

Your Health and Its Care

BY DR. WILLIAM BRADY, M. D.

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265 El Camino, Beverly Hills, Calif.

YOUNG FOLKS AND OLD FOLKS IN SAME BOAT

Lack of "pep," rheumatism, leg cramps at night and fatigability, the four most frequent complaints of persons who are physiologically older than their years are, in my opinion, manifestations of nutritional deficiency rather than signs of old age.

In preceding talks about this I suggested that people with these complaints supplement their ordinary diet with a daily ration of vitamin D (1500 to 3000 units) and vitamin B-complex (380 to 720 units thiamin, 1000 to 2000 micrograms riboflavin etc.) and, particularly those with rheumatism or leg cramps, additional calcium. All of this being for such persons essential food, not medicine—as essential for health and functional efficiency as in any other food.

The ideal way to get the necessary amounts of these essentials daily is of course in natural food. But let any ordinary citizen try to get genuine whole wheat bread to eat and see how far he goes in his movement back to nature. Or for that matter, try to buy a few pounds of unrefined, natural, raw sugar and see how quickly the merchants, clerks and your neighbors will mark you as a nut. Yet, short of replacing refined white flour with real whole wheat flour and refined white sugar with unrefined, natural, raw or brown sugar though not the pale imitation sugar refiners try to palm off on the public as "brown sugar" today it is practically impossible to get from even the most liberal and varied diet a youth or an adult or elderly person may take today enough of the essential vitamins D and B-complex and minerals calcium, phosphorus and perhaps iron and iodine to maintain good health, normal growth, functional efficiency and "pep."

You see, most of the calories in the average diet are derived from refined white flour and refined sugar or the delectable, appetizing, plentiful, cheap, always easy to eat or drink things made of them. If one gets over half of his daily calories from such items one just will not take enough of the so-called "protective" foods (foods that supply vitamins and minerals the body requires) to maintain the intake of vitamins and minerals on a level adequate for normal nutrition.

So, as I see it, the health of the nation is poor all around. The old folks and the young folks are in the same boat. Indeed they have the same complaints, although they prefer different ways of expressing them. So I prescribe the same remedy for grampa, grandma and the kids—supplement the diet with a daily ration of vitamin D, vitamin B-complex and a good dash of calcium and phosphorus. But remember, this is FOOD, not medicine.

QUESTIONS & ANSWERS

Rupture of Breast Is Fiercely
Can the injection treatment cure a rupture as well as a hernia? As our doctor explained it mine is a rupture and it would be impossible for injections to repair rupture. J. J. C.

Answer—Either you or your doctor misunderstands. Of course rupture or hernia is only another name for hernia. By whatever name it is as likely to be curable by the ambulatory injection method as it is by surgery. If I know of a physician in your vicinity who is skilled in the ambulatory method I will be glad to name him by mail if you provide stamped envelope bearing your address. Many of the best doctors I did have my list are now in military service. I do not answer clippings.

I was thrilled by your recent article—Milk the Best Food. Have all my life been a big milk drinker. Raised on a farm where we always had plenty of milk, cream, butter.

Answer—Why does a question like this turn up when it is hours since breakfast? Any way go to the dairy in the hills, where we could watch the farmer's Colie trot down, over the creek bridge, up into the woods on the hillside, drive the cows back to the barn. Then, boy, oh boy—the state of that fresh live milk—all we could drink at cowhide. You failed to mention cheese—and every kind of cheese, all other persons and parties unknown claiming any right, title, estate, lien or interest in the real estate described in the complaint here in, Defendants.

TO THE ABOVE NAMED DEFENDANTS AND TO EACH AND ALL THEREOF:

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, said period of four weeks being the time prescribed for publication hereof, and if you fail to so appear and answer said complaint, for want thereof the plaintiff will apply to the Court for the relief demanded in its complaint, to-wit:

Lots 4, 5 and 6 in Block 4, and lots 7, 8, 13 and 14 in Block 1 of Tuttle's Third Addition to the City of Medford, Jackson County, Oregon, described as follows, to-wit:

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

O. B. WADDELL,
Administratrix of Estate of Rowland Harris McGonigal, deceased.

GEORGE M. ROBERTS,
Attorney for Estate.

NOTICE TO CREDITORS
In the County Court of the State of Oregon for Jackson County, In the Matter of the Estate of JOHN RONALD PATRICK, deceased.

Notice is hereby given that the undersigned was on August 18, 1944, appointed Administratrix of the above entitled estate, by order of the County Court for Jackson County, Oregon. All persons having claims against said estate are required to present them to the undersigned at the office of G. A. Codding, Attorney at Law, 212 Liberty Building, Medford, Oregon, within six months from August 22, 1944, the date of the first publication of this notice.

DORIS MAY FITZPATRICK,
Administratrix.

G. A. CODDING,
Attorney for Administratrix.

YICK SO CHINESE HERB CO.

