

# Your Health and It's Care

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## HIGH SCHOOL GIRLS OFFER MENU

We have accepted your challenge. Our special physical education class (in high school) has been studying nutrition this past year. We have come to the conclusion that all necessary vitamins and minerals can be obtained in natural foods if care is taken in selection. We enclose our sample menu for a day. (Girls' Physical Education Classes, G. C. S.)

In the dinner you include a tablespoonful of cod liver oil, which supplies a lot of vitamin A and vitamin O. Now, girls, I have nothing against cod liver oil. Use it as a salad dressing if you like. But I'm afraid many readers would make it warm for me if I were to attempt to make 'em swallow cod liver oil as a natural food.

Then I am amazed to find your lunch menu that there are no less than 485 units of vitamin D in a glass of milk and a pat of butter (both of which do contain a few units of vitamin D)—I take it you will not expect me to concede you can get any vitamin D in the other items you include in the lunch—eight ounces of tomato juice, one wheat germ muffin, one large serving of carrot and raisin or lettuce salad with mayonnaise and one-half cantaloupe.

I pick on your menu, girls, not because it is, let us say, out of order because you included the fish liver oil, but because you evidently fall into the same error as most of our readers who submitted diet lists did in estimating the amounts of vitamins in familiar items.

Many other contestants specified such items as "vitamin D milk," "enriched bread" and "fortified" this and that, when the menu seemed otherwise a bit shy of the essential vitamins. None of these doctored, medicated, hopped up or fortified items can be called a natural food. Of course it is a simple matter to make any menu ade-

quate in respect to vitamin and mineral content if you add in one way or another whatever vitamins or minerals the food fails to supply.

I will say this for your girls of the physical education classes of G. C. S.—the simple menu for a day which you submitted most nearly conformed with the requirements and maybe—keep your seats and don't cheer yet, kids—maybe we'll find you have won a reward. Let's hold everything until the squawks are all in, and until I hear from your teacher.

You say that if you win you mean to buy books to assist you in further research along the line of diet and nutrition. Off-hand I can think of a dozen books about food and nutrition, health, hygiene, physiology, that should be available to every school boy or girl. That is something else for me to discuss with your teacher—your physical education teacher, no other.

Meanwhile I'm going to print here soon the breakfast menu you high school girls offer, and find out how our readers like it.

**QUESTIONS & ANSWERS**  
You had an article about putting lamb's wool in the ears nights to shut out disturbing noises. (L. P. J.)  
Answer—It is all right to plug the ears with lamb's wool or with ordinary cotton batting (not absorbent cotton) or with absorbent cotton smeared with oil or grease. Or you may find in drugstores, sporting goods stores, etc., pliable plugs of waxy material for the ears. Persons patronizing swimming pools or other places patronized by many bathers may prefer possible sinus infection by keeping nostrils similarly plugged while in the water and breathing solely through the mouth. Persons with perforated eardrum may protect the delicate middle ear by keeping the ear canal so plugged while in the water—this also prevents possible vertigo or shock from cold water entering the middle ear cavity.

**Vite Is Not Vitamin**  
Some time ago I read in your column about vite. Where can I secure vite and how much should I take. (C. W. B.)

Answer—Vite means preservation of the characteristics of youth, and much more. Send twenty-five cents and stamped self-addressed envelope, for booklet "The Seven Keys to Vite—Morning Nausea."  
When I was pregnant before the doctor tried everything he could, but still I had that horrible morning nausea. (Mrs. G. C. M.)  
Answer—Send ten cents and stamped envelope bearing your address, for booklet "Preparing for Maternity." It contains a chapter giving simple remedies to prevent or relieve morning nausea. (Copyright 1945 by John F. Dille Co.)

## On the Radio Chain

**RELATIONS**  
Chain stations and where they are on the dial.  
KALE (MBS) 1230 Portland, KEX (ABC) 1130 Portland, KGO (ABC) 810 San Francisco, KGW (NBC) 820 Portland, KJR (ABC) 1000 Seattle, KXN (CBS) 970 Los Angeles, KOA (NBC) 830 Denver, KOIN (CBS) 970 Portland, KOMO (NBC) 850 Seattle, KPQ (NBC) 840 San Francisco, KRL (CBS) 1160 Salt Lake City.  
Time shown is P.M.T.

