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Daily Except Saturday.

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Personal Health Service

By William Brady, M. D.

Signed letters pertaining to personal health and hygiene, not to disease diagnosis or treatment, will be answered by Dr. Brady if a stamped self-addressed envelope is enclosed. Letters should be brief and written in ink. Owing to the large number of letters received only a few can be answered. No reply can be made to queries not conforming to instructions. Address Dr. William Brady, 265 El Camino, Beverly, Calif.

WHERE DO YOU GET YOUR VITAMIN D?

A frequent query recently is how about giving our baby the crude cod liver oil we buy for feeding stock or chicken? It costs around \$1.40 a gallon.

If such fish liver oil is not repugnant in taste, if the child can or will take it, there is no objection to giving it, as a good source of vitamin D.

Every baby should receive one or another form of vitamin D to supplement the regular diet, from the age of one month throughout the first year, and after the age of one year if there are any signs of rickets.

A few natural foods contain small amounts of vitamin D, but no foods suitable for infants supply enough for the optimal nutrition and growth of the child. Egg yolk, fresh whole milk, cream and butter, and fresh and ordinary canned salmon, are the only foods that contain vitamin D in appreciable amount. Perhaps certain fresh green forage or pasture contains some for animals, notably alfalfa.

The liver oils, livers and sometimes the body oil or fat of most sea fishes are the richest natural sources of vitamin D. Some other fish liver oils have been found to be as rich or richer than cod liver oil in D, but cod liver oil is most popular because it is most plentiful. Sunshine is the primordial source of all vitamin D. The ultraviolet rays of a certain wavelength convert ergosterol in the bodies of diatoms into vitamin D (vitamin D₂). The diatoms in sea water are natural food for plankton, the plankton in turn are eaten by larger fish, and these by the large cod, halibut, shark, and other fishes which are natural food for man. Sea birds carry considerable vitamin D ashore, but probably the direct action of ultraviolet rays of sunlight is the chief source of vitamin D for man and animals. Synthetic vitamin D is produced by subjecting substances containing ergosterol to the action of ultraviolet light of certain wave lengths, from specially arranged mercury vapor lamps. Many foods contain more or less ergosterol and will acquire some vitamin D potency if subjected to ultraviolet irradiation. For instance milk so irradiated acquires a vitamin D potency nearly equivalent

QUESTIONS AND ANSWERS.

Morning Routine.

Every morning on rising I drink two glasses of water from faucet. Then begin breakfast with a glass of sauerkraut juice, which has a laxative effect. Is this habit injurious?—J. S.

Answer—No, it is perfectly healthful if you like it. I prefer couple cups of properly made coffee—you know, never boiled.

Stones.

Husband, 51, has gallstones. Our doctor says they cannot be dissolved and nothing but an operation will do any good. Seems I read in your column about dissolving them.—Mrs. F. R.

Answer—Your doctor told the truth. Only quacks and fake nostrums purport to "dissolve" gallstones.

More Stones.

Man had gall stones removed by operation six months ago. Being a farmer he has to eat heartily to keep going. Heard recently that he is likely to get kidney stones if he is not careful.—W. M.

Answer—No connection between gallstones and kidney or bladder stones. No reason why the man should cramp his eating.

Keep Your Hair On.

Have you any suggestions to prevent early loss of hair?—C. F.

Answer—Send three-cent stamped envelope bearing your address and ask for monograph "Care of Hair." Copyright, 1937, by John F. Dille Co.

Ed. Note: Persons wishing to communicate with Dr. Brady should send letter direct to Dr. William Brady, M. D., 265 El Camino, Beverly Hills, Calif.

NEW YORK Day by Day

by O.O. McIntyre

NEW YORK, Sept. 9.—Somehow a couple of writers exchanging punches appeals to the newsrooms. Perhaps

because a couple of flatstickers are so rare and that scribbles are associated with a certain aestheticism. The most recent of the mixups was that between Ernest Hemingway and Max Eastman.

