

Your Health and Its Care

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FACTS AND FANCIES ABOUT THE HAIR

Cutting the hair does not make it grow faster. The truth is that hair that grows faster needs cutting more frequently than hair that grows at the ordinary rate—which is one-half to three-fourths of an inch a month. Likewise shaving does not make hair or beard grow faster or heavier, but one with faster growing or heavier beard needs to shave more frequently.

My friend Dr. C. regularly shaved his hair from one arm for a year or more. Then he stopped shaving. In a few months there was no difference in the hair on his two arms.

Tall stories to the contrary notwithstanding hair never grows after death, nor does any other part of the body. When you're dead you're dead all over and dead things do not grow.

There are 120,000 hairs on the average scalp—if you don't believe it, count 'em for yourself. Brushing is good for hair and scalp, combing is not. The hair brush should be sterilized by boiling, if it will stand boiling, otherwise thoroughly washed with soap and water and allowed to dry in the sun, every time the hair is washed.

Frequent use of water on the hair is harmful only in that it removes the natural sebum or hair oil. If you apply to the scalp or hair a few drops of suitable oil frequently, wetting does no harm. Plucking a hair or an eyebrow does not destroy it—a new hair appears in six or eight weeks, becomes fully developed in three or four months. Plucking does no harm.

Hair is not a hollow tube, does not "bleed" or ooze when cut, should never be singed or otherwise subjected to greater heat than you would apply to your skin.

Application of antiseptic or germicidal preparations to the hair or scalp is futile so far as correction or cure of dandruff is concerned. No one has found or identified a dandruff "germ"—there is no good reason to believe dandruff is infectious in character.

Like the skin, the hair depends on general nutrition for its health, vigor, growth and condition. No amount of doctoring, medication or "nourishing" stuff applied to scalp or hair can materially improve its condition. If any such improvement is possible it must come through the circulation, through the blood supply to the hair root, through internal metabolism, nutrition.

In certain parts of the Great Lakes basin farmers were unsuccessful in wool growing, until it was discovered that the soil, water and feed in those areas were extremely poor in iodine. They began giving their stock an iodine ration to supplement the feed and water supply of that essential element. Thereafter they were successful in growing wool. Wool is hair. Incidentally, the natural oil on wool (lanolin) mixed half and half with fresh castor oil makes the finest hair oil or skin oil for regular use when hair or skin is too dry.

QUESTIONS AND ANSWERS

Thirty-seven Old?
I am 37 and feel fine when I am on my feet, but I can't turn a somersault without getting awfully dizzy.
Answer—Send stamped envelope bearing your address for the Pink slip—invitation to the Somersaulting. It tells how and why you should roll 'em every day and come up smiling.

Pre-determination of Sex
Is it true that if the husband is more virile than the wife... or that some men have all girl babies... or that...
Answer—No one can predetermine sex.

Baloney
Here is the reason why a hospital will not permit the husband to remain in the delivery room. Insurance companies fear the husband may faint, fall and injure himself, and so the hospital might have a suit for damages.
Answer—That's a lot of honey. I have stated the main reason here repeatedly that the hospital people fear an intelligent husband might notice some of the atrocious practices of the simple rules of asepsis and the like that occur in delivery rooms in shady institutions.

Schools Make Good or Bad Business

Babson Appeals for Better School Committees

By Roger W. Babson
Babson Park, Fla., Jan. 5—(Special Correspondence)—"Army Rejects Millions." "2,000,000 Returned for Physical or Mental Disability." These are headlines which we see in newspapers. Let us hope the figures are exaggerated; but if not, the situation is bad for our brave men, our overburdened taxpayers and for postwar business.

More Brains Answer To Employment Problem

I repeat that unemployment can only for a short time be relieved by government relief, pensions, bonuses and even by public works. To solve the unemployment problem we must have more employers and must give greater freedom to all employers. The only alternative is communism. More brains must come before more jobs.

We want a higher standard of living; but we cannot raise the standard of living without first raising the character, health and intelligence of the people. We cannot have long postwar prosperity if our business leaders and future congressmen are to be army physical rejects and returning soldiers broken down in health or mental powers.

Our business boosters talk about a postwar national income of \$120 billions compared with a prewar income of \$80,000,000,000. How can men, who are unfit, or too old, or too mentally upset to be in the army, be expected to make a success entering business?

