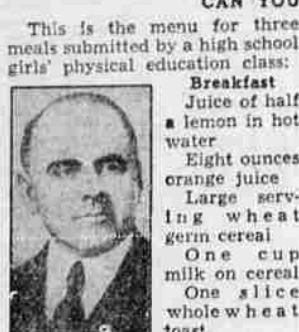


# Your Health and It's Care

By DR. WILLIAM BRADY, M.D.  
Readers should inquire to: Dr. William Brady,  
285 El Camino, Beverly Hills, Calif.



### CAN YOU TAKE IT?

This is the menu for three meals submitted by a high school girls' physical education class:

- Breakfast**  
Juice of half a lemon in hot water  
Eight ounces orange juice  
Large serving wheat germ cereal  
One cup milk on cereal  
One slice whole wheat toast
- Lunch**  
8-oz. glass tomato juice  
8-oz. glass whole milk  
1 wheat germ muffin  
One half pat butter  
Large serving carrot and raisin salad on lettuce, with one tablespoon mayonnaise  
One-half cantaloupe
- Dinner**  
Shrimp cocktail (6 medium shrimp)  
Stuffed tomato salad with stalk of celery on lettuce, 1 tablespoon mayonnaise  
Beef liver and onions  
Green steamed asparagus  
One pat butter  
One whole wheat roll  
One pat butter  
Stewed apricots  
Half pint (8 oz.) whole milk  
1 tablespoon cod liver oil  
These high school girls and their physical education teacher (I suppose the girls do not realize how lucky they are to receive physical education and especially to have such a fine teacher) estimates that the menu for the day provides the following:

- Vitamin A, 51,000 units.
- Vitamin B1 (thiamine), 5,731 units
- Vitamin C, 4,000 units
- Vitamin D, 2,000 units
- Vitamin G, 4,600 units
- Calcium, 2,900 mg.

Phosphorus, 3,600 mg.  
Iron, 42 mg.  
Calories 2,900.  
These figures are well above the minimum daily requirements of the essential vitamins and minerals, according to the National Research Council's estimates.  
Now arises the question whether an ordinary person can take it as it is given in the menu. I can't even begin to take it—that lemon juice in hot water would stop me. However, I may be unduly prejudiced against it—though I go for lemon meringue pie or for lemonade if there is enough sugar in it. I hope some of you readers will serve as guinea pigs—try the menu for a day and see whether you can take it. I'll settle for the breakfast, with these amendments: Either whole wheat toast or wheat cereal—never both bread and cereal; and a mangled pot of coffee with sugar and cream in place of the lemon juice.  
I believe I might stagger along somehow on the lunch as is. I could stay with you nearly all the way through the dinner, too—but goodness goodness, girls, how did that fish liver oil get in there? Don't tell me you like it on your apricots. If you don't mind I'll go out and take the air while you girls are sipping your fish oil. Don't you worry about me, now—I'll just nibble three or four of these pleasant tablets you'll get from your essence of cod.

**QUESTIONS & ANSWERS**  
**Sanitary Housekeeping**  
Housekeeper throws the water she scrubs the floor with into the sink, washes the sink with dish cloth, then washes vegetables in the sink to prepare them for meals. When I told her that might spread disease she laughed it off with the reply that we don't eat out of the sink, she has always thrown scrub water into the sink and nobody has taken any sickness.  
**Answer:** Better way to dispose of sink water is to wash bathroom floor with soap and water, then wash sink with soap and water. It is perfectly safe to prepare food in or to eat from, in any circumstance. Soap and water is the most reliable disinfectant or antiseptic for that purpose. (Copyright 1945 by John F. Dille Co.)

and the men grabbed what they could.  
"Dec. 26—(Christmas day in the states)—barbed wire fence thrown around barracks. Many of the civilians questioned closely. Marines and service personnel separated."

## On the Radio Chain

**STATIONS**  
Chain affiliation and where they are on the dial.  
KALE (MBS) 1330, Portland, ABC (ABC) 1190, Portland, RGO (KEX) 310, San Francisco, KGW (NBC) 620, Portland, KJR (ABC) 1060, Seattle, KSNX (CBS) 1970, Los Angeles, KOA (NBC) 820, Denver, KOIN (CBS) 570, Portland, KOMO (NBC) 850, Seattle, KPQ (NBC) 880, San Francisco, KSL (CBS) 1160, Salt Lake City.  
Time shown is PWT.

