

Your Health and Its Care

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A SALAD HOUND

A meal is not a square meal, a diet is not a balanced diet and life is not all it should be without a salad. The finest food, in prime condition however well prepared or cooked and served, food that is good to eat, chock-full of calories and therefore excellent fuel to support the energy requirements in any emergency, is still inadequate if it happens to be poor in vitamins and minerals—and a meal without a salad is pretty certain to be inadequate in that respect these days.

On the other hand a salad without a dash of arsenic is not as easy to obtain these days as you may think. If you are fortunate enough to have your own garden patch and grow your own spinach, lettuce, asparagus, chloery, onions and the like, then you can have salad and still no bellyache. But if you buy your vegetables and greens in the market or if you eat out, you can either omit green salad or take a chance on it and hope the arsenic will not exceed your tolerance.

In Public Health Reports, official publication of U. S. Public Health Service, Jan. 1, '37, Iowa State University experts described their findings in tests of the spray residues on fruit and urged that apple-growing states enact laws to empower the health department to protect consumers against spray residues. They also recommended that fruit growers who spray their fruit on the trees should use 1 per cent hydrochloric acid rinse, which is a simple procedure and would at least mitigate the potential danger of

poisoning. It is advisable to use this solution for rinsing greens or leave vegetables in preparing them for salads. To prepare 1 per cent hydrochloric acid solution mix a pint of standard medicinal Diluted Hydrochloric Acid with nine pints of water. This solution may be used over and over for rinsing such leafy vegetables or whole fruits. The dilute acid dissolves and removes lead or arsenic residues that are not dissolved or removed by water or even by soap and water. After rinsing well in the 1 per cent hydrochloric acid solution, another rinsing in plain water removes any acid remaining. I believe I'd go for salad any time, even in a restaurant, if I knew the greens were given this acid rinse by way of assurance against bellyache.

QUESTIONS & ANSWERS
Sulfur and Molasses
Please explain the effect of sulfur and molasses on a person. Would it be harmful for a child to eat a lump of sulfur? (Mrs. L.)
Answer—You believe in preparing well in advance for the big spring thaw? Sulfur and molasses is mildly laxative, nothing more, as far as we know. If the sulfur is pure it would be harmless to the child—merely a laxative.
Canned Food
I contend that food kept in opened tins, even in the refrigerator, is not fit to eat. My wife differs. (O. K.)
Answer—Your wife is right. Food keeps as well in opened tins as in any other container. You owe her a couple dozen roses.

Broad Field of Ignorance
You cautioned readers to remember that your ignorance of psychology is stupendous. Your ignorance of geography is even more so. I was startled to learn that Palm Springs and Mecca are on the Mojave Desert and near Bagdad. Palm Springs and Mecca are in the Coachella Valley and Bagdad on the American Desert nearly 300 miles northeast. (J. H. M.)
Answer—Oh, well, those alleged "deserts" in California are a huge disappointment. First time we drove across the Mojave "desert" from Needles to Barstow we loaded up with extra cans, barrels, etc., as for a safari—and found we never got off the pavement or out of sight of a service station—I'll never get over that disappointment. One could forgive the west for no cowboys and no Indians, not for this. If your "American Desert" is at great a hop as the Mojave you can place Bagdad, Mecca, Palm Springs or Jerusalem in it for all I care. (Copyright 1945, John F. Dille Co.)

Ginger Rogers New Hit Coming



Ray Milland and Ginger Rogers are starred in "Lady in the Dark," along with Warner Baxter and Jon Hall. The film opens Sunday at the Craterian for a three-day program.

