

STAR GAZER

By CLAY R. POLLAN
Your Daily Activity Guide According to the Stars

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

ARIES	1	Discourage	31	Tension	61	Warmth
APR 20	2	Reciprocate	22	Fervor	62	Thrill
1-8-9-10	3	Good	33	Which	63	Received
11-46-62	4	News	34	Should	64	Trouble
TAURUS	5	Or	35	A	65	Opposite
25-38-52-57	6	Favorable	36	With	66	To
APR 21	7	Decision	37	Be	67	Elders
59-65-72	8	Unnecessary	38	Find	68	Prevails
18-22-48-68	9	Pending	39	Over	69	Making
69-75-79-81	10	For	40	Important	70	Events
JUNE 23	11	Pleasure	41	Don't	71	Change
13-14-15-16-17-18-19-20-21-22-23-24-25-26-27-28-29-30-31-32-33-34-35-36-37-38-39-40-41-42-43-44-45-46-47-48-49-50-51-52-53-54-55-56-57-58-59-60-61-62-63-64-65-66-67-68-69-70-71-72-73-74-75-76-77-78-79-80-81-82-83-84-85-86-87-88-89-90-91-92-93-94-95-96-97-98-99-100	12	There	42	Personal	72	Sex
CANCER	13	Indicated	43	Unpleasant	73	Curtail
JULY 23	14	Some	44	You	74	Or
24-29-37-43	15	For	45	Ask	75	A
64-74-84-88	16	Be	46	Be	76	Things
LEO	17	Discredit	47	With	77	Pleasure
JULY 24	18	A	48	Spirit	78	To
30-31-32-33-34-35-36-37-38-39-40-41-42-43-44-45-46-47-48-49-50-51-52-53-54-55-56-57-58-59-60-61-62-63-64-65-66-67-68-69-70-71-72-73-74-75-76-77-78-79-80-81-82-83-84-85-86-87-88-89-90-91-92-93-94-95-96-97-98-99-100	19	Strive	49	Fort	79	Happy
AUG 23	20	Domestic	50	Expect	80	Decide
1-2-3-4-5-6-7-8-9-10-11-12-13-14-15-16-17-18-19-20-21-22-23-24-25-26-27-28-29-30-31-32-33-34-35-36-37-38-39-40-41-42-43-44-45-46-47-48-49-50-51-52-53-54-55-56-57-58-59-60-61-62-63-64-65-66-67-68-69-70-71-72-73-74-75-76-77-78-79-80-81-82-83-84-85-86-87-88-89-90-91-92-93-94-95-96-97-98-99-100	21	There'll	51	Way	81	P. M.
VIRGO	22	You'll	52	And	82	Your
JULY 25	23	Be	53	In	83	Promised
26-27-28-29-30-31-32-33-34-35-36-37-38-39-40-41-42-43-44-45-46-47-48-49-50-51-52-53-54-55-56-57-58-59-60-61-62-63-64-65-66-67-68-69-70-71-72-73-74-75-76-77-78-79-80-81-82-83-84-85-86-87-88-89-90-91-92-93-94-95-96-97-98-99-100	24	There'll	54	Amuse	84	Decide
AUG 23	25	You'll	55	Or	85	Of
26-27-28-29-30-31-32-33-34-35-36-37-38-39-40-41-42-43-44-45-46-47-48-49-50-51-52-53-54-55-56-57-58-59-60-61-62-63-64-65-66-67-68-69-70-71-72-73-74-75-76-77-78-79-80-81-82-83-84-85-86-87-88-89-90-91-92-93-94-95-96-97-98-99-100	26	Nervous	56	Today	86	Matters
27-28-29-30-31-32-33-34-35-36-37-38-39-40-41-42-43-44-45-46-47-48-49-50-51-52-53-54-55-56-57-58-59-60-61-62-63-64-65-66-67-68-69-70-71-72-73-74-75-76-77-78-79-80-81-82-83-84-85-86-87-88-89-90-91-92-93-94-95-96-97-98-99-100	27	Toward	57	Interest	87	Love
28-29-30-31-32-33-34-35-36-37-38-39-40-41-42-43-44-45-46-47-48-49-50-51-52-53-54-55-56-57-58-59-60-61-62-63-64-65-66-67-68-69-70-71-72-73-74-75-76-77-78-79-80-81-82-83-84-85-86-87-88-89-90-91-92-93-94-95-96-97-98-99-100	28	Probably	58	In	88	Today
29-30-31-32-33-34-35-36-37-38-39-40-41-42-43-44-45-46-47-48-49-50-51-52-53-54-55-56-57-58-59-60-61-62-63-64-65-66-67-68-69-70-71-72-73-74-75-76-77-78-79-80-81-82-83-84-85-86-87-88-89-90-91-92-93-94-95-96-97-98-99-100	29	You	59	Toward	89	Profits
30-31-32-33-34-35-36-37-38-39-40-41-42-43-44-45-46-47-48-49-50-51-52-53-54-55-56-57-58-59-60-61-62-63-64-65-66-67-68-69-70-71-72-73-74-75-76-77-78-79-80-81-82-83-84-85-86-87-88-89-90-91-92-93-94-95-96-97-98-99-100	30	You	60	Toward	90	Liking
31-32-33-34-35-36-37-38-39-40-41-42-43-44-45-46-47-48-49-50-51-52-53-54-55-56-57-58-59-60-61-62-63-64-65-66-67-68-69-70-71-72-73-74-75-76-77-78-79-80-81-82-83-84-85-86-87-88-89-90-91-92-93-94-95-96-97-98-99-100	31	Good	61	Adverse	91	55
32-33-34-35-36-37-38-39-40-41-42-43-44-45-46-47-48-49-50-51-52-53-54-55-56-57-58-59-60-61-62-63-64-65-66-67-68-69-70-71-72-73-74-75-76-77-78-79-80-81-82-83-84-85-86-87-88-89-90-91-92-93-94-95-96-97-98-99-100	32	Good	62	Adverse	92	Neutral
33-34-35-36-37-38-39-40-41-42-43-44-45-46-47-48-49-50-51-52-53-54-55-56-57-58-59-60-61-62-63-64-65-66-67-68-69-70-71-72-73-74-75-76-77-78-79-80-81-82-83-84-85-86-87-88-89-90-91-92-93-94-95-96-97-98-99-100	33	Good	63	Adverse	93	Neutral

