

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.

SPLITTING HAIRS

Hair grows at the rate of about one-half inch a month, faster in summer than in winter. The life of a hair when it has grown to full length is from two to four years. Then it falls and a new hair grows in its place, one always hopes.

It is doubtful whether any local remedy has any effect on falling hair, except suitable remedies for dandruff. If there is much dandruff, Nails, hair and skin are much the same material, likewise eyebrows and eyelashes. To imagine any local applied chemical, drug, food or substance will in the slightest degree increase the growth or change the vitality or physical condition of brows, lashes, nails, hair or skin is just plain silly.

Splitting of hairs indicates some deficiency of or interference with the nutrition of the hair (through the blood stream, of course, just as skin, nails, eyelashes and eyebrows are nourished), such as a scalp disease, general nutritional deficiency, impaired health, or the harm done by the use of hot curling irons or extreme heat in putting an artificial wave in the hair or excessive heat for drying the hair after shampoo or wave or the quaint process of singeing the hair—as the ignorant hair dresser says “to prevent bleeding from the cut ends.” Of course nothing of the sort occurs.

The habit of thrusting sharp pins through coils or braids of

hair accounts for many split hairs (as it is of splitting, fragile, thin, ridged or spooned nails in many instances) the individual should supplement his or her daily diet with an adequate ration of vitamins D and B-complex, as explained in the pamphlet “Old Folks and Young Folks,” mailed on request if you provide stamped, self-addressed envelope.

If the scalp is too dry or if there is much dandruff suitable skin oil or pomade should be regularly applied, to the scalp, not to the hair, as directed in “Care of the Hair and Control of Dandruff”—this pamphlet mailed on request if you provide stamped self-addressed envelope. If you ask for both, inclose 10 cents. Do not send a clipping of this item.

QUESTIONS AND ANSWERS

Ptyrroha
I am told you had an article stating that ptyrroha can be treated with diathermy. Is there a doctor in (H. P.)

Answer—No. On request, if you provide stamped self-addressed envelope, I will send you a pamphlet describing the best treatment I can suggest for the condition. Please do not use a clipping in lieu of your own request.

Breathing
Some time ago I obtained Rodriguez's Secret of Breathing, but, like yourself, I do not think it consistent to tighten the lower diaphragm too much. (Miss L. M. A.)

Answer—There is no lower diaphragm. There is just one diaphragm and that stretches across the middle of the great body cavity, separating the chest cavity from the abdominal cavity. Many vocal instructors, athletic coaches and mail-order merchants teach absurd methods of breathing. No matter whether it be for general health, voice, athletic endurance or improvement of circulation, there is but one right way to breathe and that is natural breathing, belly breathing, as the untaught savage breathes, as the animal breathes. Just remember that the belly expands as you draw in air. That's all. If you wish to learn how to breathe send 25 cents and stamped envelope, bearing your address, for booklet “How to Breathe”—you must ask for it, not send a clipping. (Copyright, 1944, by John F. Dille Co.)

Chester Morris In Sunday Show



Chester Morris and Pat O'Brien in the thrilling Saturday Evening Post serial, “Secret Command,” with Carole Landis, comes to the Rialto Sunday. Playing as the companion feature is “The Scarlet Claw” starring Basil Rathbone again as Sherlock Holmes.

“Take It Or Leave It” Coming



Phil Baker's popular radio show, “Take It Or Leave It,” with surprises and innumerable novelty bits, will come to the screen of the Craterian Theatre tomorrow for a three day showing, as a rapid-fire climax to the Craterian's 20th Anniversary Week.

WRITER CANCELS LEAVE TO COVER LEYTE INVASION

Last Correspondent To Leave Corregidor Keeps Vow To Return To Islands

By Frank Hewlett
United Press War Correspondent
On a Southern Leyte Beachhead, Philippines, Oct. 18—(U.P.)—It is 9:35—just 25 minutes before 10—our leader of landing craft rounds up 10 tank lighters and starts toward the beach. Each lighter carries Sherman tanks with ease and proceeds to the beach with fresh assault waves.

A former Santa Clara All-American football star, Lt. Cliff Mory of the tank corps, is leading our assault and is able to duplicate the success he had in leading landings on Guam and Saipan.

Rocket Barrage
The tank carriers pass the unloading transports and now we are among cruisers and destroyers, which are throwing death on the shore less than a mile away. Ahead of us are LCT's devastating Japanese beach defenses with a rocket barrage, while our air force mops up what the warships have missed in their three days of bombardment.

Now there's a deep red glow and ammunition or gasoline dumps have been hit near the blasted town of Dulag. Then follow the spectacles of bursts of white phosphorus shells on the mouth of the Sabana river. These incendiaries resembled fireworks which we call “Chinese flowerpots” and for a grand finale, white flares explode, signifying that the first wave of landing boats has hit the beach.

New York, Oct. 23—(U.P.)—United Press War Correspondent Frank Hewlett, the last reporter to leave Bataan peninsula and Corregidor fortress in Manila bay in the spring of 1942, returned to the Philippines today.

