

Your Health and Its Care

By DR. WILLIAM BRADY, M.D.

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VITAMIN G DEFICIENCY

Vitamin G, otherwise called vitamin B₂, now scientifically identified as riboflavin abundantly supplied in milk. Other foods that are good sources of riboflavin are liver, kidney, lean beef, lamb, veal, eggs, American cheese, green leafy vegetables such as beet tops, turnip tops, cabbage, lettuce, spinach, watercress. Dried brewer's yeast is the richest known source of riboflavin.

Prior to 1938 riboflavin and niacin (nicotinic acid) were confused, or not clearly identified as different entities of the vitamin B-complex, and the disease pellagra was ascribed to vitamin G deficiency. Today it is well recognized that niacin deficiency is the main cause of pellagra, although there are associated riboflavin and other B-complex deficiency manifestations in most cases of pellagra.

Characteristic manifestations of vitamin G deficiency are marbled linear fissures in each angle of the mouth, scaly lips, chapped appearance of lips, reddened, raw looking lips. This condition of the lips is called cheilosis.

Accompanying the cheilosis there is likely to be a greasy, irritation or inflammation of the skin on the sides of the nose and the cheeks and sometimes about the ears.

The tongue has a magenta color which must be distinguished from the bright red tongue of pellagra.

In some instances where the G deficiency has been long continued, there may be eye manifestations as well. Conjunctivitis (inflammation of lining of lids and covering of eyeball), particularly of lower lids and lower half of eyeball, attended with itching, burning, undue

sensitivity to light and a feeling as though sand or cinders have got into the eyes.

In animal, feeding tests it is possible to produce cataract (clouding or opacity of crystalline lens in interior of eye) by keeping the animal on a diet lacking riboflavin (G). Then when riboflavin is restored to the animal's feed the cataract may clear up. This applies to animals (white rats) and so far as I know it has not been shown whether riboflavin deficiency is a factor of cataract in man or whether increased intake of riboflavin has any remedial value against cataract in man.

Skim milk or separated milk (left in separator after removal of cream or fat), evaporated milk, or dried skim or separated milk are all practically as rich in riboflavin as whole fresh milk, and also are practically as good as whole milk in the prevention of pellagra.

QUESTIONS AND ANSWERS

Cobwebs Reaccumulate
If nothing else, you certainly shake the cobwebs off from a lot of old-fashioned ideas that should have gone out with the civil war. Keep up the good work. We know, even if you do not the inestimable value of your fine teachings. (A. G.)

Danger of Reducing
Please advise me how to reduce. I am five feet six inches tall and weigh 226 pounds. I am diabetic and take insulin. (Mrs. M. P. E.)

Answer—Well, it would be too dangerous for you to attempt any reduction, except under your own physician's supervision. Send 10 cents and stamped envelope bearing your address, for booklet "Training for Diabetics." Readers over 18 years of age who are simply overweight and should reduce, send stamped self-addressed envelope and ask for "How to Lose Weight." If you have pathological obesity (overweight accompanying impairment of health) or hypothyroidism or hypothyroidism, better include with your stamped self-addressed envelope 25 cents for booklet "Rules for Reducing."

Exercise and the Heart
Having suffered for some years from chronic myocardial disease I find, just as you say, that I feel better when I take moderate exercise (a walk twice daily) than if I rest all the time. (W. L. L.)

Answer—That is generally true, I believe, but only your own doctor can advise in your case. (Copyright, 1945, by John F. Dille Co.)



NEW "CHIN TURRET"—Flying Fortress bombardiers now double as emergency gunners to man this electric power "chin turret" which protects the Forts against frontal enemy attacks. Cutaway view shows development of sights. It fires two 50-caliber guns by electric controls. Will discourage head-on attacks.

M'KELLAR FLAYS R.E.A. SELECTION

Washington, Feb. 9 — (U.P.) — Sen. Kenneth McKellar, (D., Tenn.) told the senate agriculture committee today that Aubrey W. Williams was a social worker lacking business experience, and was unsuited to head the rural electrification administration.

McKellar said Williams was a "very kindly, persuasive, and I might say almost seductive gentleman." But he insisted that Williams' record contained "not

one iota" of experience to qualify him "to administer one of the most technical corporations in the whole government."

"If you want a bank president," McKellar said, "you'd pick a man who knows something about banking. Yet here you'd make a man head of this great technical corporation who knows nothing about business, nothing about farming. He's a social worker."

