:00 p. m.—Barn Dance, NBC; This Is My Story, CBS.
6:30 p. m.—Spotlight Bands, BN.
6:45 p. m.—Saturday Serenade, CBS.
7:00 p. m.—Guy Lombardo Orch., BN; Patsy Kelly, NBC.
7:15 p. m.—Remember, BN; Mayor of the Town, CBS; Barry Wood, NBC.
7:30 p. m.—Grand Ol' Opry, NBC; Red Ryder, MBS.
8:00 p. m.—American Music, BN; America in the Air, CBS.
8:30 p. m.—Gaiety, Gayeties, NBC; Inner Sanctum, CBS; Land of the Living, BN.
9:00 p. m.—Music From Hollywood, BN; Hit Parade, CBS; News, MBS.
9:30 p. m.—Dream Boat, MBS.
10:00 p. m.—Three Suns Trio, NBC; News, BN.
10:45 p. m.—Don't You Believe It, CBS; L. Simms, pianist, NBC.
11:00 p. m.—News, NBC; Music by Gill, BN.
11:30 p. m.—Henri Busse Orch., CBS; This Moving World, BN.
11:45 p. m.—On all night, BN.

Gold Hill

Richard Cleland, U. S. N., visited several days with his wife who makes her home with her parents, Mr. and Mrs. Virgil Gribble.

C. E. Clark, U. S. N., from Farragut, Idaho, is visiting at the Earl Taylor home. Mrs. Clark and three children have been here from Kansas City, Mo., for several weeks.

Miss Beatrice Ellis, who owns a small place near the mouth of Galle creek, left Friday for San Francisco where she will remain for several months.

Garland Lowe, U. S. forest

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service employee, is taking his vacation. They were stationed at Lodge Pole until the snow urged them to move. When he returns to work he will be stationed on the Applegate.

Mrs. Louis O'Love of Portland, Ore., left Wednesday for her home after spending a week with her mother, Mrs. Jack Cannon.

The Malcolm Caldwell family have rented the Alva Cook house back of the school house and will move here from Birdseye creek about the middle of the month.

Mrs. Joe Deserano returned to her home here after visiting for some time in Los Angeles, Cal.

Ernest Ross, Seabee, and wife have returned to Gold Hill from California where Ernie will spend a 30-day leave with home folks. He has been in the south Pacific for the past 25 months.

C. E. Taylor from Robinson bridge, below Grants Pass, was a visitor in this city Saturday evening.

Mr. and Mrs. F. C. Elliott of Redding, Cal., were the guests last week of Mrs. Elliott's brother, R. E. Cook, and wife and other relatives.

Mrs. George Dorman left Thursday evening for Portland where she will visit her daughter-in-law, Mrs. Linsley Dorman and new grandson, Linsley, Jr.

Mr. and Mrs. Paul Thompson and son, Pat, will leave Wednesday for Bend, Ore., to spend the remainder of the week visiting the daughter-in-law, Mrs. Creighton Thompson, and new granddaughter, Ginny Lou, and Mr. and Mrs. Dave Winn.

Mr. and Mrs. Todd Woodruff are the parents of a baby girl, born at the Camp White hospital Tuesday, Dec. 5. The baby weighed eight pounds and has been named Toddlene Patsy. Mrs. Woodruff is the former Pat Marsden.

Mrs. George I. Brown and children and Mrs. John Thomas of Medford were Sunday guests of their parents, Mr. and Mrs. Tom Z. Smith.

Word has been received here of the birth of a daughter to Mr. and Mrs. Gilbert Lentz. Mr. Lentz is with the U. S. army and Mrs. Lentz is in Oakland, Cal. Mr. Lentz is the son of Mr. and Mrs. Carl Lentz of this city.

