



It's worth taking time out to make sure you're healthy. Young and old learn the facts about tuberculosis and how to prevent it through health education programs financed by the Christmas Seal Sale being conducted by the tuberculosis associations from Nov. 28 through December.

Nationalists Receive American Sabrejets

Taipei, Formosa — (U.P.) — Chiang Kai-shek's nationalist Chinese Air Force received its first shipment of American made MIG-killing F86 Sabrejets yesterday to meet the increasing Red threat against Formosa.

The supersonic planes will give trained Nationalist pilots a better than even chance in air combat against the Chinese Communists who have appeared over Nationalist held islands in the Russian built MIGs.

U.S. Ambassador Karl Rankin, Major Gen. Walter C. Miller and high Nationalist officials met the first shipment, for which the Nationalists had been clamoring since the planes were promised to Chiang.

Salem — (U.P.) — The National Safety Council in Chicago has announced that Salem radio station KSLM has been awarded council's public interest award for exceptional service to farm safety.

Mother of Three On Trial for Life

Salem, Mass. — (U.P.) — Mrs. Lorraine Clark, a striking brunette mother of three children, went on trial for her life yesterday, accused of slaying her husband. She is awaiting trial also on an adultery charge.

The 28-year-old mother could be the first woman ever electrocuted in Massachusetts if convicted. The jury would have the option of recommending a life sentence.

'Lonely Hearts' Widow Confesses Poisonings

Tulsa — (U.P.) — A rosy-cheeked "lonely hearts" widow who confessed poisoning four of her five husbands apparently killed them "just because they rubbed her the wrong way," according to authorities.

Mrs. Nannie Doss, 49, a pudgy, also is suspected of poisoning her mother, father, two sisters, two daughters and a step grandson.

Your Health and Its Care

By DR. WILLIAM BRADY, M.D.

Readers should address inquiries to: William Brady, 263 El Camino, Beverly Hills, Cal.

SOME ARE HOT AND SOME ARE COLD

Now the melancholy days are come to offices, stores, school-rooms, restaurants, public conveyances, churches, theaters and living rooms, the season when the selfish and domineering have their own way about regulation of temperature and ventilation, if they can impose their wishes on the benign and the meek.



Dr. Brady

Canvass almost any group of three or more persons and you will find differences of opinion or preference in respect to the heating and ventilation of the room.

The individual's metabolism has a good deal to do with his or her sense of comfort, chilliness or excessive warmth. So one with slow, low, minus metabolism may feel chilly in an atmosphere which one with normal metabolism finds comfortable. And most persons have normal or nearly normal metabolism—oxidation or combustion rate, that is. Yet the exceptional one with low metabolism often insists on having the room temperature so high that nearly every one else in the room must endure discomfort.

The best way to regulate room temperature is with a thermostat, and the majority vote of occupants of the room should determine at what point to set the thermostat.

Namby-pamby persons, white collar workers, "brain" workers, business and professional persons who ride to and from office or store instead of taking advantage of the opportunity to get a few miles of oxygen on the hoof and people who don't know how to breathe—the poor ninnyhammers think one should expand the chest and hold in the "stom-

ach"—generally have slow or low metabolism.

When you think of metabolism don't think of the comical garret they roll out to give you a basal metabolism test. I have yet to learn of a case in which a basal metabolism reading or test has enabled a real doctor to make a better diagnosis or give more effective treatment than does ordinary examination and study of the patient.

A good many individuals with slow metabolism, especially women 35 to 45, require a daily 3 or 4 miles of oxygen on the hoof and a daily iodine ration to restore their metabolism to normal. Too often these unhappy creatures, whose personality or disposition has changed from cheerful to glum, are persuaded by the fish-wives that it is "change of life." That's for the birds—you know, the ninnyhammers.

I invite the chilly ones and the si—the gloomy ones to send me a stamped, self-addressed envelope and 10 cents for these two pamphlets:

The Iodine Ration
The Menopause

And don't forget that you must walk 3 or 4 miles every day if you want to maintain good metabolism.

QUESTIONS AND ANSWERS

Wait For Me

Does the milk of cows fed on hay and grain grown on soil with a low limestone content, or the meat of pigs fed on corn grown in limestone-poor areas, contain less calcium and phosphorus than standard? (A. F.)

Answer—Huh? Why bring up such worries? I'm sorry, but I haven't any scientific knowledge, have noticed no studies in nutrition literature, and until now, have assumed that the calcium and phosphorus content of milk is practically constant everywhere. Neither pork nor beef is a significant source of calcium and phosphorus. Milk is the best source of both, for infant, youth, adult or aged person.

Skin Oil
Once you have instructions for preparing a Skin Oil. It was the finest thing I ever used. But some one borrowed my copy... (Mrs. R. A.)
Answer—Send twenty-five cents and stamped, self-addressed envelope for booklet "Save Your Skin." (Protected 1954 by John F. Dille Co.)



WALKING OUT into free world, Alger Hiss is greeted by his wife Priscilla, and son, Tony, as he is released from Lewisburg Federal Penitentiary after serving three years and eight months of a five year sentence for perjury in denying he passed secret government documents to agents of Soviet Union. (International)



10 Years
AHEAD
Of It's Field

SEE 1955 MERCURY
DEC. 2

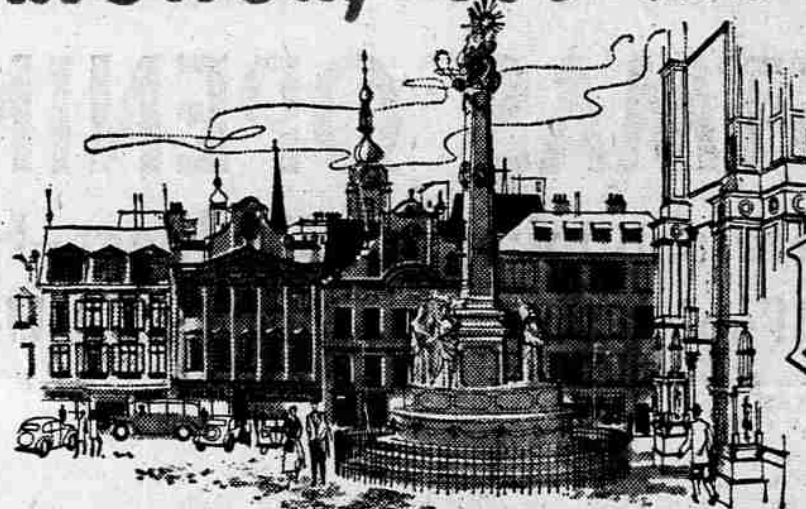
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Munich

is brewed, "It's the Water"



Pilsen

that makes the difference!



Olympia

For centuries, travelers abroad have spread the fame of Munich and Pilsen as the "brewing capitals of the world"... and justly so. For in each of those cities, Mother Nature has provided a source of rare water that is naturally perfect for brewing.

Here in America, at Olympia, Washington, nature provides another such rare water supply... sparkling pure artesian water that makes Olympia Beer the equal of the Old World's best.



Brewed with sparkling pure water
from our famous artesian wells



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