

Your Health and Its Care

BY DR. WILLIAM BRADY, M. D.

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CIVILIZATION AND DEGENERATION

Casual remark in some war correspondents' report of what is happening in Europe rumbles long after the correspondent's name and the rest of his story have been forgotten. He described a celebration of some successful Allied achievement and, to show the resourcefulness of the service of supply, he said the banquet there in the very front lines included even white bread. Then another dispatch from somewhere in Italy mentioned what the correspondent regarded as a special beneficence to the hungry civilians—the dispensing of white bread instead of coarse whole-grain bread to which the people had been accustomed.

These bits of news within the news are far more interesting than the news itself. It is conceivable that the weak-mouthed, lame-jawed, more or less edentulous American war correspondents and military personnel would be delighted to get some white bread they could eat without serious strain to their feeble masticating equipment. It is easy to understand that the civilians in any European district liberated from Nazi or Fascist subjection would be happy to get bread of any kind or color.

If American occupation of France, Italy or other European countries introduces general use of white bread instead of the more nutritious, more healthful whole-grain bread the people have always used as the mainstay of their diet, then our coming will not be an unmixed blessing. It seems regrettable that we cannot share with these victims of authoritarian oppression the fruits of civilization and freedom without at the same time encouraging them in the

cultivation of nutritional deficiency.

This physical degeneration which comes with ultra-refinement of food is due mainly to the use of white flour and white sugar. As one nutrition authority, Norman Jelliffe, expressed it, "A 55% fraction of the calories in the American diet in 1940 (when whole wheat flour was used) containing a minimum of 600 international units of vitamin B1, has been replaced in the contemporaneous American diet (refined white flour substituted almost exclusively for whole wheat flour, refined white sugar almost exclusively for old-fashioned brown sugar and molasses) by a like fraction containing only about 50 international units of vitamin B1."

QUESTIONS & ANSWERS

Life Expectancy

Please explain why a woman's life expectancy is greater than a man's.

Answer—Except to confirm your impression—recent statistics show that women live a few years longer than men have no explanation. I was formerly inclined to infer that women behaved better than men, took better care of themselves as regards smoking, drinking and associated excesses or sins. Now I am not so sure about that.

No Authority I understand you are an authority on hardening of the arteries and high blood pressure—or as my doctor calls it, hypertension. (Mrs. P. S. L.) Answer—Thank you, Ma'am, but I'm afraid someone is spoofing you. All I know about hardening of arteries (arteriosclerosis) and/or (hypertension) is that they are not the same thing; high blood pressure (hypertension) I try to tell in this column from time to time or in the booklet CVD (cardiovascular degeneration)—for copy of this booklet send ten cents and stamped self-addressed envelope and ask for it—do not include a clipping.

Healthful Reducing In three months I have lost twenty pounds in weight and five inches around hips. I followed your directions as in the leaflet "How to Lose Weight." Naturally this is pleasing to my vanity. But what I do thank you for is the vast improvement in my general health and vitality. This is what pleases my family, for I guess I had lost most of my old-time cheerfulness and readiness to join in the fun.

Answer—That's what I'm always trying to tell them. If a reducing program does not actually improve health and vitality it is probably wrong and maybe dangerous. Any reader who asks for it (no clipping will be considered a request) and incloses stamped self-addressed envelope may have the pamphlet "How to Lose Weight" (Copyright, 1944, John F. Dille Co.)

At Craterian



Now playing at the Craterian is Danny Kay in "Up in Arms," in beautiful technicolor, with Dinah Shore, Dana Andrews and Constance Dowling. The film ends tomorrow night.

