

# Your Health and Its Care

BY DR. WILLIAM BRADY, M. D.

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## WHAT CALCIUM IS GOOD FOR

Aside from the importance of an adequate daily supply of calcium and vitamin D to maintain good nutrition and good health, there are several conditions in which an optimal daily supply of calcium and vitamin D may do much good. Optimal means two or three times as much as is ordinarily required for normal nutrition.

The expectant mother and the nursing mother should supplement her diet with an optimal daily ration of calcium and vitamin D to insure normal development and growth of her child and to protect her own bones, nerves, glands and teeth from being robbed of calcium by the demands of the child.

The Young Child and the child in the teens requires relatively more calcium and vitamin D than the adult, for normal growth and development, particularly the child with a tendency to enlarged tonsils and adenoids, weak ankles or potential flat feet, fatigue posture or spinal curvature.

Any one whose teeth decay too rapidly or seem soft and crumble easily should take an optimal daily ration of calcium and vitamin D.

We are still groping in the dark for a solution to the mystery of allergy. Whatever its precise pathology may be, it can do no possible harm in any case to give the calcium and vitamin D prophylaxis a fair trial—supplement the diet with an optimal daily ration for, say, three months and see.

In a great many cases of hay fever, spasmodic asthma, recurring hives (urticaria), and giant hives (angioneurotic edema), which are perhaps of allergic character, an optimal daily ration of calcium and vitamin D brings relief or prolonged freedom from attacks.

Whether eczema (salt rheum,

## Begging For Used Fats



When you save and turn in used kitchen fats, you are doing a good turn for your household pets, because the by-products of used fat are necessary ingredients in prepared animal foods.

## On the Radio Chain

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.  
KGV (NBC-Red) 620, Portland.  
KJR (NBC-Blue) 1070, 1080, Seattle.  
KXN (CBS) 1070, Los Angeles.  
KSA (NBC-Red) 850, Denver.  
KOIN (CBS) 970, Portland.  
KOMO (NBC-Red) 850, Seattle.  
KPO (NBC-Red) 850, San Francisco.  
KSL (CBS) 1160, Salt Lake City.

Time shown is PWT  
Wednesday  
8:00 p. m.—Terry and Pirates, BN; OK for Release, NBC; Burrell Wheeler, CBS; News, MBS.  
8:15 p. m.—Dick Tracy, BN.  
8:30 p. m.—Jack Armstrong, BN; Harry Flannery, News, CBS; Adventures of Tom Mix, MBS.  
8:45 p. m.—Elmer Peterson, NBC; Night News Wire, MBS; Capt. Midnight, BN; News, CBS.  
9:00 p. m.—Frank Sinatra, CBS; Eddie Cantor, NBC; Gabriel Heatter, MBS.  
9:20 p. m.—Spotlight Bands, BN; Mr. District Attorney, NBC; Which is Which, CBS; Cisco Kid, MBS.  
9:30 p. m.—Ray Koyne, Kollage, NBC; Great Moments in Music, CBS; Summer Wella, MBS.  
9:50 p. m.—Lovelace Thomas, MBS.  
7:30 p. m.—Scrammy Army, BN; Lone Ranger, MBS; Let Yourself Go, CBS.  
8:00 p. m.—Supper Club, NBC; Jack

8:15 p. m.—Fleetwood Lawton, NBC; Lum and Abner, BN; Music That Satisfies, CBS.  
8:30 p. m.—Carton of Cheer, NBC; My Best Girl, BN; Dr. Christian, CBS; Bulldog Drummond, MBS.  
9:00 p. m.—Mr. and Mrs. North, NBC; Jack Carson, CBS; News, MBS.  
9:30 p. m.—Fulton Lewis, MBS.  
10:00 p. m.—News, NBC; Pacific Reporter, BN.  
10:30 p. m.—Gene Krupa Orch., CBS.  
11:00 p. m.—Milton Charles, Organist, CBS; News, BN.

