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STAFF

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| Publisher | B. P. Steptoe |
| Editor | Betty Middleton |
| Staff Writer | Robert Robinson |
| Staff Photographer | Howard L. Dawson |

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Up to

Polio -- by Mrs. Groth, R. N.

This is the first in a series of articles that will be submitted from time to time by Mrs. Groff, registered nurse, from the Visiting Nurses Ass'n.

Polio or Infantile Paralysis is a disease of the central nervous system.

Cause — Polio is caused by an invisible virus which attacks the anterior horn cells of the gray matter of the spinal cord. In other words the virus settles in the nerve cells of the spinal cord causing an edema or swelling which blocks nerve impulses to the muscles (goes down) usually after 2 months the paralysis is gone and the patient can move his extremities (arms and legs) again.

How the virus enters the body— This has not definitely been proved. The belief which is most widely accepted is that it enters through the nose and travels along the olfactory nerve (controls the sense of smell) to the brain and spinal cord. Some investigators believe the organism enters through the gastrointestinal tract (mouth and stomach) and travels along the sympathetic nerve fibers to the cord.

Up to the present time the virus

has been so small it went through a filter and could not be seen under a microscope but now it can be isolated with an electron controlled microscope. It is so small 25 million can fit on the head of a pin.

Incubation period 7-14 days — This is the time that elapses between the entrance of the virus and the development of symptoms.

Symptoms of 1st or systemic stage —

1. Severe headache
2. Sore throat
3. Fever
4. Nausea and vomiting
5. Drowsiness
6. General weakness
7. Profuse sweating, diarrhea or constipation and sometimes scanty urine, increased irritability.

8. Cries if he is picked up or moved.

Second or Meningitic stage —

1. Fever and vomiting
2. Stiffness of neck
3. Child resists any effort to bend his head or trunk forward.
4. Even gentle pressure on reflexes causes pain.
5. If child is asked to extend his arm or leg without support tremors are present.

mors are present.

Examination of spinal fluid during this stage usually will indicate whether the person has polio.

Several days elapse between 1st and 2nd stages.

3rd of Paralytic stage — EEE
Third of paralytic stage — weakness or paralysis.

The bulbar type of polio attacks the cranial nerves which affect the facial muscles and ability to swallow, also the breathing is affected and patients must be put into an iron lung.

Ways to keep up resistance —

1. Eat proper food and drinks, meat, fruit, vegetables, eggs, etc., at least 2 glasses of milk for adults and 1 quart for children per day.
2. Get sufficient rest, at least 12 hours for children and 8 hours for adults.
3. Prevent fatigue by not overplaying or overworking.
4. Keep out of crowds.
5. Wear sufficient clothing in cold weather.
6. Keep head and feet dry in rainy weather.

Mrs. Groff, R.N.

Visiting Nurses Ass'n.

Teens In The Limelight

Attention!! All gentlemen, have you seen that cute little dame that has been in town for several weeks now? She's a student of East high school. The little lady happens to be Miss Gwen Stinson.

In the halls of Troy at East high school, Miss Martha Ann Moss a sophomore student gets all the eyes from the Trojans.

Miss Rainy Louise Austin is another Estehr Willams. She goes swimming twice a week.

Mr. Luther Estes tall and very handsome looking, went on a date with that shapely Venus, Miss Dorothy Baskerville. The two certainly had a nice time.

Miss Shirley Vaughn had a birthday party Friday night. It was splendid and delightful and everyone had a nice time. Miss Vaughn is seventeen years old.

Miss Geneva Hoskin will entertain several lads and lassies at a Pre-Thanksgiving potluck at her home this Saturday.

Miss Vivian Oliver attended a formal ball in Fort Dodge and she really had a ball, too.

Guess who went to Iowa City for the first time in her life? It was Yvonne Reed, who visited the State University of Iowa.

Girls the most eligible bachelors are: Marvin Ellis, Bobbie Robinson, Charles Baskerville and Russel Vanarsdale. Go after them girls.

The most eligible playboys in town are: Rubble Roberts, John Carr, Andrew Murphy and Luther Estes. Beware of them girls.

Say kids, get out in the limelight so you can make the headlines of this column.

Well, I'll tell you like the farmer told the potatoes, I'll put you down now and dig you later.

