

Your Health and Its Care

BY DR. WILLIAM BRADY, M. D.
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WHEN BETTER CALCIUM IS AVAILABLE WHY NOT USE IT?

Because I have noticed that you are never averse to making a retraction or acknowledging an error if you make a wrong statement, I should like to ask about your earlier recommendation of calcium lactate (writes Mrs. S. R. F.) More recently you suggest calcium phosphate sometimes, other times you suggest calcium gluconate. My sisters take calcium lactate for leg cramps, for dizziness, and Lord knows what and so we wonder why you have switched to the other salts of calcium.

I switched from calcium chloride and calcium lactate some six or eight years ago because I found that most people more readily take calcium gluconate or di-calcium phosphate. Then, too, I was biased in favor of the latter because it supplies phosphorus as well as calcium, and in nearly all instances if there is calcium shortage or deficiency there is phosphorus shortage or deficiency too, for these two elements occur naturally in chemical combination in the best food sources of calcium and phosphorus, such as milk, cheese, wheat, beans, peas, peanuts, cabbage, lettuce.

Calcium lactate is still a good form of calcium for the treatment of tendency to bleed excessively, tetany, hay fever, asthma, and the like, but calcium gluconate has proved less irritating and equally effective, and di-calcium phosphate, supplying phosphorus as well as calcium, promotes better utilization of calcium—in recent years it has been recognized that phos-

phorus is required for normal calcium metabolism or assimilation and utilization in the body and vice versa, and further that vitamin D is essential for either or both.

And so I switched from calcium chloride and calcium lactate, which I think are still the calcium preparations of choice for intramuscular or, better, intravenous injection in emergencies such as lead or gallstone or renal colic or the painful cramps of black widow spider bite, to calcium gluconate and di-calcium phosphate — always combined with an adequate amount of vitamin D.

QUESTIONS & ANSWERS
How to Gain Weight
I am eager to gain weight. I am 55 inches tall and weigh 113 pounds. Please send me information about the egg yolk powder and diet you mentioned in your column (Mrs. G. L. F.).
Answer—Pretty hard to find now—perhaps because powdered egg goes mostly to military forces. Send stamped envelope bearing your address, and ask for pamphlet "How to Gain Weight." Readers please notice a clipping is not a request.

Sex Instructions for Young Men
Can you suggest anything at all a widowed mother can give her 17-year-old son for instruction concerning sex? (Mrs. M. C. F.)
Answer—An excellent pamphlet, "Building Sex into Your Life," by Dr. Paul Popenoe, has just been issued by the American Institute of Family Relations, 607 S. Hall St., Los Angeles 14, Calif. Send 25 cents to that address for the pamphlet.

Newspaper Doctor versus Real Doctor
The doctor said it was his heart... fell down... feet and legs swollen. he said don't give me any more of that medicine. I got the vitamin B complex you said you'd rather take than digitalis and began giving him about eight times as much as he needed... today he said he never felt so good in his life. he can run many blocks... when I told the doctor he was wrong. Oh, so you're one of those. We thank God for Doctor Brady. (Mrs. S. H.)
Answer—I still say I'd rather take, certainly I'd rather prescribe or administer vitamin B complex, for functional impairment of heart muscle (irrespective of the nature of the disease or illness than digitalis. In this instance I believe the real doctor betrayed his ineptitude. Incidentally, who knows whether the credit belongs to the real doctor, the newspaper doctor or our mutual friend A. J. Connelley. (Copyright 1944, John F. Dille Co.)

Red Cross Club in Ceylon Draws GI's With Friendliness and Food

By Walter Logan
United Press Staff Correspondent
Colombo, Ceylon—(UPI)—The Cross Roads Club of the American Red Cross, a closely-guarded military secret until SEAC headquarters moved to Colombo, is probably the only club in the world whose doorman was stabbed because Mrs. Roosevelt isn't a Buddhist.

