# Your Health and Its Care

BY DR. WILLIAM BRADY, M. D.

Readers should address inquiries to: Dr. William Brady 265 El Camino, Beverly Hills, Calif.

## MAMA SHOULDN'T SMOKE—MUCH

I want you to know (writes Mrs. T.E.M.) that my sister and I both smoked during pregnancy. We both nursed our babies and we continued smoking. Healthier, happier babies I've never seen. My sister's baby is 14 months old and weighs 30 pounds—

Dr Brady

(Aw, now, Mrs. M, we do not print fiction in this column, even if it is good. Of course if you insist the baby hit 30 pounds at the age of 14 months, I suppose we'll have to stet it (as the crossword puzzles say), but I do wish you had explained, so our readers would understand, that these bambinos you are referring to are Brady babies, fashioned according to the **Brady Baby Book.** You see, I had to plug the booklet here if at all—so readers may know how to get it, sending me a dime in negotiable condition and a self-stamped-addressed envelope.)

.....and if had any more energy he would be uncontrollable. My baby is 5 months old and weighs 19½ pounds. I am still nursing him and smoking. I can see no ill effects from tobacco in either baby. My doctor also told me it is harmless. In what way do you believe it is harmful?

(Mrs. T.E.M.)

In the family way, during lactation or nursing and always in the same room with the young infant—no matter who does the smoking.

This is just my opinion. The question is one of opinion rather than one of certainty or fact. As you say, Ma'am, your doctor believes smoking by the expectant or nursing mother is harmless. The makes the tally fifty-fifty so far.

I do not doubt that some individuals have greater tolerance for smoking (I believe the harmful element in tobacco smoke is CO, and other things, such as nicotine, ammonia, aldehyde, furfural, etc., found present in tobacco smoke, are of minor significance.) It is a common observation of smokers that they can indulge more freely when they are out of doors without experiencing ill effects. That, I believe, is because they get relatively more oxygen and breathe less polluted (polluted with carbon monoxide) when they are out of doors. I believe many persons, particularly young children and those enfeebled by age or illness, may suffer seriously from second hand breathing of carbon monoxide polluted air from the smoking of other persons in the same room.

Speaking as a smoker, mind you, I do believe women are more likely to indulge to excess than men are, and this is not mere prejudice, for in my opinion a woman may smoke if she wishes and she may make a nuisance and a pig of herself with her smoking, just as well as a man may.

Some physicians appear to regard smoking as not particularly harmful to the expectant or nursing mother or her baby. Others regard it as harmful.

If you ask me, I say the less smoking you or any one does in the house or room with the baby the better for the health of all concerned.

### QUESTIONS & ANSWERS

**Consult Physician**

What causes neuritis? What causes arthritis? How can you tell if you have either one of them?

(W. G. M.)

Answer—You can't. Better consult physician.

**Aspirin**

Daughter, 14, confined to bed for six weeks with what the doctor calls rheumatic fever. She receives no medicine or other treatment except constant doses of aspirin.

(Mrs. H. M. P.)

Answer—For relief of the pain aspirin is as safe as any other analgesic or painkiller, but in my opinion it has no remedial value other than relief of pain. Giving salicylates or salicylic acid compounds (such as aspirin, sodium salicylate, oil of wintergreen, etc., is an old medical custom in acute infectious arthritis or rheumatic fever, but it is doubtful whether it does any good other than the relief of pain.

**Tetany and Growing Pains**

Daughter, 7½ years, suffers severe cramps in her legs, and I wonder if she lacks vitamins or something—she has had these cramps more or less frequently since she was four.

(Mrs. C. H.)

Answer—Very likely she lacks calcium and vitamin D. Send stamped envelope bearing your address, for pamphlet "Adult Tetany and Growing Pains."

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## LEGAL NOTICES

**Notice to Creditors**

In the County Court of the State of Oregon for the County of Jackson.

In the Matter of the Estate of Willis J. Walker, deceased.

NOTICE IS HEREBY GIVEN that I have been duly and regularly appointed Administratrix with the Will Annexed of the above entitled estate under and by virtue of an order of the County Court of Jackson County, Oregon, duly made, rendered and entered upon June 9, 1944, and all creditors having claims against said deceased are hereby notified to present the same duly verified to me at the office of my attorney, George M. Roberts, 201-205 United States National Bank Building, Medford, Oregon, within six months from the date of this notice.

Dated at Medford, Oregon, this 9th day of June, 1944.

