

## GOOD HEALTH



### Answer to Question No. 1:

1. It was our healthiest year in history. We have the lowest death rate ever and a continued high birth rate. Infant mortality rates were down. From 1940 to 1950 the general death rate decreased by 10 per cent and the infant death rate decreased by 38 per cent, a reward of our progress in medicine, nutrition and all phases of health.

### Answer to Question No. 2:

2. Prevention of cerebral palsy is possible in many cases but depends in greatest measure on good pre-natal and obstetrical care, good medical care in the early months of the child's life and prevention of accidents, infections and other sources of brain damage. With the organization of the United Cerebral Palsy Association and establish-

ment of special clinics throughout the country a new day of hope is dawning for rehabilitation of cerebral palsy victims.

### Answer to Question No. 3:

3. While death certificates often have listed suffocation by bedclothes as a cause of death (one-half the infant deaths between 1945 and 1949 were so listed) recent investigation has shown that most such deaths actually were caused by acute infection in throat or lungs. Mothers should continue to guard against suffocation but also should be particularly alert for signs of colds in young babies and should call the family doctor early when there are such signs.

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## Summertime Is Picnic Time



A picnic is something that nothing is more fun than.

That's a statement that millions of Americans are proving right at this time. Summertime is outdoor eating time—a time to enjoy good food which has the added sauce of sunshine and fresh air.

Probably everyone has wondered where that peculiar word "picnic" came from. The American Bakers Association has run down its history and comes up with half an explanation.

"Pic" apparently originated from the French word "piqueur," meaning "to pick,"—as in pick and choose, no doubt, from the variety of foods available at most picnics. But history has not recorded who slapped the "nic" on the end of the pic.

Picnics started hundreds of years ago. Originally these were group affairs, where each family brought foods and everyone helped himself to what he wanted.

Just when picnics began to be an important part of American living no one knows, but if it were classed as one of the outdoor sports, attendance each year would rank above baseball, football or basketball and maybe all of them combined.

But who cares about history when it comes to grilling hamburgers or hot dogs or bacon or what have you, over a bed of glowing coals—eating the finished product on special buns or enriched white bread?

And think of all the hundreds of ways to prepare picnic lunches, all the vast variety of good things to eat which can be used. Plus the relishes, sauces, garnishes, pickles, olives, jams, jellies—plus everything you can think of which adds to the family pleasure.

Then to get down to science—the family will get a great deal of nourishment out of any picnic meal which includes meat, cheese, peanut butter or other sandwich ingredients; enriched white bread; milk or soft drinks or whatever your favorite beverage may be and dessert.

And as a suggestion for dessert, this is cherry pie time, and bakers are featuring luscious, juicy cherry pie. A good-sized chunk of ice cream on top of the pie will add still more luster to a perfect day. A most excellent end to a day of fun in the open.

Yes indeed, a picnic is something that nothing is more fun than!

## GATES

By MRS. ALBERT MILLSAP

Recent guests at the home of Mr. and Mrs. George Clise were her niece and nephew, Mr. and Mrs. Floyd Meeley and daughter, Patricia, from Anaheim, California, and Mr. and Mrs. Howard Moody of Long Beach, California.

Phillip Hayward has as his guest this week at the home of his parents, Mr. and Mrs. Orville Hayward, Jerry Wassan, from Empire. For the entertainment of Phillip's guest, Mr. and Mrs. Hayward, son, Dickie, Jerry and Billy Hauffman of Mill City spent several days at Breitenbush Lake.

Mrs. Ed Kadine and daughter, Judy, are spending a month in Prospect, where Mr. Kadine is employed.

Jerry Larson, son of Mrs. Gilbert Brosig, left Friday with his aunt and uncle, Mr. and Mrs. Lucky Meader, for a trip to Montana. They plan returning the first of this week.

