

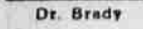
# Your Health and Its Care

BY DR. WILLIAM BRADY, M. D.

Readers should address inquiries to: Dr. William Brady  
265 El Camino, Beverly Hills, Calif.

## IMMUNITY TO CRI

Our family has continual colds all fall, winter and spring. At present we're stuffing ourselves with liberal quantities of vitamins A, D and B-complex, but colds continue, so we wonder if your booklet "Call It Cri" might help us to gain some degree of immunity or freedom from such attacks. (H.L.C.)



Whether increased intake of vitamin A is more important than increased intake of D and B-complex (these latter being the vitamins nearly everybody needs to supplement the everyday refined diet) is questionable. In the booklet (for copy send 25 cents and stamped self addressed envelope) I say "Vitamin A serves a specific purpose in nutrition which in my opinion, warrants the belief that it is essential in the development and maintenance of the highest degree of immunity against respiratory infections in general. It promotes the integrity and healthiness of the mucous membranes lining the respiratory tract. Normal condition and functioning of these mucous membranes constitutes the first line of defense against invading bacteria. Therefore, particularly tendency towards adenoids, enlarged tonsils, perhaps enlarged "kernels" in the neck and frequent or constant sniffles, I recommend an optimal daily ration of vitamin A, that is, considerably more vitamin A than one is likely to get in the ordinary diet."

I am less impressed regarding the importance of vitamin A than I was five years ago. In the pamphlet on "Tonsils and Adenoids"—for copy send stamped envelope bearing your address—which I wrote a few

months ago I barely mention vitamin A, but instead I recommend a daily ration of vitamin D and vitamin B-complex to supplement the diet of every child with tonsils and adenoids. There is another factor which the reader's letter suggests—health ignorance. As long as respiratory infections are called "colds" in the reader's household the infections will probably be spread from one member of the family to another, for if they are dumb enough to believe such illness is due to atmospheric or weather conditions they will take no precautions against it, peppering each other with whatever any one member of the household happens to bring home.

That's the good and sufficient reason why I urge everybody to call it cri (kree)—Common Respiratory Infection—until a specific diagnosis can be made. When you call it cri you acknowledge or recognize that it is probably communicable—and that it is only fair and decent to take reasonable precautions against spread of the infection.

## QUESTIONS & ANSWERS

**Warts, Moles, Wrinkles or What?**  
Have you any suggestions on the removal of warts? (Miss B. I.)  
Answer—You will find the treatment of warts and numerous other blemishes described in booklet "Cosmetics for Men"—for copy send ten cents and self addressed envelope.  
**Child Subject to Asthma**  
Boy 5 years old has been subject to asthma since he was two years old. When he has a severe attack we have to give him medicine every two hours. We hate to give a young child so much medicine. (Mrs. J. G.)  
Answer—If it is medicine your doctor prescribes for the child you should not hesitate to give it—it will have no serious ill effect. Send stamped self addressed envelope for pamphlet on Asthma and one on Allergy. You should be sure the child gets plenty of calcium and vitamin D.  
**Maternity**  
How can I get the booklet you have on the prospective mother? My husband is in the navy somewhere in the Pacific and we expect our baby in February or March. (Mrs. H. I.)  
Answer—Send me a stamped envelope bearing your name, full mail you both "Preparing for Maternity" and "The Brady Baby Book." Or any other serviceman's wife. Civilians who want these booklets must send ten cents for each booklet, with self addressed stamped envelope. (Copyright 1944, John F. Dille Co.)

# POSTAL RATES TO BE CHANGED ON NOVEMBER 1

Postmaster Frank DeSouza of the Medford postoffice said today that rates on registered mail, insured mail, money order fees and special delivery rates will be changed, effective November 1.

