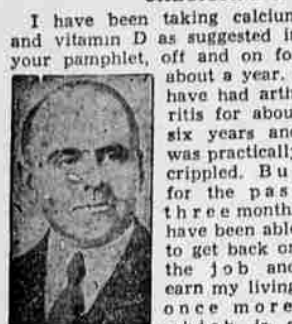


Your Health and Its Care

BY DR. WILLIAM BRADY, M. D.

Readers should address inquiries to: Dr. William Brady
285 El Camino, Beverly Hills, Calif.

CALCIUM, D AND RHEUMATISM



Dr. Brady

I have been taking calcium and vitamin D as suggested in your pamphlet, for about a year. I have had arthritis for about six years and was practically crippled. But for the past three months have been able to get back on the job and earn my living once more, which is a blessing I'm thankful for.

Thank you for reporting your experience. All I know about the calcium and vitamin D treatment is, first, that, according to Sherman, 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; second, vitamin D is essential for assimilation, utilization and retention of calcium; and third, a good many readers have reported extraordinary relief of "rheumatism" and improvement in general health when they adopt the mixture of sunbathing their diet with a suitable daily ration of calcium and vitamin D.

This is no specific. It is only essential food. I don't know whether it will do any victim of arthritis or rheumatism any good. All I know is that it can do no harm, for it is essential nutritional material, not medicine.

On request, if you provide a stamped envelope bearing your address, I'll send you a pamphlet "Calcium and Rheumatism" which tells how to supplement your diet with calcium and vitamin D. At the same time you should learn which foods are good sources of calcium and include adequate amounts of such foods in your daily diet. I have a pamphlet, "The Calcium Shortage," which contains this information and considerable more about other common ailments.

Harvest Moon Is Shining Again

By J. Hugh Pruett
Astronomer, General Extension
Division, Univ. of Oregon

The harvest moon is shining again, and will attain its greatest splendor on October 1 when its jolly round face will peer over the eastern horizon at about sunset.

For several nights following

the full phase, the real significance of harvest moon will be evident, for moonrise will then occur only about one-half hour later each succeeding day, thus keeping the early evenings well lighted for many nights in succession.

The term "harvest moon" is said to have originated in northern England where the gathering of crops was in full operation in early autumn. The hardy peasants toiled as long as light permitted. The harvest moon season was especially welcome.

There is an astronomical reason—easily shown by diagrams—for the small differences at this season in the times of moonrise from night to night. But the peasants looked for no scientific explanations. They considered this a special intervention of providence to assist them in gathering their crops.

Harvest moon this year occurs somewhat later than usual. According to the established rule, the season of harvest moon is centered around the full moon nearest the autumnal equinox. This equinox comes for our part of the world late in the evening of September 22.

If all favorable factors obtain, the period of harvest moon this year can become the most glorious ever. The time of Indian summer is with us, that time when dreamy haze dims the distant hills and genial warmth imparts a delightful laziness to all nature. Moonlight adds greatly to the charm. Then the very day of the full moon, old Luna is at its nearest approach to the earth, only 222,000 miles from us. At this season on other years it is sometimes at its greatest distance. This condition means that this year the moon will appear somewhat wider and 30 per cent brighter than on less favorable years.

We shall hope for clear skies and genial Indian summer warmth for then surely "there is magic in the autumn when the harvest moon hangs high."

V-DAY PAY AUTHORIZED
THOUGH HOLIDAY TAKEN

Seattle — The National War Labor Board, in a statement of policy, announced today by Dr. George Bernard Noble, said that it would not consider it a violation of wage stabilization regulations for employers who close their shops on V-E day (victory in Europe) to pay their employees at straight time rates or earnings for hours not worked without obtaining War Labor Board approval.

The action was taken in response to numerous inquiries from employers asking for approval to pay their employees for V-E day even though they do not work.

or weaknesses that seem to be due, at least in many instances, to prolonged calcium deficiency. For this 8-page pamphlet inclose ten cents with your stamped self-addressed envelope.

