Your Health and Its Care

By DR. WILLIAM BRADY, M. D.

Readers should address inquiries to: Dr. William Brady 285 El Camino, Beverly Hills, Calif.

REAL BREAKFAST FOOD

Dr. Brady

I read in your column that you would like to know how to make buckwheat pancakes, say literally hundreds of readers sending in their recipes. That's news to me. What I expressed a wish for is to find some one who can make old-fashioned yeast-raised buckwheat pancakes. A printed or written recipe and the actual know-how are widely different things.

Reader H. A. T. submitted the prize recipe:

First, get your pure buckwheat flour—no mixture. If it is ground with bran and all, so much the better. The black specks will give it a distinctive flavor. Get a cake of dry yeast, the kind women used when they baked their own bread. Any other kind is uncertain. Soak the yeast in lukewarm water for about eight hours. This is to start the yeast plant growing (fermenting). Turn into vessel used for containing batter. Add salt to suit taste, not too much. Use sufficient warm (not hot) water to make up about a quart more than you want to use the first time. Stir in sufficient buckwheat flour to make a thick, not a thin, batter. If it is too thin the gas will escape without raising the pancake. Set it in a warm place over night.

Next morning it should be raised in good shape. First batch is seldom so good as subsequent batches. DO NOT STIR BATTER BEFORE baking. The gas will escape if you do. Your pancakes will be flat. Dip with spoon from top of batter and turn the spoonful as gently as possible upon the hot griddle. Better make cakes size of a plate, rather than little ones. Rotate griddle gently to make batter spread. If it will not spread without shaking it is too thin and your pancakes will not be light. If it piles up and will not spread with shaking it is too thick.

Do not touch batter with spoon after it is on the griddle. You will release the gas from the places you touch. If batter is too thick, dip spoon deeper into batter and bring up some from the underside which is likely to be thinner.

If batter is too thin you are out of pancakes for breakfast today. Set it away until night, then add some more buckwheat flour and salt and let it rise for the following morning.

Save a small quantity of the batter as a leaven for the next morning.

The batter must always be prepared night before wanted, and kept in a warm place over night. This is a night and morning program to follow if you want good buckwheat pancakes. To make them up for an occasional breakfast is not satisfactory.

(H. A. T.)

There you are, folks. This gentleman has the know-how. Perhaps numerous other recipes sent in by our readers are as good as his, but he is awarded the prize because he tells us more of the art or technique of making yeast-raised pure buckwheat pancakes.

So Vegetarians Never Drink

There are positively NO vegetarian drunkards. On the authority of eminent medical testimony health, strength and immunity from drunkenness or craving for alcohol are insured by a non-carnivorous diet.

(F. P.)

Answer—I hope you will permit me to say I do not recognize medical authority as having any more weight than my own opinion about such a thing. Before I get excited about it I'd like to know what "non-carnivorous diet" means. Does it mean one takes no meat, fowl, fish, game, eggs, milk, butter, cheese? I doubt that one could maintain good health and efficiency on a diet from which all of these foods of animal origin are excluded.

Alcoholism

Nice neighbors, could be happy were it not for the husband's drinking. Is there any thing his wife could use secretly in his food or drink to cure him? He won't try to help himself or receive any help. He is a good worker when he is all right.

(J. A. B.)

Answer—Best suggestion I can make is that the man get in touch with Alcoholics Anonymous—look for local group announcement in classified columns. They will receive him in a friendly way (they are all just like him) and if he attends their get-togethers it can at least do him no harm. It is all strictly private, too.

(Copyright, 1945, John F. Dille Co.)

NAZIS SPEED UP NORTH ITALY WAR

Rome, Feb. 10 — (U.P.) — German activity along the Fifth army front in North Italy from the area of Mount Castellari, south of Bologna, to the western coastal sector, has increased, Allied headquarters announced today.

American troops in the Serchio valley repulsed a counter-attack mounted in battling strength.

South and southeast of Bologna where a "limited objective" Allied counter-offensive was halted several days ago, Fifth army artillery was pounding enemy positions.

Strong German pressure was being exerted throughout the Serchio valley. The heaviest attack was held at Lama, 19 miles north of Lucca.