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— Men's Department —

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Society News

REESE GARDNERS ENTERTAIN

Mr. and Mrs. Reese Gardner entertained relatives and their friends from Centralia, Mo., over the week-end.

The relatives were Mr. and Mrs. Virgils Michel, Mr. and Mrs. John Bonapart, the friend with them was Mrs. Ann Linsey.

Also visiting the family is Mr. Gardner's brother, Mr. Hester B. Gardner from Albuquerque, New Mexico. He is planning to stay for the winter season.

A breakfast for the guests was given by Mr. and Mrs. Marshall Sims of 326 Cottage street. Also there was a dinner in their honor at the home of Mr. and Mrs. Gardner.

Other guests who attended the dinner were Mr. and Mrs. Andrew Burke, Mr. Scott Love, Miss Georgia Moore, and Mrs. Thomas Fleming all of Waterloo.

CHICAGO VISITORS

Mr. and Mrs. Samuel Jones of Chicago, Ill., were house guests of Mrs. Jones niece, Mrs. Bea Bedell last Monday. Many courtesies were extended the Jones during their brief stay in Waterloo, including a dinner given by Mrs. Elizabeth Teague at the new Cottage Inn.

ST. PAUL VISITORS

Mr. Keith Ewing of Minneapolis, and Mr. James Clay of St. Paul, Minn., were week-end guests of Mrs. Betty Middleton of 338 Adams Street.

MARY BETHUNE CLUB

The Mary Bethune Club met with Mrs. Carrie Bright last Friday at the home of Mrs. Thomas Cooper with a potluck supper.

All the members welcomed Mrs. Elizabeth Teague into the club as a new member, the club has a drive on for new members.

The club will have their Christmas Party this year on December 12, at the home of Mrs. Valletta Fields.

Maggie Powell, reporter.

B. W. D'S TO MEET

The Bethune Worthy Daughters will have a Pre-Thanksgiving Potluck dinner at the home of Miss Geneva Hoskins, Saturday, November 22 at 7 o'clock.

MRS. OLIVER VISITING IN JACKSON, MISS.

Mrs. Charles liver left the city last Sunday to visit her niece, Mrs. Luana Clayton in Jackson, Miss., Mrs. Oliver will return to Waterloo around the first of December.

MRS. ETHEL PARKER WED

Mrs. Ethel Parker of 104 Adams street was married in a quiet ceremony last Saturday to Mr. Samuel Bennett of Cedar Rapids, Iowa. The couple will make their home in Cedar Rapids.

JOSIE SIMS FETED

A birthday party was given Monday night by Mrs. Reese Gardner and Mrs. Leola Martin, in honor of Mrs. Josie Sims.

Miss R. N. Thompson of Bakersfield, California, the daughter of Mrs. Ann Williams, 86 N. Barclay returned to Bakersfield last Thursday.

While here Miss Thompson was the guest at al society events with Mr. Herbert Cox, Waterloo's popular KXEL disc jockey.

The Beauticians League of Waterloo, met in Martin's Beauty Chest. Plans were made for a potluck, Monday, November 24, to be held in the home of Louise Whitehead.

Topic of discussion was City and State laws for beauticians.

All members are urged to be present at the next meeting to make plans for future entertainment.

CLUB NEWS

SEEZAN EDDIS

No meeting. All members will attend Square dance class Friday evening at 8 o'clock at Washington Community Center, 1419 East 4th street.

Court of Calanthians will hold their meeting Monday, November 24th in the home of Mrs. Thomas Henderson, 849 Willow street.



"Wait for baby — and while you're waiting look as pretty as ever" is the cover theme for a new maternity booklet sent to its customers by a well known maternity shop. It is a piece of advice that all "ladies in waiting" — will do well to follow.

For a long time it has been thought that expectant mothers have a radiance and glow unequalled at any other time. The hair becomes softer and glossy; cheeks take on a rosy hue; and the whole face seems to take on an expression of sweet complacency — thanks to vitamins and wonderful peace of mind. That being the case, it is only natural that such mothers enhance that state of natural radiance with well selected clothes.

Now, perhaps the radiant face is nature's way of counteracting the loss of figure, but the maternity clothes on the market now go a long way toward camouflaging that condition. Often the wonderful secret can be kept for a long time from the closest and most discerning friends.

