

Your Health and Its Care

BY DR. WILLIAM BRADY, M. D.
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THE DANGEROUS AGE

Asking for the pamphlet on the Menopause (mailed on request if you inclose stamped envelope bearing your address—do not send a clipping, but ask for what you want) Mrs. M. M. expresses a misapprehension which is far too prevalent and I fear causes too much groundless fear or too much procrastination in getting proper medical advice.

"My sister," says this correspondent, (well, let us say her sister suffered a disaster such as you or I or any one may suffer, regardless of age, sex or state of health) "during the menopause, and another sister is in a state hospital because of mental derangement following" (never mind just what major operation for just what condition) "during the menopause. Yet you say this period is NOT one of crisis and danger!"

That period, ma'am, is just as dangerous as any other period or epoch of life or nearly as dangerous and critical as, say, infancy, youth middle age or old age. All I say is that it is NOT MORE DANGEROUS for a woman to be alive at the age of 45 to 55 than it is at the age of 30 to 40 or at the age of 60 to 70. That tragedy came to your sister when she was around 50. Mental illness is no more significant so far as cessation of menstruation is concerned than such misfortune or illness is at the age of 20, 40 or 60 years.

I do not mean to imply that women suffer no disturbance of

health or comfort attributable to the menopause. A good many women unquestionably experience distress from the hot flashes that often, not always occur for a year or more during the menopause. On the other hand, a good many women never experience any trouble at all throughout the "change of life."

Normally a woman should suffer no particular trouble when she reaches the menopause. Just cessation of menstruation in the course of a year or less.

My advice to any woman, married or unmarried, who does develop any impairment of health or any disturbance of "nerves" or mind, is this: Never mind what the well meaning, but ignorant (health-ignorant, physiologist-ignorant) older women may say, but disregard your sex and age and take your complaint to your doctor. It is in fact nobody's business but yours and your doctor's.

QUESTIONS & ANSWERS

Old Folks and Young Folks
We are a couple 60 years old and then some, working and we want to keep it. Have you any pamphlet that would help us keep our pen? (S. A. J.)

Answer—Yes, one just published. "Old Folks and Young Folks"—send stamped self addressed envelope and ask for it.

Dandruff
I avoid barber shops as much as possible because the barber always insists on trying to sell me some perfumed liquid dandruff remover. Can you suggest any remedy to clear up dandruff? (B. L. R.)

Answer—Your troubles have just begun—when your hair begins to fall the barber will start selling you hair restorer. Insist on control of dandruff in pamphlet Care of the Hair—for copy send stamped envelope bearing your address.

Blood Pressure
Please tell me if coffee and eggs are harmful to high blood pressure. I'm 48 years of age. (Mrs. C. F. D.)

Answer—In moderation, no. But, Ma'am, high blood pressure is a manifestation of either some serious disease or of some bad health habits. Only your own physician can advise you what to do about it.

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ROUGE RIVER UNIT TO RESUME WORK MAKING BANDAGES

Rogue River Surgical Dressing Unit will reopen October 19, at the City Library under a sponsorship of the Rogue River Civic Club. Surgical dressings will be made from 10 a. m. to 4 p. m. every Thursday, according to Mrs. Alva Black and Mrs. R. W. Hargitt, chairman and assistant chairman. Both Mrs. Black and Mrs. Hargitt spent a training day for supervisors in the Medford work rooms.

Final arrangements for reopening of the unit, which worked from March through August, 1943, were made at a meeting called by the Rogue River Civic Club, Sept. 29. Mrs. Gus Newbury, chairman of surgical dressings of Jackson county, and Mrs. Fred Rankin, executive secretary, spoke on the needs for additional workers in the county. The quota for September and October alone is 176,000 dressings.

Officers of the Civic club are Mrs. P. L. Straham, president; Mrs. Rollin Jones, secretary; Mrs. Elizabeth Fowler, treasurer. Supervisors Mrs. H. S. Deuel and Mrs. J. J. Emmmons from the Medford unit will assist Mrs. Black and Mrs. Hargitt in instructing on the opening day, October 19. All women in the Rogue River community are urged to attend and register for service.