JESSIE L. CARVER,
Administratrix with the Will Annexed of the Estate of Willis J. Walker, deceased.

**Suit In Equity To Quiet Title**
**Summons**

In the Circuit Court of the State of Oregon in and for the County of Jackson.

David H. Holmes and Harry L. Holmes, Plaintiff, vs. Myron J. Stearns and Mrs. Myron J. Stearns, his wife, if married; the unknown heirs of Myron J. Stearns, if deceased; Lora L. Stearns; Nora F. Stearns; Cecil B. Stearns and Mrs. Cecil B. Stearns, his wife, if married; Gordon Stearns and Mrs. Gordon Stearns, his wife, if married; Harry I. Stearns and Mrs. Harry I. Stearns, his wife, if married; Carey Stearns and Mrs. Carey Stearns, his wife, if married; Roland D. Stearns and Mrs Roland D. Stearns, his wife if married; Frances E. Stearns, widow of Sydney S. Stearns, deceased; the unknown heirs of Sydney S Stearns, deceased; Colonel W. Pogue and Mrs. Colonel W. Pogue, his wife, if married; Althea Pogue, widow of M. E. Pogue deceased; the unknown heirs of M. E. Pogue, deceased; the unknown heirs of Nettie I. Pogue, deceased; John Doe Riley, husband of Mary B Powers Riley, deceased; the unknown heirs of Mary B. Powers Riley, deceased; the unknown heirs of Charles Pogue, deceased; the unknown heirs of Ida C. Gartman, deceased; Henry N. Pogue and Mrs. Henry N. Pogue, his wife, if married; Hester Porter and John Doe Porter, her husband, if married; the unknown heirs of M. N. Stearns, deceased; the unknown heirs of Leonora Pogue, deceased; the unknown heirs of George H. Lynch, deceased; and also any and all other persons or parties unknown claiming any right, title, lien, claim, estate or interest in and to the real property described in the Complaint herein, Defendants.

To Each, Every and All of the Above Named Defendants.

In the Name of the State of Oregon, you and each of you are hereby required to appear and answer the Complaint filed against you in the above entitled suit on or before the last day of four weeks from the date of the first publication of this Summons, and if you fail so to appear and answer said Complaint, for want thereof, the Plaintiffs will apply to the Court for the relief demanded in their Complaint, succinctly stated as follows, to-wit: That a Decree be entered adjudicating any and all right, title, estate, lien or claim which you or any of you have or claim to have in, to or upon the real property situated in Jackson County, Oregon described as follows, to-wit:

Beginning at the Northwest corner of section 2, in Township 39 South, Range 1 West of the Willamette Meridian, in Jackson County, Oregon, thence East 643 feet; thence South 1685 feet; thence South 78° 40' West 480 feet to the irrigation canal; thence along said canal to an intersection with the South line of the tract 1980 feet South and 365 feet East of the point of beginning; thence West 365 feet to the West line of Section 2, thence North along the West line of said Section 2 to the point of beginning;

Also, beginning at the North west corner of D.L.C. No. 37, in Township 39 South, Range 1 West of the Willamette Meridian in Jackson County, Oregon; thence East 1188 feet to the section corner; thence South 1980 feet to the Southerly boundary of D.L.C. No. 37; thence West 1214 feet; thence North 45 minutes East to the point of beginning, EXCEPT:

Beginning at the Northeast corner of Section 3, Township 39 South, Range 1 West of the Willamette Meridian, in Jackson County, Oregon; thence South 1100 feet; thence West 605 feet; thence North 1100 feet; thence East 605 feet to the place of beginning, and also EXCEPT:

Beginning at a point on the North line of Section 3, Township 39 South, Range 1 West of the Willamette Meridian, in Jackson County, Oregon, 605 feet West of the Northeast corner of said Section 3; thence South 1100 feet; thence West 583 feet; thence North 1100 feet; thence East 583 feet to the place of beginning, and also EXCEPT:

Beginning at a point which is situated 1100 feet South of the Northeast corner of Section 3 in Township 39 South, Range 1 West of the Willamette Meridian, in Jackson County, Oregon; thence West 1188 feet to the West line of D.L.C. No. 37 in said Township and Range; thence South 880 feet to corner; thence East 564.5 feet to the center of the County Road; thence North 41° East 761 feet; thence North 529 feet to the place of beginning.