Another thought: If we were not at war and if all men were in normal health who would be so optimistic as to suggest such an increase in national income during the next few years? Then, how can it be obtained with millions of our best men in cemeteries or hospitals or on relief at home? This is especially true if our killed, or injured, or shell-shocked are our best and bravest men.

Better School Committees Needed

Who are responsible for the weak morale, physical and mental condition of the rising generation? Who are training those who must provide re-employment for 30,000,000 veterans and war workers and must pay taxes for billions of pensions and a debt of \$300 billions? The school committees of your city and mine are responsible for what is to happen. Too many of them are putting cheap politics and their own selfishness before the good of their communities and returning soldiers.

Some editors criticize me for writing about education instead of business. But, let me reply as

follows: Good business must be preceded by good education. One is the hatchet and the other the handle; one is the lock and the other is the key. They are inseparable. Bad business and unemployment always result from a temporary weakness in our educational system. This is one reason why business depressions come about once every 20 years.

Watch High School Discipline

Therefore, in behalf of better post-war business, less post-war unemployment and safer investment markets, I appeal to readers to check up on their school committees during 1945. Throw out any politicians who are thinking first of themselves. Elect trained educators who know something about the world's most delicate and intricate machine—the human brain—instead of plumbers, carpenters and second-grade lawyers.

Most school superintendents and teachers know what high schools need, namely, more brain-developing courses, stricter discipline and less parties; football, etc. But, the young people dislike courses of study, such as mathematics which force them to think. These high school kids prefer easy courses like type-writing which will merely help them to a temporary job. The politicians try to please the students "for fear of a student strike," as a school committee man said to me the other day!

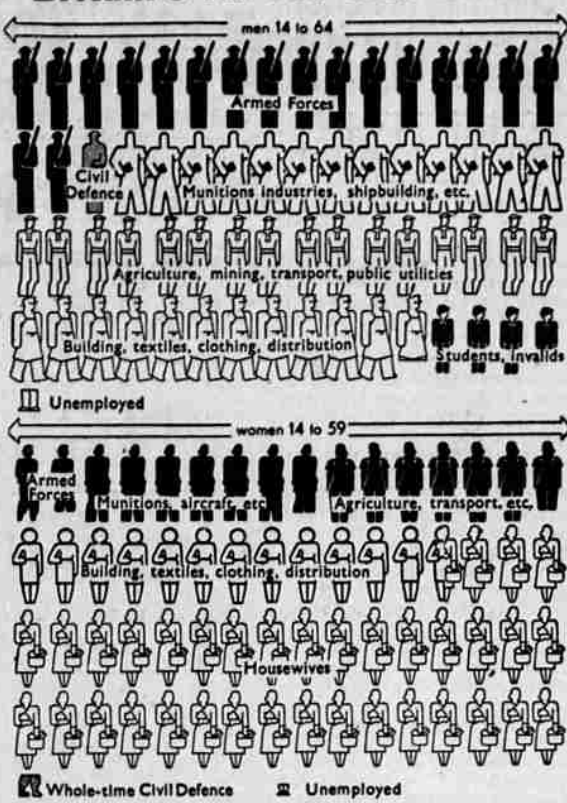
A bad school committee situation exists in most of the communities where this weekly column of mine is read. The composition of your school committee is far more important than "who is mayor," or "what's the tax rate," or "how city funds are to be spent." Your school committee of 1945 will determine whether you are to have business prosperity or depression in 1955. Post-war inflation can postpone unemployment for a few years; but only better character, sound health and more brains can lick "old man depression."

LEGION WINNER NAMED

Indianapolis, Jan. 8—(U.P.)—The American Legion today announced that Ed Ainsworth, editor of the Los Angeles Times, was winner of the Legion's national editorial appreciation award for 1944. It was entitled "This War, Private Jones."

GOLD CLOGGED NOSE
Like 2 shots, a drop act fast to shrink membranes, open up nose. What a relief! Caution: Use only as directed. Demand

Britain's All-out War Effort



FIGURES JUST REVEALED show that more than one male in every four between 14 and 64 years of age in Britain is in the Armed Forces. The above chart shows clearly the total mobilization of the British nation. With each figure representing a quarter million people, it shows the contribution of all males 14 to 64 and all females 14 to 59 years of age.