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

Lemon Juice Recipe Checks Rheumatic Pain Quickly

If you suffer from rheumatic, arthritis or neuritis pain, try this simple inexpensive home recipe that thousands are using. Get a package of Ru-Ex Compound, a two-weeks supply. Today Mix it with a quart of water, add the juice of 4 lemons. It's easy. No trouble at all and pleasant. You need only 3 tablespoonfuls two times a day. Often within 48 hours—sometimes overnight—splendid results are obtained. If the pains do not quickly leave and if you do not feel better, return the empty package and Ru-Ex will cost you nothing to try as it is sold by your druggist under an absolute money-back guarantee. Ru-Ex Compound is for sale and recommended by Western Thrift and drug stores everywhere.

STA-OFF
CORN REMOVER

Gives instant relief from pain and positively removes hard corns, soft corns between the toes, callouses, warts, papillomas, club nails. It contains several different oils that soften, loosen and does not cause the irritation as do strong acid mixtures. When all others have failed try this one. Sold on money back guarantee.

Exclusively at WESTERN THRIFT

LEWIS' RETURN TO A F OF L FOLD NEAR

Miami, Fla., Feb. 10—(U.P.)—John L. Lewis, bushy-browed, burly and bellicose president of the United Mine Workers, Monday begins his 66th year with a major victory and one of the most difficult phases of his stormy career close ahead.

The victory will be marked by an American Federation of Labor charter for the union Lewis took from the AFL in 1935; the job in prospect is to fit the miners back into the federation picture without losing the power on which Lewis thrives. New mine wage negotiations shadowed by possibilities of a strike add to the picture.

Lewis tonight was in Washington, considering the concessions he is willing to make for another chance with the AFL, while the federation's executive council waits here to read his answer and vote him back. His return to the fold was regarded as certain, provided that he stick by commitments made privately to AFL President William Green.

Gloria Sims Wins Novice Skate Toga

Berkeley, Calif., Feb. 10 —(U.P.)—Gloria Sims, Long Beach, won the novice women's figure skating title; Margaret Lee Smith, 12, Los Angeles captured the Juvenile crown; and Herman Maricich, Oakland, took top honors in the novice men's singles in the final competition today in the annual California figure skating championships being held here.

Miss Sims came in ahead of Mary Lou Walker, Piedmont, who took second, and Carolyn Donaldson, Piedmont, third, in the novice women's division.

An estimated total of 2,200 miners will return to work in Nevada County mines when the war ends and unrestricted gold mining is permitted.

YICK SO CHINESE HERB CO.

REMEDIES FOR STOMACH ULCERS

Heart, Rheumatism, Asthma, Catarrh, Piles, Prostrate 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

On the Radio Chain

STATIONS:

Chain affiliation and where they are on the dial:

KALE (CBS) 1330, Portland. KEX (NBC-Blue) 1190, Portland. KGA (NBC-Blue and MBS) 1510 Spokane. KGO (NBC-Blue) 810 San Francisco; KGW (NBC-Red) 620, Portland; KJR (NBC-Blue) 1000 Seattle. KNX (CBS) 1070 Los Angeles, KOA (NBC-Red) 850 Denver; KOIN (CBS) 970, Portland, KOMO (NBC-Red) 950 Seattle, KPO (NBC-Red) 680 San Francisco; KSL (CBS) 1160 Salt Lake City.

Time Shown is PWT

Sunday

5:00 p. m.—Charlie McCarthy, NBC; Mediation Board, MBC.
5:30 p. m.—Eddie Bracken Show, NBC; Trading Post, CBS; Joe E. Brown, BN.
5:55 p. m.—Bob Trout, News, CBS.
5:45 p. m.—Gabriel Heatter, MBS.
6:00 p. m.—Merry-Go-Round, NBC; Walter Winchell, BN; Radio Reader's Digest CBS. Steel Horizons, MBS.
6:15 p. m.—Louella Parsons, BN.
6:20 p. m.—Hollywood Mystery Time, BN.
6:30 p. m.—Star Theatre, CBS; American Album of Familiar Music, NBC; Cedric Foster, MBS.
6:45 p. m.—Jimmie Fidler, BN.
7:00 p. m.—Hour of Charm, NBC; Take It or Leave It, CBS; The Life of Riley, BN.
7:30 p. m.—Fannie Brice, CBS; Comedy Theater, NBC.
8:00 p. m.—Greenfield Village Choir BN; Crime Doctor, CBS; Great Gildersleeve, NBC.
8:15 p. m.—Dorothy Thompson, BN
8:30 p. m.—Symphony Hour, NBC; Quiz Kids, BN; Blondie, CBS.
9:00 p. m.—Bill Lance, CBS; Glen Hardy, MBS; Sam Hayes, News, BN.
9:15 p. m.—Rex Miller, MBS.
9:30 p. m.—Jack Benny, NBC.
10:00 p. m.—News, NBC; In Focus, BN.
10:15 p. m.—Korn Kobblers, NBC.
10:30 p. m.—Pacific Story, NBC; Trans-Atlantic Call, CBS.
10:45 p. m.—Orchestra, BN.
11:00 p. m.—News, BN; St. Francis Orch., NBC; Talks, CBS.

