

Your Health and Its Care

BY DR. WILLIAM BRADY M. D.
Readers should address inquiries to: Dr. William Brady
265 El Camino, Beverly Hills, Calif.

I LIKE MY MARGARINE PURE

For years I have been recommending oleomargarine as a food wherever or whenever butter is unavailable or too expensive. And what's more, I've been eating it, particularly in the past few years.

In all these years no one has ever proved to my stand in favor of the use of oleomargarine in the everyday diet.

But six months ago I had a shock. A reader asks what kind of oleo I used, complaining that every brand sold in the market in her community contained sodium benzoate as a chemical preservative. I was flabbergasted, dropped everything and hurried to the kitchen, found three different brands of margarine in the refrigerator, and dusted it, in fine print on the cartons, which I had never troubled to read carefully, was the statement that the product contains sodium benzoate.

I haven't the slightest idea whether oleomargarine has it or whether this is a recent innovation. What fashions me is that here I've been urging people to reject foods, fresh or preserved, that contain chemical preservatives and at the same time urging them to use oleomargarine in their everyday diet—and all the time the stuff has contained this chemical preservative.

Not all of it, I'm happy to learn. One reader sends me the carton of the oleomargarine she uses, a well known brand, which contains no sodium benzoate or other preservative.

A professor of biochemistry in the medical school of a well publicized university lodges a protest when I venture to ridicule the commercial practice of doctoring oleomargarine with vita-

min A. I still say I'd as soon have oleomargarine to which no vitamin A has been added as the doctor kind. Of course, vitamin A is expensive, and it is getting more and more expensive—I maintain there is no sound justification for making every customer who buys a food staple pay for a dash of vitamin A, too.

The same professor, writing on the official medical school stationery, mind you, comes back with another verbose protest—this time, though, the eminent gentleman addresses his protest to me, believe it or not—concerning my "attack on the inclusion of sodium benzoate in margarine," which the professor deems "to be unwarranted and unfair." The professor quotes the Food and Drug Administration's regulation permitting inclusion of not to exceed 1/10th of 1% of sodium benzoate in oleomargarine.

QUESTIONS & ANSWERS
Qualit Quackery
Dr. — of the Society (a trademark name for the charlatan's racket) claims he can restore the natural flora of the colon thereby obtaining perfect health. Is there any scientific basis? (B. M.)

Answer—In my opinion, no. But it is a great selling argument, knocks over a lot of wisacres even today.

What told I must drink coffee I should leave the cream or milk out or whether this is a recent innovation. What fashions me is that here I've been urging people to reject foods, fresh or preserved, that contain chemical preservatives and at the same time urging them to use oleomargarine in their everyday diet—and all the time the stuff has contained this chemical preservative.

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W.R.C. hall, commencing with a potluck luncheon. Mrs. Fannie Kies presented an interesting program, after which officers were elected for the coming year. Mrs. Edith Bryan was named president, Mrs. Fannie Kies, vice-president, Mrs. Hazel Holderness, secretary-treasurer. This was the last meeting until fall.

On the Radio Chains

STATIONS:
Chain affiliation and where they are on the dial:
KALE (MBS) 1330, Portland.
KEX (NBC-Blue) 1100, Portland.
KIA (NBC-Blue & MBS) 1510, Spokane; KJG (NBC-Blue) 810, San Francisco; KJL (NBC-Blue) 620, Portland; KJL (NBC-Blue) 1000, Seattle; KJL (NBC-Blue) 1070, Los Angeles; KJL (NBC-Blue) 850, Denver; KJL (NBC-Blue) 970, Portland; KJL (NBC-Blue) 950, Seattle; KJL (NBC-Blue) 680, San Francisco; KSL (CBS) 1160, Salt Lake City.

Time Shown is PWT

Wednesday
5:00 p. m.—Galen Drake, CBS; Terry and Pirates, BN; OK for Release, NBC.

5:15 p. m.—Superman, MBS; Dick Tracy, BN.

5:30 p. m.—Jack Armstrong, BN; Harry Flannery, news, CBS; Adventures of Tom Mix, MBS.

5:45 p. m.—Lone Ranger, MBS; Gordon Burke, MBS; Capt. Midnight, BN; News, CBS.

6:00 p. m.—Edith Cantor, NBC; Gordon Burke, MBS; Frank Sinatra, CBS.

6:15 p. m.—Talk, Chester Bowles, BN.

6:30 p. m.—Mr. District Attorney, NBC; Jack Carson, CBS; First Nighter, MBS; Spotlight, BN.

