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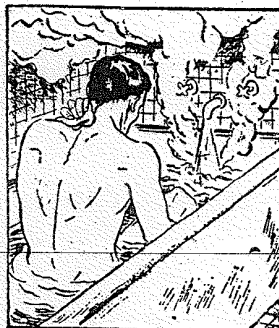
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Keeping Fit

By ARTIE MCGOVERN



USE HEAT TO RELIEVE ACHES AND PAINS

Heat and rest are the best of all combinations for the treatment of muscular aches and pains. The stiff neck that follows sitting in a direct draft or a cramped position; the sudden twinges that comes from trying to lift too heavy a load; or the general muscular ache which is the result of overindulgence in exercise; are familiar pains to most of us. In spite of the almost universal idea that rubbing or exercise of the affected part will help clear up the condition, such a procedure may only aggravate it.

The strained muscles need rest, and the application of heat is soothing. An electric pad or hot water bottle may be used if the pain is localized in one set of muscles and a hot bath affords excellent relief if there is muscular soreness throughout the body such as that often induced by too strenuous or too prolonged physical exertion.

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Readers wishing a free chart of the Artie McGovern Daily Dozen, used by many famous men to KEEP FIT, may send a stamped, self-addressed envelope to ARTIE MCGOVERN care of The Monterey Peninsula Herald.

adding that "tests to date indicate that it is the answer to many of our pursuit problems and that it has a definite place in our future plans."

Some maneuvers already have been held in southern sections of the country. Results were not made public, but it was reported that much of the new motorized equipment, particularly tanks, met the test better than was expected.

Bank Building Plan In Carmel Undecided

The Bank of Carmel will not start on its new building at Dolores street and Ocean avenue on May 1 as had been indicated when the project first was considered last year.

German Jews "Liquidated"

BERLIN, Apr. 28 (UP). — The government yesterday issued a decree empowering Field Marshal Hermann Goering to utilize an estimated \$3,000,000,000 worth of German Jewish assets to help finance the Nazi four-year economic plan.

The decree, signed by Goering in his capacity as Germany's economic dictator and administrator of the plan, requires registration of Jewish assets under severe penalties. It then provides:

"The commissar of the four-year plan may take any measure necessary to secure the utilization of property in conformity with the interests of German economic life."

(Jewish agencies in London described the decree as meaning the "economic extinction" of Jews in Germany.)

Riley Explains Higher Cost of Running State

SACRAMENTO, Apr. 28 (AP). — Highways, old age and other pensions and education were responsible for an increase of \$16,000,000 in the cost of California's government for the fiscal year ending last June, State Controller Harry B. Riley reported today.

He listed the total cost for the year at more than \$216,000,000.

Tabulations prepared by Riley showed the state's expenses had increased to this figure from \$123,644,803.34 in 1931. For the fiscal year ending in 1936 they were \$200,328,060.62.

The report shows that government costs rose 18.88 per cent during the 1935-36 fiscal year, the first full year of the Merriam administration and 8.30 during the second fiscal year, that of 1936-1937.

During the last year of the James Rolph Jr. administration costs increased 33.91 per cent.

Telegraph Rate Increase Denied

WASHINGTON, Apr. 28 (AP). The federal communications commission denied yesterday an application by the principal telegraph companies for a 15 per cent increase in domestic rates.

Five commissioners voted to deny the increase. Two others favored granting of an increase on a temporary basis for one year.

The commission said it would issue later "an appropriate report and order" denying the petitions for an increase.

Companies which asked for the increase were Postal Telegraph-Cable company, MacKay Radio and Telegraph company (California), MacKay and Radio and Telegraph company (Delaware), the

Scrubwoman Aids Film Production

HOLLYWOOD, Apr. 28 (AP). — From scrubwoman to film-director in one day!

That's the Cinderella story of Mrs. Nora McGillacudy, who carries a pail and mop at Paramount studio.

Louis King, directing a laundry sequence in "Prison Farm," decided Shirley Ross and other actresses needed expert advice on

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the use of soap and scrubbing brushes. When Mrs. McGillacudy came in for the daily cleanup of King's office, he asked her to become his technical director. She accepted. But Paramount is keeping her regular job open for her return.

Blue Bell

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The Movie Humor Magazine
Cover Girl
Sophisticated Dance Artist

Judy Goldy

Our New Pianist
Virgil McAllister
The Singing Drummer

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