

Mrs. Anna Kocher Entertains For Niece At Family Dinner

Mrs. Anna Kocher, Franklin Street, Dallas, recently entertained at a family dinner honoring her niece and husband, Rev. and Mrs. John Broeder, Bazine, Kansas. Mrs. Broeder is the former Lelia Cobleigh, daughter of the late Mr. and Mrs. William Cobleigh.

Present were Mrs. Louise Hislop, Harold Kocher Jr., Harold Kocher Sr., Mrs. Charles Mayer, Dallas; Mr. and Mrs. William Garnett, Mr. and Mrs. Stanley Livezey, Mr. and Mrs. K. B. Kocher, Mr. and Mrs. Kenneth Kocher, Kenny, Patti Ann, Loyalville; Mrs. Herman Lutes, Pikes Creek; Mrs. Mary Cobleigh, Mrs. George Shotwell and George, Pecono Lake; Mr. and Mrs. Joe

Rodda, Huntsville; Mr. and Mrs. Jack VanNess, Mr. and Mrs. Ted Cobleigh, Troy, N. Y.; Mr. and Mrs. Edward Cobleigh, Delbert, Birmingham, N. Y.; Mrs. Joe Buckman, Barbara, Bonnie Lee, Wilkes Barre; Mr. and Mrs. Merwyn Jones Merwyn Jr., David, Dale, New York; Ben Cobleigh, Mr. and Mrs. Clinton Cobleigh, Jackie, Cindy, Gerry, Donna, Peggy, East Dallas; and the hostess.

At Geisinger

Miss Cathy H. Clifford, 146 Lehman Avenue, Dallas, is a patient in Geisinger Medical Center, where she was admitted early this week. She is the daughter of A. F. Clifford and the late Mrs. Clifford.

Mrs. LaBar Honored

Mrs. Laura LaBar, Main Street, Dallas, was guest of honor, Friday night, at a surprise birthday party, given by her family, at her home.

Present were Mr. and Mrs. William LaBar and Susan, Mr. and Mrs. Donald LaBar, Mr. and Mrs. Lewis LaBar, Mr. and Mrs. James LaBar and Jimmy, Mrs. Caddy LaBar, Ruth, Linda and Larry, Mrs. Alexandria Harrison, Riverside, R.I., Mrs. Mary Carroway, Wilson, N.C., and the guest of honor.

Miss Miriam Olver South America Bound

Miriam Olver, daughter of Rev. and Mrs. Herbert Olver, Davenport Street, Dallas, left recently, from Kennedy Airport, by jet. Leaving at eight in the morning, she expected to arrive about noon the same day, in Santiago, Dominican Republic, which is a hundred miles from Santo Domingo. She will conduct a school of the English speaking children. She will remain there a year, relieving the missionary, who is on furlough.

Miss Olver has been teaching at Wadleigh Jr. High School, in Harlem, N. Y. Last year she served as editorial faculty advisor for the year book at Wadleigh.

To Install Officers

Auxiliary to Daddow Isaacs American Legion Post 672 will meet tonight at 8 p.m. in the Post Home.

Many Attend Homemakers Holiday Open House Here



Pictured above at the Back Mountain YWCA Homemaker's Holiday Open House held Tuesday morning are Mrs. Elizabeth MacPherson, membership director discussing class projects with the committee members, Mrs. Walter Shaver, Mrs. Lewis Anesi, Mrs. Willard Seaman and Mrs. Leonard Cowett.

Luncheon Cancelled

The Brickel Class Covered Dish Luncheon which was to be held today has been cancelled until Wednesday, September 22 at the home of Mrs. Fred Welsh.

Meeting was cancelled this week due to the death of Walter Boehme, husband of one of the members.

The open house was held to acquaint interested women in the Homemaker classes to begin next week, and continue every Tuesday morning at Shavertown Methodist Church for the next eight weeks.

Scheduled are the following: Knitting, Mrs. Michael Bucan, instructor; Sewing, Mrs. John Fronczkiewicz; Bridge, Mrs. Albert Turner; Millinery, Mrs. George Parry; Slimnastics, Mrs. Leo Novy; Needlecraft, Mrs. Walter Shaver; Della Robia Wreaths and Holiday Decorations, Mrs. Leonard Adamchick; Ceramics, instructor to be announced.

