

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.

THE VINEGAR TOPER

I have a habit of drinking vinegar (writes Mrs. L. J., who says she is 25 years old and weighs 110 pounds—which is probably 16 pounds too little if she is of average height for women of that age). I drink about a tablespoonful a day. After drinking it I feel lots better. Will it hurt me?

From frequent inquiries it would seem that the notion is commonly prevalent that one who overeats can reduce by drinking some vinegar every day.

As a condiment a few drops of vinegar on your cabbage or beans, if you prefer it to lemon juice, is harmless, although it is well to remember that vinegar is practically dilute citric acid and citric acid is utilized in the body. Therefore, citric acid may be regarded as food, and acetic acid, taken in excess of the few drops as condiment, may "chemically produce an injurious effect" (Webster) and thus act as a poison.

Pure acetic acid, officially called glacial acetic acid (glacial means resembling ice) is a clear liquid with characteristic pungent odor, sometimes used as a caustic for destroying warts, corns and the like.

The correspondent taking her nip of vinegar daily, just because she likes it, probably will not shrivel up and waste away nor become pickled, but, on the off chance that she may still wish to keep her youthful good looks I suggest that she switch to lemon juice, straight or diluted with water, or orange juice—these are wholesome, healthful, good sources of vitamins A, B-complex and C and always desirable in the daily diet (the fruit or its juice) to preserve the acid-base balance in blood and tissues. Like tomatoes and most fruits the citrus fruits or their juices tend to keep the blood alkaline and to oppose

acidosis. Vinegar, on the other hand, tends to make the blood and tissues less alkaline, the urine acid. So I say, instead of becoming a vinegar toper gratify that craving by taking a glass of tomato juice or lemon or grapefruit or orange or other citrus fruit juice, or any combination of these that suits your fancy. This will improve your health and vite and appearance. Vinegar will not.

Let me remind you that I use vinegar as a condiment and I know no reason why every one should not do so. I like lemon juice on salad greens, spinach, etc., but for my baked beans and boiled cabbage I want vinegar. And if I were going to have sliced cucumbers—but, come now, let's keep our tempers—you have vinegar on your cucumbers if you like. I refrain from commenting upon your taste.

QUESTIONS & ANSWERS

Flappy Arms Can you tell me how to get the upper part of arms hardened or firm? Flappy arms? I call them that. Answer—If you mean there are pads of flabby fat around the shoulders and upper arms, follow the regimen outlined in the chapter "Reducing on Four Square Meals a Day" in the booklet "Rules for Reduction"—for copy send 25 cents and stamped self-addressed envelope.

Doctor Laughed I consulted our doctor about the injections for development of the breasts and he just laughed at me. I thought I was led to think one could get such treatment from a physician. Answer—If such semi-weekly hypodermic injections of the hormone are indicated any competent physician will give the treatment a try. But whether or no, when your doctor laughed at you he told you plainly enough, did he not, that he does not believe in your confidence? A doctor should laugh with his patient, not at her.

Running Ear Several years ago I followed your advice for running ear. My daughter had been afflicted with running ear for months without benefit. The discharge ceased after we used the drops (boric acid crystals and grain alcohol) for about three months, and she has had no further signs of it now in over three years.

Thank you for the report. Since I first recommended such drops for chronic running ear, it has become difficult to get the solution (boric acid, ten grains, in grain alcohol, one fluid ounce) without prescription. If your druggist cannot supply it on your request, there is nothing further I can do about it—possibly your physician will give the necessary prescription. Details of the treatment in pamphlet mailed on request (no clipping will do) if you provide stamped self-addressed envelope. (Copyright 1944, John F. Dille Co.)

COURT HOUSE NEWS

Marriages Morris Dennis Hart and Virginia Baker. Roy J. Saunders and Lillian Marjorie Neilson. James R. Crawford and Ilene Alberta Newbold. Howard Lawrence Barto and Vivian Norman Barto. Reuben Raymond Guehes and Effie Jane Eaton. George Turner Wright and Margaret Ray Stevens. Joseph Ronald Wallace and Allie Martha Metala. Robert DeWayne Griffith and Marjorie Rosezetta Myers.

Divorces Filed Aldis Kerr vs. Inez V. Kerr. Robert Arthur Wilcox vs. Eleanor Wilcox. Joe A. Thomas vs. Gladys Ida Lee Thomas. Elsie E. Ramsdell vs. John L. Ramsdell. Alice Herman vs. Gerald Herman. Clara Beckworth vs. Nelson Beckworth.

