

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.

DOES CHOCOLATE CAUSE PIMPLES?

I have a lot of blackheads and pimples. I am 15 years old. I use only the finest cold cream and a little lipstick. Our doctor says I will not get my skin clear if I stop eating chocolate. He calls it a skin something or other. (Miss W. J.)

First, Wanta—he's what's that name shouldn't be spelled Juanita?—first, I remember how much I suffered from a lot of blackheads and pimples—acne vulgaris—when I was your age, and so I have deep sympathy for any youngster so afflicted, and especially a girl.

sebaceous glands in the skin for a year or two.

Now about chocolate. Many physicians, perhaps some authors of textbooks on Dermatology (diseases of skin) mention chocolate among the innumerable causes or contributing factors of acne. Remember, now I'm a specialist and what I don't know about the human hide and its diseases or blemishes fills many tomes and several epitomes, but Wanta asks my opinion and chocolate is it. I do not believe chocolate in itself is responsible for any such skin trouble, but in a later talk I'll try to explain that what generally goes with chocolate flavor is, in my judgment, a sure enough cause of blackheads and pimples.

QUESTIONS & ANSWERS

Trench Mouth
I live in hotels and eat in restaurants wherever I find them—which, I suppose, makes trench mouth a dire possibility, if not other infections, especially in war-time. Can you suggest any mouthwash which would be of any value in preventing trench mouth, sore throats, colds?

Answer—Frequent use of solution of boric acid, especially after eating, as mouthwash, may be of value in that way. Prepare your own solution by dissolving one-half to one-half teaspoonful boric acid powder in half glassful of water—enough to last a day.

Split Hair
Daughter, 34, had beautiful hair, but in the last two years it has seemed to lose its natural life, the ends split and no amount of attention will keep it looking nice. Her hair doesn't seem so good, either, although apart from hearing three children in seven years, there seems to be no special trouble.

Answer—Poor condition of hair, nails and skin is often due to nutritional deficiency, particularly B-complex and D deficiency. Second, stomach trouble, which is often a result of the use of laxatives, which, while they may correct such deficiency, if you would like also the amphetamines and the use of the amphetamines. Dandruff, include ten cents and ask for it—do not send a clipping.

Recurrence of Hemia
Have had two hernia operations, but my hernia came back a few weeks afterward. I am told there is now a non-surgical method of curing hernia, and would like to know what it is, what it costs and how successful it may be. (H. J. K.)

Answer—Hernia (rupture, breach) recurs after radical operation in from 10 to 25 per cent of cases. Recurrence rate after ambulant (injection) treatment is certainly not greater, perhaps lower. For pamphlet on Hernia send stamped self-addressed envelope—no clipping, please.

Letter From England
(Copyright, 1944, John F. Dille Co.)

Letter From England Says Women In Industry Will Wish To Remain

A letter which describes conditions in England and predicting, among other things, that English women now in industry will not wish to return to private life after the close of the war, has been received in Medford by Mrs. Ina Myers, 204 West Jackson boulevard, from a friend in Southampton.

"I think that soon all Americans will leave England for France," the Englishwoman wrote. "All the heavy traffic seems to have gone now and our roads seem quite normal. Just prior to invasion we were inundated with soldiers, both American and English, and heavy tanks, guns, lorries of all description, were drawn up on the verge of roads. Our little country village was alive and noisy, but the roads are free again now."

"We have had trying times, since war started. Lots of life has been lost, our towns are scarred, we have spent hectic nights. It is surprising how soon one gets used to seeing streets in ruins. But, of course, the mess has been cleaned up and here and there small temporary places have been built and business carried on. Nature has covered empty spaces with weeds and wild flowers."

"We have a lot to thank our Heavenly Father for. We have not wanted for anything. We have not the variety we previously had of course, but on the whole, people look well. Dinners are provided at Council Elementary schools which helps the rationing out it is a good thing. It was started in the first place to help mothers who had to go out to work. That I'm afraid, will be one of the troubles after the war, so many women who are in good jobs will not want to give place to men again. We are certainly living in troublous times, and will become more so, but it heralds our Lord's return, doesn't it?"

