

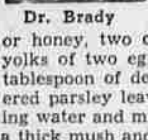
Your Health and It's Care

By DR. WILLIAM BRADY M.D.

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

PREMASTICATION

I am 77 years old, have flat feet, bum ears, eyes and see two moons where there should be but one (without my glasses) and no teeth. I do my own cooking and keep a grinder for meat and vegetables. In to my double boiler I put one cup of quick oats, one cup of wheat germs, 1/4 cup brown sugar or honey, two cakes yeast; the yolks of two eggs, one heaping tablespoon of dehydrated powdered parsley leaves. I add boiling water and mix well to make a thick mush and cook five minutes. This is one serving for me. With one pint of certified milk or half and half it has been my breakfast for years. It supplies all my minerals and vitamins for the day, except vitamin C which I get from two oranges or a cup of fresh or canned tomato juice. This furnishes all the energy the union will permit a man to use for half a day's work. I seldom eat lunch, and eat dinner when I get hungry—five o'clock or later. Can you suggest any improvement in my diet, or suggest an authoritative book on nutrition. . . . Although I have no teeth, my use of the grinder for meat and vegetables insures better mastication than my food ever had when I had my teeth.



Dr. Brady

The yeast raw if at all. Still better, take a few spoonfuls of dried brewer's yeast, which is far richer in vitamins than yeast suitable for baking use and much less likely to cause fermentation. I'm sorry but it is my duty to mention another serious error in your computation. If you had a whole battery of grinders working like mad on meat, vegetables, cereals, or whatever you eat, your food would still be poorly masticated, compared with the use of your own or your dentist's masticating equipment. Mastication, sir, implies a good deal more than mere grinding, chopping or crushing of food; that is incidental to the important part of the process—which is insalivation and the digestion which begins while the morsel is still in the mouth, continues half an hour or more after the food has entered the stomach. Your kitchen grinder or mill thus doesn't give your stomach and other digestive organs a break. It lulls you into the motion that you can get by without teeth. Perhaps you can, for a while and in a limited way—you know some people manage to get by like that without glasses, without a hearing aid or without an artificial limb, when they might really enjoy the years remaining.

QUESTIONS & ANSWERS

One-Horse Power
Have read your column for some time and I wonder what your rating is as a doctor? Don't curse me, please, I get from real doctors. When I read a story like yours I am inclined to be wary as to one man knowing it all.

Answer—Bless you, child, I'm just a plodding old one-horse-and-buggy country doctor. Between you and me, I know very little even of what I print here. Most of the stuff in this column I get from real doctors. When I print anything I myself know or believe, I try to make it clear that it is merely my opinion or what I know. But don't change your wary attitude—it is a healthy frame of mind these days.

Hi, Skinny
They call me "Skinny" and I'm beginning to tire of it. Can you tell me how to put on more weight? (C. G.)

Answer—If it is not emaciation or loss of weight due to some illness or disease, you may get some help from the pamphlet "How to Gain Weight" copy mailed on written request (no clipping please) if you inclose stamped envelope bearing your address.

U. S. RUBBER PLANT SEIZURE ORDERED
Washington, July 31—(U.P.)—President Truman today ordered the war department to seize and operate the United States Rubber Co. plant at Detroit where a strike has halted production of critically needed aircraft tires.

The order was the second this month directing government seizure of a rubber plant to insure continued flow of tires for the air offensive in the Pacific. A Goodyear plant at Akron, O., was taken over by the navy July 5.

The White House made public a statement saying the office of economic stabilization had recommended seizure of the Detroit plant. Acting Secretary of War Robert P. Patterson reported that the strike was "seriously interfering with the war department procurement program."

A strike halted production at the plant July 14 as the result of a dispute over the discharge of 12 employees at the request of the United Rubber Workers (U.R.W.) for failure to maintain union membership in good standing. The stoppage involved 6,500 employees.



Olive Barber's Letter

Instead of being aghast at the way many married couples disagree, I am amazed they get along as well as they do. Take two people who have had diametrically opposite methods of rearing, then suddenly fling them together in the intimate association of marriage and it is a wonder they do not murder each other the first week.

That they do not, says a lot for the institution of marriage. A doting mother may have hung up the man's clothes, washed the

rustlers' kill steer Marshall, Mich. (U.P.)—Apparently fear, or the transportation problem got the better of some modern "rustlers" desire for red meat. John Wiegand of Marshall found a 600-pound steer abandoned on his farm with its throat cut.

Cheered by Son's Stay of Sentence



(Above Telephoto) News that execution of her son, Pvt. Edward Reich, sentenced to hang for fatal shooting of another soldier, was ordered stayed by Army officials until President can review case, cheers Mrs. Marie Reich, 66, in St. Joseph's Hospital, Chicago, where upset state of mind has delayed needed operation. Daughter, Mrs. Rose Michalski, and son, Cpl. Thomas are with Mrs. Reich.

