

Your Health and Its Care

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WHEN YOU AND I WERE YOYUNG, MAGGIE

I am convinced, as I said the other day, that many of the everyday complaints—or infirmities if there are no audible complaints of people who were young when you and I were young, Maggie, are due to insufficient vitamin B-complex, calcium and vitamin D intake.

When I think of or speak of calcium (lime) shortage or deficiency in adults of mature age I think of the two best food sources of calcium for mature or elderly folk—namely, milk and greens or green vegetables. And when I think of milk as the indispensable source of calcium (not to mention other essential nutritional factors) for mature adults who want to have vite, I think of fresh raw milk, pasteurized milk, grade A raw milk, from tuberculin tested cows, any old milk made safe by bringing to a boil for one minute only, skim milk, separator milk, buttermilk, sour milk, evaporated milk, cream, beverages consisting chiefly of milk flavored or sweetened, Bulgarian sour milk, Acidophilus milk, milk whey, and any and every kind of cheese.

For the absorption, utilization and retention of calcium (and phosphorus) an adequate daily intake of vitamin D is to manufacture your own—which you do if you expose enough of your skin to direct sunlight or to diffuse daylight—skylight, the portion of sunlight that comes through clouds or the light that reaches the skin when you take your air bath in a shaded place.

Now there is where too many misguided elderly folk err grievously. They permit one bad habit, custom, prejudice or another to keep them from enjoying their place in the sun. So they suffer from vitamin D deficiency. So they fail to assimilate, utilize and retain the amount of calcium (and phosphorus) required to keep the body well.

POLIO EPIDEMIC WORST SINCE '16, SCHOOLS DELAYED

By United Press

Reopening of schools, scheduled for next week, has been ordered delayed by local health authorities in some sections of three states due to the spread of poliomyelitis which is rapidly nearing the epidemic stage in various parts of the country.

The three states in which the local authorities have acted in ordering schools to remain closed are Wisconsin, Michigan and Pennsylvania. One county is affected in Wisconsin and six in Michigan.

Officials of the U. S. public health service in Washington said the present outbreak of infantile paralysis is the most serious since the epidemic of 1916 and that the peak has not yet been reached.

Latest figures show 6,258 cases of record in the nation. In addition to the three states in which schools have been closed, other areas seriously affected are New York, New Jersey, Delaware, Nebraska, Indiana, and Washington, D. C.

The largest increase in polio cases this month was reported in New York where 1,777 persons were afflicted since Aug. 1. There were only 153 cases during August in 1943. The outbreak started earlier than usual

Among the infirmities or complaints of elderly folk whose daily intake of vitamin B-complex, vitamin D and calcium phosphorus is deficient, deficient not only this week, month or season but through the years, there are the most frequent, I gather from what they write me:

1. Lack of "pep," need for "good tonic."
2. Rheumatism.
3. Cramps in legs (sometimes in arms) disturbing rest nights—adult tetany, I call it.
4. Fatigability.

None of these complaints, remember, please, nor all of them together, spell old age. Rather they are manifestations of nutritional deficiency, particularly deficiency of B-complex, D and calcium-phosphorus. At least I have observed that an adequate daily intake of B-complex, D and the high-calcium foods (particularly milk, cheese, greens, peas, beans, nuts, peanuts) prevents or dispels these complaints in a great many instances—and this is not medicine. Keep that fact clearly in mind. It is just good nutrition.

GI'S HOUND SAVED FROM GAS DEATH

By United Press

Mequon, Wis., Aug. 30.—(U.P.)—Buddy, three-year-old beagle hound of an American doughboy in France, was en route to a new home today, thanks to an 11th hour reprieve from execution in a gas chamber.

But the little black and white dog was banished from this town for life by Weymouth selectmen who committed the death sentence after learning that he was the pet of Pvt. Ralph Lyman, Jr.

Buddy was convicted of being a Peeping Tom. Max H. Morley, a neighbor of the Lyman family, complained to the selectmen that he was in the habit of peering in his windows.

Buddy will be given a home by family friends until his master comes home from war.