On the Radio Chains

Chain affiliation and where they are on the dial:
KALE (MBS) 1330, Portland.
KXN (NBC-Blue) 1190, Portland.
KXIA (NBC-Blue & MBS) 1510.
Spokane: KJAO (NBC-Blue) 840.
San Francisco: KGW (NBC-Red) 620, Portland; KJH (NBC-Blue) 1070.
Low Angeles: KCA (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; Fletcher Wiley, CBS; Terry and P. Tracy, 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 in a Room, 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.
7:30 p. m.—Dr. I. Q. NBC Thanks to the Yanks, CBS; Lone Ranger, MBS; House of Horrors, BN.
8:00 p. m.—Mercury Music Shop, NBC; I Love a Mystery, CBS; Paul Neilson, BN.
8:15 p. m.—Roy Maypole, NBC; Hedda Hopper, 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; The Whistler, CBS.
9:30 p. m.—Fulton Lewis, Jr., MBS; Vox 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 Donham, NBC; Sweetheart Sweettime, NBC.
10:45 p. m.—Boy, Girl and Band, BN.
11:00 p. m.—Berni Cummins, NBC, CBS.

Tuesday
5:00 p. m.—Terry and P. Tracy, 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.—Capt. Midnight, BN; Night News Wire, 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.—Date with Judy, NBC; Spotlight Bands, BN; American Forum, MBS.
7:00 p. m.—Bob Hope, NBC; Raymond Gram Swing, BN.
7:15 p. m.—Lowell Thomas, MBS; George Hicks, BN.
7:30 p. m.—Hildegard, NBC; Red Ryder, MBS.
8:00 p. m.—Mercury Music Shop, NBC; I Love a Mystery, CBS; Watch World Go By, BN.
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.
9:00 p. m.—Everything for Boys, NBC; News, MBS; Theater of Romance, CBS; Let Yourself Go, BN.
9:15 p. m.—Rev. Miller, MBS.
9:30 p. m.—Million Dollar Club, CBS.
10:00 p. m.—News, NBC; Count of Monte Cristo, MBS; Bai Tabarin Cafe, BN.
10:15 p. m.—Tad Strasser, NBC.
10:30 p. m.—Edwin C. Hill, CBS; Ambassador Hotel, BN; Sweetheart Sweettime, NBC.
11:00 p. m.—Talks, CBS; Baltimore Hotel, NBC.

Brownsboro

Brownsboro, Oct. 2.—Mr. and Mrs. E. Iveson and children of Gerlach, Nev., visited friends in this vicinity last week. The Ivesons were former residents of this community.

Mr. and Mrs. Reed Charley are visiting their daughter Janet in Portland. Miss Charley is a cadet nurse in a hospital in Portland.

Lyle Beeny returned home Sept. 27 from a business trip to Elko, Nev.

Mrs. Leland Charley and daughter Charmayne Lea have returned from Seattle after spending a month with Mrs. Charley's mother, Mrs. Lamphar.

Herald Meyer, Seaman third class of Farragut, Idaho, is spending his furlough with his parents, Mr. and Mrs. Henry Meyer.

Leroy Fernlund, Seaman 1st class from the east coast is home visiting his parents, Mr. and Mrs. Fred Fernlund.

Mrs. H. W. Wright and daughter Dorothy have returned from Chicago and Madison, Wis., where they visited relatives for a few weeks. Ensign Wm. H. Wright of Cornell University, Ithaca, N. Y., also spent three days with his mother and sister there during his leave. He has been transferred to Miami, Fla., for advanced training. The Wrights also visited Miss Lois Wright at Portland. While there they attended the launching and christening of a ship on Sept. 23, in the Willamette shipyards where Miss Wright is a welder.

OLIVER TRACTORS

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

(Continued from Sunday)

Shorthorn, John Axtell, Upper Rogue, Crater Meat Co., Medford. Shorthorn, Bill Padgham, Roxy Ann, Crater Meat Co., Medford. Hereford, Kenneth Welch, An-

telope, Franklin's Cafe, Medford. Hereford, Claude Waddell, Reese Creek, F. W. Whitman, Central Point. Hereford, Dick Padgham, Roxy Ann, Franklin's Cafe, Medford. Fat Lamb, Betty Lillie, Roxy

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Ann, F. W. Whitman, Central Point.
Fat lamb, Ramona Estramado, Gold Hill, F. W. Whitman, Central Point.
Fat lamb, Billy Davis, Applegate, F. W. Whitman, Central Point.
Fat lamb, Bob Ferns, Fern Valley, F. W. Whitman, Central Point.
Rabbits, Bill Kramer, Howard, Grant Nelson, Medford.
Rabbits, Sydney Nelson, Howard, Henry Padgham, Medford.