Dr. Wassell Given Rating Of Captain

Los Angeles, Feb. 9 — (U.P.) — Dr. Croydon M. Wassell, who received the Navy Cross and a presidential commendation for leading wounded soldiers to safety after the collapse of the Java defense in the early days of the war, has been promoted to the rank of captain.

Dr. Wassell, now attached to the West Coast naval public relations office, received his promotion in ceremonies at his headquarters yesterday.

Closing time for Classified Ads 4 p. m. — Too Late to Classify 12:30 p. m.

ZERO CLUB

Out of bounds, civilians only. Delicious chicken and steak dinners 7:00 p. m. to 3 a. m. except Sunday. Phone day time 5300, night 9101.



JOLLY GOOD FELLOWS—Still the showman, Pvt. Mickey Roone, smiles from stage as he entertains troops of 28th Division in Europe. Former film actor is flanked by Pvt. Mario Pierone (left) of San Francisco, Calif., and Pvt. Bob Priest of Los Angeles. (U. S. Signal Corps Photo.)

Phoenix

Phoenix, Feb. 9—The chairman of the polo drive in this community wishes to thank all in the community for the wonderful response and cooperation in making the drive a success.

The last community affair was given last Friday night for this worthy cause which was a basketball game played between Talent and Phoenix, at the Phoenix gymnasium. This was well attended by local people, all of whom contributed, with the result that \$59.00 was realized. The referee of the game very generously gave his time making no charge for refereeing, the student body instead of profiting by this kind deed, gave him enough to pay car expenses, and then added another \$55.00 to the above amount, which amount they would have given him.

Early in the drive the Grange sponsored a dance, and after all expenses and taxes were paid turned over to the chairman \$28.00. A net of \$13.10 was realized from the march of dime cans placed throughout the town, special donations totaled \$3.00, and the Girl Scouts contributed \$2.00. This makes a grand total of \$110.00 turned over to the general chairman, Bill Grenbrenner.

As the time has been extended until the 15th, if any one in the community wishes to add further to the cause and will contact the chairman, Elva Caster, proper credit will be given.

The Thimble Club of Oak Circle No. 242, met at the home of Mrs. Bertha Cobleigh on Friday, Feb. 2, for an all day meeting with covered dish lunch at noon. Mrs. Rosell Watt was co-hostess. Twelve ladies attended the meeting.

During the afternoon a business meeting was held and officers for the coming year were installed as follows:

President, Elva Caster; vice-president, Lillian Coleman; secretary, Anna Caldwell; treasurer, Enid Caster; finance committee, Bertha Cobleigh, Rosell Watt, and Minnie Colver.

The next meeting of the club will be held at the home of Dorothy Thompson on the first Friday in March.

Orchestra Every Night

at
TAKE IT EASY LODGE

DINE AND DANCE
EVERY NIGHT EXCEPT FRIDAY
Chicken, Steaks, and Spanish Dinners!
1/2 Mile up Savage Creek

THE WORLD AT ITS WORST



AT THE SOUND OF THE FRONT DOOR CLOSING, YOU BURST OUT OF YOUR UPSTAIRS REFUGE BELLOWING THAT YOU THOUGHT THAT WOMAN WOULD NEVER GO, AND DISCOVER THAT THE FRONT DOOR HAD BEEN OPENED MERELY TO SEE IF IT HAD STOPPED RAINING.

On the Radio Chain

Chain affiliation and where they are on the dial:

KALE (CBS) 1330, Portland.
KEX (NBC-Blue) 1190, Portland.
KOA (NBC-Blue and CBS) 1210, Spokane.
KGO (NBC-Blue) 810, San Francisco.
KGW (NBC-Red) 820, Portland.
KJH (NBC-Blue) 1000, Seattle.
KXN (CBS) 1070, Los Angeles.
KOA (NBC-Red) 830, Denver.
KOLN (CBS) 970, Portland.
KOMO (NBC-Red) 950, Seattle.
KPO (NBC-Red) 680, San Francisco.
KSL (CBS) 1100, Salt Lake City.

Time shown in PWT.

Friday
9:00 p. m.—Harry and Pines 4N.
OK for Release, NBC. Sam Hayes, News, MBS; Man Named Jordan, MBS.

9:15 p. m.—Dick Tracy, BN. Super-man, MBS.
9:30 p. m.—Jack Armstrong, BN. Harry W. Flannery, News, CBS. Tom Mix, MBS.

9:45 p. m.—Elmer Peterson, Commentator, NBC. Capt. Midnight, BN. Night News Wire, MBS. News, CBS. 7:00 p. m.—A. M. O. A. and J. NBC. Durand and Moore, CBS. Music, MBS. Clare Booth Luce, BN.

