

# 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.

## WOOD IS CARBOHYDRATE

I have recently bought a play pen for my baby (writes a reader, who thereby qualifies for a rebuke). It is unfinished wood and I want to put either a stain or varnish on it. Would orange shellac or a maple stain covered with varnish be poisonous? You see my baby bites on his crib and I want to be careful that he does not get poisoned. Perhaps you can suggest a non-poisonous finish. My husband and I read your column daily and we both think... (Mrs. A.M.S.)

Oh, so you have a husband too? Do you let him come into the house occasionally to look at your baby? But we'll go into this wretched situation more thoroughly in another article. For the present, Ma'am, please consider yourself rebuked.

My advice is to leave the crib as it is—unstained, unvarnished, unpainted. In fact I advise that all furniture, toys, cribs, woodwork or other surfaces the baby touches be left as they are. Wood, unvarnished, unstained, can touch, should be of plain unpainted.

It can do no particular harm if the baby sucks or gnaws on plain wood.

Babies have not infrequently suffered if not fatally from chronic lead poisoning from sucking and gnawing on painted crib, chair, toy. Not all paints contain lead, but many do.

Shellac is likely to contain arsenic. Indeed, it is at present extremely difficult to find shellac that is arsenic-free.

Keep things within the baby's reach free from point or other

finish—plain wood can never do any harm even if the baby eats it. Use fine sand-paper to smooth any rough surfaces, and wash surfaces frequently with plain soap and water for cleanliness.

**QUESTIONS AND ANSWERS**  
Post-operative pneumonia. Referring to your theory of colds being caused by infection, how do you account for other pneumonias? (H. G.)  
Answer—Atelectasis or collapse of a portion or portions of one of both lungs, due to too shallow breathing, failure to administer carbon dioxide to stimulate breathing, failure to urge the patient to take full deep breaths a few times every hour or two in the days and nights immediately after the operation, and too prolonged lying flat on back.

No, No, Nadine. You promised to send pamphlet on How to Lose Weight if a correspondent gives her weight and age. I am 45, 63½ inches tall and weigh 134 pounds.

(Nadine)  
Answer—There was another requirement, remember?—the correspondent was to include stamped, self-addressed envelope. But never mind, Nadine. Your weight is, if anything a little high. Don't try to lose weight. Rather cultivate vits—send a quarter and stamped self-addressed envelope for booklet "The 7 Keys to Vits."

**Basal Metabolism**  
Please explain the basal metabolism test. Have asked our physician several times but he has explained nothing. After going to a specialist I was charged to find that our own physician has the apparatus in his office.

(Mrs. S. M. F.)  
Answer—It is a Goldberger machine. I think better leave it to your own physician—if he is a good doctor you just can't teach him when he should give you the works. The brass specialist is different—his aim is to cater to the Wisneca public.

**Bourbon**  
If I have asked you four questions I'll be happy to send you a bottle of uncut bourbon. (D. A.)

Answer—I wouldn't nod my head for a barrel of it. If you have some good smoking tobacco on hand I might listen.

What?  
Two years ago had my eyes examined. The optometrist said there was some internal trouble and suggested I have my teeth cared for. I went to dentist and he advised me to have them all out. So I did. I am 28 years old and very nervous.

(Mrs. W. S.)  
Answer—I suppose it will only annoy the quacks in the medical and dental fields if I harp any more on that subject—but it seems tragic that you gave up a single tooth without due consultation of your physician and dentist as to the necessity for such radical treatment. (Copyright 1944, by John F. Dille Co.)

## 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.  
KJR (NBC-Blue) 1000, Seattle.  
KNN (CBS) 1070, Los Angeles.  
KOA (NBC-Red) 590, Denver.  
KOIN (CBS) 570, Portland.  
KOMO (NBC-Red) 950, Seattle.  
KPO (NBC-Red) 860, San Francisco.  
KSL (CBS) 1160, Salt Lake City.

