

Your Health and Its Care

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REAL AND MAKE-BELIEVE SALAD

Mrs. Newlyrich whose husband draws nearly a hundred a week now, was fresh out of sugar and so was the market where she usually traded. But an acquaintance told her she had seen plenty of sugar in another market, so Mrs. Newlyrich hurried thither, only to discover, to her disgust, that the large supply of sugar there was not cane sugar at all, but beet sugar.

Perhaps the chemists can distinguish sucrose, sugar, obtained from sugar cane from sucrose, sugar, obtained from the sugar beet. I wouldn't know or care particularly. I do know that so far as nutritive value, taste, flavor, digestibility, purity, appearance, cost and suitability for table or general use in the diet of infant, child and adult may be concerned, there is no known difference between cane sugar and beet sugar.

Mrs. Newlyrich, alias Mrs. Misinformed, comes naturally by this peculiar prejudice, for the credulous Yankee public has been thoroughly educated, this past two or three generations by the big white flour interests, to regard refined white flour as "pure", preferable for refined people, and particularly worth a higher price than plain whole wheat or other grades of flour that have not been so thoroughly denatured that is, so completely deprived of the essential minerals and vitamins that are present in wheat.

Being so highly educated by the food barons, Mrs. Newlyrich or Mrs. Misinformed readily forgets the prime purpose in the well-planned dinner, which is to



Olive Barber's Observations

This and that: Riding down town this morning, the city bus was, as usual, jammed with humanity. I stood and clung to a strap and had a fine time. This season's hats are the cutest, in my opinion, the milliners have made in years and years. They manage to be both practical and feminine. There's one advantage of being a stander-upper; you get the broader view, so to speak.

Two old gentlemen were sitting in one of the seats near me. They were discussing the world in general and decided it had surely headed straight for the dogs since they were young. Only their generation seemed to have hung on to the good old American character. Middle-aged people were bad and young people worse. "Even the food isn't what it used to be," the old chap mourned. "It's my belief a 11 these vitamins they're puttin' in the food these days ain't good for us and will bring on a lot of ailments we never had before."

A book I'm reading just now and can certainly recommend is "The American Character" by Brogan. Another which no one should miss reading is "Here's Your War" by Ernie Pyle. And dust off the Bible and read it; if you want to read words which go lifting through your heart as well as your mind, read the King James version of the Old Testament. If you want some good lessons in decent behavior, read the New Testament. I guess the Bible holds every story plot ever conceived by man; certainly no new wisdoms have been coined. Stories of bravery; of cowardice; of smallness and meanness and then stories of people who fingered the stars and reached spiritual heights just to read about makes one realize how most of us are content to crawl, to grovel when we could soar if only we'd lift our eyes. I'm not preaching. I'm just saying how it is with me and so, since I'm average as you are, then I know how it is with you, too.

Sometimes I hope to read Emerson understandingly. Until I can, I read Grayson and Thoreau for the easing of my heart.

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YANKS ORGANIZE BOY SCOUT TROOP ON JAPANESE ISLE

Kinky-Haired Natives of Carolines Receive First Lessons in Democracy

By Sandor S. Klein
United Press War Correspondent
Angaur, Palau Islands, Nov. 22 (Delayed)—(U.P.)—A file of sturdy-legged, kinky-haired native kids, led by a bespectacled GI, trudged down the Coral road singing "Shoo Shoo Baby."

It was Boy Scout troop No. 1 of Angaur, composed of some of natives of the Western Caroline Islands. This was my introduction to democracy in action, American style, on this island which was once a part of the Japanese empire.

Boy Scout troop No. 1 has no charter from the Boy Scouts of America. But its aims and ideals are no different from those of the B.S.A. Bear patrol in Oshkosh or the Wolf Club pack in Millville. Its organization is just one of the numerous undertakings by the navy's civil affairs administrator on this island designed to inculcate the natives with a true sense of freedom.

And this is not a simple task, for it must be remembered that the natives of Palau had been under the domination of three different masters—the Spanish, the Germans and the Japanese—before our troops fought their way ashore.