Probate Court Estate of Clarence Cota, deceased. Estate of George F. King, deceased. Guardianship of Donald Kim-

mel, Edward Kimmel and Bobby Kimmel, minors, estate of Isadore Brewer, deceased. Estate of Arthur L. Finley, deceased.

Deaths Martha C. Roberts and J. E. Roberts to Peter C. Olson, administrator; warranty deed. Peter C. Olson, administrator to Mina A. Olson and Emma J. Anderson; warranty deed. Clarence C. Pierce and Marjorie L. Pierce; warranty deed. Alfred Anderson and Emma J. Anderson to Clarence C. Pierce and Marjorie L. Pierce; warranty deed. Marjorie L. Pierce to Dee Gentry and Hazel Gentry; warranty deed. F. E. Wahl and Zelma A. Wahl; warranty deed. Dee Gentry and Hazel Gentry; quitclaim deed. Jackson County Building and Loan Association to A. J. Hanby and Mary Lauretta Hanby; warranty deed. A. J. Hanby and Mary Lauretta Hanby to George W. Goodman and Susan Louise Goodman; warranty deed. Mattie E. Pickett to M. A. Putney and Marie L. Putney; warranty deed. G. F. Kincheloe to Grace Phillips; warranty deed. Nellie Williams to Glen Vaughn and Ruth Vaughn; deed. Walter A. Johnson and Sue C. Johnson to Sam R. Pollard and Clara L. Pollard; easement. John A. Gritsch and Birdie L. Gritsch to Leonard Clark and Mildred E. Clark; warranty deed. Mary Browne to Levern H. Reich and Nellie Reich; warranty deed. S. J. Snyder to George A. Lhamon and Hanna A. Lhamon; warranty deed. George B. Brown and Mabel Brown to Fred B. Portland and Esther L. Portland; warranty deed. Sheriff, Syd I. Brown, to Hobart A. Ditworth and Clara F. Ditworth, redemption certificate.

Hollywood Park Ready for Opening



Once an aircraft parts storage center, Hollywood Park, Hollywood, Calif., spruces up its appearance for forthcoming Nov. 1 opening for racing—the first meet in Southern California since 1917.

On the Radio Chains STATIONS: Chain affiliation and where they are on the dial: KALE (MBS) 1330, Portland. KEA (NBC-Blue) 1190, Portland. KVA (NBC-Blue & MBS) 1210, Astoria. KGO (NBC-Blue) 810, San Francisco. KGW (NBC-Red) 820, Portland. KJH (NBC-Blue) 1090, Seattle. KXN (CBS) 1070, Los Angeles. KQA (NBC-Red) 850, Denver. KOIN (CBS) 970, Portland. KUMU (NBC-Red) 850, Seattle. KFO (NBC-Red) 680, San Francisco. KSL (CBS) 1160, Salt Lake City. Time shown is PWT

Friday 5:00 p. m.—Terry and Pirates, BN; Fletcher Wiley, CBS; OK for Release, NBC. 5:30 p. m.—Dick Tracy, BN; Superman, MBS. 6:30 p. m.—Jack Armstrong, BN; Harry James, NBC; CBS; Adventures of Tom Mix, MBS. 7:45 p. m.—People, NBC; NBC; Capt. Midnight, BN; Night News Wire, MBS; News, CBS. 8:00 p. m.—Gaelic Healer, MBS; Hollywood Mystery Time, CBS. 8:15 p. m.—Screen Test, MBS. 8:30 p. m.—People Are Funny, NBC; Spotlight Bands, BN; That Brewster Boy, CBS; Double of Nothing, MBS. 9:00 p. m.—People, NBC; Amos-Andy, NBC; Durand and Moore, CBS; Clara Luce, BN; Dale Carnegie, MBS. 9:15 p. m.—Lowell Thomas, MBS; Ted Malone, BN. 9:30 p. m.—Bill Stern, NBC; Stage Door Canteen, CBS; Lone Ranger, MBS. 9:45 p. m.—Music Shop, NBC; I Love a Mystery, CBS; Fights, MBS. 10:00 p. m.—The Barker Family, BN; Press Club, CBS. 10:30 p. m.—Duffy's Tavern, NBC; Gene Buck, NBC; It Pays to Be Ignorant, CBS. 10:45 p. m.—Furlough Fun, NBC; News, MBS; Aldrey, NBC; CBS; Meet Your Navy, BN. 11:00 p. m.—Fulton Lewis, Jr., MBS; Adventures of Thin Man, CBS. 11:15 p. m.—Lee Smith, pianist, NBC. 11:30 p. m.—News, NBC; Bal Tabarin Cafe Orch., BN. 11:45 p. m.—Ambassador Hotel Orch., BN. 12:00 p. m.—Pal Page singer, NBC; Ambassador Hotel Orch., BN. 12:15 p. m.—Hittmore Orch., NBC; News, BN; News, CBS.