And declaring any and all such claims to be null and void; and declaring that the said Plaintiffs are the owners in fee simple of said premises, and of the whole thereof, free and clear of any and all right, title, estate, lien or interest of said Defendants, or any of them, and that each and all of the Defendants herein, and each and all persons claiming, or to claim by, through or under them, or any of them, be forever enjoined, restrained and barred from asserting, attempting to establish or claiming any right, title, estate, lien or interest in or to said property, or any portion thereof, and that Plaintiffs' title to said premises be forever quieted and set at rest.

The date of the Order for Publication of this Summons is 29th day of May, 1944. The time prescribed for publication of this Summons is once each week for four consecutive weeks.

Dated and first published this 29th day of May, 1944.

FRANK J. VAN DYKE,
Attorney for Plaintiffs
Post Office Address: Swedenburg building, Ashland, Oregon

**Notice To Creditors**

In the County Court of the State of Oregon for the County of Jackson.

In the Matter of the Estate of Mattie Gillis, deceased.

Notice Is Hereby Given that I have been duly and regularly appointed Administratrix with the Will annexed of the above entitled estate under and by virtue of an order of the County Court of Jackson County, Oregon, duly made, rendered and entered upon May 26, 1944, and all creditors having claims against said deceased are hereby notified to present the same duly verified to me at the office of my attorney George M. Roberts, 201-205 United States National Bank Building, Medford Oregon, within six months from the date of this notice.

Dated at Medford, Oregon, this 26th day of May 1944.

JESSIE L. CARVER
Administratrix with the Will Annexed of the Estate of Mattie Gillis, deceased.

**Notice of Filing Final Account**

In the County Court of the State of Oregon for the County of Jackson.

In the Matter of the Estate of Nellie G. Reed, deceased.

Notice Is Hereby Given that the undersigned has filed her final account and report in the above entitled estate and that by order of the County Court in and for Jackson County, Oregon, a hearing upon the same has been set for Wednesday, the 21st day of June, 1944, in the County Court Room at the Court House in Medford, Jackson County Oregon, at the hour of ten o'clock, A. M.

All persons having objections thereto are hereby notified to present the same on or before such time.

BERTHA COY ROSS
Administratrix with the Will Annexed of Estate of Nellie G. Reed, deceased.
George M. Roberts
Attorney for Estate

**Notice of Filing Final Account**

In the County Court of the State of Oregon for the County of Jackson.

In the Matter of the Estate of Alice H. Norris, deceased.

Notice Is Hereby Given that the undersigned has filed his final account and report in the above entitled estate and that by order of the County Court in and for Jackson County, Oregon, a hearing upon the same has been set for June 14th, 1944, in the County Court Room at the Court House in Medford, Jackson County, Oregon, at the hour of ten o'clock, A. M.

All persons having objections thereto are hereby notified to present the same on or before such time.

ROBT. K. NORRIS
Administrator of the Estate of Alice H. Norris, deceased.
George M. Roberts
Attorney for Administrator

## On the Radio Chains

STATIONS:

Chain affiliation and where they are on the dial:

KALE (MBS) 1330, Portland. KEX (NBC-Blue) 1190, Portland. KGA (NBC-Blue & MBS) 1510 Spokane; KGO (NBC-Blue) 810 San Francisco; KGW (NBC-Red) 620, Portland; KJR (NBC-Blue) 1000, Seattle; KNX (CBS) 1070 Los Angeles, KOA (NBC-Red) 850 Denver; KOIN (CBS) 970, Portland; KOMO (NBC-Red) 950 Seattle; KPO (NBC-Red) 680, San Francisco; KSL (CBS) 1160, Salt Lake City

Time Shown Is PWT

**Monday**

5:00 p. m.—OK for Release, NBC; Galen Drake, CBS; Terry and Pirates, BN

5:15 p. m.—Superman, MBS; Dick Tracy, BN

5:30 p. m.—Richard Crooks, NBC; Harry Flannery, news, CBS; Adventures of Tom Mix, MBS.

5:45 p. m.—News, CBS; Capt. Midnight, BN; Gordon Burke, MBS

6:00 p. m.—Song is Born, NBC; Radio Theater, CBS; Gabriel Heatter, MBS

6:15 p. m.—Screen Test, MBS.

6:30 p. m.—Spotlight Bands, BN; Information Please, NBC.

