

# Your Health and It's Care

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## WHAT TO DO FOR CHRONIC RHEUMATISM

If you are not fooling about it, the first thing to do for chronic rheumatism is obvious. The mere fact that you, or maybe your doctor, call it chronic rheumatism is tantamount to confessing you don't know what ails you. So, before you begin monkeying with nostrums, diets, baths, gadgets, massage, vitamins or recipes mysteriously vouchsafed by an old Indian chief or a Tibetan lama, don't you think it might be a good idea to find out, if you can, what ails you?

Now for goodness sake don't infer I pretend to know anything more about the ills called rheumatism than any ordinary practitioner does, nor that I claim I have any special diagnostic skill.

I hesitate to estimate but I believe there are a good many persons who have so-called rheumatism in a knee or a shoulder which so interferes with proper function or use of the joint atrophy and weakening occur from sheer lack of exercise or use, all of which could be avoided by a proper diagnosis of the trouble in the first place and perhaps a cure obtained by proper treatment—for instance internal derangement of the knee, such as loose cartilage or hypertrophied synovial (knee joint lining) fringe from some strain or injury, perhaps of minor degree, long ago. Then, too, I know from my own observation and experience that many misguided folk accept years of discomfort or pain and permanent partial disability from "chronic rheumatism" in the shoulder, which is really just undiagnosed and untreated subdeltoid or subacromial bursitis—inflammation of a lubricating pad or sac upon which the tendon of the deltoid or the supraspinatus tendon rides or slides when the arm is used. This lame shoulder may be the effect of some comparatively minor strain or injury which the victim has forgotten, or it may be due to focal infection of the bursa. Anyway it is always susceptible of great palliation if not complete cure by proper treatment—sometimes surgical, more frequently medicinal injections into the bursa and physical therapy to restore function.

Forgive me if all this seems negative. If I could specify a safe and simple remedy for each or any of the ills called rheumatism I'd do so, without concern about the code of medical ethics. But, as so many correspondents are unable or unwilling to understand, no one knows what "chronic rheumatism" means, and the nostrum monger, specialist or Wiseacre

who pretends to know of such a disease or condition and of a remedy or cure for it deceiving himself or the customer.

## QUESTIONS AND ANSWERS

**You're Not Serious**  
You waste your time and even a second of mine long enough to look for the signature! If you do not sign your letter, I stand squarely behind everything I say here. If you are serious about it you will sign what you write to me. (Of Doc Brady)  
**Don't Be Guiltless**  
Can you recommend a formula that will cure the liquor habit when given secretly or without the drinker's knowledge in coffee? (D. J. E.)  
**Answer**—No. Send 10 cents and stamped envelope bearing your address. Ask for booklet "Dipsomania."  
**Anti-Hemorrhage Vitamin**  
Please give me some information as to where vitamin K can be found. We are studying about vitamins in school but cannot learn where to get vitamin K which is necessary for the clotting of blood. (K. E. H.)  
**Answer**—The green leaves are the best food source of vitamin K—cabbage, spinach, beet tops, carrot tops, kale. Soy bean oil is a good source. Alfalfa is a rich source. (Copyright, 1945, by John F. Dille Co.)



Olive Barber's Letter

Maybe you can successfully head a committee, sponsor a "City Beautiful" project, win in an open tournament of golf but if you don't know how to set a hen, why then you're not such a much. Not that I've ever headed a committee, or stirred my townmen to panting eagerness over beautifying the city. And as for golf, well I've made it a life policy to have no truck with golf, infinitesimal calculus or the dialectical world-plan. But I do know the rudiments of setting a hen.

First, of course, the basic requirements is cooperation on the part of the hen. Before you can set her, she must have developed an almost fanatical desire to set. Never waste your time, and eggs, on a biddy who knows about her feminine right to change her mind. But if she's spent several days in passionate attendance on a china egg (or a potato or a gourd), you are warranted in assuming her urges to set have properly "jelled."

In selecting the eggs upon which she is to set, there is one law; probably made by the Medes and Persians; at least it's unalterable. Always place exactly 15 eggs under a hen. Thirteen or 16 eggs under a hen is unluckier than to walk under a ladder.

