

LETTERS TO JANE...

By A. PAULINE SANDERS, Ph.D., Ironton, Pennsylvania

Dear Jane: It gave me a big thrill to see you are stressing health in both Scouts and PTA...

That a child eats right does not mean that he cannot get sick. But if the children eat enough of the kinds of food they need...

Dr. Sanders Their health grows from day care given at home by you. Base your care on advice you can trust...

Your children need food that will make them grow—food that builds muscle, bones, blood, and sound teeth...

To get the most good from the food they eat, your wee folk need to form good habits of eating. They will do so with your help...

When it comes to food for the teens—there we really have failed. Experts insist that American children are best fed up to the age of two...

Something should have been done about teen-age nutrition a long time ago. The Stop, Look and Listen signs have been posted for years in restaurants by the Armed Forces...

If you think you would like to consider using this material with your Scouts and will let me know I'll send you a set to examine.

better example in food habits. We must motivate them to improve their diets as potential Gloria Swansons and Clark Gables. Nutrition teaching and health examinations must be improved...

I hope you took seriously what I wrote you about a fruit bowl to take the place of Christmas decorations. You can use vegetables as well. Vegetables have gained in popularity as informal centerpiece...

No matter how good for you they are, however, if they are not good to eat, no one wants them. That is why our job as home-maker is important. Get out the cook book. Let your imagination have a chance...

green lettuce or endive. Fill the center with red cherries stuffed with nuts.

I was so disappointed that I could not go to the Farm Show. Mother Nature interfered by sending us an old-fashioned snow storm. We were almost literally "snowed in"...

There is just too much snow to say to you today, but if I am going to send this in today's mail, I must say, good-bye for this time.

Yours for better homemaking, PAULINE.

Christian Film Of West To Be Shown, Glasgow

"Mr. Texas," called the "world's first Christian Western" will be shown in the Glasgow Lutheran Parish House, 7:30 p. m., January 26, according to an announcement made by Rev. W. C. Sell and Rev. W. J. Wolf, in charge of the local presentation...

Produced as an experiment, "Mr. Texas" has picture religious leaders and motion picture authorities alike during its first year of showings. At the film's pre-view in Hollywood Bowl on Oct. 1, 1953, a record throng of 25,000 persons jammed the huge amphitheatre for the largest attendance any motion picture ever had in this country...

The story revolves around the "Billy Graham" crusade in Will Rogers Coliseum in Fort Worth, Texas. To produce the film, an entire picture company moved from Hollywood to Texas and made all the Texas scenes in the vicinity of Fort Worth. The rodo scenes, some of the most beautiful color photography ever seen today, were made at Hardin Simmons University, and feature the world champion Mayo Rodeo Riders, together with the famed Hardin Simmons cowboy band.

No charge for admission—the doors of the Lutheran Parish House in Glasgow will be open at 6:30 p. m.

Saylor To Air Industry Plans With Two Groups

Rep. John P. Saylor has scheduled a meeting with officials of Cambria County's two industrial development groups to discuss President Eisenhower's recent proposal to aid areas of critical employment.

Representatives of Mainline Industrial Development Association and North Cambria Industrial Opportunity Center will meet with the congressman Saturday, Jan. 30, in Ebensburg, Court-house.

The two development groups have been operating through a liaison committee to promote location of new industries in the county which has been declared a critical employment area.

Lieut. Evanchick To Leave States

First Lt. John Evanchick, son of Mr. and Mrs. Metro Evanchick of Colver, has been assigned to the Far East Command.

The officer had been serving as public information officer for Eastern Army Maintenance Command and aide de camp to Brig. Gen. Frederick L. Hayden at Stewart Air Force Base, Newburgh, N. Y.

Lt. Evanchick will accompany Gen. Hayden to the Far East and is scheduled to fly to the West Coast later this month after brief leave.

A 1944 graduate of Ebensburg-Cambria High School, Lt. Evanchick entered the army the same year and served on Okinawa as a radio broadcast supervisor.

Mine Safety Group At Hastings Hears Talk By Attorney

Some 70 area coal miners Friday evening were urged to adopt a realistic attitude toward hazards of their occupation. The plea was made at a meeting of Rich Hill Chapter, North Cambria Council of Joseph A. Holmes Safety Association.

The group, which met in the Hastings VFW Home, was composed of employees of Rich Hill Coal Mining Corp. Attorney Vasil Fisanick of Barnesboro, principal speaker, discussed the legal angles which may arise following a mine fatality.