Keeping the secret is perhaps important to the woman who plans to look as smart during that period as is possible.

There is a whole new concept in the designing and wearing of maternity clothes. Time was when the emphasis was on the problem of keeping one's ceret one's own, bt now the theory is that having a baby is perfectly normal and a very wonderful experience.

For at least a few months everyone is going to know it anyway, so the idea is to concentrate not so much on hiding that fact, but rather to look as smart during that period as is possible.

For the record — it is possible to look VERY smart. The cut of most of the dresses and suits is the same — the little box jacket with straight skirt, however, these skirts are mde with a cut out front which allows for the expanding waistline, and at the same time permits the skirt to fall straight and slim to the hemline.

While the silhouette o fthe clothes is the same, the details vary widely, and the fabric is generally exquisite. The emphasis is usually placed high on the costume, thus calling attention to the radiant face as well as detracting from the figure.

Among the ideas and individual toches found in maternity wear this season are sculptured neckline introduced in Paris coats and accepted in coat designs here. This idea features a multiseamed middle released into soft stand-up fullness around the face and a cape-like shoulderline. This softening treatment is a pretty collarline for maternity after-five wear. Then there are many beautiful lounging and casual clothes.

Yes, we agree with the maternity shop. While you wait for baby you might as well do it beautifully.

Sick In The Community Scout Troop 11 To Present Flag

Mrs. Joseph Williams, 339 Sumner street.

Mrs. James Anderson, Beech street.

Mrs. Joseph Radcliff, 328 Cottage.

Mrs. Joseph Curry, 409 Shilliam.

Mr. Robert Odin, 615 Cottage

Mrs. Jesse Harris, 1000 Beech street.

Mr. John Robinson, Illinois Central Hospital, Chicago, Ill.

Mr. Cornelius Walker Jr. 316 Cottage. Junior was hurt in last Sunday's professional football game, between the Waterloo Wildcats and the Delavan Red Devils.

Boy Scout Troop No. 11 will present the Elevation of the Flag at the Gospel Temple Church, 601 Douglas street, Sunday November 23rd at 3:00 p.m. This event is a free patriotic significant.

Troop 11 is sponsored by Longfellow school P.T.A. and is the only troop in the city which gives this demonstration.

There will also be a short musical program, free coffee and cake will be served in the basement of the church. The public is invited. This meeting will be sponsored by Mrs. John Hollingsworth.

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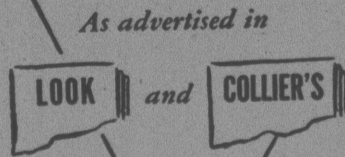
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Don Woods Popular Negro Wrestler At Hippodrome Saturday

"Battle of the Villians" to Feature Saturday Night Hippodrome Matches

Waterloo, Iowa (Special) — Bad Boy Brown, who has wrestled in the Northeast Iowa area many times in the past, is being brought to the Hippodrome-Auditorium this Saturday night to tame the villain, Champ Thomas, who was almost solely responsible for creating the fan riot, which occurred at the building two weeks ago. Police protection this past week kept the crowd in hand, but it was still necessary to provide Thomas with protection in leaving the ring after his win over blood-soaked Hoppe last week.

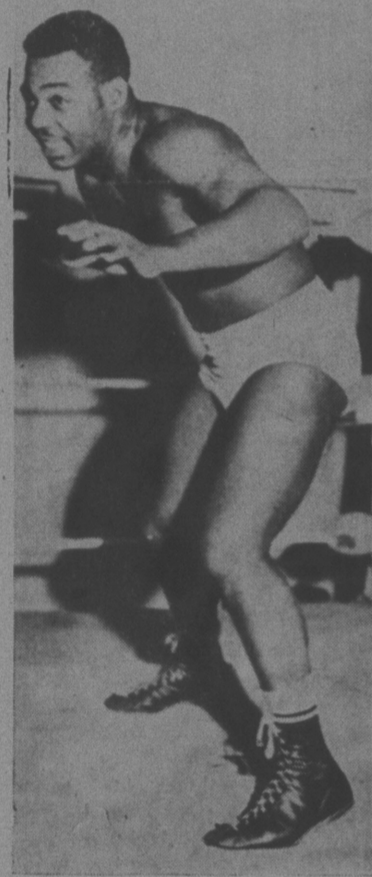
Brown has wrestled some 2,000 matches, and hasn't done one single thing to please the fans. He's out to win every match at any cost. And, Thomas has many of the same qualities for displeasing fans. He has won 95 percent of his matches, and most all losses have been via disqualification route.