The writer also remarked "we get quite attached to most of our Seventh-Day Adventist boys" and said that there had been quite a few marriages of American servicemen to Seventh-Day Adventist girls.

BIDDLE DEFENDS CIO COMMITTEE

Washington, Sept. 26—(U.P.)—Attorney-General Francis Biddle today defended the national citizens political action committee and the CIO political action committee against charges by Sen. Edward H. Moore, (R., Okla.), that they were violating the federal corrupt practices act and the Hatch (clean politics) act.

Biddle made public a letter he wrote to Moore September 23, in reply to a letter from Moore.

"There can be no illegality under section 313 of the federal corrupt practices act as amended by the Smith-Connally act," Biddle wrote, "unless a contribution is made by a labor organization . . . it seems clear that the persons who are now making individual contributions to the . . . committee are not labor organizations."

Henry Hudson, an Englishman sailing under the Dutch flag, sailed up the Hudson river in the Half Moon in 1609.

PHILIPPINE DRIVE TO START SERIES AIMED AT HONSHU

Flanking and Diversionary Operations to Clear Way; May Take Half Year.

By Sander S. Klein
United Press Staff Correspondent
Washington, Sept. 26—(U.P.)—Military observers today looked upon the forthcoming drive into the Philippines as the first of a series of grand-scale flanking and diversionary operations designed to clear the way for invasion of the Japanese homeland itself.

These operations, they believe, will take place during the next several months and require perhaps as much as a half year to complete. By then, it is hoped that the bulk of Anglo-American power can be shifted for the final blows against Japan, in accord with plans drawn at the recent Quebec conference. Much will depend, of course, on how soon Germany collapses.

White Armies First
The invasion of Japan's home islands is expected to be costly. But military analysts are convinced that it will be less costly if a large portion of Japan's huge army can be cut off from the homeland or diverted to the defense of its stolen territories. This can be accomplished, the experts believe, by these moves:

1. Invasion of the Philippines, an operation which seems imminent. Gen. Douglas MacArthur's forces are now within a few hundred miles of Mindanao, southernmost of the islands, and our naval air power has struck devastating blows at enemy key points in the Philippines.

2. Invasion of Malaya by forces under Lord Louis Mountbatten supreme allied command in southeast Asia. If Malaya is invaded, it would tend to flank or contain hundreds of thousands of Japanese troops in the Singapore area and the Dutch East Indies.

3. Seizure of strong points along the China coast. This would make it possible to control the waters between Japan and Formosa and China and prevent reinforcements and supplies from reaching the powerful Japanese army on the Asiatic mainland. Such a move would not necessarily require linking of arms with the Chinese as has been suggested.

4. Invasion of some of the Kyule islands. This would be designed primarily to isolate Japanese air bases in the island chain and provide easier accessibility to the northern enemy home islands for our fleet. It also could open a corridor through which American ships could reach Russian Siberian ports.

Assembly Problem
The most difficult problem which the allied high command must solve is planning for the invasion of Japan proper in the lack of land masses in the Pacific where the combined might of the United States and Britain can be assembled. Secretary of Navy James Forrestal, however, has given what might be a hint as to one means for overcoming the deficiency.

Forrestal told newsmen that the navy was pushing a program for the construction of at

least five assault ships every two days. These assault ships are big transports, capable of covering the thousands of miles between the U. S. west coast and Japan and fighting their way in when they get there. For transporting hundreds of thousands of men, these ships would be better adapted to amphibious operations against Japan than the conventional types of landing craft such as were used in the invasion of France. With these ships, the jump-off bases could be as far away as the U. S. Pacific coast.