THE GRANGE

Central Point Grange
All members of the Central Point Grange are urged to attend the meeting Friday, Sept. 1. A drill team will be organized and to make this a success the cooperation of the entire membership is needed.

Mr. and Mrs. Wm. Foley will be in charge of the program for this meeting.

Roxy Ann Grange
Roxie Ann Grange will meet in regular business session Friday, Sept. 1 at 8:15 p. m. Refreshments will be served by Mr. and Mrs. Edgar Rose and Mr. and Mrs. Albert Robinson. All members are urged to attend.

GAS TAX BOOST
Sacramento, Aug. 30.—(U.P.)—Possibility of a one cent per gallon increase in the California gasoline tax to help finance all road construction and maintenance from state revenues was foreseen today.

We still have a few, each size
Orchard Ladders left
Our Advice, Protect Yourself—BUY NOW!
American Fruit Growers, Inc.
214 S. Fir Phone 5214

Comedy Stars Coming Sunday



Irene Manning, Jane Wyman and Jack Carson in a comedy scene from their latest picture, "Make Your Own Bed," with Alan Hale and George Tobias. The film starts Sunday at the Craterian.

FIRST POLITICAL TALK ON SEPT. 23, PRESIDENT SAYS

Washington, Aug. 30.—(U.P.)—President Roosevelt announced today that he will make his first outright political speech of the current campaign on the night of Sept. 23, speaking to a dinner to be given in a Washington hotel by Daniel J. Tobin, president of the International Brotherhood of Teamsters (AFL).

Mr. Roosevelt told his press and radio conference that his address won't be very political, but that it may as well be labeled now as his first political address of the campaign.

Asked whether he contemplated making a nationwide swing before election day, the president said no, that he had too much to do.

Asked whether he planned to make other political speeches, he said he had not gotten that far. He reminded the reporters that after all it still was August.

When Mr. Roosevelt accepted the Democratic fourth term nomination on July 20 in a speech from the United States marine base at San Diego, Cal., he said he would not campaign "in the usual partisan sense" but would go about his duties as war-time commander-in-chief and possibly, from time to time correct the record or any misstatements made in connection with the campaign.

Mr. Roosevelt said the Sept. 23 radio time would be paid for by the Democratic national committee.

NORRIS' CHANCES TO RECOVER GOOD

McCook, Neb., Aug. 30.—(U.P.)—Former Senator George W. Norris, 83, was seriously ill today, but attending physicians believed he had a good chance to recover.

He was stricken with a cerebral hemorrhage yesterday and recovered consciousness last night sufficiently to recognize his doctors and members of his family.

Dr. F. W. Shank and Dr. E. F. Leininger reported that Norris' right side was partially paralyzed and he was capable of only slight movement of the hand and foot.

MUSICAL DIRECTOR PASSES
Portland, Ore., Aug. 30.—(U.P.)—Angeio Camaruto, 38, musical director of the new opera company of New York and a conductor of the Metropolitan Opera collapsed and died near here late yesterday while en route to Oswego Lake for a swim.

Leif Erlisson landed in Vanland (Labrador, New Foundland, and Nova Scotia; or Rhode Island; or Massachusetts) in 1000 A. D.

On the Radio Chains

Chain affiliation and where they are on the radio:

W. ALE (MBS) 1330, Portland.
K. ALE (NBC-Blue) 1190, Portland.
KGA (NBC-Blue & MBS) 1510
Spokane: KGO (NH-Blue) 810
San Francisco: KJN (NBC-Blue) 630, Portland; KJN (NBC-Blue) 1000, Seattle; KJN (NBC-Blue) 1070
Los Angeles: KOA (NBC-Red) 850
Denver: KOIN (CBS) 970, Portland; KOIN (NBC-Red) 930
Seattle: KPO (NBC-Red) 680
San Francisco: KSL (CBS) 1160
Salt Lake City.