7:00 p. m.—Ray Kyser's College, NBC; Raymond Gram Swing, BN; Great Moments in Music, CBS.

7:15 p. m.—Lowell Thomas, MBS; Top of the Evening, BN.

7:30 p. m.—Lone Ranger, MBS; Soldiers of the Wings, BN.

8:00 p. m.—Pro Wrestling, NBC; Paul Bellini, news, BN; I Love a Mystery, CBS; Main Line, MBS.

8:15 p. m.—Fleetwood Lawton, commentator, NBC; Lum and Abner, BN; Evening Parade, CBS.

8:30 p. m.—Beat the Band, NBC; Jay West, BN; Dr. Christian, CBS; Bullgoose Drummond, MBS.

9:00 p. m.—Mr. and Mrs. North, NBC; Allan Jones with Frankie Carter's CBS; News, MBS; Dunninger, BN.

9:30 p. m.—Kramby Amby, NBC; Fulton Lewis, Jr., MBS.

9:45 p. m.—Art Baker, BN.

10:00 p. m.—News, NBC; Bal Tabarin Cafe, BN; Dr. Polyzoide, MBS.

10:15 p. m.—Chuck Foster, NBC, MBS.

10:30 p. m.—Report to Nation, CBS; Thomas Peluso, NBC.

10:45 p. m.—Voice of a Nation, NBC; Ambassador Hotel, BN.

11:00 p. m.—Bilzmore Hotel, NBC; Gus Arnheim, CBS.

Thursday
5:00 p. m.—Terry and Pirates, BN; Galen Drake, CBS; OK for Release, NBC.

5:15 p. m.—Dick Tracy, BN; Superman, MBS; Tunes at Sundown, NBC.

5:30 p. m.—Jack Armstrong, BN; Harry Flannery, news, CBS.

5:45 p. m.—Lone Ranger, MBS; Capt. Midnight, BN; Gordon Burke, MBS; News, CBS; Adventures of Tom Mix, MBS.

6:00 p. m.—Maude Hall, NBC; Major Dundee, CBS; Gordon Burke, MBS.

6:15 p. m.—Return of Nick Carter, MBS.

6:30 p. m.—Bob Burns, NBC; Spatight Bands, BN; Onah Shore, CBS; Hour of Song, MBS.

7:00 p. m.—Amboss and Costello, NBC; Raymond Gram Swing, BN; The First Line, CBS; Henry Gladstone, MBS.

7:15 p. m.—Lowell Thomas, MBS; Top of the Evening, BN.

7:30 p. m.—March of Time, NBC; Ited Ryder, BN; Here's to Romance, CBS.

8:00 p. m.—Fred Waring, NBC; I Love a Mystery, CBS; Paul Bellini, news, BN; Pick and Pat Time, MBS.

8:15 p. m.—Night Editor, NBC; Lum and Abner, BN; Evening Parade, CBS.

8:30 p. m.—Coffee Time, NBC; Death Valley Days, CBS.

9:00 p. m.—The Aldrich Family, NBC; News, MBS.

9:15 p. m.—Rex Miller, MBS.

9:30 p. m.—Elvira Queen Mysteries, NBC; Orson Welles, CBS; Fulton Lewis, Jr., MBS.

10:00 p. m.—News Flashies, NBC; Town Meeting, BN.

10:30 p. m.—Strings for Meditation, NBC.

10:45 p. m.—Jan Garber, CBS; 11:00 p. m.—Hotel Biltmore, NBC; Carlos Molinos, CBS.

READY REFERENCE
Seattle (U.P.)—A "mechanical master mind" that will answer a thousand questions about traffic accidents is the latest addition to police department equipment. By pressing a button, traffic officials can learn in a few minutes data from traffic accident reports, including the cause, number of persons injured, and age, race and occupations of drivers involved.

Joseph D. Kenhan, war production board vice-chairman, recently said, "The war workers of America still have to raise the monthly volume of munitions output by 10 per cent to reach the total munitions production goal scheduled for 1944."

Use Mail Tribune Want Ads.

SELF FEEDING
(Illustrated by The Sun Studio, Inc.)

MOTHER SETS HIS CEREAL BEFORE HIM. GREATFUL THAT HE CAN FEED HIMSELF.

MOTHER IMMEDIATELY HAS TO COME TO RESCUE BECAUSE HE MANTAINS CEREAL IS TOO HOT.

LET'S CEREAL COOL OFF, PLAYING WITH SPOON AND WATCHING MOTHER PICK IT UP.

TRIES TO SHARE CEREAL WITH DOLLY, MOTHER INTERVENES.

