

Your Health and Its Care

BY DR. WILLIAM BRADY, M. D.
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CALCIUM, PHOSPHORUS AND VITAMIN

Preservation of the characteristics of youth... higher average level of positive health throughout the life cycle... the highest degree of natural immunity, an adequate fund of reserve power to tide over emergencies and strains.

The Medical Research Council of Great Britain studied the nutrition of all classes of people in England for many years and concluded (1) that prevention of tooth decay requires several times the amount of sunshine vitamin D (which you get if you expose your skin to direct sunlight or diffuse daylight) required to prevent rickets in early childhood; and (2) that the amount of vitamin D needed to insure optimal nutrition (I call it vitan) at any age is parallel with the amount of calcium and phosphorus required to maintain the most vigorous health at that age. The Council quotes Litch as authority for the statement that this need for calcium (and phosphorus) is greatest between the ages of ten and eighteen years.

Here we should explain that calcium and phosphorus are closely related in nutrition—the two elements always occur together in foods—most foods that are good sources of calcium are also good sources of phosphorus. Moreover the daily intake of vitamin D (sunshine vitamin) controls the assimilation and utilization of both calcium and phosphorus, and if the daily intake of both elements is adequate the ratio or balance between them is not likely to be wrong.

Aside from the importance of an adequate daily intake of calcium (and phosphorus) in childhood and youth to prevent rickets, spinal curvature, weak or pronated feet (falling arches, potential flatfoot), faulty development of teeth, excessive softening and decay of teeth, and to

promote growth, there are a good many common ailments in youth and early adult life that are due to calcium deficiency—as described in the pamphlet "The Calcium Shortage," available on request if you inclose stamped envelope bearing your address.

A food supply may appear liberal and varied, says Sherman (Chemistry of Food and Nutrition, Macmillan, '37) and yet unless milk and green vegetables are well represented it may be calcium poor. Hence the "ordinary mixed diet" of Americans and Europeans, at least among dwellers in cities and towns, is probably more often deficient in calcium than in any other chemical element.

And that's only the half of it—the younger half. Insufficient vitamin B-complex calcium and vitamin D intake, I am convinced, accounts for many of the everyday complaints or infirmities of people who were young when you and I were young, Maggie.

QUESTIONS & ANSWERS
Feels, Looks, Is
I have been taking anti-gray hair vitamins as you suggested in your pamphlet for four months now. Even if there were no striking change in the color of my hair I'd be happy, because everybody tells me I have never looked so well and certainly my friends believe I am touching up my hair.
Answer—In the pamphlet "The Anti-Gray Hair Vitamin" I stated that if you provide stamped envelope bearing your address, I will send you a copy of the pamphlet. It is entirely credible, Ma'am, that you now feel, look and are young, irrespective of the change, if any, in the color of your hair.
A correspondent asked if tuberculosis is contagious, and you said no, but you did not explain that it is infectious.
Answer—Infectious in the common sense means the disease is due to germs. Of course almost any such disease may be transmitted by direct contact under some circumstances. But by contagious we generally mean the disease is readily or regularly transmitted by direct contact. There is little or no danger of catching tuberculosis from an intelligent patient or a conscientious one who has learned in sanatorium or hospital how to take care of himself or herself or from a patient who has proper medical and nursing care. As I explain in detail in the booklet "Call It Crib" (for copy send 25 cents and stamped envelope bearing your address; this applies also to scarlet fever, measles, pneumonia, diphtheria, infantile paralysis, whooping cough, epidemic meningitis, influenza, grip and other respiratory infections).
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MEN LIKE CURLS WOMEN UPSWINGS IN HAIR STYLES

Chicago, Aug. 28.—(U.P.)—Men like it down. But women like it up.

So there must be a compromise on hair styles when GI beaus come back from the wars. Miss Edna L. Emme, president of the National Hairdressers and Cosmetologists association, said tonight on the eve of a convention of the association.

"Men want curls. They want their wife or sweetheart to look soft and feminine. They do not want her to look intellectual," Emme said.

Most women prefer to look smart. They like the smooth sleek upsweep hairdos that give them a more intellectual look. But they are smart enough to dress for men as well as for women. So when they go to the station to meet Johnnie coming home from the wars, they probably will let it down.

Then, while Johnnie goes back to work, Miss or Mrs. America probably will do her hair up for her bridge club or her day's shopping in town, Miss Emme said. For she will want variety, and she will have her hair cut longer at the back than at the sides so that she can wear it for her lady friends and her men friends—up and down.

Either way, she will look smarter than the lassies her beau or husband perhaps has seen. For American hair has leadership for a long time in hair styles, the beauty trade association president declared.