The new registry fees will be:  
\$0.10 to \$5.....20c  
\$0.10 to 50.....25c  
50.01 to 75.....35c  
75.01 to 1000.....40c  
100.01 to 200.....55c  
200.01 to 300.....65c  
300.01 to 400.....80c  
400.01 to 500.....95c  
500.01 to 600.....\$1.05  
600.01 to 700.....1.15  
700.01 to 800.....1.20  
800.01 to 900.....1.25  
900.01 to 1,000.....1.35

New fees for money orders as announced are:  
\$0.10 to \$2.50.....6c  
2.51 to 5.....8c  
5.01 to 10.....11c  
10.01 to 20.....13c  
20.01 to 40.....15c  
40.01 to 60.....20c  
60.01 to 100.....22c

First class special delivery up to two pounds will be 13c; two pounds to 10 pounds, 20c; over 10 pounds, 25c.

Second, third and fourth class special delivery will be: 17c up to two pounds, two to 10 pounds, 25c; over 10 pounds 35c.

Insured rates on third and fourth class matter will be:  
\$0.10 to \$5.....3c  
5 to 25.....10c  
25 to 50.....15c  
50 to 200.....25c

DeSouza also announced that he had received word that a new five-cent stamp honoring Korea will be placed on sale November 2 in Washington, D. C. The center design depicts the flag of Independent Korea in white, blue and red with the word "Korea" underneath.

Stamp collectors desiring first day cancellations may send no more than 10 addressed envelopes to the Postmaster, Washington 13, D. C., with cash or money order for stamps. No stamps or checks will be accepted.

Miss Jean Wall, adviser of the Girls' Athletic association, reports that plans are in progress for volleyball, basketball and tennis tournaments. Also, according to Miss Wall, the group is giving consideration to the idea of sponsoring an assembly and perhaps a dance, later in the year.

G. A. A. officers this year are: Mildred Shellabarger, president; Janet Horsley, vice-president; Barbara Olsen, treasurer; and Aletha Emerick, activity chairman.

# BRITISH WHACK NORWAY NAZIS

London, Oct. 20.—(U.P.)—Carrier-borne planes of the British home fleet bombed German shore installations in Norway Saturday and Sunday and scored hits on at least three enemy vessels off the coast, an admiralty communiqué said today.

The admiralty communiqué described the attacks as "successful," and said the plane also laid mines in Norwegian coastal waters.

Carrier-borne Avenger and Wildcat planes attacked a medium supply ship and two anti-aircraft ships in the approaches to Trondheim fjord. They hit all three and left the latter two burning fiercely.

Heading the 1944-45 staff of the Hi-Times, senior high bi-monthly newspaper are: Elaine Walker, editor, and Janet Horsley, assistant editor. The editorial staff consists of Joyce Clares, Margo Gammill, Harriet Harris, Joan Hoppe, Lillian McDonough, Maxine McKinney, Shirley Pankey, Helen Storm, Marjorie Thompson and Jack Holmes.

In charge of business is Regina Smith, assisted by Alvin Pena. Typist is Nancy Swem. Contributors are Mary Jo Kirtley, June Bosworth, Bill Patton, Helen Rubenstein, Phyllis Whitlock and Byron Wingham.

At the H. E. C. A. meeting held Monday, third period, the club discussed plans for its float in the noise parade. Roger Sterton was appointed general chairman for decorations.

Officers elected to fill two vacancies left by departing seniors were Betty Medley, president, and Margaret Drysdale, secretary-treasurer. Elmer Kyle, commissioner of membership, submitted a list of new members to be voted on next meeting.

This organization is an honor club having a quota of 40 members. It handles all stamp sales and bond rallies throughout the school year and is under direction of Mrs. J. F. Smith.

# 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

# 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



AN ALERT BELL RINGS EVERY 20 SECONDS DAY AND NIGHT, AT EVERY COAST DEFENSE GUN INSTALLATION IN THE U.S., WHEN NEW RANGE CALCULATIONS AND CORRECTIONS ARE MADE.

# WEDS AT 97

Elkton, Mo., Oct. 20.—(U.P.)—John Henry Titus, 97, New York poet who never satisfactorily settled his claim to authorship of "The Face on the Bar-room Floor" today held the distinction of being the first non-Titus and Elizabeth Pilderer, 54, New York, were married yesterday in the home of Rev. William F. Hopkins.