7:15 p. m.—Stage Door Canteen, CBS. Lone Ranger, MBS. Bill Stern, NBC.

9:00 p. m.—Fights, MBS. Jack Kirkwood Show, CBS. Super Club, NBC. 8:15 p. m.—Fleetway Lawton, NBC. 8:30 p. m.—Duffy's Tavern, NBC. It Pays to Be Ignorant, CBS. Stars of the Future, BN.

8:00 p. m.—Furrough Fun, NBC. Tom Breneman, BN. News, MBS. Aldrich Family, CBS.

9:30 p. m.—Adventures of Thin Man, CBS.

10:00 p. m.—News, NBC. 10:30 p. m.—Orchestra, NBC; Orchestra, CBS.

11:00 p. m.—Del Castillo, Organist, CBS; Orch., NBC; News, BN.

Saturday
8:00 p. m.—Youth on Parade, CBS. Orchestra, BN. Know Your Symphony, NBC.

9:00 p. m.—Boston Symphony, BN. Detroit Symphony, MBS. News, NBC. 9:45 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 This? NBC.

8:45 p. m.—Saturday Serenade, CBS. 9:30 p. m.—Judy Canova Show, 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; Chicago Theater of the Air, MBS.

8:30 p. m.—Meet Your Navy, BN. Hit Parade, CBS. News, MBS.

9:15 p. m.—Dream Boat, MBS. 9:45 p. m.—Don't You Believe It, NBC.

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; News, BN.

Gasoline Shortage

Blamed For Crash
London, Feb. 9 — (U.P.) — A shortage of gasoline was blamed today for the crash of a transport plane in which 20 Britons

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Dine-Dance-Refreshments
Chicken and Steak Dinners
Most Unique Place in So. Ore.
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Thursdays Private Parties Only—
For Reservations Ph. Gold Hill 474

flying to the Big Three conference were killed or injured Feb. 1. Ten persons were known dead, five missing and believed dead, and five injured.

Closing time for Sunday 100 Late to Classify 5:30 Saturday afternoon—
Please remember

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



BARNEY GOOGLE AND SNUFFY SMITH



BUZ SAWYER



BLONDIE



L'L ABNER



THE NEBBS



DO YOU KNOW?

That the automobile industry's output of War Materials amounts to a million dollars per hour. Total war production since Pearl Harbor totals \$23,000,000,000, by the industry.
Get the most out of your dollar at . . .

ROGUE RIVER CHEVROLET

Crossword Puzzle

ACROSS

- 1-Tiny particle
- 2-Dreary
- 3-Suspect
- 4-Internal city
- 5-Church court
- 6-Party
- 7-A garden
- 8-Men retired in baseball
- 9-Limb
- 10-Place of worship
- 11-Hair open
- 12-Snow vehicle
- 13-Desert animals
- 14-Corset
- 15-Venerable

DOWN

- 1-God of War
- 2-Small West Indian bird
- 3-Sign
- 4-Sco
- 5-Bags
- 6-Cosmetic
- 7-Alcitrion island
- 8-Low
- 9-Pastured
- 10-Eagle's nest
- 11-Gambled
- 12-High wind
- 22-Conform
- 23-Barrel
- 24-British base near Red Sea
- 25-Specter
- 26-Follow
- 27-Icelandic poem
- 28-Initial
- 30-Silliness
- 31-Cone-bearing tree
- 32-Jatungia
- 33-Clasp
- 37-Facis
- 38-Frizzling
- 40-Fixed
- 41-Wing
- 42-A number
- 43-Annoy
- 44-Abbreviated title of married woman
- 45-Near (abbr.)
- 47-Gold (abbr.)

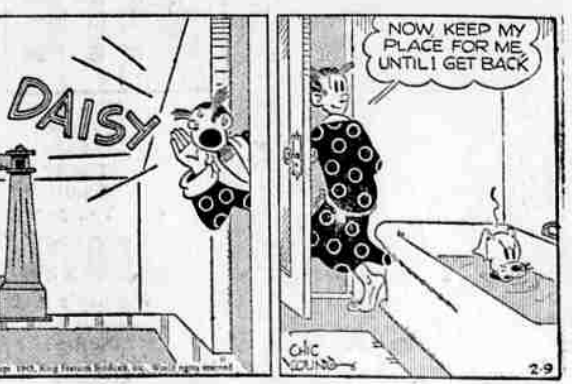
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