Monday

5:00 p. m.—OK for Release, NBC; Terry and Pirates, BN; News, MBS.
5:15 p. m.—Dick Tracy, BN; Superman, MBS; Betty and Bob, NBC.
5:30 p. m.—Voice of Firestone, NBC; Harry Flanney, News, CBS; Jack Armstrong, BN; Tom Mix, MBS.
5:45 p. m.—News, CBS; Captain Midnight, BN; Night News Wire, MBS.
6:00 p. m.—Music of Manhattan, NBC; Lux Theater, CBS; Ed Wynn Show, BN; Gabriel Heatter, MBS.
6:30 p. m.—Information Please NBC; Spotlight Bands, BN.
7:00 p. m.—Screen Guild Players CBS; Anita Ellis, MBS; Guy Lombardo Orch., BN; Contented Hour, NBC.
7:15 p. m.—Lowell Thomas, MBS.
7:30 p. m.—Dr. I. Q. NBC; Thanks to the Yanks, CBS; Lone Ranger, MBS.
8:00 p. m.—Supper Club, NBC; Jack Kirkwood, CBS; Ted Malone, BN.
8:15 p. m.—Hedda Hopper, CBS; Lum and Abner, BN; Fleetwood Lawton, NBC.
8:30 p. m.—Cavalcade of America, NBC; Michael Shane, MBS; Saludos Amigos, BN; Burns and Allen, CBS.
9:00 p. m.—Blind Date, BN. News Glenn Hardy, MBS; The Whistler CBS; Telephone Hour, NBC.
9:30 p. m.—Vox Pop, CBS; Noah Webster Says, NBC; News, MBS; The Green Hornet, BN.
10:00 p. m.—News, NBC.
10:15 p. m.—Sherlock Holmes, MBS, News, BN.
10:30 p. m.—Sweetheart Swingtime, NBC; Finneman's Nite Club, BN.
11:00 p. m.—News, BN.

Mercy Flight Fails To Save Army Baby

Boston, Feb. 10 — (U.P.) — The six-day-old daughter of a Brooklyn, N. Y., army officer died at Children's hospital today after having been flown from Utah to Boston for an emergency operation for a throat obstruction.

A hospital spokesman said the infant died as Dr. William E. Ladd of Harvard medical school prepared to operate. The baby had arrived here yesterday in an army transport plane.

The Chinese Prince Ki Kung Shi is reported to have made a flight in a "chariot carried along by the wind"; this is believed to be the first story of the glider.

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

Use Mail Tribune Want Ads

PHILIPPINES WILL BOOST SUPPLY OF AMERICAN SUGAR

Washington, Feb. 9—(U.P.)—Victory in the Philippines may be sweeter than you think.

A government sugar expert said today that as much as 200,000 to 300,000 tons of sugar might be shipped from liberated areas of the islands to the U. S. before the year is out. This country obtained about 900,000 tons of sugar annually from the islands before the war.

The entire question of resuming imports from the Philippines, it was said, is complicated by the fact that the Japanese dismantled some sugar mills, converted others, and diverted some of the can fields to other uses. Until the extent of these conditions is determined; it will be impossible to tell accurately how much sugar can be expected for outside use.

Dad, Serving Life Acquitted By Jury

Crown Point, Ind., Feb. 10—(U.P.)—Frank Albano, 69, Gary, Ind., was free today of charges of slaying a suitor who jilted his daughter after keeping company with her for several years.

Albano, who was sentenced to life imprisonment Jan. 31, 1944, for killing Ignace Sniegowski, based his defense on the sanctity of the home and temporary insanity.

He appealed the life sentence, won a new trial and a jury acquitted him yesterday.

Encephalomyelitis is believed to have been the greatest factor in the elimination of the prehistoric horse.

