

Your Health and Its Care

By DR. WILLIAM BRADY, M.D.

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BABY SHOES

The purpose of footwear is to protect the feet against injury by cuts, scratches, punctures, bruises and the like, not to "strengthen" or mold or support them.

A baby needs no shoes until he or she is old enough to walk, and it is ridiculous to put shoes on an infant less than a year old just to show the world you have the money to squander that way.

After the baby begins to walk the shoes should be soft, flexible, with tough but not rigid soles and no more than enough uppers to hold them on the feet.

Shoes for a young child must always be at least half an inch longer than the feet, the length of the child's feet being measured by the footprint made when the child walks with moistened feet on the bare floor, or with blackened soles on a paper, so that the footprint may be cut out as a pattern, to which the shape of the shoes should conform.

Avoid as evils in a child's shoes rigidity anywhere, narrowness or pointed appearance of

toes, gadgets or "inventions" purporting to give "needed support" to instep, arch, ankle and avoid even low lifts in the heel—a young child's shoes should have no greater thickness of heel than of sole and by young child I mean a child not yet old enough to go to school.

Shoes should always be large enough to permit full flexion and extension of the toes, as sandals do. This is important because it favors normal development and strength of the feet in the young child and in older persons it promotes foot comfort and prevents cold feet, chilblains and frostbite.

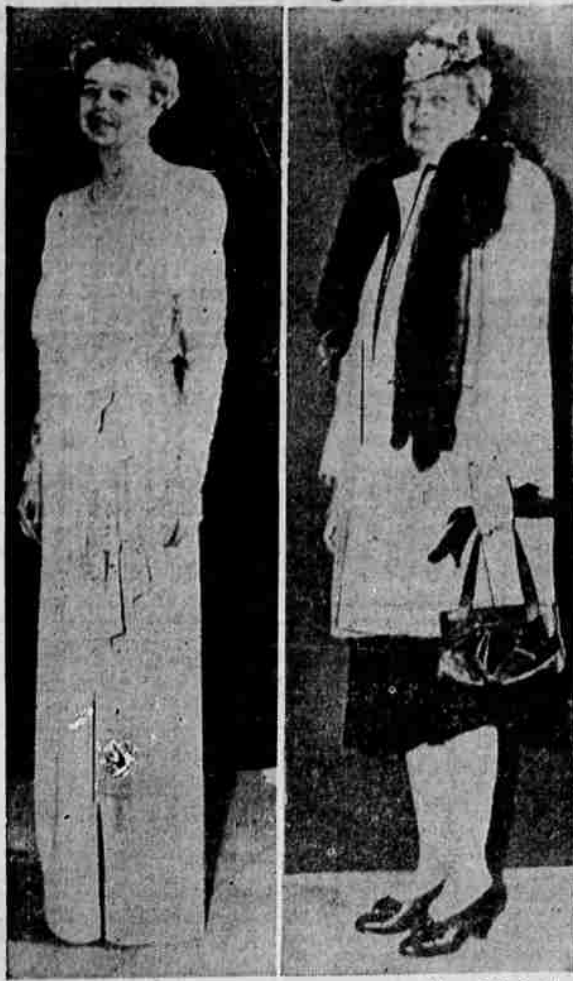
QUESTIONS AND ANSWERS
Indeterminate Sex
I am a teacher and I could use a few dozen copies of your article published a few months ago entitled "Protecting the Virtue of a College Boy" (E. S. Somebody).
Answer—I do not recall having had an article under that title. Why not sign your name Miss, Mister or Mrs. B. L. Somebody, or Bertha or Bordwell Somebody, so a correspondent may know how to address you?

Stomach Ulcer
Is it advisable for one with stomach ulcers to take iodine? (M. B.)
Answer—Only if his or her physician prescribes it.