When the Yanks first hit this island, the natives hid in caves and phosphate diggings. The Japanese had told them the Americans were a barbaric, murderous people. And they were terrified. So when the fighting was over, they came out of hiding only a few at a time. But word soon got around that the Americans were a good, friendly people. In a matter of days, the whole lot of them appeared.

The civil affairs officer, a quiet-spoken former Wisconsin university anthropologist, established them in a tent village, for their homes had been destroyed in the fighting and must be rebuilt.

No Easy Job
The job was not an easy one. There were many different tribes, different peoples—Yaps, Woleis, Chamorros, Sensorals and Angares. But through the application of democratic principles, the officer succeeded in welding these groups into a happy community.

Once a week he presides over a council of the tribal chiefs, discussing matters of administration with them and taking up their suggestions and complaints. Cooking is done in a community kitchen. Most of the food comes from the army stores but the natives are beginning to supply fresh fish and vegetables.

All Attend School
The biggest tent in the community is the school. There English is being taught to young and old—ironically enough by using Japanese for purposes of translation.

ences written on a blackboard and singing native songs. Each night after the evening meal there is native dancing. Many of the girls also perform American dance steps they have learned from watching movies.

One of the army troops, a former Pittsburgh settler, worker, organized the Boy Scout troop. It was he who taught the youngsters to sing "Shoo Shoo Baby" and to give that final American touch, the rallying call of the Angaures Scouts is: "Hi de ho!"

On the Radio Chain
STATIONS:
Chain affiliation and where they are on the dial:
KALE (CBS) 1330, Portland, ME (NBC-Blue) 1190, Portland, ME (NBC-Blue and MBS) 1510, Spokane; KGO (NBC-Blue) 810, San Francisco; KGW (NBC-Red), 820, Portland; KJLS (NBC-Blue) 1090, Seattle; KNX (CBS) 1070, Los Angeles; KOA (NBC-Red) 830, Denver; KOIN (CBS) 570, Portland; KOMO (NBC-Red) 950, Seattle; KPO (NBC-Red) 850, San Francisco; KBL (CBS) 1160, Salt Lake City.

Time Shown is PWT
Thursday
8:00 p. m.—Terry and Pirates, BN: OK for Release, NBC.
8:15 p. m.—Dick Tracy, BN: Superman, MBS.
8:30 p. m.—Jack Armstrong, BN: Harry Finnerty, News, CBS; Tom Mix, MBS.
8:45 p. m.—Captain Midnight, BN: Night News Wire, MBS; News, CBS.
8:50 p. m.—Music Hall, NBC; Major Bowes, CBS; Gabriel Heatter, MBS; Carlson and News, BN.
9:00 p. m.—Screen Test, MBS; Lou Holtz, BN.
9:15 p. m.—Bob Burns, NBC; Spotlight Serenade, MBS; J. P. Morahan, NBC; Costello, NBC; Raymond Gram Swing, BN; First Line, CBS; Henry Gladstone, MBS.
9:25 p. m.—Lowell Thomas, MBS.
9:30 p. m.—March of Time, BN; Red Ryder, MBS; Rudy Vallee, NBC.
9:40 p. m.—Music Shop, NBC; Sammy Kaye, MBS.
9:45 p. m.—Night Editor, NBC; Lum and Abner, BN.
9:50 p. m.—Coffee Time, NBC; Denver Valley Sheriff, CBS; Fred Waring Show, BN.
9:55 p. m.—News, MBS; America's Town Meeting of the Air, BN; Dinah Shore, NBC.
10:00 p. m.—Rev. Miller, MBS.
10:10 p. m.—Ellery Queen Mysteries, NBC; Fulton Lewis, Jr., MBS; Woody Herman Orchestra, NBC.
10:20 p. m.—News Reporter, NBC.