The masses of American women are better dressed and better coiffured than anywhere else in the world, she said, because America is able to take a highly individual style and bring it down to a scale usable for the masses.

In Comedy Role

"Up in Mable's Room" is now playing at the Craterian with Marjorie Reynolds, Dennis O'Keefe, Gail Patrick, Mischa Auer and Charlotte Greenwood.

On the Radio Chains
STATIONS:
Chain affiliation and where they are on the dial:
KALE (MBS) 1330, Portland.
KEX (NBC-Blue) 1190, Portland.
KGA (NBC-Blue & MBS) 1310, Spokane.
KGO (NBC-Blue) 810, San Francisco.
KJW (NBC-Red) 620, Portland.
KJH (NBC-Blue) 1490, Seattle.
KXN (CBS) 1970, Los Angeles.
KOA (NBC-Red) 820, Denver.
KOIN (CBS) 970, Portland.
KOMO (NBC-Red) 950, Seattle.
KVP (NBC-Red) 680, San Francisco.
KSL (CBS) 1160, Salt Lake City.

Time shown is PWT
Monday
5:00 p. m.—OK for Release, NBC; Fletcher Wiley, CBS; Terry and Dick Tracy, BN.
5:30 p. m.—Superman, MBS; Dick Tracy, BN.
5:30 p. m.—Voice of Firestone, NBC; Harry Flannery, News, CBS; Adventures of Tom Mix, MBS; Jack Armstrong, BN.
6:00 p. m.—News, CBS; Hop Harrigan, BN; Night News Wire, MBS.
6:00 p. m.—Song Is Born, NBC; Mayor of the Town, CBS; Gabriel Heatter, MBS.
6:15 p. m.—Screen Test, MBS.
6:30 p. m.—Spotlight Bands, BN; Vacation Serenade, NBC; Man Named X, CBS.
7:00 p. m.—Contested Hour, NBC; Screen Guild Players, CBS; Henry Gladstone, MBS; Raymond Gram Swing, BN.
7:15 p. m.—Lowell Thomas, MBS; Ted Malone, BN.
7:30 p. m.—Dr. J. Q. NBC; Thanks to the Yanks, CBS; Lone Ranger, MBS; Horace Heidt, BN.
8:00 p. m.—Mystery Theater, NBC; I Love a Mystery, CBS; Paul Nelson, News, BN; Roy Maypole, NBC; Dateline, CBS; Lum and Abner, BN.
8:30 p. m.—Cavaliers of Africa, NBC; Gay Nineties, CBS; Point Sublime, MBS; Counterplay, BN.
8:30 p. m.—Eleventh Hour, NBC; Blind Date, BN; News, MBS; Adventures of Bill Lance, CBS.
9:00 p. m.—Fulton Lewis, Jr., MBS; Vox Pop, CBS; Hawthorne House, NBC.
9:30 p. m.—News, NBC; Music by Bowers, BN.
10:00 p. m.—Barbara and Boys, NBC; Sonny Danham, CBS; Singers, NBC; 20—20—20, NBC; NBC Boy, Girl and Band, BN.
10:30 p. m.—Hotel Biltmore, NBC; NBC, News, CBS.

Tuesday
5:00 p. m.—Terry and Pirates, BN; Fletcher Wiley, CBS; OK for Release, NBC.
5:15 p. m.—Dick Tracy, BN; Superman, MBS.
5:30 p. m.—Date with Judy, NBC; Jack Armstrong, BN; Harry Flannery, News, CBS; Adventures of Tom Mix, MBS.
5:45 p. m.—Hop Harrigan, BN; Night News Wire, MBS; News, CBS.
6:00 p. m.—Mystery Theater, NBC; Gabriel Heatter, MBS; War Documentary Program, CBS.
6:15 p. m.—Screen Test, MBS.
6:30 p. m.—Words at War, NBC; Spotlight Bands, BN; American Forum, MBS; The Doctor Light, CBS.
7:00 p. m.—Charlotte Greenwood, NBC; Raymond Gram Swing, BN; Salute to France, CBS.
7:15 p. m.—Lowell Thomas, MBS; George Hicks, BN.
7:30 p. m.—Hildegard, NBC; Red Ryder, BN.
8:00 p. m.—Mystery's Music Shop, NBC; I Love a Mystery, CBS; Paul Nelson, News, BN; Roy Maypole, NBC; Lum and Abner, BN; Passing Parade, CBS.
8:30 p. m.—Johnny Presents, NBC; Big Town, CBS; Nit-Wit Court, BN; Freedom of Opportunity, MBS.
9:00 p. m.—Everything for Bess, NBC; News, MBS; Theater of Romance, CBS; Let Yourself Go, BN.
9:15 p. m.—Roy Maypole, MBS.
9:30 p. m.—Fulton Lewis, Jr., MBS.
10:00 p. m.—News, NBC; Chris Cross, NBC; MBS; Bal Tabarin Cafe, BN.
10:15 p. m.—Ted Straeter, NBC; NBC; Cavallaro, BN; MBS.
10:30 p. m.—Hotel Biltmore, BN; Ambassador Hotel, BN; Strings for Meditation, NBC.

