

# Your Health and Its Care

BY DR. WILLIAM BRADY, M. D.  
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## GRANDMA ROLLS

I am 60 years old. You have cured me of C. I follow your instructions faithfully, even the somersaults. I weigh 205 pounds but I can roll 'em backwards as well as forwards. I have a lot of fun, winning bets from my friends. I have two granddaughters, age 13 and 14. We have somersault races on the lawn—I usually win. I want to stay this way as long as possible. Please send me your pamphlet "Young Folks and Old Folks." (Mrs. J.C.)

Any reader who asks for it in writing (no clipping, please) and provides pre-addressed stamped envelope, may have the pamphlet "Young Folks and Old Folks," which tells how to be the former. Nothing about somersaults in it. If you are not too antiquated to wonder what the somersaults can do for you, ask for "Invitation to the Somersaulting" and you will receive it along with the pamphlet.

I began turning somersaults 34 years ago. I am now 74. I turned 8 every day, making a grand total of 87,000 (I hope you are not spoofing us, sir, but I refuse to get all out of 'orts trying to check the accuracy of your figures). For the last 4 years I have been supplementing my diet with six tablets of vitamins D and B-complex, as you recommended. . . (T.E.J.)

Thirty-four years ago? Well, then, you began rolling somersaults entirely on your own responsibility—at any rate it could not have been by my suggestion or advice. And another thing, how in Sam Hill do you arrive at the grand total of 87,000? I had four goes at it and my answers were 11 different, none within thousands of that figure. But then, I seldom get the same

## STARCHER WRITES STORY FOR RIFLE ASSN. PUBLICATION

"American Rifleman," official organ of the National Rifle Association, in the November issue carries an article entitled "Scrap-Made Pup" by Bren H. Starcher, route 1, in which he describes the making of a "pup" rifle. The article is illustrated with a picture of the gun and a sketch showing the operating of the remote trigger mechanism.

## Cpl. Madden Wears Two Gold Overseas Service Chevrons

An 8th Air Force Service Command Station, England—Overseas since August, 1943 Cpl. E. M. Madden of Medford, a ground crew mechanic at this strategic air depot where American pursuit ships are repaired, is qualified to wear the two gold overseas chevrons denoting a year of service in the European theatre of operations.

## GRANTS PASS BURGLARY

Grants Pass, Nov. 21—Nandie's Cafe at the Greyhound bus depot was broken into Monday morning and \$53.62 was taken from the change sack, according to a report given city police by F. E. Nandie, owner of the cafe. A carton of cigarettes was also missing from a drawer, Nandie said.

## COW BRINGS THE COPS

Fort Wayne, Ind.—(U.P.)—A bawling cow, left cramped in a small truck in front of a Main street tavern, received the attention of a police squad, a city councilman and a humane officer when its bawling for more than six hours became more insistent and pitiful and the nearby residents could no longer stand the cries.

## 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. M. Leong, Herbalist Phone 3817

## On the Radio Chain

STATIONS:  
Chain affiliation and where they are on the dial:  
KALE (CBS) 1330, Portland;  
KEX (NBC-Blue) 1190, Portland;  
KGA (NBC-Blue and MBS) 1510, Spokane;  
KGO (NBC-Blue) 810, San Francisco;  
KOW (NBC-Red), 620, Portland;  
KJX (NBC-Blue) 1000, Seattle;  
KNN (NBC-Blue) 1070, Los Angeles;  
KDA (NBC-Red) 130, Denver;  
KOH (CBS) 870, Portland;  
KOMO (NBC-Red) 850, Seattle;  
KPD (NBC-Red) 480, San Francisco;  
KSL (CBS) 1160, Salt Lake City.

Time shown is PWT  
Tuesday  
8:00 p. m.—Terry and Pirates, BN; Fletcher Wiley, CBS OK for Release NBC  
8:15 p. m.—Red's Gang, CBS; Dick Tracy, BN; Superman, MBS  
8:30 p. m.—Late Night Judy, NBC; Jack Armstrong, BN; Harry Flannery, CBS; Adventures of Tom Mix, MBS  
8:45 p. m.—Capt. Midnight, BN; Night News Wire, MBS; News, CBS; 8:00 p. m.—Mystery Theater, NBC; Gabriel Heatter, MBS; Burns and Allen, CBS; Army Show, BN  
9:00 p. m.—Screen Test, MBS  
9:30 p. m.—Fibber McGee and Molly, NBC; Spotlight Bands, BN  
9:45 p. m.—Edgar Smith, CBS  
10:00 p. m.—Raymond Gram Swing, BN; Hope, NBC  
10:15 p. m.—Lowell Thomas, MBS; Ted Malone, BN  
10:30 p. m.—Screen Test, MBS  
10:45 p. m.—Hildegard, NBC; Red Hickey, NBC; Manhattan Melody, CBS; Horace Heidt, BN  
11:00 p. m.—Mercury Music Shop, NBC; Love a Mystery, CBS  
11:15 p. m.—Fleetwood Lawton, NBC; Lum and Abner, BN; Music, MBS  
11:30 p. m.—Freedom of Opportunity, MBS; Johnny Presents, NBC  
11:45 p. m.—Evening to Boys, NBC; Big Town, CBS  
12:00 a. m.—Lex Miller, CBS  
12:15 a. m.—Rex Miller, CBS  
12:30 a. m.—New NBC Count of Monte Cristo, MBS; Five Star Final, CBS  
12:45 a. m.—Edwin C. Hill, CBS  
1:00 a. m.—Talks, CBS; Concert Hour, BN

