

Legion Auxiliary Holds Busy Meet

The monthly meeting of the Mill City Legion Auxiliary was called to order by Delores Stewart, president. After roll call, it was voted that an add be put in the local paper about the Crusade for Freedom, which helps fight communism behind the Iron Curtain. Donations may be sent to "Crusade for Freedom", Mill City.

Membership chairman, Ina Chase, turned over to the treasurer \$70.00 in membership dues. The Auxiliary has 25 members. Any one interested in joining may contact Ina Chase, Mill City.

It was reported that the Child Welfare fund of the unit was credited with \$45.00 for the baby clothing that was sent in left over from our rummage sale. Joyce Hale is chairman of the Child Welfare fund.

The date for the annual Christmas party was set for the 14th of December. All Legion members and their families are urged and invited to attend the Christmas party. There will be a joint meeting on November 29th at 8 p.m. to discuss final plans for the party. After the meeting on the 29th there will be a spaghetti feed put on by the auxiliary.

The auxiliary now have 924 M.J.B. coffee bands toward a new coffee maker, and auxiliary officers would thank all those who have been so good to save the bands. "We only

lack 76 bands more and hope that the people will turn that amount in at any of the local grocery stores, and we wish to thank the grocery stores for handling the bands for us. We hope to have the new coffee maker for our Christmas party use," said Mrs. Stewart.

The veterans in the veteran hospitals every year are sent gifts to give to their families at Christmas time. Now is the time for all the auxiliary members to have their gifts ready. Gifts will be collected at Muir's bakery. The price range for the gifts is 50c to \$1.00. Anyone in the community may send a gift through this channel.

Mrs. Paula Ragsdale, daughter-in-law of Mrs. Ernest Ragsdale, visited during the meeting. Mrs. Ragsdale is from Austria, and here for a short visit.

Lovely refreshments were served by the hostess, Delores Stewart, in the Campell Stewart home, the day's meeting place.

School-age Deaths In Oregon High

Mrs. Robert Wingo, Mill City health representative, heard a warning that accidents now kill more school-age children in Oregon than all other causes combined. The warning was voiced today by Francis F. Rierson, director of health education for the

Detroit Club Plans Year's Activities

The Detroit Community club approved adoption of the proposed constitution and by-laws at a general meeting Tuesday evening and agreed to take immediate action toward incorporating as a non-profit organization.

In addition to the present officers the constitution calls for three directors which were chosen by the approval of members present as follows: Archie Matoon, building director, Earl Layman and Raymond Sophy, general directors, whose duties are to supervise entertainment and youth activities.

The Community club has agreed to participate with the Detroit Women's Civic club on clearing a donated lot and making plans for a Community building. Earlier plans to move the former North Santiam tavern building have been discarded.

Pres. Harry Rutherford advised that clearing of the lot given by the

State Board of Health, at a meeting of the county advisory committee for public health nurses at St. Paul.

Meeting under the direction of Mrs. Carl Smith, the group heard that Oregon's total accident rate is the sixth worst in the nation. The group was informed of a general safety congress that is being planned for December 11th and 12th at Corvallis to attack the problem.

Attending the meeting were the following representatives from the county local health committee:

Mrs. Robert Wingo, Mill City; Mrs. Robert Coleman and Mrs. Caroline Pohlshneider, St. Paul; Christine L. Crowder and Anna Penner, Mt. Angel; Mrs. Olaf Paulson and Helen Mallorie, Silverton; Mrs. Paul Reiling, Gervais; Mrs. Harold Reynolds, Stayton, and Mrs. Harmon Yeary, North Marion.

Public health nurses attending the meeting were: Mary Testerman, Effie Cole, Viola Eisenbach, Claudia Donnelly, Edith Haulman, and Mary Schecker.

Just Arrived...

A DAUGHTER—To Mr. and Mrs. Larry Kimsey, Mehama, Nov. 23, at Salem Memorial hospital.

Hammond Lumber company be done as early as possible. Earl Layman has volunteered to head the project.

Mayor Nolan Rasnick announced plans for graveling the city streets next week and urged volunteers to be on hand Sunday morning at 10 to help fill holes on the streets before the project begins.

Future meetings of the Community club will be held on the second Mondays of each month unless otherwise announced.