Thursday  
5:00 p. m.—Sam Hayes and the News, MBS; OK for Release, NBC; Terry and the Pirates, BN.  
5:15 p. m.—Dick Tracy, BN.  
5:30 p. m.—Jack Armstrong, BN; Harry Flannery, News, CBS; Tom Mix, MBS.  
5:45 p. m.—Captain Midnight, BN; Elmer Peterson, NBC; Night News Wire, MBS; News, CBS.  
6:00 p. m.—Music Hall, NBC; Major Bowes, CBS; Gabriel Heatter, MBS.  
6:15 p. m.—News, BN.  
6:30 p. m.—Bob Burns, NBC; Spotlight Bands, BN; Corlies Archer, CBS; Treasure Hour of Song, MBS.  
7:00 p. m.—Abbott and Costello, NBC; Fred Waring Orch., First Line, CBS; Henry Gladstone, MBS.  
7:15 p. m.—Lovelace Thomas, MBS.  
7:30 p. m.—Ray Koyne, Kollage, NBC; Rudy Vallee, NBC; Here's to Romance, CBS.  
8:00 p. m.—Supper Club, NBC; Jack Kirkwood Show, CBS; Sammy Kaye, MBS.  
8:15 p. m.—Fleetwood Lawton, NBC; Lum and Abner, BN; Music That Satisfies, CBS.  
8:30 p. m.—Coffee Time, NBC; Death Valley Sheriff, CBS; America's Town Meeting of the Air, BN.  
9:00 p. m.—News, MBS; Dinah Shore, NBC.  
9:15 p. m.—Rex Miller, MBS.  
9:30 p. m.—Elmer Queen Mysteries, NBC; Fulton Lewis, Jr., MBS; Gene Krupa Orch., CBS.  
10:00 p. m.—News Reporter, NBC; News, BN.  
10:15 p. m.—Henry Taylor, BN.  
10:30 p. m.—Gene Krupa Orch., CBS; Fenmore's Nite Club, BN.  
10:50 p. m.—Hotel Baltimore Orch., NBC.

**A 30-DAY HIDE-AND-SEEK GAME WITH ENEMY AFTER B-17 CRASH-LANDED**  
Hear the amazing, true story of a pilot's experiences (former S.P. man) while being hunted in enemy territory.  
**TONIGHT 9:00**  
★ Southern Pacific's ★ **MAIN LINE KMED**

## F.D.R. AWARE OF PUBLIC UNEASE

Washington, Jan. 10—(U.P.)—Chairman Tom Connally, D., Tex., of the senate foreign relations committee said today after the second conference of congressional leaders with President Roosevelt within a week that the chief executive was fully aware of public uneasiness over foreign affairs.  
Anticipating a full-dress senate debate tomorrow, Connally

## Grandma Switches Millions of Mothers To Her Mutton Suet Idea For Chest Colds

Pioneer grandma liked to "rub colds" with a "home rub" containing mutton suet. Such a rub was her "old reliable" for relieving chest muscle tightness, soothing bronchial irritation, loosening phlegm, checking coughing, easing stinging of chapped lips and nostrils. Today science has modernized this principle with Penetro, the salve with a base containing this same old-fashioned mutton suet, plus 5 active ingredients—so now Grandma's old idea is switching millions to this newer relief that is being hailed all over America.  
You'll like Penetro the first time you feel it spread smoothly on chest, throat, back—its mutton suet makes it melt instantly, vanish quickly. It gets to work 3 ways at once to make you and your children

## Suburban Heights



IT WAS UNFORTUNATE, WHEN FRED PERLEY WAS MAKING EVERY EFFORT TO BE AGREEABLE TO HIS WIFE'S VISITING COUSIN, THAT HE AND SHE SHOULD, AT THE SAME IDENTICAL SECOND, TRY TO STEP OUT THE SPARK THAT HAD JUMPED FROM THE FIREPLACE.

said he would engage in it only to challenge criticisms of the government which he considered unjust and not based on facts.

"I challenge those who from time to time say this nation has no foreign policy," Connally said in a statement after the White House meeting.

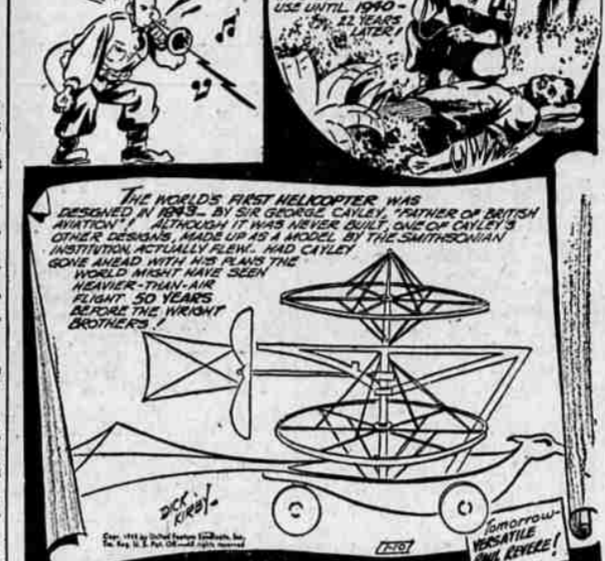
The famous Seabee slogan, "We do the difficult immediately, the impossible takes a little longer," is familiar to almost everyone. Another Seabee slogan, however, has undergone a change. The simple "can do" now reads: "can do—will do—do."

