

# Your Health and Its Care

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## DENTIST DABBL ES IN DIETETICS

Can you tell me what to eat to maintain health if one can have no sugar or starches? My dentist tells me I must eliminate these if I wish to save my teeth. The teeth are all right and I have never lost one, but now X ray films show the bone structure so far destroyed that I will be lucky to keep any of them for ten years with the best of care and diet, he says. Without attention I'll lose them in two years... (Mrs. B. H. F.)

It can't be done, Ma'am. It is true that the Arctic explorers, Stefansson and Anderson, not only lived but thrived for a year on an exclusive meat diet—both men under constant observation and study of physicians and physiologists. Both finished the test in rather better general health than they had at the beginning.

But sugars and starches (not necessarily refined or purified) normally should supply more than half the calories in the diet of the healthy person.

When a dentist or a doctor instructs a patient to "eliminate starches and sugars" from the diet, he betrays either an extraordinary ignorance of human nutrition or contempt for the intelligence of the patient.

Mrs. B. H. F. adds that she is 40, has to keep busy all day taking care of her household and three children, and that "no sugar or starch for the past four months has taken me down to 115 pounds." As she is five feet six inches tall her weight should be around 145 pounds.

What obscure reason there may be for even attempting to exclude starches and sugars from the diet I can't imagine. There is no scientific evidence that sugars and starches are in any way harmful to the teeth or the gums or to the bone structure of the jaws.

On the other hand there is a good deal of scientific evidence and practical observation and experience in support of it, that deficiency of calcium (and phosphorus) in the diet or failure to assimilate, utilize and retain these elements, is the common cause of soft, crumbling, decaying teeth and degeneration in gums and bone structure too.

I have a booklet "Save Your Teeth" which gives what I believe is the best consensus of medical, dental and nutrition authorities about this. For a copy send twenty-five cents and stamped envelope bearing your address. If your letterhead or card shows that you are a dentist I'll be glad to send the booklet with my compliments—but in an envelope you yourself address and stamp.

## QUESTIONS AND ANSWERS

**Measles**  
Please strike hard at the notion that it is better to expose children to measles while they are so young that it will not go hard with them. Too many parents fail to realize the danger of measles to the delicate special sense organs... (American Society for the Hard of Hearing).

**Answer**—The complication of otitis media (inflammation in ear inside the eardrum) is frequent in measles. In some cases it leads to mastoid involvement or meningitis. Partial deafness is a sequel of ear inflammation in measles. No sane parent will permit a child to be exposed to measles if it can possibly be helped.

**They**  
Among the things good for the teeth, besides proteins, phosphorus and calcium, they mention fluorine. Where can it be obtained. Have written several places and they don't know. (Mrs. G. M. B.)

**Answer**—Residents of a few towns are now getting fluorine in the municipal drinking water by way of a mass experiment to determine whether a trace of fluorine will actually reduce the frequency of caries or dental decay (cavities). I advise you not to try to use fluorine except under direction of your dentist. A chapter on the subject is included in the present edition of "Save Your Teeth"—for copy send 25 cents and stamped self-addressed envelope. I am glad to send a copy with my compliments to any dentist who asks for it on his professional stationery and provides a stamped envelope bearing his address.

**One Christmas Greeting**  
Just because through the years you have done so much good for me I am wishing you and yours goodness and joy. May Christmas magic follow you always. Sincerely,  
**Answer**—Thank you. Yours is one of three or four such Christmas greetings I was glad to receive. One little personally written greeting like that is more significant than the basketful of hideous ready-made stuff that goes straight to the incinerator. (Copyright, 1945, John F. Dille Co.)



SOMEWHERE IN FRANCE Lt. Dorothy Hess, Bridgeport, W. Va., discusses French campaign with Sgt. Nelson E. Irving of Newark, N. J. She is one of Army nurses who aids medical corps' record of saving 97 per cent of all battle casualties treated.



Drawing a bead on polio. Two-year-old Michael Sullivan of St. Louis, Missouri, recently recovered from a crippling attack of infantile paralysis, knows what THAT fight is like. Michael was aided in his tussle with the Crippler by the March of Dimes. This year's appeal, January 14-31, will help thousands of youngsters to win out against infantile paralysis.