Wednesday  
5:00 p. m.—Terry and Pirates, BN; OK for Release, NBC  
8:15 p. m.—Supernatural, MBS; Dick Tracy, BN; Relax in Rhythm, MBS  
8:30 p. m.—Jack Armstrong, BN; Harry Flannery, CBS; Adventures of Tom Mix, MBS  
8:45 p. m.—Elmer Peterson, NBC; Night News Wire, MBS; Cap. Midnight, BN; News, CBS  
9:00 p. m.—Mr. District Attorney, NBC; Gabriel Heatter, MBS; Burns and Allen, CBS; Inner Sanctum, CBS; Ed Connor, NBC  
9:15 p. m.—Spotlight Bands, BN; Mr. District Attorney, NBC; Which is Which, CBS  
9:30 p. m.—Kay Ryser's College, NBC; Great Moments in Music, CBS; NBC; Main Line, MBS  
9:45 p. m.—Fleetwood Lawton, NBC; Lum and Abner, BN; Music, MBS  
10:00 p. m.—Cartoon of Cheer, NBC; My Best Girl, BN; Di Christy, CBS; Builders Drummond, MBS  
10:15 p. m.—Mr. and Mrs. North, NBC; Jack Carson, CBS; News, MBS; Dunninger, BN  
10:30 p. m.—Fulton Lewis, MBS  
10:45 p. m.—News, NBC  
11:00 p. m.—Symphonette, NBC  
11:15 p. m.—On all night, BN

## Bombardier From Rogue River Gets Air Medal Award

An 8th Air Force Liberator Station, England—Second Lt. William J. Hughbanks, of Rogue River, Ore., has been awarded the air medal for "meritorious achievement" in aerial combat. As a bombardier on a B-24 Liberator he has made six bombing missions over Germany and enemy occupied territory. Announcement of the award was made by Colonel Lawrence M. Thomas, of Cooper, Texas, commanding the 433rd bomber group, a unit of Major-General William E. Kepner's second bombardment division.

Lt. Hughbanks is the son of Mr. and Mrs. M. Hughbanks of Rogue River, Ore. He entered the army in September, 1942, and has been overseas since July, 1944.

Surgeon General Thomas Parzan disclosed that in its first year the U. S. cadet nurse corps exceeded its quota of 65,000 new student nurses by more than 500.

### AUTO-LITE presents

DICK HAYMES with JIMMY DURANTE AS GUEST STAR

## BIG WAR BOND SHOW

KMED - 9 p. m.

### SURBURBAN HEIGHTS

By GLUYAS WILLIAMS

FRED PERLEY WHO WANTED TO GET HIS DETECTIVE STORY OFF THE LIVING ROOM TABLE WITHOUT TANGLING WITH HIS WIFE'S COMMITTEE WHICH WAS IN SESSION, SOLVED HIS PROBLEM BY CALLING FROM THE HALL TO ASK IF THAT WAS A VERY RICH BOY'S DIBBLE WAS WEARING DOWN THE STREET

## UNREST SWEEPS OVER PARTS OF EUROPE NATIONS

De Gaulle Orders All Members Of Patriotic Militia To Surrender Weapons

By United Press  
A new wave of unrest swept through parts of France and Belgium today as members of the erstwhile fighting guerrilla armies demonstrated angrily against demobilization orders issued by their governments at the request of Allied military authorities.

Adding to the tension was a series of strongly worded editorials in the inspired Russian press condemning the demobilization orders as ill advised and likely to hamper the work of eliminating former Nazi collaborators from the liberated territories.

Gen. Charles De Gaulle's ordering of all members of the so-called "patriotic militia" to surrender their arms and register for service with the regular armed forces was commended by the authoritative London times as a measure likely to promote the restoration of law and order in France.

Vichyites Active  
The official communist party organ Pravda, however, charged that disarmament of the partisans "can only encourage Vichyites who, incidentally, have become more active lately."

Pravda also denounced the disarming of irregular patriot groups in Belgium, charging that the move there was inspired by Belgian Gen. Van Oversteten whom it attacked as an "active agent of Nazi Germany."

The fact that traitors like Van Oversteten are at large while patriots are being disarmed is even stranger considering that the latter is occurring in an area close to a front where severe fighting is expected and where it is especially important to render enemy agents harmless and unite all patriotic forces," Pravda said.

An orderly crowd estimated at 4000, at least half of them believed to be communists and many of them armed, staged a 90-minute demonstration against the disarmament order in Brussels yesterday, shouting for Premier Hubert Pierlot's dismissal.