That episode occurred shortly after someone hung a picture of the First Lady across the street from a shrine. An irate and irresponsible Buddhist, erroneously regarding the club's harmless old doorman as a connecting link, cut him severely with a knife.

The club, started last spring with considerable difficulty by Miss Flo Griffin of Cincinnati (no one in Ceylon apparently had heard of a Red Cross club before), not only has proved an object of awe and admiration to the natives, but has given considerable impetus to the tombstone industry.

Counters From Tombstones
Miss Griffin, who acquired and furnished the place by mesmerizing local officials until she got what she wanted, required a sanitary surface for the snackbar counter, but was told only wood was available. A tour of inspection of Ceylonese industries brought her face to face with a tombstone maker, who agreed to slice the stone a lot thinner. Now the manufacturer sells more slabs than tombstones.

The club at the moment is run by Mrs. Lottie Mae Drexler of Port Gibson, Miss., a buxom dog-fancier and a second mother to lonesome GI's and Navy Armed Guard crews who regard her as an angel of mercy who not only

keeps them sober and out of mischief, but gives practical advice to the lovelorn.

It's a notable fact that in everyday life all of the GI's and sailors call her "Lottie Mae," but when they write her letters of thanks or letters asking what to do about fickle females, they address her as "Dear Mom." She in turn regards them all as her children and knows more by name than the average company commander.

Big Attraction: Food
The Red Cross club is easy to find, as it is one of the few places in Colombo where there are music and lights after dark. Once a sailor or soldier wanders in, he usually is entranced by the homelike atmosphere and rarely wanders out again into trouble.

Lottie Mae has a practical viewpoint toward those who drink too much of the local arak (a dynamite-like brew of distilled coconut juice) and says simply, "I like to get them here before they go drinking; if I don't, I'd rather have them drunk in here than somewhere else." Such doses are infrequent, but when they occur the victim is given cold showers by his comrades and hot coffee by Lottie Mae and usually is profoundly grateful.

Probably the greatest attraction of the club is the home-cooked food, prepared by Ceylonese cooks under the watchful eye of Miss Zeda Davis of Charlottesville, Va. To her has fallen the job of teaching the cooks (1) how to cook American style, (2) to keep the premises spotlessly clean, and (3) to swat the occasional flies which wander in. She has been remarkably successful

Testify for State



Movie Actor Victor McLaglen and Capt. Lawrence Hughes Jr. son of the opera baritone, were called as witnesses by the state today to establish an alibi for Frank Andrews, husband of Frances Andrews on trial at Baltimore, Md., for the murder of 19-year-old Jay Lovett. Both defendants and several witnesses spent the night of Jay Lovett's death at the Baltimore hotel. Andrews and Hughes were arrested Sunday.

and the club is the only place in Ceylon where you can get good coffee and hamburger with onions.

The guest book shows why the place is called the Cross Roads club. There are addresses from every state and every country.

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; KGO (NBC-Blue) 810, San Francisco; KJW (NBC-Red) 620, Portland; KJH (NBC-Blue) 1900, Seattle; KXN (CBS) 1070, Los Angeles; KQA (NBC-Red) 850, Denver; KOIN (CBS) 970, Portland; KOMO (NBC-Red) 850, Seattle; KPO (NBC-Red) 680, San Francisco; KSL (CBS) 1160, Salt Lake City.

