

Your Health and It's Care

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CREDIT FOR A GOOD TRY

I challenged real or putative nutrition authorities, in an article headed "Alfalfa Supplies the B Vitamins" to furnish a sample diet or menu which supplies all the vitamins the ordinary individual requires. So far only one reader has accepted the challenge — a food and nutrition officer serving in a great Army hospital. He says I would do well to look at Nutritional analyses data on diets and see how they check with the yardstick, the National Research Council's recommended daily allowances.

This officer knows what he is talking about. He quotes from a directive of the War Department, the policy of the Surgeon General of the U. S. Army: "The basic ration (or menu) has been analyzed and pronounced nutritionally adequate by both army medical authorities and outstanding nutritionists. There should be no question as to the adequacy of the soldiers' dietary."

Up to this point the outlook is not all bright—it begins to look as though I'll have to eat my words again— "provided the ration is used as issued and provided use is made of the prescribed quantities of canned fruits and vegetables, evaporated milk or dried milk, enriched flour and lemon powder; and provided the food is prepared and served in accordance with good practices."

What I meant to imply, Captain, is that it is practically impossible to get enough minerals and vitamins to maintain optimal nutrition, functional efficiency, the best possible state of health, vite, from food alone, and hence I maintain that it is advisable for every one—infant, child, adult, mature or elderly person—to supplement the daily

High School News



By Student Reporters Margo Gammill Joan Hoppe

Princesses for the Junior-Senior Prom to be held April 28, were elected from the junior and senior classes as follows: Juniors: Betty Baker, Beverly Conser, June Bosworth, and Joan Hoppe. Seniors: Gloria Preston, Evelyn Van Hise, Margo Gammill, and Nancy Swem. The queen, to be chosen from the senior princesses, will be announced at the Prom.

Escorts for the princesses in the grand march will be: John Bullock, Dick Fawcett, Chuck Jones, Earl Bradford, Harry Hayes, Bob Watson, Derrill Riggs, and Alan Kircher.

New Torch Honor members announced by Mrs. Olivia Claypool club adviser, are as follows: Seniors, Pearl Brock and David Chirgwin; juniors, Naomi Todd, Nancy Rinbarger, and Ann Conroy; sophomores, Phil Phipps. Initiation of the preceding students will be held soon.

The football and basketball boys and reserves for both activities were presented letter awards at a special assembly April 20. The assembly was under direction of Coach Al Simpson.

Football boys receiving letters were: Jim Cave, Bob Porter, Lynn Besonette, Darrell Riggs, Glenn Bostwick, LeRoy House, Glenn Tingley, Nick Green, Alton Hayes, Paul Antony, Alan Kircher, Howard d Whillock, Earl Stelle, Ken Lindley, Roger Hibbard, Herb Nil, John Wright, Jerry Hunter, and Bill Singler. Members of the team who are now in the armed forces and received letters are: Bud Cahill, Dean Sneldon, Bill Plaskett, Marvin Doty, Earl Barnhart, and Jim Gorman.

Basketball boys earning letters were: Dick Fawcett, Larry Hayes, Darrell Riggs, Bob Watson, Jerry Ross, Howard Whillock, Glenn Bostwick, Earl Stelle, LeRoy House, Carl Reich, and Jim Cave.

Football manager awards were given to Don Waldron and Carl Reich, and basketball manager awards were given to Jack Holmes and Chuck Jones.

In the interest of the Cadet Nursing Course, Sister Elizabeth Clare, superintendent of St. Vincent's Hospital in Portland, and Sister John, superintendent of nurses' training school at Astoria, talked Friday to girls interested in nursing as a career. They pointed out advantages in the nursing program and explained the requirements and training necessary for the corps.

Officers for the incoming senior class were elected at a junior class meeting, April 25. Officers elected were: President, Alan Kircher; vice-president, Darrell Riggs; secretary, Norma Stearns; treasurer, Dick Eatherton; and class representative, Lynn Besonette.

GI WON'T JINX LUCK Houston, Tex. (UP) — Good luck charm of T-Sgt. Webster D. Staffa is a flannel shirt he wore through 32 missions over Europe. Back home in Houston, he's still got the shirt and he's still got the luck. And he never washed the shirt because, he says, "I might wash out the luck."

Divorce Decrees Granted Wanda L. Conley vs. Melvin L. Conley. Fenton George Whitney vs. Leota Marie Whitney. Harriet Althea Watson vs. Morris C. Watson. Ada Wilson vs. Raymond D. Wilson.

Divorce Complaints Filed Bertha Mae McElvany vs. Robert M. McElvany. Barbara L. Emmers vs. Earl Emmers. Donald A. Austin vs. Alameda Austin.

WANTS LANDLORD EVICTED Medford, Mass.—(UP) William Kellher felt sorry for his roomless landlord, Angelo Franze, and rented him a bedroom. However, shortly afterward, Kellher accused him of disturbing the peace and petitioned the court to have him evicted.