Other speakers were George P. Resick, Spangier, state mine inspector for the 15th Bituminous District, and James Froggatt of Hastings, superintendent of the Rich Hill operations near Hastings.

Area Airman Home From Japan Area

Joseph T. Linsky, Jr., airman third class, 19, of Carrolltown R. D., has returned from duty in the Far East to spend a 45-day furlough at the home of his parents, Mr. and Mrs. Joseph T. Linsky, Sr.

The airman, stationed at Johnson Air Force Base, near Tokyo, Japan, attended Spangier High School before entering the service in May, 1952.

St. Francis Will Aid in Industrial Drive for County

St. Francis College of Loretto has joined in the countywide drive to bring new industries into Cambria County Area. The Rev. Xavier Crowley, TOR, president of St. Francis, announced that three members of the administration and faculty of the Loretto college had accepted specific assignments to make a study of the needs of the area...

The Rev. President Father Xavier Crowley, TOR, Dr. Michael Penetar, Ebensburg, and Albert Zanuscki, Nanty-Glo, will serve as the three members of the committee. Dr. Penetar, a graduate of Scranton University and the Catholic University of America, Washington, D. C., is an assistant professor of sociology at St. Francis. Mr. Zanuscki, a graduate of Indiana State Teachers College, University of Pittsburgh and presently pursuing advanced studies at Penn State University is an assistant professor in accounting and head of the college department of Business Administration.

"These two educators, together with their staffs, feel that they can be of assistance in the development project," the Loretto president commented, "and I am certain their effort will lend materially to the development programs."

In a letter to Ralph Hegner, Carrolltown, president of the Cambria Industrial Development Committee, the Loretto president said that it was a personal privilege for St. Francis College to offer its services to the committee. "As president of Cambria County's only liberal arts college it is my evident duty, as well as personal privilege, to offer the services of St. Francis College to your committee," the Loretto president wrote.

In making public the college's interest in the development program, Father Crowley pointed out the many potentials of Cambria County and it was a duty everyone to cooperate in each and every effort to better the Cambria County area.

Many of the college's students are residents of the area and are enrolled in classes which are in a position to conduct business surveys, scientific research, and independent study of the various conditions which are involved in development projects.

County Opens Coal Bids On Monday

Six bids to supply coal for buildings owned by Cambria County were received and tabulated Monday by the county commissioners.

The commissioners had advertised for 2,000 tons of stoker coal and 500 tons of run-or-mine coal for the period ending Jan. 31, 1955. Bids received cost per ton follow:

M. F. Petteroff Coal Company, 718 Russell Avenue, Johnstown, run-of-mine, \$4.50 at tipple; \$7.25 delivered; pea coal, \$5.50 at tipple, \$7.95 delivered.

Commercial Coal Company of Twin Rocks, Nanty Glo, stoker or run-of-mine, \$5.80 at tipple; \$7.25 delivered.

H. Justus Apel, Ebensburg, run-of-mine, \$6.95 delivered; stoker, \$8.95 delivered.

Deal & Lanity Coal Company, Cosmopolis, run-of-mine, \$5.35 at tipple; \$7.10 delivered; stoker, \$5.60 at tipple; \$7.35 delivered.

Alf Johnson, Ebensburg, stoker and run-of-mine, \$6 at tipple and \$4.95 delivered.

City View Coal Company, Johnstown, run-of-mine, \$4.75 at tipple and \$4.10 delivered.

Miss Eva Migalante To Wed Bristol Man

The engagement of Miss Eva Migalante, daughter of Mrs. Frank Balkiewicz, of Hamburg, N. Y., has been announced to Mr. Charles Webb, Jr., son of Mr. and Mrs. Charles Webb, of Bristol, Pa.

Miss Migalante is a graduate of the Patton High School, and also attended the Pennsylvania State University. She is presently employed as a private secretary by the Dan H. Willis Co. of Akron, Ohio. Her fiance is a graduate of the William Penn High School in York, and the Pennsylvania State University with a B. S. M. E. degree. He is an alumnus of Triangle Fraternity, and is now a graduate trainee mechanical engineer with the Allis-Chalmers Co. of West Allis, Wisconsin. A spring wedding is planned.

—If all of us got all of the things we want where in the world would we put them?

Sprained Ankle No Minor Matter

"Oh, it's only a sprained ankle." That's what the man said when he limped into the doctor's office after turning his foot on the curbstone.

"Just strap it up, doctor. I have to get back to work." Proper treatment of a sprained ankle calls for putting the patient to bed, bandaging the ankle and the use of ice bags to reduce the swelling.