The STANDARD HOUR

Presents

Bernardo Segall
Piano Soloist
with
Otto Klemperer
and the
Los Angeles Philharmonic Orchestra

PROGRAM

Mignon: Overture . . Thomas
Brazilian Fantasy . . Mignone
(Bernardo Segall, Piano Soloist)
Die Fledermaus: Overture . Strauss
Thou By My Side . Bach-Klemperer
Symphony No. 5:
Scherzo and Finale . Beethoven

Program subject to change

Sunday 8:30 P.M.
KMED

STANDARD OF CALIFORNIA

KYLE'S RESTAURANT
CHICKEN AND STEAK DINNERS
Open 6 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

Orchestra Every Night at
TAKE IT EASY LODGE
DINE and DANCE
EVERY NIGHT EXCEPT FRIDAY
Chicken, Steaks, and Spanish Dinners!
½ Mile up Savage Creek

STRANGE AS IT SEEMS By ERNEST HIX

DO YOU KNOW?

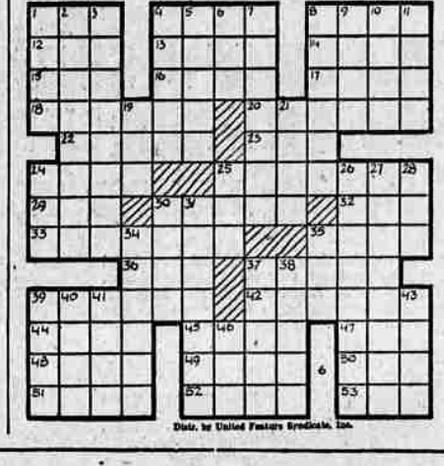
If unsold goods benefit any one? Sell your idle car to....

ROGUE RIVER CHEVROLET

Crossword Puzzle

ANSWER TO PREVIOUS PUZZLE

G	I	B		R	U	S	E		A	B	L	E		
A	M	A		A	R	E	A		R	E	A	M		
S	P	R	A	I	N		T	O	E		M	I		
		O	R	A	L		M	E	N		S	E	T	
S	U	E		F	E	N		O	A	R	S			
A	N	N		I	O	N		S	L	Y				
I	D		F	R	E	T	T	E	D		M	Y		
		C	U	E		I	R	A		S	U	E		
C	L	A	N		T	O	Y		D	E	N	S		
H	A	D		R	A	N		G	I	L	D			
A	T		P	A	R		S	U	N	D	A	Y		
S	E	A	R		E	D	E	N		O	N	E		
E	R	S	E		S	O	N	S		M	E	T		



Distr. by United Feature Syndicate, Inc.

ACROSS

1—Strife
4—Large group
8—Father
12—Sooner than
13—Wings
14—Among
15—Painting
16—Cold paint
17—Unaspirated
18—Cause
20—Shows gratitude
22—Blockade
23—Illuminated
24—Spirit lamp
25—Yields
29—Tiny
30—Sting
32—Roman bronze
33—Mistakes
35—Melody
36—No good
37—Box
38—Intersecting
42—Clock again
44—Aromatic plant
45—Not new
47—Century (abbr.)
48—Region
49—Church court
50—Conjunction
51—Colors
52—First garden
53—Lieutenants (abbr.)

DOWN

1—Apparel
2—Policeman
3—Servant
4—Clog and ——
5—Put in row
6—Salt
7—Pioneer
8—Roof of mouth
9—So be it
10—Light red
11—Fruit drinks
19—Huge swell
21—Sword handle
24—Sheep
25—Steel prow on old warships
26—Pertaining to ships
27—Cheap apartment house
28—Compass point
30—Astound
31—Grinding of grain
34—Genus of fish
35—Make lace
37—Island in Mediterranean near Greece
39—Fortification
39—Bony fish
40—Uncanny
41—Western Indian tribe
43—Finishes
46—Turf

BARNEY GOOGLE and SNUFFY SMITH

BUZ SAWYER

BLONDIE

L'IL ABNER

THE NEBBS

LADIES!

We are sorry to mention this, but HOUSECLEANING TIME is here. LET US HELP YOU—

- SPONGES of various sizes
- CHAMOIS of various sizes
- WINDOW BRUSHES
- O'CEDAR PRODUCTS
- KEMTONE-in all the new colors

LEEVER'S HARDWARE CO.

225 E. 6th Telephone 3231

SUBURBAN HEIGHTS By GLUYAS WILLIAMS