In any case whether the meaningless name of "rheumatism" is applied or not, it is important to understand clearly that calcium and vitamin D is not medicine, but food. Food the body demands, but because of our artificial mode of life, does not get in sufficient proportions to maintain good nutrition. So you must eat your daily ration of calcium and vitamin D today, next week, the year around. You cannot expect to take one or forty "doses" of it and cure anything.

QUESTIONS AND ANSWERS

Catsup and Vinegar Left Out.

Since moving to Florida I have been troubled with a bronchitis and forehead—have noticed many women here have the same thing. Since much salt is lost with perspiration I wondered if that can be the cause, and have been taking tablets containing 7 grains sodium chloride, 3 grains dextrose, 1 mg. thiamine, 10 mg. ascorbic acid. Please give your opinion.

Answer—It is a good practice for anyone anywhere to take extra salt whenever he or she sweats profusely, to replace the salt lost in sweat. A good pinch of salt with every glass of water prevents heat exhaustion, heat or sun stroke, is more refreshing than water alone. Those other ingredients just make the salt more palatable. The salt jerker who concocted that formula left out vinegar, catnip and chopped walnuts.

Nice Kind Father

Have you a pamphlet on thumb sucking? Probably the child's father makes the child nervous by constantly picking on him at his meals.

Answer—If a child eats at the table with rest of family the child should be required to remain at table until the rest of the family have finished eating. If the child prefers to shamble down stairs, let him go, all right. In time the child will learn that he may as well take his time. It is always had for discretion, but for everybody's morale or "nerves" if you prefer that term, and bad for the child's character development to fuss, criticize, scold, try to compel the child to eat anything he does not want. For pamphlet on Thumb Sucking send stamped envelope bearing your address. Do not send a clipping.

Pimples

Please tell me if chocolate causes pimples. I have what the doctor calls acne, and he said chocolate may cause it.

Answer—Some physicians seem to think so. We'll have a talk about it here presently. Send stamped envelope for pamphlet on Blackheads and Pimples.

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DEWEY SAYS F. R. NOW OUT IN OPEN IN POLITICAL TALK

Candidate Feels Free to Discuss New Deal Leader's Record in Talk Tonight

Aboard Dewey Campaign Train, September 25 — (U.P.) — Gov. Thomas E. Dewey promised today he will tear into the record of President Roosevelt's 12 years in the white house with "unvarnished candor" tonight in a radio address from Oklahoma City at 7 P.M.

The Republican presidential nominee, after reading President Roosevelt's opening fourth-term campaign speech, said he was ready for a rough and tumble political fight with virtually no holds barred. He indicated he had been holding back heretofore, until his opponent got actively into the campaign.

Lacks Program

Even before his special train reached Oklahoma City for the last of seven major speeches on a coast-to-coast campaign trip, Dewey issued a statement to accompanying newsmen charging that Mr. Roosevelt has no program for the future but "has sunk to mere quoting from 'Mein Kampf' and to charges of 'fraud and falsehood'."

"The man who wants to be president for 16 years has now dropped the mask of a non-political campaign, and is campaigning on the remote past," Dewey said, "I shall feel free to examine his record with unvarnished candor in the future, beginning with a national broadcast from Oklahoma City Monday night at 9 o'clock central war time."

Dewey said that the first six speeches of his present campaign tour were intended "to show the course I believe our country should take in the critical years ahead of us."

"My opponent," he countered, "in his speech last (Saturday) night, indicated that he has no program and has sunk to mere quoting from Mein Kampf and to charges of 'fraud and falsehood'."

Won't Hurt War Effort

Dewey renewed his pledge that his campaign against President Roosevelt's personal record, however intense it may become, will not interfere with the war effort.

"Nothing will deter me, however," he said, "from continuing to preserve our national unity for the peace and for the building of the forward-looking program necessary if we are to have a successful America here at home."

While the candidate's statement was being issued to newsmen by his press secretary, Dewey had his special train stopped at Belf, N. A., to confer via long distance telephone with Republican National Chairman Herbert Brownell, Jr., at New York. They discussed, among other things, the possibility of getting additional radio time for tonight's speech.

Conferences Planned

Dewey planned to make the most of his two days in Oklahoma, a close battle ground for both Democrats and Republicans.