**Monday**  
5:00 p. m. OK For Release, NBC; Terry and Pines, ABC; News, MBS; Milton Charles, CBS.  
5:15 p. m. Dick Tracy, ABC; Superman, MBS; Betty and Bob, NBC.  
5:30 p. m. Voice of Firestone, NBC; News, CBS; Jack Armstrong, ABC; Tom Mix, MBS.  
5:45 p. m. News, CBS; Rosa Rio, ABC; Night News Wire, MBS.  
6:00 p. m. Hoagy Carmichael, NBC; Radio Theater, CBS; Meet Your Navy, ABC; Gabriel Heatter, MBS.  
6:20 p. m. Rise Stevens Show, NBC; Spotlight Bands, MBS; The Sea Has a Story, CBS.  
7:00 p. m. Screen Guild Players, CBS; Contended Hour, NBC; Tokyo Calling, ABC.  
7:30 p. m. Lowell Thomas, MBS; 7:30 p. m. Dr. T. Q. NBC; Thanks to the Yanks, CBS; Lone Ranger, MBS; Radio City, ABC.  
8:00 p. m. Supper Club, NBC; Pie and Pat, ABC; Michael Shayne, MBS; 8:00 p. m. Torville, CBS.  
8:15 p. m. Hedda Hopper, CBS; Fleetwood Lawton, NBC; News of Tomorrow, ABC.  
8:30 p. m. Cate Zanbini, NBC; NBC; Hawthorne House, ABC; Joan Davis, CBS.  
9:00 p. m. Blind Date, ABC; News; Glen Hardy, MBS; The Whistler, CBS; Telephone Hour, NBC.  
9:15 p. m. Salute to our Heroes, MBS.  
9:30 p. m. Vox Pop, CBS; Three Sons, NBC; Green Hornet, ABC; Jimmy Fidler, MBS.  
9:45 p. m. Leo Sims Pianist, NBC; 10:00 p. m. Fred Morrison, MBS; Charlie Chan, ABC.  
10:15 p. m. Now It Can Be Told, MBS; Songs by Mary Ann, NBC; Derry and His Guitar, NBC.  
10:30 p. m. Sweetheart Swingtime, NBC; Listen to the Waves, MBS.  
11:00 p. m. News, ABC; Orchestra, NBC; Orchestra, CBS.

## PORTLAND GRABS FIVE GAME LEAD

(By United Press)  
Bob Joyce turned his sights today on the elusive 35-game-winning marker after he recorded his 30th pitching victory of the season Sunday for the Portland Seals with a 4-1 triumph over the Los Angeles Angels.

Joyce tied the record set by Louis (Bobo) Newsom in 1923 in the first game of Sunday's doubleheader. The Seals also won the second game, 7-5. The lone Angel run was a homer by Third Baseman Pete Elko, first man up in the ninth. He smashed over the left field wall.  
Portland widened its Pacific Coast league lead to five games with a double victory over San Diego, 7-6 and 2-1 while Seattle split a pair with Sacramento. The Rainiers won the opener, 4-3, in 13 innings, but the Sacs came back in the night-cap with three runs in the last of the seventh to win, 5-4.  
Oakland lambasted Hollywood, 20-10, in the first game behind an 18-hit barrage and with outfielder Tim Hefey hurling, they also captured the finale, 7-1.

## Cleveland Pros Win Grid Opener

Cleveland, Sept. 3—(U.P.)—The Cleveland Rams provided early evidence today of an improved attack for their 1945 National League football season after a 21-0 victory over the Pittsburgh Steelers in which they scored both by air and on the ground.  
Tommy Colella provided the top run of the exhibition game before 12,696 fans when he broke through right tackle in the fourth period and reversed his field to run 57 yards for a touchdown.

## CLOSE SATURDAYS

San Francisco, Sept. 3—(U.P.)—Internal revenue offices in the state will close every Saturday, effective today, in conformity with federal government orders to return to a 40-hour week. James G. Smith, collector of internal revenue, said today.