On the Radio Chains

STATIONS:
Chain affiliation and where they are on the dial:
KALE (MBS) 1330, Portland, OR (NBC-Blue & MBS) 1510
KGA (NBC-Blue & MBS) 1510
Spokane: KGO (NBC-Blue) 810
San Francisco: KGO (NBC-Blue) 810
Portland: KJR (NBC-Blue) 1090
Seattle: KRX (CBS) 1070
Los Angeles: KGO (NBC-Red) 850
Denver: KOIN (CBS) 970, Portland, OR (NBC-Blue) 950
Seattle: KPN (NBC-Red) 680
San Francisco: KSL (CBS) 1160
Salt Lake City

Time shown is PST

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.—Capt. Midnight, BN; Night News Wire, MBS; News, CBS; Mystery Theater, NBC; Gabriel Heatter, MBS; Burns and Allen, CBS.
6:00 p. m.—Screen Test, MBS.
6:30 p. m.—Words at War, NBC; Spotlight Bands, BN; American Forum, MBS.
7:00 p. m.—Bob Hope, NBC; Raymond Gram Swing, BN.
7:15 p. m.—Lowell Thomas, MBS; George Hicks, BN.
7:30 p. m.—Hildegard, NBC; Red Ryder, MBS.
8:00 p. m.—Mercer's Music Shop, NBC; Love a Mystery, CBS; Watch World Go By, BN.
8:15 p. m.—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 Boys, NBC; News, MBS; Theater of Romance, CBS; Yourself and Co., BN.
9:15 p. m.—Flex Miller, MBS.
9:30 p. m.—Million Dollar Club, CBS.
10:00 p. m.—News, NBC; Count of Monte Cristo, MBS; Bai Tabarin Cafe Orch., BN.
10:15 p. m.—Ted Strater Orch., NBC.
10:30 p. m.—Edwin C. Hill, CBS; Ambassador Hotel Orch., BN; Sweetheart Swing Time, NBC.
11:00 p. m.—Talks, CBS; Biltmore Hotel Orch., NBC.

Week-end

5:00 p. m.—Fletcher Wiley, 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.—Date with Judy, NBC; Night News Wire, MBS; Hop Harrigan, BN; News, MBS.
6:00 p. m.—Eddie Cantor, NBC; Gabriel Heatter, MBS; Hop Harrigan, BN; Frank Sinatra, CBS.
6:15 p. m.—News, BN; Screen Test, MBS.
6:30 p. m.—Mr. District Attorney, NBC; Jack Carson, CBS; First Notter, MBS; Spotlight Bands, BN.
6:45 p. m.—Kay Kyser's College, NBC; Raymond Gram Swing, BN; Great Moments in Music, CBS.
7:00 p. m.—Lowell Thomas, MBS; Ted Malone, BN; The Colonel, CBS.
7:30 p. m.—Lone Ranger, MBS; Scrammy Amby, BN.
8:00 p. m.—Mercer's Music Shop, NBC; Paul Neilson, news, BN; Love a Mystery, CBS; Mainliner, 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; Billie Holiday, MBS.
9:00 p. m.—Mr. and Mrs. North, NBC; Allan Jones with Woody Herman's Orch., CBS; News, MBS; Dunninger, BN.
9:30 p. m.—Fulton Lewis Jr., MBS.
10:00 p. m.—News, NBC; Bai Tabarin Cafe Orch., BN.
10:30 p. m.—Sonny Dunham Orch., CBS; Thomas Peluso Orch., NBC.
10:45 p. m.—Ambassador Hotel Orch., BN.
11:00 p. m.—Biltmore Hotel Orch., NBC; News, CBS.

NAVY HOUSING

Washington, Sept. 26—(U.P.)—The National Housing Agency announced today that 5000 temporary dwellings will be constructed on the west coast to meet the needs of navy personnel in congested war areas near Pacific coast naval stations.

Closing time for Classified ads 9 a. m.—Too Late to Classify, 12:30 a. m.

Europe War End Won't Cut Need For Chest Help

Salem, Ore.—Early ending of hostilities in Europe cannot result in any immediate reduction in the services of National War Fund agencies, according to a statement by Winthrop W. Aldrich, president of the fund, received here today by Charles A. Sprague, president of the Oregon War Chest.