Personal Health Service

By WILLIAM BRADY, M.D.

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



WHY NOT REVERSE DEGENERATION?

What happens in the course of pyorrhea is that the alveolar processes of the jaw bones waste away. The alveolar process is the part of the jaw bone in which are the tooth sockets.

The wasting (atrophy, degeneration) is not limited to the bone. It involves the lining of the tooth sockets and the gums as well.

The familiar name for this deplorable manifestation of physical degeneration, *pyorrhea alveolaris*, was given the condition by old timers who had little knowledge of pathology and it is still applied by dentists and physicians who have little knowledge of nutrition. Pyorrhea means flow of pus, and alveolus means tooth socket.

Flow of pus from one or more tooth sockets and the occasional formation of pus pockets are incidental, and no amount of treatment of such secondary effects can stay progress of the physi-

cal degeneration of the jaws. In the first lesson in the Ways of Health, the booklet titled *Save Your Teeth*, for which send 25c and a stamped, self-addressed envelope—and if you expect a reply without delay, please sign your request—I devote what I'm afraid is too much space to pyorrhea. But I hope two or three suggestions in the booklet may do some good and I'm sure they can do no harm in any case:

1. The patient must get an adequate daily intake of vitamins A, B-complex, C and D.

2. Talbot's solution, if and as approved by your dentist.

3. The care and regular supervision of physician and dentist co-operating.

That third suggestion is pretty important, if I do say so myself. Further I'd advise the pyorrhea patient to have no truck with either of them unless they do consult together and agree upon every phase of treatment.

When I say the pyorrhea patient must be sure to get an ade-

quate daily ration of vitamin D, which for child or grown-up should be at least 1500 U.S.P. units daily, I assume or anyway I hope the patient is getting enough calcium from food. For the chief if not the only function of vitamin D is to promote and maintain good assimilation of calcium from food and its utilization in the body.

Any one with pyorrhea, therefore, should include in his everyday diet two or more of the high calcium foods—milk, skim milk, cheese, egg yolk, greens, peanuts and nuts, peas, beans, raw turnip, raw cabbage, raw carrot.