ALLIED BOMBERS RAKE JAP BASES

By United Press
Allied bombers assaulted 10 major bases in the Pacific in a three-day series of raids and the Japanese radio announced today that Allied destroyers had bombed and battered Wotje island in the Marshalls Sunday morning.

The sweeping series of attacks made from Thursday through Saturday ranged from the Philippines to the Volcano Islands, 750 miles from Tokyo. The targets included:

Iowa Jima in the Volcanos; Truk and Ponape in the eastern Carolines; Yap and Woleai in the western end of the Carolines; Agaña in the Marianas; Nauru, west of the Gilberts; Paulu, 580 miles east of the Philippines; Davao harbor on Mindanao in the southern Philippines; and Halmahera island, 250 miles south of the Philippines.

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STRANGE AS IT SEEMS

by JOHN HIX

THE 1903 SPEEDOMETER WAS A COLORED STRIP RECKING BEHIND A GLASS WINDOW. IT SHOWED BLACK WHITE MEN OR RED ACCORDING TO SPEED!
HEIDLER NOT SCHICKLGRUBER IS ADOLESCENT NAME... AND IF HIS SISTER IS STILL ALIVE SHE USED THE NAME OF HEIDLER!
EVER SINCE THE STONE AGE, THE FLINT CHIPPING INDUSTRY OF SUFFOLK, ENG. HAS BEEN CARRIED ON CONTINUOUSLY!

YEPSI, IT'S PEPSI...

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Crossword Puzzle

ANSWER TO PREVIOUS PUZZLE
ACROSS
1—Orain stails
2—Part of circle
3—Running contest
4—Indian tribe
5—A game
6—Man's name
7—Fruit skin
8—Cover
9—Makes mistake
10—Noun case
11—Sully
12—Pest
13—Sheltered side
14—Original
15—Printer's error
16—Trouble
17—Pat
18—Vote
19—Come out
20—Period of time
21—Variety
22—Ingredient
23—Ayer
24—Overborn
25—Meat dish
26—Book in liquid
27—Formerly
28—Region
29—Printer's measure
30—Professional
31—Dinner
32—Pipe joint
33—Orbit
DOWN
1—Group of cattle
2—Operative solo
3—Linen apron
4—Hilly city
5—Arabia
6—Assort
7—Marshall Island
8—Pamper
9—Kind of coat
10—Disput (Fr.)
11—Twist
12—Limb
13—Large container
14—Ever (pool)
15—Tall
16—Inlet
17—Cloth measure
18—Mouth (abbr.)
19—Tee
20—Dried
21—Brady
22—Mineral earth
23—Armor plates
24—Pave by
25—Pul crew on ship
26—Initiation
27—Friend lately
28—Allowance for weight
29—On the ocean
30—Girl's name
31—God of Love
32—Pavane
33—A number

CHINA CHICKENS BRING \$30 EACH

With Chinese Troops West of the Salween River, Aug. 28.—(U.P.)—The prices of food in the battle areas are so high that American liaison units with the Chinese armies are not surprised when forced to pay the equivalent of 30 American dollars for underfed chickens to supplement their scanty rations.

Because of the delay in ferrying in American supplies by air over the hump and then transporting them to the fronts on the backs of horses or coolies, U. S. officers and enlisted men advising the Chinese in battle buy whatever possible from peasants returning to their liberated villages.

GERMANS RESUME ROBOT BOMBINGS

London, Aug. 28.—(U.P.)—The Germans resumed their flying bomb attacks on London and the southern counties shortly after noon today, ending a 31-hour respite from the terror raids.

The missiles which hit the affected areas today were the first since before daylight Sunday and following big stories by London newspapers speculating that the robot bombs might be on the way out.

The extent of today's attacks was not disclosed.

Amur river in Asia is 2900 miles in length.

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THE WORLD AT ITS WORST

WITH YOUR FATHER AND MOTHER, WHO HAVE BEEN LOOKING FOR YOU ALL DAY, YOU ARE A TERRIBLE CASE. YOU ARE NOT EVEN IN THE LITTLE GIRL NEXT DOOR. SHE IS AWAY ARE YOU DOING UP THERE, AND AREN'T YOU AFRAID OF FALLING OFF AND WHO ARE YOU MAKING TALKS AT HER?