Salad Should Come First
I was grateful for your article stating that salads should be eaten at the beginning of the meal. I have followed that rule in raising my children, in the face of much amused comment. (Mrs. K. M. A.)
Answer—I would improve the nutrition of a great many children if the salad were served first, eaten before the main course. A too common failing of American meals is the lack of salad even when the family or the individual could afford it. The Yankee nobby-pansy appetite is conditioned to food that can be hurriedly wolfed down or washed down the gullet.

Chilblain
Please tell me what you do for chilblain or frostbite. I am 24, and my feet swell and itch as soon as the temperature drops below freezing. (Mrs. C. S.)
Answer—Of first importance in prevention is to keep the feet dry. First aid for frostbite is moderate warmth, not cold or ice or snow, and very gentle rubbing of the frostbitten part with your warm hand, or rather slow kneading, until pink color returns to the blanched spot, then discontinue all further handling or manipulation. It is a stupid practice to keep cold or ice or snow on a frostbitten part, still more stupid to keep a person who has suffered freezing in a cold place. Persons unduly subject to chilblains need increased calcium. Send 10 cents and stamped self-addressed envelope for booklet "The Calcium Shortage," which tells whether your trouble is chilblains or more severe frostbite. (1945, John F. Dille Co.)

Mrs. FDR's 4th Inaugural Ensemble



Mrs. Franklin D. Roosevelt poses in her fourth inaugural ensemble, a soft crepe dress of "Potomac Navy" blue highlighted with standup revers and coin-shaped inserts of "Capital Blue" faille. Her hat is navy sailor trimmed with bow, flower and veil. Because inauguration is outdoors, dress has three-quarter length companion coat in "Capital Blue" wool, lined in "Potomac Navy" crepe as turkback revers reveal. For inaugural reception, she will wear gown at left in soft warm shade called "Mayflower Mauve." Sleeves of hand-run lace are sparked with matching sequins cut in shape of shamrocks to symbolize fact that President and Mrs. Roosevelt were married on St. Patrick's Day.

On the Radio Chain

STATIONS.
Chain affiliation and where they are on the dial:
KATZ (CBS) 1330, Portland
KEX (NBC-Blue) 1190, Portland
KGA (NBC-Blue and 518) 1510
Spokane, KGO (NBC) 810
San Francisco, KGW (NBC-Red) 620
Portland, KJR (NBC-Blue) 1900
Seattle, KXN (CBS) 1870
Los Angeles, KDA (NBC-Red) 830
Denver, KOIN (CBS) 970, Portland
KOMO (NBC-Red) 950
Seattle, KPO (NBC-Red) 630
San Francisco, KSL (CBS) 1180
Salt Lake City

Time shown is PWT
TUESDAY
5:00 p. m.—Terry and Pirates, BN
OK for Release, NBC, News, MBS
5:15 p. m.—Dick Tracy, BN; Superman, MBS
5:30 p. m.—Date with Judy, NBC; Jack Armstrong, BN; Harry Flannery News, CBS; Adventures of Tom Mix, MBS
5:45 p. m.—Capt. Midnight, BN; Night News Wire, MBS; News CBS
5:50 p. m.—Mystery Theater, NBC; Gabriel Heatter, MBS; Inner Sanctum, CBS
6:15 p. m.—Jimmy Fidler, MBS; Support Music, BN
6:30 p. m.—Fibber McGee and Molly, NBC; Spotlight Bands, BN; American Forum, MBS
7:00 p. m.—Bob Hope, NBC
7:15 p. m.—Lovell Thomas, MBS
7:30 p. m.—Hildegrade, NBC; Red Rider, MBS
8:00 p. m.—Mercer's Music Show, NBC; Jack Kirkwood Show, CBS; Super Club, NBC; Ted Malone, BN
8:15 p. m.—Fleetwood Lawton, NBC; Lum and Abner, BN; Music CBS
8:30 p. m.—Johnny Presents, NBC; Theater of Romance, CBS; Allan Young Show, BN
9:00 p. m.—Everything for Boys, NBC; Blue Town, CBS; Grace Fields, BN; Glen Hardy, News, MBS
9:15 p. m.—Tex Miller, MBS
9:30 p. m.—Roy Rogers, MBS
10:00 p. m.—News, NBC; Carlson and News, BN
10:30 p. m.—Edwin C Hill, CBS
11:00 p. m.—Talks, CBS; Orchestra, NBC