NOTICE
To our friends and customers
Due to illness
Take It Easy Lodge
Will be closed temporarily

Victory in the European theater may, on the contrary, "increase rather than diminish the need for our help," Mr. Aldrich advised Mr. Sprague.

Mr. Aldrich's statement anticipates increased demands on War Fund agencies arising from the morale needs of our forces when they become occupation forces, from the complicated problems in the repatriation of war prisoners, from the need for prompt aid to civilian populations in the newly liberated

countries to supplement the relief programs of UNRRA and other government agencies, and, principally, from the intensification of war in the Pacific. For this final phase of the war, the statement points out, "the USO, United Seamen's Service and War Prisoners Aid must be ready for bigger tasks. We must remember, too, that the day is drawing near when the liberation of the Philippines, and an open door in China, will bring us face to face with traditional responsibilities which all Americans will gladly welcome."

ZERO CLUB
Out of bounds, civilians only
Delicious chicken and steak dinners 7:00 p. m., 3 a. m., except Sunday Phone day time 5300; night 9101.

De Champlain discovered Lake Champlain in 1609.

LOW WEEKLY RATES AT CRATER HOTEL
Across From Craterian Theatre—Phone 4174
SINGLE \$4.50 to \$6
DOUBLE \$7.50 to \$12
New Simmons Inner Spring Mattresses—Free Showers Clean Rooms!

STRANGE AS IT SEEMS by JOHN HIX



BARNEY GOOGLE and SNUFFY SMITH



BUZ SAWYER



BLONDIE



L.T.L. ABNER



THE NEBBES



Public Warning! BEWARE OF PIN-WORMS

War-time living conditions may be the cause of spreading Pin-Worm infection. Scientific reports in many communities have shown at least one-third of the examined children and grown-ups to be victims of Pin-Worms—often without knowing what was wrong!

Watch out for the warning signs that may mean Pin-Worms in your child or yourself: the formicating, embarrassing, rectal itch, the uneasy stomach, bed-wetting, nervous fidgeting, fussy appetite.

New Discovery Hailed By Doctors
After centuries of distress caused by Pin-Worms, a new and highly effective way to deal with this stubborn pest has recently been discovered. This scientific discovery, hailed by medical authorities, is a remarkable drug (terrestrial violet). It is the vital element in P.W. the new Pin-Worm treatment developed by the laboratories of Dr. P. Jarvis & Son, America's leading specialists in worm medicines. P.W. tablets are small and easy to take, and they act in a special way to destroy the creature. So don't take chances with Pin-Worms. At the first warning sign, ask your druggist for P.W. and follow the directions. P.W. means Pin-Worms relief!

YICK SO CHINESE HERB CO.
REMEDIES FOR STOMACH ULCERS
Heart Rheumatism Asthma Catarrh Piles, Prostate Gland Eczema and all disorders of Liver, Kidney Trouble and other complaints disappear after using
CHINESE HERBS
Removed to Sparta Bldg.
J. H. Leong, Herbalist Phone 5817

KMED 9:00 PM
Dick Haymes-Betty Hutton
The Hit Radio Show
"Everything For The Boys" featuring men and women at the fighting fronts
Sponsored by
AUTO-LITE
SPARK PLUGS • BATTERIES • IGNITION SYSTEMS

SUBURBAN HEIGHTS
By GUYAS WILLIAMS
WHEN ERNIE PLUMER GOT HOME AND FOUND ONE OF HIS WIVES COMMITTEES IN SESSION DOWNSTAIRS, JUNIOR AND MOST OF HIS NEIGHBORHOOD YOUNGSTERS WRESTLING IN THE CELLAR AND THE WEEKLY CLEANING WOMAN PUSHING A VACUUM CLEANER AROUND UPSTAIRS, HE STILL REFUSED TO GIVE UP FURNISHING HIS EXCITING MYSTERY STORY IN PEACE AND UNDISTURBED