Thursday, July 13th, 1944.

Mrs. Thomas Adams, of St. Al-bans, W. Va., spent the week end with her mother, Mrs. Rose Scanlan, of Chest Springs.

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Sgt. Leonard Miller of Fort Jackson, South Carolina, returned after spending a furlough with his parents Amrs. Mrs. Mack Cunningham and chilldren of Cleveland, Ohio, and Miss Lorraine Veckley of Media, Pa., are
Va., spent an eight day furlough with his wife on Fourth avenue.
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Wash formerly resided in Patton.
Pyrtigs.
Mrs. Jack Cunningham and chilldren of Cleveland, Ohio, and Miss
Pic. Joseph Baumann spent a 14-

Mrs. Jack Cunningnam and chil-dren of Cleveland, Ohio, and Miss Lorraine Yeckley of Media, Pa., are spending some time at the home of their parents, Mr. and Mrs. P. J. Yeckley. Sgt. John C. Kelly of Newark Ar-



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<section-header><section-header><section-header><text><text><text><text><text><text><text><text><text><text><text> NEED OF COAL STRESSED. Posters stressing the vital need for increased coal production have been placed at the mines of the Koppers Coal Company. The posters, depict-ing a miner giving Hitler a wallop, were placed to remind miners that the best way they can take a sock at the Axis in commemoration of In-dependence Day is by mining more coal for America's war industries. The company operates the Somma slope and shaft mines near Portage. V Do your part to help the firemen ool grounds. PIGS. It is thought that, with a normal growing summer, the following spe-cies of trees will be available this spruce, hemlock, Japanese larch, nut. Requests for nursery stock should be sent to the Division of Forest Management, Harrisburg. PIGS. Bowing only a five per cent drop from last year the Spring pig crop from last yea Do your part to help the firement entertain the county convention. be sent to the Division Management, Harrisburg.

UNION PRESS-COURIER

## WEEKLY HEALTH TALK As Compiled by the Medical So ciety of Pennsylvania.

"Get 'em out of bed!"

This is the newest procedure with patients, according to many medical authorities. \*\*\*\*\*

Complete bed rest is decried as be ing hazardous in a number of instan-ces. \*\*\*\*\*

Being forced to spend hours or days in a recumbent position causes disturbances of function. \*\*\*\*\*

Among these may be massive col-apse of the lung, too often blamed on the operation, anesthesia. or med-ication. \*\*\*\*\*

Other evil results of complete bed rest are bed sores, bone and muscle atrophy or wasting, constipation and backache.

Stagnation of the blood in the veins of the legs may result in the formation of small clots. \*\*\*\*\* Complete bed rest is considered dangerous in elderly patients. \*\*\*\*\*

To minimize the hazards of bed rest in cases where it is unavoidable certain recommendations have been suggested.

\*\*\*\*\* There should be restricted use of arcotics and sedatives.

Deep breathing exercises and fre-quent changes of position should be instituted. \*\*\*\*\*

Have you ever tried on a We could talk at great length

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# **Fashion Park Suit?**

and still fall far short of what one try-on will tell you. Sincerely, Fashion Park suits are great suits. Their original cost may be a little higher than you have been paying...but when you see this sort of quality, tailoring and luxury ... you'll know that a Fashion Park suit is the suit you want ... and that the few extra dollars are the best you ever invested.

Fashion Park Suits \$55 LUXENBERG'S







**CANNERS!** Before you begin your 1944 cann-ing, Good Housekeeping Magazine dvises you: use the boiling-water bath method for tomatoes and fruits, only. Can all vegetables except tomatoes by the correct use of a pressure cooker to be sure of killing botulinus germs. In the last few years, cases of botul-inus food poisoning have cropped up in widely different parts of the country. Buy, borrow, share a pressure cooker—but don't can low-acid vegetables any other way, If you want further informa-tion write Good Housekeeping Magazine, 959 Eighth Avenue, New York 19, N. Y.