

Your Health and It's Care

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DIET AND THE COMPLEXION
In the preceding talk about blackheads and pimples I gave my one-horse-and-buggy doctor opinion that fried foods, gravy, butter, lard, salad oils, cooking oils or shortenings, cream, pork, fat meats, greasy foods in the diet have nothing whatever to do with blackheads, excessively oily skin, pimples, acne. Don't harbor the

childish notion that fat or grease or oil of any kind taken as medicine or food exudes from the skin. The sebum (skin oil) is not of that nature. It is a true secretion of the sebaceous glands and food fats or oils contribute no more than do proteins and carbohydrates (starches and sugars) to its formation.

I tell you, young ones, this suggestion that you must not indulge in fried food, butter, salad oil, etc., if you have oily skin, blackheads or pimples (as a normal boy or girl of teen age may well have) is a lot of hooey re-tailed by doctors and specialists who, in order to impress you

with their knowledge, have to say something for gosh sake, something it is hard to disprove, no matter how ridiculous it is or how impossible to prove, to make you forget that they have not told you what causes acne. It is one of the neatest tricks we quacks have.

The doctors who lean heavily on this quaint theory of too much sebum from too much fat or oil in food are pretty good at interdicting some other things young people are generally fond of whether they have acne or not. Such items are chocolate, in any form—ice cream, candy, chocolate bar, icing on cake, milk shakes, chocolate flavored beverages; nuts; cheeses of much flavor.

Mind, now, I do not mean to say no young person need ever exclude such items from his or her diet—one who happens to be allergic to chocolate, for example, may have to avoid it absolutely. But that is no reason for saying that all boys or girls with excessively oily skin or scalp, blackheads and pimples, must not eat any such chocolate item.

The scientific truth of the matter, kids, is this: You require so many calories a day. If you get a large portion of your day's quota of calories from ice cream, sweetened fountain beverages, chocolate bars, frosted cake, chocolate milk shakes, chocolate fudge and the like, you certainly will not have the appetite or the capacity for other more essential foods which are indispensable to supply the amounts of minerals and vitamins you must have to keep your vitality, complexion, skin and general health in good condition. In your place I would not exclude chocolate from my diet, pimples or no pimples. Instead I'd try a little self-control

and restrict my indulgence in such sweets to dessert time, and never take them between meals or in lieu of food and water as refreshment.

QUESTIONS AND ANSWERS

Removing Tonsils Again
I am a girl of nineteen. My tonsils were removed six years ago, but they seem to have grown again. Often have rheumatic pains in legs and get tired easily. Would it be safe to have them removed again, now that infantile paralysis is going around? (H. F.)

Answer—I'd advise you to have the tonsils treated by a physician skilled in diathermy extirpation. But not by any doctor who may canvass the public for such work. Send a stamped envelope bearing your address and I'll recommend a physician, if I know of one within reach of your home.

Postcard Daily Received
Send at your earliest convenience "Instructions for Taking the Iodine Ration". (J. W. H.)

Our doctor is rated one of the leading men here, but he seems to cherish a mighty antipathy toward you. When I contrived to bring your belly breathing into the conversation he bristled and disposed of the silly idea by saying: "Your lungs are in your chest—breath with it as the good Lord intended you to." (H. L. J.)

Answer—After all, it must irritate the old fogies and the quacks in ethical clothing almost beyond endurance when their patients quote this and that from my despicable column. Don't pester the poor man—he is probably too busy to find out what goes on in Medicine these past twenty years.

Youthful Husband Freed in Slaying Of Wife's Seducer

Los Angeles, Nov. 16.—(U.P.)—Leon Benon, 17-year-old youth who admitted pumping 11 bullets into the body of his wife's seducer, was acquitted today on charges of murder.

Benon shot and killed Harold Young, 30-year-old black mar-

ket operator and safe cracker, July 27, while his young wife, Lois Jean Benon, 16, was packing to accompany Young to Texas.

"A man's got the right to defend his home," Benon maintained throughout the trial, "and the sight of Lois packing her wedding anniversary dress to go with this guy was too much for me."

Lois testified that Young had offered her a convertible coup and "lots of nice clothes" if she went with him.