Saturday 5:00 p. m.—Thomas Peluso Orch., NBC; Youth On Parade, CBS; This is Halcyon, MBS; Eddie Condon, BN. 5:30 p. m.—Dorothy Desmond, NBC; Gilbert and Sullivan, BN; Music, MBS. 6:00 p. m.—Louis F. Lochner, NBC; Night News Wire, MBS; News, CBS. 6:30 p. m.—Music Hall, NBC; This is the 30's, NBC. 6:45 p. m.—Charley Chan, NBC; Spotlight Bands, BN. 7:00 p. m.—Saturday Serenade, CBS. 7:15 p. m.—Guy Lombardo Orch., BN. 7:30 p. m.—Remember, BN; Mayor of the Town, CBS. 7:45 p. m.—Grand Old Opry, NBC; Red Ryder, MBS; March of Time, BN. 8:00 p. m.—News, NBC; Downbeat Derby, MBS; Early American Music, BN. 8:15 p. m.—American String Quartet, NBC. 8:30 p. m.—Abie's Irish Rose, NBC; Inner Sanctum, CBS; Letand Stove, BN. 9:00 p. m.—Music from Hollywood, BN; Hit Parade, CBS; News, MBS. 9:15 p. m.—Dream Boat, MBS. 9:30 p. m.—The Stars Trio, NBC. 9:45 p. m.—Don't You Believe It, CBS; Lee Simms, pianist, NBC. 10:00 p. m.—News, NBC; Music by Gill, BN. 10:15 p. m.—Musical Americana, NBC. 10:30 p. m.—Betty A. Day, warranty deed. 10:30 p. m.—Hotel St. Francis Orch., NBC; Henri Busse Orch., CBS. 10:45 p. m.—Hotel Biltmore Orch., NBC; News, CBS; This Moving World, BN.

