

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.



WATCH THAT POT! Don't be embarrassed — I'm not alluding to your figure, although I sympathize with you, believe it or not, if you thought I was, and I even offer some advice about it, to wit, if it is just plain nutritional obesity...

Dr. Brady, —ask for it, that is, in writing.

With that pot out of the way, let us get back to the coffee pot. All you need to make good coffee is a coffee pot, evidence of your birth, a common school education, a little water, a handful of freshly ground coffee and a fire.

A watched pot never boils. That's the secret of making good coffee. Stand by to grab it off the fire the instant it reaches boiling point. If you let it boil for only a few seconds you drive off into the air a considerable part of the aroma and flavor and leave in the pot the bitterness and astringency of a brew of tannic acid.

Cold water or tepid dissolves the aromatic flavor and holds it in solution. For that reason it is well to put the desired amount of freshly ground coffee in the water and let it stand for a while, even over night, before brewing. At least it doesn't harm the flavor to let the pot stand for a while when you have it ready to go on the fire.

Whenever I mention coffee at all it seems necessary to say that in my opinion, (1) children under sixteen years of age should not drink coffee, (2) most adults may take a cup or two of coffee daily, preferably at breakfast or mid-day lunch time, with benefit to their health and livability and without peril to their "nerves" or digestion, and (3) regular use of coffee is particularly advisable for mature adults with one or another organic heart disease. Needless to say...

More Japs Due On War Criminal List

Tokyo, Nov. 12.—(U.P.)—Anti-white propaganda spread by Japan during her occupation of southeast Asia countries and islands is bearing fruit, Brig. Gen. E. R. Thorpe, chief of the American intelligence section, disclosed today.

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NBC TONIGHT 6:30 P.S.T.

"Information Please"

Fadiman, Kieran, Adams Plus

EX-SGT. BILL MAULDIN

EX-PFC. FRANK LOESSER

composer of "Praise the Lord and Pass the Ammunition" and "What Do You Do in the Infantry?"

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On the Radio Chain

MONDAY

5:00 p.m. O. K. For Release, NBC; Terry and Pines, ABC; News, MBS; Knox Manning, CBS.

5:15 p.m. Dick Tracy, ABC; Super-man, MBS; Here's Glen Again, NBC; 5:30 p.m. Date With Judy, NBC; Jack Armstrong, ABC; News, CBS; Captain Midnight, MBS; 6:00 p.m. News, CBS; Tom Mix, MBS.

6:00 p.m. Memo to America, ABC; Hour Carmichael, NBC; Red, Theater, CBS; Gabriel Heatter, MBS; 6:30 p.m. Information Please, NBC; Spotlight Bands, MBS; Pacific Serenade, ABC.

7:00 p.m. Screen Guild Players, CBS; Contented Hour, NBC; Radio Auction Gallery, MBS; 7:15 p.m. Lowell Thomas, MBS; 7:30 p.m. Dr. Q. NBC; Thanks to the Yanks, CBS; Lone Ranger, MBS; Re-Union USA, ABC.

8:00 p.m. Supper Club, NBC; Lum and Abner, ABC; Michael Shayne, MBS; Jack Kirkwood Show, CBS; 8:15 p.m. Jack Smith Show, MBS; Fletcher's Lawton, NBC; Hedda Hopper, ABC.

8:30 p.m. Calvacade Theater, NBC; Hawthorne House, ABC; Joan Davis, CBS.

9:00 p.m. News, MBS; The Whistler, CBS; Telephone Hour, NBC; 9:15 p.m. Rex Miller, MBS; 9:30 p.m. Vox Pop, CBS; Green Hornet, ABC.

9:45 p.m. Lee Sims Pianist, NBC; 10:00 p.m. Fulton Lewis, MBS; Charlie Chan, ABC.

10:15 p.m. Sherlock Holmes, MBS; Songs by Mary Ann, NBC; 10:30 p.m. Sweetheart Swingtime, NBC; Orch. CBS; 11:00 p.m. News, ABC; Orch., NBC; Serenade, CBS.

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11:30 p.m. Talks, CBS; News, NBC.

11:55 p.m. Talks, CBS; News, NBC.

12:00 p.m. Talks, CBS; News, NBC.

12:30 p.m. Talks, CBS; News, NBC.

1:00 p.m. Talks, CBS; News, NBC.

1:30 p.m. Talks, CBS; News, NBC.

2:00 p.m. Talks, CBS; News, NBC.

2:30 p.m. Talks, CBS; News, NBC.

3:00 p.m. Talks, CBS; News, NBC.

EMPIRE CONTROL OF LABOR ENDED

Tokyo, Nov. 12.—(U.P.)—Japanese government control over labor has been abolished through the abrogation of eight regulatory laws, a spokesman for Gen. Douglas MacArthur's headquarters announced today.

The announcement came as former premier Prince Naruhiko Higashi-Kuni, cousin of Emperor Hirohito and member of the house of peers, proclaimed his intention of becoming a commoner and demanded dissolution of the feudalistic Japanese peerage and the "corrupted customs of the imperial household system."