CUMBS UP TO SEE WHERE DOLLY WAS GONE, UNWITTINGLY SETTING HAND DOWN IN BOWL OF CEREAL.

MOTHER MOVS UP AND TAKES OVER, GRATEFUL FOR A CHANCE TO REST FROM LETTING HIM FEED HIMSELF.

DeGaulle Appeals For French Help

London, June 7.—U.P.—General Charles DeGaulle made a stirring radio appeal to the people of France tonight, saying the Allies were certain of victory over the Nazis in the second battle of France.

He exhorted the French to "fight with all means at their disposal to destroy the Germans" in this battle for liberation.

Prospect

Prospect, June 7.—Joan Celia Edler, daughter of Fritz Edler, of McLeod, and Alva Anron Wright, son of Mr. and Mrs. Kelley Wright of Prospect, were quietly married at Medford, June 1. Both Mr. and Mrs. Wright are graduates of Prospect high school, in the class of 1943. They are making their home at the local Copco plant No. 1, where the groom is employed.

Mr. and Mrs. Glenn Fairchild gave a farewell party for their son Glenn Jr., June 2, as he expects his call to the navy soon. Pinoche was the diversion of the evening, with Mrs. Elmer Clemens winning high score. Refreshments were served to Mr. and Mrs. Archie McKillop and daughters, Suzanne and Sally, Mr. and Mrs. Elmer Clemens and daughter, Miss Dorothy, Miss Norma Jean Chandler, Mr. and Mrs. Ceford Garoute and daughter, Glenda, Miss Karen Kelly, Mr. and Mrs. Lewis Jantzer, Miss Dorothy and Glenn Fairchild Jr., and Mr. and Mrs. Glenn Fairchild, Sr.

Capt. and Mrs. Glenn Ballou, their daughter Glennie, and niece, Miss Pearl Lampton, visited June 1, with Mr. and Mrs.

Elmer Clemens, en route from Florida, to Walla Walla, Wash., where they will attend the commencement exercises of the Adventist college. Their oldest daughter Miss Aneva, is a member of the graduating class.

Capt. Ballou, who has been stationed in Florida since last July when he returned from the South Pacific, will not be on the Pacific coast for awhile.

Recent guests at the home of Mr. and Mrs. Raymond Artmire were Mr. and Mrs. Carl Blair and Mr. and Mrs. Stark from Brownsboro.

Mr. and Mrs. Rueben E. Moore received word recently that their son, Pvt. Dwight Moore, of the army air corps, at Lemore Field, Calif., is ill with valley fever.

Mr. and Mrs. Ceford Garoute and daughter Glenda

Gayle, of Elkton, spent the week-end with Mrs. Garoute's parents, Mr. and Mrs. Glenn Fairchild, Sr.

The Hey Mays family are out of quarantine, and their little son, Bobby, has recovered from a two weeks' siege of scarlet fever.

Edmund W. Pease returned here from Savannah, Mo., June 2, traveling from St. Louis to Medford by airplane. Mrs. Pease is improving rapidly, and expects to be released from the hospital soon.

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BLONDIE



BUZ SAWYER



L'L ABNER



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To an Evening of
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The Best Music in the Valley
WALDEN BROTHERS
Red Hot and Still Heating
TAKE-IT-EASY-LODGE
½ Mile Up Savage Creek
Where Jackson Meets Josephine

ANSWER TO PREVIOUS PUZZLE

Crossword Puzzle

ACROSS

1—Blouse
2—Hurried
3—Close
4—Bee's home
5—Forward
6—Rat
7—Rat
8—Rat
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DOWN

1—Stray
2—Indefinite article
3—Small fish
4—Mark
5—Free party
6—Break
7—Have compassion
8—Night before
9—Pretz down
10—Departing
11—Hillside (Scott)
12—Salmon
13—Mean
14—Mortified
15—Calm
16—Water animal
17—Take food
18—Make public
19—Last dinner
20—course
21—Walk heavily
22—Cornbread
23—Fundamental
24—Make up for
25—Fresher
26—Treasure chest
27—Paid athletes (change)
28—Literary scrap
29—Pur piece
30—Do wrong
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32—Compass points

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Barney Google and Snuffy Smith



Blondie



Buz Sawyer



L'L Abner



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KBND Bend • KFJL Klamath Falls
KOOS Marshfield • KORE Eugene
KRRR Roseburg • KSLM Salem
KWIL Albany • KUIN Grants Pass
KWLK Longview, Washington
DON LEE-MUTUAL
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