MOTORISTS FACE GAS RATION CUT

Washington, Jan. 8—(U.P.)—Gasoline output is now at its maximum and if military requirements increase beyond present demands, American motorists will have to get along on less fuel in 1945, Deputy Petroleum Administrator Ralph K. Davies said today.

"Manufacturers and refiners are now over to the United Press," Davies told the United Press. "We are now satisfying present military demands in full as well as supporting the present civilian rationing."

"But if military demands increase much we would have to meet them at the expense of the American civilians." The only chance of more gasoline for American motorists is a sudden end to the war in Europe, Davies said. In such an unlikely event, he said, military demands would undoubtedly be reduced sufficient to afford more liberal supplies for civilian consumption over and above relief needs in European countries.

ARMY'S NEW TANK MIGHTIEST EVER

Washington, Jan. 8—(U.P.)—President Roosevelt turned reporter in his message to congress Saturday, revealing among other things that the U. S. army has "a new tank with a gun more powerful than any yet mounted on a fast-moving vehicle."

Mr. Roosevelt also disclosed that "we are about to equip large new French forces with these modern weapons for combat duty." The president said "we have to work every day to keep ahead of the enemy in radar." "On D-day in France," he disclosed, "with our superior new equipment, we located and then put out of operation every warning set which the Germans had along the French coast."

LONE BANDIT ESCAPES
Los Angeles, Jan. 8—(U.P.)—A lone bandit orderer Cashier Margaret Johnson at a California bank today to "hand over all the cash," thrust a gun over the counter to emphasize his demand, and escaped with \$510.

On the Radio Chain

Chain affiliation and where they are on the dial:
KALB (CBS) 1330, Portland.
KEX (NBC-Blue) 1190, Portland.
KGA (NBC-Blue and MBS) 1510, Spokane.
KGO (NBC-Blue) 810, San Francisco.
KGW (NBC-Med) 620, Portland.
KJR (NBC-Blue) 1670, Seattle.
KXN (CBS) 1970, Los Angeles.
KOA (NBC-Red) 830, Denver.
KQIN (CBS) 970, Portland.
KSL (NBC-Red) 950, Salt Lake City.
KSL (CBS) 1160, Salt Lake City.

Time Shown is PWT

Monday
5:00 p. m.—OK for Release, NBC; Terry and Pirates, BN; News, MBS.
5:15 p. m.—Dick Tracy, BN.
5:30 p. m.—Voice of Firestone, NBC; Harry Finney, News, CBS; Jack Armstrong, BN.
5:45 p. m.—News, CBS; Captain Midnight, BN; Night News Wire, MBS.
8:00 p. m.—Thomas Peluso Orch., NBC; Lux Theatre, CBS; Carlson and the News, BN.
8:30 p. m.—Information Please, NBC; Spotlight Bands, BN.
7:00 p. m.—Screen Guild Players, CBS; Henry Gladstone, MBS; Guy Lombardo Orch., BN; Contended Hour, NBC.
7:15 p. m.—Lowell Thomas, MBS.
7:30 p. m.—Dr. J. Q. NBC; Thanks to the Yanks, CBS; Horace Heidt Orch., BN; Les Ranger, MBS.
8:00 p. m.—Supper Club, NBC; Jack Kirkwood, CBS; Ted Malone, BN.
8:30 p. m.—Heddy Hopper, CBS; Lum and Abner, BN; Fleetwood Lawton, NBC.
8:30 p. m.—Cavalcade of America, NBC; Michael Shane, MBS; Counter-spy, BN; Burns and Allen, CBS.
8:50 p. m.—Blind Date, BN; News, Glenn Hardy, MBS; The Whistler, CBS; Telephone Hour, NBC.
9:00 p. m.—OK for Release, NBC; Webster Says, NBC; Fulton Lewis, Jr., MBS.
10:00 p. m.—News, NBC; Sherlock Holmes, MBS; News, BN.
10:30 p. m.—Bob Mohr Orch., CBS; Freeman's Life Club, BN.
11:00 p. m.—Hotel Biltmore Orch., NBC.