Time Shown in PWT

Monday
5:00 p. m.—OK for Release, NBC; Fletcher Wiley, CBS; Terry and Nates, BN.
5:15 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.
5:45 p. m.—News, CBS; Captain Midnight, BN; Night News Wire, MBS.
6:00 p. m.—Songs in a Room, NBC; Radio Theater, CBS; Gabriel Heatter, MBS.
6:15 p. m.—Screen Test, MBS.
6:30 p. m.—Spotlight Bands, BN; Information Please, NBC.
7:00 p. m.—Continued Program, NBC; Screen Guild Players, CBS; Henry Gladstone, MBS; Raymond Gram Swing, BN; News, MBS.
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.—Mercury's Music Show, NBC; I Love a Mystery, CBS; Paul Nielson, News, BN.
8:15 p. m.—Roy Maypole, NBC; Hilda Hopper, CBS; Lum and Abner, BN.
8:30 p. m.—Cavalcade of America, NBC; Gay Nineties, CBS; Point Subline, MBS; Counterspy, BN.
9:00 p. m.—Telephone Hour, NBC; Blind Date, BN; News, MBS; The Whistler, CBS.
9:30 p. m.—Fulton Lewis, Jr., MBS; Vox Pop, CBS; Hawthorne House, BN.
9:50 p. m.—New NBC Music by Bovera, BN; Sherlock Holmes, MBS.
10:30 p. m.—Sonny Donham Orch., CBS; Sweetheart, Swingtime, NBC.
10:45 p. m.—Boy, Girl and Band, BN.
11:00 p. m.—Berni Cummins Orch., 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.—Capt. Midnight, BN; Night News Wire, MBS; News CBS.
6:00 p. m.—Mystery Theater, CBS; Gabriel Heatter, MBS; Burns and Allen, CBS.
6:15 p. m.—Screen Test, MBS.
6:30 p. m.—Fibber McGee and Molly, NBC; Spotlight Bands, BN; American Forum, NBC.
7:00 p. m.—Bob Hope, NBC; Raymond Gram Swing, BN.
7:15 p. m.—Lowell Thomas, MBS.
7:30 p. m.—Hildegarde, CBS; Red Ryder, MBS.
7:45 p. m.—Mercury's Music Show, NBC; I Love a Mystery, CBS; Watch World Go By, 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; Alan Young Show, BN; Freedom of Opportunity, MBS.
9:00 p. m.—Everybody Loves Eve, NBC; News, MBS; Theater of Romance, CBS; Let Yourself Go, BN.
9:15 p. m.—Rev. Shiller, 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 Straeter Orch., NBC.
10:30 p. m.—Edwin C. Hill, CBS; ABC's Blues, NBC; Sweetheart, Swingtime, NBC.
11:00 p. m.—Talks, CBS; Baltimore Hotel Orch., NBC.

Pfc. Ralph H. Shaw Helps Make Record At Airplane Base

An Air Service Command Depot (Somewhere in England)—Pfc. Ralph H. Shaw, son of Mr. and Mrs. W. R. Shaw, Ada, Oregon, and husband of Ruby Ruth Renfro, 440 So. Riverside Ave., Medford, Ore., has won high commendation for helping establish new world records readying fighters and bombers for combat at this air service command depot.

He and his fellow flight-test mechanics last month pre-flighted the largest number of airplanes recorded since air service command began operations in England.

"A knock-out blow against Germany" was the way his commanding general, Brigadier General Isaac W. Ott, described the contribution of Pfc. Shaw whose extra effort helps make it possible to maintain a constant air cover over allied armies rolling through Germany.

Before entering the air forces in July, 1943, he was employed as a mechanic by the Boeing company in Seattle.

ADMINISTRATION MESSY CONFUSION BRICKER ASSERTS

Congress Forced To Take Steps To Abolish Useless Agencies, Candidate Says

By Charles B. Degges
United Press Correspondent
Butte, Mont., Oct. 9.—(UPI)—The executive branch of the federal government is a patch-work of disorder and confusion which must be unscrambled in the post-war era, Gov. John W. Bricker, of Ohio, said today.

Despite all the war powers granted President Roosevelt, congress "has had to take into its own hands the abolition of useless agencies," the Republican vice presidential candidate said in a speech prepared for delivery here.

Still Patchwork
Congress liquidated the Civilian Conservation Corps, the National Youth Administration and the National Resources Planning Board, and pressured the president into "finally" abolishing the Works Projects administration, Bricker asserted.