Time Shown in PWT

Wednesday
5:00 p. m.—Fletcher Wiley, CBS; Terry and Pines, 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.—Louis P. Lochner, NBC; Night News Wire, MBS; Hop Harrigan, BN; News, CBS.
6:00 p. m.—Alan Young Show, NBC; Gabriel Heatter, MBS; Hop Harrigan, BN; News, CBS.
6:15 p. m.—News, BN; Screen Test, MBS.
6:30 p. m.—Mr. District Attorney, NBC; Bailey Show, CBS; First Nighter, MBS; Spotlight Bands, BN.
7:00 p. m.—Kay Kyser's Kollege, NBC; Raymond Gram Swing, BN; Great Moments in Music, CBS.
7:15 p. m.—Lowell Thomas, MBS; Ted Malone, BN.
7:30 p. m.—Lone Ranger, MBS; Scrammy Amby, BN.
8:00 p. m.—Mystery, CBS; Paul Nelson, news, BN; I Love a Mystery, CBS; Main Line, MBS.
8:15 p. m.—Roy Maypole, NBC; Lum and Abner, BN; Passing Parade, CBS.
8:30 p. m.—Beat the Band, NBC; My Best Girl, BN; Dr. Christian, CBS; Bulldoz Drummond, MBS.
9:00 p. m.—Mr. and Mrs. North, NBC; Alan Jones with Woody Herman's Orch., CBS; News, MBS; Dandinger, BN.
9:30 p. m.—Fulton Lewis, Jr., MBS; 10:00 p. m.—News, NBC; Bal Tabarin Cafe Orch., BN; Kirby Orch., MBS.
10:15 p. m.—Cari Ravazza Orch., MBS.
10:30 p. m.—The Colonel, CBS; Thomas Peluso Orch., NBC.
10:45 p. m.—Ambassador Hotel Orch., BN.
11:00 p. m.—Biltmore Hotel Orch., NBC; News, CBS.
Thursday
5:00 p. m.—Terry and Pines, BN; Fletcher Wiley, CBS; OK for Release, NBC.
5:15 p. m.—Dick Tracy, BN; Superman, MBS; Relax in Rhythm, NBC.
5:30 p. m.—Jack Armstrong, BN; Harry Flannery, news, CBS; Tom Mix, MBS.
5:45 p. m.—Louis P. Lochner, NBC; Hop Harrigan, BN; Night News Wire, MBS; News, CBS.
6:00 p. m.—Music Hall, NBC; Major Bowes, CBS; Gabriel Heatter, MBS; Sunset Serenade, BN.
6:15 p. m.—Screen Test, MBS; News, BN.
6:30 p. m.—Charlie Chan, NBC; Spotlight Bands, BN; Corlies Archer, CBS; Starlight Serenade, MBS.
7:00 p. m.—Harry Savoy, NBC; Raymond Gram Swing, BN; First Line, CBS; Henry Gladstone, MBS.
7:15 p. m.—Lowell Thomas, MBS.
7:30 p. m.—Joe E. Brown, BN; Here's to Romance, CBS; Kid Kid, MBS.
8:00 p. m.—Mercer's Music Shop, NBC; I Love a Mystery, CBS; Paul Nelson, news, BN; Variety, MBS.
8:15 p. m.—Night Editor, NBC; Lum and Abner, BN; Passing Parade, CBS.
8:30 p. m.—Those We Love, NBC.

EARLY NEWS BY LOWELL THOMAS 7:15 P. M. DON LEE-MUTUAL

Standard of California

Death Valley Sheriff, CBS.
9:00 p. m.—News, MBS; Freddy Martin, BN; Hollywood Mystery Time, CBS.
9:15 p. m.—Rex Miller, MBS.
9:30 p. m.—Elery Queen Mysteries, NBC; Fulton Lewis, Jr., MBS.
10:00 p. m.—News Flashes, NBC; Town Meeting, BN.
10:30 p. m.—Strings for Meditation, NBC; Sonny Dunham Orch., CBS.
11:00 p. m.—Hotel Biltmore Orch., NBC; News, CBS.
CABOOSE WRECKED
San Francisco, Aug. 30.—(U.P.)—An empty caboose belonging to a freight train parked on a siding at Spring Garden in the

