

Your Health and Its Care

BY DR. WILLIAM BRADY, M. D.
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HEALTH VALUE OF MILK

"Any person who wishes to retain the characteristics of youth to a late age, who wishes to have skin free from wrinkles... who desires firm muscle tone under the skin, who wishes to be more vigorous and retain that vigor until late in life, and who wants to live long should drink a quart of milk a day," says Adelle Davis (Optimum Health), Calif. Graphic Press, and most nutrition authorities agree with her.

Vitamin G (riboflavin), of which milk is the richest food factor, is essential to preserve the health of the skin and the hair and the eyes. In animals deprivation of this vitamin produces cataract—there is no positive evidence that riboflavin (vitamin G, vitamin B2 of the B-complex) prevents or helps to clear up cataract in man, but if I had anything like beginning cataract I'd make it my business to get an optimal daily ration of vitamin B-complex, particularly riboflavin. And a quart of milk every day, too.

Daily consumption of not less than a quart of milk is nearly as important as keeping all teeth in commission, for any one who wishes to keep young and live, not just exist his or her life expectancy. The average length of life in American people is now (1942) 64.82 years—a gain of 15½ years since 1900. After attaining the age of 65 years (retirement age) the average person may now count on 13.12 years more—these are actual statistics on which life insurance are based. In the face of these figures we must dismiss any notions we have cherished that the old timers attained old age more generally than people do today. Truth is that a far larger proportion of the entire population attain old age than ever before since actual records replaced hearsay and fancy.

"When the food is poor in vitamin G" (riboflavin, of which milk is the richest food source) "for any considerable length of time," wrote Prof. H. C. Sherman, one of the foremost authorities, "digestive disturbances, nervous depression, general weakness and deterioration of tone, and an unhealthy condition of the skin are apt to develop; the incidence of infectious disease is likely to be increased, vitality diminished, life shortened, and the period when life is at its prime greatly curtailed by the early development of the physical condition of old age."

All that for want of a quart of milk a day? So the nutrition authorities say. And Dr. Brady heartily concurs. I might even add that that is not the half of it—some good nutrition authorities believe a quart of milk a day is essential for the growing child, youth or young adult, but that a person of mature age may require only a pint a day to keep in fine fettle.

It is simple enough, then. All you have to do is keep or get all your teeth or your dentists, or at least 28 of them if you have never cut your wisdom teeth, in good working order, use 'em for chewing undenatured food, and have the milkman deliver your quart of milk every day.

QUESTIONS & ANSWERS

Calcium for Rheumatism
Have been taking calcium as you suggest for over a year for arthritis. It is the only thing I have found really beneficial. I am almost hopelessly crippled but calcium and vitamin D enabled me to work again. (Mrs. F. B. W.)

Answer—On request any reader may have the pamphlet "Calcium and Rheumatism"—inclose stamped self-addressed envelope. There have been many reports of benefit from this than from any other remedy or treatment I have mentioned. This column. One important feature—if it does no good at least in my opinion it can do no harm.

Burnt Toast
What is your opinion about eating toast that is burnt? (G. M.)
Answer—I can take it—provided the coffee hasn't been boiled. THAT'S the unforgivable—seriously, burnt toast is rather beneficial to eat now and then. (Copyright, 1944, John F. Dille Co.)

SUMMONS FOR PUBLICATION

IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR JACKSON COUNTY. WAYNE STANLEY BIRDSALL, Plaintiff,

vs. GEORGIA BIRDSALL, Defendant.

TO THE ABOVE NAMED DEFENDANT GEORGIA BIRDSALL: IN THE NAME OF THE STATE OF OREGON, 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 plaintiff will apply to the Court for a decree for the relief demanded in his complaint, succinctly stated as follows, to-wit: That the bonds of matrimony heretofore and now existing between the plaintiff and defendant be dissolved and held for naught.

This summons is published by order of the Honorable H. K. Hanna, Judge of the Circuit Court of Jackson County, Oregon, made and entered on the 28th day of July, 1944.

The time prescribed for publication of this summons is one each week for four consecutive weeks. The date of the first publication of this summons is the 31st day of July, 1944.

O. H. BENGTSON, Attorney for Plaintiff 126 East Main Street Medford, Oregon.

SUMMONS FOR PUBLICATION

IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR JACKSON COUNTY. WAUNITA RAQUER, Plaintiff,

vs. PAUL G. RAQUER, Defendant.

TO THE ABOVE NAMED DEFENDANT, PAUL G. RAQUER: IN THE NAME OF THE STATE OF OREGON, 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 plaintiff will apply to the Court for a decree for the relief demanded in her complaint, succinctly stated as follows, to-wit: That the bonds of matrimony heretofore and now existing between the plaintiff and defendant be dissolved and held for naught.

That plaintiff have the absolute custody of plaintiff's and defendant's minor child, with right and privilege of the defendant to visit the child at all reasonable times.

And for such further and other relief as the Court may deem equitable.