Bear in mind, the vitamins and calcium are not medicine and anyone who thinks I recommend

Get the BEST FOR LESS

St. Joseph ASPIRIN

100 TABLET BOTTLE ONLY 49c

CROSSWORD PUZZLE

Answer to Yesterday's Puzzle

ACROSS

- Edible fish
- Tardy
- Arabian garment
- Sandwich tree
- Virginian
- Village
- Deplete of office
- Tautonic ditty
- Reverend
- Await
- Household
- Sanctions
- Stilet (abbr.)
- Brief
- Insect
- Carpenter's tool
- Symbol for sodium
- Expand
- Note of scale

DOWN

- Skull
- Dine
- Species of dogwood
- Sun god
- Resigned
- Squandered
- Famous
- Italian actress
- Mace
- Cooled lava
- Pillars
- Obtained
- Perfection
- Attitude
- Harvest goddess
- Drugs
- Kill
- Near
- Golf mound
- Sobriety
- Tree-landed armadillos
- Tree trunk
- The awescope
- Calm
- Argued
- Symbol for silver
- Soliman volcano
- Approach
- Physician (abbr.)
- Weight of India
- Self-centered person
- Toward the sheltered side
- Section of hospital
- Young boy
- Hold in high regard
- Pronoun
- Indefinite article
- Considers
- Philippine
- Supporting timber
- Afrikaans
- High card
- Be ill
- Meadow
- Vessel's curlew
- planking
- Pronoun

Nights Unbearable to Itching Skin?

Relief beyond belief for fiery, itching irritation, with specially medicated KOSMOL—the outstanding skin sensitizer. Soothes and oils tender skin—lessens desire to scratch—thus aids healing.

Now Many Wear FALSE TEETH With More Comfort

FASTEETH, a pleasant alkaline (non-acid) powder, holds false teeth more firmly. To eat and talk in more comfort, just sprinkle a little FASTEETH on your plates. No gummy envelope bearing your address. Check "plate odor" (denture breath). Get FASTEETH at any drug counter.

STRANGE AS IT SEEMS

JAMES J. HILL— President of the Great Northern Railroad. FINANCED 6,000 MILES OF TRACK AT \$30,000 PER MILE WITHOUT STATE OR FEDERAL AID OVER A 15-YEAR PERIOD. DURING THE ENTIRE TIME HE RECEIVED NO SALARY! (1880-1895)

COSTLY DINING TABLES WERE A GREAT SOURCE OF PRIDE AMONG ANCIENT ROMANS... MANY WERE RICHLY ORNAMENTED WITH MOSAIC, MOTHER OF PEARL AND EBONY

SHELDON, Iowa, IS LOCATED IN PARTS OF 3 COUNTIES... THE MAJOR LIVES IN STORY CO. AND THE POSTMASTER LIVES IN FOLK CO.

RADIO PROGRAMS—WEDNESDAY

KYJC — 1230 kc	KMED—1440 kc	KWIN — 1400 kc
4:00—Edward R. Murrow**	Current & Choice	Fulton Lewis*
4:15—Club 1230	Current & Choice	Hemingway News*
4:30—Club 1230	KMED Presents	Here's The Answer*
4:45—Frank Goss**	Elmer Peterson*	Sam Hayes*
5:00—Perry Como**	Regional News	Long John Silver*
5:15—Bill Stern**	3 Star Extra*	Long John Silver*
5:30—Amos & Andy**	Lone Ranger*	Bob Greene News*
5:45—Amos & Andy**	Lone Ranger*	Bill Brundage Sports*
6:00—F.B.I. in Peace**	KMED Sports Daily	Gabriel Heister*
6:15—F.B.I. in Peace**	Governor's Report	Local News
6:30—Lowell Thomas**	Nelson Eddy Show	Virgil Pinkley*
6:45—Platter Previews	Nelson Eddy Show	Family Theatre*
7:00—The Winning Corner	Morgan Beatty News*	True Detective*
7:15—Charles vs Holman*	One Man's Family*	True Detective*
7:30—Charles vs Holman*	Dinah Shore*	The Night Hawk*
7:45—Charles vs Holman*	Frank Sinatra*	The Night Hawk*
8:00—Portland-Sacramento	Groucho Marx*	Dixieland Express
8:15—Portland-Sacramento	Groucho Marx*	Dixieland Express
8:30—Portland-Sacramento	Truth or Consequences*	Family Theatre*
8:45—Portland-Sacramento	Truth or Consequences*	Family Theatre*
9:00—Portland-Sacramento	Fibber & Molly*	Network News*
9:15—Portland-Sacramento	Great Gildersleeve*	Fulton Lewis Jr.*
9:30—Portland-Sacramento	College Quiz Bowl*	Sentenced*
9:45—Portland-Sacramento	College Quiz Bowl*	Sentenced*
10:00—Portland-Sacramento	Nightfield Reporter*	KWIN Karavan
10:15—Music to Remember	Oran's Melodies	KWIN Karavan
10:30—Music to Remember	Night Serenade	KWIN Karavan
10:45—Burgie Music Box*	Night Serenade	KWIN Karavan
11:00—Burgie Music Box*	News: Nightwatchman	Sign Off
11:15—Sign Off	Nightwatchman	Sign Off
11:30—Sign Off	Nightwatchman	Sign Off
11:45—Sign Off	Nightwatchman	Sign Off
12:00—Sign Off	Nightwatchman	Sign Off