While there were only two or three actual eyewitnesses the bars and grills buzzed with a hundred versions for the next ten days. Hemingway was knocked galleyswest across a desk with an uppercut, Eastman was slumped with a book and fainted and so on.

Hemingway made some crack about hair on his chest and that was duck soup for the reporters and paraphrased. No wonder he sailed halfway for Spain the next day. Anyway it proved again the public will look upon a flat fight between literatures as only hunky-panky.

Hindley Lewis and Theodore Dreiser had a go several years ago at a dinner Roy Long gave at the Metropolitan Club. I have heard at least a dozen eye-witness versions. The truth is nobody saw the scrap. Dreiser invited Lewis into a private room and delivered a sharp smack or so.

Then there is the following outraged fellow who roars into the news rooms to lick the editor. I saw but one of the breed, peeping out from my reserved seat under the copy desk to which I hastily slid when he arrived. It was in East Liverpool, O., about 3 a. m. and he had just come down from the West Virginia mountains, wild, woolly and full of floss. Our editor was a sallow, thin and bookish fellow gazing upon the world through enormously thick glasses. But he had plenty of red corpuscles. He permitted the bully to shout awhile until he passed an epithet reflecting on the editor's mother. Like a wildcat he was at his throat, scratching, kicking, biting and uttering a strange sound that sounded for all the world like a squealing pig. They rolled down the wooden stairs together and when police came the editor was astride, doing his stuff. The next day he resigned as though ashamed of his rage.

F. B. White, who affected a coyness while writing his sometimes whimsical and sometimes atrocious paragraphs for The New Yorker, is about the only writer of his time to give up a fairly good job—just to get away from it all and think things over. He asked for a year's absence but his friends say he will never go back. The world for him is just too perfectly disillusioning. His successor was regarded as an odd choice, a graduate manager of athletics at Cornell and middling-sized. But he substituted for White two weeks and did such an excellent job he was

practically drafted. Another star of The New Yorker recently decided to go gyping and sailed for Europe to remain a year. He is James G. Thurburn, who will contribute from his hide-away as the spirit moves.

Perhaps the wealthiest midget of his time is the 24-year-old, 50-pound John Roventi, page boy on a cigarette radio program and known to listeners as Johnny. Johnny was a bellhop in a New York hotel when a radio executive heard him paging and selected him for a new program. This was a little more than four years ago. Today Johnny has bought and furnished a home for his folks in Brooklyn, goes to a Fifth Avenue tailor for his clothes and rides to broadcasts in an especially built small car with a chauffeur. Since the collapse of vaudeville and the dwindling in circuses things have not been rosy for "the stange little people." Most have returned to Austria, where a large number were born. They are invariably proud and no matter how low their estate will not accept charity.

Thingy-abobs: H. G. Wells keeps a dictionary in every room of his living quarters. . . . The close friends of Jimmy Walker shorten it to "Jim." . . . Prince Andrew of Greece wears his monocle sport bathing. . . . Ward Churchill has visited every city of 10,000 or more in the United States. Phil Simms was the first American newspaper man to sport a white-tinted invisibility evening cape. . . . John Golden has never attended the first night of one of his shows.

Memories: Pasting things in the scrap book with the white of an egg in lieu of the more modern library paste, and the pin-cushion in the china slipper.

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There are a number of signs of fall, not the least of which is the disappearance of blankets from cars and closets.

A Los Angeles citizen pursuing a burglar stopped to pull up his drooping pajamas, and the prowler escaped. When he got back to his boudoir, he discovered his hair wasn't combed.

Oregon politicians are now flocking to Townsend club picnics where they consecrate and dedicate their lives to pensions for the Old Folks. The consecration and dedication in the last analysis is chiefly pestification.

VIPER AND VILAIN.

"But I am just a poor man. And there's very little I own; But I tried to make her happy And I tried to make a home. She took up with a skunk, folks. I don't mind that to say. He talked to her sweetly Then he took her far away. I haven't much use for him. Or any of his kind. That to your face are so friendly And bite you from behind. There's nothing I can do now For she's gone I know not where, But if she'll only come back, We could talk things fair and square."

