

## June-Sept. Upswing Time For Infantile Paralysis

June through September is the season when infantile paralysis generally is on the upswing in the U.S. The number of cases at this time is running about 50 per cent ahead of a year ago. New cases as of mid-May this year being 642 as compared with 424 for the same period in 1944. However, in the Pacific coast area there has been a noticeable drop in the number of new cases. The National Foundation for

Infantile Paralysis has compiled the following suggestions which will be helpful to residents:

During an outbreak of infantile paralysis be alert to any early signs of illness or changes in normal state of health, especially in children. Do not assume that a stomach upset with vomiting, constipation, diarrhea, severe headache or signs of a cold and fever are of no importance. These may be among the first symptoms of infantile paralysis. All children and adults sick with unexplainable fever should be put to bed and isolated pending medical diagnosis.

Don't delay calling a physician. Expert medical care given early may prevent many of the crippling deformities. Proper care from the onset may mean the difference between a life of crippling and good recovery.

Today there is no known prevention or protection against infantile paralysis. All that can be done is to provide the best possible care.

Observe these simple precautions: (1) Avoid overtiring and extreme fatigue from strenuous exercise. (2) Avoid sudden chilling such as would come from a plunge into extremely cold water on a very hot day. (3) Pay careful attention to personal cleanliness, such as thorough hand washing before eating. Hygienic habits should always be observed. (4) If possible avoid tonsil and adenoid operations during epidemics. Careful study has shown that such operations, when done during an epidemic, tend to increase the danger of in its most serious form.

(5) Use the purest milk and water you can. Keep flies away from food. While the exact means of spread of the disease is not known, contaminated water and milk are always dangerous and flies have repeatedly been shown to carry the infantile paralysis virus. (6) Do not swim in polluted water. (7) Maintain community sanitation at a

high level at all times. (8) Avoid all unnecessary contact with persons with any illness suspicious of infantile paralysis.

Don't become hysterical if cases do occur in your neighborhood. While infantile paralysis is communicable or catching during any outbreak, there are many who have such a slight infection that there are few or no symptoms. This large number of unrecognized infections is one of the reasons there is no practical way of preventing the spread of the disease. But it is also reassuring to know that, of the many persons who become infected, few develop serious illness and that, with good care, the majority who are stricken will make a satisfactory recovery. Remember that although this is a frightful disease, needless fear and panic only cause more trouble.

Attempts to stop the spread of the virus by closing all places where people congregate have been uniformly unsuccessful. The resulting disturbance to community life is a disadvantage. Today there is no way by which the spread of infantile paralysis can be completely stopped.

There is no known cure for infantile paralysis. Good medical care will prevent or correct some deformities. But in about every fourth or fifth case there will be permanent paralysis that cannot be overcome. Do not believe those who for one reason or another promise to cure these cases. Be guided by sound medical advice if polio does strike in your family.

County Chapters of the Nation-

al Foundation for Infantile Paralysis are prepared to work with health officers, doctors, nurses, physical therapists, hospitals and patients. These Chapters stand ready to use their funds to assist the entire community. Know your Chapter—ask its help if needed and volunteer to help your Chapter so that it will be able to render the necessary services.

### U.S. HAS COFFEE PLANT IN MARSEILLES, FRANCE

Uncle Sam has gone into the coffee business with his own roasting plant in Marseilles, France.

Run by an army captain and four enlisted men, the coffee plant is operated under a reverse lease contract and turns out 12,000 pounds of coffee a day for troops in southern France.

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**PERK UP YOUR FEET!**  
A sloppy dresser cannot command respect in any society. You can't be well dressed with run down heels and ragged shoes. That, of course, means that you must visit your shoe service station often. It pays big dividends in comfort, economy and appearance.

**LINE'S SHOE SHOP**  
MAIL ORDERS GIVEN  
PROMPT ATTENTION

## TO OUR FRIENDS:

Illness prevents us from making any more appointments for the present.

**But Remember:**  
We will again give you the best in hair styling as soon as possible.

**Riverview Beauty Shop**  
Marinello Grad. 8 years exp.  
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## SAFEWAY Homemakers Guide

**Canterbury Tea** 1 3/8-oz. pkg. 8c; 1/2-lb. 43c  
**Tenderleaf Tea** 1/4-lb. pkg. 22c; 1-lb. 85c  
**Tree Tea** Dependably Good—Always 1/4-lb. pkg. 26c



**Give the family a "refresher" course**  
ICED TEA  
Allow 1 1/2 to 2 level teaspoons tea per 1 standard measuring cup freshly boiling water. Pour freshly boiling water over tea in heated earthenware, China, glass or pottery pot; cover and steep 5 minutes. Strain hot tea immediately onto cracked ice or ice cubes. Allow 1/2 glass of ice per serving. Garnish with lemon or orange slices, maraschino cherries or sprigs of mint.