RADIO PROGRAMS—THURSDAY

KYJC — 1230 kc	KMED—1440 kc	KWIN — 1400 kc
6:00—World News Rndup**	KMED Korral	Wakeup Ranch
6:15—Yawn Patrol	KMED Korral	Wakeup Ranch
6:30—Yawn Patrol	KMED Presents	Wakeup Ranch
6:45—Yawn Patrol	First News	Wakeup Ranch
7:00—County Agent	Johnnie Lee Willis*	Hemingway News*
7:15—Martin Agronovsk*	Wear: Local Beat	Breakfast Gang*
7:30—Frank Goss**	News Commentary	Breakfast Gang*
7:45—Harry Babitt**	Weather & 7:30 News	Best Buy*
8:00—Tom McLeod Sports	World News Rndup**	Cliff Ingle*
8:15—Breakfast Club*	KMED Kaaboox & Visit	Bob Greene News*
8:30—Breakfast Club*	McBride & Dr. Peale	Haven of Rest*
8:45—Breakfast Club*	Quiz & Swap & Sell	Haven of Rest*
9:00—Ted Malone	Friendship Circle	Capitol Commentary
9:15—Chet Huntley*	Standard School	Voice of Deliverance
9:30—Relay Quiz	Standard School	Voice of Deliverance
9:45—Cote Gleason, Slisp, Sla*	Standard School	Voice of Deliverance
10:00—Whispering Silents*	Mid-Morning News	Glenn Hardy News*
10:15—Perry Mason**	Backstage Wife*	Telo Test*
10:30—Nora Drake**	Backstage Wife*	Ringo-Bingo
10:45—Trading Post**	Backstage Wife*	Ringo-Bingo
11:00—Helen Trent**	Ladies First	Florida Calling*
11:15—Our Gal Sunday**	Ladies First	Florida Calling*
11:30—Record Rack	KMED Presents	Queen for a Day*
11:45—Record Rack	Pauline Fredrick*	Queen for a Day*
12:00—Paul Harvey*	Lunchtime News & WX	Noontime News
12:15—Rogue Val. Reporter	Lunchtime Markets	Western Roundup Time
12:30—Sam Hayes*	Lunchtime Features	Western Roundup Time
12:45—Weather: Spin & Win	Mystery: KMED Kaaboox	Western Roundup Time
1:00—Spin & Win	Just Plain Bill*	Game of the Day*
1:15—Spin & Win	Lorenzo Jones*	Game of the Day*
1:30—Arthur Godfrey**	Doctor's Wife*	Game of the Day*
1:45—Arthur Godfrey**	Pepper Young*	Game of the Day*
2:00—Arthur Godfrey**	Woman in My House*	Game of the Day*
2:15—Arthur Godfrey**	Widder Brown*	Game of the Day*
2:30—Arthur Godfrey**	This Woman's Secret*	Game of the Day*
2:45—Arthur Godfrey**	Myron J. Bennett*	Game of the Day*
3:00—Astoria** Bulletin Bd.	Second Chance*	Western Roundup Time
3:15—Concertine	News & What's Doing	Behind the Story*
3:30—Concertine	Current & Choice	Telo Test*
3:45—Concertine	Current & Choice	Telo Test*
4:00—Edward R. Murrow**	Current & Choice	Fulton Lewis Jr.*
4:15—Club 1230	Current & Choice	Hemingway News*
4:30—Club 1230	KMED Presents	Here's The Answer*
4:45—Frank Goss**	Elmer Peterson*	Sam Hayes*
5:00—Roemery Clooney**	Regional News	Set. Preston of Yukon*
5:15—Bill Stern**	3 Star Extra*	Set. Preston of Yukon*
5:30—Amos & Andy**	Lone Ranger*	Bob Greene News*
5:45—Amos & Andy**	Lone Ranger*	Bill Brundage Sports*
6:00—City Hospital**	KMED Sports Daily	Gabriel Heister*
6:15—City Hospital**	Report to the People	Local News
6:30—Lowell Thomas**	Music Hall Varieties	Virgil Pinkley*
6:45—Platter Previews	Music Hall Varieties	Sam Hayes*
7:00—Tennessee Ernie**	Morgan Beatty News*	Official Detective*
7:15—Tennessee Ernie**	One Man's Family*	Musical Caravan*
7:30—Tennessee Ernie**	Roy Rogers*	Musical Caravan*
7:45—Bing Crosby**	Roy Rogers*	Musical Caravan*
8:00—Portland-Sacramento	Dr. Six Gun*	Dixieland Express
8:15—Portland-Sacramento	Dr. Six Gun*	Dixieland Express
8:30—Portland-Sacramento	Jane Pickens*	True or False*
8:45—Portland-Sacramento	Jane Pickens*	True or False*
9:00—Portland-Sacramento	Fibber & Molly*	News*
9:15—Portland-Sacramento	Great Gildersleeve*	Fulton Lewis Jr.*
9:30—Portland-Sacramento	The Loser*	Cry Danger*
9:45—Portland-Sacramento	The Loser*	Cry Danger*
10:00—Portland-Sacramento	Nightfield Reporter*	KWIN Karavan
10:15—Music to Remember	Oran's Melodies	KWIN Karavan
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11:45—Sign Off	Nightwatchman	Sign Off
12:00—Sign Off	Nightwatchman	Sign Off