More than 10,000,000 dimes contributed by the American people was spent by the National Foundation for Infantile Paralysis in 1944 to provide the best of modern care and treatment for all victims of the epidemic. Your dimes are again solicited this year, Jan. 14-31.

**ZERO CLUB**  
Out of bounds, civilians only  
Delicious chicken and steak dinners, 7:00 p. m. 3 a. m. except Sunday. Phone day time 5:00, night 9:01.

**Chalker's Hotel & Lodge OFFICERS' CLUB**  
Dine-Dance Refreshments  
Chicken and Steak Dinners  
Most Unique Place in So. Ore.  
CLUBS—MONDAY'S  
Thursday—Private Parties Only—For Reservations PA Gold Hill 474



**GIFTS FROM HOME** bring sunny smiles to faces of WACs stationed in India as they leave headquarters with arms full of packages. From left are Evelyn M. Grabar, Milwaukee, Wis.; Pfc. Grace M. Dennis, Anderson, Ind.; Sgt. Claire Perriotti, Oakland, Calif.; and Sgt. Margaret M. Nugent, Newark, N. J.

## On the Radio Chain

Chain affiliation and where they are on the dial  
K.A.I.E. (CBS) 1330, Portland  
K.B.N. (NBC-Radio) 1190, Portland  
K.G.A. (NBC-Radio and MBS) 1310, Spokane, K.G.O. (NBC-Radio) 810, San Francisco, K.G.W. (NBC-Radio) 620, Portland, K.J.R. (NBC-Radio) 1000, Seattle, K.N.S. (CBS) 1610, Los Angeles, K.O.A. (NBC-Radio) 850, Portland, K.O.M.O. (NBC-Radio) 850, Seattle, K.P.O. (NBC-Radio) 680, San Francisco, K.S.L. (CBS) 1160, Salt Lake City

**Wednesday**  
8:00 p. m.—Terry and Pines, NBC  
OK or Release, NBC; Man Named Jordan, CBS; News, MBS.  
8:15 p. m.—Dick Tracy, BN; Superman, MBS.  
8:30 p. m.—Jack Armstrong, BN; Harry Flannery, News, CBS; Adventures of Tom Mix, MBS.  
8:45 p. m.—Eimer Peterson, NBC; Night News, MBS; Capt. Midnight, BN News, CBS.  
8:50 p. m.—Frank Sinatra, CBS; Eddie Cantor, NBC; Gabriel Heatter, MBS.

**Thursday**  
8:00 p. m.—Sam Hayes and the News, MBS; OK for Release, NBC; Terry and the Pines, BN.  
8:15 p. m.—Dick Tracy, BN; Superman, MBS.  
8:30 p. m.—Jack Armstrong, BN; Harry Flannery, News, CBS; Tom Mix, MBS.  
8:45 p. m.—Captain Midnight, BN; Eimer Peterson, NBC; Night News, MBS; News, CBS.  
8:50 p. m.—Music Hall, NBC; Major

**"How the mail goes through!"**  
A thrilling railroad story about the development of today's fast mail service.  
**TONIGHT 9:00**  
★ Southern Pacific's ★  
**MAIN LINE**  
KMGD

## Grandma Switches Millions of Mothers To Her Idea of Mutton Suet and Medication

"Old Reliable" For Relieving Chest Colds' Muscle Tightness—Coughing, Neuragic and Rheumatic Pain, Chapped Lips and Nostrils, Simple Bruises and Sprains and Many Other Home Uses.  
Grandma was a great one for "rubbing" the misery of chest phlegm and relieving coughs. Rubbed on chest, throat, back it melts instantly, quickly vanishes to act 3 ways—(1) To relieve pain at nerve ends in skin. (2) To ease chest muscle tightness by counter-irritation. (3) To soothe irritated breath passages through inhaled aromatic vapors.  
Many households call Penetro a real friend in so many other ways, too—as it eases neuragic and rheumatic pain, takes sting from chapped lips and nostrils, acts as soothing dressing for bruises, minor cuts. No wonder mothers today are praising Penetro and druggists everywhere are recommending it. So clean, so white, so easy-to-use and such a comfort-bringer for so long standing. During this season of colds, Penetro is so helpful in easing chest muscle tightness. Do as millions are doing—today soothe chest rawness, loosening

**SUBURBAN HEIGHTS** By GLUYAS WILLIAMS  
ON DAYS THAT HE OVERSLEEPS TRED PERLEY insists on having breakfast served on the front steps so he won't have to keep his car pool waiting a second at the corner.