NEWSPRINT CUT ORDERED BY WPB

Washington, July 31—(U.P.)—The War Production Board today directed newsprint users to cut orders placed with mills for August delivery by five per cent.

The WPB said the order applied to all dealers, publishers and printers except those whose August deliveries of newsprint would be reduced to less than one carload.

The action was necessary, the agency said, because present U. S. orders for August delivery of newsprint exceed supply by 11,500 tons.

Girls in Shorts Join Pickets in Hollywood Strike

Hollywood, July 31—(U.P.)—Girls wearing shorts today marched in the picket lines in Hollywood's 21-week strike as leaders claimed the number of studio office workers joining the walkout is growing.

Members of the AFL Screen Office Employees Guild defied orders of their national officers last week by voting to remain at work, but strike headquarters claimed the tabulating and payroll department office workers at 20th Century-Fox were out "100 per cent." The number of office workers observing picket lines at MGM also was increasing, it was claimed.

More and more women were marching in the picket lines, and girl office workers picketing technical studios were wearing shorts. The screen cartoonists, who also have joined the strike, are making "pinup" placards for the pickets.

GI Wives May Follow in Fall

London, July 31—(U.P.)—The Daily Express said today that English wives of American and Canadian service men may be able to cross the Atlantic in October and November rather than next spring as first announced.

An estimated 32,000 wives and 6,000 children were awaiting transportation to North America. The Daily Express attributed the step-up in civilian transportation to confidence in Washington and London over the early end of the Pacific war.

Closing time for Sunday Too Late to Classify 4:00 Saturday afternoon. Please remember.

ZERO CLUB

Out of bounds, civilians only. Delicious chicken and steak dinners 7:00 p. m. to 3:00 a. m. except Sunday. Phone day time 5300; night 9101

On the Radio Chain

STATIONS
Chain affiliation and where they are on the dial:
KALE (MBS) 1330 Portland, KEX (ABC) 1190 Portland, KGO (NBC) 810 San Francisco, KGW (NBC) 620 Portland, KJR (ABC) 1000 Seattle, KXN (CBS) 1070 Los Angeles, KSD (NBC) 530 Denver, KQHN (CBS) 970 Portland, KOMO (NBC) 930 Seattle, KPO (NBC) 680 San Francisco, KSL (CBS) 1160 Salt Lake City.
Time shown is P.M.T.

TUESDAY
5:00 p. m. Terry and Pirates, ABC; OK For Release, NBC; News, MBS; Milton Charles, Organ, CBS.
5:15 p. m. Dick Tracy, ABC; Superman, MBS; Betty and Bob, NBC.
5:30 p. m. Date With Judy, NBC; Jack Armstrong, ABC; News, CBS; Adventures of Tom Mix, MBS.
5:45 p. m. Ross Rio, ABC.
6:00 p. m. Gabriel Heatter, MBS; Nervous Corvix, NBC; Lombardo, ABC; Mystery Theater, NBC.
6:15 p. m. Rex Roper, MBS; American Forum, MBS; The Doctor Fights, CBS.
7:00 p. m. The Man Called X, NBC; Waldorf Orchestra, ABC; Service to the Front, CBS; Tokyo Calling, ABC.
7:15 p. m. Lowell Thomas, MBS.
7:30 p. m. Everything for the Boys, NBC; Red Ryder, MBS.
8:00 p. m. Supper Club, NBC; Ted Mack, ABC.
8:15 p. m. Fleetwood Lawton, NBC; Music, CBS.
8:30 p. m. Johnny Presents, NBC; Theater of Romance, CBS; Alan Young Show, ABC; The Falcon, MBS.
9:00 p. m. Evening with the Boys, NBC; Big Town, CBS; Glen Hardy News, MBS.
9:15 p. m. Rex Miller, MBS; Dark Venture, ABC.
9:30 p. m. Light and Mellow, NBC; Murder, Will You?, ABC; Adventures of Nero Wolfe, MBS.
10:00 p. m. News, NBC; Futon, ABC; News, CBS; News, MBS.
10:15 p. m. On Our Handstand, NBC; Sports Program, ABC.
10:30 p. m. Evening with the Boys, NBC; News, CBS; News, MBS.
10:45 p. m. Rex Miller, MBS; Dark Venture, ABC.
11:00 p. m. Light and Mellow, NBC; Murder, Will You?, ABC; Adventures of Nero Wolfe, MBS.

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5:45 p. m. Evening with the Boys, NBC; Night News Wire, MBS; Capt. Midnight, ABC; News, CBS.
6:00 p. m. Time Photographer, CBS; Wednesday With You, NBC; Gabriel Heatter, MBS; Curtain Time, ABC.
6:15 p. m. Rex Roper, MBS.
6:30 p. m. Ray Kover, NBC; News, CBS; Great Moments in Music, CBS; Counterspy, ABC; Human Adventure, MBS.
7:15 p. m. News, MBS.
7:30 p. m. G. I. Luffs, CBS; Lone Ranger, MBS; Mary Dale, ABC.
8:00 p. m. Supper Club, NBC; Man Named Jordan, CBS; Main Line, MBS; Lum and Abner, ABC.
8:15 p. m. Fleetwood Lawton, NBC; Orchestra, CBS; Main Line, MBS.