**Wednesday**  
8:00 p. m.—Fletcher Wiley, CBS; Terry and Pirates, BN; OK for Release, NBC.  
8:15 p. m.—Superman, MBS; Dick Tracy, BN.  
8:30 p. m.—Jack Armstrong, BN; Harry Flannery news, CBS; Adventures of Tom Mix, MBS.  
8:45 p. m.—Elmer Peterson, NBC; Night News, MBS; Capt. McNight, BN; News, CBS.  
9:00 p. m.—Eddie Cantor, NBC; Galt Heatter, MBS; Carlson and News, BN; Frank Sinatra, CBS.  
9:15 p. m.—News, BN; Screen Test, CBS.

9:30 p. m.—Mr. District Attorney NBC; Jack Carson, CBS; First Nighter, NBC; News Wire, MBS; Carson and News, BN; Frank Sinatra, CBS.  
9:45 p. m.—Mr. District Attorney NBC; Jack Carson, CBS; First Nighter, NBC; News Wire, MBS; Carson and News, BN; Frank Sinatra, CBS.  
10:00 p. m.—Merger's Music Shop, NBC; News, BN; I Love a Mystery, CBS; Main Line, MBS.  
10:15 p. m.—Fleetwood Lawton, NBC; Lum and Abner, BN; Passing Parade, CBS.  
10:30 p. m.—Carton of Cheer, NBC; My Best Girl, BN; Dr. Christian, CBS; Bulldog Drummond, MBS.  
10:45 p. m.—Society in Elkhorn, NBC; Allan Jones with Woody Herman's Orch., CBS; News, MBS; Dunsmuir, BN.

10:50 p. m.—Fulton Lewis Jr., MBS; 10:50 p. m.—News, NBC.  
11:00 p. m.—Society in Elkhorn, NBC; Sweetheart Swingtime, NBC.  
11:15 p. m.—Ambassador Hotel Orch., BN.  
11:30 p. m.—Blitzmore Hotel Orch., NBC; News, CBS.

**Thursday**  
8:00 p. m.—Terry and Pirates, BN; Fletcher Wiley, CBS; OK for Release, NBC.  
8:15 p. m.—Dick Tracy, BN; Superman, MBS; Reax in Elkhorn, NBC.  
8:30 p. m.—Jack Armstrong, BN; Harry Flannery news, CBS.  
8:45 p. m.—Louie L. Lockner, NBC; Captain Midnight, BN; Night News Wire, MBS; News, CBS.  
9:00 p. m.—Music Hall, NBC; Major Bowes CBS; Gabriel Heatter, MBS; Carlson and News, BN.  
9:15 p. m.—Screen Test, MBS; Lou Holtz, BN.  
9:30 p. m.—Bob Burns, NBC; Spotlight Bands, BN; Corlies, NBC; Starlight Serenade, MBS.  
9:45 p. m.—Abbott and Costello, NBC; Raymond Gram Swing, BN; First Line, CBS.  
10:00 p. m.—Lowell Thomas, MBS; 10:30 p. m.—Senator Truman, BN; Red Ryder, MBS; March of Time, NBC.  
10:45 p. m.—Music Shop, NBC; I Love a Mystery, CBS; Roy Henle, news, BN; Sammy Kaye, MBS.  
11:00 p. m.—Night Owl, NBC; Lum and Abner, BN; Passing Parade, CBS.  
11:15 p. m.—Coffee Time, NBC; Death Valley Sheriff, CBS; Fed Warning Show, BN.  
11:30 p. m.—News, MBS; America's Town Meeting of the Air, BN.  
11:45 p. m.—Hex Miller, MBS.  
12:00 p. m.—Elery Queen Mysteries, NBC; Fulton Lewis, Jr., MBS; Henri Busse Orch., CBS.  
12:15 p. m.—News Reporter, NBC; Town Meeting, BN.  
12:30 p. m.—Sweetheart Swing Time, NBC; Henri Busse Orch., CBS.  
12:45 p. m.—Hotel Blitzmore Orch., NBC; News, CBS.

