

Your Health and Its Care

BY DR. WILLIAM BRADY, M. D.

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THE IRON AND TEA CLUB

The formula for Hair Tonic you recommend (writes M. C. J.) until I realized the man uses the term "hair tonic" as some people use the term "stimulant" for alcoholic liquor) is doing its work. Now I want to know what to counteract the yellow or reddish stain in my gray hair without loss of its benefit. I wash my hair every two weeks with ordinary toilet soap and water, rinse it several times in clear water and finally use a mild bleach of bluing.

(M. C. J.)
The formula to which the correspondent refers is given in the pamphlet "Care of the Hair and Control of Dandruff" (mailed on request if you provide stamped self-addressed envelope). It is a solution of salicylic acid and resorcin in toilet water, to apply to the scalp by means of an atomizer with tip bent at right angle and almost in contact with scalp, night and morning, for excessively oily or greasy scalp and hair.

That is the one drawback about using resorcin—it tends to impart a yellowish or reddish stain to white, gray or very blond hair. This stain disappears a month or two after you discontinue applying the resorcin. Persons with dark or brown or "black" hair may use resorcin with little or no indication of such staining of the hair.

The only recourse for M. C. J., I reckon, is to join the Iron and Tea Club. Put a piece of coppers (that is iron sulfate, not copper) the size of a pea into a pint of freshly brewed tea, preferably black tea. Now that's what the lady said, the lady who discovered this harmless homely way to dye gray or

graying hair and keep it brown or dark. She said black tea. Another time we'll wrangle about tea. Here I can only tell you what the lady said. Use your own judgment and inclination as to the frequency with which you apply iron and tea to your hair. One good way to apply it is by wetting a soft brush lightly and brushing the hair through a clean soft cloth in it and drawing strands of hair through the cloth—the object being to apply the iron and tea to the hair but not the scalp—although no particular harm is done if some gets on the scalp. Candidly if you join the I & T Club you must come in on probation. If you don't like it, then you can get it—you can go out quietly, I hope. Some people like it and some don't. This is positively all I can tell you about the use of iron and tea to darken graying hair. Try it and tell us (anonymously, of course) whether you find it satisfactory.

QUESTIONS AND ANSWERS
Is Cotton seed oil peanut oil, coconut oil wholesome food for man? What is your opinion of oil which is said to be made chiefly of coconut oil? (H. W. H.)

Answer—These oils are excellent food, equal in nutritive value to any other fats or oils used as food. I am not familiar with the product you mention, but the fact that it is made chiefly of coconut oil is favorable. What! No Toothbrush?
I was 23 years old when I came to this country (1921). I had never seen a toothbrush nor heard of a dentist. In the country it was our custom to rinse out the mouth once a day with a little salt water. I was two years in this country when my teeth began to bother me—I went to a dentist and he said I had wonderful teeth—it was the first time in his professional life he had found a patient 23 years old with only one cavity. (C. N. A.)
Answer—The odds are a 54 set of the complete works of O. P. Brady is a used postage stamp that the die you followed in the old country was superior from the viewpoint of nutrition to the diet you followed in this country. Toothbrush or no toothbrush, that explains it. If you wish to learn to brush your teeth send it with my compliments to dentists who will provide a stamped envelope bearing their address. Want 'em to know that title I proposed for them has been titled. (Copyright, 1944, by John F. Dille Co.)

DON BOLT SPEAKS HERE WEDNESDAY ON WORLD AFFAIRS

A series of four free lectures, known as an "Institute of International Understanding," will be sponsored in this city by the Medford Rotary club and Don Bolt, widely known traveler, journalist and commentator will present the first in the series Wednesday, November 1. Cost of the "Institute" is being borne by the local Rotary club as a contribution to greater understanding here of world affairs.



Don Bolt

"The Role of the North American Continent" is the subject of Mr. Bolt's address. The lecture will be held at the Medford high school auditorium, beginning at 8 p. m.
Bolt served in the British merchant marine and in British and American forces during the first world war. Subsequently he traveled extensively throughout the United States and around the world, as late as the summer of 1939, spending considerable time in continental Europe, especially in Germany. He has devoted special attention to the Latin American countries, making three visits to Mexico within the past year.
During his newspaper career he served on the staff of the Chicago Herald and American, the Indianapolis News and the St. Louis Globe Democrat. His career with the Pittsburg Post was heightened by special assignments he was privileged to receive to "cover" mine wars of West Virginia and Illinois and the renowned "evolution" trial in Dayton, Tenn.
Following his metropolitan newspaper career he became radio commentator for the National Broadcasting company and later served as news editor and staff commentator for station WAAF in Chicago.

