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.

ANY PELLAGRA TODAY, LADY?

Some time ago you had an article on pellagra (writes Mrs. F. J.) but I forgot to cut it out. I wish you would describe pellagra and its symptoms.

Dr Brady

Pellagra is an extremely common disease. Although it may be more frequent and severer in some sections of the south than in the north, still there is no question now that mild pellagra is a common, if undiagnosed, condition among all classes throughout the United States and Canada.

Too many physicians still seem to imagine a patient can't have pellagra unless the classic three D's of the full-fledged disease are manifest — dermatitis, diaarrhea, dementia.

Waiting for such characteristic signs to show the nature of the disease is too much like the old time practice of ascribing a patient's trouble to run down condition, weak lungs, bronchial cough, etc., until the classical signs of **consumption** made the diagnosis of pulmonary tuberculosis inevitable.

Pellagra is a vitamin defiency disease, due principally to insufficient niacin (formerly called nicotinic acid) intake, with other nutritional deficiencies contributing to the condition in most cases.

Probably only a minority of persons who have mild pellagra are aware of the nature of their trouble. They readily ascribe the skin irritation, roughness and red or brown pigmentation on wrists, hands, elbows, face to "sunburn" or "eczema" and whatever digestive symptoms they have to "indigestion". As for the constitutional manifestations, if any, the victims dismiss them as "nervousness".

Pellagra is likely to occur among

(1) Poor and ignorant people who live on a diet rich in starches and sugars — white flour, refined corn meal, doctored "breakfast food," syrup or molasses, candy, sweetened beverages, and fat, but poor in proteins and vitamins.

(2) People who have lost many teeth and have not had them replaced with functionally useful dentures.

(3) People who depend on alcoholic beverages or liquors to supply any considerable part of their calories.

(4) People who for any reason follow restricted diets for long periods without competent medical assays of the nutritional adequacy of the diet or without supplementing the deficient diet with the necessary vitamins.

Among the foods which prevent and cure pellagra are fresh milk, fresh fruit, greens, garden fresh vegetables, tomato or tomato juice (fresh or canned), eggs, lean meat, plain wheat. Use of niacin, brewer's yeast powder or thiamin in any case is a mater for the physician to control.

QUESTIONS & ANSWERS

Predetermination of Sex

Expecting our baby in three months. Hoping for a girl—we have a boy. But the doctor tells us it is going to be another boy. (S. D.)

Answer—Of course no one can determine before birth the sex of the child.

Don't Monkey With X-Rays

If a dark spot shows on an X-ray picture is it always significant of trouble? Would it show if the person has . . . ? (Mrs. E. H. C.)

Answer—Better not meddle with such highly technical matters, Ma'am. It is sheer folly to have an X-ray picture or examination on your own. Leave all that to the judgment of your doctor.

Blood tonic

Please give me the name of a good blood tonic. I do not seem to have enough blood. (Miss C. M.)

Answer—Send ten cents and stamped self-addressed envelope for booklet "Blood and Health," which gives recipe for preparing and taking a good home made iron tonic. Your belief that you haven't enough blood does not necessarily mean that you are anemic or that a blood tonic is what you need.

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CIRCUS TICKETS AT HALF PRICE AT M-T OFFICE

Readin', 'ritin' and 'rithmetic will not stand in the way of Medford boys and girls who want to see Clyde Beatty and the famous Russell Bros. circus next Tuesday or Wednesday afternoon. Schools have already closed for the summer, and as it's first summer-holiday party, the Medford Mail Tribune has arranged a special circus day party for all boys and girls up to sixteen years of age.

Tuesday and Wednesday morning, special cut rate tickets for the Clyde Beatty Russell Bros. circus will be placed on sale at the Mail Tribune office, for only thirty-five cents, just half of the regular admission price.

All you have to do to obtain your ticket at this saving, is buy your ticket at the Mail Tribune office before noon circus day. Then present your ticket at the circus grounds and in you go to the main circus, where Clyde Beatty himself appears, battling forty ferocious man-eating lions and tigers; where the aerilists perform on the flying trapeze; where the three herds of performing elephants go through their lumbering routines; where the funny clowns convort; and where the thousand-and-one other features of the big show take place.