# BEAUTIFUL—ROGUE RIVER LODGE IS NOW OPEN

Delicious Dinners  
Cocktail Lounge  
Dancing  
On Crater Lake Highway  
Near Trail  
Telephone Trail 1404

# 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.

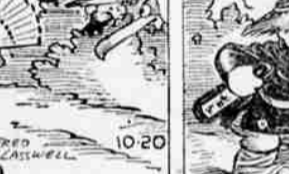
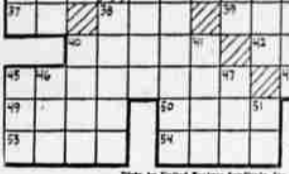
# Crossword Puzzle

ANSWER TO PREVIOUS PUZZLE

ACROSS  
1—Curve in space  
2—Minted  
3—New Zealand tree  
4—Meadow  
5—Euplast's ear  
6—Small  
7—Dill's island  
8—Five needles  
9—Rugged crest  
10—Enriches  
11—Old horse  
12—Droplet  
13—Price (abbr.)  
14—The lion's friend  
15—Grain in mangan  
16—Large wave  
17—Completed to race

DOWN  
18—Critt  
19—Head organ  
20—Tide  
21—Lead measure  
22—Clean  
23—E-closet  
24—Involve a plague  
25—Rhythm  
26—Animal  
27—Belt to an era  
28—Official papers  
29—Rocky crag  
30—Old auto (abbr.)  
31—Stoves  
32—Periods of time  
33—Self  
34—The Bible  
35—Corn bread  
36—Madras  
37—On the water  
38—Close  
39—Latin coin  
40—Like spray of  
41—Soyers  
42—Ordnance  
43—Mail  
44—Quick to learn  
45—Reasoned foods  
46—Kind of fuel  
47—Emerald Isle  
48—Ballet  
49—Spoken  
50—Chinese tea  
51—Portuguese coin  
52—Dollars (abbr.)

# BARNEY GOOGLE and SNUFFY SMITH



# OREGON CLAIMED HEAVY LOSER IN DISTILLERY DEAL

Olympia, Wash., Oct. 20.—(U.P.)—State auditor Cliff Yelle today said that the states of Washington and Oregon lost \$920,048 in the resale to Harry E. Collin, Toledo, O., financier, of 10,000 barrels of whiskey and the physical assets of the Waterfill and Frazier and Shawhan Distillery companies, which were jointly purchased by the states a year ago to replenish dwindling liquor supplies.

In a report of an audit examination of negotiations and transactions relative to the joint purchase, Yelle said the states sold 487,246 gallons of bulk whiskey to Collin for \$228,026, after they had paid \$957,953 for it. Yelle also reported that physical assets of the plants were to be sold to Collin at book value, or \$123,666 for Waterfill and Frazier and \$211,148 for Shawhan, while the states paid \$243,976 and \$262,959 respectively for the plants.

Washington state liquor board members, however, declared that the figures left an erroneous inference. They said that the entire joint deal was contingent upon resale of the plants at book value and the 10,000 gallons of liquor at ceiling prices to Collin, who fostered and engineered the sale. They added that Washington state alone would realize a net profit on the liquor obtained from eight to ten million dollars, which would be divided, according to statute, among incorporated cities and towns, counties and the state treasury.

A large San Francisco hotel has an indoor swimming pool with an outdoor lawn for sun bathers on an adjoining terrace.