5 YANK SOLDIERS JAILED FOR PART IN BLACK MARKET

Paris, Jan. 12—(U.P.)—Five American soldiers were sentenced to long prison terms today after being found guilty of conspiracy to divert military supplies to the black market. Sgt. Marcel Young, New York City, received the stiffest sentence—45 years at hard labor and dishonorable discharge. The others, who received terms of 40 years each and dishonorable discharge, were Pvt. Fred C. Jones, 19, Clarksburg, W. Va.; Pvt. Edward H. Wagner, St. Paul, Minn.; Sgt. Leonard J. French, Houston, Tex., and Pvt. Thomas G. Harper (no address). They were the second group convicted among the 184 American soldiers accused of participating in the black market operations.

Lt. Robert O'Reilly of the criminal investigation department testified at the military trial that soldiers in the 716th railway battalion told him its officers were involved in cigarette racketeering. "When I joined the battalion early in November as a GI, I asked the boys how I could send profits home, as postal orders are censored by company officers who would be suspicious," O'Reilly said. "The boys answered, 'don't worry about that—everyone's in on this deal!'"

ZERO CLUB

Out of bounds, civilians only
Delicious chicken and steak dinners, 7:00 p. m., 8 a. m., except Sunday. Phone day time 5300; night 9101.

Roxy Comedy



Starting today at the Roxy for three days, Fred MacMurray and Paulette Goddard co-star in the comedy hit, "Standing Room Only," with such favorites in the supporting cast as Edward Arnold, Roland Young and Hillary Brooke.

NAVY NURSES MAY WED
Washington, Jan. 12—(U.P.)—Vice Adm. Ross T. McIntire, surgeon general of the navy, today announced a change in regulations which will permit navy nurses now in service to marry without being required to resign.

NAB NISEI FUGITIVE
Grand Rapids, Mich., Jan. 12—(U.P.)—U. S. District Attorney Joseph Deeb said today that George Yamato, San Francisco-born Japanese accused of desertion from the conscientious objectors' camp at Gernfask, had been apprehended in Chicago.

How To Relieve Bronchitis

Creomulsion relieves promptly because it goes right to the seat of the trouble to help loosen and expectorate 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 do not have your money back.

CREOMULSION

for Coughs, Chest Colds, Bronchitis

High School News



At a meeting of Hi-Y, Monday, January 8, it was decided that the club would take charge of the school's waste paper drive, according to Mr. J. C. Tucker, advisor of the group. President Alton Hayes was appointed general chairman of the drive with Secretary Jack Thompson assisting. Boys will be assigned to take charge of the weighing of paper between 8 and 9 o'clock in the mornings and from 12:30 to 1 at noon, January 10 to 16.

Students who have made unusually high rates in the typing I classes recently are as follows, according to Miss Frederickson and Miss Cunningham, typing instructors: One-minute test records, Deah Jeanne Rose, best speed rate of all typing I classes. Highest of each class, one-minute speed tests, Naomi Todd, first period, 41 words per minute; Maxine Blass, second period, 41 words; Betty Wall, fourth period, 37 words; Virginia Hawkins, seventh period, 35 words, and Deah Jeanne Rose, eighth period, 60 words per minute.

Advance typing classes, Regina Smith and Delores Davis, seven 10-minute tests with five or fewer errors, while the requirements call for only two 10-minute tests with five or less errors. There was a torch honor meeting, Tuesday, for distribution of organization pins; also, plans were made for a pay assembly to be given during the second semester. President Gerald Pence appointed members to take care of the initiation ceremony later in January when the following students will be initiated into the club: Sophomores, Peggy Bray, Polly Hoffard, Elaine Sherwood, Joan McDuffy, Susan Inskeep, JoAnne Gilmore, Nick Green, Charles White, Louise Ellis and Bill Moffatt, Juniors, Helen Robertson, Alan Kircher, Marion Tilly, Bill Todd and one senior, Rhoda Williams.

At an ice skating meeting third period Wednesday, plans were discussed for an ice show to be held later in the year. Jerry Liebman is in charge of the show which will feature comedy numbers as well as the "fourteenth step." Members will have special costumes for the event.