On the Radio Chains

STATIONS:

Chain affiliation and where they are on the air:

KALE (MBS) 1330, Portland; KEX (NBC-Blue) 1190, Portland; KGA (NBC-Blue & MBS) 1510, Spokane; KGO (NBC-Blue) 810, San Francisco; KJW (NBC-Red) 820, Portland; KJR (NBC-Blue) 1000, Seattle; KXN (CBS) 1070, Los Angeles; KQA (NBC-Red) 850, Denver; KOIN (CBS) 870, Portland; KOMO (NBC-Red) 950, Seattle; KPO (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 Pines, BN.
5:15 p. m.—Superman, MBS; Dick Tracy, BN.
5:30 p. m.—Voice of Firestone, NBC; Harry Plannery, News, CBS; Adventures of Tom Mix, MBS; Jack Armstrong, BN.
5:45 p. m.—News, CBS; Hop Harrington, BN; Night News Wire, MBS.
6:00 p. m.—Song Is Born, NBC; Radio Theater, CBS; Gabriel Heatter, MBS.
6:15 p. m.—Screen Test, MBS.
6:30 p. m.—Spotlight Bands, BN; Information Please, NBC; Man Named X, CBS; Army Air Forces, MBS.
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. I. Q., NBC; Thanks to the Yanks, CBS; Lone Ranger, MBS; Torrance Heider, BN.
7:45 p. m.—Merrill's Music Shop, NBC; I Love a Mystery, CBS; Paul Neilson, News, BN.
8:00 p. m.—Roy Maypole, NBC; Dateline, CBS; Lum and Abner, BN.
8:30 p. m.—Cavalcade of America, NBC; Melvin Frank, CBS; Point Subline, MBS; Counterspy, BN.
9:00 p. m.—Telephone Hour, NBC; Blind Date, BN; News, CBS; Adventures of Bill Lance, CBS.
9:30 p. m.—Fulton Lewis, Jr., MBS; Voice of the Radio, CBS; House, NBC.
10:00 p. m.—News, NBC; Music by Bowers, BN; Sherlock Holmes, MBS.
10:30 p. m.—Sonny Duncan, NBC, CBS.
10:45 p. m.—Boy, Girl and Band, BN.
11:00 p. m.—News, CBS.

Tuesday

5:00 p. m.—Terry and Pines, 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 Plannery, News, CBS; Adventures of Tom Mix, MBS.
5:45 p. m.—Hop Harrington, BN; Night News Wire, MBS.
6:00 p. m.—Mystery Theater, NBC; Gabriel Heatter, MBS; Burns and Allen, CBS.
6:15 p. m.—Screen Test, MBS.
6:30 p. m.—Words at War, NBC; Spotlight Bands, BN; American Forum, MBS.
7:00 p. m.—Charlotte Greenwood, NBC; Raymond Gram Swing, BN.
7:15 p. m.—Lowell Thomas, MBS; Ted Malone, BN.
7:30 p. m.—Hildegarde, NBC; Red Ryder, MBS.
7:45 p. m.—Merrill's Music Shop, NBC; I Love a Mystery, CBS; Paul Neilson, News, BN.
8:00 p. m.—Roy Maypole, NBC; Lum and Abner, BN; Passing Parade, CBS.
8:30 p. m.—Johnny Presents, NBC; Big Town, CBS; Nit-Wit, Count, BN; Freedom of Opportunity, MBS.
9:00 p. m.—Everything for Boys, NBC; News, MBS; Theater of Romance, CBS; Let Yourself Go, BN.
9:30 p. m.—Fulton Lewis, Jr., MBS.
10:00 p. m.—News, NBC; Count of Monte Cristo, MBS; Bal Tabarin Cafe, BN.
10:15 p. m.—Ted Strasser, NBC.
10:30 p. m.—Edwin C. Hill, CBS; Ambassador Hotel, BN; Strings for Medicine, MBS.
11:00 p. m.—Talks, CBS; Bitmore Hotel, NBC.

Kaiteur falls in British Gulana are 741 feet high.

NOTICE TO CREDITORS

Notice is hereby given that I have been appointed by the County Court of Jackson County, Oregon, executrix of the Will of Edwin H. Janney, deceased, and have qualified. All persons having claims against said estate are hereby notified to present them, with proper vouchers, and duly verified, to me at the office of Harry C. Skyman, Attorney for said estate, at Room 409, Medford Center Building in Medford, Oregon, within six months from the date of this notice. Dated and first published September 11th, 1944.

SARAH R. JANNEY, Executrix
Harry C. Skyman, Attorney for Executrix.