# High School News

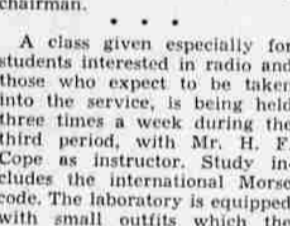


At a meeting of the junior class October 18, a committee was chosen to handle concessions at the Klamath-Medford game. Participating in this are: Virginia Allen, Pay Albert, Beverly Autrey, Nellie Baize, Pay Barum, Beverly Bishop, Dore Bismark, Velma Brock, Winifred Brock, Lois Bryant, Peggy Childers, Darlene Cook, Joyce Fraley, Sybil Hagen, Harriet Houghton, Jeraldine Jerome, Pauline Kruggel, Loree Monteith, Jackie Nelson, Shirley Schneider and Carol Skeen.

The traditional "kangaroo court," sponsored by the Order of M, was held October 18, in the auditorium. In this court, initiation of sophomore boys is held each year. Court officers were: Judge, Bill Plaskett; clerk, Marvin Doty; prosecuting attorney, Dean Sheldon; and council of defense, Carl Reich. Jurymen were: Jack Holmes, Aubrey Davis, Ronald Weatherford, Dick Cottingham, Carl Anderson and Al Bousher. "Executioners" were: Bob Watson, Derril Riggs, Larry Hayes, Jerry Clark and Jim Cave. Sergeant-at-arms were Alan Kircher and Jerry Ross.

Sophomore "victims" of the initiation were: Earl Stelle, Nick Green, Glen Tingley, George Green, Harold Skinner, David

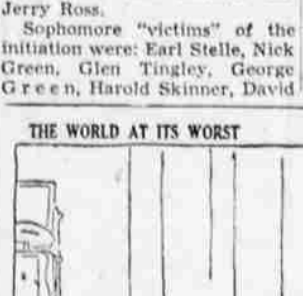
# MAKES LOOSE FALSE TEETH FIT TIGHTER



Here is a NEW, EASY, MONEY-SAVING WAY TO QUICKLY make false teeth FIT TIGHTER. Merely apply NUTT to plate and place in mouth. No heat needed. It soon softens, adjusting plate snugly to the shape of the mouth, making a home fit. No lute or lather. Not a paste or powder you have to apply each day. NUTT becomes a part of the plate—solid, tasteless, harmless, natural pink to color, easy to clean and sanitary. Scientifically designed to compensate for tissue shrinkage and gum recession. Renew plates at home. Save money. One application lasts for months. Entry and mouth comfort. Try NUTT. MONEY BACK if not satisfied.

WESTERN THRIFT STORES and all other good druggists

# THE WORLD AT ITS WORST



AFTER FINISHING YOUR HOMEWORK, DOE EARLY SO YOU CAN LISTEN AT LEISURE TO YOUR FAVORITE RADIO PROGRAM YOU DISCOVER THAT THE TIME HAS BEEN GIVEN OVER TO A CAMPAIGN BROADCAST

# LOW WEEKLY RATES AT CRATER HOTEL



Across From Craterian Theatre — Phone 4174  
SINGLE — \$4.50 to \$6  
DOUBLE — \$7.50 to \$12  
New Simmons Inner Spring Mattresses — Free Showers Clear Rooms!

# BLONDIE



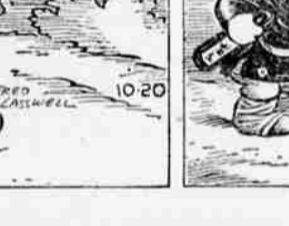
# LIL ABNER



# INJOY TH MURDER FOLKS



# THE NEBBES



# ITALY PATRIOTS KILL FORMER POLICE CHIEF

Rome, Oct. 20.—(U.P.)—Underground sources in north Italy reported today that patriots had executed Pietro Koch, former head of the Italian secret police and one of the most ruthless prosecutors of pro-allied Italians. He was ambushed with machine guns and grenades on the

crater lake highway near the town of Crater. Koch was shot in the back of the head and died instantly. His body was found in a ditch near the highway. The patriots who carried out the execution were not identified.

The execution was part of a series of attacks on pro-allied officials in the region. Koch had been a prominent figure in the secret police, and his death was seen as a major blow to the pro-allied forces.

The patriots who carried out the execution were not identified. They are believed to be members of the Italian Resistance movement.

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