This summons is published by order of the Honorable H. K. Hanna, Judge of the Circuit Court of Jackson County, Oregon, made and entered on the 28th day of July, 1944.

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DEMOCRATS TOLD TO VOTE TICKET

Bonham, Texas, July 31—(U.P.) House Speaker Sam Rayburn told a harmonious pro-Roosevelt Fannin county convention here today that, if electors chosen by the people do not vote as directed, "they will be the greatest embezzlers of all time."

"I plan to vote for all nominees of the Democratic party from constable up to president and I want my vote counted," Rayburn said, speaking extemporaneously.

"If I were not a Democrat, I would not participate in the convention and primary."

Shady Cove

Shady Cove, July 31—Miss Alice Tosto of Crescent City, Cal., is spending a two-weeks vacation with her friends, the T. M. Littlefields, at their ranch near here. They were former neighbors in Del Norte county, California.

Mrs. Turner, primary teacher in Shady Cove school, has received word from her husband, who is now stationed in Texas, that he has received his commission as captain.

The Buzz Wheatman children are much improved from their recent illness and able to be around again.

Shady Cove P.T. A. sponsored a social evening at the school July 26. A large crowd attended. Cake and coffee were served and ice cream was sold; also a box of home-made candy contributed by Mrs. Trevis Littlefield, was auctioned off. The program included novelty song and dance, Gale and Dana Turner and Beverly Ann Sanford; song, Mary Segessman; song, Beverly and Lee Sanderson; song, Harry Sanford; music, by Myers family; song, violin and piano, Mr. and Mrs. Millard; impersonation by Mr. Myers; prehistoric Indian burial pottery, Paul Olsen; description of Yaqui Indian Easter ceremonial, by Mrs. Olsen; Indian dance, by George Hook.

Closing time for Sunday Too Late to Classify 5:30 Saturday afternoon—Please remember.

Exploding Magnesium Showers Firemen



(Acme Telephoto) Firefighters beat hasty retreat from exploding drums of magnesium dust during \$500,000 fire at National Smelting Co., Cleveland, O. Despite fierceness of blaze and cascading showers of sparks, no casualties were reported.

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; KGH (MBS-Hit) 1410, San Francisco; KGW (NBC-Red) 620, Portland; KJH (NBC-Blue) 1900, Seattle; KNN (CBS) 1070, Los Angeles; KOK (NBC-Red) 850, Denver; KORN (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 Pines, BN.
5:15 p. m.—Superman, MBS; Dick Tracy, BN.
5:30 p. m.—Voice of Firestone, NBC; Harry Flannery, news, CBS; Adventures of Tom Mix, MBS; Jack Armstrong, BN.
5:45 p. m.—News, CBS; Hop Harrigan, BN; Night News Wire, MBS.
6:00 p. m.—Song Is Born, NBC; Mayor of the Town, CBS; Gabriel Heatter, MBS.
6:15 p. m.—Screen Test, MBS.
6:30 p. m.—Spotlight Bands, BN; Man Named X, NBC; Lockwood and Vega Show, CBS.
7:00 p. m.—Contested Hour, NBC; screen Guild Players, CBS; Henry Gladstone, MBS; Raymond Gram Swing, BN.
7:15 p. m.—Lowell Thomas, MBS; Ted Malone, BN.
7:30 p. m.—P. L. Q., NBC; Thanks to the Yanks, CBS; Lone Ranger, MBS; Horace Heidt, BN.
8:00 p. m.—Mercer's Music Shop, NBC; I Love a Mystery, CBS; Paul Neilson, news, BN.
8:15 p. m.—Pleasant Laidlaw, NBC; Dateline, CBS; Lum and Abner, BN.
8:30 p. m.—Cavalade of America, NBC; Gay Nineties, CBS; Point Sublime, MBS; Conterbury, BN.
9:00 p. m.—Telephone Hour, NBC; Blind Date, BN; News, MBS; Adventures of Bill Laurie, CBS.
9:30 p. m.—Pulitzer Lewis, Jr., MBS; Vol. 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; News, CBS.

Tuesday
5:00 p. m.—Terry and Pines, BN; Galen Drake, CBS; OK for Release, NBC.
5:15 p. m.—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.—Hop Harrigan, BN; Night News Wire, MBS; News, CBS.
6:00 p. m.—Mystery Theater, NBC; Gabriel Heatter, MBS; Dr. Christian, CBS.
6:15 p. m.—Screen Test, MBS.
6:30 p. m.—Words at War, NBC; Spotlight Bands, BN; American Forum, MBS; The Doctor Fights, CBS.
7:00 p. m.—Charlotte Greenwood, NBC; Raymond Gram Swing, BN; Columbia Presents Corwin, CBS.
7:15 p. m.—Lowell Thomas, MBS; George Hicke, BN.
7:30 p. m.—Hildegarde, NBC; Red Ryder, BN.
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.—Pleasant Laidlaw, NBC; Lum and Abner, BN; Panning Parade, CBS.
8:30 p. m.—Johnny Presents, NBC; Big Town, CBS; Nic-Wit Court, BN; Freedom of Opportunity, MBS.
9:00 p. m.—Everything for Boys, NBC; News, MBS; Theater of Romance, CBS; Let Yourself Go, BN.
9:15 p. m.—Rex Mize, MBS.
9:30 p. m.—Pulitzer Lewis, Jr., MBS.

