

The Doctor Says...

Vitamin "A" Is A Protector

by Dr. J.P. Hightower

Vitamin "A" helps protect your eyes, skin and mucous

about 5,000 cases of allergy, asthma and bronchitis, dermatitis, rhinitis by using Vitamin "A" and Vitamin

suggests one capsule for 25,000 I.U. a day or one cup of spinach.

linings of the digestive tract, kidneys, bladder and lungs. Vitamin "A" helps build strong bones, teeth and rich blood. It seems to delay senility and prolongs longevity.

Scientist at Massachusetts Institution of Technology found that Vitamin "A" and Vitamin E protects lungs against pollution.

Carl Reich M.D. of Canada has had success in treating

"D". Various kinds of warts can and had been successfully treated by massive doses of Vitamin "A".

A Cleveland Clinic found that Vitamin "A" deficiency caused kidney stones, and gallstones. Dr. Thurman, a researcher, recommends, 20,000 I.U. a day as being adequate. Miss Adelle Davis, an authority on nutrition,

Vitamin "A" are: Dizziness, nosebleeding, blurred vision, heart weakness, loss of energy, and drowsiness. If you get too much Vitamin "A" in your system just stop taking them or decrease the dose.

Since Vitamin "A" is a stimulating vitamin it is best to take it on early arising in the morning, preferably after meals.

Poetic Dimensions

Compiled by



Readers and Students: The falling rain has not dampened your spirits in the least! You are still as vibrant as the sunshine itself! This week as we end our visit with the fantastic student writers at L.A. Cook School, I'd like to extend an EXTRA BIG THANK YOU to Mr. Logan Burke and his BEAUTIFUL, co-operative faculty for allowing students to share their writing with us -- Thanks Cook, We needed that! Finally, Mrs. Glenda Wagoner's 6th Grade Class got turned on and decided to tell us about...

THE CITY

By Vance Campbell

A city is a noisy place
It really is a bad disgrace...
With all the dirty garbage cans
Sounding like rattling garbage cans!

All the people walking around -
Looking like ants on the ground,
But all the lights on the street
Make it look very nice and neat (sometimes)



AROUND A CITY

By Sibyl Folkers

A city is full of everything,
Like highways, and buildings, and automobiles --
It's pretty at night --
Colorful and bright!

The day is all noisy
traffic and smog,
And stores are all full,
With parking lots broad.

If you live in the city,
You know what to do --
You might think it's pretty,
I live here and I think so too!



THE CITY

By Beverly Barnhill

The city has many buildings and bright lights,
People in cars make left turns and rights.
Some wealthy people stay in great BIG hotels --
But some people will settle for little motels.

On some days when it's rainy and wet --
I know for sure you won't find a sunset --
You will hear such noises as singing and talking --
And the clatter of shoes -- running and walking!

IN PARTING: Next week we have a SPECIAL FEATURE and TREAT in store for you! Read YOUR CHORNICLE and "Poetic Dimensions" next week and find out what the treat is! Love to all of YOU!

EMBARRASSING, BURNING

Itching?

ZEMO relieves itching fast because its special 'anti-itch' medication soothes inflamed surface tissues. Get relief with the first application of soothing, medicated ZEMO—Ointment or Liquid. **zemo**

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Triggers
for big
cutting jobs,
and little pruning jobs.

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with
12" bar & chain

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in the yellow pages

ASTRO-DESTINY

ARIES
Mar. 21 - Apr. 19

Relationships are serene. Hurt feelings of the past can be mended. Things are never as bad as they appear.

TAURUS
Apr. 20 - May 20

You would be wise to seek solitude. Relationships can prove tricky. Profits are uncertain.

GEMINI
May 21 - June 20

Something long forgotten will come to the fore. Old romances may reappear. It could become hectic.

CANCER
June 21 - July 22

New opportunities are coming so be alert. Your job could prove exciting. Social gatherings are fun.

LEO
July 23 - Aug. 22

Being aggressive is part of Leo, but there's the possibility that you can come on too strong.

VIRGO
Aug. 23 - Sept. 22

Take some time for pleasure. Too much work is not the answer. It might even be the cause.