More Fluoridation--

(Continued from Page 1)

effects were noted only among people who had used the fluoride bearing water during childhood when the teeth were being formed.

It was observed in conducting these studies that even in severe cases of mottled enamel (dental fluorosis) there was little incidence of tooth decay.

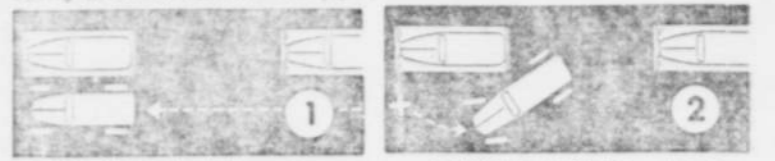
In attempting to develop means of removing excess fluorides from water supplies and to develop safe limits for the amount of fluoride which might remain in water without causing mottled enamel it was found that the limit is about 1.3 parts per million. These studies established the important fact that the beneficial action of fluoride is still apparent at concentrations below those which cause mottled enamel. In other words it is possible, through the use of drinking water containing the correct amount of fluoride, for children to have protection against dental decay without the disfigurement from fluorosis. There is no indication that the presence of fluorides in the water affects adults teeth but it is evident that the benefits acquired during the period of tooth formation carry through the life-time of the individual.

The discovery that fluorides occurring naturally in water could have the effect of reducing the incidence of dental caries, led to further studies, first with animals and then with municipal water supplies, which established the fact that the supplementation of the fluoride content of drinking water with fluoride compounds results in protection against dental caries in children in the same degree as when the fluoride occurs naturally in the water. Further studies have indicated that no adverse physiological effects occur due to the ingestion of fluoridated water. The reduction in dental caries has been found to be about 70 percent where children have ingested water containing one part per million of fluorides for the duration of the tooth forming period.

As a result of these studies the United States Public Health Service, the American Medical association, the American Dental association, and

It's a Lark to Park This Way

Since many motorists find parking is their biggest driving difficulty, the *Orange Disc*, *Gulf Oil* house magazine, recently conducted street tests to find the most practical method. As a result, the editors recommend the steps below, claiming they will put even new drivers safely in to the curb in "one pass."



PULL UP PARALLEL to the car ahead of the parking space, preferably one foot and NOT MORE THAN TWO FEET away from it (check distance through your right door window). Stop when rear bumpers of two cars are about even. Make sure road is clear to rear.



BACK UP SLOWLY, turning steering wheel as far right as possible. This swings car into parking space at about a 45° angle. When front seat is even with the other car's rear bumper (position above), straighten front wheels, still backing slowly.



AS YOUR RIGHT FRONT WHEEL comes opposite the other car's rear wheel, start turning steering wheel to left. When clear of other car's rear bumper, quickly complete turn of steering wheel to left as far as it will go. Back slowly as far as necessary to put your car "in" without hitting car to rear.



THIS SHOULD ALIGN YOU with curb in parking position. If not, straighten wheels and pull forward until aligned. Stop in center of space. Any difficulty with the method can usually be cleared up by a few minutes trial on a quiet street where the motorist can dismount and check his position against these diagrams.

other such organizations have endorsed the fluoride supplementation of public water supplies.

On the state level fluoride supplementation has been approved by the Oregon State Medical Society and recommended by the Oregon State Dental association. On December 4, 1950, the Oregon State Board of Health recommended that fluorides be applied to public water supplies where adequate means for application and control can be established and where there is need and popular demand for such supplementation of fluorides.

What is the procedure to establish fluoridation?

In order that fluoridation may be instituted satisfactorily with all safeguards being taken for the city, water utility, water works operators, and the public, the following procedure should be used:

Preliminary application should be made to the State Board of Health for permission to proceed with engineering plans for installation of fluoridation equipment. The following information should be submitted with the application:

1. A report of a recent complete mineral analysis of the water supply, including particularly the determination of fluorides, sulfates, alkalinity, acidity, iron, aluminum, phosphates, color, and turbidity.
2. Written approval of the local health officer for fluoridation of the public water supply. It is recommended that such approval by the local medical and dental societies be submitted, also.
3. Evidence of popular demand. This may take the form of resolutions by service clubs, parent-teachers association, straw vote or other methods of indication positive popular demand. This is recommended but not required.
4. The name and qualifications of the person or persons who is to be in charge of the application of the fluoride compound and responsible for making the chemical tests which are outlined. He must be capable of understanding the objectives sought and of learning to make the test for fluoride in a reliable manner and to calculate the amount of chemical to be added when adjustments are necessary.

