

DISCHARGED MEN GIVEN COMPLETE PHYSICAL EXAM

Baer Army Field, Fort Wayne, Ind. —(U.P.)— From soldier to civilian in 30 minutes — that's the record chalked up by the medical processing section of this Army Air Force separation center, where men walk into the hospital as GIs and emerge as Misters.

In the medical section, each soldier being discharged receives his final physical examination, designed by the army to guarantee that he is in as good — if not better — physical condition than when he first put on his khaki uniform.

Baer Field is the AAF separation center for men living in a 300-mile area surrounding Fort Wayne. The section includes Chicago, Detroit, Cleveland, Cincinnati, Columbus and Indianapolis.

Termed Most Efficient
A ratio of six officers and 29 enlisted men are ushered through physicals with speed that any industrial assembly line would appreciate. The section has been termed by a medical officer of the Continental Air Forces headquarters as probably the most efficient in any of the 32 air force separation centers.

Business started Oct. 18 in a building converted from a hospital ward. Capt. George H. Douglas of Los Angeles, officer in charge of the medical center, said the peak "production" has been 500 men in one day, but facilities have been geared to accommodate 600 veterans daily.

The men are given a briefing by Lt. Clifford C. Norton. The lieutenant, a former radio actor, producer and director at Chicago, has devised signs posted on the wall to encourage action: "Keep it moving, buddy"; "Hubba, Hubba," and "Follow the arrows today if you want to be a Mister tomorrow."

Arrows painted on the floor lead the men from one doctor to another. After they receive their physical examination work sheets on which their reactions to tests are recorded, they adjourn to a dressing room and strip to shorts and socks.

60 Seconds for X-Ray
Their medical history from infancy is recorded — and then begin the tests. Ears, nose, throat, bones, joints — all are examined.

Only 60 seconds are needed for X-ray. The soldiers merely stand on a ladder — tell ones on the bottom step ranging to the short ones on top — and the picture is snapped.

Before the airmen return to the dressing room, hearts and lungs, weights and measures, and pulse and blood pressure are checked. Doctors scrutinize visual and hearing capabilities.

A dental check is the next step. If slight defects are discovered, the potential civilian is given his choice by the War Department directors of having defects corrected before leaving the army or signing a waiver and having his teeth repaired on his return to civilian life.

Final Review Climax
If a serious or contagious defect is discovered by the army test, the soldier is removed from medical processing line and not returned until he is in good physical condition.

A psychiatrist is available for men who report "nervousness" or whose work sheets record a memo from one of the doctors suggesting that he talk to the psychiatrist. Few fellows need a psychiatrist at this phase of the game, Norton said.

The most dramatic phase of the entire check-up comes in the 20th minute — the final review. At that time, the work sheet is re-examined and approved or rejected. If "O.K. Med" is stamped on the sheet, the GI's worries are over so far as his physical being is concerned. Well, practically over. The blood tests or X-ray pictures may turn up some ailment missed otherwise. In that case, the soldier is recalled a second time. But those instances are infrequent.

Five to seven per cent of the

men walk into the next office to file for disability compensation from the Veterans Administration. They are eligible if they have been wounded in action or if they are disabled because of an aggravation to some defect they had when they entered the army. In any case, every soldier being discharged is appraised of his right to file for the disability plan.

PEACE AIR FORCE OF 400,055 MEN GAINS APPROVAL

Washington, Dec. 13 — (U.P.) — The army air forces disclosed plans today for a peacetime air force of 400,055 men and 8,200 planes, embracing 70 combat groups.

The force would be bolstered by strengthened reserve groups, including national guard, organized reserve and R. O. T. C. The reserves would require an additional 6,000 planes.

The plan was drafted by the air staff and approved by the war department. It does not cover air requirements for a universal training program.

Plan Mobile Unit
Spokesmen said a substantial part of the 70 combat groups would form a mobile striking force that would be available for use in an international air force of the United Nations organization.

Announced by the air forces at the same time was a merger of the far eastern air forces and the strategic air forces in the Pacific, into a new Pacific air command under Gen. George C. Kenney.

The new command embraces the 5th, 7th, 13th, eighth and 20th air forces, and all are under the supreme command of Gen. Douglas MacArthur.

BIG MEAT SHIPMENTS PLANNED FOR EUROPE

Washington, Dec. 13 — (U.P.) — Europe will get nearly 1,400,000,000 pounds of American meat in the six month period ending March 31 if government plans are carried out, agriculture department officials said today.

TAILORS' PAY HIKED
New York, Dec. 13 — (U.P.) — More than 150,000 Amalgamated Clothing Workers of America (CIO) in the men's and boys' clothing industry were working today for wages 20 to 31 percent higher than they were under a contract which expired Dec. 3.

Sidney Hillman, ACW president, announced the signing of the new contract yesterday. He said the increases, totaling \$60,000,000 a year, were retroactive to Dec. 3.

At the end of the war approximately 70 per cent of the express traffic of the country was attributed to the conflict.

