

BLOOD DONORS
The Southern Regional Research Laboratory of the Bureau of Agricultural and Industrial Chemistry has received special mention by the Chairman of the Federal Division of the Blood Donor Campaign for its "consistently "high performance in the blood donor campaign." The Laboratory has a total of 322 employees of which 24 donated blood during June to make a cumulative total of 291 , the largest number of donations made by any Federal agency in the New Orleans, area.

This is an enviable record and We might strive to do as. well here in Washington. .

GIVE A PINT
SAVE A LIFE!
Call Miss MeFadden, ext. 3281 :

HINTS FOR COMFORT
We all think me've been having very hot weather and wish me could do something about it. Of course we cant do a thing about the weather itself, but we can make ourselves more comfortable by . following these simple rules issued by the U. S. Public Health Service. Increase the intake of fluids during hot weather. Fruits and vegetables are excellent sources of fluids. Fried foods and rich pastries should be curtailed. Drink 6-8 glasses of water per day. Fruit juices are palatable thirst quenchers. Avoid large amounts of sweetening.

Loose clothes, light in weight and color are most comfortable for hot weather. Cotton and-linen aid most in avoiding the burning effect of the hot sun.

Avoid active physical -exercise before or after meals. Sivimmingis one of the best hot weather sports: as it doesn't overheat the body.

Observe regular hours of sleep.
"To be comfortable during hot weather live sensibly, form regular habits of living, get plenty of rest, and above all try to acquire a cheerfurl and philosophical outlook on life.
NEARBY BEACH RESORTS
See the list of beaches and bus service in your contact officer's of c

## REPORT

The meather man certainly was with us for our Moonlight Cruise on July 24 th. The night was perfect, the music was excellent, and the Agriculture Players mere on the ball with the entertainment.

Mr . Russell B. Cole of A.A.A. was the lucky winner of the $\$ 25$ War Bond which the Welfaro Associetion gave amay.

Two hundred tickets mero given to servicemen and momen and they all scemed to onjoy the cruise as much as ve did.

## RED CROSS WORK

In the event the Department's Red Cross Surgical Dressing Unit, which meets on Tuesdays and Fridays from 5:30 to 7:30, in room 505 Admin . Building, is not convenient for you, you might meet with the Northeast Surgical Dressing Unit on Tucsdays from 6:00 to $11: 00 \mathrm{p}$. m . in the Eastorn Presbytorian Church, 6th and Waryland Avc., N. E. For further information, call Northeast U.S.O., Franklin 3539. Your help in making surgical dressings is needed.

## FOR SEAMSTRESSES

The busy whir of scring machines will be heard on Wednesday evenings from 7:00 to $11: 00 \mathrm{p}$. m . in the U.S.O. Iounge of the Eastern Presbyterian Church at 6th and Maryland Ave., N. E. Government girls are invited to join these classes which aro undor the export dircction of Miss Dorothy Hart. Call Fr . 3539 •

## SOME DEPARTMENT CLUBS

The Agriculture Players arc an up-and coming group which meets on Tuesdays at 5:30 in the Auditorium.

The Chess Club has acquired a number of nem enthusiasts. Meetings in Room 124 E. Adm. Bldg., on Fridays at 5:30.

If you bclong to a Dopartment Club, Which hasn't been mentioned recontly in the Bulletin toll us what you're doing and when and wherc you meet Send your information to the Division of Personnel Reletions and Safety, room 529.

S:IMMING POOLS
Washington's swimming pools are morth becoming well acquainted with this hot weather. We have received an announcement from Vielfare and Recreation Asso., listing the following information: East Potomac Park(white), at Golf Clubhous:: weekdays 1-9:30 p.m. Takoma Park(white), 4th and Van Buren Sts., N. W. meekdays 1-5:45, 7-9:30 p. mo; Anacostia Park(mhite), at Golf Club between llth St., and Penn. Ave., S. E., meekdays 1-5:45, 7-9:30 p. me; Wickinley Pool(white) Lincoln Rd. and Randolph St., N. E. meekdays 1-5:30. 6-8:30 p. m. ; Banneker Pool (negro) Ga. Ave., and Howard P1., N. T. meekdays 1-5:30, 6-8:30 p. m.; Francis Pool(negro) 25 th \& N Sts., N. W., meckdays 1$5: 30,6-8: 30$ p. m. Sat. Hrs: 1-11:45 a. m., 1-5:45, 7-9:30 p. m.; Sun. Hrs: $10 \mathrm{a} \cdot \mathrm{m} \cdot-\mathrm{g}: 30 \mathrm{p} \cdot \mathrm{m}$.

Charge $4.0 \phi$ for adults and $20 \phi$ for children. Send your children for free instruction 9-10 0 . m. Mons thru Fri.

A FARiv WORK CANIP FOR WONEN
Camp Milbur is a nartime farm
work camp for girls and women. It is located on the Magothy River in Anne Arundcl County, Meryland, and is under the direction of the Extension Service, Maryland University. Girls, 14 years old and older, and all momen with the necessary physicel qualifications may enroll. Each camper pays $\$ 1,00$ a day for meals and furnishes his orm linens. Wages are 50 to 60 conts a bushel for. snap beens picked and slightly higher for stripping tobacco.

