



CRIPPLED FORT MAKES HOME BASE—After flying almost two and a half hours with its fuselage held together by only three longitudinal stiffeners and the dorsal fin, this big B-17 Flying Fortress reached its English base. Because hull turret gunner and two other crew members were hurt when Fort was blasted almost in two over Germany, others in bomber would not bail out.

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.

NO SALAD, NO DESSERT

In the east, people were still confused and fashion-ridden about serving salad. In some of the starchy eating places (before the war) they seemed to think it was the correct thing to serve the salad only when you were pretty well fed up and wondering whether you should linger to pack in 400 surplus calories in the form of dessert just in case you could get nothing more to eat for a day or two. Whether Emily Post ordains it or not, serving the salad in the middle or at the end of a meal is wrong from the viewpoint of good nutrition and good health. A salad should come first in a well balanced meal, whatever that may mean) and it should be required eating.

By a real or proper salad I mean, children, a dish of herbs, any kind or combination of greens, vegetables or relishes suitable to eat raw. To the dish may be added any kind of raw fruit that may be in season or available in fresh condition. So long as these essentials are complied with, it is a question of individual preference what condiment, seasoning or dressing to use.

From the nutrition and health viewpoint there should be a taboo against incorporating cooked vegetables or cooked fruits in salads. This is no mere freak fancy. The fundamental purpose of salad in a meal is to supply much needed minerals and vitamins which are so largely lost from foods that are cooked—some of the vitamins are destroyed by oxidation during cooking, more are dissolved out and thrown away in the cooking water; and more than half of the

begin to include toward the south. At the latitude of Minneapolis (45 degrees north) stars which rise close to due east start up the sky southward at a slant of about 45 degrees to the horizon. This never takes them overhead. When highest they are half way from the southern point of the horizon to overhead. This slope becomes still less as the traveler continues north. When he reaches the north pole, he finds stars never rise nor set. They move around the sky once in about 24 hours in circles parallel to the horizon.

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) 1310, Spokane;
KGO (NBC-Blue) 310, San Francisco;
KGW (NBC-Red), 820, Portland;
KJR (NBC-Blue), 1090, Seattle;
KNX (CBS) 1070, Los Angeles;
KOA (NBC-Red) 830, Denver;
KOB (CBS) 870, Portland;
KOMO (NBC-Red) 950, Seattle;
KPO (NBC-Red) 480, San Francisco;
KSL (CBS) 1160, Salt Lake City.

THE GRANGE

Phoenix Grange
A carnival and bazaar are to be held in Phoenix Grange hall Saturday evening, December 2. Supper tickets will be sold at the door. Beside refreshments there will be various concessions including a fancy work booth, produce booth, fish pond and other forms of amusement. There will be dancing during the evening and everyone is urged to come.

meeting is Tuesday evening, Nov. 28. Come and bring your fancy work and an article or two for the "fish pond." Also plan to attend the carnival and bazaar Saturday, December 2. There will be many worth while articles to purchase suitable for Christmas gifts.

STRANGE AS IT SEEMS By ERNEST HIX



BARNEY GOOGLE and SNUFFY SMITH

Mary Mattson, vice chairman; Laura Laws, secretary, and Belle Hart reelected treasurer. It was decided to hold the pie social and bazaar and program on Saturday evening, Dec. 9. Serving will start at 6 o'clock. Beside pie, hamburger sandwiches and coffee will be served. Each lady will please bring two pies.

ZERO CLUB

Out of bounds, civilians only
Delicious chicken and steak dinners 7:00 p. m. - 9 a. m., except Sunday. Phone day time 6300; night 6101.

Crossword Puzzle

ANSWER TO PREVIOUS PUZZLE

ACROSS	1-Citrus fruit	21-Each
2-Garden Gower	22-Perfora	
3-Longer	23-Sex eagle	
4-Mountain	24-Bangs down	
5-Araba	25-Pala	
6-Lecture	26-Decay	
7-City on Lake Michigan	27-Use needle	
8-States lace	28-Part of "to be"	
9-Early Roman	29-Financial penalties	
10-Scholar	30-A number	
11-Decline	31-Beach	
12-Declare	32-Donoral	
13-On behalf of birds	33-Large, silly bird	
14-For less than	34-Require	
15-Obtain	35-Stray	
	36-The Occident	

The Rising Of Sky Objects

By J. Hugh Pruett
Astronomer, General Extension Division, University of Oregon
The rising of the brilliant planet Jupiter was to many ancient peoples the appearance of one of their glorious gods. To the poets of Greece, sunrise was coming over the horizon of the resplendent sun-chariot which each day was drawn across the sky by the four galloping, fiery steeds driven by Apollo, god of light.

But many ancient Greeks attempted really scientific explanations. Xenophanes, about 500 B. C., taught that sunrise was the appearance of a cloud set afire below the horizon in the dawn and finally blown into sight. Later, others believed that all the heavenly bodies were luminous objects set in an immense crystalline sphere which made a complete rotation once a day. Star-rise and sunrise occurred when these objects were brought above the rim of the flat earth.