

Your Health and Its Care

BY DR. WILLIAM BRADY, M. D.
Readers should address inquiries to Dr. William Brady
285 El Camino, Beverly Hills Calif.

UNTO THE FOUR

Not since I visited the certified milk farm where I had all the fresh milk I wanted, have I been so uplifted and then so cruelly let down—at the farm they made me pretend to eat some extremely uninteresting beefsteak and stuff while the men were milking, and then, dadblast it, they went and cooled the milk before they served it. If I want cold milk I can get it out of our own refrigerator. When I want fresh milk I want it straight from the cow—or goat—and no fooling.



Well, today's mail brings a letter that establishes some kind of record. Here, read it: Dear Dr. Brady— I was talking to my husband's grandfather who is now 87 years old and is in perfect health except for (well, we'll delete mention of the exception). Grandfather told me that his family (wife and four children) read your column and had always considered your advice of much value. He said he once had his son-in-law (my husband's father) look up when you were in — giving a lecture, and that you were a good natured man, robust with health, a fine man and an honest doctor (all right, that's enough blarney to indicate that I'm no Scandinvian). Grandfather was born in . . . he and Grandma, now 83, are the dearest, most lovable (here we go again, folks . . .) They are expecting their fifth great grandchild—our first—in December, and would ap-

TH GENERATION

preciate receiving "Preparing for Maternity" and "The Brady Baby Book."

Signed (Mrs. G.A.E.) It may be a bit presumptuous to call it the fourth generation, but I submit the letter as evidence that I have been health adviser for at least 3 1/2 generations of the family, and that, I believe, is a record, so far as the health column goes. But health columning and answering many letters every day is not all beer and bowling. I was lifted to the skies by this letter. Plumb delighted. And then suddenly I was dashed to the ground when I found the writer signed only initials—I hope that was only thoughtlessness.

QUESTIONS & ANSWERS
You recommended eye exercises in your column. My doctor says I have myopia (near-sightedness) and eye exercises can do me no good. He says it will tend to progress toward the worse as I grow older. I am a school teacher. The doctor says I should give up teaching and find work which doesn't require use of my eyes for close fine work. Is he right? (M. L.)

Answer—Yes. Only eye exercises I have recommended for myopia or other fault of vision is frequent looking up from near work and out at distant scene, and every kind of open air plan, work or recreation that affords the chance to REST the eyes by viewing distant scenery. There is some evidence to support the opinion that vitamin D deficiency may be a factor of myopia (near-sightedness) in youth. It can do no harm in any case to adopt the practice of supplementing the daily diet with a good ration of vitamin D.

Calcium Is Chalk and Chalk Is Calcium
Your advice about calcium and vitamin D has stopped me from eating chalk. For years I had had the craving. (Mrs. K. A.)

Answer—Well, chalk is calcium carbonate, not so pure as the calcium gluconate, calcium carbonate, di-calcium phosphate, etc., commonly used in medicine, but not so different either. Perhaps the vitamin D enabled you to assimilate calcium better, and so your body's need was satisfied. Most people suffer from calcium shortage. Send stamped envelope bearing your address, and ask for pamphlet "The Calcium Shortage"—but do not send a clipping—you must ask for what you want.

Menopause
Is there any way to tell when one is completely through the menopause or past the critical time? (Miss E.M.C.)

Answer—There is no critical time if by that you mean your menses. Send stamped envelope for pamphlet "The Menopause." Do not send a clipping. (Copyright 1944, John F. Dale Co.)

Chase, Roxy Ann, Fluhrer's Bakery, Medford.

4th light fat lamb, Bill Ferns, Fern Valley, Samson Feed & Seed, Medford.

4th heavy fat lamb, Ted Wiloughby, Bellview, Safeway Stores, Inc.

5th heavy fat lamb, Clarice Brantley, Bellview, F. W. Whitman, Central Point.

5th heavy fat lamb, Bob Wiloughby, Bellview, F. W. Whitman, Central Point.

6th heavy fat lamb, Gladys May, Bellview, Mark A. Gold, Medford.

6th light fat lamb, Jim Lillie, Roxy Ann, Medford Bargain House, Medford.

Heavy fat lamb, Laura May, Bellview, Safeway Stores, Inc.

Light fat lamb, Donald Nichols, Bellview, Kerr Market, Ashland.

Light fat lamb, Ann Christensen, Gold Hill, Everett's Lunch, Medford.

Light fat lamb, Bob Carr, Fern Valley, Dr. Chas. W. Lemery, Medford.

Heavy fat lamb, Ned Smith, Bellview, F. W. Whitman, Central Point.

Light fat lamb, Geo. Christensen, Gold Hill, F. W. Whitman, Central Point.

