

STAR GAZER

By CLAY R. POLLAN

Your Daily Activity Guide According to the Stars.

To develop message for Thursday, read words corresponding to numbers of your Zodiac birth sign.

DATE	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
ARIES	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Taurus	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Gemini	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Cancer	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Leo	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Virgo	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Libra	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Scorpio	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Sagittarius	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Capricorn	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Aquarius	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Pisces	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

Good Adverse Neutral

Personal Health Service

By WILLIAM BRADY, M.D.

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

A IS FOR XERODERMA

Xeroderma is a \$5 word for dry skin.

Xerophthalmia is a \$7.50 word for dry eyes—that is, insufficient secretion of tears to keep the eyes comfortably moist. Wait till I tell you more about these minor ailments. You'll realize they're worth every cent of the price.

Xeroderma is otherwise called xerosis, ichthyosis (fish skin), toadskin, alligator skin. When the dryness of the skin is extreme, patches of skin do resemble the skin of fish, toad, or alligator.

In some cases of xeroderma some portions of skin, particularly the outer surfaces of calves and forearms, back of the elbows and front of the knees may feel and look like a nutmeg grater. There may be hard, dry, sebaceous (oil) glands ("pores," as they are sometimes called, though of course they never absorb anything. When these pa-

pules occur on the face the trouble should not be mistaken for "acne."

Permanent "goose pimples," and the skin conditions which, if you can afford it, a resourceful specialist will diagnose as keratosis pilaris, ichthyosis follicularis, lichen pilaris—these are all manifestations of abnormal dryness of the skin.

The most common cause of any and all of these various dry skin troubles is vitamin A deficiency. Aside from improving your regular diet by consuming more whole milk, cream, butter, and eggs, the way to correct vitamin A deficiency is simple supplement your diet with 50,000 units of pure crystalline vitamin A acetate daily. In other words, take two nio-alet tablets every day.

This doesn't cure anything, remember. It is not medicine. It is a nutritional element which is essential for good health but which many ultrarefined or re-

On The Side

(Distributed by King Features Syndicate, Inc.)

"This true, I have never been in love. But now I mean to be: For there's no art in shielding a heart from love's supremacy. Those virtues which, though thin as set, in others are admired. In you are all together met. Which makes you so desired."

As it always seems to increase the number of feminine subscribers desirous of slapping my face, I am abandoning my annual springtime custom of mentioning the immortal query: "How are you going to look in a bathing suit?" I have, of course, just followed this practice to be helpful to our feminine clients. But they don't seem to appreciate it. Anyway, I will say that according to the figure control experts to look well in a bathing suit a woman's waist measurement should be at least 10 inches less than her bust or hip measurement.

Asking Queries from clients. Q. What was Sarah Bernhardt's real name? A. It was Rosie Bernard. She was the 11th of her parents' 14 children. Q. Didn't Theodore Roberts play the title role in the original film production of "The Miracle Man"? A. No, sir. Joseph Dowling played that part. Q. Has there ever been a monument in honor of a writer of popular songs? A. There is a Stephen Collins Foster monument in Pittsburgh. Q. I was born October 2. Am I a Scorpio or a Libra? A. You are a Scorpio, same as Hedy Lamarr, Elizabeth Powell, Vivien Leigh and Betty Green.

Passing By Ray Milland, higher versatile disciple of Thespis. His real name is Reginald Truscott-Jones. Before he became an actor Ray was a professional steeplechase jockey. At Sandown Park, England, he figured in a spill in which seven horses went down at the same jump. Was one of the most spectacular spills in steeplechase history.

Heart Throbs Who is the top film heartthrob right now? The research of our Horses & Women experts indicates there is a lack of agreement among feminine film fans as to this. The woman in the 40 age group seem to prefer Clark

Gable. Those in their 30s seem mostly thrilled by Gregory Peck. The girls in their 20s seem to go for Rock Hudson. However, when it comes to followings, none of these present day heart throbs is in the same class as Francis X. Bushman. He thrilled females of all ages. His fan mail from his adoring admirers was so great that at one time he employed 18 secretaries to answer it.

Prolific Papa What is the maximum number of children a man can be father of in his life? That's what a Bostonian asks. Couldn't say. However, the most prolific papa on record was Augustus the Strong, King of Poland, from 1697 to 1733. He was the father of 350 children.

Historic Tune Are you familiar with the tune of "Ach du Lieber Augustin"? If you are and your wife isn't, hum it to her. And request your daughter to listen in. Why? Well, it is historically important. Composed in 1770, it was the first waltz tune of all time. What is your favorite waltz tune? Mine is "Two hearts That Beat in Waltz Time."

Asides It was Eckharthausen who so wisely observed, "The liveliest desire of a woman's heart is not so much to please but to please more than other women." . . . The record for variety of pets kept in a midtown Manhattan apartment is still held by Fannie Hurst. At one time in her apartment Fannie kept six dogs, two cats, two monkeys and 14 birds.

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Wearing
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CENTRAL at MAIN, MEDFORD

stricted diets fail to provide in the quantity required. So you you can't very well find out whether vitamin A deficiency is responsible for your trouble until you have used at least 100 of the 25,000 unit tablets—two a day for seven weeks.

Even if your skin is in the same dry condition at the end of the experiment, at least the increased intake of vitamin A can do no harm.

In Little Lesson No. 9, the booklet Save Your Skin, for which send 25c and stamped, self-addressed envelope, there are instructions for preparing and using genuine cod liver oil, skin oil, and other creams especially intended for persons

with excessively dry skin.

QUESTIONS & ANSWERS

Good Looking

One of my sisters says a person can get tuberculosis from riding a motorcycle. The other says they can't. We agreed to leave it to you. (B. H.)

Answer—He, she, or they can't. I hope my decision pleases the better looking sister.

Hand-Operated Mills Can't find such small mills for grinding wheat, etc., as you suggested for home use. (Mrs. T. P. S.)

Answer—In the pamphlet WHEAT TO EAT, for which send me a stamped, self-addressed envelope (please

name the pamphlet in writing and sign your request) I give the name and address of two companies that supply hand-operated mills suitable for the purpose. The mills sell for \$6.25 and \$8.50. Probably the demand is not large enough for retailers to stock them.

No Wonder the Conductor is Dippy Dear Boss: Recently you implied that you distribute 8,000 pamphlets in a year. You were declaring tonsilectomy. This astounds us . . . for the records show you had many more

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