On the Radio Chains STATIONS:

Chain affiliation and where they are on the dial:
KALE (MBS) 1330, Portland.
KEX (NBC-Blue) 1190, Portland.
KIA (NBC-Hug & MH) 1310, San Francisco.
KJW (NBC-Red) 630, Portland.
KJW (NBC-Blue) 1000, Seattle.
KNN (CBS) 1070, Los Angeles.
KOA (NBC-Red) 830, Denver.
KOB (CBS) 970, Portland.
KOMO (NBC-Red) 950, Seattle.
KPO (NBC-Red) 660, San Francisco.
KSL (CBS) 1190, Salt Lake City.
Time shown is PWT

Thursday

8:00 p. m.—Terry and Pirates, BN; Fletcher Wiley, CBS OK for Release NBC.
8:15 p. m.—Dick Tracy, BN, Superman, MBS.
8:30 p. m.—Jack Armstrong, BN; Harry Flannery, news, CBS; Major Bowes, CBS; Gabriel Heatter, MBS; Carlson and News, BN.
8:45 p. m.—Captain Midnight, BN; Night News Wire, MBS; News, CBS.
9:15 p. m.—Screen Test, MBS; Lou Holtz, BN.
9:30 p. m.—Bob Burns, NBC; Spotlight Bands, BN; Corliss Archer, CBS; Flight Serenade, MBS.
9:45 p. m.—Abbott and Costello, NBC; Raymond Gram Swing, BN; First Lady, CBS.
10:00 p. m.—Lowell Thomas, MBS; 7:30 p. m.—Senator Truman, BN; Red Ryder, MBS; March of Time, NBC.
10:30 p. m.—Music Shop, NBC; Mystery, CBS; Roy Henie, news, BN; Sammy Kaye, MBS.
11:15 p. m.—Night Editor, NBC; Lum and Abner, BN.
11:30 p. m.—Coffee time, NBC; Death Valley—Sheriff, CBS; Fred Waring Show, BN.
11:45 p. m.—News, MBS; America's Town Meeting of the Air, BN; Dinah Shore, NBC.
12:15 p. m.—Rex Miller, MBS.
12:30 p. m.—Elery Queen Mysteries, NBC; Fulton Lewis, Jr., MBS; Woody Herman and His, CBS.
1:00 p. m.—News Reporter, NBC; Town Meeting of the Air, BN; Sweetheart Swing Time, NBC; Wayne Morse, Political, CBS.
11:00 p. m.—News, CBS.

Friday

8:00 p. m.—Terry and Pirates, BN; Fletcher Wiley, CBS OK for Release NBC.
8:15 p. m.—Dick Tracy, BN, Superman, MBS.
8:30 p. m.—Jack Armstrong, BN; Harry W. Flannery, news, CBS; Major Bowes, CBS; Gabriel Heatter, MBS; Carlson and News, BN.
8:45 p. m.—Captain Midnight, BN; Night News Wire, MBS; News, CBS.
9:00 p. m.—Waltz Time, NBC; Gabriel Heatter, MBS.
9:15 p. m.—Screen Test, MBS.
9:30 p. m.—People Are Funny, NBC; CBS; Dale Carnegie, MBS; Commentator, NBC; Capt. Midnight, BN; Night News Wire, MBS; News, CBS.
9:45 p. m.—Waltz Time, NBC; Gabriel Heatter, MBS.
10:00 p. m.—Moose Show, NBC; Love a Mystery, CBS; Fight, MBS.
10:15 p. m.—The Barker Family, BN.
10:30 p. m.—Fulton Lewis, Jr., MBS; Adventures of This Man, NBC.
10:45 p. m.—News, NBC; MBS; Hudson, Dem. for Dewey, MBS.
11:00 p. m.—News, BN.

THE GRANGE

Sams Valley Grange
Final preparations are being made for the Halloween masquerade dance at Sams Valley grange hall Saturday night, October 28. Prizes will be given for the best costume, couple, funniest man and woman, etc. Finals in the waltz contest will

ZERO CLUB

Out of bounds, civilians only
Delicious chicken and steak dinners 7:00 p. m., 3 a. m. except Sunday phone day time 5:00 night 9:01.

Chalker's Motel & Lodge OFFICERS' CLUB

Dine-Dance-Refreshments
Chicken and Steak Dinners
Most Unique place in Ore
CLUB ON SUNDAYS
Thursday Private Parties Only—
For Reservations Ph Gold Hill 474

NEW kind of ASPIRIN tablet

doesn't upset stomach
WHEN you need quick relief from pain, do you hesitate to take aspirin because it leaves you with an upset stomach? If so, this new medical discovery, SUPERIN, is just what the doctor ordered! For you.
Superin is aspirin plus—contains the same pure, safe aspirin you have long known—but developed by doctors in a special way for those upset by aspirin in its ordinary form.
This new kind of aspirin tablet dissolves more quickly, lets the aspirin get right at the job of relieving pain, reduces the acidity of ordinary aspirin, and does not irritate or upset stomach—even after repeated doses.
Tear this out to remind you to get Superin today, so you can have it on hand when headaches, colds, etc., strike. See how quickly it relieves pain—how fine you feel after taking. At your druggist's, 15¢ and 39¢.