# BRITISH OFFICER GIVES ROTARIANS D-DAY HIGHLIGHTS

### Major Ashton of Commandos Says Eisenhower Did Incredible Job in Organizing

General Eisenhower performed an "incredible job" in organizing the allied forces for the invasion operations of British commandos, now touring this country for the British information service. Major Ashton, a member of Eisenhower's invasion staff, spoke at the Tuesday luncheon meeting of Medford Rotary club at Hotel Medford.

Intimate highlights on the pre-invasion operations of British and American forces were given by the young commando officer, whose war experiences before the famous D-Day included "combined" operations in England, Algiers, Tunis and Sicily. He was attached to Lord Louis Mountbatten's Asiatic forces before joining the staff of the first American division for the invasion.

**Beaches Scouted**  
Both aerial photography and submarine reconnaissance were used to "scout" the invasion beaches in preparation for D-Day. Major Ashton said. Ten American divisions, to which the major was attached, moved into the "operational area" and roasts chicken was served daily for breakfast as a before-battle morale booster. The actual landing was preceded by two hours of intensive bombing and naval bombardment, calculated not to destroy the almost impenetrable shore defenses of the Germans, too deeply underground to be smashed but to make the nazis "keep their heads down" while landings were effected. The fire was accurately directed by gunnery experts on the beaches with walkie-talkie sets and by observers in fighter planes, the major told Rotarians.

The intricate system of "hedge-hogs" embedded in the beaches, were destroyed by special "assault engineers," the speaker said. Land mines and enemy fire took a heavy toll of the first waves of British and Americans. The S.S. troops were fierce, fanatical fighters, while German coastal defense troops were not nearly of as high caliber. Major Ashton paid a high tribute to the allied aerial forces for their thorough clearance of German opposition from the skies during the invasion. The speaker did not see a single German plane for eight days of the fiercest invasion fighting.

The speaker told interesting personal experiences in which he beat one German "to the draw" and received the surrender of one group of nazis after they had shot their officers.

**Underground Aids**  
The "terribly powerful" French underground was lauded by Major Ashton. The attitude of the French was passive for the first three days. After they realized that this invasion was "the real thing" and not another

St. Nazaire incident they went into action. Their major contribution to the invasion was sabotage of German supplies. The widely publicized "artificial harbors," constructed of giant floating ramps, were briefly mentioned by the speaker. Some secrecy must be maintained on these unique harbors because they will be used extensively in the war against Japan.

The young British commando major spoke highly of American fighting men, with whom he has served on two fronts, and reminded Rotarians that the English people have had a better chance to know Americans than the people here have had to become thoroughly familiar with the English people.

Major Ashton, introduced by John Moffatt, expressed himself as delighted with the country here and when asked his opinion of the Rogue River Valley responded enthusiastically with the comment: "It's grand here—why, I'm going to live here some day." He left Tuesday night after a brief hunting trip and journey through the valley.

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

**Chalker's Motel & Lodge OFFICERS' CLUB**  
Dine-Dance-Refreshments  
Chicken and Steak Dinners  
Most Unique Place in So Ore.  
CLOSED MONDAYS  
Thursdays Private Parties Only—  
For Reservations Ph. Gold Hill 474

**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.

**STRANGE AS IT SEEMS** By ERNEST HIX



FIELD MARSHAL MOUNTBATTEN'S "DOLLOU BARON" WAS LINGERING, COULD NOT SPEAK FINISH UNTIL HE WAS 50 YEARS OLD. UP TO THAT TIME HE SPOKE RUSSIAN. ALTHOUGH HE HATED RUSSIA AS A YOUNG MAN, HE BECAME A MAJOR GENERAL IN THE RUSSIAN ARMY WHERE HE SERVED UNTIL 1918.

COFFEE SOAP! SOAP CAN BE MADE FROM COFFEE. By Robert Brown, New York, N.Y.

