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**W.E. Upjohn Center for the  
Study of Geographical Change**

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### Check up to start school

Parents were urged today by Dr. W. B. Prothro, City-County Health Officer, to see that their children have a medical check-up before starting the school year. "Illness and poor performance in school can be prevented in many youngsters by a preschool checkup," said Dr. Prothro, "and this applies from kindergarten through high school."

The answer to "Why can't Johnny read?" may be that he can't see the words so well, or perhaps he doesn't hear the teacher as well as he should. Unsuspected small defects can make a big difference in his progress at school and later in life.

Protective immunization against polio, diphtheria, tetanus and whooping cough, and vaccination against small pox are the best defense against these crippling and killing diseases. Follow-up booster shots should be obtained at proper intervals, and these can be taken care of at the regular check-ups. In many states this protection is required before any student is permitted to enter school.

Authorities emphasize the need for greater national physical fitness, especially in our youths. A regular checkup can be an important step toward maintaining fitness and health.

In most cases the child will receive a clean bill of health, which is always good news. In others an unsuspected condition may be discovered and taken care of before it becomes serious thereby avoiding possible suffering, lost time, and expense. Dr. Prothro urges parents not to wait until the last minute.

### Blisters can spoil summer fun

A common, old-fashioned blister can spoil a summer weekend or a vacation trip. If you enjoy a lot of golf, tennis or hiking during your vacation weeks, a blistered foot or finger can be a minor calamity.

The blister merits closer attention than we usually grant it, says the National Federation of State High School Athletic Associations and the Committee on Medical Aspects of Sports of the American Medical Association. The admonitions that apply to organized athletics also are sound tips for the millions of weekend and vacation athletes.

The blister is caused by a pressure and friction on a localized area of the skin. Fluid collects between the inner and outer layers of skin. If pressure is continued, it hurts. Even if no infection follows, the pain can cause a limp that isn't much fun for the golfer or the hiker, and it can upset the customary grip on a tennis racket or golf club or oar or canoe paddle.

The best approach to blisters is prevention. Proper fit of shoes is fundamental. There should be room beyond the big toe, room across the top, fitting of the ball of the foot into the widest part of the shoe and no slipping at the heel.

Wearing two pairs of socks, a lightweight pair under sweat socks, is recommended for athletes. Hands can be protected by taping or by special sports gloves.

Decision on whether or not to puncture a blister is based on location, size and inflammation. If there are signs of inflammation or irritation, medical attention is indicated. Sometimes it is advisable to puncture a blister before it breaks from friction. Wash the area with soap and water and sterilize it with alcohol. The puncture is made with a sharp needle held in a forceps (small pliers) and sterilized in a flame. The puncture is made at the side of the blister and the outer skin layer is left in place as a protective cover.

Attention to cleanliness in dealing with blisters cannot be overstressed. Infected blisters require prompt medical attention, as do the occasional blisters from severe sunburn or other burn causes.

### Foods change the customer's buying habits

Developments of new food products are intensifying the already furious competition to determine which items will be a part of the 1,500 pounds of food each consumer will eat this year.

Today's homemaker can buy nearly 7,000 food products. Two-thirds of these items could not be found on supermarket shelves 10 years ago.

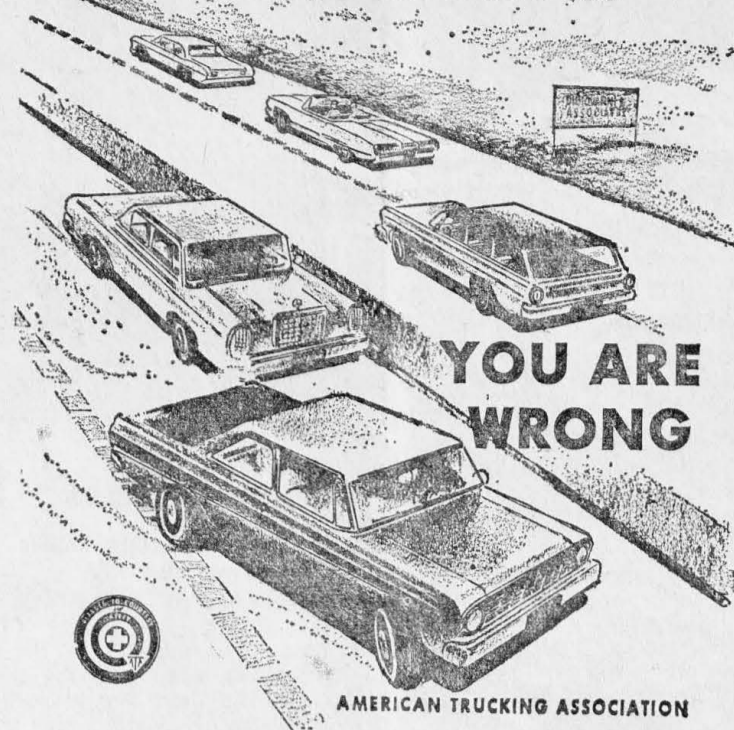
The result of all this product and process development is expected to mean quite a change in farm production in the future. There will also be considerable changes in consumer preferences.

Michigan State University agricultural economists tell us that consumers want more processed and convenience foods. They are both willing and able to pay for them. It is particularly essential to find new forms and processes for foods, making them available in attractive packages that consumers will buy, say the economists.

The consumer demand for the "product mix" foods is changing because of rising population. Total consumption of most farm products will likely increase over the next few years. But, the MSU researchers report it is clear that consumption of some products will increase more than others.

Research into food development and merchandising will help to guide many of these changes. Land-grant universities and food processing firms are conducting much research on food products.