7:00 p. m.—Contented Hour, NBC; Screen Guild Players, CBS; Henry Gladstone, MBS; Raymond Gram Swing, BN

7:15 p. m.—People's Reporter, MBS; Top of the Evening, BN

7:30 p. m.—Dr. I. Q., NBC; Blondie, CBS; Lone Ranger, MBS; Horace Heidt Orch., BN

8:00 p. m.—Mercer's Music Shop, NBC; I Love a Mystery, CBS; Paul Neilson, news, BN.

8:15 p. m.—Fleetwood Lawton, NBC; Ed Sullivan, CBS; Lum and Abner, BN

8:30 p. m.—Cavalcade of America, NBC; Gay Nineties, CBS; Point Sublime, MBS; Counterspy, BN.

9:00 p. m.—Telephone Hour, NBC; Blind Date, BN; News, MBS; Adventures of Bill Lance, CBS.

9:30 p. m.—Fulton Lewis, Jr., MBS; Vox Pop, CBS; Hawthorne House, NBC.

10:00 p. m.—News, NBC; Music by Bovero, BN.

10:30 p. m.—Design for Dancing, NBC.

10:45 p. m.—Paul Page, singer, NBC; Boy, Girl and Band, BN

11:00 p. m.—Hotel Biltmore Orch., NBC; Gus Arnheim Orch., CBS.

**Tuesday**

5:00 p. m.—Terry and Pirates, BN; Galen Drake, CBS; OK for Release, NBC

5:15 p. m.—Charles Runyan, organist, NBC; Dick Tracy, BN; Superman, MBS.

5:30 p. m.—Date With Judy, NBC; Jack Armstrong, BN; Harry Flannery, news, CBS; Adventures of Tom Mix, MBS.

5:45 p. m.—Capt. Midnight, BN; Gordon Burke, MBS.

6:00 p. m.—Mystery Theater, NBC; Gabriel Heatter, MBS; Burns and Allen, CBS.

6:15 p. m.—Screen Test, MBS.

6:30 p. m.—Fibber McGee and Molly, NBC; Spotlight Bands, BN; American Forum, MBS; The Doctor Fights, CBS.

7:00 p. m.—Life With Charlotte, NBC; Raymond Gram Swing, BN; Columbia Presents Corwin, CBS.

7:15 p. m.—Lowell Thomas, MBS.

7:30 p. m.—Red Skelton, NBC; Red Ryder, BN.

7:45 p. m.—Tony Pastor Orch., CBS.

8:00 p. m.—Mercer's Music Shop, NBC; I Love a Mystery, CBS; Paul Neilson, news, BN; Tommy Reynolds Orch., MBS.

8:15 p. m.—Fleetwood Lawton NBC; Lum and Abner, BN; Passing Parade, CBS.

8:30 p. m.—Johnny Presents, NBC; Big Town, CBS; Duffy's, BN; Freedom of Opportunity, MBS.

9:00 p. m.—Ronald Colman Show NBC; News, MBS; Judy Canova, CBS; Let Yourself Go, BN.

9:15 p. m.—Rex Miller, MBS.

9:30 p. m.—Fulton Lewis, Jr., MBS

10:00 p. m.—News, NBC; Harold Sten Orch., MBS; Ba. Tabarin Cafe Orch., BN.

10:15 p. m.—Ted Straeter Orch., NBC.

10:30 p. m.—Edwin C. Hill, CBS. Ambassador Hotel Orch., BN; Strings for Meditation, NBC.

10:45 p. m.—Voice of a Nation, NBC; Jan Garber Orch., CBS.

11:00 p. m.—Biltmore Hotel Orch., MBS.

A 515-pound California black sea bass, largest ever taken, was caught by Wallace Beery at Santa Catalina in 1916.

# CHEAP CLOTHING COST UPPED, HINT

Washington, June 11—(U.P.)—The House today wrote an amendment into its price control extension bill which administration leaders said would double the price of cheap clothing. But the chamber recessed until Monday without considering highly controversial proposals to tie cotton textile prices to raw cotton parity.

It appeared doubtful that the House would vote on passage of the bill before late Monday at the earliest. The Senate yesterday passed a similar measure, to extend the price control act to July 1, 1945, after approving, 39 to 35, the so-called Bankhead amendments affecting cotton prices.

**PITCH IN**

Kent, Wash.—(U.P.)—War, the great equalizer, has placed high school students and faculty members side by side at jobs with the Kent plant of Northwest Metal Products Co. Teachers, including a high school principal and a coach, punch the clock along with a substantial number of their students whom the company has enlisted to help meet production schedules in the manpower-hungry area.