Too, the later the vintage of these eggs, the better. Often, lacking one egg, have I stood before a supposedly laying hen, waiting for the oval necessary to round out a complete setting. And "wait" was about all I could do. A hen about to lay an egg won't be bribed into haste; won't be scored into it, either. Nothing so smug as the face of a hen which knows you are waiting for her to lay. She well knows she has you in her power. Finally depositing the coveted oval, she shrieks in derision and the lord of flock supports her with ribald jeers and struts.

The setting now rounded out to a full 15, you get the bluing bottle, shake it, use the cork to mark the date of hatching of each egg. This naming the date may later prove to have been presumptuous on your part; just because you tell an egg to hatch on a given date is no sign it will. Some eggs are stubborn and never, from the very start, had any desire to hatch. Others, feeling they may as well at least try, give up after a week or so. I understand the Chinese have a weakness for half-hatched eggs. But this is not the Orient and a half-hatched egg is in dispute among us.

Once, having set the conventional 15 eggs, 18 chickens hatched. With a prudish horror of scandal, I've never before let this be made public. But I'd thought from the very first that hen was a wanton huzzy. Of course the rule of 15 doesn't apply to Juliette, the bantam. Set her on 15 Plymouth-outrock eggs and, come the end of the 21 days necessary for hatching, you have to dig her out from under a batch of defunct eggs from which the desire to amount to something has long since departed.

Well, we've "set" the hen

## Gypsy Wildcat



Jon Hall and Moria Montez are once again co-starred as sweethearts in the technicolor picture "Gypsy Wildcat," coming Wednesday to the Craterian. Also included in the cast are Peter Coe, Leo Carrillo and Gale Sondergaard.

## Ghost Guns



Starting Wednesday at the Rialto for four days is an action packed mystery thriller, "Ghost Guns," starring Johnny Mack Brown and Raymond Hatton. Topping the Rialto's twin bill policy is the Back-by-demand picture, "Manpower," with George Raft, Edward G. Robinson and Marlene Dietrich.

and, the laws of biology being what they are, in three weeks' time bills of fuzzy down will emerge, their eyes bright with innocence. One wonders how an old roue of a rooster and a bunch of termagant mothers can beget such adorables. But this column is not concerned with hatching; only setting. Surely you must realize by now there's technique to setting a hen as well as playing a good game of golf. One thing about setting a hen, you can eventually eat your score.

## Court House News

**Marriages**  
Orris James Johnson and Arlene Williams Johnson.  
Ralph O. Stephenson and Josie Lenore Stephenson.  
Roman Vargas and Dora Lucella Lockwood.  
Paul Corwin McQuat and Beverly Lee Brooks.  
Ervin Babe Shadduck and Lucille Catherine Vanease.  
Weldon T. Heard and Betty Sue Reed.  
Lennon Joseph Cox and Dear Evelyn Cox.  
Laurence Leon Barger and Betty Jean Nichols.  
William Russell Shopp and Cleo Etha Anderson.

**Divorce Decrees Granted**  
Victoria Humphrey vs. James Victor Humphrey.  
Hubert W. Brittsan vs. Pearl L. Brittsan.  
Alice L. Gandee vs. Kenna L. Gandee.  
Jewel R. Lockhart vs. Theodore F. Lockhart.  
Ruth A. Ross vs. Clarence E. Ross.  
Lowell E. Tucker vs. Delvina T. Tucker.  
Lionel J. Cox vs. Hazel M. Cox.

**Divorce Complaints Filed**  
Bertha Garrison vs. Albert M. Garrison.  
Josie M. Johnson vs. Nathan T. Johnson.  
Lila E. Silva vs. Joseph J. Silva.  
Esther Crocker vs. James Crocker.  
Eleanor L. Cummings vs. Leon E. Cummings.

**Probate Court**  
Estate of Alta Naylor, deceased.  
Estate of V. O. Milburn, deceased.  
Estate of David A. Davis, deceased.  
Guardianship of Mabel S. Cottrell, incompetent.

