

# Your Health and Its Care

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## Notable Advance in Insurance Company's Teaching

Well, the big insurance company is giving us the old routine again, in full-page picture stories in the popular magazines. In the very first paragraph the "resistance" hokum dragged in—"that little cold can use up a lot of your body's resistance against disease." Only God and the fellow who writes the almanacs and the insurance company's picture stories know what "resistance" means, and I know they'll never tell.

The insurance company's picture story describes and illustrates four simple precautions and implies that if you take these precautions "chances are good that you won't be one of the thousands of victims of pneumonia this winter."

1 When a cold strikes—go to bed if possible. At least stay indoors and rest all you can. . . . Be sure to avoid chilling. 2 You must not go to work? Remember that you may infect your cold on others. If you really must (that is, if you must go to work, of course not if you must infect your cold on others, for the insurance company would hardly question the right of any blankety-blank blank to infect his "cold" on whoever happens to come within range), then wear warm, protective clothing, avoid drafts and sudden chilling. Keep your sneezes and coughs covered up.

It is notable that the insurance company's picture story does NOT tell or show how to keep your sneezes and coughs covered up. On the contrary it suggests and pictures in two of the four pictures how to disregard that little precaution and so give the little woman who takes

care of you a sample of whatever you are coming down with. Misery likes company.

3 Drink milk, fruit juice, water. Take a laxative if necessary.

4 Treat that sore throat to a gargle—teaspoonful of salt or bicarbonate of soda to a glass of warm water.

Now this whole page of twiddle-twaddle could be screamingly funny ere it not for the fact that a good many complacent folk will take it seriously. In one respect, however, the insurance company's teaching shows improvement over the line of previous years. This year the unpleasant idea that even you may "infect your cold" on others is unobtrusively touched on. "And keep away from sniffers." That's the closing message of the picture story. Now if the insurance company would only draw a little picture showing how you do this, especially when you yourself are the sniffer and you simply must go to work, that, dear children, would prevent a lot of unnecessary illness.

## QUESTIONS AND ANSWERS

### Enlarged Tonsils

Our children, 3 and 5, both have enlarged tonsils and some adenoids, the doctor says. They seem to have one cold after another from the early fall.

Answer—Well, don't be hurried into having the poor kids' tonsils out. If you fall for that they are as likely to have as many or more "colds" thereafter. Send stamped envelope bearing your address, for pamphlet "Tonsils and Adenoids." Inclose 25 cents for booklet "Call It CRI" which may teach you how to prevent many of the communicable conditions you quaintly call "colds." It won't teach you anything, however, if you are as positively that such illnesses are due to weather, season, drafts, wet feet or dampness.

### Saccharin

Is saccharin depressant to the heart? How may one know if it is doing one any harm? (L. F. J.)

Answer—In my opinion any one may take daily up to five grains of saccharin (as a sweetener in place of sugar) with impunity. A quarter-grain tablet gives to tea or coffee the sweetening of a teaspoonful of sugar.

### Too Much Meat

Is too much meat bad for a child? (M. H.)

Answer—Too much of anything is bad for it. Meat (including fowl, fish and eggs, which are the equivalent of meat in nutrition) once a day is not too much for a healthy child.

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## History Reverses Itself



On Dec. 24, 1941, exultant Japs made this photo of General Homma (left) commander of Japanese Philippine Expeditionary Forces, as he stepped ashore on Luzon at Santiago, in Lingayen Gulf. This is the same beach from which the Japs were driven when MacArthur's forces landed. (Acme Telephoto.)



SERENADE BY PROXY—Songster Kitty Carlisle helps Sgt. Paul McComb of Brooklyn, N. Y., to serenade his wife by recording "Sweet Dreams, Sweetheart," at Servicemen Center in Chicago. Sergeant who just returned from China-Burma-India theater of war will send record to wife who is Navy employee in Brooklyn.

## F. R. PERSUADES PERKINS TO STAY

Washington, Jan. 25—(U.P.)—President Roosevelt has again rejected the proffered resignation of Secretary of Labor Frances Perkins and prevailed upon her to remain in the cabinet—probably at least until the end of the war in Europe—it was revealed today.

The president informed Miss Perkins verbally, prior to the inauguration, that he wanted her to remain at her post and followed it up this week with a "friendly and appreciative" letter to that effect.

"Let no soldier's ghost ever say, 'Ordnance Service let me down,'" is the motto of Army Ordnance in Europe.

## 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.

## STRANGE AS IT SEEMS By ERNEST HIX



LAYTON AND BELL, PHOTODUPLICATION ENGINEERS, MADE AND SOLD THIS "PHOTODUPLICATION" WHILE IN PRISON. WHILE IN PRISON THEY MADE THIS "PHOTODUPLICATION" ON ANOTHER COUNTERFEIT. (Copyright, 1945, John F. Dille Co.)