A traveling caravan (exhibition) of photographs prepared by parents and friends of British children evacuated to the United States depicting the everyday

life of the children in America, accompanied by a lecturer, is touring England, according to the British Railways.  
Chicagoans like to eat. The city has 2,493 confectionery stores, 765 fruit and vegetable markets, 9,457 groceries and delicatessens, 2,225 meat and sea food markets, and 2,646 restaurants and lunch rooms.  
Closing time for Sunday Too Late to Classify 4:00 Saturday afternoon. Please remember.

**ROGUE RIVER LODGE**  
Delicious Dinners  
Cocktail Lounge — Dancing  
Open Every Night  
Except Mondays  
Phone TRail 1494

**Chalmer's Motel & Lodge OFFICERS' CLUB**  
Dine-Dance Refreshments  
Chicken and Steak Dinners  
Most Unique Place in So. Ore.  
CLOSED SUNDAYS  
Thursday Private Parties Only  
For reservations Ph. Gold Hill 474

## STRANGE AS IT SEEMS By ERNEST HIX



When the U.S. Capitol was under construction labor was so scarce that the government advertised in Scotland, Holland, England, France and Germany for workmen—offering good wages, transportation, homes, schools and hospitals. 1938

# DO YOU KNOW?

Aerial gunners of the Far East Fifth Bomber Command fired 22,486,786 rounds of ammunition in 1944.  
The spark plugs in your car do a lot of firing too. For better performance have them checked at

## ROGUE RIVER CHEVROLET

## Crossword Puzzle

**ACROSS**

- Liberty
- Used for fuel
- State
- Household god
- Anger
- Group of three
- Wing
- Hard metal
- Accord
- Learned man
- Wife
- Molise
- Charged particle
- Grasshopper
- French poem
- A number
- Verse ordinal

**DOWN**

- One is met
- Endowed with trial rights
- Journeyed
- More on paper
- This globe
- Past time
- Stream
- Of a ground
- The Emerald Isle
- Danger
- Year of
- Roman coin
- Small body of water
- Lid
- Year of
- Ear ornaments
- Spring flowers
- Western Indian
- Ball
- Look over again
- Stripes
- Flaming mammal
- Large mammal
- Striped
- Emphatic
- Atlantic river
- Portion of medicine
- Wide man or forecaster
- Strike

## Wake Captives Given Harsh Treatment, Diary Reveals

United Press Correspondent  
Abroad USS Benevolence, Off Yokohama, Sept. 3—(U.P.)—The Japanese conquerors of Wake Island forced their captives at machine gun point to kneel naked in the sun when the U. S. marine garrison surrendered to hopeless odds two days before Christmas, 1941, it was disclosed today.

The story of the stand made by 600 American marines and civilians on the tiny atoll against a major Japanese task force—and of their treatment afterwards—was told in the diary of an American civil engineer, and by a former Oregon newspaper business manager.  
The laconic diary of George P. Coates, Los Angeles engineer, hidden for nearly four years, began with the last tragic visit of a navy patrol bomber to the garrison at 4 p. m. Dec. 20. His story of the Wake garrison ended Jan. 12 when the filthy Japanese steamship Nitta Maru evacuated Coates and Larry W. Quille, La Grande, Ore., to a prisoner of war camp in Woonung, China.

Between the first enemy raid on Wake Dec. 8 and the garrison's surrender 15 days later a total of 96 marines, civilians and army air corps personnel were killed outright, it was disclosed. The Japanese lost two destroyers, 29 planes shot down and 500 casualties in landing attempts alone.  
"One of our PB's came in from Honolulu. No bombing. Mission unknown," the diary said. "They assured us help was coming. Said an American carrier was only 200 miles away."  
The following day less than two hours after the Catalina took off for Honolulu 30 carrier-based planes came over.  
"Some of our men thought they were ours," the diary said. "They waved. This caused some casualties. They bombed our positions. Our batteries silent. Our planes took off during the raid and worked them over with 50 caliber. They stayed about an hour."  
"12:30 p. m.—Eighteen Japanese bombers came in from the southeast at 800 feet. Two formations bombed D battery and destroyed director. Fifteen men made new dugout south beach. Several casualties."  
"Dec. 22, 6 p. m.—Eighteen Japanese bombers from the east bombed Peale island and Wilkes (two of the islands of the Wake atoll.) Slight damage."

