

FOR SALE—MISCELLANEOUS

FOR SALE—Elberta peaches for canning... FOR SALE—Trailer house, 14 ft. Red Arrow... FOR EXCHANGE... TRADE—Hoc for veal calf... BUSINESS OPPORTUNITIES... PERSONAL... MISCELLANEOUS

BUSINESS DIRECTORY

Building... Playground Equipment... Transfer... Roofing... Painting... Septic Tank Cleaning... Moving... On the Radio Chain... TUESDAY... WEDNESDAY

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.



ADEQUATE BREAKFAST

Everybody except Class B neurotics would like to enjoy the pep, efficiency, resiliency, good posture, good complexion and, if I may mention it without boring you, the good health that depends so much on nutrition.

QUESTIONS & ANSWERS... Trench Mouth... A real breakfast for any reasonably healthy youth or adult should invariably include either eggs, cooked as you prefer, or ham and eggs, or bacon and eggs, or sausage, or other meat or fish.

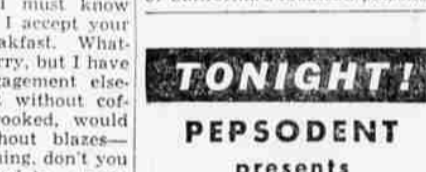
It must include a cereal dish or item made of cereal—toast, corn-pone, muffin, pancake, waffle, oatmeal, wheat, whatever cereal or "breakfast food" you prefer, but NOT two such items, as many badly planned breakfast menus do—for instance a dish of cereal gruel with milk or cream or sugar or fruit or honey and then toast, waffle or roll.

A good breakfast must include not less than a glassful (8 ounces, one-half pint) of milk. Breakfast should invariably begin with some fresh fruit if fruit is in season, or in lieu of fresh fruit or the juice freshly expressed (not overnight refrigerated), fresh or commercial vacuum process) canned tomato juice, not less than four ounces. Home canned tomato or tomato juice may retain a little of the vitamin C of the fresh tomato, but not enough to depend on, when fresh fruit and fresh vegetables are not available.

Tea, chocolate, cocoa, coffee? I'm asking you, I must know about that before I accept your invitation to breakfast. What no coffee? I'm sorry, but I have an important engagement elsewhere. Breakfast without coffee brewed, not cooked, would be like hell without blues—cheerless sort of thing, don't you think? Tea, chocolate, cocoa, coffee or other beverage, no matter, you must take your milk first. If you can't or won't drink your half pint of milk first, then at least take some calcium and vitamin D in lieu of the milk.

I have left the choice of cereal or item made of cereal open, but in my opinion the very best breakfast cereal is plain wheat, which you buy by the pound, peck or bushel, from the farmer who grows it, from any miller.

Fiery Lovers... A MEDAL FOR BENNY? brings Dorothy Lamour and Arturo de Cordova to the Craterium Wednesday, in one of the season's more brilliant dramas, written by John Steinbeck and Jack Wagner, combining romance and comedy in a drama of California's Mexican pawns.



TONIGHT! PEPSODENT presents BOB HOPE Just Back from Overseas. Tune In! 7 P.M. KMED

B AND B REPAIR SHOP SOLD TO PORTLAND MEN

Martin May and Al Larson, both of Portland, yesterday announced purchase of the B & B washing machine repair shop at 406 East Main street. The business will now be known as Larson May & Co.

ROGUE RIVER LODGE... ZERO CLUB... Valuation of telephone and telegraph facilities in Wyoming for 1945 has been set at \$8,631,594, according to the state public service commission.

DO YOU KNOW?

That Rogue River Chevrolet has been able to hire several top notch mechanics and body men and are now in a much better position to serve MORE CHEVROLET OWNERS. ROGUE RIVER CHEVROLET



STRANGE AS IT SEEMS By ERNEST HIX



Crossword Puzzle

Crossword puzzle grid with clues for Across and Down words.

REPAIRS for International, McCormick-Deering tractors and farm machinery

REPAIRS for International, McCormick-Deering tractors and farm machinery. Also many machines ready for delivery.

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TUNE IN TONIGHT 8:30 KMED

CORNELIA OTIS SKINNER and ROLAND YOUNG In the rollicking Comedy Hit WILLIAM and MARY and the popular Singing Star BARRY WOOD OSCAR LEVANT guest All presented by Johnny PHILIP MORRIS

SUBURBAN HEIGHTS By GUYAS WILLIAMS



BUZ SAWYER



BLONDIE



UTL ABNER



THE NEBBES



WAAH, I SWOW!!



WESTBROOK P. BUCKINGHAM IS AT IT AGAIN!!!



A FEATHER!



WESTBROOK P. BUCKINGHAM IS AT IT AGAIN!!!



THE NEBBES



YICK SO CHINESE HERB CO.

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 CHINESE HERBS Removed to Sparta Bldg. J. H. LEONG, Herbalist, Phone 5817