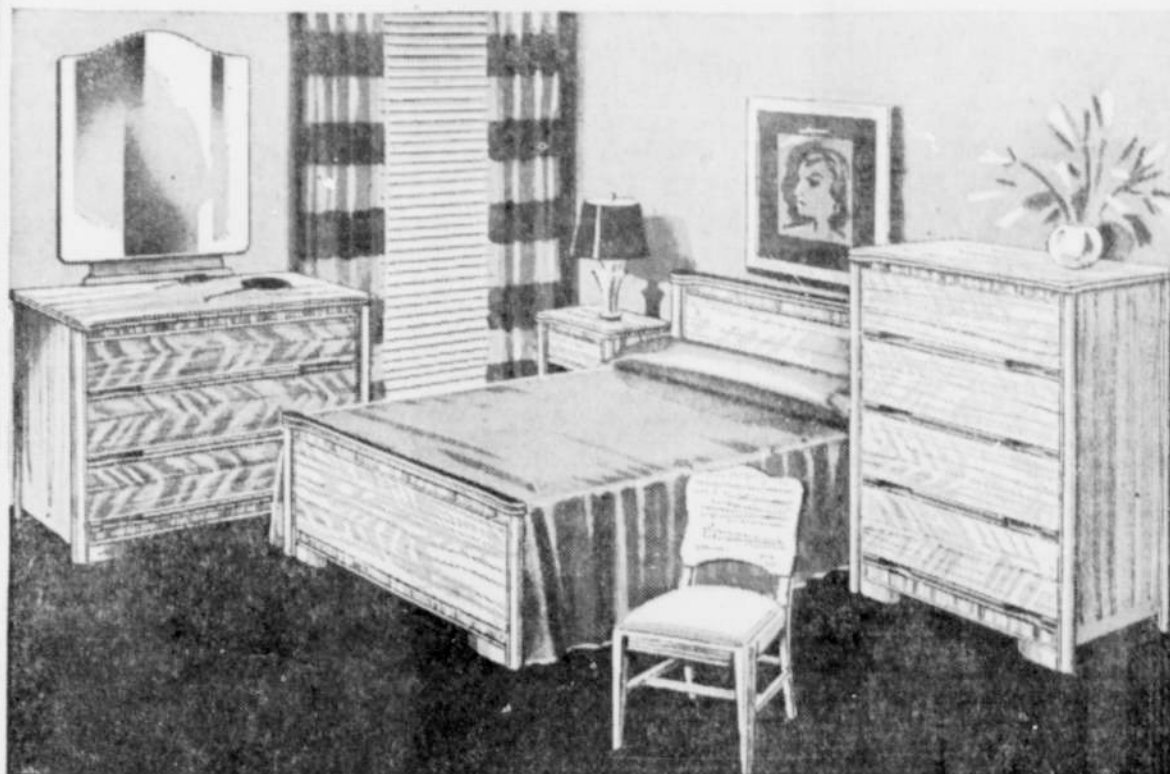
Mrs. Norman Garrison spent Saturday in Salem on business. Saturday evening Mr. and Mrs. Garrison left for a Sunday camping trip to Eastern Oregon.

Picnicking at Breitenbush hot springs, Sunday were Mr. and Mrs. Joe Joaquin and Darlene, Mrs. Laura Joaquin, Mr. and Mrs. Edward Chance and family and Mr. and Mrs. Ted Stiff and children.

Mr. and Mrs. Albert Millsap attended the Klecker-Swan nuptials, Friday evening, August 10, in Stayton. The bride is their granddaughter.

Gates folk attending a picnic given by Mr. and Mrs. Howard Taylor in Lebanon, Sunday were Mr. and Mrs. Walter Brisbin, Mrs. Lula Collins, Mrs. Alta Leedy, Mrs. Velma Carey, Mr. and Mrs. Clarence Johnson, Mrs. Gwen Schaer and family, Mr. and Mrs. Edmund Davis, and Mr. and Mrs. Robert Levon. The picnic was held at the site where the Taylors plan building a new home. Mrs. Taylor will be remembered as Louise Grafe, who spent her girlhood here. Her parents, Mr. and Mrs. LeRoy Grafe, formerly of Gates, were present as were also old friends and relatives from Salem, Mill City and Portland, all former residents of Gates.

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