On the Radio Chain

STATION'S Chain affiliation and where they are on the dial:
KALE (CBS) 1310, Portland; KEX (ABC) 1190, Portland; KGO (NBC) 810, San Francisco; KGW (NBC) 620, Portland; KJR (ABC) 1000, Seattle; KNX (CBS) 1070, Los Angeles; KQA (NBC) 850, Denver; KOIN (CBS) 970, Portland; KOMO (NBC) 950, Seattle; KPO (NBC) 880, San Francisco; KSL (CBS) 1150, Salt Lake City.

Time shown is P.W.T.
FRIDAY
5:00 p. m. Terry and Pirates, ABC; O. K. For Release, NBC; News, MBS.
5:15 p. m. Dick Tracy, ABC; Superman, MBS; Betty and Bob, NBC.
5:30 p. m. Jack Armstrong, ABC; News, CBS; Capt. Midnight, MBS.
5:45 p. m. Elmer Peterson commentary, NBC; Raymond Swing, ABC; Tom Mix, MBS; News, CBS.
6:00 p. m. Famous Jury Trials, ABC; Gabriel Heatter, MBS; People Are Funny, NBC.
6:15 p. m. Real Life Stories, MBS.
6:30 p. m. Waltz Time, NBC; Those Westerners, CBS; The Sheriff, ABC; Spotlight Bands, MBS.
7:00 p. m. Mystery Theater, NBC; Sports Cavalcade, ABC; Durand and Moore Shaw, CBS.
7:15 p. m. News, MBS.
7:30 p. m. Easy Listening, CBS; Lone Ranger, MBS; Bill Stern, NBC; Johnnie Russell, ABC.
8:00 p. m. Man Named Jordan, CBS;

Supper Club, NBC; Adventures of Nero Wolfe, MBS; Blind Date, ABC; Jack Smith Show, CBS.
8:30 p. m. This Is Your F. B. I., ABC.
9:00 p. m. Night Editor, NBC; Ambassador Hotel, ABC; News, MBS; Aldrich Family, CBS.
9:15 p. m. Kate Smith Hour, CBS; News, ABC; Three Sons, NBC.
10:00 p. m. Fulton Lewis Jr., MBS; News, NBC.
10:30 p. m. Orchestra, NBC; Orchestra, CBS; San Francisco Opera, NBC.
11:00 p. m. Orchestra, NBC; Sunset Serenade, CBS.

Saturday
5 p. m. Woody Herman, ABC; Now Take My Case, NBC; Synchronic Strings, MBS.
5:30 p. m. Man From G-2, ABC; Cosmo Tune Company, MBS.
5:45 p. m. News, CBS; Elmer Peterson, NBC.
6:00 p. m. Barn Dance, NBC; Man Named Jordan, CBS.
6:30 p. m. Can You Top This?, NBC; Boston Symphony, ABC; That's a Good Idea, CBS.
6:45 p. m. Saturday Serenades, CBS.
7:00 p. m. Judy Canova, NBC; Hoosier Hop, ABC.
7:15 p. m. Report to the Nation, CBS.
7:30 p. m. Grand Old Opry, NBC; Red Rider, MBS; Dick Tracy, ABC.
8:00 p. m. Labor USO, ABC; Truth or Consequences, NBC; Dick Haymes, CBS.
8:30 p. m. Life of Riley, NBC; Saturday Senior Swing, ABC; Mayor of the Town, CBS.
9:00 p. m. Gang Busters, ABC; Hit Parade, CBS; News, MBS; Adventures of Bill Lance, NBC.
9:15 p. m. Dream Boat, MBS.
9:30 p. m. Orchestra, MBS; Three Sons, NBC.
9:45 p. m. Don't You Believe It, CBS; Lee Sims Pianist, NBC.
10:00 p. m. News, NBC; Kay's Kanters, ABC.
10:15 p. m. Paul Carson, ABC.
10:30 p. m. Hollywood Barn Dance, CBS.
10:45 p. m. Orchestra, NBC.
11 p. m. Talk, CBS; News, ABC; Orchestra, NBC.

The Louisiana highway system has 10,098 miles of gravel which costs about \$600 per mile per year to maintain as compared with \$350 for asphalt and \$250 for concrete.

BREAD IS AT ITS BEST WHEN IT'S Morning Fresh
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Is this sauce so really different?

