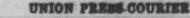
Thursday, January 21, 1954.



SECOND SECTION

Solar Plexus Blow

## LETTERS TO JANE

## PAULINE SANDERS, Ph.D.



Your children need food that will make them grow—food that builds muscle, bones, blood, and sound teeth. They need food that will keep their bodies in good that gives them energy to play and work. No single food will do all this for them. Consider using this material with your Scouts and will let me know I'll send you a set to examine. The solution of the teen-age nu-trition problem is simple and al-so clear. We need a new food pat-tern for the teens. They need a constant optimun diet from in-fancy on. We must set them a



To get the most good from the foot has good from the foot has the met will copy the must motivate them to interdence and Clark Gables in food habits of eating. They will do so with your heir diets as potential Gloria Swansons and Clark Gables. It as so disappointed that it will be well worth it. You can be sure they will like what you and dody like and, not cat what you and John, are to get everythem. If the children, and in fact you and John, are to get everythem. If the children, are to get everythem. If the children is that I couldn't overlook that I couldn't ov

<text><text><text><text><text><text><text><text><text><text>

youth has been prepared. 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. The solution of the teen-age nu-trition problem is simple and al-so clear. We need a new food pat-tern for the teens. They need a constant optimum diet from in-fancy on. We must set them a

BARNESBORO

and Rev. Jesse Wolf, in charge of the local presentation. The film is the first major production of Rev. Billy Graham Evangelistic Elim

0174

**ORange 5-2161** 

**Can Be Serious** No Minor Matter "Soak him in the solar plex Common advice to combata Talk By Attorney Some 70 area coal miners Frithis is hard on an adversary's a

An infinite provide the state of blood flow in the abdomen. Shock is often present and un-the extent of the damage, and x-maily indicates hemorrhage, the

bility and protection for the features in the source of the ankie in two to three weeks, although in older persons in control of bleeding is usually the romain of the ankie in two to three weeks, although in older persons in control of bleeding is control of bleeding is a month to six.

volve extensive laceration of the for in blunt injury the ligaments, injury to the muscle is more difficult.

cast, to be removed in a couple of weeks and supplanted by a walk-ing cast.

for coal cleaning, washing sizing snybolizes bituminous ng as the blast furnace (



## Injury to the abdomen is fre quent in these days of rapid transit, intensive industrial activity and violence.

Proper treatment of a sprained ankle calls for putting the pa-tient to bed, bandaging the ankle and the use of ice bags to reduce to a cause of internal damage and death.

Diagnosis of the degree and ex ing, pain and much of the mus-cle spasm has disappeared and a clear study of the extent of the An immediate problem for the

An immediat

rays are often used to show whe-ther or not there is displacement of antic borner is displacement

of ankle bones. If the sprain is a simple one, strapping is sufficient to give sta-bility and protection for the re-guird length of time

Delay in control of bleeding more frequent in cases of his injury than in penetrating wou

structure, fragmentation of the cartilage of the joint, and disto-cation of the ankle bone. Such sprains may call for a Liver, spleen, gall bladder, pa

minal injury exists, proper thests and use of the new i biotics have greatly reduced

th from abdominal injury. The modern bituminous mine is an underground mass pro-duction factory, where coal is ex-

by electrically driven mach

The surface "preparation" pla





Lt. Evanchick is married to the WATT'S INVENTION former Lucien J. Monti, Altoona. James Watt's practical

In days when forests were pas-mable only by Indian trails, Penn-ylvania settlers used the Tioga and Susquehanna Rivers very fre-shaft, and driving the mechani-

Rev. Billy Graham Evangelistic Films, Inc., and features the fa-med young Evangelistic team. Playing tire Evangelistic team. Playing leading roles in the full length color picture are Redd Harper and Cindy Walker, both profess-tional Western stars, who have re-cently made their decision to give their lives and talents to Christ-ian service.

and rodio optional of extra cash

PATTON. I

riors, 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.

MOTOR COM

Fifth & Lang Aves.