

## GOOD HEALTH



### Answer to Question No. 1:

1. Neglect is the greatest enemy of health in old age. People usually fail to go to a doctor until an emergency arises. In old age that is often too late. Studies of the average diets of elderly people show that in general the group is badly nourished. Lack of teeth, and real or imagined digestive disturbances, cause many elderly men and women to resort to diets high in sugar, starch and fats. They should eat foods rich in proteins and vitamins.

### Answer to Question No. 2:

2. If the temperature is above freezing and the wind is not too cold, a baby should be outdoors two or three hours a day. The middle of the day is the best

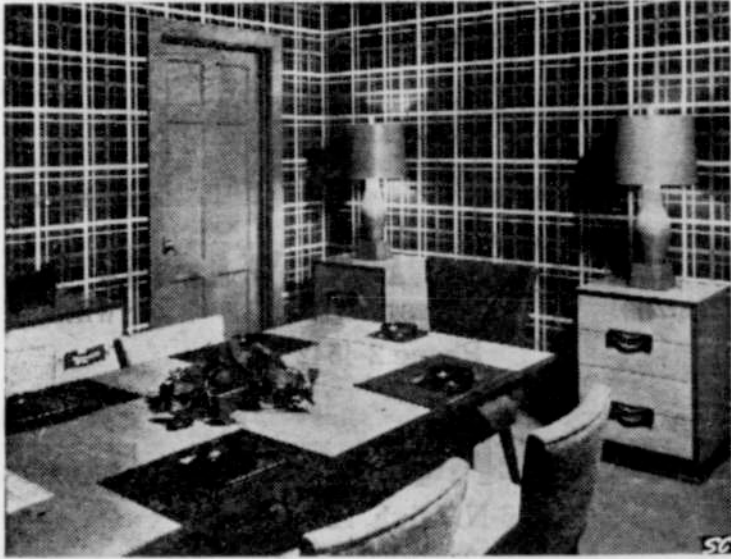
time in colder weather. Your doctor will advise what is best for your baby.

### Answer to Question No. 3:

3. He does it to listen for "the muffled sound of a drum covered with a thick woolen cloth," which indicates a healthy chest. This discovery was made by Dr. Leopold Auenbrugger of Vienna in the middle of the 18th century. It was the beginning of scientific diagnosis of diseases of the chest. Today, aided by X-ray and other modern techniques, diagnoses can be confirmed and many more cures effected. But the thumping method is still useful in looking for trouble.

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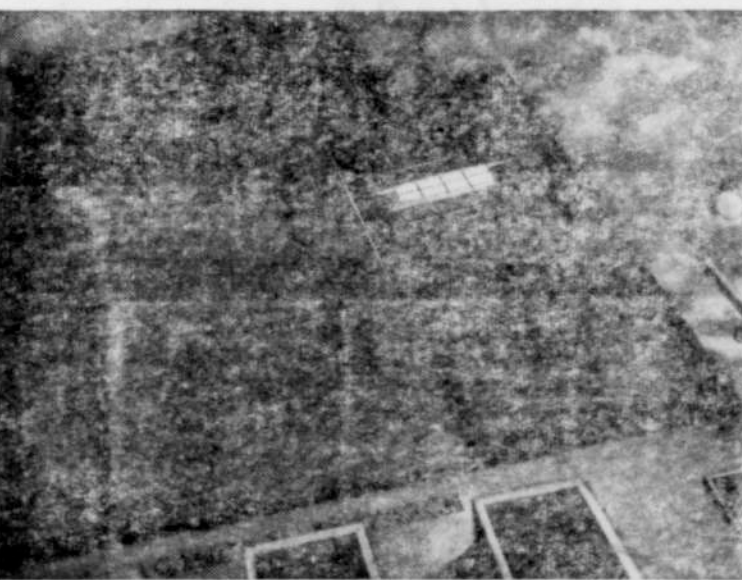
## Plaids To Please



Drexel Furniture Company Photo

The dining room is a logical spot for dramatic wall paper. The bolder the plaid the better. Slate grey combined with pink, green, and red form a colorful background in contrast to the light finish of the modern furniture. The lamp shades pick up the red of the wall paper.