Around Hollywood

By ALINE MOSBY
United Press Correspondent

Editor's note: Aline Mosby is on vacation. Guest columnist Mark Stevens, an actor and director, gives hope to newcomers: An actor's workshop in Hollywood.

By MARK STEVENS
Written for the United Press

Hollywood — (UP) — I have sensed a growing need for a workshop where talented and aspiring young people could get the training necessary to develop their potential capabilities in every phase of motion pictures, television, radio and the theater.

But the sort of training I have in mind for these young people does not exist. Even if it did, the financial expense involved would automatically exclude many of the more desirable and talented.

Here in Hollywood we have some of the finest artists in the theatrical world. There should be, it seems to me, a place where ambitious youngsters can—without charge—be properly coached by some of these responsible persons. I plan to open such a center or workshop to meet this need.

The arts of acting, writing, directing, stage management, scenic art, costuming, and other allied branches of the theatrical industry will be taught. Seminars will be held and guest lecturers enlisted.

The workshop will function much as does the Actors' Studio in New York City, where students are not held to a limited schedule, but attend classes as their time permits.

Prospective students will be auditioned and subsequently enrolled on the basis of talent. There will be no tuition fees. Colleges, universities, and other schools undoubtedly will recommend their promising dramatic students. Amateur and community theatrical groups will provide some of our students. Guilds within the motion picture industry will be asked to cooperate.

Our present plan is to produce eight or nine shows a year, some originals, some experimental, and of course, a few tried-and-successful plays.

My motion picture company, Mark Stevens Productions, will act as supervising unit supplemented by instructors from the various crafts. As the matter now stands, I will direct two evenings a week. Eddie Rissien will be in charge of the over-all productions. Stanley Silverman will supervise the writing. Both of these men currently are working on "Time Table", first film for my independent company.

As yet no suitable building has been found, but it probably will be located in the area between Hollywood and Beverly Hills. We hope to get under way

MOO-O-O'S AND MUSINGS



Quick definition of a Sport.