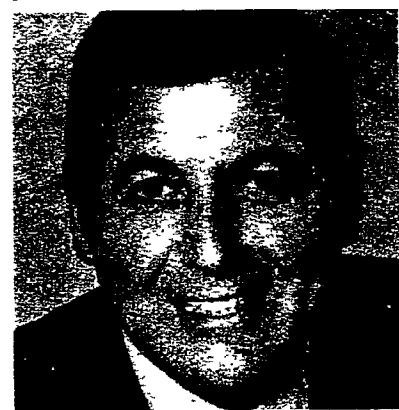


## Celebrity Soapbox

### TV's MONTY HALL: The Art of Spreading Goodwill

"When was the last time you put your arm around a perfect stranger? Take my advice. Next time you are in someplace like an airport, and someone says something nice to you, try putting your arm around the person, and see how you get a very warm, friendly, human response. Or when someone comes into your office, do the same thing. You'll be amazed at the feeling of goodwill you'll find." This advice comes from TV personality Monty Hall of "Let's Make a Deal," and he feels it extends beyond just the holiday season. "We talk a lot about the need for a feeling of love in the world, but we have to do more about it. With my television program and with all the traveling I do, I meet as many people as any politician does. And I can tell you that people have an X factor for good and a Y factor for bad, and that they can be swayed very easily. But most people want the same thing—peace of mind. I find they'd rather kiss you than kill you. But you have to show the way."

—Interview by William Wolf



## Pet Corner

### Puppy in the Christmas Stocking?

If Junior's Christmas stocking wriggles and woofs on Christmas morning, you will want to do everything possible to make the new pet's day happy and safe. A puppy can easily become overtired in the happy bustle of a holiday. Don't fondle him too much. Don't drag him around like a sack. Give him a place of his own out of the traffic; puppies need lots of sleep. Keep him away



from small objects he might swallow. Don't feed him Christmas goodies, but stick to his regular Friskies. Provide sanitary facilities like the Sunday newspaper and see that he has easy access to it. The best idea of all: Don't bring him home until the day after Christmas!

—By Felicia Ames

## Jobmanship

### Must You Really Be a Success by 40?

You may have more time ahead of you to pursue success than you think. Many people will tell you that if you haven't "made it" in your work by age 40, you're going to feel discouraged. But Dr. David Gutmann, a clinical psychologist who has been investigating the subject since 1956, reports that psychologically age 40 is not the important age. Dr. Gutmann has worked with Americans and also



with other groups around the world. He finds that the age pattern everywhere is the same. It seems that up until about age 55 men are aggressive and self-reliant in regard to their careers. It's at about 55 that the average man stops seeing the world as something he can conquer. It's at 55 he often is willing to adapt to conditions and act in a more careful way. So far, this age pattern for success is only true for men. The idea of careers for women is still so new that it has not yet been possible to discover women's age reaction to job success.

—By S. R. Redford

## Smart Cooking

# A Special German-Style Cake for the Holidays

### KUGELHOPF

- ¾ cup very warm water
- 1 pkg. (13½ oz.) hot-roll mix
- ¼ cup butter, margarine or solid all-vegetable shortening, melted and cooled
- ½ cup sugar
- 1 egg
- 1 teaspoon grated lemon rind
- 3 tablespoons fine packaged bread crumbs
- 1 cup seedless raisins
- 16 bleached almonds

1. Pour water into medium bowl. Sprinkle in enclosed packet of yeast from mix

and stir until dissolved.

2. Stir in butter, sugar, egg and lemon rind, beat well. Dump in hot-roll mix, stir to blend. Beat hard with wooden spoon for 3 minutes.

3. Cover with dish towel. Place in a warm place to rise until double in bulk. Takes about 1 hour.

4. Preheat oven to 350°F. Lightly grease a 2-qt. fancy baking pan or mold. Coat pan with bread crumbs.

5. Stir down dough. Stir in raisins. Place almonds in bottom of prepared baking pan. Spoon dough evenly in pan. Cover with dish towel. Allow to rise again in warm place until doubled in bulk. Takes about 1½ hours.

6. Bake for 55-60 minutes, or until surface is deep golden brown and when rapped with knuckle sounds hollow.

7. Remove from oven and immediately remove from pan. Makes 12-14 slices



If you don't have a mold like the one shown, borrow one from a friend or relative. The cake is worth it.