Friday
8:00 p. m.—Terry and Pirates, BN: OK for Release, NBC.
8:15 p. m.—Dick Tracy, BN; Superman, MBS.
8:30 p. m.—Jack Armstrong, BN; Harry Finnerty, News, CBS; Adventures of Tom Mix, MBS.
8:45 p. m.—Elmer Peterson, Commentator, NBC; Capt. Midnight, BN; Night News Wire, MBS; News, CBS.
8:50 p. m.—Wait Time, NBC; Gabriel Heatter, MBS; Serenade, BN.
9:00 p. m.—Screen Test, MBS.
9:15 p. m.—People Are Funny, NBC; That's My Boy, CBS; Double of Nothing, MBS.
9:30 p. m.—A. M. O. S. A. N. D., NBC; Durand Moore, CBS; Dale Carnegie, MBS.
9:45 p. m.—Lowell Thomas, MBS; Ted Mack, BN.
9:50 p. m.—Stage Door Canteen, CBS; Lone Ranger, MBS.
9:55 p. m.—Music Shop, NBC; Fighta, MBS.
10:00 p. m.—The Parker Family, BN; Prudy, CBS.
10:10 p. m.—Duffy's Tavern, NBC; Gang Busters, BN; It Pays to Be Ignorant, CBS.
10:20 p. m.—Furlough Fun, NBC; News, MBS; Aldrich Family, CBS.
10:30 p. m.—Fulton Lewis, Jr., MBS; Adventures of Thin Man, CBS.
10:40 p. m.—News, NBC; Five Star Final, CBS.
10:50 p. m.—Concert Hour, BN.
11:45 p. m.—On all night, BN.

BIRTHS

ROSENBERGER—To Mr. and Mrs. Roland, route 1, box 158, Dec. 6, 1944, a boy, weight seven pounds, at Ostopathic hospital.

U. S. prisoners of war behind the German lines have received 15,000 pounds of vegetable seeds from the United States through the American Red Cross, the food administration reports.

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SURBURBAN HEIGHTS

By GLUYAS WILLIAMS

THE WOMEN'S CLUB HAS HAD TO CALL A SPECIAL MEETING TO REPEAL SOME OF THE EXTRAORDINARY RESOLUTIONS THEY PASSED AT THEIR REGULAR MEETING AT MRS. PERLEY'S, WHEN, BECAUSE OF THE DIN OF FRED'S COAL BEING PUT INTO THE CELLAR, NO ONE HAD ANY IDEA WHAT ANYBODY WAS TALKING ABOUT

Onion Purchase To Boost Prices

Washington, Dec. 7.—(U.P.)—M. L. Brenner, procurement officer of the war food administration, today assured a delegation of western congressmen that WFA will buy an increased amount of soft-type onions by the end of the week if prices do not improve in the next three days.

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STRANGE AS IT SEEMS By ERNEST HIX

BARNEY GOOGLE and SNUFFY SMITH

BUZ SAWYER

BLONDIE

UTL ABNER

THE NEBBS

duction of both hard-type and soft-type onions last year for the dehydration program and domestic purposes. However, there was an over-supply of soft-type onions and prices sagged.

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Crossword Puzzle

ANSWER TO PREVIOUS PUZZLE

ACROSS
1—Road repairing machine
2—Tar
3—Spin
4—Part of sentence
5—Bone
6—Scheme
7—Fish eggs
8—Times (abbr.)
9—Above
10—Distant
11—High (mtn.)
12—Fried; three
13—Official command
14—To sheltered side
15—Place to make sail
16—Stopping place in baseball
17—Bitter vetch
18—Chinese pagoda
19—Reject
20—Horse's hooves
21—Twist
22—Injure
23—Heretic of "Uncle Tom's Cabin"
24—Girl's name
25—Biological factor
26—Willing (abbr.)
27—Right (abbr.)
28—Wing
29—Creek letter
30—Compass point
31—Evening prayer
32—Refreshing drinks
33—Prepared for publication
34—Recalled place in baseball
35—Short poem

DOWN
1—Old English coin
2—Pupils
3—Toward
4—Humid
5—Tap outcast
6—Fries
7—He could eat no fat
8—Railor's greeting
9—Stage
10—Musical note
11—Stableman
12—Pained
13—Lubricant
14—Pillid
15—Turkish coffee
16—Wood plant
17—Character in "Moby Dick"
18—Sea bird
19—Promium
20—J—Avenues
21—Die from lack of food
22—Kicked football
23—Meadow
24—Shore
25—Most rational
26—Listened
27—Merriment
28—Notice of marriage
29—Also
30—Tee (Sp.)
31—Also
32—Within