W. F. Crowell and Estella Crowell to Blanche Tiede and Josephine Tiede, warranty deed. James P. Milton and Lelah A. Milton to Milton B. Foster and Kathryn H. Foster, warranty deed. Orville D. Hart and Pauline B. Hart to William Brown and Alice M. Simmons, warranty deed. Elton R. Daly and Thelma A. Daly to William Brown and Alice M. Simmons, warranty deed. William H. Ross and Mabel V. Ross to Elton R. Daly and Thelma A. Daly, warranty deed. Arthur E. Cooper and Doris Cooper to E. E. Gilling and Belle Gilling, warranty deed. J. Curtis Barnes to Frank Age and Mae Age, warranty deed. Frank Age and Mae Age to Arthur C. Knudsen and Evelyn G. Knudsen, warranty deed. City of Ashland to Gas-Ice Corporation, Thelma Childers and Harry Childers to K. H. Nelson and May Nelson, warranty deed. K. H. Nelson and May Nelson to Jesse B. Bynum and Maude Bynum, warranty deed. R. B. Fry and Midge E. Fry to Burton F. Shultz and Hattie Shultz, warranty deed. Eugene A. Campbell and Fay T. Campbell to Wallace W. Ragdale and Doratha Ragdale, quitclaim deed. Orval Riggs and Mildred Riggs to Thomas H. Rickman and Minnie G. Rickman, warranty deed. Louise Knighten and Chester A. Knighten to L. W. Hardin and Elizabeth Hardin, warranty deed. S. S. Randles to Harry K. Randles and Ruth E. Randles, deed. R. O. Walker, Charles and Vivian Green Ling to Gladys I. Knott, warranty deed. Sheriff, Syd I. Brown, to Willis J. Walkes Estate, redemption certificate. Walter E. Allen and Lois A. Allen to John C. Walker and Violet M. Walker, warranty deed. Emma Merriman to Chester H. Merriman and Beatrice Merriman, warranty deed. Ruida Anderson to Wm. M. Briggs and Dorothy Briggs, quitclaim deed. Celia A. Andrews and G. A. Andrews to Fay Lawson, warranty deed. George F. Follett, William M. Craspey and Sherman T. Follett to George W. Handy and Ada Handy, quitclaim deed. Earl J. Hardy and Susan Hardy to George W. Handy and Ada Handy, quitclaim deed. Mina Wooten to George W. Handy and Ada Handy, quitclaim deed. Edna M. Wooten and Lana E. Craspey to George W. Handy and Ada Handy, quitclaim deed. George W. Handy and Ada Handy, quitclaim deed. Daniel C. Amussen, Carsten L. Amussen, S. A. Handy and Anna Handy, to George W. Handy and Ada Handy, warranty deed. O. N. Wray and Elizabeth B. Wray to Otto Klum and Mildred Klum, warranty deed. Mary I. Furry to Robert S. Furry and Elva K. Furry, warranty deed. Robert S. Furry and Elva K. Furry to Robert S. Furry and Elva K. Furry, warranty deed. Highbanks to Neil G. Lane, lease. Southern Pacific Company to American Electric Incorporated, deed. Ethel Shelley Handies to Harold Brew and Audrey Brew, warranty deed. Sheriff, Syd I. Brown, to Mrs. George Martin, redemption certificate. R. W. Wagoner and Frances R. Wagoner to L. H. Ross and Irene E. Ross, warranty deed. Robert E. Schiel and Minnie Schiel to Homer Branson and Anabel Branson, warranty deed. Edna M. Wooten to John D. Moad and Esther F. Moad, warranty deed. Gus G. Carlson and Merle Carlson to William McDonald and Jeanette A. McDonald, warranty deed. E. C. Ferguson and Abbie L. Ferguson to Harold S. Palmer and Ida S. Palmer, warranty deed. Daniel C. Dimmitt and Aifa Dimmitt to Orestes W. Huebner and Tillie H. Huebner, deed. R. J. Conroy, R. W. Clancy and May W. Clancy to Andrew Clancy, warranty deed. Maybelle Bechtel to Marshall M. Day and Betty A. Day, warranty deed. Werner Alex. Jaeger and Odilia Jaeger to David Anderson and Hattie Anderson, warranty deed. United States National Corporation to James F. Campbell and Ethel H. Campbell, deed. Gilbert I. Stuart to Sara N. Stuart, power of attorney. Vivian E. Stuart and Sara Stuart to Clara Hood Stuart, quitclaim deed. Clara Hood Stuart to Miles Stuart, quitclaim deed. Robert E. Welch to Irene A. Welch, quitclaim deed. Lloyd S. Nix and Helen R. Nix to Vivian Norman Barte, special warranty deed. Francis E. Martin and Norma I. Martin to Zena Grisham and David M. Grisham, warranty deed. Francis J. Schaad and Fred W. Schaad to Charles W. Nutter and Charlene Nutter, warranty deed. Geo. W. Goodman, contract for sale. Louis L. Olson and Bessie Olson to G. E. Miller and Sadie P. Miller, warranty deed. John Schepers and Myrtle Schepers to W. F. Crowell and Estella Crowell, warranty deed. Della G. Dunnington, Lena Baldwin and Nellie Reeve to Lewis E. Thompson and Bessie M. Thompson, quitclaim deed. Howard B. Arnold and Marie Arnold to J. F. Rhoads and Sarah F. Rhoads, warranty deed. Clara Young Agee and Z. N. Agee to May C. Johnson and Eva A. Singer, warranty deed. Blanche Tiede and Josephine Tiede to Robert D. Perry and Rebecca E. Perry, warranty deed. Ida T. Ward to W. S. Kee, quitclaim deed. W. S. Kee to Anna L. Moore, quitclaim deed. F. B. Jones and Helen E. Jones to W. C. McGlasson and Effie Lee McGlasson, warranty deed. Gladys E. Long and Joe J. Long to Ed W. Anderson and Melba B. Anderson, warranty deed.

OLIVE BARBER'S OBSERVATIONS

Mail-bag: "Dear Olive Barber—Will you please make up your mind as to where you are going to reside and quit gallivanting hither and yon?" "I've followed

ASSOCIATED FOOTBALL SPORTCAST

Saturday WHITMAN vs. WASHINGTON 1:45 p.m. KUJ (1420 kc); KOL (1300 kc); KFIO (1230 kc); KIT (1280 kc); KWAL (1450 kc); KRLC (1400 kc) California vs. College of Pacific 2:15 p.m. KUIN (1340 kc) TIDE WATER ASSOCIATED OIL COMPANY

THE NEIGHBORHOOD LEAGUE by GLUYAS WILLIAMS



LONERGAN CO-CHAIRMAN OF OREGON DEWEY CLUB

Portland, October 13—Frank J. Lonergan, prominent attorney and immediate past grand exalted ruler of the Elks, was appointed state co-chairman of the Oregon Dewey 50,001 club, Tommy Luke, state chairman, announced Monday.

Don Orput, state manager of the Dewey 50,001 clubs, left Portland Monday on a tour of southern Oregon and will meet various county chairmen from McMinnville to Grants Pass and Medford.

