

Your Health and It's Care

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VITAMINS VERSUS DOCTORED FLOUR

According to several correspondents one Dr. Quigley asserts in a book about nutrition in America that four out of every five cases of chronic illness are primarily due to years of malnutrition, moderate deficiencies in the everyday diet.

In striking contrast to the glib assurance we hear from some lesser authorities or bright young people writing magazine pieces debunking something or other, that one will get all the minerals and vitamins one needs if the diet is reasonably well balanced and includes liberal quantities or proportions of the "protective" foods—milk, eggs, fresh vegetables, fresh fruits, greens.

When I quoted here recently the estimate of Prof. Jolliffe that if one consumes his per capita amount of white flour and white sugar he must consume tremendous and impossible quantities of the so-called "protective" foods in order to get the vitamins and minerals required to maintain good nutrition—a food and nutrition officer serving in a great army hospital remonstrated with me, said I gave a false impression to the public, and asserted that all planned army diets or menus meet the requirements as recommended by the National Research Council, so far as specific nutrients are concerned.

The officer cites a statement from a book by Col. Youmans, Chief of Nutrition, Surgeon General's Office, U. S. Army: "We do not know much about the inter-relationship of vitamins or their relation to other constituents in the diet. Therefore, the order of use should be natural foods first, then concentrates of food or food-like substances such as yeast, cod liver oil, etc., and last by pure preparations."

Col. Youmans maintains that the amounts of such preparations (vitamin tablets, capsules, etc.) needed for the prevention of malnutrition or deficiency disease are better provided and at less expense in food or food concentrates. That may be so, if you have the advice or guidance of a nutrition expert in selecting your food or food concentrates. For the ordinary lay-

man I doubt that it is so. This food and nutrition officer, taking me to task for suggesting that most people should supplement their diet with fair daily rations of vitamin B-complex, vitamin D and calcium, stipulates that the basic ration or menu that he says, prominently all the essential vitamins and minerals, shall include enriched flour.

Enriched flour is not a natural food. If we must use enriched flour in place of ordinary flour, in the planned adequate diet or menu, then there is little left to quarrel about. Personally, I'd rather take my vitamins and calcium for the day in one mouthful, than try to eat enough enriched flour to get enough vitamins to worry along with.

QUESTIONS AND ANSWERS
Fortunate of State Medicine
We need your booklet "Treating for Maternity" and "Brady Baby Book." Write is upset because each time she visits the doctor a different doctor examines her and pays no attention to what the doctor told her last time. She came home yesterday and flatly stated she is through with "socialized medicine."

Minerals and Vitamins
Where may I secure data on the mineral and vitamin content of meats and dairy products. I have the book "Nutrition" by Sherman's "Chemistry of Food and Nutrition," "Nutrition," "Newer Knowledge of Nutrition." (Copyright, 1945, by John F. Dille Co.)

Answer—People who want socialized or state medicine should not be so finicky—one sardine in the can is no better, no worse than another. The booklets are free to service men or their wives who provide stamped self-addressed envelopes. Ten cents each to others who ask for them and provide stamped self-addressed envelope.

Answer—Best sources I know are such textbooks as "Foundations of Nutrition," Sherman's "Chemistry of Food and Nutrition," "Nutrition," "Newer Knowledge of Nutrition." (Copyright, 1945, by John F. Dille Co.)

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S. F. CONFERENCE CALLED LAST BIG BATTLE OF WAR

South African Representative Claims Side Issues May Provide Temptations.

San Francisco, April 25—(U.P.)—Field Marshal Jan Christian Smuts of South Africa today described the San Francisco conference as the "last great battle of the war."

"South Africa has only one proposal to make and that is for the success of the conference," he said. "All the rest is detail. The last great battle of the war is not being fought in Berlin or anywhere else, but right here in San Francisco."

Side Issues Peril
"The question of whether or not Poland, or any country for that matter, sits at this conference is side issue. One of our temptations will be to be unduly influenced by side issues."