Heavy fat lamb, Vernon Lehman, Roxy Ann, Kampfer's Market, Medford.

Light fat lamb, George Carr, Roxy Ann, Safeway Stores, Inc.

Light fat lamb, Charles Fakama, Bellview, Faber's Market, Central Point.

Heavy fat lamb, Donald Lehman, Roxy Ann, Burrell Redpath, Medford.

SIFTED STOCK
Heavy Hereford, Della Walch, Antelope, Groceries Food Market, Medford.

Hereford, Barbara Dawson, Valleyview, Brown's Cafe, Medford.

Hereford, Bernard Engel, Bellview, A-1 Brewery, Medford.

Hereford, John Ryan, Westside, Deaver & McCurley, Medford.

Hereford, Jerry Pitts, Bellview, Valentine's Cafe, Medford.

Shorthorn, Cora Whitchee, Lee Derby, Crater Meat Co., Medford.

Hereford, Cecil Wade, Reese Creek, Valentine's Cafe, Medford.

Hereford, Jim Damon, Lake Creek, Valentine's Cafe, Medford.

Hereford, Fay Ash, Upper Rogue, Medford Meat Co., Medford.

(To be continued)

On the Radio Chains

STATIONS:
Chain affiliation and where they are on the dial:
KALB (MBS) 1230, Portland.
KKA (NBC-Blue) 1190, Portland.
KKA (NBC-Blue & MBS) 1510, Spokane.
KGO (NBC-Blue) 810, San Francisco.
KJW (NBC-Red) 620, Portland.
KJW (NBC-Blue) 1000, Seattle.
KNN (CBS) 1070, Los Angeles.
KOA (NBC-Red) 850, Denver.
KOIN (NBC-Red) 950, Portland.
KOMO (NBC-Red) 950, Seattle.
KPO (NBC-Red) 680, San Francisco.
KSL (CBS) 1160, Salt Lake City.
Time shown is PWT

Sunday
5:00 p. m.—Charlie McCarthy, NBC, News, CBS, Mediation Board, MBS.
5:30 p. m.—One Man's Family, NBC, Rhythm Inn, CBS, Monday Morning Headlines, BN.
6:00 p. m.—Drew Pearson, BN: Gabriel Heatter, MBS.
6:30 p. m.—Mersey-Go-Round, NBC, Walter Winchell, BN: Radio Reader's Digest, CBS, Steel Horizons, MBS.
6:15 p. m.—Basin St. Chamber Music, BN.
6:30 p. m.—American Album Familiar Music, NBC, Summer Star Theater, CBS.
6:45 p. m.—Jimmie Fidler, BN.
7:00 p. m.—Hour of Charm, NBC, Leave It, CBS, Goodwill Hour, MBS.
7:30 p. m.—Tremayne Gleason, NBC, Fanny Brice, CBS, Keep Up With the World, BN.
8:00 p. m.—Greenfield Village Choir, BN: Crime Doctor, CBS, Great Gildersleeve, NBC.
8:15 p. m.—Story Behind the Head-



TODAY!

EDWARDS COFFEE
RHYTHM INN

Music . TED STRAETER
Laughs BRITT WOOD
Songs . KITTY CRAWFORD

AND THE EDWARDS
COFFEE CHORISTERS

KOIN

5:30 P.M.

EVERY SUNDAY

SPONSORED BY
EDWARDS COFFEE

Flavor famous for over 40 years

4-H Livestock Auctioned As Concluding Feature Of Club's Annual Fair

(Continued from Friday)

4th-heavy Hereford, Barbara Culbertson, Antelope, Valentine's Cafe, Medford.

4th-Angus, Robert Ryan, Westside, Safeway Stores, Inc.

5th-light Hereford, Harold Walch, Antelope, Fluhrer Bakery, Medford.

5th-hvy It. Hereford, Peggy McCurley, Westside, Man's Dept. Store, Medford.

5th-It. hvy. Hereford, Walter Cahall, Antelope, Medford Meat Co., Medford.

5th-heavy Hereford, Henry Padgham, Roxy Ann, Franklin's Cafe, Medford.

5th-Angus, Walter Byrd, Bellview, Kerr's Meat Market, Ashland.

Angus—Bernice Bigham, Antelope, Groceries Food Market, Medford.

6th-light Hereford, Dwayne Lehman, Roxy Ann, Kampfer's Market, Medford.

6th-hvy It. Hereford, Neil Sullivan, Reese Creek, Vern Robinson, Medford.

6th-It. hvy. Hereford, Richard Wilcox, Bellview, Safeway Stores, Inc.

6th-heavy Hereford, Bill Williams, Ashland Elks Club, Ashland.

Angus—Gerald Ousterhout, Little Bt. Guyer's Market, Medford.