He scheduled conferences during the day in Oklahoma City with leaders of agriculture, labor, veterans and business and professional groups, heads of Indian tribes as well as all the state GOP leaders and congressional candidates.

Tomorrow he journeys to Sapulpa, Okla., where his wife spent her childhood, and where she will be guest of honor at a reception in the high school from which she was graduated 20 years ago as class valedictorian.

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Klamath Falls, Ore.

FOG PEN FILLED.

STARTS FILLING PEN AT MOTHER'S DESK, HAVING A LITTLE TROUBLE GETTING TOP OFF INK BOTTLE

GETS IT OFF AT LAST, CONGRATULATING HIMSELF THAT WHAT HE CALLED DIDN'T GO ON

OPENS PEN FOR FILLING AND IS SURPRISED TO FIND IT STILL HAS A LITTLE INK IN IT

MON UP INK, PUTTING BOTTLE, BUT CATCHING IT BEFORE IT FALLS

LITTLE MAN AT HIS DESK

FRIDGES FEELING NERVOUS COULD ACQUITE, HAS NO NOT FEARING, HANDS UPSTRIKES, WIPES HANDS ON TROUSERS

THE NEBBS

YOU OF THE ROUGH WITH NEBUCK? WHY ISN'T THAT SMART?

HOW DO YOU LIKE MY CAMPAIGN SLOGAN?

ALL THE SILLY IDEAS IS THAT SUPPOSED TO GET VOTES?

WHY, YOU JUST SAID YOU LIKED IT

THAT WAS TO PLEASE HORATIO. IT DOESN'T MAKE A BIT OF SENSE TO ME

THAT'S BECAUSE YOU DON'T UNDERSTAND GOLF

IM NOT THE ONLY ONE. LOTS OF PEOPLE NEVER PLAYED GOLF BUT THEY ALL VOTE!

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) 1510, Spokane.
KXV (NBC-Blue) 810, San Francisco.
KJW (NBC-Red) 620, Portland.
KJR (NBC-Blue) 1000, Seattle.
KXN (CBS) 1070, Los Angeles.
KOA (NBC-Blue) 850, Denver.
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 P. 5:15 p. m.—Superman, MBS; Dick Tracy, BN.

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

5:45 p. m.—News, CBS; Captain Midnight, 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.

6:45 p. m.—GOP Comm. Program, NBC; Screen Guild Players, CBS; Henry Gladstone, MBS; Raymond Gram Hild, CBS; News, MBS.

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; Horace Heidt, BN.

8:00 p. m.—Mercury, CBS; Shop, NBC; I Love a Mystery, CBS; Paul Neilson, News, BN.

8:15 p. m.—Maypole, NBC; Dateline, CBS; Lum and Abner, BN.

8:30 p. m.—Cavalade of America, NBC; Sinister, CBS; Sublime, MBS; Country, BN.

8:50 p. m.—Telephone Hour, NBC; Bill Date, BN; News, CBS; Adventures of Bill Lance, CBS.

9:30 p. m.—Fulton Lewis, Jr., MBS; Vol. Pop, CBS; News, MBS; House, NBC; Green Hornet, BN.

10:00 p. m.—News, NBC; Music by Bovera, BN; Mystery Theater, NBC; Gabriel Heatter, MBS; Burns and Allen, CBS.

10:45 p. m.—Boy, Girl and Band, BN.

11:00 p. m.—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, CBS; News, 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 Hild, BN; News, MBS.

7:15 p. m.—Lowell Thomas, MBS; George Hicks, BN.

7:30 p. m.—Hildegard, NBC; Red Ryder, MBS.

8:00 p. m.—Mercury, CBS; Shop, NBC; I Love a Mystery, CBS; Paul Neilson, News, BN.

8:15 p. m.—Maypole, NBC; Lum and Abner, BN; Passing Parade, CBS.

8:30 p. m.—Johnny Presents, NBC; Big Town, CBS; News, MBS.

8:45 p. m.—Everything for Boys, NBC; News, MBS.

9:00 p. m.—Let Yourself Go, BN.