### WHEN YOU'RE PASSED ON THE RIGHT...



### AMENDMENT TO CASCADE TOWNSHIP ZONING ORDINANCE

Notice is hereby given that on August 31, 1964, at 8 p. m., Cascade Township Hall, a public hearing will be held before the Cascade Township Planning Commission on the following proposed amendments to the Cascade Township Zoning Ordinance and Land Use Map:

#### AMENDMENT TO CASCADE TOWNSHIP ZONING ORDINANCE

THE TOWNSHIP OF CASCADE ORDAINS:

That the Zoning Ordinance of Cascade Township, Kent County, Michigan, of December 1, 1962, as amended, shall be and the same is hereby further amended so as to provide the following additional terms and conditions:

1. Chapter 7, "Zoning Districts," is amended so as to include "R-4" Residential District

A new chapter 10-B, entitled "R-4" Residential District is hereby added, reading as follows:

#### CHAPTER 10-B

"R-4" Residential District  
In any "R-4" Residential District, no building or structure or part thereof shall be erected, altered, moved upon any lot or other piece or parcel of land, or used on any lot or other parcel of land in whole or in part used for any one or more of the following specified uses:

1. a. In those areas which were "R-1" before amendment of the master plan use map all uses permitted in "R-1".
- b. In all other areas all uses permitted in the "R-1" and "R-2" Residential Districts.
2. Multiple Dwellings, in which cases the following requirements shall apply:
  - a. No Multiple dwelling building shall exceed two (2) stories in height, exclusive of basement.

#### Doctor explains need for family planning to women

Last week a doctor defined family planning as a "responsible, informed, positive type of planning directed toward the formation of a happy, healthy family."

Dr. Hermann A. Ziel jr., chief of the Maternal Health Section of the Michigan State Section of the Michigan Department of Health, was addressing an audience of homemakers during Michigan State University's 37th annual College Week for Women.

Limiting his talk primarily to a discussion of family size but emphasizing that family planning goes well beyond this consideration, Dr. Ziel stated that family size cannot help but have an influence on the happiness and health of the individual family.

"When family size exceeds family means," he said, "the opportunities for adequate housing, food, recreation, education and other more or less essential items may be denied member of the family."

Dr. Ziel pointed out that studies show that too many frequent pregnancies decrease the child's chances for life and health.

He maintained that parents must not only be able to decide the ultimate size of their family, but they must also be able just when children will be added to the family.

He described various methods of birth control but stated that books, pamphlets and programs can provide only background information for couples wanting to accomplish or prevent pregnancy. Specific information, he said, should be obtained from a physician or through a clinic which has medical direction and where the information provided meets the specific needs of the individual parent.

### Soil & Water Conservation Visit prosperous farms in area

If you would enjoy visiting places in Kent County where bumper crops appear to be in prospect, drive past many of the farms in Bowne and in Caledonia twp. The corn grows tall in other Kent townships also, but most of these south Kent farmers of Swiss extraction have always taken pride in growing good crops and in

keeping neat farms. There are now 45 Soil Conservation District cooperators in Bowne twp. and 56 in Caledonia twp.

On July 1 the second alfalfa crop stood over two feet tall on one field at the Francis Seese and Sons farm. Two thousand bales were harvested from the first cutting begun on May 20 from 24 acres. The field is solid alfalfa and timothy and other grasses have been crowded out. Four cuttings were made from this field last year.

### First aid kits in home-auto

"The best time to provide first-aid kits for your home and auto is before you need them," said Dr. W. B. Prothro of the Grand Rapids-Kent County Health Departments.

A properly equipped kit can be invaluable in relieving many minor injuries and ailments. At times it may even be life-saving before medical aid arrives.

The following items are suggested for a home kit: gauze pads, gauze bandage, adhesive tape, adhesive dressings, cotton, a mild antiseptic, burn ointment, petroleum jelly, calamine lotion, aromatic spirits of ammonia, blunt-pointed scissors, tweezers, thermometer, wooden safety matches, flashlight.

Lynn Clark, retired county school chief gets plenty of exercise in his large garden at Rockford. He picked sweet corn July 14. Four truck loads of leaves were plowed under this spring as well as a rye cover crop. He is using black polyethylene paper under melons and tomatoes again this year. A sweet cherry tree at least 100 years old bore heavily this year with still plenty for the birds.

Twelve hundred and ten students from fourteen Kent County Schools were assisted by the Soil Conservation Service on four tours and on three field trips last fiscal year. Talks and slides were also given at seven schools.



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Your doctor is best qualified to advise you regarding additional items suited to the particular needs of you and your family.

### RETURNS FROM SCHOOL IN PHILADELPHIA, PENN.

Harry R. Gaskell of Ada Dr., S. E. returned home earlier this month after an eleven-week stay in Philadelphia, Pennsylvania. As an employee of Honeywell Company, he was sent to a school on Industrial Instrumentation.

Jets are so fast now, that a plane can leave Seattle with two rabbits and arrive in New York with two rabbits.

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### WRESTLING — SAT., AUGUST 1 LOWELL SHOWBOAT SITE — 8:30

### BATTLE ROYAL DEATH MATCH! INTO THE RIVER TO BE ELIMINATED!

Eight wrestlers will be in the ring at the same time and will battle it out until only one remains. To be eliminated a wrestler must be thrown into the river. Never before has there been a match like this.

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**GARY HART** **TIM HAMPTON**  
vs. vs.  
**BILLY GOELZ** **JOHNNY KACE**

**DICK GARZA** **THE U. S. HEAVY WEIGHT CHAMPION**

**DICK GARZA** vs. **MAN MOUNTAIN CANNON**

**THE STUDENT** vs. **THE GREAT MEPHISTO**

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Reserved Section—\$2.00 General Admission—\$1.50  
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