**ZERO CLUB**
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Delicious chicken and steak dinners, 7:00 p. m., 3 a. m., except Sunday. Phone daytime 5300; night 9101.

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DOUBLE.....$7.50 to $12
New Simmons Inner-Spring Mattresses — Free Showers. Clean Rooms!


## STRANGE AS IT SEEMS by JOHN HIX

## Crossword Puzzle

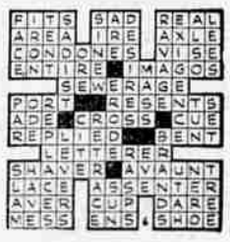
ACROSS

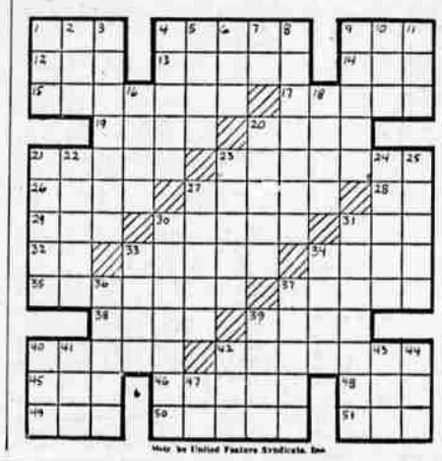
1—Marble
4—Frequently
9—Modest
12—African tribe
13—Fawning person
14—Beverage
15—Mountain lion
17—Patches
19—They eat oats
20—Apparent
21—Mislead
23—Squared stones
26—Master
27—Ems
28—Printer's measure
29—Roman bronze
30—Pert. to blood
31—Comb. form: life
32—Dates (abbr.)
33—Ocean steamer
34—Chop
35—Perfume
37—Machinist's tool
38—Poker pot
39—Germinated grain
40—Famed Italian prima donna
42—Something new
45—Hummingbird
48—Unsophisticated
49—Female sheep
49—Lair
50—Opens wide
51—Scion

DOWN

1—Open a keg
2—Arab's cloak
3—Meditates
4—Something else
5—Enemies
6—Sailor
7—Man's nickname
8—Pert. to lovely wood creatures
9—A flower
10—Ancient
11—Affirmative
16—Amphibian
18—Long fish
20—A movie prize
21—Sword
22—Loam deposits
23—Girl's name
24—Germany
25—Use tobacco
27—English coin
30—Alluding
31—Fights
33—Period of fasting
34—Healthy
36—The Devil
37—Washes
39—Stir
40—Cushion
41—Hail!
42—Bite
43—Pair
44—Desire (slang)
47—Anti-aircraft (abbr.)

ANSWER TO PREVIOUS PUZZLE



BARNEY GOOGLE and SNUFFY SMITH

BLONDIE

Due to failure of matrix to arrive from New York, the comic strip Blondie will not be published for three or four days.

BUZ SAWYER

L'IL ABNER

THE NEBBS

7:15 P.M.
LOWELL THOMAS NEWS TIME
DON LEE-MUTUAL
Standard of California

EVERYBODY'S SHOUTIN'
PEPSI-COLA
PEPSI AT THE FOUNTAIN
Pepsi-Cola Company, Long Island City, N. Y.
Franchised Bottlers: Pepsi-Cola Bottling Company of Medford

"Pin Worms Can't Harm MY Child!"
Better learn the Truth, Mother!
You may think that Pin-Worms are just a harmless nuisance. Or you may think that this tormenting, embarrassing infection strikes only certain types of people.
Don't you believe it! Rich or poor, young or old—anybody, anywhere can have Pin-Worms. And these crawling pests, living and growing inside the human body, can cause real distress. So watch out for the warning signs that may mean this nasty infection — the aggravating rectal itch; also, uneasy stomach, bed-wetting, nervous fidgeting and uneven appetite.
If you suspect Pin-Worms, get a package of P-W tablets right away, and be sure to follow the directions. P-W is the new Pin-Worm treatment developed by the laboratories of Dr. D. Jayne & Son, America's leading specialists in worm medicines.
Important Scientific Discovery
The small, easy-to-take P-W tablets contain a remarkable drug (gentian violet) that is being hailed by high medical authorities as the most effective means ever discovered for dealing with Pin-Worms. Thanks to this important new scientific discovery, P-W works in a special, gentle way to destroy stubborn Pin-Worms.
Ask your druggist: P-W for Pin-Worms!

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SUBURBAN HEIGHTS By GLUYAS WILLIAMS