9:15 p. m.—Tex Miller, MBS.

9:30 p. m.—Fulton Lewis, Jr., MBS.

10:00 p. m.—News, NBC; Count of Monte Cristo, MBS; Bai Tabarin Cafe, BN.

10:15 p. m.—Ted Straeter, BN.

10:30 p. m.—Edwin C. Hill, CBS; Ambassador Hotel, BN; Strings for Meditation, NBC.

11:00 p. m.—CBS, Biltmore Hotel, NBC.

THE GRANGE

Talent Grange

Talent Grange met September 21. Lecture hour was given over to Dale Dobbins, torpedoman 2nd class, home on leave. He told of his many interesting experiences in the navy. The sub to which Dale was assigned, at one time cruised off the Japanese mainland which he said could be plainly seen.

It was during this mission that he had his most narrow escape. Japanese fishing craft were plentiful in the neighborhood and he had gone up on deck for some target practice with the machine gun. He was carrying a heavy belt of ammunition when struck by a huge wave which knocked him down and almost off the deck. He managed to grab something and hold on but almost had to let go before being rescued. On this same trip the whole crew got a scare when depth bombs began exploding near the sub.

While at Midway, Dale had

AS I LIVE AND BREATHE, SUTLEY, YOU'RE JEALOUS!

DON'T BE ABSURD, SAWYER. AS FOR YOU, MISS MASON, RETURN TO YOUR QUARTERS!

NOW, LOOK, ANGEL—YOU'RE BEING UNFAIR. I EXPLAINED THAT SHE'S JUST A GIRL I KNEW IN COLLEGE.

YOU THREW YOURSELF INTO HER ARMS AFTER KISSING ME GOODNIGHT! I WON'T STAND FOR IT!

AND I WON'T STAND FOR YOU TELLING ME WHO I CAN ASSOCIATE WITH.

LISTEN TO ME, SAWYER! YOU NEED GAS. I'M THE ONLY ONE ON HALMAHERA WHO CAN GET IT FOR YOU. THINK THAT OVER!

OF ALL THE PEOPLE ON MY ROUTE, YOU HAVE THE MOST UNINTERESTING MAIL!

OKAY, OKAY—LET'S HAVE IT!

WAIT A MINUTE! I'M NOT THRU READING IT!

TH' TRAIL WE'VE TRAILED ENDS—IT'S TRAPPED! IT'S THE REST IS UP TO YOU! GOOD-BYE!

"MONSTER" HYAR AH COME!!!

THAT WAS TO PLEASE HORATIO. IT DOESN'T MAKE A BIT OF SENSE TO ME

THAT'S BECAUSE YOU DON'T UNDERSTAND GOLF

IM NOT THE ONLY ONE. LOTS OF PEOPLE NEVER PLAYED GOLF BUT THEY ALL VOTE!

HOW DO YOU LIKE MY CAMPAIGN SLOGAN?

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the privilege of seeing the goony birds come in during their nesting time. These strange large birds are unaccustomed to land at first and have to get used to it. After the birds arrive, then begins what is known as the dance of the goony birds. They pair off and start their strange dance and at the same time keep snapping their bills, the noise from which can be heard for several hundred feet.

Another strange bird on Mid-

way is one that flies about at night and burrows in the ground during the day. After considerable work and expense they succeeded in getting lawns started in some places and these birds have a mania for burrowing in them and causing considerable damage.

In answering many questions Dale remarked that one of the worst enemies a man has is his own carelessness. The food was good and so was the pay. The one thing the men disliked the

most was to hear of the strikes back home. When asked about plans for civilian life he said he hoped to either become a deep-sea diver or go to Alaska and take up a homestead.

At the October 5 meeting the ladies are to bring a sack with lunch for two.

EYE SANTA CLAUS
Sacramento, Sept. 25 — (U.P.) — Federal funds may become available to the state, counties and cities to pay part of the cost of

planning post-war public works projects, but the state government will look carefully at the teeth of this gift horse, Director of Finance James S. Dean indicated today.

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STRANGE AS IT SEEMS by JOHN HIX



BARNEY GOOGLE AND SNUFFY SMITH