## WE'LL PAY YOUR PRICE

—for your GAS BUGGY WITHOUT GAS!  
Fly in, Ride in, Fall in, Walk in, Write in or Phone in...  
3919  
Automobile Market  
Sixth and Bartlett

## MEMORIAL SERVICE PLANNED AT CAMP

Camp White, Ore., Nov. 21—A public memorial service for the war dead of southern Oregon will be conducted on December 3rd, in the post chapel at Camp White, Col. John R. Young, post commanding officer, announced today.

## 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.

## CHALKER'S HOTEL & LODGE OFFICERS' CLUB

Dine-Dance-Refreshments  
Chicken and Steak Dinners  
Most Unique Place in So Ore  
CLOSED MONDAYS  
Thursday Private Parties Only—  
For Reservations Ph. Gnd 8111 674

## STRANGE AS IT SEEMS

By ERNEST HIX

90 YEARS AGO SOME AMERICAN RAILROADS HAD AIR CONDITIONING! THE AIR WAS PUMPED IN AND COOLED BY PASSING THROUGH STREAMS OF WATER...

U.S.-JAP BATTLES IN HAWAII GO BACK AS FAR AS 1910... WHEN JAPANESE "FEATHER PIRATES" WERE CHASED AND CAPTURED BY THE NAVY. ONE PRIVATE HAD ON BOARD 250,000 PILES OF ALBATROSS WINGS.

U.S. AIR FORCE MAGIC BLACK BOX!

## PILOTS FORM CLUB

Somerville, Mass. (U.P.)—Army Capt. Harry J. Pascho of Somerville originated and heads the Century Club composed of fighter pilots who have flown at least 100 missions against the Japanese.

A new use has been found for the army ordnance jeep. A British surgeon was recently reported to have inserted a rubber part from a jeep into the neck of a wounded commando so that it would serve as an air tube, permitting him to breathe. The commando was said to have recovered.

## ANNOUNCING REOPENING OF HOLLY CAFE

Monday, Nov. 20  
6:00 A. M. - 8:00 P. M.  
31 N. Holly

## PARTS and SERVICE

for all  
Makes of WASHERS and REFRIGERATORS  
YOUNGER'S APPLIANCE SERVICE CO.  
31 N. Bartlett Phone 2419

## Crossword Puzzle

ANSWER TO PREVIOUS PUZZLE

DOWN	1-Strawberry money
	2-Chemical units
	3-Dowry carnival
	4-Foreign public school
	5-Butch
	6-Heavenly bodas
	7-Workless scrap
	8-Pipe joint
	9-Part of the nose
	10-Hold back
	11-Shooting marble
	12-Upright
	13-Criminal burning feet
	14-Having animal's feet
	15-Prime's measure
	16-Location
	17-Ascended
	18-Patrol
	19-Delta
	20-Part of sun
	21-Cover inside of
	22-Scoury
	23-Tardy
	24-Mineral earth
	25-Process
	26-Diphthong

## BARNEY GOOGLE and SNUFFY SMITH

OH OH SNUFFY... HERE COMES THE BLACK DRAGON SOCIETY AFTER YOU!

GULP!! HUNNERTS OF 'EM!! I RECKON MY SCRAWNY NECK IS GOOD AS CHOPPED OFF NOW

SULTRY IS... DEAD?

I WAS LOOKING BACK AT THE TAKE-OFF BUZ. THE JAPS CAME SWARMING OVER THE RIDGE. I SAW HER FALL.

IMPOSSIBLE, MARY! YOU'RE MAD! SHE HAD JUST LOOKED OVER THE RIDGE, AND EVERYTHING WAS OKAY. SHE SAID SO!

BUT IT WASN'T. I WAS WITH HER. I SAW!

BUT SHE TOLD ME NOT TO DARE OPEN MY MOUTH. SHE KNEW YOU WOULDN'T TAKE OFF IF YOU KNEW THE DANGER SHE WAS IN. SHE DELIBERATELY SACRIFICED HERSELF.

## LIL ABNER

BOOM

DAGWOOD! WHAT WAS THAT?

WORKMEN ARE BLASTING IN THE STREET IN FRONT OF OUR HOUSE

WELL HAVE TO DO SOMETHING ABOUT IT. I'VE GOT A CAKE IN THE OVEN

SAY, BOYS, MY WIFE HAS A CAKE IN THE OVEN!

OH, FINE! TELL HER WE'LL COME IN AS SOON AS WE FINISH UP HERE

## THE NEBBS

LOOK HOW NICELY YOUR RUBBER CLEANED MY SUED PUMPS

HOW MUCH DID YOU SLIP HIM?

FIFTY CENTS. I KNOW IT'S TOO MUCH BUT HE LOOKS SO FORLORN

YOU'LL SPOIL HIM FOR FOLKS WHO CAN'T HAND OUT THAT KIND OF DOUGH

SYLVIA POTTS SAYS YOU OWE HIM A SILVER DOLLAR

THAT WAS DIFFERENT. I WAS AFRAID IT WOULD WEAR A HOLE IN MY POCKET

CANT YOU THINK UP A BETTER ONE THAN THAT?

NOT ON SUCH SHORT NOTICE