LIBRA
Sept. 23 - Oct. 22

Doing one's best is all that can be expected. Don't try too hard - mistakes are possible.

SCORPIO
Oct. 23 - Nov. 21

You might find yourself in the limelight now, and could possibly become a celebrity.

SAGITTARIUS
Nov. 22 - Dec. 21

A friend surprises you. It could be a calamity or not, depending on your attitude at the moment.

CAPRICORN
Dec. 22 - Jan. 19

Don't be too insistent on having your own way. Some things are more easily obtained by taking a different route.

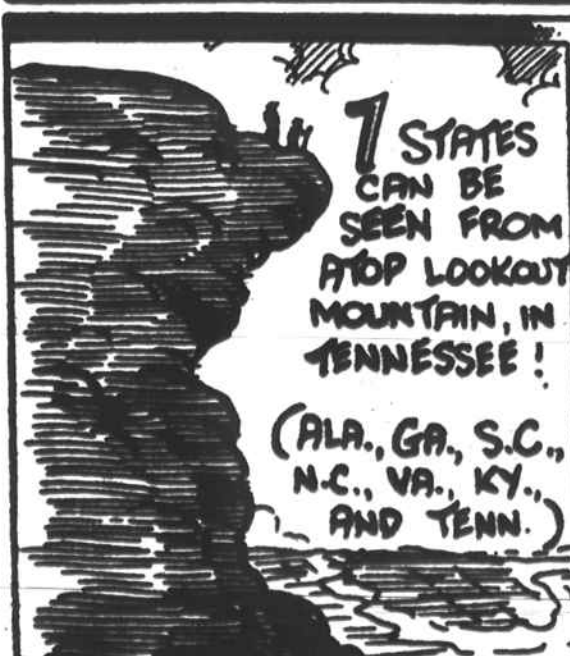
AQUARIUS
Jan. 20 - Feb. 18

Being confident and pleasant you get more done than you anticipated. Romance is possible.

PISCES
Feb. 19 - Mar. 20
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Righting a wrong takes a lot more than accusation. Proof is necessary before you make your feelings a part of the guilt.

IT'S AMAZING!

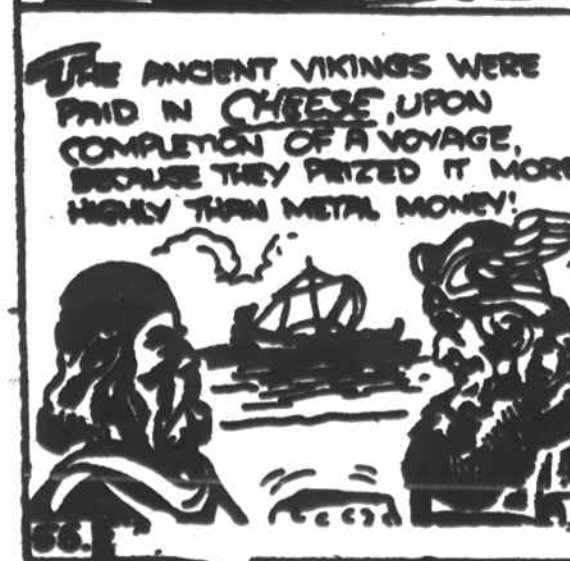


7 STATES
CAN BE
SEEN FROM
TOP LOOKOUT
MOUNTAIN, IN
TENNESSEE!

(ALA., GA., S.C.,
N.C., VA., KY.,
AND TENN.)



THE FEMALES OF
SOME SPECIES OF
POLAR BEARS
WEIGH TWICE AS
MUCH AS THE
MALES AND OFTEN
EAT UP THEIR
OWN MATES!



THE ANCIENT VIKINGS WERE
PAID IN CHEESE UPON
COMPLETION OF A VOYAGE,
BECAUSE THEY PRIZED IT MORE
HIGHLY THAN METAL MONEY!



NEAR LANE (TASCA, MINNESOTA,
ONE CAN STEP ACROSS
THE MISSISSIPPI RIVER!



THE ROOF OF THIS CHURCH
IN ISTANBUL WAS BUILT CENTURIES
AGO, FROM THE BONES OF
GALLEY SLAVES AND CEMENTED
WITH THEIR BLOOD!