—(Contribution in Salem Capital Journal.)

Use Mail Tribune want ads.

Pacifists Picket Japanese Embassy



This group of demonstrators, representing the American League Against War and Fascism, stood opposite the Japanese embassy in Washington, D. C. in protest of the undeclared war. One placard-bearer who crossed the embassy side of the street was hustled back by police.

His Death Started Shanghai War



The furious undeclared war between China and Japan at Shanghai had its inception with the killing of two Japanese at a Shanghai airport, including a naval officer, Sub-Lieut. Isao Oyama, whose body is shown being placed in an ambulance following the shooting.

VOLKSBUND CITED AS PREPARING FOR 'DER TAG' IN U. S.

(Continued from Page One.)

control of the United States, but not until "the communists" revolution started.

"The organization is an integral part of the Hitler movement in Germany. Leaders are in frequent communication with Berlin. Every method of propaganda is used to win converts to the cause.

"Chief tenet of the German-American Bund is an intense hatred of Jews and all things Jewish. Other anti-Semitic organizations are lining up with the Bund in what leaders plan will be a general fascist merger."

Dr. Emil L. Boer, consul general in Chicago, said after reading the article "the idea that anyone is attempting to form a Nazi army in America is 'ridiculous'."

Chapters On Coast

The Times said the Amerika-deutscher Volksbund had chapters in the following cities:

Denver, Salt Lake City, Portland, Ore.; Seattle and Spokane, Wash.; Los Angeles, Oakland, Concord, Petaluma, Santa Barbara, San Diego, San Francisco and San Gabriel, Calif.

The Times story said plans had been made to organize posts next month in Dallas, San Antonio, Galveston and Houston, Tex.

The paper said the Bund maintains at least 15 camps including the following locations: Hintersburg Park, Los Angeles, and at Oakland, San Francisco, Calif.; Portland, Ore.; Seattle and Spokane, Wash.; San Diego, Calif.

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Combine all ingredients excepting bacon and pour into buttered casserole. Cover and bake 45 minutes in slow oven. Top with bacon strips and bake uncovered for 20 minutes in a moderate oven.

Asparagus Salad and Dressing
1 cup cooked asparagus
2-3 cup sliced cucumbers
3 tablespoons cheese
1/4 cup French dressing
1 tablespoon chopped sweet pickles
3 olives, chopped
Arrange the asparagus and cucumbers on crisp lettuce. Top with rest of the ingredients, combined. Chill all ingredients before arranging.

Oatmeal Wafers
(Thin and crisp)
1/2 cup butter
1 cup dark brown sugar
2 eggs, beaten
1 cup chopped dates
1 cup chopped nuts
1 teaspoon vanilla
1/4 teaspoon salt
1/4 teaspoon cinnamon
2 cups oatmeal flakes
1 teaspoon soda
2 tablespoons cream
Cream butter and sugar. Add rest of the ingredients and mix lightly. Drop portions from tip of spoon onto greased baking sheets. Space three inches apart. Bake 7 minutes in moderate oven. Inspect frequently since these cookies will burn easily.

(By Mrs. Alexander George)
More Preserves
(Dinner serving three)
Boiled Salmon Egg Sauce
Cucumber Relish
Buttered Potatoes
Mashed Turnips
Bread Grape Jam
Little Fudge Cakes
(baked in paper cups)
2-3 cup fat
1 1/2 cups granulated sugar
3 squares chocolate, melted
1 cup cold water
3 eggs
1 teaspoon vanilla
1/4 teaspoon salt
2 1/2 cups flour
1 teaspoon soda
1 teaspoon baking powder
Cream fat and sugar. Add rest of the ingredients and beat two minutes. The resulting batter will be thin. It will thicken during the baking, however, so do not add more flour. Half-fill paper cups placed on a baking sheet. Bake 15 minutes in a moderately slow oven. Cool and cover with white or chocolate frosting.