Smuts, wearing his khaki field marshal's uniform, described the preamble which he believes should be included in the United Nations charter.

"We have fought this war for a new type of human society, just as our opponents have," he said. "I think that any document which concludes this war and starts the future ought to include a statement of our faith, our objectives, the things we stand for."

"Don't let it be a mere lawyers' document. Put our human faith in it. We did not fight to beat Germans or anybody else. We fought to defeat the devil and to declare our faith."

"This is a religious war. The great wars of the world have been wars of religion and this was the greatest. The world expects more than mere machinery from San Francisco. This war has gone right down to the foundations of our society and if we want a secure peace, we must begin to build deep down on those foundations."

Asked whether or not the great nation could successfully cooperate, Smuts said, "we have worked together through the most terrible time. I do not think San Francisco will be a harder fight and harder trial than those we have been through."

"The bed rock of the whole question is can we make an arrangement that will keep the great powers together. We must hang together or we must hang separately. The last peace failed because of the failure of the great powers to cooperate and that must not happen again."

Congress Acts To Honor Roosevelt
Washington, April 25—(U.P.)—Congress today took its first official action on a series of bills designed to honor the memory of Franklin Delano Roosevelt.

The House Judiciary Committee approved legislation to award the nation's highest decoration, the Medal of Honor, to Roosevelt posthumously.

The bill was offered by House Democratic Leader John W. McCormack Mass.

when, quaintly enough, people thought butter improved the flavor of bread, baked potatoes and squash. But to my dying day, I'll long for buttermilk. I doubt if cottonseed or coconut oil can provide an adequate substitute.

Then our dairymen will go back to butter making only to find the people have either done without, or have used substitutes, so long they have got out of the butter habit and so the butter market will be all shot to heck for years and years. And just supposing he is right, still I don't see any remedy for the situation. But I'm saving my churn. If I do not use it for making butter, it may have value as a museum piece; reminder of the time

On the Radio Chain

STATIONS:
Chain affiliation and where they are on the dial:
KALE (NBC), 1330, Portland
KEX (NBC-Blue) 1190, Portland
KOA (NBC-Blue and Miss), 1310, 1350, Denver
KGO (NBC-Blue), 810, San Francisco, KGW (NBC-Med), 620, Portland; KJR (NBC-Blue), 1000, Seattle; KNX (CBS), 1070, Los Angeles; KQA (NBC-Red), 830, Denver; KOIN (CBS), 970, Portland; KOMO (NBC-Red), 950, Seattle; KPO (NBC-Red), 480, San Francisco; KSL (CBS), 1160, Salt Lake City.
Time shown is P.W.T.

Wednesday
5:00 p.m.—Terry and Pirates BN; OK for Release, NBC; This Man Named Jordan, 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, NBC; CBS; Capt. Midnight, BN; News, CBS.
6:00 p.m.—Frank Sinatra, CBS; Edie Cantor, NBC; Gabriel Heatter, MBS.
6:30 p.m.—Spotlight News, BN; M.P. District Attorney, NBC; Which is Which, CBS; Brownstone Theater, MBS.
6:50 p.m.—Kay Kyser's Kollege, NBC; Great Moments in Music, CBS; The Feeling is Mutual, MBS.
7:15 p.m.—Dick Tracy, BN; Superman, MBS; News, NBC; MBS.
7:30 p.m.—Lone Ranger, MBS; Let Yourself Go, CBS.
8:00 p.m.—Super Club, NBC; Jack Kirkwood Show, CBS; Main Line, MBS; Ted Malone, BN.
8:15 p.m.—Fleetway and Lawton, NBC; Lum and Abner, BN; Music 'Til Sat-urday, CBS.
8:30 p.m.—Carton of Chub, NBC; Counterparty, BN; Dr. Christian, CBS; Fresh Up Show, MBS.
8:45 p.m.—News, NBC; MBS; News, NBC; Jack Carson, CBS; News, MBS; Music BN.
9:00 p.m.—Who's Lucky Tonight, NBC; Marshall Dana in San Francisco, MBS.
9:45 p.m.—American Prisoners in Germany, BN.
10:00 p.m.—News, NBC; Carlson and News, BN; Fulton Lewis, MBS.
10:30 p.m.—Orch, CBS; Fenneman's Nite Club, BN; Sweetheart Swinging, NBC.
11:00 p.m.—News, BN; Orchestra, CBS.