**Beware Coughs from common colds That Hang On**  
Creomulsion relieves promptly because it goes right to the seat of the trouble to help loosen and expel germ 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 are to have your money back.  
**CREOMULSION**  
For Coughs, Chest Colds, Bronchitis

## 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

## STRANGE AS IT SEEMS By ERNEST HIX



THE USE OF BLOOD AS A LIQUID PART OF BLOOD... THE WORLD'S FIRST HELICOPTER WAS DESIGNED IN 1905... BY SIR GEORGE CAULRY, 'FATHER OF BRITISH AVIATION'...

## BARNEY GOOGLE and SNUFFY MITT



## BUZ SAWYER



## BLONDIE



## L'IL ABNER



## THE NEBBES



# DO YOU KNOW?

That Jack St. Clair, Service Engineer for Northwest Truckett Sales company, can be contacted by appointment at Rogue River Chevrolet.

Loggers! Truckers! Here is your opportunity to receive technical information on conversion equipment.

## ROGUE RIVER CHEVROLET

## Crossword Puzzle

ANSWER TO PREVIOUS PUZZLE

1—Wagon	33—Lagoon
2—Crab	34—Belate
3—Tribe of India	35—Segment
4—Christmas tree	36—March
13—A dab	40—An exclamation
14—Group of three	41—Part of "to be"
15—Roman procurator of Jude	42—Perfect
17—Paul Flowers	43—Huge
18—Barral slat	44—Make harmonious
19—Milly	45—Printer
21—Barka	46—Meningeal talk
22—Jamaica	47—Statement of debt
24—Pronoun	48—Sleep
25—Tertiary deity	49—Discharged soldiers (slang)
26—At that time	50—Employee
28—Hawk cage	51—Hawk cage
31—Mountain	52—Osselle

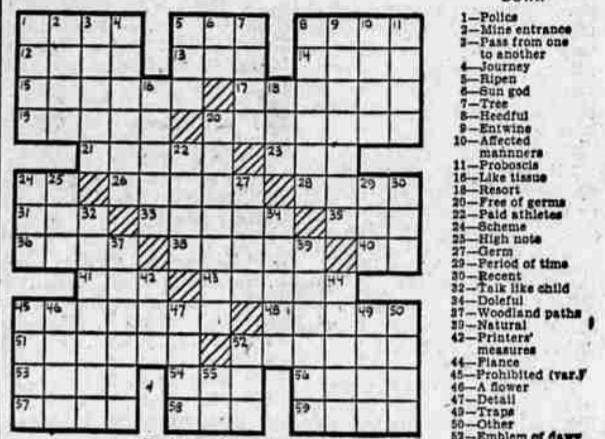


Photo by United Features Syndicate, Inc.



PRESENT FOR ROOSEVELT—Recorded dramatization of the life of President Roosevelt was presented to the FDR Library at Hyde Park by A. I. Parker (left), and accepted by Edgar Nixon (right), library director. Parker has donated \$200,000 radio time to the Treasury Department to broadcast for war bond sales.

## CIO Committees Spend \$1,327,774 During Campaign

Washington, Jan. 10—(U.P.)—The two political action committees fostered by the Congress of Industrial Organizations received \$1,327,774 last year and spent \$1,327,774, reports filed with the house of representatives showed today.  
The National Citizens PAC had contributions of \$380,308 and spent \$378,424, its report said.  
The CIO-PAC received \$376,810 for its "individual contributions account" and spent \$470,352 from the same fund. It had an apparent deficit in addition to \$21,248 in unpaid bills as of December 31.  
In its trade union account, which was frozen after the national political conventions to comply with the Smith-Connally act, the CIO-PAC showed 1944 contributions of \$101,608, expenditures of \$478,498 and a year-end balance of \$548,297. Most of the trade union contributions

## Wheezing Bull Gets Penicillin Supply

Hardwick, Mass., Jan. 10—(U.P.)—A wheezing bull gazed through the walls of an oxygen tent today while a veterinarian administered a giant-sized shot of penicillin in an effort to save the Royal Guernsey Prince from death by pneumonia.  
The patient, Caumsett Spitfire, already has received 2,500,000 units of the drug under special dispensation by the war production board at Washington, but his physician, Dr. Francis M. Austin of Belchertown, described him as "a pretty sick boy."

## 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.