TUESDAY

5:00 p. m.—Terry and Pirates, BN; OK for Release, NBC; News, MBS.
5:15 p. m.—Dick Tracy, BN.
5:30 p. m.—Date with Judy, NBC; Jack Armstrong, BN; Harry Finney, News, CBS; Adventures of Tom Mix, MBS.
5:45 p. m.—Capt. Midnight, BN; Night News Wire, MBS; News, CBS.
8:00 p. m.—Mystery Theater, NBC; Gabriel Heatter, MBS; Inner Sanctum, CBS.
8:15 p. m.—Jimmy Fidler, MBS; News, BN.
8:30 p. m.—Fiber McGee and Molly, NBC; Spotlight Bands, BN; American Forum, MBS.
7:00 p. m.—Raymond Gram Swing, BN; Bob Hope, NBC.
7:15 p. m.—Lowell Thomas, MBS.
7:30 p. m.—Hildegard, NBC; Red Rider, MBS.
8:00 p. m.—Merced's Music Show, NBC; Jack Kirkwood Show, CBS.

Relief At Last For Your Cough

Creomulsion relieves promptly because it goes right to the seat of the trouble to help loosen and expel germs laden phlegm, and aid nature to soothe and heal raw, tender, inflamed bronchial mucous membranes. Tell your druggist to sell you a bottle of Creomulsion with the understanding you must like the way it quickly allays the cough or you will have your money back.

CREOMULSION

for Coughs, Chest Colds, Bronchitis

Use Mail Tribune Want Ads.

ENTERTAINER

By CLUYAS WILLIAMS

SMALL BOY OF HOUSE TAKES LIKING TO DINNER GUEST WHO HAS ARRIVED TOO EARLY

SHOWS HIM HIS CHRISTMAS PRESENTS, SOON GETTING GUEST'S LAPP FULL

NEXT APPEARS EATING A PIECE OF BREAD THICKLY SMEARED WITH SOMETHING STICKY

IN SPITE OF GUEST'S PROTESTS, CLIMBS TO LAP INFLECTING CONSIDERABLE DAMAGE

KEEPS GUEST BUSY AND HIDING SHARP TOY EDGES AND STICKY DREAD

Small boy of house takes liking to dinner guest who has arrived too early. Shows him his Christmas presents, soon getting guest's lapp full. Next appears eating a piece of bread thickly smeared with something sticky. In spite of guest's protests, climbs to lap inflecting considerable damage. Keeps guest busy and hiding sharp toy edges and sticky dread.

Small boy insists on sharing bread with guest who is unable to defend himself.

Nothing fits me anymore.

I've lost so much weight all these dresses have to be altered.

You'd better have elastic gus sets sewn in— you may pick up poundage again.

Never—I like me just the way I am.

But you like food too!

Super Club, NBC; Ted Malone, BN. 6:15 p. m.—Fleetwood Lawton, NBC; Lum and Abner, BN; Music, CBS. 8:30 p. m.—Johnny Presents, NBC. Theater of Romance, CBS. 9:00 p. m.—Everything for Boys, NBC; Big Town, CBS; Grace Fields, BN; Glen Hardy, News, MBS. 9:15 p. m.—Ray Miller, MBS. 9:30 p. m.—Roy Rogers, MBS. 10:00 p. m.—News, NBC; Bal Tabarin Orch., BN. 10:30 p. m.—Edwin C. Hill, CBS. 11:00 p. m.—Talks, CBS; Biltmore Orch., NBC.

LAUDS TIMBERMEN
Portland, Ore., Jan. 8—(U.P.)—Major Raleigh Chinn, Seattle head of the Central Procuring

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.

agency, commended Douglas fir lumbermen today for accepting a record load of war orders through OPA auctions.

LABOR BOARD ORDER
Washington, Jan. 8—(U.P.)—The war labor board today ordered 209 Pacific northwest logging companies and the International Woodworkers (CIO), representing 29,800 employees, to resume negotiations on 22 issues involving conditions of employment.

STRANGE AS IT SEEMS By ERNEST HIX



BARNEY GOOGLE AND SNUFFY SMITH

DUCK VOICE PUNKIN HAID SNUFFY

JAP ZEROS!!