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Yes, Del Monte Tomato Sauce has been the grand old cooking sauce of western housewives, for years! Was their favorite—is their favorite!

And even during the war, when it was hard to get, they didn't forget it. Certainly not!

How do we know? Well, one of America's largest independent research organizations went out and asked them.*

And what did Del Monte users say about Del Monte Tomato Sauce? Plenty! Enthusiasm such as even we never expected! Just listen to Mrs. Asaro, for instance:

2 out of 3 of them have used it more than 10 years

"If it isn't Del Monte it isn't tomato sauce to me!"

— Says MRS. JOSEPH ASARO, 1363-13th AVENUE, SAN FRANCISCO, CALIFORNIA

When did you get acquainted with this sauce, Mrs. Asaro?
Many years ago, when I was just a girl. During summer vacations, I helped to put up Del Monte Tomato Sauce in the Del Monte Cannery at San Jose. I saw the big ripe tomatoes and the wonderful spices that go into it—so I know firsthand how good it is!

Have you used much of it in your own kitchen?
Hundreds and hundreds of cans! My family—and to me, that means Del Monte Tomato Sauce. I tried another brand a while back when my grocer was out of Del Monte—but it didn't suit me at all.

What's your favorite tomato sauce recipe?
That's hard to say—I make so many! Cioppino, spaghetti, eggplant, rarebit—just seems there's hardly a main dish this sauce doesn't improve, but if I had to choose one recipe, I'd say Baked Halibut, Italian. For 20 years I've been passing this recipe around!

— so, for real tomato flavor
BE SURE IT'S

Del Monte TOMATO SAUCE

Wait'll you taste Mrs. Asaro's BAKED FISH, ITALIAN

3 lbs. fresh halibut or sea bass, cut in rather thick filets
1 cup chopped onion
1 cup chopped celery
1/2 cup chopped parsley
Salt and pepper to taste
1/2 tsp. thyme
1/2 cup olive oil or other vegetable cooking oil
6 medium-sized potatoes, peeled

Wash the fish, cut in slices for serving, leaving the bottom of a large-sized baking pan. Arrange the fish in pan. Cover with the remaining onion, the celery, parsley, salt, pepper and thyme. Add range potatoes around the fish, turning them over in the liquid. Pour 2 cans of Del Monte Tomato Sauce over all. Bake uncovered in a moderate oven (375° F.) about 1 hour, or until potatoes and fish are tender. Serves 6.

* A representative cross section of Americans in Pacific Coast cities of 10,000 and over.

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THIS, we reasoned, is no time to offer folks a car that stops with artful face-lifting.

It has been nearly four years since our last new Buick was built—it wouldn't be shooting square now to give you less than our honor-bright best.

So we overhauled our whole factory to advantage it with the latest in war-developed machines and processes.

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We set ourselves precisions that in some cases exceed those of aircraft engine production.

And we eagle-eyed every one of this Buick's

12,000 parts to see if it could be bettered in any way, big or little.

The result is that through every stunning inch of this bright new honey runs solid, dependable Buick character, honest and uncompromised.

It's in swift clean lines. In seats that are three-persons wide. In stout, time-defying frames and underpinning. Above all—in the lift and life of a Fireball straight-eight that's even livelier than in 1942.

The cars your Buick dealer will have are big. They're beautiful. They're Buicks.

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When better automobiles are built BUICK will build them

What other car has so much that clicks for Forty-Six!

POWER—from a Buick Fireball valve-in-head straight-eight engine that gets peak return from every drop of fuel.

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FLASHING ACTION—of light, lively Filtracraft pistons.

STEADINESS—from full-length torque-tube drive in a sealed chassis.

GLIDING RIDE—from Panther-gait all-coil springing with only a comfort job to do.

COMFORT—of soft Foamite cushions with luxury-type springs.

SURE FOOTING—of Broadrim wheels; maximum tire mileage, no heel-wear on curves, and better car control.

CONTROL—through Permi-ferm steering which eliminates need for frequent adjustments.

CONVENIENCE—of high-leverage Step-In parking brake that sets with a toe-touch and holds fast.

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SMARTNESS—of genuine Body by Fisher with one-piece Turret Top, No Draft Ventilation, roomy interiors and three-person seats.

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