Yes sir! It's the Mail Tribune's circus day treat to all you boys and girls. So be on hand early, Tuesday and Wednesday morning if you want to see the circus at half-price.

Every kind of war goods susceptible of being loaded into airplanes is being moved today in the United States by air express, including such diversified materials as munitions, ordnance, tank parts, airplane parts, toxins, serums and machinery in great variety, according to the Railway Express.

The Sacramento and San Joaquin, principal California rivers, are said to be navigable for 180 and 88 miles above their mouth, respectively.

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 Cit.

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; Jack Armstrong, BN.

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.—Lowell Thomas, 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; Dateline, 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; News, CBS.

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; War Bond Day, CBS.

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; San Quentin On the Air, 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; Bal 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—Molinas Orch., CBS; Baltimore Hotel Orch., NBC.

John C. Garand, head engineer of the Army Ordnance's Springfield Armory and inventor of the world-famous Garand rifle, was recently awarded a medal for exceptionally meritorious conduct in the performance of outstanding services in the war by Cordell Hull, secretary of state and chairman of the Medal for Merit Board.

Use Mail Tribune Want Ads.

Chalker's Motel & Lodge
OFFICERS' CLUB
(Officers & Civilians)
Dine—Dance—Refreshments
Closed Mondays Reservations
Thursday Private Parties Only.
No Tax. No Cover Charge.
Phone Gold Hill 474

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

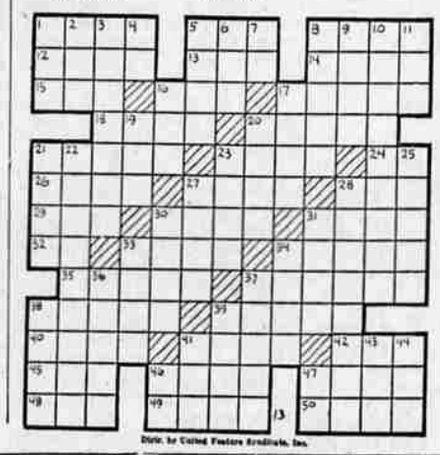
DOES YOUR CAR SOUND DIFFERENT LATELY?
TAKE IT TO HUMPHREY
PROMPT SERVICE ON
CHRYSLER PLYMOUTH DE SOTO
PARTS and REPAIR
HUMPHREY MOTORS
33 S. Riverside Dial 4980
"Save Your Car for Your Country"

STRANGE AS IT SEEMS by JOHN HIX

Crossword Puzzle

ACROSS

1—Senatorial caps
5—Card game
8—Cliff
12—Russian city
13—Lout
14—Queen of the gods
15—Valuable stone
16—Swiss river
17—Jewish festival
18—Chalcedony
20—Entices
21—Country in Asia
23—Lake
24—In direction of
26—God of Love
27—Cheek
28—Clever word
29—Annoy
30—Musical instrument
31—Fable
32—Musical note
33—Party giver
34—Passage in church
35—Splotches
37—Double-moldboard plow
38—Australian wild dog
39—Late Italian prima donna
40—Fury
41—Hurl
42—The letter "G"
45—Goddess of Discord
46—Ages
47—A lot
48—Jellify
49—Extinct bird
50—Other