## DO YOU KNOW?

That you can have a NEW MOTOR at a reasonable cost for your Chevrolet. On an exchange basis only at—

### 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

ACROSS  
1—Shove  
4—Olive tree play to  
11—Vine fruit  
12—Orange-red pigment  
14—In direction of  
15—Fruitwater mollusk  
17—Where the wizard came from  
18—Fall behind  
19—Fallen state  
21—Creek letter (pl.)  
22—Bu. sing wing  
23—Sua. bird  
25—Taken (var.)  
26—Vehicles  
27—Courage  
28—Early Irish king  
29—Fork prong  
30—Dried, made with mint  
34—Boy's nickname  
35—Sports enthusiast  
36—Pace  
37—Trick sea god  
38—Squid-like  
41—Bir (ital.)  
42—Toward roof member  
43—Lac resin  
44—Musical note  
45—Crocket hammer  
46—Wipes out  
47—Acquaint  
48—Market

DOWN  
1—Trite  
2—Our most common vegetable  
3—Part of "to be"  
4—Construct  
5—Case for toilet articles  
6—City  
7—Things (law)  
8—Printer's measure  
9—Positive poles  
10—City in Russia  
11—Russian city  
13—Vend  
14—Lava  
19—More cloated  
21—Rush in vicinity  
22—Remain on feet  
23—Products  
27—Chemical sum  
28—Mountain cap  
29—Package  
30—Biological saw  
32—Prison  
33—Sea hunter  
34—Cure  
35—Irritate  
36—Cry  
38—Exclamation of relief  
40—Hearing organ  
43—Tardy (var.)  
44—Pencil  
47—Lead (abbr.)  
49—Tius

## On the Radio Chain

STATIONS:  
Chain affiliation and where they are on the dial:  
KALB (CBS) 1230, Portland.  
KEX (NBC-Blue) 1190, Portland.  
KGA (NBC-Blue and MBS) 1310, Spokane.  
KGO (NBC-Blue) 810, San Francisco.  
KGM (NBC-Red) 810, Portland.  
KJR (NBC-Blue) 1260, Seattle.  
KJZ (NBC-Red) 850, Los Angeles.  
KOLN (CBS) 970, Portland.  
KOMO (NBC) 400, Portland.  
KOP (NBC-Red) 650, San Francisco.  
KSL (CBS) 1160, Salt Lake City.

Time shown in PWT

Thursday  
8:00 p. m.—Burr, Bayne and the News, CBS, OR.  
8:30 p. m.—Dick Tracy, BN, Superman.  
9:30 p. m.—Jack Armstrong, BN, Harry Flannery, News, CBS; Tom Mix, MBS.  
9:45 p. m.—Captain Midnight, BN; Elmer Peterson, NBC; Night News Wire, MBS; News, CBS.  
10:00 p. m.—Music Hall, NBC; Mayor Bowes, CBS; Gabriel Heatter, MBS.  
10:15 p. m.—Supper Music, BN.  
10:30 p. m.—Hoo turns, NBC; Spotlight Bands, BN; CBS; CBS; Treasure Hour of Songs, MBS.  
11:00 p. m.—Abbott and Costello, NBC; Fred Waring, BN; First Line, CBS; Henry Gladstone, MBS.  
11:15 p. m.—Lowell Thomas, MBS.  
11:30 p. m.—March of Time, BN; Ryder, MBS; Rudy Vallee, NBC; Here's to Romanoff, CBS; Jack Kirkwood Show, CBS; Sammy Kaye, MBS.  
11:45 p. m.—Fleetwood Lawton, NBC; Lum and Abner, BN; Music That Satisfies, CBS.  
12:00 p. m.—Cottree Time, NBC; Death Valley Sheriff, CBS; America's Town Meeting of the Air, CBS.  
12:15 p. m.—News, MBS; Dinah Shore, NBC.  
12:30 p. m.—Rex Miller, MBS.  
12:45 p. m.—The Saint, NBC; Fulton Lewis, Jr., MBS; Gene Krupa, CBS.  
1:00 p. m.—News Reporter, NBC; News, BN.  
1:15 p. m.—Sport Program, BN.  
1:30 p. m.—Gene Krupa, CBS; Pennsylvania State Club, BN.  
1:45 p. m.—News, BN.

Friday  
5:00 p. m.—Burr and Pirates, BN.

## GERMANY MOVES PRISONER CAMPS

Washington, Jan. 25—(U.P.)—Chairman Basil O'Connor of the American Red Cross reported today that American and other allied prisoners of war at German camps in the path of the Soviet advance were moved toward the center of Germany several weeks ago.

The announcement dashed hopes that large numbers of American war prisoners might be liberated by the Russians.

Three camps containing American and British prisoners were known to be situated at Poznan and Torun in Poland, the Red Cross said. Official announcement that one of these, Stalag 357, had been moved was sent to International Red Cross headquarters at Geneva in December.

## NOW OPEN! TAKE-IT-EASY LODGE

Dine and Dance  
Orchestra Every Night  
Open Wednesday, Thursday, Friday and Saturday  
One Half Mile Up Savage Creek

## PARIS TO HUNGER THROUGH WINTER

Paris, Jan. 25—(U.P.)—The food shortage, which has hit Paris smack on the heels of a cold spell and coal and electricity clampdown, will last all winter, government officials said today.