Besides its distinctive beauty, the space plaid wall paper creates a third dimensional feeling which adds apparent depth to any room. With space at such a premium today, the keen home decorator will keep this trick uppermost in mind.



## The light in the "Lab"

In the research laboratories of hospitals, clinics and medical schools throughout our country, the lights burn late . . . as scientists strive to halt humanity's greatest enemy—CANCER.

The hope for a cure grows brighter . . . and here's why:

**Cancer Research Is Paying Off** Through research—which you help to support by donating to the American Cancer Society—medical science has effective new weapons to combat the disease.

**Drugs**—there is evidence that a chemical treatment for cancer may be perfected. Certain drugs will prolong the lives of cancer victims . . . other promising compounds are being tested.

**Hormones**—treatment with hormones, such as ACTH and Cortisone, has brought about dramatic, although temporary, effects in some types of cancer. Other hormones have helped control advanced cancer of certain organs.

**X-rays**—the development of more powerful machines promises to make this form of treatment more effective.

**Isotopes**—radioactive chemicals are becoming increasingly useful in treating certain rare forms of the disease.

**Surgery**—technics have greatly improved, so that once hazardous oper-

ations can now be performed safely. And progress is being made in the development of tests to detect cancer in its earliest stages when the chances for cure are best.

*But much more research needs to be done before cancer can be dealt the final blow!*

Your life—the life of everyone you know—is at stake. Give generously to the 1951 Cancer Crusade.

Help Science Help You . . . Give To Conquer Cancer

Mail your contribution today to  
**CANCER**  
to your local Post Office

... your gift will reach your American Cancer Society Division

CANCER, care of Your Local Post Office  
Here is my contribution of \$ \_\_\_\_\_ to Fight Cancer.  
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State \_\_\_\_\_

## IDANHA

By REBA SNYDER

Mrs. Stienbrueh of Centralia, arrived Saturday for a visit with her daughter, Mrs. Edison Vickers and family.

Mrs. Alice Von de Leich of Willamina came Thursday to spend a few days with her daughter, Mrs. Orville Lady and family. Other guests in the Lady home Sunday were Mr. and Mrs. Bill Baldwin of Prineville.

Mr. and Mrs. Miller Drasco of Escondido, Calif., came here seeking employment, which he found at the Idanha Veneer plant. At present they live in the Jeff Leming home but will move soon into the apartment being vacated Saturday by the Richard Cannon family.

Mr. and Mrs. Ted Gillespie, who recently sold their Idanha grocery store stock, are moving to Valley Junction where they will operate a similar store. Mr. and Mrs. Gillespie lived here some five years.

Mr. and Mrs. J. B. Gordon drove to Portland Saturday, where they attended the wedding of her cousin, Joyce Williams, to Lawrence Hardin at the Westminster Presbyterian church. They also enjoyed the Shrine circus.

Mr. and Mrs. Glen Hopson and family of Grande Ronde came Sunday to visit his brother, Lee Hopson and family.

John Rone was taken violently ill Thursday and taken to a Salem doctor where he was treated and advised to return Saturday, which he did. Rone is now greatly improved.

The American Legion and Auxiliary, post 141, had a no-host dinner at the high school last Tuesday night. Games were played following the dinner and the evening spent socially.

Eric Nyberg, millwright at the Idanha Veneer, purchased last week the home of R. L. Tucker. The Nybergs are moving soon. They have a small daughter.

Mr. and Mrs. R. C. Haseman drove to LaComb Sunday to visit their new grand-niece. The great-grandfather is C. T. Haseman; the grandparents, Mr. and Mrs. J. C. Raines; and the parents, Mr. and Mrs. Carl Austin. The little miss has been christened Jacqueline.