Rogue River

Rogue River, July 31—The library board met Wednesday evening to elect new officers.

Mrs. Myrtle McGregory was elected chairman and Mrs. Elizabeth Fowler, secretary.

The name of Mrs. Lulu Trolleur was submitted to fill Mrs. Sandry's place. Plans were to install a shelf of books in memory of Mrs. Sandry, now deceased.

Mr. and Mrs. Lloyd Smith of Vancouver, Wash., made a business trip to Rogue River last week. They also visited friends and relatives.

Mr. and Mrs. Fred Dengler returned Thursday from a vacation trip to Marshfield and Roseburg where they visited a daughter, Mrs. George Witlick and a son, Orville and families.

Scoutmaster Richard Hargitt and Scouts David Yeager, Bill McGregory, Bill Bean, Roscoe Hargitt, Richard Stockman, Frank Klith, Eugene Comings, George Stanfield and Herman Howard are enjoying a camping trip at Lake O'Woods.

Mr. and Mrs. Chester Whitney are enjoying a vacation at Crescent City.

Pollock's Hardware is a new store opened here recently in the Milton building.

A cement sidewalk is being built in front of the dance hall and the building is to be re-

modeled. Mr. Barney, who recently purchased it, will put in a machine shop.

Mrs. Forest Burnett has received word of the passing of her oldest brother, James Whiteside, in Missouri.

Arthur Whims is building a garage on his property on the corner of School street and Broadway.

Mrs. Mabel Wilson of Roseburg is visiting at the home of Sam Sandry and daughter, Doris. Grange members held a picnic at the home of Mr. and Mrs. W. L. Badley on Sunday. About 40 attended. All report a pleasant day. Another picnic will be held in August on the lawn at the Frank Hall home.

Sam Sandry is spending a few days at the Whipple-Sandry mine on Wards creek.

The many friends of Mrs. Bernice Howard were saddened to learn of her son, Bob, being killed in action in the South Pacific area. Bob lived here for some time and was known as Bob Dixon.

The sawmill is running 10 hours a day this week to catch up on orders.

REMEMBERS BOYS
Saina, Kan.—(U.P.)—Sgt. Chester Pierson of the Smoky Hill Army Air Field here recently received the vote of his barracks for the "most thoughtful soldier" of the week. Sgt. Pierson went on a furlough and was married, but he did not forget the boys. Several days after the wedding, Barracks 658 received a box of cigars.

STRANGE AS IT SEEMS by JOHN HIX



BARNEY GOOGLE and SNUFFY SMITH



BLONDIE



BUZ SAWYER



L'TL ABNER



THE NEBBES



ROME NEWS ORGAN PRESENTS ALBI

Vatican City, July 31—(U.P.)—A statement that the Monte Cassino Abbey, virtually reduced to rubble by Allied artillery and bombing, may never have been used by the Germans "for military purposes" was made today by Osservatore Romano, official news organ of the Vatican.

Osservatore's comment was provoked by a headline in yesterday's edition of Stars and Stripes, U. S. army newspaper, which said: "The Krauts are still using historic monuments to save their skins, first Cassino and presently the leaning tower of Pisa."

Osservatore answered: "If Stars and Stripes refers to Monte Cassino, we can say it was never established that the monastery was used for military purposes. So far, nobody has demonstrated the contrary."

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Crossword Puzzle

ACROSS
1—Confined
2—Title
3—Overdue debt
4—Calmed
5—Season
6—Season of spiritualists
7—Improve
8—Held court
9—Custom
10—Man's name
11—Part of molecule
12—Girl's name
13—Playing card
14—Least
15—Tatters
16—Chinese weight
17—Engineering degree
18—Pulse off
19—Ancient kingdom of Europe
20—Posterior
21—Level
22—Ripped
23—A tree
24—Beheaded
25—Town in Oklahoma
26—An insect
27—More tidy
28—Voiced
29—Treat
30—Shelters
31—Source of drugs

ANSWER TO PREVIOUS PUZZLE

DOWN
1—Fashion
2—Eloquent public speaker
3—Lair
4—Every
5—Imagined
6—Infamia
7—Encourage
8—National (abbr.)
9—Girth
10—Made an ugly face
11—Asian country
12—Carts
13—Symbol for calcium
14—Measure of length
15—Negotiate
16—Time
17—Prison
18—Fam trap
19—Hunger
20—Badly washed
21—Fight rings
22—Small beard
23—Commander
24—Approach
25—Man's nickname
26—Girt
27—Vale
28—Biblical tribe
29—University activity



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