

Your Health and It's Care

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TWENTIETH CENTURY SLEEPING EQUIPMENT

Writing in a medical journal about the general hygiene and care of the forgotten people a physician who, I imagine, would limit his practice to geriatrics if he were not afraid most of the elderly folk would hesitate to be seen in his office—they're funny that way, you know—makes two suggestions which I am happy to pass along here—you may take 'em or leave 'em and nobody will be the wiser.



First, the elderly individual should present himself or herself with some nice soft warm bed socks and wear 'em every night except during a mid-summer hot spell. No one can woo Morpheus with cold feet.

Speaking of cold feet, whether the condition is most noticeable when you are trying to get to sleep or during the daytime, I have been informed by a good many sufferers that the iodine Ration has brought happy relief. All I promise is that at any rate, it can do no harm—for instructions for taking it send a stamped self addressed envelope and ask for it in writing. A clipping will not do. I have nothing against clippings except clippings from my own column, which I positively decline to read unless you are pointing out

an error or an atrocity or something of the sort.
The other excellent suggestion made by the doctor who would like to specialize in geriatrics, but, for the reason mentioned, probably never will—there are a good many physicians in the same boat—is that a single bed should never be less than four feet wide, better five feet, and a double bed never less than seven feet wide, better eight feet or more wide.
Now while we're getting our sleeping arrangements organized I beg to offer here one additional suggestion, namely, the habit of using a pillow under the knees—that is, if you sleep on your back. The pillow should not be too fat, but it should be somewhat longer and narrower than the regular pillow. Moderate flexion of the knees favors more complete relaxation and more restful sleep.
Next to a very bad conscience nothing murders sleep like a sagging bed—you know, the kind that holds your head and your feet high but lets you slither down otherwise to the nadir. Of course if you just can't think of retiring the decrepit old bed-springs or mattress that has served you indifferently for 20 or 30 years and replacing it with springs or mattress fit to sleep on, there is but one alternative—put a crossboard a foot or more in width on the bed-rails under the mattress, to keep the bed surface nearly on the level with the weight of the body upon it.
After all, most people are queer about sleeping equipment. Even though they treat themselves to fairly comfortable daytime living—clothing, home furnishings, food—they put up with uncomfortable sleeping equipment for years and years after it has become outworn and fit only to send a tired tramp on his way.

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PROGRAM DRAWN FOR STATE MEET OF HORT SOCIETY

The program for the 60th annual meeting of the Oregon State Horticultural society to be held at the Holly theater here, Thursday and Friday, December 6 and 7 has been completed.

Speakers listed for addresses are William A. Schoenfeld, dean and director of the Oregon Experiment station and Oregon Extension service; A. D. Borden, associate entomologist of the California Experiment station; Dr. Don C. Mote, head of entomology department of the Oregon state college; L. W. Veerkamp, orchardist, Placerville, Cal.; Dr. A. L. Strand, president of Oregon State College.

J. R. Beck, Salem, state supervisor emergency farm labor; F. L. Ballard, associate director of the Oregon Extension Service; George H. Vansell, division of bee culture of the Agricultural Research administration; L. P. Batjer, senior pomologist, U. S. department of agriculture; Frank McKennon, chief of plant division of the state agricultural department, and Ralph G. Bardwell, Medford, manager of the winter pear control committee.

To Show Movies
Motion pictures showing the operation of new type sprayers and production equipment and technicolor movies of fruit marketing will also be shown.

Topics to be discussed cover a wide range and deal with orchard problems, new pest control methods, pollination methods, the world food outlook and the farm labor outlook for the coming year.

The annual business meeting and election of officers will be held the afternoon of December 6.

The present officers are C. C. Clemens, Medford, president;

Wendel Bartholomew, Eugene, first vice president; A. P. Hohr, Hood River, second vice president; Leonard Carpenter, Medford, third vice president; O. T. McWhorter, Corvallis, secretary-treasurer, and C. B. Cordy, Medford, assistant secretary.

Kiwanians Given Aptitude Exam

Sydney Bouck of the Edgerton School of Music gave an abbreviated aptitude test for musical ability to members of the Kiwanis Club at their noon luncheon meeting at Holland Hotel Wednesday.

Ken Parrett, manager of the Union Oil company here, was welcomed back into the club after being in the armed forces and Ron Rice of the Purucker Music House is the newest member.

Margaret Ruth Bolton, Kiwanian candidate in the Victory Queen contest, was introduced to the club.

P. T. A. Activities

Butte Falls P.T.A. The Butte Falls Parent-Teacher association will meet in the school auditorium Friday, Nov. 30 at 2:30 p. m. Anyone interested is invited to attend. Coffee will be served following the business session.

Eagle Point P.T.A. Eagle Point P.T.A. held its regular meeting November 14 at 8 p. m. Teachers reception and a short program followed the business meeting. Clarence Davies was master of ceremonies. The orchestra played during which Betty Lakey and Dorothy Magee twirled batons. Hattie

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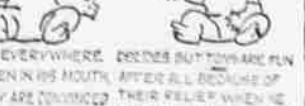
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DECIDES BUTTTONS ARE
CERTAINLY OVERATED



NOTICE FAMILY SEES
GREAT STROKE BY BUTT-
TONS AND GO INTO A
TURMOIL WHEN ONE OF
IS MISSING



AND LOOK EVERYWHERE
FOR IT EVEN IN HIS MOUTH,
UNTIL THEY ARE CONVINCED
HE HAS SWALLOWED IT

Wyman gave a reading. Merrill Seay and Bob Clancey played several banjo duets.
Miss Yetta Olsen gave two readings, and Bill Clark two vocal solos.

A. V. Brown, our new Scoutmaster, gave an interesting talk on Boy Scouts. Introduction of teachers and serving of refreshments followed.

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Crossword Puzzle

ANSWER TO PREVIOUS PUZZLE

1-Downpour	28-News
2-Narrow stretch of water	29-Part of flower
3-Trees	30-Fights alone
4-White	31-Chilled man
5-Biately dance	32-Chivalrous
6-Whistful state	33-Clasical snow
7-Charged particle	34-Man's name
8-Suare	35-Passageway in church
9-Best of burden	36-A letter
10-Blink	37-First spots of grain (Soil)
11-Blast egg	38-Evergreen tree
12-Toe	39-Glass of time
13-Committed	40-Female relative
14-Pipe wood	41-Tended garden

DOWN

1-Death	14-Parade
2-World War II	15-Mountain in Greece
3-Comb form; tall	16-Ancient Greeks
4-Dipstick	17-Hard substance
5-Go in	18-Malicious
6-Cricket	19-Nothing
7-Ripped	20-Bags (abbr.)
8-Sail yard (Soil)	21-Roathe
9-Asiatic wild feline	22-Imposed a tax
10-Muscle that stretches	23-Above
11-Parade	24-Downy duck
12-Mountain in Greece	25-Arm joint
13-Ancient Greeks	26-Patino's sister in "Bluebeard"
14-Parade	27-Sea eagle
15-Mountain in Greece	28-Lion
16-Ancient Greeks	29-Highest card