NEW APPLE METHOD
New York City, Jan. 12—(U.P.)—A new method of storing apples is described in the current issue of "Foreign Commerce Weekly," British Columbia Tree Fruits, Ltd., had 200 tons of apples on hand but no place to store them. The company dumped the fruit in a lake, to be recovered later and, incidentally, examined to determine results of immersion. If the apples remain edible, they will be dehydrated.

BYRD DECORATED
Washington, Jan. 12—(U.P.)—President Roosevelt today awarded the Legion of Merit to an old friend and noted explorer, Rear Admiral Richard E. Byrd, for performance of pioneering navy aviation missions in the southeast Pacific in 1943.

NOW OPEN!

TAKE-IT-EASY LODGE

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One-Half Mile Up Savage Creek

On the Radio Chain

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Chain affiliation and where they are on the dial:
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KGW (NBC-Red) 620, Portland.
KJR (NBC-Blue) 1090, Seattle.
KNX (CBS) 1070, Los Angeles.
KOA (NBC-Red) 850, Denver.
KORN (CBS) 970, Portland.
KOMO (NBC-Red) 950, Seattle.
KPO (NBC-Red) 880, San Francisco.
KSL (CBS) 1160, Salt Lake City.

Friday
5:00 p. m.—Terr and Pirates, BN.
OK for Release, NBC; Sam Hayes, News, MBS.
5:30 p. m.—Dick Tracy, BN.
5:30 p. m.—Jack Armstrong, BN.
Harry W. Flannery, News, CBS; Tom Mix, NBC.
5:45 p. m.—Elmer Peterson, Commentator, NBC; Capt. Midnight, BN.
6:00 p. m.—Waltz Time, NBC; Gabriel Heatter, MBS; News, BN. Tonight in Hollywood, CBS.
6:15 p. m.—Fulton Lewis, Jr., MBS; News, BN.
6:30 p. m.—People Are Funny, NBC; That Brewster Boy, CBS; Double or Nothing, MBS; Spotlight Bands, BN.
6:30 p. m.—News, CBS; A. O. G., NBC; Duranta and Moore, CBS; Dale Carnegie, MBS.
7:00 p. m.—Lowell Thomas, MBS; 7:30 p. m.—Stage Door Canteen, CBS; Lone Ranger, MBS; Ed Wynn, BN; Bill Stern, NBC.
8:00 p. m.—Stars of the Future, BN.
8:00 p. m.—Jack Kirkwood Show, CBS; Supper Club, NBC.
8:15 p. m.—Fleetwood Lawton, NBC; 8:30 p. m.—Dutty's Tavern, NBC; 8:30 p. m.—News, CBS.
8:30 p. m.—Furrough Fun, NBC; News, MBS; Aldrich Family, BN.
8:45 p. m.—Adventure of Thin Man, CBS.
9:00 p. m.—News, NBC; News, BN.
10:00 p. m.—Sweetheart Swing Time, NBC.
10:30 p. m.—Hotel Biltmore Orch., NBC; Milton Charles, Organist, CBS; News, BN.

Saturday
5:00 p. m.—Youth on Parade, CBS; Orchestra, BN; Know Your Symphony, NBC.
5:30 p. m.—Boston Symphony, BN; Detroit Symphony, NBC.
5:45 p. m.—News, CBS; Elmer Peterson, NBC.
6:00 p. m.—Barn Dance, NBC; This Is My Story, CBS.
6:30 p. m.—Spotlight Bands, BN; Can You Top That?, NBC.
6:45 p. m.—Saturday Serenade, CBS; 7:00 p. m.—Guy Lombardo Orch., BN; Betty Kelly, NBC.
7:15 p. m.—Mayor of the Town, CBS.
7:30 p. m.—Grand Ol' Opry, NBC; Red Ryder, MBS; The Man Called X, BN.
8 p. m.—Early American Music, BN; America in the Air, CBS; Truth or Consequences, NBC.
8:30 p. m.—Gaelic Gayettes, NBC; FBI in Peace and War, CBS; Leland Stowe, BN.
9:00 p. m.—Meet Your Navy, BN; Hit Parade, CBS; News, MBS.
9:15 p. m.—Dream Boat, MBS.
9:30 p. m.—Three Suns Trio, NBC.
9:45 p. m.—Don't You Believe It, CBS; Lee Simms, pianist, NBC.
10:00 p. m.—News, NBC; Soldiers With Wings, BN.
10:15 p. m.—On Our Bandstand, NBC; Hollywood Barn Dance, CBS.
10:30 p. m.—Sweetheart Swing Time, NBC.
11:00 p. m.—Orchestra, CBS; This Moving World, BN; Biltmore Orch., NBC.