He filed a dispatch describing a landing on a Leyte beachhead. Hewlett asked that his home leave be cancelled so he could fulfill a vow taken in April, 1942, when he was evacuated from Corregidor in an army bomber. He wanted to go on his present assignment to “write the eye-witness account of American troops crossing Jones bridge into Manila.”

Was At Manila
Hewlett was in charge of the United Press staff in Manila when the Japanese struck. His account of the Japanese bombing of the open city of Manila won the National Headliner award for 1942. He was in the field with Gen. Douglas MacArthur's army for the Luzon campaign and was the only regular reporter with the defenders of Bataan during the four months of their ordeal, being among the last that crossed the bay to Corregidor.

Wife Interned
His wife, Virginia, was caught in Manila when the city fell to the Japanese and he had no word of her fate until he reached Australia where he learned that she had been accorded diplomatic status and was interned. Hewlett covered the New Guinea campaign in the field, and then went to Burma where he spent six weeks in the jungle with Merrill's raiders. Receiving his home leave then, he

MacArthur Returns to Philippines!



Standing on Philippine soil for the first time since he escaped from Corregidor and Batan, General Douglas MacArthur (right) discusses progress of invasion with Lieut. Gen. Richard K. Sutherland (left) and Sergio Osmena, Philippine president. Photo by Frank Prist Jr., NEA-Acme photographer for War Pictures Pool.

tures of Tom Mix, MBS; 5:45 p. m.—Elmer Peterson, NBC; 6:00 p. m.—Mr. District Attorney Gabriel Heatter, MBS; 6:15 p. m.—Frank Sinatra, CBS; 6:30 p. m.—Jack Carson, CBS; 6:45 p. m.—Spotlight Bands, BN; 7:00 p. m.—Ray Kysar's Kollege, NBC; 7:15 p. m.—Lowell Thomas, MBS; 7:30 p. m.—Lone Ranger, MBS; 7:45 p. m.—Mercer's Music Shop, NBC; 8:00 p. m.—Mr. and Mrs. North, NBC; 8:15 p. m.—Fleetwood Lawing, NBC; 8:30 p. m.—Carton of Cheer, NBC; 8:45 p. m.—My Best Girl, BN; 9:00 p. m.—Mr. and Mrs. North, NBC; 9:15 p. m.—Fulton Lewis Jr., MBS; 9:30 p. m.—News, NBC; 10:00 p. m.—Sunny Dunham, NBC; 10:30 p. m.—Sweetheart Swingtime, NBC; 11:00 p. m.—News, CBS.

Thursday
5:00 p. m.—Terry and Pirates, BN; 5:15 p. m.—Dick Tracy, BN; 5:30 p. m.—Jack Armstrong, BN; 5:45 p. m.—Captain Midnight, BN; 6:00 p. m.—Screen Test MBS, Lou Holtz, BN; 6:15 p. m.—Bob Burns, NBC; 6:30 p. m.—Spotlight Bands, BN; 6:45 p. m.—Captain Midnight, BN; 7:00 p. m.—Abbott and Costello, NBC; 7:15 p. m.—Lowell Thomas, MBS; 7:30 p. m.—Senator Truman, BN; 7:45 p. m.—March of Time, NBC; 8:00 p. m.—Music Shop, NBC; 8:15 p. m.—Night Editor, NBC; 8:30 p. m.—Coffee Time, NBC; 8:45 p. m.—Death Valley Sheriff, CBS; 9:00 p. m.—News, MBS; 9:15 p. m.—Rex Miller, CBS; 9:30 p. m.—Elery Queen Mysteries, NBC.

Friday
5:00 p. m.—Terry and Pirates, BN; 5:15 p. m.—Dick Tracy, BN; 5:30 p. m.—Jack Armstrong, BN; 5:45 p. m.—Captain Midnight, BN; 6:00 p. m.—Screen Test MBS, Lou Holtz, BN; 6:15 p. m.—Bob Burns, NBC; 6:30 p. m.—Spotlight Bands, BN; 6:45 p. m.—Captain Midnight, BN; 7:00 p. m.—Abbott and Costello, NBC; 7:15 p. m.—Lowell Thomas, MBS; 7:30 p. m.—Senator Truman, BN; 7:45 p. m.—March of Time, NBC; 8:00 p. m.—Music Shop, NBC; 8:15 p. m.—Night Editor, NBC; 8:30 p. m.—Coffee Time, NBC; 8:45 p. m.—Death Valley Sheriff, CBS; 9:00 p. m.—News, MBS; 9:15 p. m.—Rex Miller, CBS; 9:30 p. m.—Elery Queen Mysteries, NBC.

On the Radio Chains

Chain affiliation and where they are on the dial:
KALE (MBS) 1330, Portland
KEX (NBC-Hue) 1190, Portland
KGA (NBC-Hue & MBS) 1510, Spokane
KGO (NBC-Hue) 810, San Francisco
KJW (NBC-Red) 620, Portland
KJN (NBC-Red) 1070, Seattle
KLN (NBC-Red) 830, Los Angeles
KLN (NBC-Red) 950, Denver
KLN (NBC-Red) 680, San Francisco
KSL (CBS) 1160, Salt Lake City

Time shown is PWT
Wednesday
5:00 p. m.—Fletcher Wiley, CBS
5:15 p. m.—Superman, MBS; Dick Tracy, BN
5:30 p. m.—Jack Armstrong, BN; Harry Flannery, news, CBS

LISTEN—BEFORE YOU VOTE!