After preliminary approval has

been granted official action should be taken by the city council or by a water district, authorizing the supplementation of the fluoride content of the city of public water supply. The League of Oregon Cities may be consulted for advice on the type of official action necessary or advisable.

After preliminary approval for fluoridation of the water supply has been obtained, the technical details which should be worked out in plan before any construction or installation is begun should be submitted to the State Board of Health for approval. These details will include plans and specifications for the feeding device, the point of application, water metering device, materials and apparatus for testing the water for fluoride content, sousing for feeding apparatus and laboratory, protective devices for operators and specifications for the fluoride compound to be used.

Never -- a Dull Moment

"At the Bottom of the Hill"

MILL CITY TAVERN



at

Girods Super Market

On the Highway at STAYTON

Folgers Coffee (Limit) lb	79c	Campbell's Tomato Juice	16-oz. can, 2 for 49c
Durkee Margarine	lb 29c	Del Monte Stewed Tomatoes	No. 2, 2 for 45c
Pillsbury Cake Mixes	3 for 89c	Bargo Pop Corn, 2-lb. bag	35c
Durkee Mayonnaise	Qt. 59c	Walnut Meats, 8-oz. pkg.	49c
Fisher Biskit Mix	39c	Jello, assorted flavors	4 for 29c
Jergens Lotion Soap	4 bars 19c	Chewing Gum, assorted	3 for 10c
Lumberjack Syrup	5-lb. can 79c	Velveeta, 2-lb. loaf	89c
Snowdrift Shortening	3 lbs. 79c	Picnics, Armour Sugar Cured	1/2 39c
Wesson Oil	Qt. 63c	Pot Roast Beef, U.S. Coml.	lb 59c
Pillsbury Flour	10-lb. sack 89c	Armour Star Weiners	lb 59c
Pillsbury Flour	25-lb. sack 1.98	Apples, Hood River Striped	Delicious, box 2.29
		Sweet Potatoes	3 lbs. 29c



SAVE at Girods

AT STAYTON

Sure, She's Going to Get a Cold



Shirley Cain, shapely movie starlet, is getting her cold the easy way—but no matter how you catch the sniffles and sneezes, science has discovered a new, thorough way to relieve the miseries of the common cold.

Dr. Albert Szent-Gyorgyi of Woods Hole, Massachusetts, world-famous bio-chemist who won the 1937 Nobel Prize in medicine for his work in isolating Vitamin C, says the human body needs more Vitamin C when afflicted with the common cold. The first proprietary cold tablet to contain Vitamin C as one of the ingredients is being introduced now. It is called Super Anahist and the recommended dosage of the new product will furnish the user with 100 milligrams of Vitamin C per day.

Salem Heavy Hauling & Equipment Co.

1465 N. Front St. SALEM, ORE.
Salem Phones: 2-1924; Night 2-4417
Lyons Phone: 143
HAULING AND MOVING HEAVY MACHINERY and Mill Equipment Up To 25 Tons
Including D8 and HD14 Cats, and 3/4-yard shovels.
Complete Rigging Outfit, Winch Trucks, Low-bed Trailers

RECENT TRADE-INS

ON OUR MOST BEAUTIFUL AUTOMOBILE EVER BUILT

1953 CHRYSLER

- 1951 CHRYSLER WINDSOR NEWPORT
A beauty. Priced right.
- 1951 BUICK SPECIAL 4-DOOR SEDAN
Like new.
- 1951 FORD DeLUXE CLUB COUPE
Overdrive. Only 12,000 miles. A real buy.
- 1947 CHRYSLER WINDSOR 4-DOOR SEDAN
Clean as new, inside and out.
- 1949 MERCURY 4-DOOR SEDAN
Overdrive, radio and heater. Only 32,000 miles.
New tires.

WATCH FOR THE NEW 1953 PLYMOUTH NOVEMBER 20

Salem Automobile Co.

HOME OF CHRYSLER — PLYMOUTH
WE TRADE — LOW, LOW INT. RATE
Open Saturday Afternoons—Evenings by Appointment

405 — 435 — 495 N. Commercial St. Phone 3-4117