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**WE'LL PAY YOUR PRICE**  
—for your GAS BUGGY WITHOUT GAS!  
Fly in, Ride in, Fall in, Walk in, Write in or Phone in...  
—to—  
**3919**  
Automobile Market  
Sixth and Bartlett

**Crossword Puzzle**

ANSWER TO PREVIOUS PUZZLE

SEED	CAB	PIGAR
PAIRE	ALL	ETUI
ASIS	EMBLE	ARKS
TEE	ELAND	ASE
	AWE	DEAN
TRIPS	RENGES	
HUNT	TED	REAP
ENTERED	BERRY	
TRON	BUS	ASA
CLAN	BLESTING	
RATE	LEAR	ERTS
TRET	LEAF	ASPS

DOWN

- Burn
- Tardy
- God of War
- Turned to water
- Weakened
- Paddle
- Pert to body
- Old's name
- Cup-shaped organ
- Group of three
- Look over
- Butch
- Charity
- South American animal
- Edible seed
- Bit
- Secred music
- Bull fighters
- Prize
- Beast of burden
- Direct (Pr.)
- South of plaid
- Small stream
- Vase
- Relief
- Brave man
- Direct gun
- European coin
- Go away
- Quality of medical
- Dull routine

## Olsen and Johnson Hit Coming



Olsen and Johnson in a scene from the hilarious musical "Ghost Catchers," with Martha O'Driscoll, Leo Carrillo, Gloria Jean and Andy Devine. Showing Sunday and Monday at the Craterian.

## "Bridge of San Luis Rey" Coming



Lynn Bari and Frances Lederer come to the Rialto Sunday for three days in Thornton Wilder's Pulitzer prize novel, "The Bridge of San Luis Rey." Scheduled as the companion feature, Janet Martin and Allan Lane are co-starred in "Call of the South Seas."

## Building Materials Of Certain Types Now Unrestricted

Washington, Oct. 18 — (U.P.)—The war production board and national housing agency today lifted restriction on the use of certain building materials and authorized construction of standard pre-war type homes.

Relaxations of restrictions resulted from an easing of shortages in certain critical materials, the two agencies announced to give builders greater freedom in design and the use of housing materials and equipment "as they become available."

The action lifted restrictions on the total floor area in a home unit, number of electrical outlets and plumbing fixtures.

Among the restrictions retained are the limitations on the use of lumber for flat roofs and walls of houses and general provisions requiring conservation of lumber and other materials both in the construction of housing projects and their related facilities. Officials pointed out there is also a prohibition against the use of board lumber for sheathing, partitions, ceilings, and fences.

The first Boomer band to invade Indian Territory (now Oklahoma) was organized by C. C. Carpenter and attempted settlement on the Quapaw reservation in May, 1879.

## Donald Crisp Divorced by Film Writing Wife

Hollywood, Oct. 18 — (U.P.)—Film Writer Jane Murfin today divorced Actor Donald Crisp who she charged deserted her the day after their 10th wedding anniversary.

Crisp was considerate and friendly during a three year separation but when she asked if he planned to ever live in the house she bought, Crisp said no, she testified.

An out of court property settlement was made.

## KOIN ASKS PERMISSION FOR NEW FM STATION

Washington, Oct. 18 — (U.P.)—The Coast Ventura Co., Ventura, Calif., today asked the federal communications commission for authority to construct a new 25-watt radio station at Ventura.

KOIN, Inc., Portland, Ore., sought authority to construct a new FM station.

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

## MONEY TO LOAN!

On JEWELRY CAMERAS and MUSICAL INSTRUMENTS Used and unneeded jewelry at great savings

**PEOPLES LOAN CO.**  
229 1/2 E. Main Street  
State License P 137

## HEALTH QUIZ

Do you have poor digestion? YES NO  
Do you feel headachy after eating?  
Do you get sour or upset easily?  
Do you feel tired—listless?

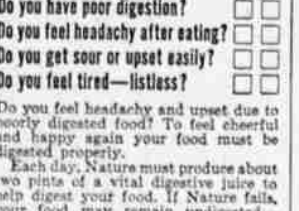
Do you feel headachy and upset due to poorly digested food? To feel cheerful and happy again your food must be digested properly.