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TENSE ENDING TO RAID ON NAGOYA

Superfortress Base, Saipan, Dec. 15.—(U.P.)—A blinding tropical rainstorm blotted out the B-29 landing fields on Saipan for 25 tense minutes last night

Chalker's Motel & Lodge
OFFICERS' CLUB
Dine-Dance Refreshments
Chicken and Steak Dinners
Most Unique Place in So Ore
CLOSED MONDAYS
Thursday, Private Parties Only—
For Reservations Ph Gold Hill 474

while the Superfortresses returning from Nagoya with a thousand men aboard circled helplessly overhead, some of them damaged, all running low on gasoline.
Brig. Gen. Haywood Shepard

KYLE'S RESTAURANT
CHICKEN AND STEAK DINNERS
Open 8 p. m. to 2 a. m.
Phone Central Point 472
for reservations. On the Pacific Highway at Central Point Out of Bounds for Service People

Hansell and the staff of his 21st bomber command stood in the drenching rain on the open platform of a control tower, sweating out what threatened to be a tragic ending to the B-29's most successful raid to date.

BEAUTIFUL — ROGUE RIVER LODGE
IS NOW OPEN
Delicious Dinners
Cocktail Lounge
Dancing
On Crater Lake Highway
Near Trail
Telephone Trail 1404

Suddenly, two stars appeared at one end of the field. The rain slackened and stopped, and the circling bombers could be seen in outline against the sky. Hansell and aides walked out.

NOW OPEN! TAKE-IT-EASY LODGE
Dine and Dance
Open Wednesday, Thursday, Friday and Saturday
One-Half Mile Up
Savage Creek

STRANGE AS IT SEEMS By ERNEST HIX



FROM TOP TO BOTTOM — JOHN K. NORTHROP'S WARTIME INVENTIONS INCLUDE THE STRATOSPHERIC BLACK WIDOW NIGHT FIGHTER, AND A SHIP'S ANCHOR WHICH AT OCEAN BOTTOM, HOLDS 100 TIMES MORE WEIGHT THAN THE CONVENTIONAL INSTRUMENT.

THE COST PER YEAR OF OPERATING A CAR IN 1947 AVERAGED \$3,628.22 — INCLUDING \$2,264.22 FOR MAINTENANCE CLOTHES!

BARNEY GOOGLE AND SNUFFY SMITH



BUZ SAWYER



BLONDIE



L'L ABNER



THE NEBBS



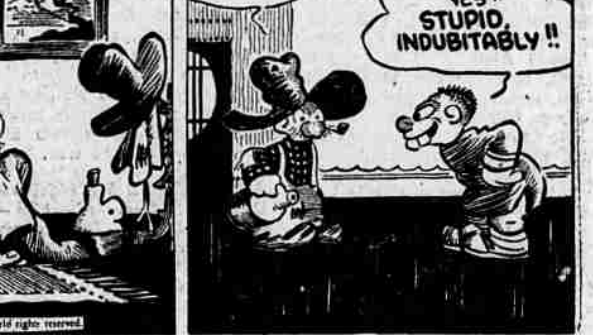
Crossword Puzzle



ANSWER TO PREVIOUS PUZZLE



1 SMOUW!! THIS IS LIKE OLDEN TIMES



WE KNEW YOU'D BE DROPPIN' OUT, MIZ SAWYER, HEARD IN TOWN THAT BUZ WAS COMIN' HOME. WE WERE JUST GETTING TOGETHER SOME OF THE THINGS HE LIKES.



WHY, HOW NICE, BEN!



THOSE HEARTBREAKING SOBS IF I'M ALMOST TEMPTED TO TELL YOU THAT I HAVE HIS 'PAPPY' TIED IN THE CELLAR — NO — THREE WOULD BE A CROWD IF — RATE SEVENTH ME THIS GORGEOUS BOY — FOR JUST A FEW PRECIOUS HOURS BEFORE HE COMES BACK IF — OH IF — HOW I LOATHE "HIM" — PFF —



SURE... SUNDAYS... AND SUNDAY COMES BUT ONCE A WEEK... SOMETHING SHOULD BE DONE ABOUT THAT!