Oregonians Buy Redwood Timber
San Francisco, July 31—(U.P.) State Sen. Ed Fletcher, R., San Diego, today announced the sale of 25,000 acres of redwood timber land in Humboldt and Del Norte for more than \$3,000,000. The land, largest tract sold in the last 25 years, was sold to the A. K. Wilson Timber Co. of Corvallis and Portland, Ore.

Chalker's Motel & Lodge OFFICERS' CLUB
Dine-Dance-Refreshments
Chicken and Steak Dinners
Most Unique Place in So. Ore.
CLOSING MONDAYS
Thursdays Private Parties Only
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ROGUE RIVER LODGE
Delicious Dinners
Cocktail Lounge — Dancing
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STRANGE AS IT SEEMS By ERNEST HIX



BARNEY GOOGLE AND SNUFFY SMITH



DO YOU KNOW?

"show-off," acceleration may INCREASE your gas consumption and SHORTEN the life of your tires.

ROGUE RIVER CHEVROLET

Crossword Puzzle

ANSWER TO PREVIOUS PUZZLE

ACROSS
1-Part of flower
2-Engine
3-Craft
4-Husband of Titania
5-Belief in God
6-Sonnet
7-Fire reticence
8-Clergyman
9-Tramp
10-Cover
11-Sacred musical composition
12-Slice
13-Astringent salt
14-Vaporous material
15-Hand again
16-Attitude
17-Boats to water
18-Yells

DOWN
19-Hawaiian garment
20-Craft
21-Join
22-Belief in God
23-Sonnet
24-Fire reticence
25-Sling alone
26-Hard head
27-Slice
28-Fall month
29-Substance
30-Hand again
31-Attitude
32-Ladder step
33-Prefer

DOWN
1-Soured
2-East India rubber
3-Custion
4-Smallest particle
5-Citrus fruits
6-Cash payment
7-Death notice
8-Pipe joint
9-Relative of either
10-Rugged
11-Wide-mouthed jug
12-Observe
13-Adherent of swordman
14-Care
15-Arrives at
16-Turnpike
17-A desert
18-City of triumph
19-Rose to arm
20-Baseball
21-Adherent of green
22-Violent pain
23-Tardier
24-Changed place
25-Amount
26-Whiteline
27-Break
28-Daniel
29-Withered
30-Rustle (ratb'y)
31-Compass point

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REMEDIES FOR STOMACH ULCERS
Heart Rheumatism, Asthma, Catarrh
Piles, Prostate Gland, Eczema and all disorders of Liver, Kidney, Trouble and other complaints disappear after using.

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J. H. LEONG, Herbalist Phone 5817

DIFFICULT DECISIONS By GLUYAS WILLIAMS

YOU DISCOVER THAT NOBODY PUT THE BOX OF SANDWICHES INTO THE CAR AND ARE FACED WITH THE CHOICE OF STAYING AT THE LAKE AND ENJOYING THE SCENERY OR OF GOING HOME AND HAVING ENOUGH TO EAT ON THE FRONT PORCH

BUZ SAWYER

I HOPE LETTIE JUGHAD HAIN'T TOOK TO TALKIN' WIF TH MUSHROOMS AN' TREE TOADS SINCE I BEEN GONE OFF

I TIE FEET, YANKEE.

IT'S TOO HOT TO HURRY.

DAGWOOD PLEASE HURRY AND EMPTY THAT VACUUM CLEANER BAG.

DID YOU SAY YOU'RE HOT, DADDY?

TURN OFF THAT FAN!

WHAT HAPPENED?

IT ISN'T STAR-DUST.

BLONDIE

THEY'LL KILL US FOR THIS, BUZ! THEY'LL KILL US!

WELL, WHAT THE HECK? ARE WE GOING TO SIT BACK AND LET 'EM FIRE TH' FISH INTO OUR SHIPS?

THE NEBBS

OUR SON IS STEPPING OUT QUITE A BIT LATELY.

SNIFFER DID MR. ROGER MENTION WHERE HE WAS GOING.

WE SAID HE HAD A DATE WITH AN ANGEL.

THAT SOUNDS SERIOUS... I WONDER WHO SHE IS.

DON'T WORRY, AGATHA... AFTER ALL, BOYS WILL BE BOYS.

AND GIRLS WILL BE GIRLS... UNFORTUNATELY.

SNIFFER IS RIGHT... REMEMBER, OUR ROGER IS THE CATCH OF THE SEASON.

MANY A GOOD CATCH ESCAPES THE LANDING NET. WHAT'S YOURS, SNIFFER?

MY MEMORY, SIR, I WAS HOOKED MANY YEARS AGO AND I FEEL THE BARB!