## On the Radio Chain

**STATIONS:**  
Chain affiliation and where they are on the dial:  
KALE (CBS) 1230, Portland  
KEX (NBC-Blue) 1190, Portland  
KJW (NBC-Blue and ABC) 1310, Spokane  
KGO (NBC-Blue) 810, San Francisco  
KJW (NBC-Red) 970, Portland  
KJW (NBC-Blue) 1090, Seattle  
KNX (CBS) 1070, Los Angeles  
KOA (NBC-Red) 830, Denver  
KUNM (NBC-Red) 930, Salt Lake City  
KSL (CBS) 1160, Salt Lake City  
Time Shown is P.W.T.

**Tuesday**  
5:00 p. m.—Terry and Pirates, BN.  
OK for Release, NBC, News, MBS.  
5:15 p. m.—Dick Tracy, BN, Superman, MBS; Betty and Bob, NBC.  
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.  
6:00 p. m.—Mystery Theater, NBC; Gabriel Heatter, MBS; Inner Sanctum, CBS, News, BN.  
6:15 p. m.—Jimmy Fidler, MBS; Supper Music, BN; Service to the Front, CBS.  
6:30 p. m.—Fibber McGee and Molly, NBC; Spotlight Bands, BN; American Forum, MBS.  
7:00 p. m.—Bob Hope, NBC; Transatlantic Quilt, BN; Service to the Front, CBS.  
7:15 p. m.—Lowell Thomas, MBS; Night News Wire, MBS, News, CBS.  
7:30 p. m.—One Man's Family, BN.  
8:00 p. m.—Supper Club, NBC; Jack Kirkwood Show, CBS; Ted Malone, BN.  
8:15 p. m.—Fleetwood Lawton, NBC; Music, CBS; Lum and Abner, BN, Red Hildegarde, NBC, Red Hildegarde, NBC; Roy Rogers, MBS.  
8:30 p. m.—Everything for Boys, NBC; dig Town, CBS; Glen Hardy News, MBS.  
9:15 p. m.—Rex Miller, MBS.  
9:30 p. m.—Murder Will Out, BN; Mysterious Traveler, MBS, News, NBC.  
10:00 p. m.—News, NBC, Carlson and News, BN; Fulton Lewis, MBS.  
10:15 p. m.—On Our Bandstand, NBC; Sports Program, BN.  
10:30 p. m.—Edwin C. Hill, CBS; Fennema's Nite Club, BN; Sweetheart Swing Time, NBC.  
11:00 p. m.—Man Named Jordan, CBS; Orchestra, NBC; News, BN.

**Wednesday**  
5:00 p. m.—Terry and Pirates, BN; OK for Release, NBC; Mary McEllin, CBS, News, MBS.  
5:15 p. m.—Dick Tracy, BN, Superman, MBS; Betty and Bob, NBC.  
5:30 p. m.—Jack Armstrong, BN, Harry Flannery, News, CBS; Adventures of Tom Mix, MBS, News, NBC.  
5:45 p. m.—Elmer Peterson, NBC; Night News Wire, MBS; Capt. Midnight, BN; The Mule, CBS.  
6:00 p. m.—Frank Sinatra, CBS; Eddie Cantor, NBC; Gabriel Heatter, MBS.  
6:30 p. m.—Spotlight Bands, BN.

## FREE ESTIMATE

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• Finer Service  
**'99' MOTEL**  
**TEXACO SERVICE**  
826 N. Riverside

## Dial 1340 for Mutual

**NEWS**  
8:00—Arthur Gaeth  
9:00—Wm. Lang  
10:00—Genn Hardy  
11:00—Cedric Foster  
12:00—Don Lee  
1:00—Walter Compton  
3:00—Griffin  
4:00—Fulton Lewis, Jr.  
4:15—Rex Miller  
5:00—Sam Hayes  
5:45—Night News Wire  
6:00—Gabriel Heatter

**FEATURES**  
8:30—Take It Easy  
9:15—Merton Downey  
10:15—Lopes  
12:30—Smoothies  
1:30—Tommy Harris  
3:45—Johnson Family  
5:15—Superman  
5:30—Tom Mix

for Mutual  
Dial 1340

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**MONEY TO LOAN**  
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REMEDIES FOR STOMACH ULCERS  
Heart, Rheumatism, Asthma, Catarrh, Piles, Prostate Gland Enlargement and all disorders of Liver, Kidney Trouble and other complaints disappear after using **CHINESE HERBS**  
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J. H. LEONG, Herbalist Phone 5817

