Thursday, September 7, 1944

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Low Salt Diet Induces Sleep, Doctors Are Told PHILADELPHIA, PA. – A drug-less method of inducing sleep by reducing the salt in diet was re-ported to the American Psychiatric association by Dr. Michael M. Miller of the United States marine hospital, Ellis Island, N. Y. The low salt diet was tried on 12 men. Six had been sleepless from morphine addiction, six from a vari-ety of ordinary causes. Eleven found relief. In two to three weeks they began even to take afternoon naps. The twelfth man had bad effects and the experiment was discontinued for him.

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the experiment was discontinued for him. Dr. Miller explained that in his search for a drugless method of in-ducing sleep, low salt diet was chosen because of experiments which showed that salt tends to rouse excitability of human nerves. He pointed out that lack of salt has perils, such as dizziness, trembling, nausea, apathy, fatigue and muscu-lar weakness, and said that low salt diet should not be attempted with-out medical advice.

'Franklin Coming' Tip

For Invasion of Africa

For Invasion of Africa NEW YORK. — "Listen, Robert, Franklin is coming." That sentence, broadcast by the BBC to French headquarters in Al-giers, was the sole signal, says Andre Maurois, author, biographer and captain in the French army, to indicate D day for the Allied in-vasion of north Africa. There was difficulty in arranging the password for the north African D day. After much discussion two words were found which both Ameri-cans and French pronounced the same.

The waiting Frenchmen chal-lenged with "whiskey." The invading Americans replied with "soda."

Noted Mind Reader Has

Fine Answer for Court NEW YORK, N. Y.-Joseph Dun-ninger, noted mind reader, an-swered the pay-off question when appeared in traffic court charged with overtime parking-but it cost him money, Magistrate Anna M. celebrated at St. John Eaptist's Ca-rep

Santa Has A Lot of Traveling to Do This Year!

PAGE SEVEN.



Overseas Christmas Gifts Must Be Mailed Between September 15th, October 15th

SANTA'S OFF TO AN EARLY START THIS YEAR. HIS ANNUAL CHRISTMAS JOURNEY WILL TAKE HIM AROUND THE GLOBE WITH STOPS AT LITTLE SUN-BAKED ISLANDS IN THE PACIFIC. AT THE SNOW COVERED ALEUTIANS, IN AFRICAN DESERTS, IN RUINED FRENCH AND ITALIAN VIL-LAGES, AND IN THE CROWDED CITIES OF ENGLAND AND AUSTRALIA. YES, CHRISTMAS WILL COME AS USUAL TO OUR SOLDIER BOYS IN THE FAR OFF CORNERS OF THE WORLD . . . THE LITTLE GIFTS THAT ARE A TOUCH OF HOME AND A TANGIBLE PROOF OF LOVE FROM THE DEAR ONES BACK HOME WILL BRING GAYETY AND CHEER TO OUR BATTLE WEARY WARRIORS. MAIL YOUR GIFTS EARLY DON'T DISAPPOINT THEM-YOU OWE IT TO THEM TO DO YOUR CHRISTMAS SHOPPING EARLY.

Another Gable Contribution to the War Effort! Gable's Will Package and Mail the Overseas Gifts Chosen Here Postage Free!

GABLE'S--Altoona

The Heilwood folks are happy to welcome the Thompson family, lately moving into our community. So, under the bill, the Veterans' Administration must consider Jones dead as of today. Pensions to his de-HEILWOOD BRIEFS Mr. Mazetti of this place passed

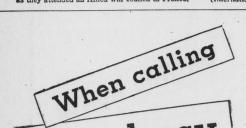
dead as of today. Pensions to his de-pendet survivors therefore would be-gin as of today. NEW BILL AFFECTS

THE PENSION CLAIMS OF ALL SERVICEMEN Any family who has a serviceman ported missing in action should eep in mind a bill just passed the Bergen as of today. Formerly, if the Veterans' Admin-istration was convinced on evidence that Jones really died on a given ear-date, it could date the pension from that day.

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LOOKING ON CRITICALLY while guarding the three-starred helmet of their master, these fox terrier pupples get the inside dope on what's in store for the Nazis. They belong to Lt. Gen. Omar Bradley and are shown as they attended an Allied war council in France. (International)

LISTENING TO WAR POW-WOW



Sometimes you may hear the LONG DISTANCE operator say—"Please limit your call to 5 minutes." That's to let you know the lines are crowded and to help more calls get through quicker.	rect when he told her she intended to send her daughter to Oberlin col- lege. "How about your fine?" she asked. "Taat's correct," the mind reader. "That's correct," the magistrate said. "You're fined \$4." Dog Gives His Life In Rescue From Fire SOMERVILLE, MASSA mon- grel dog, Bud, barked a warning which possibly saved the lives of several persons who fied from their burning home, and then the dog collapsed and died of smoke inhalation.	 was in St. Bernard's cemetery, Indi- ana. Mrs. Michael Gidash has returned from the Indiana hospital, where she underwent a serious operation. The Heliwood schools opened for the 1944-45 term on Monday, August 28th. Seaman First Class Tray Croyle is home on leave, from the Carribean Theatre. Apprentice Seaman William Saun- ders is home on a ten-day leave, with his parents. He is stationed at Samp- son, N. Y. Wilfred I. Myers, apprentice sea- man, son of Mr. and Mrs. Brice My- ers, is home on furlough. He is at- tending Miami University at Oxford, Oxho. 	offs. The Freshen annose certainly will sign it into law. This is the main point of the bill: It prevents a surviving dependent from receiving—for the same period of time—both pension money and al- lotments of service pay. It also prevents the Veterans' Ad- ministration, which pays out death pensions, from making its own decis- ion as to when a serviceman died. From now on the Veterans Ad- ministration—which sponsored the bill to avoid further confusion—must ac- cept the findings of the War and Na- cept the findings of the War and Na- vy Departments as to when a Ser- viceman died. Example:	Remember: All this business about pensions has nothing to do with in- surance. The Veterans' Administra- tion still can decide—so far as in- surance is concerned—on the date of Jones' death, no matter what the war or navy department says. Veteration of the same says Now life has more surprises: In Durban, South Africa, a man was able to get himself a wife by paying her dad \$88 plus seven cows. So what? So, into the office of the price controller there appeared a man who protested that his prospective fath- er-in-law had jacked up the price to \$128 in hard cash. The father-in-law explained that the increased price of living had made it necessary for him to boost his price. The Controller al- lowed as how the problem was be- yond his province. But, says Canada's
That's to let you know the lines are crowded and to help more calls get through quicker. THE BELL TELEPHONE COMPANY OF PENNSYLVANIA	dog collapsed and died of smoke inhalation. The dog aroused two families before he was overcome by smoke.	ers, is nome on turiough, he is alternative data and the second s	vy Departments as to when a Ser- viceman died. Example: Pvt. Jones was first reported miss- ing twelve months ago. Today the	lowed as how the problem was be- yond his province. But, says Canada's Wartime Information Board which reported the incident, it proves that even this primitive man could see the