After 24 to 48 hours the swelling, pain and much of the muscle spasm has disappeared and a clear study of the extent of the injury can be made. Manipulation of the ankle under local anesthetic will usually show the extent of the damage, and x-rays are often used to show whether or not there is displacement of ankle bones.

If the sprain is a simple one, strapping is sufficient to give stability and protection for the required length of time. In the young, athletic patient it is possible to regain function of the ankle in two to three weeks, although in older persons it usually takes a month to six weeks.

Sprains which are complex involve extensive laceration of the ligaments, injury to the muscle structure, fragmentation of the cartilage of the joint, and dislocation of the ankle bone. Such sprains may call for a cast, to be removed in a couple of weeks and supplanted by a walking cast.

The ankle is of importance in life and injury to it deserves consideration. Because a sprain was lightly treated in former years the ankle often remained weak throughout life, giving rise to the common expression that sprain is worse than a fracture.

FLU EPIDEMIC SPREAD

The flu epidemic of 1918 and 1919 traveled around the world, infected seven hundred million persons and caused 20 million deaths.

USE EMERGENCY POWER

When storms cause electric power failure, you can use the tractor as a source of vacuum for operating the milking machine, say Penn State extension agricultural engineers.

Solar Plexus Blow Can Be Serious

"Soak him in the solar plexus." Common advice to combatants, this is hard on an adversary's abdomen.

Injury to the abdomen is frequent in these days of rapid transit, intensive industrial activity and violence. There are two types of abdominal injury, penetrating and nonpenetrating, and either one can be a cause of internal damage and death.

Diagnosis of the degree and extent of injury is of prime importance. An immediate problem for the examining physician is the state of blood flow in the abdomen. Shock is often present and usually indicates hemorrhage, the degree of shock reflecting the amount of hemorrhage.

With early recognition, adequate blood replacement and early surgical control of bleeding, death rates can be reduced. Bleeding is usually the result of either injury to a solid internal organ such as the liver or spleen, or perforation of one of the larger blood vessels.

Delay in control of bleeding is more frequent in cases of blunt injury than in penetrating wounds for in blunt injury the diagnosis is more difficult. Liver, spleen, gall bladder, pancreas, kidneys and major arteries are all subject to injury in the abdomen.

The availability of whole blood, exploration of all cases in which a remote suspicion of intra-abdominal injury exists, proper anesthesia and use of the new antibiotics have greatly reduced death from abdominal injury.

The modern bituminous coal mine is an underground mass production factory, where coal is extracted and moved in great bulk by electrically driven machinery.

The surface "preparation" plant for coal cleaning, washing and sizing srybolizes bituminous coal mining as the blast furnace does the steel industry.



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Advertisement for Pepperell Red Label. Type 128 Bleached Muslin SHEETS. 72x99 inches \$1.99, 72x108 inches \$2.19, 81x99 inches \$2.19, 81x108 inches \$2.39. These are fine quality, type 128, bleached muslin sheets that will give lasting wear. They are durable and well made with strong selvaige edges and deep hems. Count on Pepperell to give lasting wear.

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Advertisement for Ford '54 models. Announcing the Winners! OF THE TEN '54 FORDS GIVEN AWAY BY YOUR FORD DEALERS. ALBERT E. BAILEY, JR. 313 Deerlane, Rochester, Pa. A. C. HAYES Luthersburg, Pa. CARL P. BRICKNER 503 Roosevelt Ave., Satsburg, Pa. ORVIS TAYLOR R. D. Center Hall, Pa. HERBERT DALEIN Box 506, McMichael Rd., R.D. No. 5, Pittsburgh 5, Pa. MRS. MARY WILBURN Farmington, Pa. WILLIAM MILLER Box No. 159, McDonald, Pa. R. V. SHAFFER 707 Ona St., Grafton, W. Va. THOMAS A. UNDERWOOD 25 McKee Ave., Monessen, Pa. PAUL W. MURRAY R. D. No. 2, Marietta, Ohio. Test Drive the '54 FORD and you'll want to drive it home! The lucky winners of the ten '54 Ford Customline Tudor sedans know why we say the '54 Ford is more than ever The Standard for The American Road. For example, there's Ford's new 115-h.p. I-block Six and 130-h.p. Y-block V-8... new Ball-Joint Front Suspension... completely new interiors, new Astra-Dial Control Panel, and 14 exciting new body styles! These are but a few of the things that make Ford worth more not only when you buy, but when you sell, too.

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