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Delicious Dinners

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Delicious chicken and steak dinners 7:00 p.m. to 3:00 a.m., except Sunday.

Phone day time 5300; night 9101

Chalker's Motel & Lodge

OFFICERS' CLUB

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Chicken and Steak Dinners

Most Unique Place in Ore.

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Thursday's Private Only

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NURSE LOSES FAT SAFELY WITHOUT EXERCISE

Get slimmer without exercise

Est. starfish, potatoes, gravy, just cut down. AYDS plan is safe, sensible, water, no exercise. No drugs. No laxatives.

Nurse was one of more than 100 persons in Ore. to lose the average of a few pounds in clinical tests. AYDS Plan conducted by medical doctors.

Delicious AYDS before each meal dulls the appetite. Yet you get vitamins, minerals, essential nutrients in AYDS. Start the AYDS way to lose weight now. 30 day supply of AYDS, \$2.25. MONEY BACK, on the very first day if you don't get results. Phone 2440

WAINSCOTT'S PHARMACY

Main and Riverside

Phone 2119

For Towing or Wrecker Service

Anywhere—Anytime

Lewis Super Service

TOPS FOR QUALITY

PEPSI-COLA

GETS SET, CROUCHING, SWINGING HIS ARM, AND SCOWLING FIERCELY AT OPPONENTS

GETS ALL SET AGAIN AND THEN CALLS FOR TIME OUT BECAUSE HE NEEDS TO FIX HIS BELT

GETS SET ONCE MORE AND BECOMES CONVINCED THAT ONE OF THE CLEATS ON HIS SHOE IS LOOSE—

AT LAST AFTER ADJUSTING HIS SHOULDER AND RE-TIGHTENING SHOES, GIVES HIS FINAL HITCH AND SAYS HE'S READY

OPPONENTS GO THROUGH HIM FOR THIRTY YARDS

MR. NEBBS, YOU DON'T NEED THREE GEOLOGISTS— I CAN HANDLE THIS MYSELF

I DON'T PICK THE OTHERS. IT'S UP TO YOU TO BACK MY JUDGMENT

THESE JOBS TAKE TIME. WELL GET THERE SOONER OR LATER

YOU'LL HAVE TO SPEED UP— IF THE OTHERS FIND THE WATER FIRST WE'LL LOSE FACE

DON'T WORRY—THOSE FELLOWS COULDN'T FIND LAKE MICHIGAN UNLESS SOME BODY PUSHED THEM INTO IT!

ARE YOU SURE YOU COULD?

at a press conference in which he announced that another Japanese war criminal list, probably containing some prominent names, will be published soon. He refused to say whether Emperor Hirohito is being investigated but indicated he was not.

Mississippi has 6,500 miles in its highway system, of which about 53 per cent are hard surfaced.

THE WHAT-NOT will REOPEN Wed., Nov. 14th. Featuring Fountain & Light Lunches. We Will Discontinue Serving Meals.

STRANGE AS IT SEEMS By ERNEST HIX



BARNEY GOOGLE and SNUFFY SMITH

BUZ SAWYER

BLONDIE

L'L ABNER

THE NEBBS

PREPARED

By CLUYAS WILLIAMS

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ARE YOU SURE YOU COULD?

DO YOU KNOW? Any delay in disposing of your used car may cost you money. Sell now and SAVE. ROGUE RIVER CHEVROLET

Crossword Puzzle

ACROSS: 1-Tree yielding dates; 2-Away from wind; 3-Overage; 4-Distant; 5-Assured; 6-Source of Napoleonic victory; 7-Drinker; 8-Mapped; 9-Mulky; 10-Spread for drying; 11-Town; 12-Perch; 13-Large.

DOWN: 1-Open by; 2-Low tone; 3-Jump; 4-Shining star; 5-Shapeless lump; 6-Albert; 7-Spotlight; 8-Pier in design; 9-Filled with amusement; 10-Breathes softly; 11-Pair; 12-Pungent disease of eye; 13-Hotest; 14-Abhorrent breathing; 15-Clauses; 16-Bait; 17-Hatred; 18-Negative; 19-Whip; 20-Golf mound; 21-Frolic; 22-Disseverata; 23-Fallers on moon; 24-Demanded; 25-The sun; 26-Boys; 27-Facts; 28-Preacher; 29-Ingredient of beer; 30-Max's name; 31-Head; 32-Bath (abbr.).

ANSWER TO PREVIOUS PUZZLE

PALACE SPARAE

AGED PARTAR

GALE TRIPRUE

ASILE OSE PINE

SOLDER STORES

ESGO ALL

ARGENT DAKOTA

DEED RHO AKAMA

ROAD SAILS ART

ESSELY MONY PO

RODE IN SAILOR

SNOODS EPPING

1-Open by

2-Low tone

3-Jump

4-Shining star

5-Shapeless lump

6-Albert

7-Spotlight

8-Pier in design

9-Filled with amusement

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