Thursday
5:00 p.m.—Sam Hayes and the News, MBS; OK for Release, NBC; Terry and Pirates, BN; Man Named Jordan, NBC.
5:15 p.m.—Dick Tracy, BN; Superman, MBS; Betty and Bob, NBC.
5:30 p.m.—Jack Armstrong, BN; Harry Flannery News, CBS; Tom Mix, MBS; News, NBC; MBS.
5:45 p.m.—Captain Midnight, BN; Elmer Peterson, NBC; Night News, NBC; News, NBC; MBS.
6:00 p.m.—Music Hall, NBC; Major Mowes, CBS; Gabriel Heatter, MBS; News, NBC.
6:15 p.m.—Supper Music, BN.
6:30 p.m.—Bob Burns, NBC; Spotlight, BN; News, NBC; CBS; Treasure Hour of Song, MBS.
7:00 p.m.—Abbott and Costello, NBC; Fred Waring, BN; First Line, CBS.
7:15 p.m.—Lowell Thomas, MBS.
7:30 p.m.—March of Time, BN; Red Ryder, MBS; Rudy Vallee, NBC; Romance, Rhythm and Ripley, CBS.
8:00 p.m.—Supper Club, NBC; Jack Kirkwood Show, CBS; Bullock Drummond, MBS; Earl Godwin, BN.
8:15 p.m.—Fleetway and Lawton, NBC; Lum and Abner, BN; Music 'Til Saturday, CBS.
8:30 p.m.—Frank Morgan, NBC; Death Valley Sheriff, CBS; America's Town Meeting of the Air, BN; Arch Oboler's Plays, MBS.
9:00 p.m.—News, MBS; Dinah Shore, NBC; Elmer Queen, CBS; America's Town Meeting of the Air, NBC.

Dial 1340 for Mutual NEWS
8:00—Arthur Gaeth
9:00—Wm. Lang
10:00—Gann 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

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MEDFORD ARMOY
7:30 To 10:30
WED., FRI., SAT. and SUN. NIGHTS
Sunday Afternoon, 2:30 to 5
SKATING PARTIES by SPECIAL ARRANGEMENT

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7:30 To 10:30
WED., FRI., SAT. and SUN. NIGHTS
Sunday Afternoon, 2:30 to 5
SKATING PARTIES by SPECIAL ARRANGEMENT

DIFFICULT DECISIONS
By GLUYAS WILLIAMS
I OBJECT TO YOUR SONG WITHOUT ME!
IF THAT'S AN INVITATION I ACCEPT
HEY WAIT A MINUTE
I'VE GOT TO GO TO LUNCH!
WELL YOU TRIED TO BROWBEAT A CONFESSION OUT OF HER AND WHAT DID IT GET YOU?
PLENTY! THE TONGUE LASHING SHE HANDED ME WOULD MAKE MY WIFE TURN GREEN WITH ENVY!

Double Tragedy in Family of Soldier
San Jose, Calif., April 25—(U.P.) One-year-old Jerri Johnson was burned to death today, four days after her mother, Mrs. Velma Johnson, fell from the window of her home in Mantell Springs, Colo., and was killed.
The baby girl, sent to the home of her grandparents, Mr. and Mrs. Arthur Clark of San Jose, died when a fire started in the house this morning.
Father of the dead child is Cpl. Henry L. Johnson, serving overseas.

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Illustration by Earl Godwin

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STRANGE AS IT SEEMS By ERNEST HIX
Illustration of a man holding a large gun, with text 'TREMENDOUS TRIFLE!' and 'HOWLAND BURNED BY EARL... BUILD A LUDICROUS CURIOUS... HOWLING DAY AND NIGHT... THEN IS GUNNED TO GO AWAY!'"/>

Illustration by Earl Godwin

DO YOU KNOW?

that Russ Royer, Parts and Accessories Manager has doubled his Chevrolet parts inventory since 1944 to help keep your Chevrolet doing a war time job.