PLUMBER'S HELPER

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TELLS FATHER WHO IS DOING A MINOR PLUMBING JOB THAT HE WILL PAY HIM WORTH

DESCRIBES ON TOP OF DRAIN FOR WRENCH, AS FATHER CALLS TO DRAIN OUT HE'S STEPPING ON HIS HAND

WRENCH

SEIZES HAND TO LOOK AT DAMAGE, FATHER INDIGNANTLY VOUCHES WRENCH WHICH JUNIOR TREMS UNLIKELY TO ONLY

BURLS HIMSELF IN FATHER WHO'S HELPFUL ON ACCOUNT OF DOING THE WORK, TO YOU AND YOUR SON, AND TELL SON HOW SORRY HE IS

GOES TO TELL MOTHER HOW SORRY HE IS FOR STEPPING ON FATHER'S HAND, STEPPING ON ANVIL IN PASSING

DUTCHMEN GAPE AS SKY TROOPS INVADE COUNTRY

Parachutes Land for Hours; Giant Gliders Follow; Germans Flee Scene in Panic

By Leo S. Disher

United Press War Correspondent
London, Sept. 18—(U.P.)—Dutchmen on their way to church gaped at the sky cavalcades thundering from the west. They waved frantically as a rainbow of parachutes blossomed out and plummeted earthward with thousands of tough, heavily-armed fighting men.

That was Holland's second air-borne invasion of the war. This time the invaders were allies, Dutch commandos among them, arriving to drive out the Nazis who struck from the sky without warning four years ago.

Come for Hours

The new invaders came down 400 and more at a clip and they kept coming for hours, pouncing on bridges, canal crossings, railway lines and road junctions. They won and held landing grounds for the giant gliders that followed them in with infantrymen, guns and equipment. And the Germans, who had held Holland in an iron grip since May, 1940, fled in panic from village after village in the path of the liberating army.

The first parachutists descended on Dutch soil at 1 p. m., yesterday striking deep in the enemy rear, behind the flooded lowlands that the Germans had hoped would protect the "soft" northern flank of their Siegfried line.

In Three Areas

Allied headquarters did not immediately specify the location of the air-borne strike, but Berlin said landings were made in at least three areas—at Eindhoven and Tilburg in southwestern Holland, and at Nijmegen, on the north bank of the Rhine only five miles from the German border.

United Press War Correspondent Walter Cronkite, who landed with the first glider train, said the sky troops, most of them veterans of the Norman invasion, liberated several towns within an hour after their landing and expected to take their "first big objective" by nightfall. "Opposition is comparatively light," Cronkite reported in a pooled dispatch filed from Holland at 4:40 p. m. yesterday. "Half an hour after we had landed the small arms and mortar fire in our sector had ended and only the distant rumble of battle somewhere to the south—where the Allied armies are advancing toward us—was audible."

Nazi Guns Silenced

"Some of our gliders and some C-47 tow planes went through anti-aircraft fire to reach their landing places, but our dive-bombing Mustangs and our vast aerial support silenced the enemy guns on one." More than 1000 planes and gliders made up the invasion fleet, the biggest of its kind ever.

Tonite KMED 8:30 pm.

OPENING NEW FALL SEASON

GREAT STARS IN GREAT RADIO PLAYS

ROSALIND RUSSELL

in "Hymn from the Night"

with WALTER HUSTON as your host

GREAT STARS IN COMING WEEKS

★ WALTER PIDGEON

★ ED. G. ROBINSON

★ BOB HOPE

★ CLARK GABLE

CAVALCADE OF AMERICA

thrown into action, and the "softening up" bombardment that preceded them was on a comparable scale.

For 15 hours before the landing waves of Allied bombers and fighters over 2000 strong, pounded the invasion-marked area and German airfields in Holland and the Reich to smash the enemy's ground defenses and prevent the Luftwaffe from interfering.

It was a split-second operation from start to finish, directed by Lt. Gen. Lewis H. Brereton, whose air-borne army had been massing secretly for the blow ever since its formation was announced on August 10.

RAF Paves Way

The RAF's heavyweights started the preliminary bombardment late Saturday night, spreading their picketposts across carefully picked targets in Holland and Germany. With daylight, the U. S. 8th air force took over, sending 850 Flying Fortresses against dozens of other objectives.

At the zero hour, smaller forces of Mustang fighter-bombers swept down on the remaining German gun positions in the target area and knocked them out, even while the paratroops were dropping.