"But all these attempts at reorganization have been insufficient," Bricker said. "The executive branch of the federal government still is a patchwork of disorder and confusion."

A wise reorganization of government, he continued, must contain a "relaxing of power in Washington and a delegation of that authority to the local agencies, scattered far and wide over the land."

"The Republican party," he promised, "is prepared to proceed with the business of governmental reorganization along the lines I have outlined, adding that the Republican governors' committee has made a report on the problem which "might well be our guide."

After tonight's address in Great Falls, Bricker leaves for Spokane, Wash., for a brisk campaign tour of the Pacific coast states.

Sunday Holiday
Bricker took a holiday from politics yesterday, although he made eight rear platform appearances while his train was traveling across Minnesota and North Dakota.

In the latter states, he ran head-on into a three-cornered race for U. S. senator between one Democratic and two Republican candidates.

The Ohioan steered a middle course and permitted himself to be introduced at Fargo by Lynn U. Stambaugh, Independent Republican candidate, and at Jamestown by Sen. Gerald P. Nye, the regular GOP nominee who defeated Stambaugh by a narrow majority of 972 votes in the primary last June.

Both Stambaugh and Nye emphasized they did not want to embroil Bricker in their state fight and Stambaugh said he was certain that the two-way Republican race would not split the party vote and permit Gov. John Moses to win. Nye, however, charged that the whole thing was a "new deal trick" to help the Democratic candidate win.

Oranges make up nearly two-thirds of Mexico's 100,000 acres of citrus fruits. California citrus acreage exceeds 330,000 acres and is about three-fourths oranges.

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Kofoed Tops 'All New York Life Co. Agents in Oregon

Ernest E. Kofoed, special representative of the New York Life Insurance company, led all agents of the company in Oregon the past year in qualifying for the company's Top Club. His record of \$420,000 was one of the best records made for many

years, according to an announcement from the company's Oregon headquarters office in Portland. The announcement continues:

"Mr. Kofoed has been a very public-spirited citizen, devoting his efforts to many worthwhile civic enterprises. His record with our company, therefore, is one of recognition of his ability and his willingness to serve."

"This is the second year in which the leadership has been

held by a Medford agent. In 1943 Ray E. Wright was leading agent of the branch and qualified for the Top Club with a higher record than anyone else. He also qualified again this year with a quarter of a million dollars of business.

"The New York Life Insurance company in 1944 is experiencing one of its greatest years in history. Oregon business in nine months was more than the volume paid for in the total year 1943. Nearly 60 per cent of our assets now are in government

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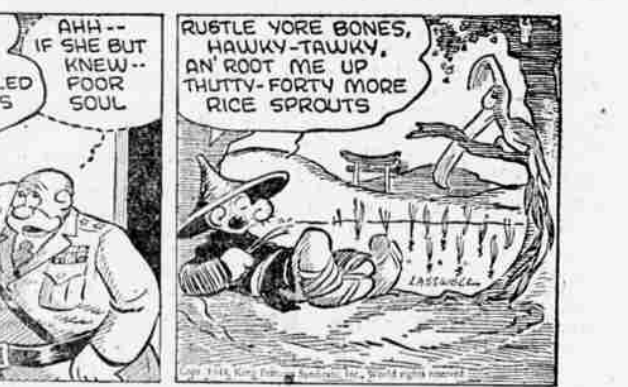
bonds. During the past year while the company was taking in a little over \$400,000,000 in premiums they were investing over \$400,000,000 in war bonds, bringing the total to over \$1,700,000,000 in government securities."

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Crossword Puzzle



ANSWER TO PREVIOUS PUZZLE



DO TELL??



VERY WELL! I'LL GET MY OWN GAS!



Oh, ho! TRY AND DO IT WITHOUT MY HELP! TRY AND DO IT!!



THAT'S WHAT I GOODBYE!