Feather river canyon was damaged yesterday when it was hit by the locomotive of passenger train No. 12, Western Pacific officials announced today.
MADAM PERKINS ACTS
Washington, Aug. 30.—(U.P.)—Secretary of Labor Frances Perkins today certified to the war labor board a dispute over a 15 cents per hour general wage increase between Riverside Cement Co., Oro Grande, Calif.,

and 66 employees represented by the United Cement, Lime and Gypsum Workers (AFL).
The steamer Royal William, built at Quebec, crossed the Atlantic from Pictou to England on August 18, 1833.
KYLE'S RESTAURANT
CHICKEN AND STEAK DINNERS
Open 6 p. m. to 2 a. m.
Phone Central Point 472 for reservations. On the Pacific Highway at Central Point. Out of Bounds for Service People

Use Mail Tribune Want Ads.
LOW WEEKLY RATES AT CRATER HOTEL
Across From Craterian Theatre—Phone 4174
SINGLE.....\$4.50 to \$6.
DOUBLE.....\$7.50 to \$12
New Simmons—Free Showers—Clean Rooms!

STRANGE AS IT SEEMS by JOHN HIX



BARNEY GOOGLE AND SNUFFY SMITH



BLONDIE



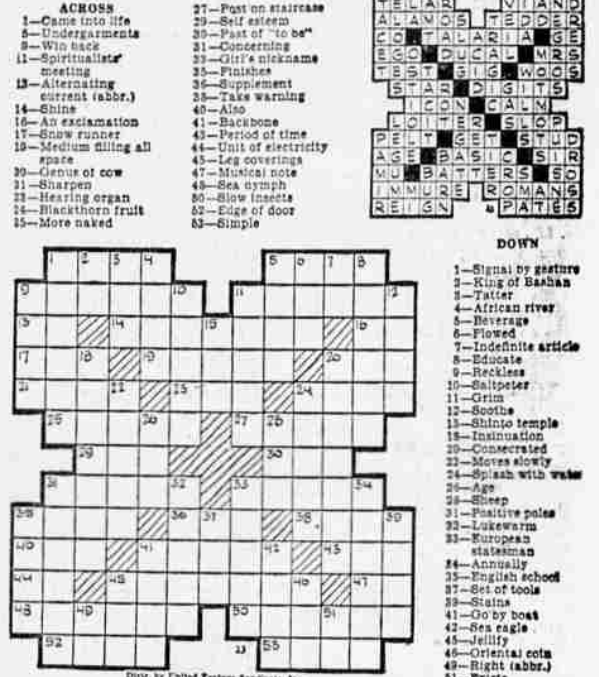
BUZ SAWYER



LIL ABNER



Crossword Puzzle



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Is here and at a price as low
As Good Service can be sold.
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We still have a few, each size
Orchard Ladders left
Our Advice, Protect Yourself—BUY NOW!
American Fruit Growers, Inc.
214 S. Fir Phone 5214

SNEEZE
By GLUYAS WILLIAMS
While trying to go to sleep at nap time SNEEZES FOR NO PARTICULAR REASON
MOTHER AND AUNT 'SUE AND GRAMMA RUSH IN
AFTER THEY HAVE FUSSSED OVER HIM IS NOT SO PLEASED TO BE TUCKED UP AGAIN
THOUGH IT'S SIMPLE TO UNLICK HIMSELF WHILE THEY ARE DECIDING JUST WHAT TO DO
ARGUMENT BEING DECIDED ON LEAVING THINGS AS THEY ARE, THEY TUCK HIM UP WARMLY, AND GO OUT
IMMEDIATELY SITS UP AND TRIES TO SNEEZE AGAIN AND IS MUCH DISAPPOINTED TO FIND THAT SNEEZES CAN'T BE PRODUCED TO ORDER

THE NEBBES
WASNT HE A LOT OF RELATIVES IN THIS COUNTRY?
SURE THEY RE OBLIGATED TO MARRY AND THEY VOTE THE WAY HE TELLS EM
WHAT AM I SUPPOSED TO DO?
MILK A FEW COWS OR SOMETHING—I'LL TAKE SOME PICTURES OF YOU IN ACTION AND GET EM INTO THE NEWSPAPERS
THAT WILL BUILD YOU UP AS THE FARMERS FRIEND
HO-HO! IVE MILKED MANY A COW IN MY TIME BUT NEVER FOR VOTES!