7:15 P.M. LOWELL THOMAS NEWS TIME

DON LEE-MUTUAL
Standard of California

By GLUYAS WILLIAMS

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BARNEY GOOGLER and SNUFFY SMITH

LEETLE JUGHAID CRAVES FER VE TO GIVE HIS RAIDER TROOPS A WUNST OVER
GEE -- I DIDN'T KNOW HE HAD ANY PLAYMATES AROUND HERE

BLONDIE

NOW WHATS THAT LADDER DOING OUT HERE?
I WISH PEOPLE WOULD LEARN TO PUT THINGS AWAY WHEN THEY'RE THRU WITH THEM
I HAVE TO GO DOWN AND GET SOME MORE NAILS
AND STILL THEY GET MARRIED BY THE MILLIONS EVERY DAY

BUZ SAWYER

MEESTER SAWYER!
WELL, KNOCK ME DOWN WITH A STEAM SHOVEL! IT'S ONLY A KID!
AND A COTTON-HAIRED KID AT THAT! HEY, SONNY, YOU MUST BE DUTCH, WHERE'D YOU LEARN MY NAME?
IK HEB EEN BRIEF VOOR U.
A LETTER FOR ME?
St. Buz Sawyer, it's a... If you wish to avoid Japanese troops, follow the child.
P.S. How careless of you to leave your name on your parachute

LIL ABNER

BUT MR. MARVEL IS ABOUT TO BE MARRIED. THIS IS NO TIME TO RETURN A DOLLAR.
THIS IS JUST THE TIME TO RETURN THE DOLLAR, HE'LL NEED IT IF HE GOES ON A HONEY-MOON—DOGGY-DOGGY STYLE!
OH, I CAN HARDLY WAIT TO SHOW YOU THAT GORGEOUS BRIDEGROOM ON MINE!! HE'S JUST GIVIN' UP INTO A VERITABLE MASS OF MUSCLE—AND HE USED TO BE A CONTENTIBLE LITTLE RAT—LIKE HIM—

THE NEBBES

AREN'T YOU SATISFIED WITH THE WAY I'M HANDLING HIS CAMPAIGN?
I AM BUT HE ISN'T AND HE'S THE ONE WHO'S RUNNING FOR GOVERNOR
WHAT DO YOU SUGGEST?
SR. SGT...
THAT'S WONDERFUL! THE JUDGE WILL EAT IT UP
BOSS YOU'RE REALLY A POLITICAL WIZARD
TUT! MY BOY, JUST SAY I'M A GENIUS AND LET IT GO AT THAT!

Prospect

Prospect, Aug. 28.—David Vestal, torpedoman third class, of the U. S. navy, visited Thursday and Friday with his brother-in-law and sister, Mr. and Mrs. Lewis L. Jantzer, and also his many friends here. David, only son of Mr. and Mrs. Tom Vestal, of Reese Creek, has been in seven major engagements in the Asiatic theatre of war in the 20 months since his last leave. He was an employee of the George L. Jantzer Lumber company prior to entering the navy two years ago.

Week end guests at "Rogue Vista," home of Mr. and Mrs. Ed W. Pease, were Mr. and Mrs. Ed Gould of Medford.

Mrs. Joe B. Dobbyn returned to her home here Aug. 23, after spending a few days visiting relatives at Albany and Cottage Grove.

Ralph Lacy spent August 24 in Medford where he received medical attention and attended to business matters.

Mr. and Mrs. Byron Bentley of Grants Pass are spending this week at the home of the latter's son and daughter-in-law, Mr. and Mrs. Chas. B. Broomfield. Mr. Bentley is building an addition on one of Broomfield's houses.

Rose Grondahl, Marion Schieferstein, and Hazel Schieferstein returned to their home at Klamath Falls, Aug. 24, after visiting several days with Mr. and Mrs. D. M. Chandler.

Mr. and Mrs. B. J. Dickerson and son Dale, who have lived on the Evergreen ranch for the past year, moved to a ranch near Kerby, last week.

Visitors at the Glenn Fairchild home for a couple of days of this week were their son-in-law, R. Ceford Garoutte, and his friend, Arlen Gillespie, of Elkton.

Mr. and Mrs. George L. Jantzer attended to business matters at Lakeview, two days the middle of the week.

Mr. and Mrs. Claude Johnson and children, Leroy and Donna, attended the wedding of Mr. Johnson's cousin, Wayne Dunagan at Medford, Aug. 25. Dunagan, the second son of Mr. and Mrs. Leslie Dunagan, former Prospect residents, who graduated from the local school, has been in the navy for the past year.

Mr. and Mrs. Earl Dobbyn of Marshfield visited with Mr. and

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