A going-away party was given by Mrs. G. Geston Friday night in honor of Mrs. Jean Cannon. Thirteen guests were present. Mrs. Mildred Oliver won the prizes in the games played. Mrs. Cannon's friends gave her a pair of sheets and two aprons and, of course, their best wishes.

Thirteen scouts and their scout master, A. R. Snyder, went Saturday to their camp at McCoy Creek where they worked getting logs ready for their shelters. They camped out Saturday night and attended the

## We, The Men On Fox Valley

By PVT. JACK HOBBS

We are the men on Korea Earning our meager pay; Guarding the folks with millions For about three dollars a day.

Out in the windswept mountains, This land is the spot; Fighting and breathing the dust In the land that God forgot.

No one cares if we're living; No one gives a damn. So we're soon forgotten Though nephews of Uncle Sam.

Out in the field with our carbines, Eating and breathing the dust, Doing the work of a chain gang, And too damn tired to cuss.

All night the shells keep flying, It's more than we can stand; Hell folks, we're not convicts; We're defenders of our land.

The things that we have seen Are much too gruesome to tell. I hope that it's nice in Heaven For we know what it's like in Hell.

And when this life is over And worries no more to stand; We'll do our last parading In the faraway Promised Land.

There St. Peter will greet us, And suddenly he will yell "Come in, you men of Korea, You've done your stretch in Hell."

Idanha church Sunday morning. Those going were Lee Hopson, Dick Woodward, Gerald Vickers, David Dietrich, Merle James, Leonard and Donald Snyder of Idanha; Brad Humpreys, Fred Davis, Mike Moore, Don Ellingson, Curtis Cunkle, and Russell Rice of Detroit and Mongold.

Mrs. Walter Reynolds was taken to Portland by her daughter, Mrs. Johnson, and Mrs. Snyder to receive treatment of a lame knee. Mrs. Reynolds states that she thinks it is just "olditis."

The Idanha fire department truck was called Thursday night to the Frank Britton home where they found the house full of smoke. The trouble was caused by a short in the wiring of an electric train.

## J. W. GOIN VETERINARIAN

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Mill City

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GUARANTEED SHOE REPAIRS



## Chuck's Shoe Shop

CHARLES UMPHRESS, Prop.  
Open 7 A.M. to 7 P.M.

& M. It is understood the company will begin construction of some buildings in the near future.

The well is just south of the Apple Tree court on land purchased from the Kirk Wirick's. Several additional acres of land were bought from George Nydygger by M & M.

Mrs. Paul Scheiwek and family were Salem shoppers Saturday.

Mr. and Mrs. Arnold Burgess of Klamath Falls were visitors at the Floyd Bassett home over the weekend. Mrs. Burgess and Mrs. Bassett are sisters.

Mrs. Glenn Julian entertained a group of little folks at her home Sunday afternoon honoring her son, Glenn Jr., for his eighth birthday anniversary.

Games were played by and refreshments served to the guest of honor Glenn Jr., Duane Christensen, Bonnie Cruson, Buddy Cruson, Lona Downer, David Prideaux, Michael Cruson, Marjorie Worden, Carol Downer, Jean Prideaux, Mary Jo Cruson and Buddy Bridges.

## The Most Amazing Paint Demonstration We Ever Had in Our Store!



The Wonder Paint

As advertised in POST, LIFE, COUNTRY GENTLEMAN and other leading magazines

## SPRED SATIN

We were astounded the first time we saw it, and you will be, too! Here's what we'll show you:

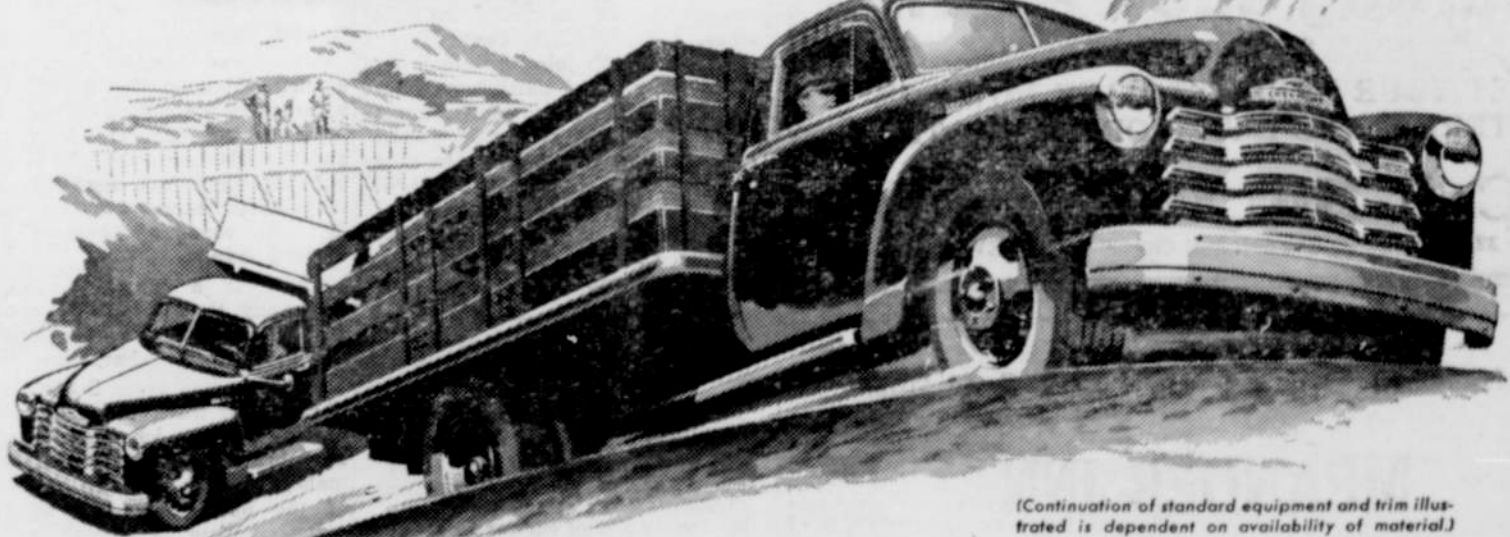
- Flows on perfectly. No laps, no brushmarks.
- Dries in 20 minutes. No offensive odor.
- Ink, cutup, lipstick marks wash off in a few seconds—even with mild soap and water.
- Beautiful pastel and decorator deep-tone colors.

Paint a room in half a day!

**Santiam Farmers Co-op**  
STAYTON, ORE.



ADVANCE-DESIGN TRUCKS



(Continuation of standard equipment and trim illustrated is dependent on availability of material.)

## Greater on-the-job performance with these great truck features

### GREAT ENGINE FEATURES

- Two Great Engines
- Valve-in-Head Efficiency
- Blue-Flame Combustion
- Power-Jet Carburetor
- Perfect Cooling
- Specialized 4-Way Lubrication
- Thermostatic Heat Control
- Cast Alloy Iron Pistons

### GREAT CHASSIS FEATURES

- Wide Range of Springs
- Rugged, Rigid Frames
- Hypoid Rear Axles
- Single-Unit Rear Axle Housings

### GREAT CAB AND BODY FEATURES

- New Twin-Action Rear Brakes (heavy-duty models)
- New Dual-Shoe Parking Brake (heavy-duty models)
- New Torque-Action Brakes (light-duty models)
- Foot-Operated Parking Brake (models with 3-speed transmission)
- Steering Column Gearshift (models with 3-speed transmission)
- 4-Speed Synchro-Mesh Transmission (in heavier models)
- Large Door Openings
- Side Doors Held Open by Over-Center Stop
- Sturdy Steel Construction
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- Pick-Up Bodies with Flush Skid Strips
- Insulated Panel Bodies
- Extra-Strong Stake Bodies
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- New Ventpanes in Cabs
- Flexi-Mounted Cab
- Improved Full-Width Cab Seat
- Seat Adjusts to Proper Eye Level

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