BUZ SAWYER

OF COURSE WE DIDN'T INVITE YOUR MR. SWEENEY TO DINNER... BUT I DO THINK, DEAR BOY, IT IS MOST DEMOCRATIC OF YOU TO HAVE, AS YOUR GUEST, A MAN FROM THE RANKS.

OH, DEAR! SUCH AN AMUSING FACE... AND THAT FLAT NOSE OF HIS.

PERHAPS YOU DON'T UNDERSTAND, MRS. WINTER... SWEENEY'S MY BEST FRIEND.

OH, YES, YES, AHEM! I DARE SAY HE COMES FROM A VERY PROMINENT, WELL-TO-DO FAMILY.

HE HAS NO FAMILY, AND I DOUBT IF THEY WERE EVER PROMINENT. BUT IF THEY WERE OLD SWEENEY, THEY WERE THE SALT OF THE EARTH... AND NONE FINER.

BLONDIE

DAGWOOD WILL YOU HELP ME WITH THE DISHES?

OH-OH! WHERE CAN I HIDE QUICK?

HOW DID YOU KNOW I WAS HERE?

OH MY WOMAN'S INTUITION TO ME! YOU FIND US THERE.

WHAT CHANCE HAS A POOR GUY GOT AGAINST THAT SORT OF STUFF?

THE NEBBES

I KILLED THE INVENTOR BECAUSE HE HAD SEEN THE PAPER!! I KILLED A LITTLE OLD LADY BECAUSE SHE HAD SEEN THE PAPER!! THEN I DESTROYED THE PAPER!!

BANG!!

YES (GROAN!) I UNDERSTAND! IT IS TOO DANGEROUS FOR ANY OF US TO LIVE—ANY OF US WHO HAS SEEN THAT PAPER!!—BUT NOW—HEH-HEH-HEH—GROAN!!

OUR INDUSTRY IS SAFFER OUR PROFITS ARE PROTECTED!! THE INVENTOR IS DEAD—I'M D-DYING—THE OLD LADY IS DEAD—EADY!! SHE'S ALIVE!! THERE SHE IS!!!

WHAT IS THIS, A SUMMAGE SALE?

NEVER—I LIKE ME JUST THE WAY I AM.

BUT YOU LIKE FOOD TOO!

I'LL ADMIT DIETING IS A STRAIN ON THE WILL POWER. YEAH BETWEEN IT'S A CONSTANT BEAUTY AND BEEF WITH THE ODDS ON THE LATTER!

DO YOU KNOW?

That three out of four cars need new windshield wiper blades and arms. Keep your driving vision clear at all times.

ROGUE RIVER CHEVROLET CO.

Crossword Puzzle

ANSWER TO PREVIOUS PUZZLE

1-Head split	31-Rise up
2-Rate of speed	32-Looked closely
3-Electrical unit (usage)	33-Without friends
4-Period of time	34-Go without food
5-Dutch cheese	35-Chum
6-Not to be afraid	36-Do over book
7-Emblem of dawn	37-Egyptian goddem
8-Healthy elasticity	38-Berle food
9-On the sea	39-Cooking snow
10-Nevada's parasol	40-Matted wool
11-Breath noisily	41-Beverage
12-Sharpener	42-Parasol
13-Consider	43-Worshipped
14-Rate	44-Seed vessel
15-Flying creature	45-Eating no feet
16-Sportive nature	46-Clump
17-Placed	47-Kind of bean
18-This porridge	

DOWN

- 1-Shroud
- 2-Rugged mountain
- 3-Less
- 4-Fondles
- 5-Fun
- 6-Frank
- 7-Turkish officer
- 8-Man's name
- 9-Rubber
- 10-Preth before
- 11-Large wave
- 12-Vie fruit
- 13-Margins
- 14-Small piece
- 15-Go to right
- 16-Ancient
- 17-Livity
- 18-Networks
- 19-Hit
- 20-High note
- 21-Erupting mountain
- 22-Writing tablet
- 23-Units of electrical capacity
- 24-Spooky
- 25-Break
- 26-Eskimo's home
- 27-Do to right
- 28-Old
- 29-Deadend
- 30-Shinto temple
- 31-West Point dango
- 32-Chit in

PENETRO

Like 2 shots, a drop act fast to shrink membranes, open up nose. What a relief! Caution: Use only as directed. Demand