Light Hereford, Jean Damon, Lake Creek, Peerless Market, Medford.

Light Hereford, Jack Canfield, Upper Rogue, George Fields, Medford.

Heavy Hereford, Tommy Carlton, Upper Rogue, Groceries Food Market, Medford.

Heavy Hereford, Phyllis Woolridge, Roxy Ann, Luman Bros., Medford.

Heavy Hereford, Dale Bigham, Antelope, Safeway Stores, Inc.

Heavy Hereford, Clara Mae Bigham, Antelope, Luman Bros., Medford.

Hvy. It. Hereford, Lois Fields, Willow Springs, Humphrey Motors, Medford.

Hvy. It. Hereford, Wayne Lemley, Valleyview, Crater Lake Motors, Medford.

It. hvy. Hereford, Betty Bradshaw, Lake Creek, Hotel Medford, Medford.

It. hvy. Hereford, Charlotte Kent, Antelope, Harper Meats,

Medford.

Lt. hvy. Hereford, Charles Ashpole, Roxy Ann, Groceries Food Market, Medford.

Lt. hvy. Hereford, Bill Blair, Rogue River, Safeway Stores, Inc.

Lt. hvy. Hereford, Thora Millard, Upper Rogue, Kampfer's Market, Medford.

Heavy It. Hereford, Merton Bradshaw, Lake Creek, Luman Bros., Medford.

Angus, Robert Byrd, Bellview, Kampfer's Market, Medford.

SWINE
Placing
2nd Chester White, Albert Al-Central Point.

2nd Duroc Jersey, Joel Straus, 1st, Table Rock, Faber's Market, Howard, Faber's Market, Central Point.

3rd Chester White, Dick Chamberlain, Eagle Point, Faber's Market, Central Point.

3rd Duroc Jersey, Bob Ca., Fern Valley, Mountcrest Ranch, Hill, Calif.

4th Chester White, David Doran, Table Rock, Wm. Perry, Eagle Point.

5th Chester White, Ernest Smith, Table Rock, Burrell Redpath, Medford.

6th Chester White, Dick Bradshaw, Lake Creek, Faber's Market, Central Point.

Chester White, Larry Nelson, Antelope, Faber's Market, Central Point.

Chester White, Leon Morgan, Sams Valley, Kampfer's Market, Medford.

Chester White, Wayne Smith, Table Rock, Medford Seed & Feed Co., Medford.

Chester White, Ralph Wyant, Lake Creek, Faber's Market, Central Point.

Pon of 4 hogs, Dale Schulz, Sams Valley, Crater Meat Co., Medford.

SHEEP
1st heavy fat lamb, Leroy Pederson, Roxy Ann, Kampfer's Market, Medford.

2nd light fat lamb, Bruce Field, Willow Springs, Ashland Planning Mill, Ashland.

2nd heavy fat lamb, Lucille Smith, Table Rock, F. W. Whitman, Central Point.

3rd light fat lamb, Evelyn Ferns, Fern Valley, Mountcrest Ranch, Hill, Calif.

3rd heavy fat lamb, Carmen



NATIONAL WAR FUND • FOR OUR OWN • FOR OUR ALLIES

ON THE STANDARD HOUR

Sunday - 8:30 P.M.

KMED

YOUR WAR CHEST PRESENTS

JEANNETTE MACDONALD

PAUL MUNI

with the

STANDARD SYMPHONY ORCHESTRA

Conducted by HENRY SVEDROFSKY

PROGRAM

Military Medley . . . Newman
In Memoriam . . . Still
Vocal Solo (to be selected) by Jeannette MacDonald
Marche Joyeuse . . . Chabrier

Narration by Paul Muni, The Last Four Words . . . Auslander-Rosen
Russian Sailors' Dance . . . Gliere
Vocal Solo (to be selected) by Jeannette MacDonald
Symphony No. 5: First Movement . . . Beethoven

STANDARD OF CALIFORNIA

SUBURBAN HEIGHTS

By GLUYAS WILLIAMS

(Reprinted by The New York Times)

YOU SHOULD HAVE HEARD ME WHEN I TOLD YOU HOW TO RUN YOUR BUSINESS CAMPAIGN

I THINK YOU GIVE DORCAS TOO MUCH CREDIT

NOW THAT THE JUDGE IS OUT OF TOWN SHE'S PESTERING ME

HER MOTHER PROBABLY PUT HER UP TO IT

OH NO, MRS. UNSEED IS SO BOUND. THAT SWEET RETIRING OLD LADY, THE JUDGE IS VERY FOND OF HER

YOU MEN ARE SO BOUND. THAT SWEET OLD LADY, THE JUDGE IS VERY FOND OF HER

THE IRON HAND IN THE VELVET GLOVE, EH?

