Your Health and It's Care

By DR. WILLIAM BRADY M.D.

Readers should address inquiries to: Dr. William Brady, 265 El Camino Beverly Hills Calif.

HOW TO SAVE A THOUSAND DOLLARS

For a year or more I have been distributing as widely as possible, to dentists who are courteous enough to ask for it, the No. 1 Little Lesson in the Ways of Health, titled "SAVE YOUR TEETH." This is the newly revised edition. Dentists who ask for it on their professional stationery or with professional card and a stamped self addressed envelope will receive it with my compliments. Other readers must inclose 25 cents with stamped self addressed envelope with their request.

Dr. Brady

I hoped that by putting the booklet into the hands of a good many dentists throughout the United States and Canada I might get some sort of assay of professional opinion or at least an expression of present attitude of practicing dentists in regard to preservation of the teeth. Dentists have been so readily articulate in regard to my animadversions on the trade use of the title "Doctor," that I anticipated a lively and instructive response, indeed I begged many dentists to handle me without gloves, to tell me just between friends where I am wrong, to criticise anything I say in the booklet, in the same confidential way my own dentist does when he finds me going wrong.

The impressive, almost unanimous silence with which these dentists have received the booklet was at first disappointing, and then as it continued unbroken it became perplexing. Were the dentists all so irked by my carryings-on that they would not deign to have further truck with me? After all I do manage to maintain a speaking acquaintanceship with several dentists and exchange the customary polite mutterings with them when we meet on the bowling green, yet withal—

From now on, be it known, dentists are just people. If a dentist should by any chance feel any curiosity about it he may have a copy of the booklet "Save Your Teeth" on the same terms as those mentioned for other readers.

In closing this chapter I am delighted to report that at last I have received from a dentist a frank and detailed criticism of the teachings in the booklet and some of the teachings concerning preservation of the teeth that I have stressed in this column. I shall pass along to our readers some of the practical suggestions this dentist gives, in talks to follow. Unlike some letters I have received from dentists, there is nothing in this one that my own dentist would hesitate to say, I am sure. Not a hint that the dentist's nose is turned up while he insinuates that I must be a filthy person. Instead, this letter is full of sound observations based on solid scientific knowledge. It practically cancels that ominous silence bestowed upon me by the other dentists.

QUESTIONS AND ANSWERS

Interested

I am interested in receiving your pamphlet "How to Lose Weight" without injury to health. (Mrs. I. R.)

Answer—It is available to any one who asks for it and incloses self-addressed stamped envelope.

Long Time No Eat

What harm if any is done by letting five hours elapse between meals when one is working hard—fast walking and climbing stairs. (C. S.)

Answer—None. However, if you feel unduly tired or let down, a glass of milk, or some fruit, or peanuts or a hunk of ice cream or a piece of candy between meals is refreshing.

Shortening

One book says vegetable shortening is easily digested. Another book says it is harder to digest than any animal fat. (Mrs. E. M. C.)

Answer—I believe there is no difference in digestibility or nutritive value.

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NEWS

8:00—Arthur Gaeth
9:00—Wm. Lang
10:00—Glenn Hardy
11:00—Cedric Foster
12:00—Don Lee
1:00—Walter Compton
2:00—Don Lee
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—Morton Downey
10:15—Lopez
12:30—Smoothies
1:30—Tommy Harris
3:45—Johnson Family
5:15—Superman
5:30—Tom Mix

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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, MBS.
5:30 p. m.—Eddie Bracken Show, NBC; Art Baker, CBS; Jerry Wayne, BN.
5:45 p. m.—Gabriel Heatter, MBS.
5:55 p. m.—Bob Trout News, CBS.
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 Theater, CBS; American Album of Familiar Music, NBC; Cedric Foster, MBS.
6:45 p. m.—Jimmie Fidler, BN; Dorothy Thompson, MBS.
7:00 p. m.—Hour of Charm, NBC; Take it or Leave It, CBS; The Life of Riley, BN.
7:15 p. m.—Helen Hayes, MBS.
7:30 p. m.—Fannie Brice, CBS; Comedy Theater, NBC.
8:00 p. m.—Chapel Services, BN; Crime Doctor, CBS; Great Gildersleeve, NBC.
8:15 p. m.—Raymond Moley, BN.
8:25 p. m.—Song of the Week, CBS.
8:30 p. m.—Symphony Hour, NBC; Quiz Kids, BN; Blondie, CBS; Nick Carter, MBS.
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; We Deliver the Goods, CBS.
10:00 p. m.—News, NBC; In Focus, BN; Air Force Time, MBS.
10:30 p. m.—Music America Loves Best, NBC; University Explorers, BN; Trans-Atlantic Call, CBS.
10:45 p. m.—Orchestra, BN.
11:00 p. m.—News, BN; St. Francis Orch, NBC; Sinfonietta, MBS.