### DO-AHEAD CHEESE 'N' BREAD BAKE

Lightly spread 12 slices enriched white, rye or whole wheat bread with butter or margarine. Line a greased 9x13x2-inch baking dish with half of the bread slices. Sprinkle with 2 tablespoons wheat germ, 2 tablespoons bacon-onion seasoning, 1 cup grated

sharp Cheddar cheese and 1 cup Muenster or Monterey Jack cheese. Place remaining 6 slices on top and repeat procedure. Beat 8 eggs and 3 cups milk (or ½ skim milk and ½ milk) together; pour over bread. Cover with plastic wrap or foil. Refrigerate all day or overnight. Bake in preheated 350°F oven for about 1 hour until puffed and golden brown. Makes 8-10 servings



# AT LAST! A DOCTOR WHO SAYS: Take Food, Not Medicine, If You Suffer from Any One of These Ills!

"Why do I avoid prescribing drugs?" says this brilliant and controversial physician, who has cured literally thousands of patients with nothing more than ordinary food alone!

"For these four vital reasons"—

1. Because drugs do not produce health. They merely mask the symptoms of a disease... cover up the condition, while the body struggles on valiantly to cure itself.

2. This is the reason why so many men and women, of all ages, no sooner fight their way out of one ailment, than they fall right into another. Why they are always "half-sick." Why they never really know other. Why they are to be completely free of pain, in glowing health. Because they, and their doctors, do nothing more than merely fight off each new attack, and never drain out the poison that is left from that attack, or rebuild the vital weakened tissue before it can fall prey to a new disease!

It is "Tissue Weakness" That Opens The Door To One New Disease After Another! And NO Drug—Only Food—Can Build REAL TISSUE STRENGTH Again!

3. The lasting way to fight disease, then, is not just to counter-attack each new symptom in its turn... but to build such sheer physical strength into each threatened cell of your body that the organism that causes that disease is either destroyed, or rendered harmless, the very instant it enters your body!

4. This is done in two ways: First, to use a medical-diet to drain out the poisons that make your body weak today. And, finally, to use a second, even more powerful medical-diet to pour Super-Nutrients—Nature's own medicines—into every crippled organ of that body... not only to force out that specific disease, as fast as humanly possible, but also to leave that organ perhaps even healthier than before it was first attacked! For example—

See How This NATURAL Method Has Worked—In Thousands Of Case Histories, From Every Walk Of Life, And With Almost Every Ailment You Can Imagine!

We shall let Dr. Nittler's patients speak for themselves: "When I came to you I suffered from swelling and tingling of extremities, almost constant hunger, periodic weakness, great sensitivity to glare and loud noise... Since becoming your patient I find myself energetic and alert until nearly midnight, awake fully by 7:30 or 8 each morning, in good spirits, not sluggish, and continuing throughout the day glad to be alive, performing challenging tasks!"

"Before I became your patient, I had visited several skin specialists hoping to find help in the removal of what appeared to be growths on my face. Biopsies were taken; results negative. I asked how to get rid of these growths; how to prevent their growing back. I received a shrug of the shoulders; how to prevent their growing back. I didn't know! Dr. Nittler took one look at the area involved and prescribed (natural) medication for external application which within one week's time cleared up the difficulty. It has not returned."

And Still More Thrilling Results! All Told In The Patient's Own Documented Words!

"However, on Easter Sunday, March 29, 1970, I suffered not only another occlusion, but an acute cardiac arrest. This was preceded by three days of intense weariness, fatigue and restlessness... Only extreme good luck made it possible for me to write these words... They (his regular physicians) believed open heart surgery to be the only hope for giving specialists' shoulder (later, his bill!); he didn't know! Dr. Nittler took one look at the area involved and prescribed (natural) medication for external application which within one week's time cleared up the difficulty. It has not returned."

"I've been subject to asthma all my life. It would come with a cold or when I laughed or exercised too hard. The situation became dramatically worse when we moved to Santa Cruz in 1966. For some reason I'd catch cold every four to six weeks... Only when I got it, it would go to my chest, develop into asthma, and I could hardly breathe. I was fed up with being sick and tired all the time... So I went through Dr. Nittler's whole program... Now (1971) the few colds I catch are very mild. I can't even remember the last time I had asthma with or without a cold!"