**CBS; Fenneman's Nite Club, BN.**  
11:00 p. m.—News, BN.  
In 1945, about 15 per cent more bananas than in 1944 will be available to American consumers. The increase, which still is only about 40 to 50 per cent of the prewar supply, is a result of a slight ease in the shipping situation from Central America and Mexico.  
For victory at home fight infantile paralysis. Join the March of Dimes Jan. 14-31.  
Use Mail Tribune Want Ads.

**NOW OPEN! TAKE-IT-EASY LODGE**  
Dine and Dance  
Orchestra Every Night  
Open Wednesday, Thursday, Friday and Saturday  
One-Half Mile Up Savage Creek  
**KYLE'S RESTAURANT**  
CHICKEN AND STEAK DINNERS  
Open 8 p. m. to 2 a. m.  
Phone Central Point 472 for Reservations. On the Pacific Highway at Central Point. Out of Bounds for Service People

## STRANGE AS IT SEEMS By ERNEST HIX

**AND NO A-BOOK?**  
JELLED GASOLINE IS USED IN FLAMES TARDIERS IT STICKS TO ANYTHING AND MAINTAINS INTENSE HEAT FOR 10 MINUTES!  
**EXPERT HANDCAPPER?**  
GEORGE FISHER, MOVIE COMMENTATOR, SAYS HE HAS TAKEN 50 HORSES IN A 10-HOUR RACE... NOT ONE OF HIS HORSES EVER ROUNDED THE CORNER!  
**SUPER-DUPER AIRLINER OF 1963!**  
"LE GANT" (THE GIANT) BALLOON BUILT AND FLOWN BY THE MILWAUKEE COURSEY CARPENTERS! THE CAR WAS A TWO-STORY HOUSE, MADE OF WOODEN WITH LUMBS AND SLEEPING QUARTERS AND A ROOF COVERED WITH GRASS. TOGETHER, THE BALLOON AND CAR WERE 100 FT. HIGH... THE CAR IN DIAMETER WAS 100 FT. IN DIAMETER!  
France  
"TODAY'S GREAT WAR MOVIE OF 1945!"

## BARNEY GOOGLER AND SNUFFY SMITH

**BUZ SAWYER**  
YOU BETTER GO BELOW AN SHUCK OFF THEM PRISONER OUDS, SNUFFY. TH MARINES MUSTA GIVE EM TO YOU BY MISTAKE!  
BALLS OF FIRE!!  
I'LL GIVE TH LOW-DOWN, BACK-BITIN, SHIFLESS SKONKS A FEW BROKE NOSES FER A KEEPSAKE!!  
WUZ YOU SCREAMIN FER A GYRENE, TURRET NOSE?  
UH-- AINT IT A DRETFUL PURTY DAY, COUSIN??  
WHEN A FELLOW'S BEST GIRL REFUSES W TO PLAY IN THE SNOW WITH HIM, BECAUSE SHE HAS AN APPOINTMENT AT A BEAUTY PARLOR, WHAT DOES HE DO?  
HECK!  
HI, BUZ! WHY SO GLOOMY?  
CHRISTY!  
JINGLE ALL THE WAY-- ON WHAT RUN IT IS... TO RIDE... IN A ONE-HORSE OPEN SLEIGH-EE!  
WELL, FOR PITY SAKES!  
WHY HE GRABS THE FIRST PRETTY GIRL WHO COMES ALONG, THAT'S WHAT.  
AND OF COURSE, HE MIGHT RUN INTO HIS BEST GIRL'S MOTHER.

## BLONDIE

THE YOUNG MAN FOR THAT YOU GO TO BED WITHOUT YOUR SUPPER  
SCRATCH SCRATCH  
WHY HE GRABS THE FIRST PRETTY GIRL WHO COMES ALONG, THAT'S WHAT.