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Relief At Last For Your Cough

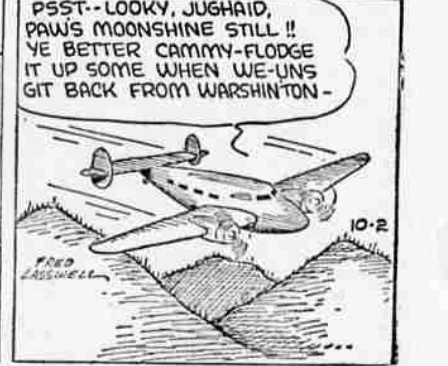
Cremulsion relieves promptly because it goes right to the seat of the trouble to help loosen and expel germ laden phlegm, and aid nature to soothe and heal raw, tender, inflamed bronchial mucous membranes. Tell your druggist to sell you a bottle of Cremulsion with the understanding you must like the way it quickly always the cough or you are to have your money back.

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STRANGE AS IT SEEMS By ERNEST HIX



BARNEY GOOGLE and SNUFFY SMITH



What About Real Estate?

Babson Says Now Is Time To Sell Old Houses

By Roger W. Babson

Babson Park, Mass., Sept. 19 (Special Correspondence) — I don't know what is happening in all sections of the country; but I am getting many very bullish reports on the demand for small and medium sized houses. Houses that could have been bought for \$7,000 six months ago are now being sold at \$10,000. There has not been much activity as yet in vacant land, but houses are turning over very rapidly at large price increases.

What Are the Reasons For Home Purchasing?
As birds instinctively build nests, so married couples like to have a home. Up to the present time many of them have not had the money to buy a home. Furthermore, there have been enough vacant houses which could be rented. All at once people have realized that they now have enough money to buy a house on a safe mortgage and, at the same time, find it very difficult to rent a house. These people might be doing the wise thing if they can get the houses at reasonable prices; but it would be better for them to "sleep in a tent" for awhile than to play foolishly high prices.

The real estate market today is where the stock market was in 1928. Then when people suddenly discovered that the supply of good stocks was limited, they stampeded one another buy stocks. Hence, the market went to unwarranted high prices and then collapsed in the fall of 1929. Frankly, I think the same thing will some day happen again. People will find that the present supply of good stocks is limited and, before long, will stampede to buy them. This will result in the stock market selling at much higher prices; but finally, through a fear of communism or some other bugaboo, prices will again collapse. Both houses and stocks are governed by the same law of action and reaction tempered by the frailties of human nature.

Selling Advised Rather Than Buying

During the past few years I have been advising the purchase of homes believing that the then prevailing prices were less than the cost of reproduction. Today, in those sections where there is a scarcity of homes, such real estate is a better sale than a purchase. This does not mean that you should sell yourself out of a home, but if you have more than one house this may be the time to cash in on the extra one. Germany will crack some time between November 7, 1944, and

March 7, 1945. How long Japan will hold out after Germany cracks depends on Uncle Joe Stalin. With his active help we could finish Japan in three months; but without his help it may take up to three years. At any rate, we can now see the end of the conflict which will mean a resumption of building.

Price Drop May Come After War

After the war the government will encourage the building of houses with favorable loans and other means. Within two years there may be a surplus of new houses for sale at lower prices than you can now buy second-hand houses. This should cause a drop in the price of the existing houses which are in such demand today. Therefore, if you did not buy a year or more ago, when I so earnestly advised it, don't make any thoughtless real estate purchases now.

There has not been much increase as yet in the price of land. Therefore, this is my advice to readers who want a new home: (1) continue to save your money, putting one-half in Series "E" war bonds and the other half in a savings bank deposit. (2) Begin now to look for a small piece of land where you can get town water, electricity, telephone and space for a small kitchen garden. Have it within walking distance of a store, post office church and school, or else near a bus line so not to be dependent on an automobile.

Don't Build Now, Just Make Plans

Do no building now although you can put in the concrete cellar if you wish to and in most communities can engage the brick, lumber, etc. Get a stand-alone plan from your builder and have it understood that he is to build your house as soon as the war is over. Then you should get a better house than you can now buy and should get it for less money.

Closing time for Classified ads 9 a. m. — Too Late to Classify, 12:30 p. m.

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Across From Craterian Theatre — Phone 4174
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DOUBLE..... \$7.50 to \$12
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