**DOUBLE HEADER** By GLUYAS WILLIAMS

IS TOLD HE OUGHT TO BE ASKED TO COME TO THE TABLE WITH HANDS LIKE THAT GO WASH THEM INSTANTLY

WASHES THEM THOROUGHLY

LINGERS TO PLAY WITH WITH CAKE OF SOAP WHICH FALLS INTO NOOKS AND CORNERS

PAUSES IN HALL TO EXPERIMENT IN TURNING A CARTWHEEL

WHICH SUGGESTS GOING DOWN STEPS ON ALL FOURS

PRESENTLY RETREATS UP STEPS AROUND HE DID TWO WASH HIS HANDS

Mr. District Attorney NBC, which is which, CBS, Edw. Sattilinas, Secretary of State, MBS.  
7:00 p. m.—Kay Kyser's College NBC, Great Moments in Music, CBS  
The Feeling is Mutual, MBS.  
7:15 p. m.—Lowell Thomas, MBS.  
7:30 p. m.—Lone Ranger, MBS, Let Yourself Go, CBS.  
8:00 p. m.—Supper Club, NBC; Jack Kirkwood Show, CBS; Main Line MBS; Ted Malone, BN.  
8:15 p. m.—Fleetwood Lawton, NBC; Lum and Abner, BN; Music T. B. S. Statistics, CBS.  
8:30 p. m.—Carton of Cheer, NBC; Counterspy, BN; Dr. Christian, CBS.  
9:00 p. m.—Mr and Mrs North, NBC; Jack Carson, CBS, News, MBS; Music, BN.  
9:30 p. m.—Who's Lucky Tonight, NBC.  
10:00 p. m.—News, NBC; Carlson and News, BN; Fulton Lewis, MBS.  
10:30 p. m.—Orch. CBS; Fennema's Nite Club, BN; Sweetheart Swingtime, NBC.  
11:00 p. m.—News, BN; Man Named Jordan, CBS.

One of the best lubricants for squeaky desk drawers is ordinary soap.

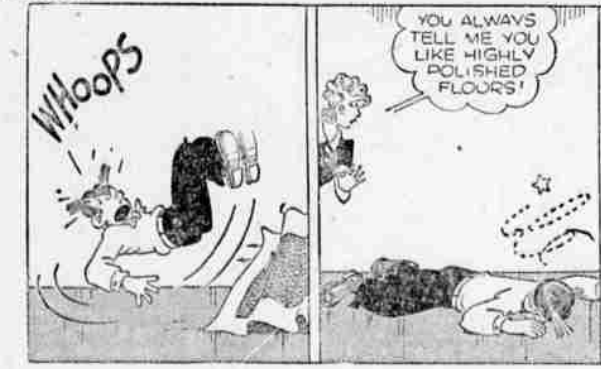
## STRANGE AS IT SEEMS By ERNEST HIX



## BARNEY GOOGLE and SNUFFY SMITH



## BLONDIE



## BUZ SAWYER



## LIL ABNER



## THE NEBBES



**DO YOU KNOW?**  
that a car can be a "slacker" during war times by remaining idle?  
If your car is not in use, get a ceiling price quotation from  
**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	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
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**DOWN**  
1—Summit  
2—Wings  
3—Fish ailments  
4—Dinner course  
5—Land measure  
6—Hurried  
7—Skullid  
8—Derby hat  
9—Russian sea  
10—Chaining  
11—Snow vehicle  
12—Lamprey  
13—Parole instrument  
14—Calle like owl  
15—Humorous expression  
16—Murk  
17—Kind of cheese  
18—Inside  
19—Pipe joint  
20—Parole island  
21—Out of  
22—Coke  
23—Brew  
24—Segment (abbr.)  
25—Where Napoleon was exiled  
26—Require  
27—Parole  
28—Skin  
29—Unsuccessful  
30—Copper diab  
31—Fish eggs