The seim-windup pits the popular Negro grappler, Don Woods, against Jack Gernard, the southern heavyweight champion. The tussel will be a two out of three falls, with a one hour time limit. Woods is undefeated in single match competition, but if southern reports are correct, he'll have to call on all his speed and science to defeat the 240 pound Bernard.

Bobby Andorff, the very popular Milwaukee lad who has won the hearts of Northeast Iowa fans, is being matched against Pretty Boy Roque, Hollywood cutie. Roque has done most of his wrestling on the west coast, employing a rough and ready style that has gone over well with western television viewers.

Popular prices will again prevail. Ringside seats are \$1.35 each, and the reserved section seats \$1.00 each. General admission for adults is 50 cents each, and the

same price for children. Tickets are on sale at Hummell's.



Don Woods

HARLEM GLOBETROTTERS TO HEADLINE FIRST BASKETBALL GAME AT HIPPODROME

Waterloo, Iowa (Special) — Abe Saperstein's Harlem Globetrotters, the all-time wonder team of basketball, come to the Hippodrome-Auditorium on Tuesday night, December 2, to headline a huge double-header against the Boston Whirlwinds. The opening game will be at 8 and will match the Washington D. C. Generals and the Toledo Mercurys, two other leading traveling pro-quintets.

In their twenty-sixth season of cage heroics, the fabulous magicians of the court are out to surpass their silver anniversary exploits which took them almost up to the start of the current 1952-53 campaign.

Always one to strive for bigger and better things, Owner-Coch Saperstein has assembled what he regards as the finest aggregation of players and showmen for the year-long schedule arranged to keep the trotters busy until October 1953.

Last season, their twenty-fifth in succession, saw the great aggregation make the first round-the-world jaunt ever undertaken by any basketball team in history. As America's Ambassadors of Good Will, they brought their super show completely around the globe.

In the 1951-52 season, the Trotters won 325 games and lost only 8 for a 25 year total of 4,233 triumphs against 260 defeats, a .941 percentage.

Another standout feature of the season was their third successive POST FOUR—

triumph over the nation's College All-Americans in the annual world Series of Basketball. Leaving a string of shattered boxoffice records in their wake, they were watched by more than 200,000 fans and won 11 game to 5. It is estimated that during the past basketball season more than 3 million fans saw the torrid trotters in

Campy Agrees That Weight Holds His Batting

New York (CNS) — Roy Campanella, back from his barnstorming trip before 80,000 customers, has at last agreed with his manager, Charlie Dresen, that extra weight is no good for him. Moreover, Roy

will substantiate this agreement by going to resort, Hot Springs, Ark. a month before reporting at spring camp in Florida. And at Hot Springs, Roy promises to get in shape through diet and anything else.

Last year, you will remember, Roy called Charlie diet-happy when the dapper skipper presented him with a Mayo Clinic diet of mainly eggs. Roy went down to 198 pounds but he remembers now

that '51 was his best year.

Then as his weight rose, so dipped Campy's batting average. Dresen begged him to count his calories last season, but Roy continued to rebel. Finally at the end of the season, Roy was a disappointing .269 and his overall average was 56 points below his fine '51 season. Those figures did it. They convinced Roy that extra weight and good batting averages don't go together as far as



It's no wonder...! the

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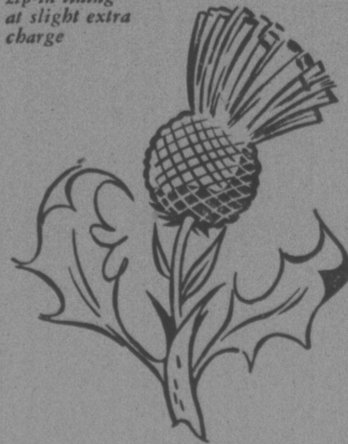
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