Woman Acquitted In Speedy Trial
Tacoma, Wash., Jan. 12—(U.P.)—Climaxing one of the fastest moving murder trials on record, a superior court today returned a special verdict of not guilty by reason of insanity in the case of Mrs. Petra Lorentson, placed on trial for the ax slaying of her husband. The jury deliberated only 13 minutes.

SOURDOUGH DIES
Ketchikan, Alaska, Jan. 12—(U.P.)—An Alaska sourdough for 42 of his 100 years, Joseph L. Massey, born at St. Ignace, Mich., died yesterday at his home on Pennock island.

Use Mail Tribune Want Ads.

HAVE YOU HEARD

KC Jamboree

STARRING CURLEY BRADLEY
IT'S TOPS FOR FUN!
KMED SATURDAYS 8 a. m.

THE WORLD AT ITS WORST

By GLUYAS WILLIAMS

GIVEN A FAIR DAY YOU CAN BE REASONABLY SURE THAT ONCE YOU'VE PUT JUNIOR OUT TO PLAY YOU WON'T SEE HIM AGAIN UNTIL LUNCH TIME! AND LIKEWISE, GIVEN SNOW OR MUDD, YOU CAN BE JUST AS SURE THAT EVERY TIME YOU GET THE FRONT HALL CLEAN, HE IS GOING TO FIND SOME REASON TO BRING HIM INTO THE HOUSE AGAIN

DR. LAGESON RETURNS FROM DENTURE MEETING

Dr. Rurt L. Lageson of this city returned this week from Portland where he attended a meeting of the Prosthetic Study club. Dr. Lageson was recently honored by membership in this group which is limited to 12 members and a director. The other members are all Portland dentists.

The Prosthetic Study club, Chalker's Motel & Lodge OFFICERS' CLUB
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STRANGE AS IT SEEMS. By ERNEST HIX



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DO YOU KNOW?

That in the present school year the highest student enrollment for Jackson County is 10,096.
New school bus chassis are now available at our assembly plants and may be obtained with proper certificates.

ROGUE RIVER CHEVROLET

Crossword Puzzle

ANSWER TO PREVIOUS PUZZLE

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60

ACROSS
1—Bary
2—Valley
3—Period of time
4—A plant
5—Goes in again
6—Trouble
7—Tasteful
8—Dignified
9—Knowledge
10—Avalanche
11—Dilated
12—Siderite
13—Mix up type
14—Girl's name
15—Fresh
16—Adapter of musical composition
17—Bait
18—A fruit
19—Captured Polish general
20—Occur
21—Tension
22—Bad
23—Instigation
24—Anger
25—Large wave
26—British subject
27—Lytic poems
28—Girl's nickname
29—Par (comb. form)

DOWN
1—Variety
2—Moulding
3—More eccentric
4—Made rigid
5—Look closely
6—Wander
7—More calm
8—Crown
9—Operate solo
10—Spry motion
11—Being, in abstract
12—A number
13—Fancies
14—Having less on
15—Resort
16—Tune
17—Healthful
18—Access
19—Prefix: paw
20—Township: abbr.
21—Most tender
22—British thermal unit
23—Winner of Congressional Medal of Honor
24—Greedy
25—Heap
26—Obstruction
27—Religious image
28—Little message
29—Bore