This unique program for homemakers makes a delightful change

in the housewives schedule without upsetting the household for two pre school classrooms are maintained for the infant and pre school child, and competently supervised, while mothers enjoy fellowship and new crafts. Not only is it an opportunity for mothers but for other women as well.

Mr. and Mrs. William Morris, Overbrook Avenue, had as visitors for the week: her sisters, Mrs. James Lacey, Akron, O., Mrs. Marie Varner, Easton, and also Mr. and Mrs. James Lacey and Lisa, Akron, and daughter Mrs. Jack Godfring, Deborah, Kimberly, and Todd, of Emmaus.

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The Acute Lower Back Condition

A very large percentage of the American population suffers with periodic back trouble. We hear of all types of complicated and so-called scientific explanations for this increase of back conditions, but very few of these explanations really partake of the obvious facts.

There are three major causes of the acute back condition:

1. Lack of exercise
2. Over-exercise
3. Injury to the spine by an external force

Explaining these causes more clearly, a lack of exercise produces a decrease of muscle tonicity and muscle capability. The lower back especially depends upon healthy muscle structures, since this area of the spine must bear the major load of body weight and also carries the major burden in the act of lifting. When the muscles in this area are not able to provide what is expected, they may be pushed past their capabilities, which possibly will throw them into a state of spasticity. A spasm of the lower back muscles will pull segments of the lower spine out of their normal position.

This is the process in most acute lower back conditions.

Overexercise produces the same process as underexercise, but the weakened condition of the muscle is brought on by fatigue. After the muscle is pushed to a state of exhaustion the individual insists upon more than the muscle is able to give, thus sending the muscle into a state of spasticity.

Injury to the spine by an external force needs little explanation. In this area we refer to severe falls or strong blows to the lower back in which muscle, tendons, and ligamentous structures are torn and spinal segments are forced out of position.

A statement we hear used quite often is that no two back conditions are alike. This is not entirely true. Most back conditions are alike in respect to spinal misalignment and structures that are involved. This must be so, because of the muscular attachment. Anatomically speaking, muscles in every individual have the same spinal attachments. When these muscles go into a state of spasticity they must pull out of position the same segments in every individual.

The only differences being in severity and whether it is the left or right side of the spine involved.

When spinal segments are misaligned they usually require more than aspirin and bed rest. This method of treatment may eventually bring about a cessation of pain, but the misalignment will still exist and possibly get worse in the future.

Most back conditions lie in the chiropractic realm and can best be handled by your chiropractor. He is trained to locate spinal misalignments and bring about a correction of same. So see your chiropractor when there are signs of spinal misalignment.

Dr. Donald E. Getz

Chiropractor

61 CHURCH STREET, DALLAS, PA.

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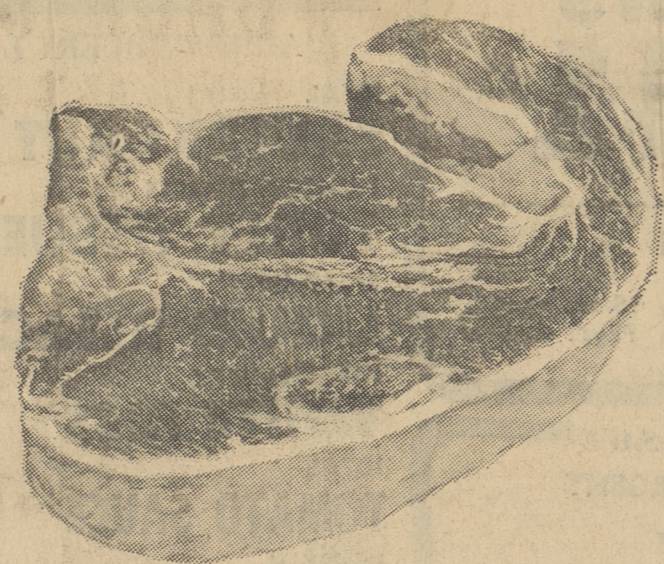
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