Later that evening 150 men moved much of what was left of their scanty artillery to a point 100 yards away, leaving dum-dums in the old positions to deceive Japanese aerial reconnaissance, the diary said.  
"What was to be the Americans' last day as free men in nearly four years began when the Japanese surface vessels offshore be-

## Court Records

**Police Court**  
Juan R. Huerla, drunk, jailed.  
Lloyd Freeland, Rulen Don Seeger, and Herbert M. Hadley, drunk, released on \$10 bail each.  
Giles A. Stone, drunk, released on \$5 bail.  
Louis H. Pepper, drunk, jailed.  
**State Police**  
George William Largo, over-height and overweight load, cited.  
Lester Vincent Arnold, no clearance lights, cited.  
Walter Wesley Joiner, over-height and overweight load, cited.

## Central Point

Central Point, Sept. 3—Mr. George Hayes, who was taken to the Sacred Heart hospital last week suffering with heart trouble, is improving.  
Dr. and Mrs. Lee were dinner guests at the Tom Petty home Thursday evening.  
Nevita Chapter Social club, which was scheduled to meet at the home of Mrs. Lloyd Morris, Friday, met at the school house to can fruit instead.  
Orin Hardenbrook and Bill Kearnan from Boise, Ida., were overnight guests at the E. Gilbert Cays home Wednesday.

Fire destroyed the car and garage belonging to Mr. and Mrs. Clarence Griffith early Wednesday morning. Cause of the fire is unknown.  
Mr. and Mrs. L. C. Grimes and Grandmother Grimes of Burbank, Calif., were dinner guests at the W. M. Tetherow home Sunday evening. Grandmother Grimes is visiting with Mrs. Hill while Mr. and Mrs. Grimes spend a few days at Gold Beach. Mr. Grimes has received his discharge and they expect to make their home in Gold Beach.  
Mrs. Chet Grimes has rented the A. W. Ayres place and expects to move in before long.  
Mr. and Mrs. Alvin Petty and Mr. and Mrs. Olsen and son returned to California Tuesday.

## 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

## THE WORLD AT ITS WORST

By GLUYAS WILLIAMS



"We all thought we would be shot but nothing happened. Some of the men were badly sunburned. At 10:30 p. m. we were taken underground in a space 100 feet by 75. Several fainted.  
The following day 200 men were transferred to a barracks building which formerly provided quarters for 60. Some of their clothes were thrown in a pile.

"We were forced to strip naked and kneel for several hours. The POW's were lined up 25 feet deep with machine guns in front. Guards with rifles were in the rear.  
"We all thought we would be shot but nothing happened. Some of the men were badly sunburned. At 10:30 p. m. we were taken underground in a space 100 feet by 75. Several fainted.  
The following day 200 men were transferred to a barracks building which formerly provided quarters for 60. Some of their clothes were thrown in a pile.

## BUZ SAWYER



## BLONDIE



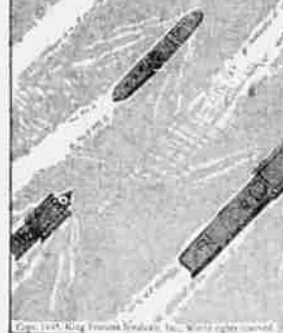
## PORE LEETLE SUT !!



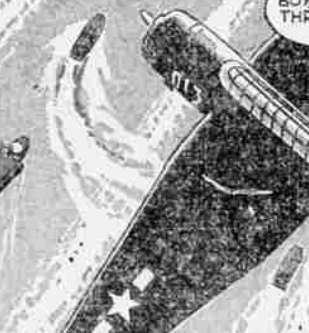
## FWOOP



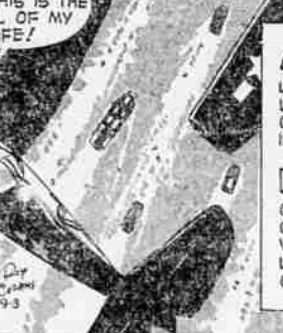
## BOY THIS IS THE THRILL OF MY LIFE!



## ALL DAY LONG, TRANSPORT CAPLINES BY THE HUNDREDS LAND AND UNLOAD ALL DAY LONG, SHIPS AND LANDING CRAFT CHURN THE WATER IN ENDLESS PROCESSION.



## TIGH OVERHEAD, BUZ SAWYER IS ONE OF THE COUNTLESS PILOTS FLYING COVER OVER THE VAST VICTORY ARMADE THAT IS LANDING ON THE SHORE OF A CONQUERED NATION.



