

DECATUR DAILY DEMOCRAT

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Wear a Buddy Poppy today in memory of the veterans who defended our country.

By the time the weather warms up, we'll have the locust plague to worry about.

President Eisenhower will take to the radio Tuesday night and will broadcast from the White House at 9:30 p.m. Speculation among the advisers to the President is that he will speak on taxes and Korean war subjects. The country will give an attentive ear to the Commander-in-chief.

Congress may wind up this session without taking action on the St. Lawrence seaway project. Although President Eisenhower has approved the gateway to the Atlantic project, several members of congress are opposing the plan. Canada has made it plain that it does not intend to delay start on the work and is willing to go it alone, if the United States does not agree to cooperate. It is one of the proposals that congress should not defer until a later date, because of its importance to the nation. The seaway should be built as a matter of national defense and in the interest of the development of the country. Its construction will give the midwest a direct route to the sea and create a new transportation empire along the Great Lakes.

Paul Butler, Democrat National Committeeman from Indiana, and a dynamic force in the Democrat party, will be the guest of the County Central Committee and the Adams County Democratic Womens club in this city on May 26. A dinner meeting will be held at the American Legion home. Democrats of the county are invited to the gathering. Mr. Butler is a stimulating campaigner and is forming plans for the 1954 congressional election.

While sentiment was expressed in favor of paroling Nathan Leopold, "thrill killer" of 1924, the Illinois parole and pardon board has turned down the man's plea for freedom. Leopold no doubt has reformed and is repentant, but that is no sign he should be released. He and Richard Loeb, who later was murdered in prison, were convicted of a terrible crime and the judge who sentenced them to life imprisonment stated that the killers should not be paroled. The pardon board did not err in refusing a parole for the once arrogant prisoner.

Lemon Juice a Good Seasoner For Those on Salt-Free Diet

By HERMAN N. GUNDESEN, M.D.

YOUR doctor may say, "No salt" if you have a form of heart or kidney disease.

Heart and kidney diseases are the most common causes of swelling of the body, aside from inflammations. When the heart does not properly keep up the circulation, the amount of blood flowing to the kidneys is reduced. This in turn interferes with the important task of kidneys, which is to remove water and waste products from the body.

Causes Swelling

Not only do they fail to get rid of water but also of sodium, which is in salt. This excess salt in the tissues, along with the water, causes the type of swelling known as edema. Pressing the swollen area usually leaves a mark or pit where the finger is applied.

In kidney diseases, the kidneys lose their power of eliminating the salt in water, causing similar symptoms.

Usually, the parts that first become swollen are the legs. To reduce some of this swelling, kidney compounds must sometimes be injected into the muscles.

On Restricted List

The person with this condition is usually required to take little or no ordinary table salt or sodium chloride in his diet. Not only salt, but also sodium in baking powder, and sodium used in canning, are on the restricted list. The saltless diet is often very

hard for a patient to follow as strictly as he should, mainly because it is so unpleasant to eat unseasoned foods. Even when the person is perfectly willing to give up salt, it may still be a problem to avoid it, because it is so commonly found in almost all types of foods. Certain powders have now been perfected which can be taken by mouth to help absorb the little sodium or salt that must be included in the diet.

Flavor Substitutes

Salt substitutes are also on the market to help flavor food to some extent. Sometimes, however, their taste is not too appealing.

Flavoring food with a little lemon juice is usually very helpful in making it more palatable and helping the patient stay on the strict salt-free diet. Then, too, the lemons supply vitamin C, which all persons need. This is such a simple method that it should be tried by anyone having trouble following the doctor's orders against salt.

QUESTION AND ANSWER

N. M.: I am taking care of my mother, who is bedridden. How can I prevent her getting bed sores?

Answer: Bed sores are caused by prolonged pressure on the skin.

They can be prevented by moving the person to different positions often during the day, and by keeping the skin dry. A special type of mattress to change the pressure to different areas of the body has been devised.

The saltless diet is often very

20 Years Ago Today

May 16—President Roosevelt cables the rulers of 54 countries asking pledges that armed forces will not be sent across frontiers, hoping for world peace.

Decatur merchants will bring the Russell Brothers 3-ring circus to Decatur for two performances May 31.