REMEDIES FOR STOMACH ULCERS
Heart Rheumatism Asthma Catarrh Piles,
Prostate Gland Eczema, and all disorders
of Liver, Kidney Trouble, and other complaints disappear after using

CHINESE HERBS

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J. H. Leong, Herbalist

Phone 5817

21st day of August, 1944, prescribing that this summons be served by publication thereof each week for four consecutive weeks in the Mail Tribune, a daily newspaper published in Medford, Jackson County, Oregon, August 22nd, 1944, is the date of the first publication of this summons.

F. P. FARRELL,
Attorney for Plaintiff,
306 Fluhrer Building,
Medford, Oregon.

Summons for Publication
In the Circuit Court of the State of Oregon for Jackson County, MANA DIXON BRIDGES, Plaintiff, vs. DAVID LAWRENCE BRIDGES, Defendant.

To the above named Defendant, David Lawrence Bridges: 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 to so 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 the plaintiff be granted sole custody of the plaintiff's and defendant's minor child, David Lawrence Bridges, Jr.

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 11th day of August, 1944.

The time prescribed for publication of this summons is once each week for four consecutive weeks. The date of the first publication of this summons is the 15th day of August, 1944.

O. H. BENTSON,
Attorney for Plaintiff.

126 East Main Street, Medford, Oregon.

Summons for Publication
In the Circuit Court of the State of Oregon for Jackson County, JESSIE ARDINA MAY, Plaintiff, vs. MACK HARRISON MAY, Defendant.

To the above named Defendant, MACK HARRISON MAY: 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 to so 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 the plaintiff be granted sole custody of the plaintiff's and defendant's minor child, Ardina Ann May.

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 11th day of August, 1944.

The time prescribed for publication of this summons is once each week for four consecutive weeks. The date of the first publication of this summons is the 15th day of August, 1944.

O. H. BENTSON,
Attorney for Plaintiff.

126 East Main Street, Medford, Oregon.

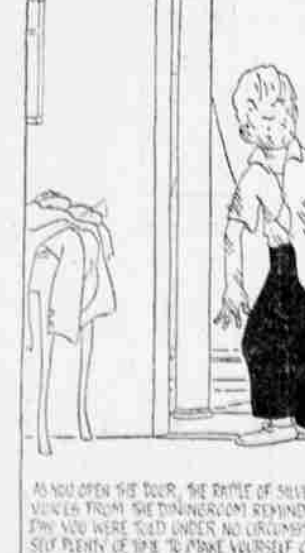
SUMMONS
IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR JACKSON COUNTY, J. I. FENTON, Plaintiff, vs. LUELLA MAY FENTON, Defendant.

TO: Luella May Fenton, defendant above named.

IN THE NAME OF THE STATE OF OREGON you are hereby notified and required to appear in the above entitled Court and cause and answer the complaint of plaintiff now on file therein against you within four weeks from the date of the first publication of this Summons, which is the 14th day of August, 1944, and if you fail to appear and answer within the time required, for want thereof, the plaintiff will apply to the Court for a Decree of divorce

ZERO CLUB
Out of bounds, civilians only
Delicious chicken and steak
dinners 7:00 p. m. 3 a. m.
except Sunday Phone day
time 3300; night 9101

THE MINUTE THAT SEEMS A YEAR
By GUYAS WILLIAMS
8-26-44



from defendant. This summons is served upon you once a week for four consecutive weeks by Order of Honorable H. K. Hanna, Judge of the above entitled Court, which order was made on the 10th day of August, 1944.

Cris Newbury,
Attorney for Plaintiff,
U. S. National Bank Bldg.,
Medford, Oregon.

On the Radio Chains
STATIONS:

Chain affiliation and where they are on the dial:
KALE (MBS) 1330, Portland; KX (NBC-Blue) 1190, Portland; KGA (NBC-Rue & MBS) 1510, Spokane; KGO (NBC-Blue) 810, San Francisco; KGW (NBC-Red) 630, Portland; KJR (NBC-Blue) 1000, Seattle; KXN (CBS) 1070, Los Angeles; KOA (NBC-Red) 850, Denver; KOIN (CBS) 570, Portland; KOME (NBC-Red) 890, Seattle; KPO (NBC-Red) 680, San Francisco; KSL (CBS) 1160, Salt Lake City.