## HUMAN BLOODHOUND SNIFFS OUT PRICELESS PEARL!!

ALL NEW YORK IS AGOG OVER THE STUPIDOUS FEAT OF LUCIFER O. "MIRACLE-NOSE" YOKUM, A FISH HUSTLER AT A NEW YORK DOCK. MRS. J.P. SNEERWORTHY, SOCIETY DOWAGER, WHO WAS SIGHTSEEING AT THE WHARF LEANED OVER A HUGE NET, AND A FLAWLESS \$50,000.00 PEARL FELL FROM HER BROODH INTO THE GAPING MOUTH OF A SNELT, WHICH INSTANTLY DISAPPEARED AMIDST INNUMERABLE THOUSANDS OF ITS FELLOW SNELT.  
THE SNELT, HOWEVER, WAS FACED WITH THE PROSPECT OF DISSECTING THOUSANDS OF SNELT SNELT, A PROCEDURE WHICH WOULD HAVE COST A FORTUNE.  
SUDDENLY A SMALL, MEEK, FISH HUSTLER ONE L.O. YOKUM VOLUNTEERED TO RETRIEVE THE GEM, TAKING A QUICK WHIFF OF

**DO YOU KNOW?**  
That more Chevrolet cars and trucks are serving America than any other make. Continue to conserve your car or truck—continue to take your Chevrolet to ———  
**ROGUE RIVER CHEVROLET**

## Crossword Puzzle

**ANSWER TO PREVIOUS PUZZLES**  
SHIP GRAB KIM  
HIDE RELY ONE  
AS GRAB BAR  
TO ANAH WEST  
SPORT STAG AKA  
TRAILER LES  
RILLET MOLEST  
AC LAID WADIE  
TAW TEAK PADS  
ALAS DINE ME  
TOO NILE NT  
ODE WATT ERSE  
BOOK NAYS ERSE

**ACROSS**  
1—Take everything  
2—Infant  
3—Clair's name  
4—Land measure  
5—Spoken  
6—Avaricious  
7—Voyage rest  
8—Vista  
9—River of Madas  
10—Equipment  
11—Behold  
12—On behalf of  
13—Man's name  
14—Prefix: before  
15—Spill  
16—Serpent  
17—Slit  
18—Six-piece romp  
19—Hanger  
20—Sun god  
21—Bedate  
22—Carpenter's tool  
23—Depressed  
24—Catoled  
25—Appropriate  
26—Father  
27—Measure  
28—Complete  
29—Conversations  
30—Adherent of  
31—To sheltered side  
32—Irish Fire State  
33—Grain in matography  
34—Look closely  
35—Big waves  
36—Finish

**DOWN**  
1—Great  
2—River in France  
3—Doodle  
4—Tree trunk  
5—The Altar  
6—City in Malina  
7—Older  
8—Concentration  
9—Hummingbird  
10—Kind of tide  
11—Fruit drink  
12—A continent  
13—Hall  
14—Passing fancy  
15—State (abbr.)  
16—Gumbo  
17—Indicate  
18—Go by  
19—Clair's name  
20—Ball  
21—Mead  
22—Worm  
23—Bet  
24—Indefinite article  
25—Coin  
26—Baccam  
27—Eye of Bl.  
28—Fish (abbr.)  
29—Swallow larva  
30—Practice  
31—Bridle school  
32—Tall grass  
33—Baby food  
34—Breeze  
35—Feminine ruff  
36—Ass

**THE NEBBS**  
I'VE LOANED MUGGINS THE EQUIPMENT WAS STORED WHEN THE ARMY TOOK OVER MY HOTEL  
MUGGINS HEAR INSTITUT  
BUT IF THE HOTEL REOPENS THIS PLACE WILL COMPLETE WITH YOU  
IM WAY AHEAD OF YOU WELL MOVE EVERYTHING BACK AND SLUGGER WILL OPERATE THE DEPARTMENT  
MEANWHILE YOU'RE BACKING HIM AND HOLDING A CHATTEL MORTGAGE FOR SECURITY  
DONT YOU REALIZE THE MORTGAGE IS ON YOUR OWN EQUIPMENT?  
ER: I GUESS SO, BUT I HAVE EVERY CONFIDENCE IN SLUGGER'S INTEGRITY  
AFTER ALL, IM A GREAT JUDGE OF HUMAN NATURE  
MANY A BETTER JUDGE HAS HAD HIS DECISION REVERSED!