Ten Adams county boys will be sent to the conservation camp at Fort Knox, Ky. They will learn reforestation work and be offered jobs after two weeks training.

The old G. M. T. Houck farm, 39 acres, near Honduras sold at auction for \$2,735. Wilmer Steffen was the buyer.

Mr. and Mrs. Roy Kalver of Detroit are visiting here.

Household Scrapbook BY ROBERTA LEE

Fresh Plants

Plants can be kept fresh while the house is closed by placing as many bricks as there are flower pots in a zinc tub. Then put enough water into the tub to cover the bricks and stand a plant on each. The bricks will absorb enough water to keep the plants in good condition for several weeks.

Paint Brushes

Paint and varnish brushes should be cleaned thoroughly with gasoline after using, then rubbed with Vaseline jelly and put away free from dust. This procedure will keep them soft.

Potatoes

After paring the potatoes place them in cold water. If this is done before boiling it will whiten them.

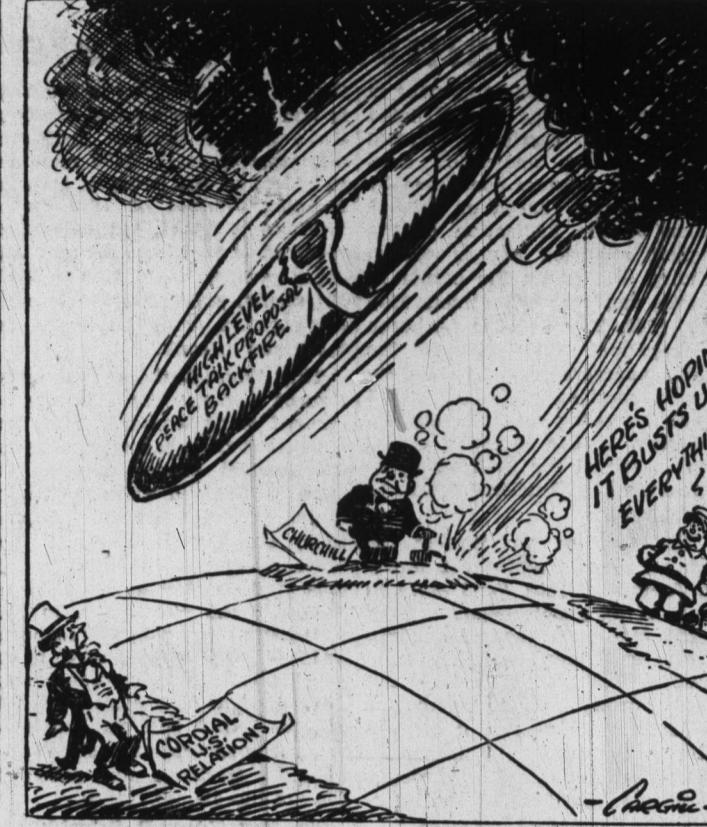
Barter Day

BOSTON, UP.—Classified advertisement in the Boston Globe: "Wanted—House painting in exchange for dentistry."

BLONDIES DIE YOUNG

By BILL PETERS

MISGUIDED MISSILE



Red Cross Fund

Previous total \$9,283.57

Mrs. Paul Hancher, Chr. Decatur Homesteads
By Mrs. P. Hancher 3.00
Mrs. Earl Chase 9.00
Mrs. H. Hoffman 5.00
Mrs. Lloyd B. Ahr 34.00Richard Wertzberger, Chr. Bus. Zone No. 1 Add'l by John Halterman 10.00
Mrs. Lee Myers, Sec. 22 Washington
Mrs. Carl Adler, Sec. 30 & 31 Washington
Jess Edgett, Sec. 33 Washington
Mrs. C. Wulliman, Sec. 35 HartfordWilliam Hilton, Sec. 19 Wabash
Dewitt Burk, Sec. 32 Wabash
Norval Fuhrman, Sec. 20 Root
Ladies Aid, St. Paul's Lutheran Church, Preble
Friends

51.00 Total reported \$9,372.07

W. E. Petrie, chairman, urges those solicitors who have not reported to do so as soon as possible, so that a final report may be compiled and the budget revised if necessary.

If you have something to sell or rooms for rent, try a Democrat Want Ad. It brings results.

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