Wanted! Men And Women Who Are Hard of Hearing To make this simple, risk hearing test, if you are temporarily deafened, bothered by ringing buzzing head noises, use to harden or congested (inflammation), try the Oursine Home Method test that no money has enabled them to hear well again. You must hear before after making this simple home test or you will get your money back. At once, write Oursine, Inc., Dept. 100, WAINSCOTT'S PHARMACY, 300 E. Main, Phone 2440

On the Radio Chain

Chain affiliation and where they are on the dial. K.A.L.E. (CBS), 1230. Portland K.G.A. (NBC-Blue and MBS), 1510. Spokane, K.G.O. (NBC-Blue) 810. 820. Portland: K.J.R. (NBC-Blue) 1090. Seattle, K.N.X. (CBS) 1070. 1080. Portland: K.P.A. (NBC-Red) 830. Denver, K.O.N. (CBS), 970. Portland: K.U.M.O. (NBC-Red) 950. Seattle: K.P.O. (NBC-Red), 680. 820. Francisco, K.S.L. (CBS) 1160. Salt Lake City

5:00 p m.—Terry and Pirates BN; News, MBS; This Man Named Jordan, CBS. 5:15 p m.—Dick Tracy, BN; Super Man, MBS; Betty and Bob, NBC; Harry W. Flannery, News, CBS; Tom Mix, MBS. 5:45 p m.—Elmer Peterson, Commentator, NBC; Capt. Midnight, BN; Night News Wire, MBS; News, CBS. 6:00 p m.—People Are Funny, NBC; Gioriel Heater, MBS. 6:15 p m.—News, BN. 6:30 p m.—People Are Funny, NBC; Those Websters, CBS; Double or Nothing, MBS; Spotlight Bands, BN. 7:00 p m.—Amateur and Andy, NBC; Scrimy Kaye's Varieties, BN; Durante and Moore, CBS. 7:15 p m.—Lowell Thomas, MBS. 7:30 p m.—Stage Door Canteen, CBS; Lone Ranger, MBS; Bill Stern, NBC; Address by Sen Tom Connally, BN. 8:00 p m.—Fights, MBS; Jack Kirk, wood show, CBS; Super Club, NBC. 8:15 p m.—Fleetwood Labton, NBC; Tonight in Hollywood, CBS. 8:30 p m.—Dutty's Tavern, NBC; It Pays to Be Ignorant, CBS; Stars of the Future, BN. 9:00 p m.—Furlough Fun, NBC; Tom Breneman, BN; News, MBS; Aldrich Family, CBS. 9:30 p m.—Adventures of This Man, CBS; News, BN; Freedom of Opportunity, MBS. 10:00 p m.—Fulton Lewis Jr., MBS. 10:30 p m.—Orchestra, NBC; Orchestra, CBS. 11:00 p m.—Orch. NBC; Man Named Jordan, CBS.

5:00 p m.—Youth on Parade, CBS; Orchestra, BN. 5:30 p m.—Boston Symphony, BN; Symphony of the Americas, MBS; Blues in the Afternoon, NBC. 5:45 p m.—News, CBS; Elmer Peterson, NBC. 6:00 p m.—Horn Dance, NBC; Your Hit Parade, CBS; Orchestra, MBS. 6:30 p m.—Spotlight Bands, BN; Can You Top This?, NBC; Calling All Detectives, MBS. 6:45 p m.—Saturday Serenades, CBS; Mutual Musicals, MBS. 7:00 p m.—Justy, Lantana Show, NBC; Andy Russell, BN; Hello Mom, MBS. 7:15 p m.—Mayor of the Town, CBS. 7:30 p m.—Grand Of Opry, NBC; Red Ryder, MBS. 8 p m.—Early American Music, BN; America in the Air, CBS; Truth of Consequence, NBC; Chicago Theater of the Air, MBS. 8:30 p m.—Gaiety Gayeties, NBC; FBI in Peace and War, CBS; Leland Stowe, BN. 9:00 p m.—Views and interviews, BN; This is My Story, CBS; News, MBS; Night Editor, NBC.

"MOJAVE-THE CHINESE" Another thrilling story of railroads and railroad men! TONIGHT 9:00 KMED Southern Pacific's MAIN LINE

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THE WORLD AT ITS WORST By GLUYAS WILLIAMS 4-26-45. TO DISURE AN EVENING OF QUIET BRIDGE WITHOUT DISTURBANCES, FRED PERLEY SUBSTITUTED A DEAD TUBE IN THE RADIO SO THAT ERNIE PLUMER COULDN'T KEEP BRENNS IN HIS FAVORITE PROGRAMS, WHICH ONLY NEARLY MATTERS WORSE BECAUSE ERNIE, WHO FANCIES HIMSELF AS A NEOPICIAN, SPENT THE EVENING TRYING TO FIX IT.

8:15 p m.—Dream Boat, MBS; Orchestra, NBC. 9:30 p m.—Three Sons, NBC. 9:45 p m.—Don't You Believe It, CBS; Lee Simms, Pianist, NBC. 10:00 p m.—News, NBC; Kay's Kan-teen, BN. 10:20 p m.—Hollywood Barn Dance, CBS. 10:30 p m.—Orchestra, NBC. 11:00 p m.—Orchestra, CBS; This Moving World, BN; Orchestra, NBC.

USES LINCOLN'S RAZOR Barre, Vt.—(UP)—Abe Lincoln's razor is in good shaving condition, to which Judge Herbert D. Mason will attest. The judge has shaved with it on

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BLONDIE



DO YOU KNOW? that the trout season opens TOMORROW MORNING and that many of us will be excused for the lies we tell TOMORROW NITE? GOOD LUCK— ROGUE RIVER CHEVROLET

Crossword Puzzle

ACROSS 1-Suburb of Warsaw 2-Separate 3-Wedding 4-Within 5-Wander 6-Sloth 7-Bump 10-Become acquainted 11-Bore 12-Ever (post.) 14-Rabbit 15-Weeps 17-Extinct bird 22-Envelope 23-Told falsehood 30-Detect 31-Tranquil 32-Apple seed 34-Break 36-Employ 37-Symbol of governmental office 38-Food 40-Deceased 43-Thus 44-Women's garments 46-Supports 47-Units of force

BUZ SAWYER