REPUBLICAN RADIO TALKS
Governor Thomas E. DEWEY
Wednesday 7:00 P. M.
Tune in KOIN, KNX or KSL
Governor John W. BRICKER
Friday 7:30 P. M.
Tune in KGW, KMED, KFI or KPO
P.O. Box 100, Republican State Central Committee, Morgan Bldg., Portland, Oregon, Carl Moter, Exc. Sec.

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 19191

NBC: Fulton Lewis, Jr., MBS; Woody Herman, NBC; 10:00 p. m.—News Reporter, NBC; 10:30 p. m.—Sweetheart Swing Time, NBC; Wayne Morse, Political, CBS; 11:00 p. m.—News, CBS.

Mrs. Meeker Back From Methodist Church Conclave

Mrs. Clarence A. Meeker returned to Medford Saturday from Salem where she attended the fourth annual meeting of the Oregon Conference, Woman's Society of Christian Service of the Methodist church and was featured on the program. Also attending from Medford were Mrs. Harry Meyers and Mrs. Ira Williams.

On the opening day of the conference, Thursday, Mrs. Meeker arranged and presented a skit, Thursday afternoon she

took part in two different program numbers, the first being on “Doorkeepers” and the second a talk on missionary education as part of the program on “Workshops.”

Speakers on the closing day of the conference were Charles A. Sprague, former governor of Oregon, and Bishop Bruce R. Baxter of the Methodist church.

HEN FEEDERS
Regularly sold for \$4.00. Now —
\$1.49
This is a four-foot painted feeder, with stand and perch—stand bolted to feeder.
JACKSON COUNTY FEED CO.
Phone 3454

Crossword Puzzle

ANSWER TO PREVIOUS PUZZLE
ACROSS
1—Deep drink
2—Revert
3—Find (verb form)
12—Sheet of glass
13—Age
14—This
15—Poker bet
16—Place to enter
18—Cause
20—Kind of egg
21—Early Jewish alien
22—Man's game
23—Babylonian god
24—Can be instructed
25—Flower
26—Self
27—Nuisance
28—Dust of reluctance
29—Look closely
30—Priest's garment
41—Ancient part of Greece
44—Ride the waves
45—One who frays
46—Snooper
48—American patriot
49—Cause
50—Man's game
51—It's rationed
52—Pile
53—Can be instructed
54—Barga
DOWN
1—Box
2—Flea
3—Engrave with sunken design
4—American bird
5—Loated
6—Short for “upon”
7—Faster
8—One from Nevada's Polly
9—Man's wage
10—Coast
11—Good shot
12—Torture
13—Worthless scrap
14—Arrest
15—Partic
16—Go astray
17—Friend
18—Recline
19—Tough creature
20—Hold down
21—Greek letter
22—Said
23—Pitunder
24—Sign on full theater
25—Man's nickname
26—Aplow
27—Tropical plant
28—Killed
29—Period of time

(Because of failure of matrixes to arrive, by mail, “Li’l Abner” comic strip and the feature “Strange As It Seems”, cannot be published today.)

BARNEY GOOGLE and SNUFFY SMITH
BUZ SAWYER
BLONDIE
THE NEBBES
JUDGE NIBLICK FOR GOVERNOR

WANTED!
Experienced Waitress
And Dish Washer
TRACY'S STEAK HOUSE
Grants Pass, Ore.

DIFFICULT DECISIONS BY GUYAS WILLIAMS
YOUR BOSS OFFERS TO SHARE A CORNER OF THE UMBRELLA WHICH HE THINKS IS HIS AND WHICH YOU RECOGNIZE AS YOUR MISSING ONE FOR WHICH YOU HAVE BEEN LOOKING ALL OVER THE OFFICE

'Army Buildings At Nevada Camp to Be Up For Public Bid

San Francisco, Oct. 25—(U.P.)—Sixty “exceedingly well constructed buildings” and a flagpole at Camp Wilson, Boulder City, Nev., will be available for public purchase from the army Nov. 4, the U. S. army engineers announced today.

HOW QUINTUPLETS promptly relieve coughing of CHEST COLDS
Wonderful for Grown-ups, Too!
Whenever the Quintuplets catch cold—their chests, throats and backs are rubbed with Musterole. So Musterole must be just about the best cold-remedy you can buy! Just see how promptly white, stainless Musterole relieves coughs, sore throats, aching chest muscles due to colds—how breathing becomes easier—how the congestion in upper bronchial tract, nose and throat begins to break up! Such blessed comfort! In 3 strengths: Children's Mild, Regular and Extra-Strong.

Forty-one properties in 18 California counties produced 622,019 net tons of pottery clay in 1943.