Safeway Homemakers Bureau  
JULIA LEE WRIGHT, Director

**White Rock Sparkling Water**  
12-oz. size, 2 for 35c (No Deposit)  
Makes a refreshing drink when used as a Table Water—But as a "Mixer" with Table Wines or Flavorade It Can't Be Beat!

- Flavorade Mix refreshing drinks 3 pkgs. 10c  
Sun Valley Beverage 1/2 gal. 39c (plus deposit)  
Edwards Coffee regular and drip 2-lb. jar 54c  
Nob Hill Coffee Whole lb. bag 23c 2-lb. bag 45c  
Borden's Hemo Full of Vitamins 1-lb. jar 59c  
Sugar Made From Sugar Beets (Stamp 36) 5-lb. sack 32c  
Almond Extract Schilling brand, 1-oz. bottle 18c  
Red Food Coloring Schilling's 1-oz. bottle 14c  
Cough Drops, Luden's 5c size 3 for 10c

- Crackers** HI-HO 1-lb. 21c  
Butter Wafers pkg.  
**Raisin Bread** MRS. WRIGHT'S Always Fresh 1-lb. loaf 12c  
Kitchen Craft Flour 5-lb. sack 27c; 10-lb. sack 49c  
Cake Flour, Softasilk brand 2 1/2-lb. pkg. 26c  
Pancake Flour, Suzanna brand 40-oz. pkg. 15c  
Cherub Milk 3 cans, 2 tall cans 17c baby cans, 4 for 17c  
American Cheese, Dutch Mill (24 R. pts.) 2-lb. pkg. 75c  
Battleground Cheese (12 R. pts.) 1 lb. 34c

- SWEETHEART SOAP** Beauty Soap 2 bars 13c  
**SWAN SOAP** Gentle baby soap bar 6c  
**WHITE KING** Toilet Soap 3 bars 14c

## SAFEWAY NATURALLY-FRESH PRODUCE

- CARROTS** lb. 8 1/2c  
Tender ones  
**ASPARAGUS** lb. 18c  
All green  
**GREEN ONIONS** lb. 29c  
Mild  
**TURNIPS** lb. 12 1/2c  
No Tops
- RADISHES** lb. 20c  
Red and White  
**PEAS** lb. 17c  
freshly gathered  
**SQUASH** lb. 19c  
Summer and Zucchini  
**APPLES** lb. 12c  
Red Astrichans

- GRAPEFRUIT** lb. 10c  
Arizona, Dessert  
**LEMONS** lb. 13c  
Full of Juice

## SAFEWAY GUARANTEED MEATS

- Lamb Chops** Shoulder Gr. A, lb. 37c  
Cuts, 5 pts. Gr. B, lb. 35c
- Legs of Lamb** Real "Meaty" (7 pts.) Gr. A, lb. 38c 'B' lb. 34c  
**Loin Lamb Chops** Fine for Broiling (10 pts.) Gr. A, lb. 55c 'B' lb. 49c  
**Rib Lamb Chops** Tender and Juicy (7 pts.) Gr. A, lb. 43c 'B' lb. 39c  
**Lamb Roast** Shoulder Square Cut (4 pts.) Grade A and B, lb. 34c  
**Lamb Breast** Also Neck and Shank (1 pt.) Gr. A, lb. 19c 'B' lb. 17c  
**Spiced Luncheon Meat** Nourishing (8 pts.) lb. 53c  
**Spiced Ham** Lunch Box Favorite (10 pts.) lb. 55c
- No Points on These:**  
**Smelt, frozen** (Round) lb. 13c  
**Oysters** Fresh pint 65c  
**Rock Cod** Fresh Fillets lb. 37c  
**Razor Clams** Fresh, cleaned, lb. \$1.15  
**Herring** Spiced 14-oz. jar 43c  
**Salt Herring** Very Tasty lb. 25c  
**Bloaters** Smoked lb. 14c

**Bill Heath Says:**  
There are a couple of villains at work on your car night and day—Wear and Tear! These rogues get plenty of help from you when you ignore them. That's it, you help them most by neglect, but there is a sure-fire insurance against them—a regular trip to my Signal Service rack. **START TODAY!**

**Heath's Service Station**  
Phone 5711 At the Mile Bridge, Riverview

**MOTHER FOUND THE ANSWER!**

...SO I GOT THE CLUE WHEN SHE MENTIONED JANETS LUNCH DO YOU MIND SHARING YOUR SHOPPING SECRET?

SEE! THIS IS WHERE I FIND THE PRODUCE MY FAMILY REALLY ENJOYS.

HOW WONDERFUL! THERE'LL BE NO MORE COMPLAINING AT OUR HOUSE... NOW THAT I KNOW ABOUT SAFEWAY!

NO MORE DRIED UP THAN THAT OLD APPLE IN MY LUNCH-BOX!

I SHOP ALL OVER TOWN FOR FRUITS AND VEGETABLES—BUT I CAN'T SEEM TO PLEASE ANY OF YOU!

IT'S NO SECRET MEET ME OUT FRONT IN 20 MINUTES—AND BRING YOUR SHOPPING BAG.