THAT'S ABOUT THE IRON HAND IN THE VELVET GLOVE, EH?

UNSEED DIDN'T TELL HER DAUGHTER WHAT TO SAY DORCAS WOULD BE TONGUE-TIED!

BY PRECISELY A BLINDING HEADACHE, FRED DREW OUT OF A BRIDGE DATE WITH THE LAFETTES, BECAUSE HE CAN'T STAND THE WAY MRS. LAFETTE SLAPS HER CARDS DOWN. INSTEAD HE AND HIS WIFE STAYED OVER TO THE PLUNKERS FOR A FEWER OR TWO. A FEW MINUTES BEFORE THE LAFETTES DROPPED IN, TOO

Lines, NBC: Dorothy Thompson, BN.

8:30 p. m.—Symphony Hour, NBC, Quiz Kids, BN: Blondie, CBS, Tonight at Hokey's, MBS.

9:00 p. m.—Bill Lance, CBS, News, Ure, NBC.

9:15 p. m.—Rex Miller, MBS.

9:30 p. m.—Human Adventure, MBS: Jack Benny, NBC.

10:00 p. m.—News, NBC; In Focus, BN.

10:15 p. m.—Blue Preview, BN.

10:30 p. m.—Bob Berkey Orch, CBS.

10:30 p. m.—Transatlantic Call, CBS: Pacific Story, NBC.

10:45 p. m.—Jan Garber Orch, CBS.

11:00 p. m.—El Francis Hotel Orch, NBC: Emory Deutsch, MBS; Eddie Garr Show, CBS.

11:15 p. m.—OK for Release, NBC: Fletcher Wiley, CBS; Terry and Pity, 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: Captain Midnight, BN: Night News Wire, 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 Program, NBC: Screen Guild Players, CBS: Henry Gladstone, MBS: Raymond Gram Swing, BN: News, MBS.

7:15 p. m.—Lowell Thomas, MBS: Ted Malone, BN.

7:30 p. m.—Dr. I. Q. NBC: Thanks to the Yanks, CBS: Lone Ranger, MBS: Horace Heidt Orch, BN.

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

8:15 p. m.—Roy Maypole, NBC: Hedda Hopper, CBS; Lum and Abner, BN.

8:30 p. m.—Cavalcade of America, MBS.

Chalkers' Motel & Lodge OFFICERS' CLUB

Dine-Dance-Refreshments Chicken and Steak Dinners

Most Unique Place in So. Ore. CLOSED MONDAYS

Thursdays Private Parties Only—For Reservations Ph. Gold Hill 474

FATAL NAP

Concord, Calif., Sept. 30—(AP) Robert L. Rasmussen, 48, (Box 69) Cedar Ridge, Grass Valley,

was instantly killed early this morning, when he apparently fell asleep at the wheel of his car and crashed into a parked truck a half mile outside of Concord.

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

KYLE'S RESTAURANT

CHICKEN AND STEAK DINNERS

Open 6 p. m. to 2 a. m.

Phone Central Point 472 for reservations. On the Pacific Highway at Central Point. Out of Bounds for Service People

ZERO CLUB

Out of bounds, civilians only

Delicious chicken and steak dinners 7:00 p. m. 3 a. m. except Sunday Phone day time 5300; night 9101

STRANGE AS IT SEEMS By ERNEST HIX

"TOWER OF OBLIVION"

CASTLE OF MOHAMMED THE CONQUEROR

PRISONERS WHO ENTERED IT WERE NEVER SEEN OR HEARD OF AGAIN!

Turkey

AN ARMY BACK MULE CHARGED AT AN ANGLE OF 45° FULLY LOADED!

THE RIVER THAT JUMPED 300 MILES!

THE RHINE AND "YELLOW RIVER" OF CHINA HAD CHANGED ITS COURSE AND TOOK A NEW PATH TO THE SEA—300 MILES FROM THE OLD ONE! (It is the same as if its Mississippi should turn at St. Louis and flow to the sea through Texas)

NBC: Gay Nineties, CBS: Point Sub-

line, MBS: Counterpoint, BN: 9:00 p. m.—Telephone Hour, NBC: Blind Date, BN: News, MBS: The Whistler, CBS.

9:30 p. m.—Pulton Lewis, Jr., MBS: Vol. Pop, CBS: Hawthorne House, NBC: Green Hornet, BN.

10:00 p. m.—News, NBC: Music by Bovera, BN: Sherlock Holmes, MBS: 10:30 p. m.—Sonny Dunham Orch, CBS: Sweetheart Swingtime, NBC: 10:45 p. m.—Boy, Girl and Band, BN.

11:00 p. m.—Berni Cummins Orch, CBS.

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