The shortage has been brought on by a sudden drop in essential meat, flour, milk, and potato deliveries. Added to other hardships it has brought unprecedented suffering to millions of sorely tried French civilians and loaded understaffed Paris hospitals with 600 more patients than they are equipped to treat.

"There can be no hope for improvement in this truly alarming situation before spring," Louis Reindiger, chief of the food ministry, said.

## Sounds Good!

DRINKS mixed with Water sparkle with Canada Dry  
Water sparkle out loud. "PIN-POINT CARBONATION" insures liveliness and zip... to the last sip.

BIG BOTTLE 15¢ Plus deposit

### CANADA DRY WATER

WORLD FAMOUS

## WINTER DRESSING By GUYLAS WILLIAMS

MOTHER STANDS JUNIOR ON CHAIR TO MAKE IT EASIER TO GET HIM INTO HIS STANDBUST

FORCES ONE FOOT IN, WITH SOME DIFFICULTY BECAUSE OF JUNIOR'S TWISTING TO SEE WHAT IS GOING ON BEHIND CHAIR

TRIES TO GET OTHER FOOT IN WITH EVERY POSE DIFFICULTY BECAUSE OF JUNIOR'S THROWING HIMSELF BACKWARDS AND FORWARD TO ROCK CHAIR

SEES IT IN AT LAST, JUNIOR IMMEDIATELY WALKS OUT OF STANDBUST BY CLIMBING UP BACK OF CHAIR

STANDS HIM UP PROPERLY, REARS THE RIGHT ANGLE, AND HOLDS STANDBUST READY TO GET HIM INTO IT

LESS SUDDENLY SHOOT OUT IN FRONT OF HIM, NO ONE KNOWING WHETHER ACCIDENTLY OR ON PURPOSE

## BARNEY GOOGLE and SNUFFY SMITH



I'M SHORE TICKLED I DIDN'T GET HORNSWAGGLED IN TH' NAVY--THESE PINCH BRITCHES--UH



SHUH--HERE COMES TH' CHIEF--OL DRAG ANCHOR



HEV YOU TWO TERMITES!! BACK TO BACK!!--TH' LITTLEST ONE IS GONNA PUSH A WIRE BRUSH TROO DE SMOKE VENT



I'LL RUSSEL YE UP SOME STEEL WOOL, SO'S YE CAN WASH OFF, GOOGLE

## BUZ SAWYCH



VIP-PAY!



WHO CARES?



OH, BUZ! ISN'T IT FUN?



YES, BUT WHY DIDN'T YOU GROW UP EARLIER? THINK OF ALL I'VE BEEN MISSING!

## BLONDIE



WHY ARE YOU CRYING LIKE THAT?



I'M TIRED OF BEING A GIRL! I WANT TO BE A BOY!



TELL HER TO GO TO SLEEP--THAT IT'S LATE AT NIGHT AND THAT WE'D DO SOMETHING ABOUT IT IN THE MORNING



WHAT ARE YOU GOING TO DO ABOUT IT IN THE MORNING?

## L'TL ABNER



THIS IS "HIS ONLY NOSE," YOKUM.



AN AH IS HIS ONLY DESCENDING NAME OF L'TL ABNER!!



SPLENDID!! A WHIFF OF THIS TOBACCO!!!



SWEEET--AH DING WHY--BUT TH' ODOR OF THIS GETS ME DREAMY AN' ROMANTICAL!!!

## THE NEBBS



IS EVERYTHING READY FOR THE GRAND OPENING?



EVERYTHING BUT ME--I'M AFRAID I WON'T KNOW HOW TO ACT



YOUR NEW CLOTHES WILL GIVE YOU CONFIDENCE AND I'LL BE THERE TO HELP YOU



BUT SUPPOSE NOBODY SHOWS UP?

## "HOARSE" SENSE!

for COUGHS due to COLDS

really soothing because they're really medicated

### F&F COUGH LOZENGES

Millions use F & F Lozenges to give their throat a 15 minute soothing, comforting treatment that reaches all the way down. For coughs, throat irritations or hoarseness resulting from colds or smoking, soothe with F & F, Box—only 10¢.

## YICK SO CHINESE HERB CO.

REMEDIES FOR STOMACH ULCERS  
Heart Rheum, Asthma, Catarrh, Piles,  
Prostate Gland Eczema and all disorders  
of Liver, Kidney Trouble and other complaints disappear after using

### CHINESE HERBS

Removed to Sparta Bldg.  
J. H. Leong, Herbalist  
Phone 5817

## LOOK AT THIS AD

DO YOU THINK THAT WILL BRING THEM IN?

FREE EATS NEVER FAIL TO DRAW A FULL HOUSE!

### NORTHVILLE TONIGHT!

GRAND OPENING OF THE MUGGINS HEALTH INSTITUT

Body-building  
Weight-control  
Inspection limited  
Refreshments served