## CAN YOU TELL ME THE WAY TO THE POST OFFICE?



## BUT I WANT THE MAIN POST OFFICE



## OH-THE MAIN POST OFFICE!



## IT'S UP THAT WAY



## ALL THE PEOPLE IN THE WORLD AND I HAD TO ASK HIM

## 15?

## YOU'RE THE MOST ATTRACTIVE LITTLE IVE EVER SEEN—BUT I'VE GOT TO GET OUT OF THE PICTURE. YOU TWO ARE MADLY IN LOVE WITH EACH OTHER!!

## WHEN BUZ GETS OUT OF HERE OFFENSE IM GOING TO BE US BLUSHING BRIDE-WAY WHAT'S WRONG WITH MR. SAWYER IS A LUCKY CHAP



## LUCKY JOAN ALL MY LIFE IVE DREAMT OF GETTING MARRIED

## I KNEW THAT SOMEDAY A STRONG HANDSOME MAN WOULD FALL IN LOVE WITH ME

## IT'S GETTING LATE I WANT WE BETTER BE GOING?

## AND NOW MY DREAM IS COMING TRUE—OH, I'M SO HAPPY!



## Getting Up Nights Makes Many Feel Old

Do you suffer from Getting Up Nights? Headache, Irritability, Leg Pains, Chest Pain, Swollen Ankles, Throbbing Pains, Bladder Weakness, Nightly Passages, Fatigue and run-down, due to non-organic and non-systemic kidney and bladder troubles? If so, here is good news: The very first dose of Laxo, a scientific (proprietary) naturally gentle laxative, will relieve the symptoms and restore your health. Laxo is a powerful, yet gentle, laxative which acts exactly as directed and which for quick relief and a rapid increase in per, more youthful feeling and by using Laxo, you may actually completely or almost back to a normal life. Laxo is a natural, non-toxic, non-habit forming laxative. It is available in 30, 60, 90, 120, 150, 180, 210, 240, 270, 300, 330, 360, 390, 420, 450, 480, 510, 540, 570, 600, 630, 660, 690, 720, 750, 780, 810, 840, 870, 900, 930, 960, 990, 1020, 1050, 1080, 1110, 1140, 1170, 1200, 1230, 1260, 1290, 1320, 1350, 1380, 1410, 1440, 1470, 1500, 1530, 1560, 1590, 1620, 1650, 1680, 1710, 1740, 1770, 1800, 1830, 1860, 1890, 1920, 1950, 1980, 2010, 2040, 2070, 2100, 2130, 2160, 2190, 2220, 2250, 2280, 2310, 2340, 2370, 2400, 2430, 2460, 2490, 2520, 2550, 2580, 2610, 2640, 2670, 2700, 2730, 2760, 2790, 2820, 2850, 2880, 2910, 2940, 2970, 3000, 3030, 3060, 3090, 3120, 3150, 3180, 3210, 3240, 3270, 3300, 3330, 3360, 3390, 3420, 3450, 3480, 3510, 3540, 3570, 3600, 3630, 3660, 3690, 3720, 3750, 3780, 3810, 3840, 3870, 3900, 3930, 3960, 3990, 4020, 4050, 4080, 4110, 4140, 4170, 4200, 4230, 4260, 4290, 4320, 4350, 4380, 4410, 4440, 4470, 4500, 4530, 4560, 4590, 4620, 4650, 4680, 4710, 4740, 4770, 4800, 4830, 4860, 4890, 4920, 4950, 4980, 5010, 5040, 5070, 5100, 5130, 5160, 5190, 5220, 5250, 5280, 5310, 5340, 5370, 5400, 5430, 5460, 5490, 5520, 5550, 5580, 5610, 5640, 5670, 5700, 5730, 5760, 5790, 5820, 5850, 5880, 5910, 5940, 5970, 6000, 6030, 6060, 6090, 6120, 6150, 6180, 6210, 6240, 6270, 6300, 6330, 6360, 6390, 6420, 6450, 6480, 6510, 6540, 6570, 6600, 6630, 6660, 6690, 6720, 6750, 6780, 6810, 6840, 6870, 6900, 6930, 6960, 6990, 7020, 7050, 7080, 7110, 7140, 7170, 7200, 7230, 7260, 