Time shown is PWT

Tuesday
5:00 p. m.—Terry and Pirates, BN; Fletcher Wiley, 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.—The Doctor Fights, CBS; Gabriel Heatter, MBS; Burns and Allen, 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; Suite to France, CBS.
7:15 p. m.—Lowell Thomas, MBS; George Hicks, 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; Sam Quenton on the Air, MBS.
8:15 p. m.—Roy Maypole, NBC; Lum and Abner, BN; Passing Parade, CBS.
8:30 p. m.—Johnny Presents, NBC; Big Town, CBS; Nit-Wit Court, BN; Freedom of Opportunity, MBS.
8:45 p. m.—Everything for Boys, NBC; News, MBS; Theater of Romance, CBS; Let Yourself Go, BN.
9:00 p. m.—Fulton Lewis, Jr., MBS.
9:15 p. m.—New, NBC; Night of Monte Cristo, MBS; Bai Tabarin, CBS; Ted Malone, BN.
9:30 p. m.—Ted Straeter, MBS; NBC; Cavallaro, CBS; MBS.
10:00 p. m.—Edwin C. Hill, CBS; Ambassadors, Hotel Orch., BN; Strings for Meditation, NBC.
10:45 p. m.—Jimmy Dorsey, MBS; Hotel Orch., NBC.
Wednesday
5:00 p. m.—Fletcher Wiley, CBS; Terry and Pirates, BN; OK for Release, NBC.
5:15 p. m.—Superman, MBS; Dick Tracy, BN.
5:30 p. m.—Jack Armstrong, BN; Harry Flannery, news, CBS; Adventures of Tom Mix, MBS.
5:45 p. m.—Louis P. Lochner, NBC; Night News Wire, MBS; Hop Harrigan, BN; News, CBS.
6:00 p. m.—Alan Young Show, NBC; Gabriel Heatter, MBS; Hop Harrigan, BN; News, CBS.
6:15 p. m.—News, BN; Screen Test, MBS.
6:30 p. m.—Mr. District Attorney, NBC; Bailey Show, CBS; First Nighter, MBS; Spotlight Bands, BN.
7:00 p. m.—Kay Kyser's Kollege, NBC; Raymond Gram Swing, BN; Great Moments in Music, CBS.
7:15 p. m.—Lowell Thomas, MBS; Ted Malone, BN.
7:30 p. m.—Lone Ranger, MBS; Scaramo, BN.
8:00 p. m.—Mercer's Music Shop, NBC; Paul Neilson, news, BN; I Love a Mystery, CBS; Line, MBS.
8:15 p. m.—Roy Maypole, NBC; Lum and Abner, BN; Passing Parade, CBS.
8:30 p. m.—Beat the Band, NBC; My Best Girl, BN; Dr. Christian, CBS; Bulldog Drummond, MBS.
9:00 p. m.—Mr. and Mrs. North, NBC; Allan Jones with Woody Herman's Orch., CBS; News, MBS; Dunning, BN.
9:30 p. m.—Fulton Lewis, Jr., MBS.
10:00 p. m.—The Colonel, CBS; Thomas Feltus, Orch., BN; Bai Tabarin Cafe Orch., BN; Kirby Orch., MBS.
10:15 p. m.—Cari Ravazza, Orch., MBS.
10:30 p. m.—The Colonel, CBS; Thomas Feltus, Orch., BN; Bai Tabarin Cafe Orch., BN; Kirby Orch., MBS.
10:45 p. m.—Biltmore Hotel Orch., NBC; News, CBS.

F. R. ELECTORS UPHELD
Dallas, Texas, Sept. 5.—UPI.—The Dallas Times-Herald said tonight in a special front-page article that the Texas Democratic convention meeting in Dal-

las Sept. 12 has the legal right to require the party's presidential electors to cast the Texas electoral college vote for the Roosevelt-Truman ticket.

Coal has been known for over 2000 years.

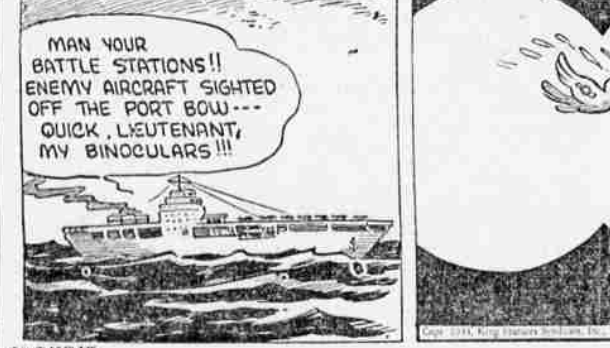
Salem, Ore., Sept. 5.—UPI.—Members of the state highway commission will make an inspection trip of eastern Oregon highways and hold conferences with groups in various cities. It was announced today.

CHALKER'S MOTEL and LODGE
OFFICERS' CLUB
(Officers and Civilians)
Dine - Dance - Refreshments
The Most Unique Spot in Southern Oregon. Home Cooked Chicken Dinners Our Specialty. 5 Miles North Gold Hill on Pacific Highway. Overlooking the Rogue River. Closed Mondays, Thursdays, Private Parties Only. No Cover Charge. Reservations: Phone Gold Hill 474

STRANGE AS IT SEEMS by JOHN HIX



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BLONDIE



BUZ SAWYER



LTL ABNER



THE NEBBES



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• Clicquot Club Eskimo Cooler works overtime for your pleasure... as a tangy taste-refresher by itself—or a delightful mixer to make a long, tall one better. Save on the 32-ounce size!

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Crossword Puzzle



HOLD YOUR FIRE!!
IT'S A NAVY CARRIER-PIGEON -- FIRST CLASS!! CLEAR TH RUNWAY FOR A CRASH-LANDING!!



MR. BEASLEY--
QUICK!
GRAB MY SHOE!



I DON'T KNOW HOW MUCH TO CHARGE YOU--THIS HAS NEVER COME UP BEFORE



WELL, LT. SAWYER, SO WE MEET AGAIN.



HA!! HA!! HA!!
BAW-W!!
SOB!!