ROGUE RIVER CHEVROLET

Crossword Puzzle

ANSWER TO PREVIOUS PUZZLE

1—A dessert	26—Medieval nobleman
2—Essential part	27—Twice
3—Strikebreaker	28—Proselyte to Judaism
4—Measure of length	29—Go around
5—Eggs	30—Killed
6—Colored person	31—Nobleman
7—Thumped rapidly	32—Bearded
8—Aromatic plant	33—Water bird
9—Crives of	34—African worm
10—Lowest part	35—Food used for food
11—Practice	36—Belgian river
12—Palm starch	37—Sweet potatoes
13—Purpose	38—Distilled
14—Heart of burden	39—Large wave
15—Sting	
16—Pettition	
17—Exists	

DOWN

1—Kick football	18—Egg drinks
2—Fury	19—Poem by Kipling
	20—Turf
	21—Bumped
	22—French title
	23—Gann fish
	24—Ornate
	25—Sharp
	26—Go by boat
	27—Shrine
	28—Unmanned mountain top
	29—Covered part of milk
	30—Sea food
	31—Dart
	32—Span of ocean
	33—Linger
	34—Shine
	35—Tatter
	36—Portico
	37—Poverty
	38—Queen of the gods
	39—Period of daylight
	40—Telurium (symbol)

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BARNEY GOOGLE and SNUFFY SMITH

LEETLE JUGHAI—GIT IN MY SUPREME SMIF FINERY AN MOSEY OUTSIDE—IF A RIFLE BALL DON'T BOUNCE OFF IN NOSE PUNKIN HAI, I'LL KNOW TH' M.P.'S ARE GONE OFF

PAW!! HOW DASTY YE GIT SO RISKY WIF LEETLE JUGHAI'S WIFE??

SOMEDAY I'LL LARN TO KEEP MY TONGUE A-TWIX MY TEETH

BLONDIE

WOW! HE COMES OUT OF THAT DOOR LIKE A CANNON BALL IN THE MORNING!

I ALWAYS FEEL SAFER AFTER HE'S GONE

WHAM!

DAGWOOD YOU FORGOT A CLEAN HANDKERCHIEF

BUZ SAWYER

A MERRY GOOD MORNING TO YOU, MR. HARRISON

NEVER MIND THAT STUFF. WHAT'S THE IDEA TRYING TO STEAL MY GIRL LAST NIGHT?

TELL YOU WHAT I'LL DO, CHILL BEANY, I'M NO LONGER CONFINED TO STATION, AND IF YOU LEND ME YOUR CAR, SHE'S YOURS. I'LL KEEP HANDS OFF.

AS A MATTER OF FACT, CHUM, TOT WINTER AND HER MOTHER ARE ARRIVING ON THE 5:55 TRAIN, AND I NEED YOUR CAR TO MEET THEM AT THE STATION.

L.T.L. ABNER

IN ONE OF MILLIONS OF HORROR-PROGRAMS-LOVING AMERICAN HOMES

AT THE BROADCAST, RADIO EXCLUSIVELY LISTEN IN—EGAD!! THE VICTIM'S MOUTH MY EYES! WHAT MARVELOUS SOUND EFFECTS!!

I'M THE PROP MAN, ORSON WAGON INSISTED ALL HANDS BE REAL! MY EYES! G-GENTLEMAN—THAT WAS REAL POISON!

HAS HE MURDERED A MAN IN THAT STUDIO??

THE NEBBES

I OBJECT TO YOUR SONG WITHOUT ME!

IF THAT'S AN INVITATION I ACCEPT

HEY WAIT A MINUTE

MAYBE AMBY WILL GET HER TO TALK. HE CAN'T DO ANY WORSE THAN YOU DID