5:45 p. m.—Elmer Peterson, NBC; Night News Wire, MBS; Capt. Midnight, BN; News CBS
6:00 p. m.—Ray Sinatra, CBS; Eddie Cantor, NBC; Gabriel Heatter, MBS
6:30 p. m.—Spotlight Bands, BN; Mr. District Attorney, NBC; Which Is Which, CBS; Cisco Kid, MBS
6:50 p. m.—Ray Sinatra, CBS; NBC Great Moments in Music, CBS; Summer Welles, MBS
7:15 p. m.—Lionel Thomas, MBS
7:30 p. m.—Gene Krupa, MBS; Let Yourself Go, CBS
8:00 p. m.—Super Club, NBC; Jack Kirkwood Show, CBS; Main Line, MBS; Ted Malone, BN
8:15 p. m.—Fleetwood Lawton, NBC; Lum and Abner, BN; Music That Satisfies, CBS
8:30 p. m.—Carton of Cheer, NBC; Counterspy, 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 Jr. MBS
10:00 p. m.—News, NBC
10:30 p. m.—Gene Krupa, MBS; CBS; Fenneman's Nite Club, BN
11:00 p. m.—Milton Charles, Organist, CBS; News, BN

Little Tots Left Cold and Hungry In Stolen Auto

Hollywood, Fla., Jan. 23.—(U.P.)—Police and the federal bureau of investigation searched today for Mr. and Mrs. Jesse C. Miller, who left two small children in a reportedly stolen automobile after driving here from California.

Six-year-old Margaret Miller and her infant sister, Shirley Ann, 15 months old, were found in the automobile Friday. Shirley Ann, dressed only in diapers, was suffering from a severe chest cold. Both children were hungry. Their mother and stepfather had disappeared without

The FBI entered the case when Margaret said, and a check with California confirmed, that the car had been stolen. Police also learned that a Jesse Carl Miller had been absent without

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Sat. & Sun. Matinee
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DIFFICULT DECISIONS

By GLUYAS WILLIAMS
AS YOU COME TO GET THE GUESTS IN TO DINNER, WHICH OUGHT TO BE EATEN PIPING HOT, YOU DISCOVER THAT ONE OF THEM HAS BEGUN A HUMOROUS RECITATION IN DIALECT, WHICH SOUNDS AS IF IT MIGHT GO ON INDEFINITELY.

leave from March Field, Cal., since Jan. 9. Parts of an army uniform were found in the automobile.

Spitfires Attack V-2 Storage Depot And Other Targets

London, Jan. 23.—(U.P.)—British Spitfires attacked a V-2 storage and maintenance depot in the middle of The Hague today while Dutch civilians looked on.

The target was concealed in a wooded park surrounding an historic museum, which once was the palace of the consort of the Prince of Orange. The Spitfires, diving 5,000 feet, singled out the depot carefully so as to avoid hitting the former palace. The air ministry said the attack was one of several raids on Nazi flying bomb targets during the day.

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.

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STRANGE AS IT SEEMS By ERNEST HIX



GERMANY TO GAIN WORLD CONTROL OF THE OIL INDUSTRY BEFORE WORLD WAR II, PLACED THE OIL INDUSTRY UNDER THE CONTROL OF THE OIL INDUSTRY BOSS WHO GOT THE OIL INDUSTRY TO GIVE UP GERMAN DIES IN RETURN!

BARNEY GOOGIE and SNIFFY SMITH



BUZ SAWYER



BLONDIE



UTL ABNER



THE NEBBS



DO YOU KNOW?