There are vericd recreational.: opportunities availeblc for free time: teanis, volley-ball, baseball, quoits. boating and smiming.

The camp is open thru Labor Day and is an excellent place to spend e wacation of a week or more. If you have a teen-age daughter, this mould bc a desirablo place for her to spond a fer reeks this summer.

For complete information, and to rogister, call Wa. 3800, Ext. 358.
U.S.O.'s FOR GOVERNMENT GIRLS

The U.S.O. has sent us the following information regarding U.S.O.'s for government girls and mar workers. The clubs arc the YiCA USO at 17 th and K Sts., N. W., the USO at 1814 N St., N. W. at 2011 Georgia Ave., N. W. (for Negroes), at 901 Rhode Island Ave., N. W. (for Negroes),: at 1912 North Capitol St., and at 10 th and Massachusetts Ave., N. E.

HANDICRAFT
The Penland School of Handicrafts, is an excellent place to get away for a vacation and at the same time learn many craft skills. which can be applied to occupational therapy and rehabilitation. Hand meaving, pottery, art metal and jemelry and many more hendicraft classes arc aveilable. For complete information call Mirs. Leonore B. Fuller of the Extension Service on ext. 4470 , or mrite the Ponlend School of Handicrafts, Penland, North Cerolina

## WASHINGION :ORKSHOP

The Washington Workshop in cooperation Jith U.S.D.A. Motion Picture Scrvice presents a program in our auditorium each Sunday evening at 1:30. The themc of the August 6 program is the Rise of American Film, 1914-18, and it features Thede Bare. in "A Fool There Was." Mary Picerford and Lionel Barrymore mill appear in "The Ner York Hat." Severel shorts also. On August 13, the picture mill be "The Eternal Mask," the great psychological film made in pre-Hitler Vienna.

For admission to these two films and the last tyo during the month get your subscription at the ,iorkshop, 2020 Mass. Ave., N. W., Mon-Fri•, 7:30-10 p. me, or telephone Co. 4480. F. I.R.G.

The Federal Workers Recreation Group has planned an fugust program for. Fridays at 8:15 p.m. Films are shown in our air-cooled Auditorium For full program, sce bulletin boards.

OUT-OF-DOOR FUNT
August 9 - "Bicycle trip around Haines Point." Picnic lunch-provided for 20申. If it's raining meet at Y.T.C.A. Lobby at 6 p . m. Dinner at the Hot Shoppe and bowling at Chevy. Chase Fun Palace. Make reservations by August 7 .

August 12 - "Campfire program in Rock Creek Park." Miake reservations by August 10. Meet in the Y.T.C.A. Lobby at 7:30 p. m. Call Me. 2100, ext. 21 for reservations.

## PICNIC AID

Have you had a picnic in Rock Creek Park this summer? We have heard of a little item which makes picnicking a simpler affair for the individual. This is known as THP TRUCK. It carries firewood and refreshments and runs on Saturdays from 2 o'clock until dark and on Sundays from noon til dark. It is stationed at Pierce Mill, is operated by Velfare and Recreation and provides a-real service in supplying firemood, milk, coca cola, hot dogs, hamburgers, etc. To reserve a picnic space in Rock Creek, call Re. ${ }^{1820 .}$

## GUEST ROOMS

The U.S.O. club at 1814 NS S., N. W. has temporary dormitory service for the unexpected guest you may be entertaining. The rooms are very. attractive and are usually available during the week. Na. 0614.

TRANSPORTATION
Want Rides.
Mr. Maley, Springíield, Va. Ext. 6110 Mrs. Smallwood, 8416 Galveston Rd. Sjlver Spring, iid. Ext. 4744
Mirs. Ering, 5407 Massachusetts Ave.. N. W., Ext. 4235

Miss Bomles, 528 Oakmood St., S. E.
Ext. 5012
Miss Herman, 1816 Lamont St., N. W. Ext. 2704
Mr. Rounsaville, 3501 linnesota Ave.,
S. E. Ext. 4883

Want Riders
Mr. Olson, \#4 Forest Way, Greenbelt, Md. Ext. 2312

Miss Constance Raymaker, 1602 N. Rhodes St., Arlington, Va. Ext. 2597 Want Rotater
Mr. Norman, 202 Raymond St., Chevy Chase, Md. Ext. 6225
Miss Pote, 3002 Taylor St., M.t.
Ranier, Md. Ext. 4760
BOHLERS
It's time to think about
organizing your fall bowling teams in your bureau in order to be able to get the alleys you want. Your contact officer has a list of the alleys and their telephone numbers.

## RIFLE RANGE

The National Riflery Association opens its range to the public on Tuesdays and Wednesdays from 8 to 11 p . m. The range is at $10 \mathrm{GSt}$. . N. E. and the charge is nominal.