THE NEBBES



EDDIE SELZER, SIDELINED BY A BAD ANKLE, WAS GLAD ENOUGH TO LEAD HIS TROUSERS TO A TEAM MATE WHO HAD NIPPED SELZER'S HOP IN THE MIDDLE OF THE GAME, BUT HE DID NOT WANT TO BE EXCITED BY WINNING IN A LAST SECOND TOUCHDOWN, THE TEAM MATE OFT, FORGETTING ABOUT EDDIE, AND WINNING SO MUCH THAT HIS TROUSERS COULDN'T BE RESCUED.

you about all summer and want a rest. Why even the birds have a definite plan for the winter? Well, there are exceptions, dear lady, even among birds, as witness the Evening Grosbeak. And logging being what it is, the prospects for staying put this winter get slimmer by the day. Until the war is over, I fear that I, like the Grosbeaks, will lead a here-today-gone-tomorrow life.

The writer, like myself, has a logger-farmer husband; accent on first word, please. For her husband much prefers yanking logs out of the woods to pulling weeds out of the ground. So much more dangerous, you know. Why monkey with a safe job like farming when a man can risk his life logging. To say nothing of losing his shirt. Then this woman went on to say something which I'd have liked to say myself if I'd thought of it. "I seem to be endowed with a surplus appreciation of the work of the hands and the schemes of the heart." Which is a language I can understand even if I can't speak it. For to me there is a fluvio to corn we've planted, cultivated and picked ourselves, has our corn may be small-eared and skimpy kernalled but it has that I-grew-it-myself taste.

Store eggs, however scientifically produced, are never as good as those I gather from the manger in the rickety old barn, from behind the plow in the shed, from anywhere except the nests in the chicken house.

Oh, I know this isn't sensible, but when being sensible leaves

STRANGE AS IT SEEMS By ERNEST HIX



BARNEY GOOGLE AND SNUFFY SMITH



BLONDIE



L'L ABNER



THE NEBBES



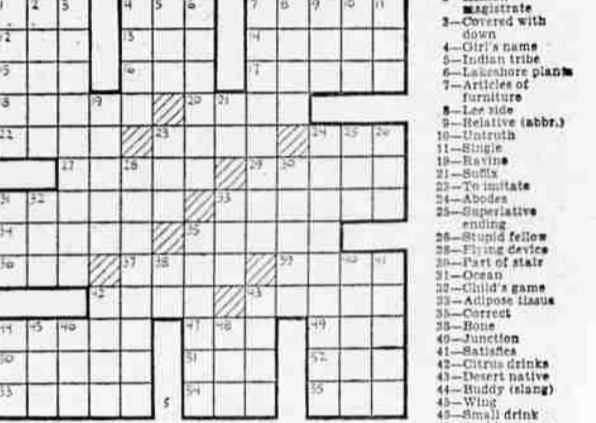
out "the work of the hands and the schemes of the heart," then I'm against it. I've heard people speak rather scornfully of our wealthy neighbor who always repairs his own engines. He could hire this done, never miss the money and keep his hands clean. Some think he's too stingy to part with the money but I know better. He uses his money to buy the thing he values most—time to carry out the schemes of his heart with the work of his hands. And

Chalker's 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

Wanted! Men and Women Who Are Hard of Hearing

To make this simple, no risk hearing test, if you are temporarily deafened, bothered by ringing buzzing head noises due to hardened or congealed wax (cerumen), try the Quine Home Method test that so many say has enabled them to hear well again. You must hear better after making this simple test or you get your money back at once. Ask about Quine Ear Drops today at Wainwright's East Side Pharmacy 400 E. Main—Medford

Crossword Puzzle



ACROSS 1—Moose 2—Rods (soot) 3—Charles (Ital) 4—Bustle 5—Consumed 6—Ingredient of fat 7—Short for Timothy 8—Color 9—Affray 10—Form of lamentation 11—Context 12—Diverse city 13—Comb. form for air 14—Beverage 15—Entra 16—Down 17—Cigar

DOWN 1—To pour water 2—Banan 3—Magistrate 4—Covered with down 5—City's name 6—Landscape plan 7—Article of furniture 8—Lee side 9—Landscape (abbr.) 10—Uttrich 11—Single 12—Ship 13—Suika 14—To imitate 15—Abode 16—Superlative ending 17—Stupid fellow 18—Flying device 19—Part of stair 20—Ocean 21—Child's game 22—Adipose tissue 23—Concert 24—Bone 25—Junction 26—Saidies 27—Citrus drink 28—Sweet native 29—Buddy (slang) 30—Wing 31—Small drink 32—Arabian horse