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| \$500.00 | 12 mo.          | \$50.25 |

**SUBURBAN FINANCE**

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**VASA EXECUTIVES** — An outing at the Diamond Lake cabin of Pete Hedberg, chairman of the Klamath Falls Vasa Lodge, climaxed a two-day executive board meeting of the Pacific Northwest Lodges, Vasa Order of America, on Saturday and Sunday. Pictured with Hedberg, right, are two of the 35 out-of-state officers attending the meetings, Ray Berg, grand lodge executive board member from Concord, Calif., and Mrs. Ruth Axelson, district master of the Pacific Northwest District from Klamath Falls.



## THE DOCTOR SAYS

### Safety First In Football

By W. G. BRANDSTADT, M.D.  
Newspaper Enterprise Assn.

Sure, your son loves to play football—but in his enthusiasm he may not take the precautions necessary to insure his health and safety. Football is a great sport, but parents and coaches must set up safeguards to reduce the hazards of this contact sport.

First, your boy must want to play football because he likes the game. If he is forced into it for any other reason, he will either play halfheartedly or play beyond his endurance to prove his strength. Either attitude is an invitation to injury.

Second, he must have the proper build for football. Enthusiasm or training may not be able to make a football player out of a tall, lanky boy—as many such a lad has found out to his sorrow. Furthermore, he must not only be physically healthy but also in top physical condition.

This can be achieved only by persistent hard work all year round.

If he has a chance of getting to a destination two miles away by car or on foot, he must refuse the ride. Football is not a game for the flabby.

Since training season sometimes starts in hot weather, precautions must be taken against heat stroke. Practice should not be undertaken in the hottest hours of the day.

In any kind of weather, the training sessions should not bring your son to the point of exhaustion. A physician should be available at all practice sessions as well as all games.

Proper equipment is important. This includes a personally fitted helmet, mouth guard, shoulder pads, arm guards, hand protector, knee and shin guards and ankle taping.

In addition to these items, it is important to see that his undergarments, socks and towels are clean. Superficial infections and ringworm can cause annoying disability and may even lead to blood poisoning.

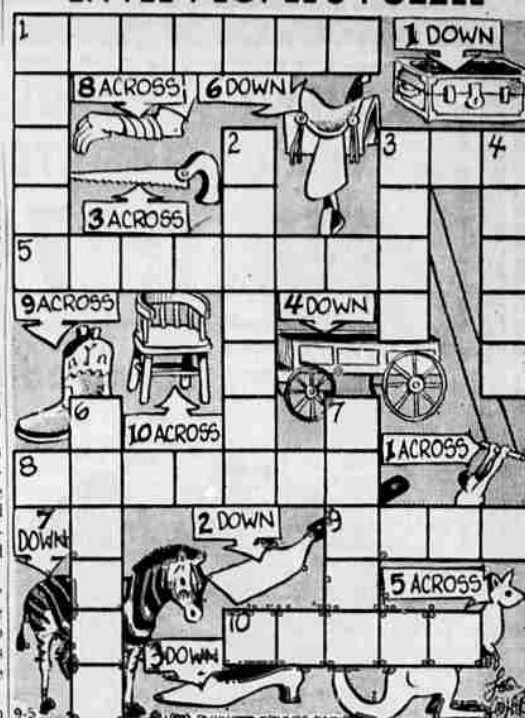
No field house is properly equipped that does not provide your son a comfortable place to rest at half time, and no field is safe unless the goal posts are well padded.

The ground should be smooth and free from loose stones or glass. If the field is dusty, it should be sprinkled before the game to minimize the amount of dust your boy must inhale.

No boy should be allowed to play football if he has not had tetanus toxoid, because any injury that breaks the skin on a football field is likely to be contaminated with tetanus spores.

Not only must you and the coach place your son's welfare above all other considerations—the referees must do this, too.

## LITTLE PEOPLE'S PUZZLE



ANSWERS: Across: 1. SPATULA, 2. SHOEL, 3. SHOEL, 4. SHOEL, 5. SHOEL, 6. SHOEL, 7. SHOEL, 8. SHOEL, 9. SHOEL, 10. SHOEL. Down: 1. SHOEL, 2. SHOEL, 3. SHOEL, 4. SHOEL, 5. SHOEL, 6. SHOEL, 7. SHOEL, 8. SHOEL, 9. SHOEL, 10. SHOEL.

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## Community Calendar

**FRIDAY**  
SHAFA VIEW GRANGE, 1 p.m., meeting, Grange Hall.

**CONGER - FAIRVIEW HOME**  
EXT. UNIT, 10 a.m., casserole dishes program, Joan's Kitchen. Luncheon fee.

**LOOM, 8 p.m.,** pinocle party, Moose Home.

**ALOHA SOCIAL CLUB, OES,** dessert luncheon, 1:45 p.m., Masonic Temple. OES members welcome.

**MERRY MIXER** square dance at 8:30 p.m. at the Merry Mixer Hall. Bring refreshments.

**RUMMAGE SALE, Ladies Aux.** B of RT, 8 a.m. to 5 p.m., former Reliable Cleaners building.

## State Fair Briefs

**SALEM (UPI)**—Linda Tamura, Hood River, was named champion and Charlene Frazier, Grants Pass, reserve champion of the 4-H intermediate cake baking contest at the Oregon State Fair.

**SALEM (UPI)**—Dawn Cornwell, Joseph, and Linda Stastny, Malin, sailed through the 4-H judging contest for first and second honors at the State Fair.

**SALEM (UPI)**—Marcia Jorgensen, Milwaukie, using large yellow marigolds and their foliage, created an attractive and mass arrangement to take championship honors in the senior 4-H flower arrangement contest at the Oregon State Fair.

**SALEM (UPI)**—Two Eastern Oregon girls tied for first place honors in the 4-H clothing judging contest at the state fair. Kay Potham, Ontario, and Gail Courtney, La Grande, were able to spot more flaws in clothing construction than the other 120 girls in the contest.

**The Union County team of Miss Courtney, Anne Hanford and Charlene Lynne, all of La Grande, was high scoring team.**

**SALEM (UPI)**—Washington and Wasco County sharpshooters proved to be the best in the state in 4-H gun safety marksmanship contests at the Oregon State Fair.

**The Washington County team of Mike Danivan, Tigard; Pat McGraw, Beaverton; and Dore Stennett, Portland, took top honors in the senior division.**

**The Wasco County team of Carol Bolton, Norma Cimmiotti and Robert Cimmiotti, all of The Dalles, were champions in the intermediate division.**

**SALEM (UPI)**—Frank Jackson, Woodburn, who was born 181 years ago near Molalla, Tuesday received a plaque from Gov. Mark Hatfield for having lived in Oregon longer than anyone else who attended the State Fair on "Over 80 day."

**Coast-to-Coast NEWSPAPERS SELL THE MOST!**

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