## THURSDAY

8:00 p. m. Sam Hayes and the News, MBS; K. K. Kelly and the News, KEX; and the Pirates, ABC; Milton Charles, Organist, CBS.  
8:15 p. m. Jack Tracy ABC, Superman, MBS; Betty and Bob, NBC.  
8:30 p. m. Jack Armstrong, ABC; Tom Mix, MBS; News, NBC.  
8:45 p. m. Capt. Midnight, ABC; Elmer Peterson, NBC; Night News, MBS.  
9:00 p. m. Music Hall, NBC; Orchestra, CBS; Gabriel Heatter, MBS; The Real Story, ABC.  
9:15 p. m. Hidden Valley Gang, ABC.  
9:30 p. m. Philo Vance, NBC; Variations by Van Clieve, ABC; Corliss Archer, CBS; Starlight Serenade, MBS.  
9:45 p. m. Albert and Costello, NBC; First Line, CBS; Now It Can Be Told, MBS; One Foot in Heaven, ABC.  
10:00 p. m. News, MBS.  
10:15 p. m. March of Time, ABC; Red Ryder, MBS; We Came This Way, NBC; Romance Rhythm and Ripley, CBS.  
10:30 p. m. Supper Club, NBC; Man Named Jordan, CBS; Building Drummond, MBS; Easy and Easy, NBC.  
10:45 p. m. Fleetwood Lawton, NBC; Lum and Abner, ABC; Orchestra, CBS.  
11:00 p. m. Copacabana Orchestra, NBC; Mace, CBS; America's Town Meeting of the Air, NBC.  
11:15 p. m. News, MBS; Adventures of Tomper, NBC; Elmer Peterson, CBS; America's Town Meeting of the Air, NBC.  
11:30 p. m. Rex Miller, MBS.  
11:45 p. m. Noah Webster Says, NBC; News, MBS.  
12:00 a. m. News Reporter, NBC; News, ABC; Fulton Lewis, MBS.  
12:15 a. m. Charlie Chan, ABC.  
12:30 a. m. Fenneman's Nite Club, ABC; Sweetheart Swingtime, NBC; Orchestra, CBS.  
12:45 a. m. News, ABC.

## FRIDAY

5:00 p. m. Jerry and Pirates, ABC; P. C. Increase, NBC; Sam Hayes, News, MBS.  
5:15 p. m. Jack Tracy, ABC; Superman, MBS; Betty and Bob, NBC.  
5:30 p. m. Jack Armstrong, ABC; News, CBS; Top Mix, MBS.  
5:45 p. m. Elmer Peterson, Commentator, NBC; Raymond Swing, ABC; Night News, MBS; News, CBS.  
6:00 p. m. News, ABC; Gabriel Heatter, MBS; Waltz Time, NBC; Jerry Wayne Show, CBS.  
6:15 p. m. Real Life Stories, MBS; 6:30 p. m. People Are Funny, NBC; Those Websters, CBS; The Sheriff, ABC; Spotlight Bands, MBS.  
6:45 p. m. Dunninger Show, NBC; Man from G-2, ABC; Rex Harger Show, CBS.  
7:15 p. m. News, MBS.  
7:30 p. m. Hollywood Preview, CBS; Lone Ranger, MBS; Bill Stern, NBC; Johnnie Russell, ABC.  
7:45 p. m. Elmer Peterson, Commentator, NBC; News, MBS; Man Named Jordan, CBS; Supper Club, NBC; This is Your FBI, ABC.  
8:00 p. m. Fleetwood Lawton, NBC; Eddie Stone Orchestra, CBS.  
8:15 p. m. Correction Phase, NBC; It Pays to Be Ignorant, CBS; Roseland Ballroom Orchestra, ABC.  
8:30 p. m. Night Editor, NBC; Am-

# MOTHER AIDS MAN BEATING, BURNING HER LITTLE BOY

Los Angeles, Aug. 16—(U.P.)—Police today pressed their search for a young mother who assisted her lover in beating and burning her two-year-old son to prove she loved him more than the baby.