7290, 7320, 7350, 7380, 7410, 7440, 7470, 7500, 7530, 7560, 7590, 7620, 7650, 7680, 7710, 7740, 7770, 7800, 7830, 7860, 7890, 7920, 7950, 7980, 8010, 8040, 8070, 8100, 8130, 8160, 8190, 8220, 8250, 8280, 8310, 8340, 8370, 8400, 8430, 8460, 8490, 8520, 8550, 8580, 8610, 8640, 8670, 8700, 8730, 8760, 8790, 8820, 8850, 8880, 8910, 8940, 8970, 9000, 9030, 9060, 9090, 9120, 9150, 9180, 9210, 9240, 9270, 9300, 9330, 9360, 9390, 9420, 9450, 9480, 9510, 9540, 9570, 9600, 9630, 9660, 9690, 9720, 9750, 9780, 9810, 9840, 9870, 9900, 9930, 9960, 9990, 10020, 10050, 10080, 10110, 10140, 10170, 10200, 10230, 10260, 10290, 10320, 10350, 10380, 10410, 10440, 10470, 10500, 10530, 10560, 10590, 10620, 10650, 10680, 10710, 10740, 10770, 10800, 10830, 10860, 10890, 10920, 10950, 10980, 11010, 11040, 11070, 11100, 11130, 11160, 11190, 11220, 11250, 11280, 11310, 11340, 11370, 11400, 11430, 11460, 11490, 11520, 11550, 11580, 11610, 11640, 11670, 11700, 11730, 11760, 11790, 11820, 11850, 11880, 11910, 11940, 11970, 12000, 12030, 12060, 12090, 12120, 12150, 12180, 12210, 12240, 12270, 12300, 12330, 12360, 12390, 12420, 12450, 12480, 12510, 12540, 12570, 12600, 12630, 12660, 12690, 12720, 12750, 12780, 12810, 12840, 12870, 12900, 12930, 12960, 12990, 13020, 13050, 13080, 13110, 13140, 13170, 13200, 13230, 13260, 13290, 13320, 13350, 13380, 13410, 13440, 13470, 13500, 13530, 13560, 13590, 13620, 13650, 13680, 13710, 13740, 13770, 13800, 13830, 13860, 13890, 13920, 13950, 13980, 14010, 14040, 14070, 14100, 14130, 14160, 14190, 14220, 14250, 14280, 14310, 14340, 14370, 14400, 14430, 14460, 14490, 14520, 14550, 14580, 14610, 14640, 14670, 14700, 14730, 14760, 14790, 14820, 14850, 14880, 14910, 14940, 14970, 15000, 15030, 15060, 15090, 15120, 15150, 15180, 15210, 15240, 15270, 15300, 15330, 15360, 15390, 15420, 15450, 15480, 15510, 15540, 15570, 15600, 15630, 15660, 15690, 15720, 15750, 15780, 15810, 15840, 15870, 15900, 15930, 15960, 15990, 16020, 16050, 16080, 16110, 16140, 16170, 16200, 16230, 16260, 16290, 16320, 16350, 16380, 16410, 16440, 16470, 16500, 16530, 16560, 16590, 16620, 16650, 16680, 16710, 16740, 16770, 16800, 16830, 16860, 16890, 16920, 16950, 16980, 17010, 17040, 17070, 17100, 17130, 17160, 17190, 17220, 17250, 17280, 17310, 17340, 17370, 17400, 17430, 17460, 17490, 17520, 17550, 17580, 17610, 17640, 17670, 17700, 17730, 17760, 17790, 17820, 17850, 17880, 17910, 17940, 17970, 18000, 18030, 18060, 18090, 18120, 18150, 18180, 18210, 18240, 18270, 18300, 18330, 18360, 18390, 18420, 18450, 18480, 18510, 18540, 18570, 18600, 18630, 18660, 18690, 18720, 18750, 18780, 18810, 18840, 18870, 18900, 18930, 18960, 18990, 19020, 19050, 19080, 19110, 19140, 19170, 19200, 19230, 19260, 19290, 19320, 19350, 19380, 19410, 19440, 19470, 19500, 19530, 19560, 19590, 19620, 19650, 19680, 19710, 19740, 19770, 19800, 19830, 19860, 19890, 1992