"In the latter part of November past, I broke out in an allergic dermatitis—severe hives... in addition to the hives, I would get a severe pain

in an area above the right kidney... It was an acute shattering pain that immobilized me. I was next given cortisone. After 24 hours this would lessen the severity of both hives and pain. As long as I continued with cortisone... I was fine, but when I stopped, severe hives and pain returned. Then back to cortisone for four or five days, followed by hives and pain: I ceased back and forth in this manner for several weeks... A friend of mine gave me Dr. Nittler's phone number and begged me to call him... Then on the tenth day under Dr. Nittler's care, something wonderful (to me, a miracle) happened—I was free of all ailments! A staggering weight had been lifted from both my shoulders and my wife's. Now, in the thirteenth month after the doctor's care, enjoying the best of health and feeling great."

And Literally Thousands Upon Thousands Of Case Histories More! ALL STEMMING FROM NATURAL "SUPER-FOOD" TECHNIQUES LIKE THESE, THAT YOU CAN USE TOMORROW IN YOUR OWN HOME!

Again, to list only a few examples of the specific, step-by-step "Super-Food" Treatments given you in this great book:

Home treatment for constipation that works through your skin, and removes internal poisons, painlessly and automatically, at the same time it restores normal functions.

How to increase the blood flow (and therefore the life-giving oxygen) not only to your heart tissues, but your entire circulatory system. (As just one side-benefit of this new, natural therapy, cold feet simply feel warm and good again!) This process automatically lowers the work load of your heart, and your lungs, and so, as another marvelous side-benefit, almost immediately diminishes the ever-increasing shortness of breath that plagues most people!

How to get rapid relief from gallbladder pain. A treatment that also may enable you to actually, painlessly pass a stone or two (and get rid of them for good). And, at the same time, stimulate the flow of bile from your liver, and begin simultaneously stomach-healing food-therapy.

Why hemorrhoids do not have to be endured any longer! A simple capsule that may yield apparent benefits in a day or two, with restoration of normal function and comfort in a few weeks, just as it has in case after case in Dr. Nittler's own files!

How to keep from being poisoned by commercial food sprays. This method simply removes the spray from fruits and vegetables—in minutes!

A new way to brush your teeth that costs nothing. And that greatly increases your powers of digestion!

How, if you suffer from an acute illness, you can actually feed your body healing food-ingredients through the skin. That go to work to help you, in seconds!

How to cut down overproduction of stomach acid almost immediately, without taking a thing!

Liver Detoxification! Follow These Simple Rules, AND PAIN-CAUSING POISONS LITERALLY POUR OUT OF YOUR BODY!

The best and most ancient method of healing wounds. (Animals do this instinctively. But we've forgotten it.)

A do-it-yourself prostate massage that involves only a simple motion with the legs and soles of your feet... plus a little-known and delicious food that greatly aids in the normal function of this important gland.

What to do for repeated violent pains in the chest (called Interstitial Neuralgia, and often mistaken for heart trouble, or even attack). How to tell the difference at once. And then use a simple natural spray that relieves this torturous pain in minutes, for hours!

The inexpensive food that has fantastic results with cold, and even flu! As Dr. Nittler says: "This remedy alone cures many cases of flu."

Why Dr. Nittler dares to say: "I have known very severe long-standing cases (Of Athlete's Foot) respond dramatically after one application!"

And why he also says: "I have seen a deep nasty boil on a cheek drain through the skin in one night with the use of this (natural food product). The infection was on the pad, there was no infection left in the boil and no wound visible."

PLUS: emergency treatments for burns that prevent scarring... a simple remedy for poison ivy that works... how to melt away warts (and even some brown spots)... a non-prescription product (as are all the other remedies given here) that has a wonderful healing effect of the mucous membranes of the intestinal tract... home remedies for internal parasites... what you must do, at once, for diarrhea... how Dr. Nittler treats ulcers... how to rebuild weak stomachs, without aggravating them... how to break fever in emergencies, especially in children... the tested routine to follow for any virus infection... strength-foods for every part of the body... how your body can build up its own reserve



### ABOUT THE AUTHOR

Allan H. Nittler, M.D., received his diploma in medicine almost thirty years ago from the University of Cincinnati... has been associated since then with both the United States Army and the San Francisco City and County Hospital. He was one of the first physicians to recognize the need for vitamins in medical therapy and the radical difference in effect between synthetic and organic vitamins in therapeutic dosage. He is a frequent contributor to various magazines and journals, and is recognized today as one of the leaders of the new medical science of preventive nutrition as a major factor against both fatigue and disease.

supply of nutrients to fortify its natural resistance in terms of stress or epidemic... weight-reducing without tears... the most effective treatment ever invented for hypoglycemia (low blood sugar)... and much, much more!

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