Chalker's Motel & Lodge

OFFICERS' CLUB

Dine-Dance-Refreshments

Chicken and Steak Dinners

Most Unique Place in So. Ore.

CLOSED MONDAYS

Thursday Private Parties Only—

For Reservations Ph. Gold Hill 474

As they struck, Allied headquarters and the Dutch government in exile broadcast an urgent order to the people of Holland south of the Rhine and Lek rivers to take "limited" action against the Germans. Railway workers were ordered to stage a walkout to cripple Nazi communications and troop transport, and members of the underground were told to take over, not sabotage, factories, mines and other industrial installations, help the Allied troops and maintain order.

Brereton and his operational commander, Maj. Gen. Paul L. Williams, Los Angeles, Cal., head of the U. S. 9th Troop Carrier Command, expressed complete satisfaction with the initial progress of the invasion on which, Brereton said, "rests the difference between a quick decision in the west and a long-drawn-out battle."

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Medford's Largest Buyer

Pays Highest Prices

CASH AT ONCE

"If it runs we'll buy it"

HUMPHREY MOTORS

33 S. Riverside. Dial 4980

STRANGE AS IT SEEMS by JOHN HIX



BARNEY GOOGLE and SNUFFY SMITH

THE OLD MAN'S HAD ME HOPPING EVERY SECOND SINCE YOU LEFT—FIRST HIT—THEN THITHER BACK AND FORTH—FORTH AN BACK—BAA-A—

WHAT FOR, SNUFFY??

YES, SIR -- YES, SIR, HERE I AM, SIR!!

FRESH THING!!

WHO -- SNUFFY??

YES, SIR -- YES, SIR, HERE I AM, SIR!!

FRESH THING!!

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Car Dealers Must File Inventories By September 21

Portland, Sept. 18—Auto dealers must file with their local OPA boards, by September 21, an inventory of cars on hand as of September 11, Charles R. Baird, regional OPA administrator, emphasized today.

Expressing concern that some dealers are getting unfair shares of available used cars by illegally paying more than "as is" prices, the automotive industry advisory committee has asked OPA to require dealers to file certificates of transfer of all used cars bought, Baird ex-

plained. Heretofore only private sales were subject to the filing requirement.

Simple, one-page inventory forms, upon which dealers list the year, make, model series, body type, serial number and motor number of every used car in stock on September 11, were mailed direct from San Francisco to all dealers in the eight OPA region, which includes Oregon, Baird stated.

"These forms left San Francisco September 9, and were in the hands of the majority of dealers by the 11th," Baird said. "Additional forms will also be sent to all OPA boards. Any dealer who does not receive a copy direct must obtain one from his board."

SAY PEPSI FIRST...

FOR FLAVOR AND THIRST 5¢

Pepsi-Cola Company, Long Island City, N. Y.

Franchised Bottlers: Pepsi-Cola Bottling Company of Medford

ANSWER TO PREVIOUS PUZZLE

Crossword Puzzle

ACROSS

1—The Orient

2—Part in play

3—Swedish district

4—Blue gem

5—Spirit

6—Lassart

7—Amount of assessment

8—Trouble

9—Cloth for wrapping dead

10—Household god

11—Food fish

12—Pig's nest

13—Printer's measure

14—Flowed

15—Stray

16—Southern State (abbr.)

17—Heavy duck

18—Woman coin

19—Footlike part

20—Impass

21—Piel

22—Demagogue

23—Everything

24—Strip of cloth

25—Megalomaniac

26—Trouble

27—Frenzied

28—Drege

29—Camp form

30—Dispatched

DOWN

1—Letter "B"

2—Wing

3—Last meal of the day

4—That man

5—Baba

6—Bullied

7—Root of mouth

8—Imaginative person

9—Breed of pigeon

10—Greek letter

11—Skin growth

12—Cry of terror

13—Sign of grief

14—Lose blood

15—Asian nettle

16—Study

17—African river

18—Vat

19—Monte

20—Make amends

21—Cry of terror

22—Riot

23—Pert, to vinegar

24—Root of mouth

25—Sheep-like

26—Carries on, as trade

27—Man's nickname