Rhubarb Fig Preserves
(canned or fresh fruit used)
12 cups dried peeled rhubarb
8 cups granulated sugar
3 cups chopped figs
2 lemons, thinly sliced
1/4 teaspoon salt
Mix sugar and rhubarb and let stand overnight. (This draws out the juices.) Add rest of the ingredients and allow to simmer for 30 minutes. Boil rapidly until preserves

thicken. (About 20 minutes.) Pour into sterilized jars and seal.

Gooseberry Conserve
(delicious with meats)
8 pounds gooseberries
8 oranges, chopped
1 lemon, chopped
3 cups seeded raisins
12 cups granulated sugar
Mix ingredients and let stand for 30 minutes to draw the juice. Boil slowly and stir frequently until the conserve is thick and jelly-like. (This will require about one hour.) Pour into sterilized jars and seal when conserve is cool.

Work of Moscow.

That idea, he said, is the "devilish" work of Moscow, and "nations which close their eyes to this menace will some day suffer a terrible awakening."

The propaganda minister reached a crescendo of vituperation when he described bolshevism as a horrible cancer, "eating its way into the healthy flesh of nations."

"Our warmest sympathies are with General Franco," he said, but he added it was absurd for anyone to think that Germany was trying to seize Spain or seize Spanish territory through her support of the insurgent dictator there.

Goebbels told a story of alleged murder, rape, despoiling of churches and the killing of hostages.

"In view of these facts," he said, "it is perfectly incomprehensible that some church authorities should take such Spain's side."

"All this might have happened with us except for Adolf Hitler."

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Behind Washington Headlines

By H. R. Baukhage

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(Continued from Page One)

pected to drive the Japanese out, since the latter were greatly outnumbered, retire beyond the settlement and put into effect the plan of 1932, namely, to call upon the Europeans to close the Japanese concession's contact with the military forces and defend their territory against Japanese aggression.

The first part of the plan failed, the Japanese explain, because the attack on the Japanese landing party was broken up by a surprise bombardment from the Japanese air forces, flying from their base in Japan, something the Chinese did not expect.

By this time, the issues were joined and the Japanese were compelled to bring up their land forces to continue the hostilities, on the terrain chosen by the defenders.

C. I. O. organizers among the tenant farmers of the south have applied the old adage of doing as the Romans do with great success.

They use the Bible. It is a serious offense in Arkansas, for instance, to break up a religious meeting, and the organizers seldom go into action these days without a Bible. In fact, they open their gatherings with prayer and invocation.

At first, share-croppers attempting to organize had to meet in secret because of the vigilance of the landlords, but one day a certain high official, in sympathy with the tenant farmers but unwilling to come out openly in their support, suggested the use of the Bible. Now the share-croppers hold their meetings publicly, according to a visitor in one of the labor camps where southern tenant farmers union organizers are trained.

The Bible has helped in another way. The word "union" has always had an unfavorable sound to the people in this vicinity, and that prejudice raised no little difficulty for the organizers in winning over the honest farmer folk. However, when the hitherto despised word has been underlined in the Biblical text wherever it appeared, there was no further trouble in establishing its respectability.

Despite the fact that trade barriers prevent an exchange of commodities between Germany and America, nothing can stop the exchange of ideas. Germany is encouraging, and the United States is reciprocating, an exchange of patents. As a result, many inventors in each country are filling their specifications with the other.

This helps Germany because her scientists are adepts at improvement and refinement. A similar value exists in German patents for this country, and inventors on both sides are happy.

Germany's enforced self-sufficiency has stimulated her inventive genius as never before. Her synthetic rubber is said to be the best produced. While it is exceedingly expensive, it can be efficiently used by applying it in thin strips to other materials.

Germany is said to have some nine million foreign patents on file.

Commercial production of candy in the United States during the last year is estimated at 2,084,312,000 pounds, a percent greater than the previous record output during 1929