Warren D. Coleman, 34, ex-navy and former professional boxer, told police he abused two-year-old Larry Chastain in order to make his mother, Mrs. Mary Chastain, move out of the home she was sharing with Coleman, his wife and two sons.

**Aided Torture**  
Instead of getting angry, Coleman told police, Mrs. Chastain joined him in beating and burning her son.

"Seven months ago I met Larry's mother in a war plant where we were both working," Coleman, a shipyard worker, related. "We got friendly. Her husband, Floyd, is a private in the army, stationed in Louisiana."

"I took her into my house to live—she said she was lonesome. But her being there started breaking up my home. I was afraid my wife is getting wise, so I burned and beat the kid to get Mary to move out. But she didn't; she even helps me burn the kid," Coleman said.

**Baby Showed Marks**  
The baby had black and blue marks all over his body, police said. His right ear was ripped and he had cigaret burns on his face, head, arms and hands. Hair had been brutally torn from a three-inch patch on his scalp.

"He's not a bad kid," Coleman told police of Larry. "In fact he's pretty well behaved." The ex-boxer said Mrs. Chastain left his house three days ago and that he didn't know where she was.

but at about 10, I went to the hotel and to bed.

Hurriedly dressing and going down the street, one sailor was thrusting a bulletin under the noses of those he passed shouting, "I'm going home! It says so right here!", and he would waggle a finger at the headlines.

Due to the order closing all places where liquor might be purchased, there was little drunkenness. But the sailors needed no alcoholic stimulation. They were plain drunk with excitement. Many of them had girl companions and were skipping and laughing and it was a fine thing to see. Some had bottles and a number urged me to have a drink with them, one saying his bottle of champagne had cost him \$8. I felt any lecture on temperance would have been given little heed and for once passed up opportunity.

Again and again sailors, singly or in groups of three and four, put their arms around me, kissed me and said, "That's for my mom who is an old lady like you." I saw other gray haired women being given the same treatment—never at any time was there anything at which a matron could take affront. So

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# KMED

# SUNDAY

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many of those sailor lads were such children. I, as did all the other matrons getting kissed, were, for the time being, the mother who would soon be given the real salutation; that we were, for the time, substitutes gave us a heart-experience we will never forget.

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# STRANGE AS IT SEEMS By ERNEST HIX

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that the price of both a lubrication and a vacuum cleaning job by a mechanic is only \$1.00 at

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# 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

ACROSS  
1—Erosic drug  
2—Helps  
3—Attorney (abbr.)  
4—Russian river  
5—Political group  
6—Well  
7—Tanned hide  
8—Money  
9—Smock (Scott.)  
10—Anchored  
11—Foot-like part  
12—Desolate  
13—Opened wide  
14—Mother  
15—Age  
16—More certain  
17—Dine  
18—Within  
19—Maid  
20—Heal  
21—Over-dressed man  
22—Fabric used to tablecloth  
23—Flowers  
24—Misplaced  
25—Neptune's spear  
26—Military stockade  
27—Over (post.)  
28—Inhabitable  
29—King of Beasts  
30—Favorite  
31—Son of Seth  
32—Finisher

DOWN  
1—Everything  
2—Meadow  
3—Horned horse  
4—Put ashore on desert island  
5—Fishes mouth  
6—Gilt  
7—Female rabbit  
8—Scoury  
9—Grass  
10—Hike  
11—Biblical city  
12—Title of respect  
13—Get up golf ball  
14—Beast's title  
15—Lunar body  
16—Ventured  
17—Hawaiian bread  
18—Rice cooker  
19—Darkness  
20—Mince  
21—Grass  
22—Hold up  
23—Nourishment  
24—Fertile manure  
25—Coquette  
26—Morris  
27—At liberty  
28—At once  
29—Lid  
30—Also  
31—Red cover  
32—Printer's measure  
33—Things to be suited to

# NOTE FUM-TIMBERWOLF McHOWL - WRIT BY HAND!!

# THE NEBBS