That the Automotive State Trade Apprenticeship Council of Oregon is sponsoring an apprentice training program for mechanics, due to the acute shortage of trained mechanics.

If you are a good mechanic or know some one who is a good mechanic, see —

ROGUE RIVER CHEVROLET

Crossword Puzzle

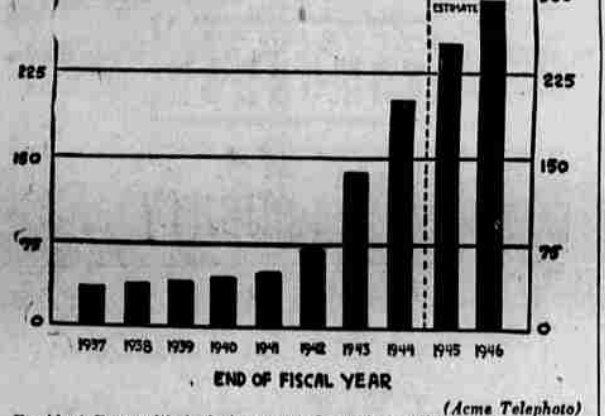
ANSWER TO PREVIOUS PUZZLE

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	61	62	63	64	65	66
67	68	69	70	71	72	73	74	75	76	77

ACROSS
1—Vessel
2—Aluminum (abbr.)
3—Relative
4—Depend
5—A number
6—Likewise
7—State
8—Hearing organ
9—In direction of
10—Indian nurse
11—Field in custody
12—Variety
13—Hart
14—Textile pine
15—Couch
16—Pistol ending
17—Small stream
18—Bother

DOWN
1—Shinto shrine
2—Dealing with the past
3—Small fish
4—Hanger
5—Metric weights
6—Pay back
7—Man's nickname
8—Satin
9—Asian peninsula near Japan
10—Witless
11—Compass point
12—Sun god
13—Actual weight (abbr.)
14—Spoken
15—Injure
16—Saver
17—Layers
18—Chain box
19—Became larger
20—Tidy
21—Strips
22—Bound
23—Yellow cheese
24—Toothsome
25—Moisten
26—Ties together
27—Use
28—Hebrew deity
29—Siberian river
30—Chest (slang)
31—Hawliian name
32—Land reeve

1946 Debt Nearly 300 Billions



President Roosevelt's budget message forecast a national debt of \$292,300,000,000 by June 30, 1946, and this chart, contained in his message, graphically depicts growth of debt since 1937. For the benefit of the great majority of us who can't figure in billions, the per capita share for every man, woman and child in the country is \$2,118.11

Olive Barber's Observations

This and that: The old gentleman in the little cafe pouring coffee, turning hotcakes and frying eggs has been to me just another oldster the man power shortage has put back in circulation. Though the thought did come to me that he did an amazing good job for so elderly a person. Indeed of the three serving in the cafe, he is far the fastest, though he gets about with the short, stiff steps characteristic of the aged. And it's always good for a chuckle to see him get out his horn-rimmed spectacles and place them half way down his nose before he peers into the oven.

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WHAT AILS VE, GOOGLE? YORE EYES IS BUGGIN' OUT LIKE A TROMPED-ON TOAD FROG!!



AND BY ALL MEANS WEAR YOUR BLUE DRESS—IT'S HIS FAVORITE



DOG-GONIT—I'VE BEEN SITTING HERE WAITING FOR BLONDIE FOR AN HOUR



IT'S OBVIOUS WHAT HAPPENED HERE—INSTEAD OF THE DOCTOR DRIVING THE LITTLE OLD LADY OUT OF HER MIND—SHE DROVE HIM OUT OF HIS!!



IF ONLY WE KNEW OF A HUMAN BLOODHOUND—ONE WHO COULD TRACE THIS GUY, FIND HER WHATEVER HER DISGUISE MIGHT BE—AND KILL HER!!