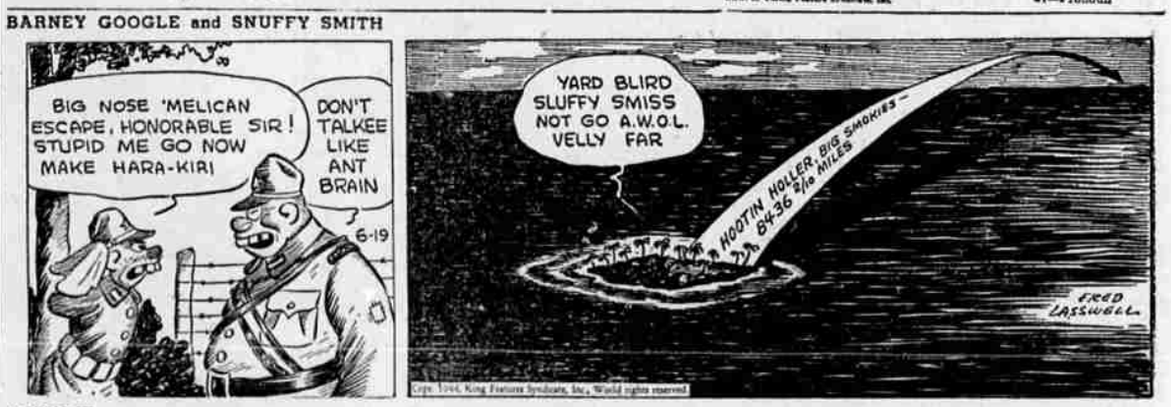


ANSWER TO PREVIOUS PUZZLE

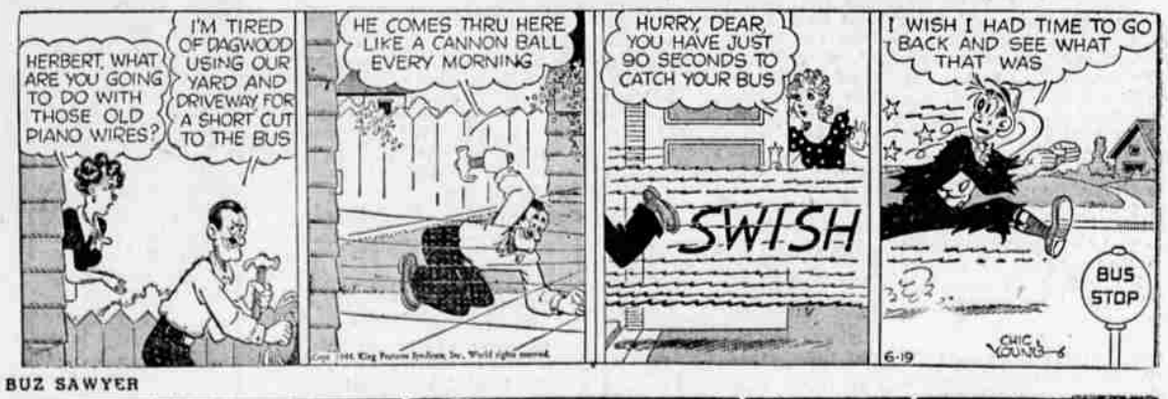
DOWN

1—Article of clothing
2—Mineral earth
3—An antelope
4—Man's nickname
5—Burden
6—Rowing tool
7—Preposition
8—Make butter
9—Rear (obs.)
10—Greek philosopher
11—Herd of whales
16—Craft
17—Knitting stitch
19—Roman coin
20—Turf
21—The linden
22—Illuminate
23—Civil wrong
25—Else
27—Chinese god
28—Remote
30—Tramp
31—Fog
33—Immense
34—Little islands
36—God's messenger
37—Lariat
38—Haul
39—Body of water
41—Also
43—Printer's measure
44—Examine
46—Man's nickname
47—Pronoun

BARNEY GOOGLE and SNUFFY SMITH



BLONDIE



BUZ SAWYER

L'IL ABNER

THE NEBBS

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 Northwest 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.

PIN-WORM ITCH MAY THREATEN YOUR CHILD'S HEALTH

Don't let your child suffer a single needless minute of misery with Pin-Worms! These pests are more than just a nuisance. Scientific facts now show that crawling Pin-Worms, living and growing inside your child's body, can cause real distress.

It is easy for anybody, anywhere, to catch this nasty infection, often without even knowing what is wrong. Learn the warning signs—the tormenting, embarrassing rectal itching; also, uneasy stomach, bed-wetting, nervous fidgeting, finicky appetite, and loss of weight.

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 discovery, P-W works in a special, gentle way to destroy Pin-Worms.

Ask your druggist: P-W for Pin-Worms!

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

PEPSI-THE BIG SHOT
PEPSI-COLA
ALL OVER AMERICA
Pepsi-Cola Company, Long Island City, N. Y.
Franchised Bottlers: Pepsi-Cola Bottling Company of Medford

See Humphrey NOW!
Humphrey Sells More
Humphrey Buys More
CASH FOR USED CARS
33 So. Riverside Dial 4980

SUBURBAN HEIGHTS By GLUYAS WILLIAMS