Long-Time Resident Helps Again In Christmas Seal Sale Campaign

"Once a Christmas seal sale worker, always a seal sale worker," so says Mrs. Grace Brown, 77, who has participated in the 1945 drive. Years ago Mrs. Brown of 1422 Euclid avenue, associated the work of the anti-tuberculosis seal sale with every Christmas season. It seemed like the good old days, she said, when Mrs. Ruth E. Bauer, former seal sale chairman, asked her to assist in stuffing the 39th campaign envelopes.

Mrs. Brown, widow of the late W. H. Brown, who owned and operated Medford's first auto shop, where the Grand Hotel now stands, has lived in Med-

ford 40 years. The Browns established their first home on Coker Butte, then built the residence on the east side, which is now the M. N. Hogan home. Mrs. Brown has always led an active business life, too. She was in charge of the American Laundry office and in the county clerk's office, where she made many friends.

Other volunteers, who have aided this drive in Medford are Mrs. Glenn Fabrick, Mrs. R. G. Phair and Miss Nancy Day. Mrs. Glenn A. Gibbons, county chairman, yesterday described the sale as one of the most successful in its far reaching, educational campaign, because of the participation of so many individuals and groups.

FIRST BRICK HOUSE IN KENTUCKY STILL GOOD
Crab Orchard, Ky. — (U.P.) — Bricks were carried from Virginia on the backs of slaves to build the first brick house in Kentucky, which still is standing in Lincoln county.

The initials of the original owner, William Whitley, are worked into the brick above the front door of the house. And Whitley didn't forget his wife when he was placing the monograms. Mrs. Whitley's initials, "E. W.," were placed over the kitchen door in the rear.

The town of Selma in Fresno county was incorporated March 15, 1893.

Bucket Shoppers Are Targets of Canada Bankers

Lincoln, Neb. (U.P.) — State banking authorities are pressing the fight they concede is none too successful against the "bucket-shop wolves" of Toronto, Canada, who offer gold mine stocks for sale.

The Federal Securities commission has estimated that the illegal brokers, banned from business in this country, take \$1,000,000 each week from gullible citizens.

In Nebraska, cease and desist orders are issued against each firm brought to the attention of the state banking department. The orders are inadequate, however—as soon as one stock is

barred from sale, another takes its place. The illegal brokers use mail and long-distance telephone calls to sell their stocks, thus preventing the state from filing criminal charges, it was explained.

English was declared Nebraska's official language in 1920.



SAFEWAY Pre-Holiday SALE

SECOND WEEK!

This is the second week of Safeway's money-saving Pre-Holiday Sale... an event offering values that will entice you to shop now, while stores are less crowded and supplies plentiful. Check the list below... just note the savings you make.

- | | |
|--|---------------------------|
| Gold Medal Flour 5-lb. Sack 29c | 10-lb. Sack 54c |
| Softasilk Cake Flour 2 1/2-lb. pkg. 26c | 10-lb. sack 47c |
| Sperry Flour Cake and Pastry 47c | 3 1/2-lb. pkg. 19c |
| Suzanna Pancake Flour 1-lb. pkg. 18c | 1-lb. pkg. 15c |
| Cinch Cornbread Mix Plain or Corn 15c | 2-oz. tin 9c |
| Joy Popover Mix 9c | 2-oz. tin 9c |
| Schilling Cloves, ground 9c | 1/2-lb. pkg. 20c |
| Allspice, Schilling ground 9c | 1-lb. jar 25c |
| American Cheese, Shefford's HOWDY coarse grind 25c | |



Kitchen Craft
enriched **FLOUR**

5-lb. sack **27c** 10-lb. sack **49c**

Margie Says..

MAKES BISCUITS TASTE YUMMY!



PASTEURIZED SKIM MILK ADDS TO ITS GOODNESS

Canterbury Tea

full flavored, black

1/4-lb. **22c** 1/2-lb. **43c** 1-lb. **85c**

- Safeway Canned Food Savings
- | | |
|---|--|
| Canned Corn Country Home, G. B. Whole Kernel No. 2 can 15c 6 for 85c | Heinz Tomato Soup 11-oz. can 12c 6 for 67c |
| Del Monte Peas No. 2 can 14c 6 for 79c | Blended Juice - Adams No. 2 can 18c 6 for \$1.03 |
| Tomato Juice SUNNY DAWN 46-oz. can 21c 6 for \$1.21 | Prem Lunch Meat, Swift's 12-oz. can 33c |
| Puritan Deviled Ham 3-oz. tin 14c | Cherub Milk 3 tall cans 27c cs. \$4.29 3 baby tins 14c cs. \$2.20 |
| Deep South Orange Juice 46-oz. tin 39c | Margarine, Sunny Bank 1-lb. pkg. 20c |
| Fleischmann's Yeast 3 cakes 10c | Brown Sugar, also powdered lb. pkg. 8c |
| Sno-White Salt, plain or iodized pkg. 7c | Baking Soda, Arm & Hammer 1/2 lb. 5c |

How to make holiday baking easy

Time to start thinking about all those good things you can bake now and keep for holiday eating. And here are recipes for an Apple Sauce Fruit Cake and some delightful cookies... examples of how easy it is to turn those thoughts into delicious things-to-eat. No need to worry for they keep perfectly.