Each day, Nature must produce about two pints of a vital digestive juice to help digest your food. If Nature fails, your food may remain undigested—leaving you headachy and irritable.

Therefore, you must increase the flow of this digestive juice. Carter's Little Liver Pills increase this flow quickly—often in as little as 30 minutes. And, you're on the road to feeling better.

Don't depend on artificial aids to counteract indigestion—when Carter's Little Liver Pills aid digestion after Nature's own order, Take Carter's Little Liver Pills as directed. Get them at any drugstore. Only 10¢ and 25¢.

## SUBURBAN HEIGHTS



By GLUYAS WILLIAMS

JOE PERLEY GOT CARRIED THAT HIS STATION BECAUSE MORNING ACCORD TO HIS ANXIETY TO SIT WITH ERNIE FLINCH. HE HAD LEFT HIS BRIDE SEAT ON THE OTHER SEAT AND WHEN IT CAME TIME TO GET OFF A PASSENGER WAS SITTING ON IT SOUND ASLEEP WHO SEEMED TO RESENT ALL ATTEMPTS TO WAKEN HIM

## BARNEY GOOGLE AND SNUFFY SMITH



YE TALK BONEY-FIDEJAP JIBBERISH, HAWKY TALKY-- SO JES' FOLLER ME IN TH' STORE AN' GET FER -- YE KNOW WHAT --

OKAY, SNUFFY

ONE BOTTLE OF SAKKY, PLEASE

PLEASE, SIR, WOULD YOU HAND THIS TO HONORABLE BIRD?

HOW IS YOUR RICE, LITTLE BROTHER?

THERE IS TOO MUCH RAIN, ROADS AND TRAILS ARE TOO MUDDY FOR SAFE TRAVEL

TROUBLE! JAP SENTRIES ARE GUARDING ALL ROADS AND TRAILS. WE'LL HAVE TO CUT THRU THE JUNGLE

BLONDIE

THERE'S NO HOT WATER FOR ME TO SHAVE!

THE LAUNDRESS IS HERE THIS MORNING-- AND I GUESS SHE USED ALL OF IT

QUICK! POUR MY CUP OF COFFEE!

DON'T YOU WANT CREAM AND SUGAR?

NO---I'M SHAVING WITH IT!

LIT ABNER

WHY DIDN'T YOU COME-- AN' I'LL LOOK IN MY STOCK OVER ANY PUT ONE ASIDE FOR SADIE HAWKINS

AN DON'T WANT NO SCARED SNIVELLIN' YOUNG PUP OF A BACHELOR-- AN' WANTS A MATOOR ONE, ONE WHO HAS ALREADY HAD HIS SPERRIT BROKEN DOWN!!

HE HAIN'T WIDOWER, SWEETS

THEN-- AN' I'LL MAKE HIM ONE, DEARIE!!

THE NEBBS

DON'T BE SCARED, IVE SAID THE AIRPORT IDEA WOULD MAKE UM GOVERNOR

YOU DON'T WANT THE GOVERNOR'S LADY TO LOOK LIKE A FRUMBO DO YOU?

I'M NOT ELECTED YET, I SEND THOSE THINGS RIGHT BACK!

BUT, HORATIO, IVE TOLD EVERYONE I EXPECT TO WEAR THEM IN THE GOVERNOR'S MANSION

IF SHE RETURNS THE CLOTHES FOLKS WILL THINK YOU'VE LOST CONFIDENCE IN YOUR ELECTION

YOU STILL HAVE CONFIDENCE, HAVEN'T YOU, DEAR P?

OF COURSE I HAVE BUT NOT THREE HUNDRED DOLLARS WORTH!

PARTS and SERVICE for all Makes of WASHERS and REFRIGERATORS

**YOUNGER'S APPLIANCE SERVICE CO.**  
31 N. Bartlett Phone 2419

**BEAUTIFUL— ROGUE RIVER LODGE**  
IS NOW OPEN  
Delicious Dinners  
Cocktail Lounge  
Dancing  
On Crater Lake Highway  
Near Trail Telephone 1404