Monday

5:00 p. m.—OK for Release, NBC; Terry and Pirates, BN; News, MBS; This Man Named Jordan, CBS.
5:15 p. m.—Dick Tracy, BN; Superman, MBS; Betty and Bob, NBC.
5:30 p. m.—Voice of Firestone, NBC; Harry Flannery 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.—Hoagy Carmichael, NBC; Lux Theater, CBS; News, BN; Gabriel Heatter, MBS.
6:30 p. m.—Information Please, NBC; Spotlight Bands, BN.
7:00 p. m.—Screen Guild Players, CBS; Anita Ellis Sings, MBS; Guy Lumbardo 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; Sumner Welles, BN.
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; Hawthorne House, 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; Green Hornet, BN.
9:45 p. m.—Mutual Musical, MBS.
10:00 p. m.—News, NBC; Fulton Lewis, MBS; Carlson and the News, BN.
10:15 p. m.—Sherlock Holmes, MBS; On Our Bandstand, NBC.
10:30 p. m.—Sweetheart Swingtime, NBC; Finneman's Nite Club, BN.
11:00 p. m.—News, BN.

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Since You Went Away . Steiner
Sudan . . . . Rosen
Manon: The Dream . . Massenet
Princesita . . . . Padilla
Night On Bare Mountain . . Mussorgsky

Program subject to possible change

Sunday 8:30 P.M.

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Court Records

Justice Court

Vern Walter York, disorderly conduct, $50 fine and casts; 90 days suspended sentence.

Lyle Melvin Russell, no muffler, $1 and costs.

William Travers Grant, violation of basic rule, cited.

Police Court

William Barker, parked in alley, $1 bail.

Edward Francis Sullivan, drunk and disorderly, jailed.

Carl W. McMellon, violation of basic rule, $10 fine.

Pvt. Wayne Jackson Now Reported Back On Duty with 9th

A wire from the war department received Thursday by Mr. and Mrs. E. E. Jackson of Eagle Point stated that their son, Pvt. Wayne Jackson, reported missing in action as of March 16, is alive and back with the United States army. He is serving in an infantry unit with the Ninth army.

An older son of the Jacksons, Pat Jackson, was reported missing during the battle of Corregidor and another son, George, recently completed a tour of duty in the South Pacific with the navy and is now stationed at Camp Adair with the medical corps.

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Service After 10:00 P. M.

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that you can shake the moth-balls out of some of your old clothes and send them to the war to do their share too! Your closest school boy or girl can help you do it.

ROGUE RIVER CHEVROLET

STRANGE AS IT SEEMS By ERNEST HIX

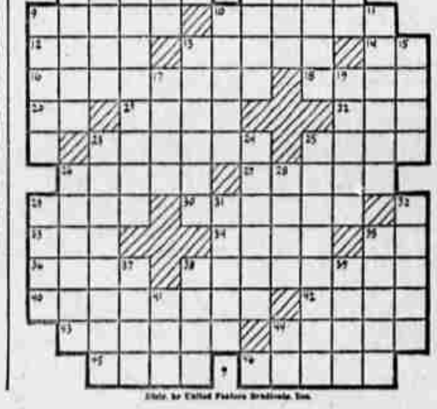
Crossword Puzzle

ACROSS

1—Deadly snake of India
5—Halt
9—Portion
10—Shoves up
12—Be defeated
13—Suffocate in water
14—Bone
16—Type of well
18—Attain
20—Exist
21—Wrap for burial
22—Girl's name
23—Food made from milk
25—Slight mistake
26—Grimaces
27—Acted as super
29—Chums
30—Hit lightly
32—Mineral earth
34—King of Beasts
35—U. S. soldier
36—Ascend
38—Merging
40—In shreds
42—Country in Near East
43—Kind of acid (var.)
44—Stormy
45—Wise man
46—Indications

DOWN

1—Routine job
2—Kiln for hops
3—Pants
4—Musical note
5—Shortly
6—Ham
7—Medieval serf
8—Mountain (abbr.)
9—Scrap lumber from sawmill
10—River banks (Scot.)
11—Squalid
13—Most dreadful
15—Break
17—Prophet
19—Troubled
22—Musical instrument played with hammers
24—Glimpsed
25—Exerting
26—Lasso
28—On
29—Harbor
31—Leader of "Green Mountain Boys"
33—Belgian town
35—Chews
37—Volcano on Sicily
38—Kind of cheese
39—Presses clothes
41—England (abbr.)
44—Yes (Sp.)



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ANSWER TO PREVIOUS PUZZLE

BARNEY GOOGLE and SNUFFY SMITH

BLONDIE

BUZ SAWYER

LI'L ABNER

THE NEBBS

DIFFICULT DECISIONS By GLUYAS WILLIAMS