APPLE SAUCE FRUIT CAKE

An easy-to-make cake that will store for a number of weeks if kept in a cool, dry place.

2 cups flour	1 egg
1/2 tsp. salt	1 cup unsweetened sieved applesauce
1/2 tsp. soda	1 cup sliced candied fruit
2 tps. baking powder	3/4 cup seedless raisins
1 tsp. cinnamon	1/2 cup chopped nutmeats
1/2 tsp. nutmeg	
1/4 tsp. cloves	
1/2 tsp. allspice	
1/2 cup shortening	
1 cup brown sugar firmly packed	

Sift and measure flour; sift again with salt and spices. Cream shortening and sugar until light and fluffy; beat in egg. Add applesauce and flour mixture alternately; beat until smooth. Add fruit and nutmeats. Pour into well-greased loaf pan (9x4x3) and bake in moderate oven (350° F.) for 1 hour or until done. Makes one loaf cake.

GINGERSNAPS

1/2 cup shortening	2 3/4 cups flour
1 cup sugar	1 tsp. cinnamon
1 egg, beaten	2 tps. ginger
1 tsp. soda	1/2 tsp. salt
1/2 cup dark molasses	

Cream shortening and sugar together until light and fluffy; add egg. Stir in combined soda and molasses. Sift and measure flour; sift again with cinnamon, ginger and salt. Blend well into creamed mixture. Chill about 1 hour. Shape dough into small balls between palms of hands. Place balls on lightly-greased cookie sheet about 1 1/2 to 2 inches apart. Bake in a moderate oven (350° F.) 15 to 18 minutes, or until done. Remove to rack and cool. Makes 5 to 6 dozen cookies.

GUARANTEED MEATS

Order Your Christmas Turkey Now!

Just place your order and leave the rest to us!

- Every piece of Meat you buy at Safeway must please you, or your money back!
- | | |
|---|---|
| Lamb Leg Gr. "AA" 1-lb. 39c Gr. "A" 1-lb. 38c | Veal Roast SHOULDER (bone in) Grade "A" 1-lb. 28c |
| Shldr. Roast LAMB Gr. "AA" 1-lb. 35c Gr. "A" 1-lb. 34c | Veal Breast Grade A, 1-lb. 21c |
| Lamb Chops RIB Gr. "AA" 1-lb. 45c Gr. "A" 1-lb. 38c | Cooked Salami 1-lb. 43c |
| Lamb Breast Gr. "AA" and "A" 1-lb. 17c | Polish Sausage, type 2 1-lb. 45c |
| Pork Chops LOIN and RIB Cuts 1-lb. 38c | Minced Lunch Meat, A.C. 1-lb. 37c |
| Pork Roast, Shoulder 1-lb. 31c | Roast Beef Loaf Really Good! 1-lb. 45c |
| Ground Beef, fresh daily 1-lb. 28c | |

GRADE A TURKEYS LOWEST MARKET PRICES

PORK SAUSAGE

A Tasty and Inexpensive Delicacy

Type 1 lb. **39c**

- | | |
|--|---|
| Rolled Oats Morning Glory 3-lb. pkg. 26c | Sperry PANCAKE & WAFFLE FLOUR 10-lb. Sack 74c |
| Albers Oats Old Fashioned 3-lb. pkg. 28c | Clapp's Baby Food Instant Oatmeal and dry cereal 8-oz. pkg. 15c |
| Wheatena Cereal 22-oz. pkg. 22c | Niblet CORN 12-oz. can 14c 6/79c |
| 100% Bran NABISCO 16-oz. package 17c | YAMS Delicious Candied from the South lb. 11c |
| Shredded Wheat NABISCO package 11c | APPLES Extra Fancy, Fancy and C Grade Combination Pack Stock Up! Delicious, lb. 13c box \$5.29 Winesap, lb. 12c box \$4.49 |
| Sun Maid Currants 11-oz. pkg. 20c | ORANGES 220 Size and Larger Lb. 12 1/2c 252 Size and Smaller Lb. 10c 1/2 case \$3.59 Case \$6.98 1/2 Case \$2.89 Case \$5.59 |
| Nectar Raisins SUN MAID 15-oz. Package 13c | Potatoes, U. S. No. 1 lb. 3 1/2c |
| 3-Way Globes VERD-A-RAY \$1.29 100-200-300-w tax inc. | Cauliflower, Snowball lb. 16c |
| Scot Towels 10c | Dry Onions, Sweet Spanish 3 lbs. 19c |
| Toilet Soap WHITE KING 3 bars 14c | Celery, Pascal lb. 14c |
| Favorite Matches Carton of 6 boxes 19c | Parsnips, local crop lb. 9c |

SAFEWAY PRODUCE



Seems like everybody's turning to—

VEGETABLE SOUP RANCHO STYLE



Here's Western soup with a zippy flavor tang... made with nearly a dozen different "blue-ribbon" vegetables... picked garden-fresh... seasoned "just so"... cooked to lip-smackin' perfection in Rancho farm kitchens. M-m-m... wonderful! Try it.

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