NEW FOOD

By GUYLAS WILLIAMS
CHOPPED MEAT FOR THE SUPPER
TAKES SPONGELIKE TASTE AND REGULARLY FROM DISAPPEARING
PUSHES BOWL AWAY TO INDICATE AS FAR AS HE'S CONCERNED HE'S HAVING A NICE MEAL

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
Removed to Sparta Bldg.
J. H. Leong, Herbalist Phone 5817

be held during the evening and all those winning first at previous dances are requested to be present.
Music will be furnished by the Gold Hill orchestra and a large crowd is expected.
Regular meeting October 21 was well attended. Mr. and Mrs. William Breedlove and Mrs. J. Fitzgerald became second degree members. Quite a few new members plan to attend the all-day meeting of Pomaona grange at Central Point Saturday, October 28.

Colored Movies On Tarawa Battle To Be Shown Tonight

Dr. Russell M. Brougher, noted New York evangelist, will show colored moving pictures of the battle of Tarawa in conjunction with his regular sermon tonight at the First Baptist church. Dr. Brougher is speaking every night except Saturday before large audiences at the church.
Last night he spoke on "The

Greatest Power in the World.

Dr. Brougher said the Holy Spirit is not intellectual power, nor moral influence. The Holy Spirit is divine personality, just as real as Jesus Christ, or God.
Dr. Brougher further said, "When a church member lives the same kind of life that the godless, worldly man or woman lives, he can be sure he has never received the baptism of the Holy Spirit."

REPUBLICAN RADIO TALKS

HEAR WARREN ATHERTON
Past National Commander
American Legion
"Justice for Veterans"
KMED
Friday—8 A. M.
Paid adv. Republican Central Comm. Carl Moser, Sec., Oregon Bldg., Portland, Oregon



United States Senator GUY CORDON Has Done His Work Well!

CORDON—Is a member of very important U. S. Senate committees: Commerce, Irrigation and Reclamation, Indian Affairs, Post Offices and Post Roads and Library.
CORDON—Has done a wonderful job in eight short months in Washington, D. C., in getting things done for the State of Oregon in war benefits.
CORDON—Knows Oregon and Oregon's needs and in the vital post-war years he will get Oregon its rightful share of post-war payrolls. Cordon gets things done for Oregon. Keep him in Washington on the job for Oregon.

KEEP CORDON ON THE JOB!

Vote for Cordon, Gen. Elec., Nov. 7
Pd. Adv. Cordon for Senator Committee
Marshall Cornett, Ex. Sec., Imperial Hotel, Portland

BARNEY GOOGLE and SNUFFY SMITH

PAUNCHY ONE WANT YOU, SACKI YACKI--CHOP CHOP!!
MOST HAPPY TO OBLIGE, REPULSIVE ONE
WE GOT PLAN TO GAVE FACE -- WE DRESS UP MAN LIKE SNUFFY SMITH THEN CHOP OFF HEAD -- END TOKYO TERROR FOR GOOD
YOU INDED GENIUS, MOST HONORABLE PAUNCHY ONE
YOU PLAY PART OF SNUFFY SMITH FOR CAUSE
ALL OF A SUDDEN ME NOT ANXIOUS TO GAVE FACE

BLONDIE

IS SHOOTING DOWN ROAD
OUR TRUCK IS HURRYING BACK
KI WO TSUKE! ALERT! WATCH IT!
SULTRY! LOOK JAPS AHEAD OF US!
THERE ARE JAPS BEHIND US, TOO, MY LAMB
PERHAPS I DIDN'T MENTION THAT WE HATE TO PASS YOUR HEADQUARTERS TO REACH YOUR PLANE, THERE'S NO OTHER ROAD.
STEP ON IT, BABY.

THE NEBBES

SAY, PLEASE, AND I'LL GIVE YOU THIS NICE PIECE OF SAUSAGE
NOW SIT UP AND BEG
NOW, ROLL OVER!
NOW, JUMP!
JUDGE NIBBUCKS AIRPORT SCHEME MAY SWING A LOT OF VOTES
CUT THE COMEDY. I'VE BEEN IN TOUCH WITH THE WINS. OUR DEAL WITH THE GOVERNOR GOES AND HIS NOT WORRIED
WELL, I AM... I'LL BET THE AIRPORT PROGRAM WAS NEBBES IDEA
WHAT'S HIS NAME... HAVEN'T YOU BEEN ABLE TO GET THE GOODS ON HIM?
BOSS, THIS NEBBES IS SOMETHING NEW IN MY EXPERIENCE-- HE'S AN HONEST MAN!

WANTED ORCHARD FOREMAN

A real opportunity for the man who is looking ahead! Good salary. Must know how to maintain and operate diesel and gas equipment. House on property, barn for livestock, room for family garden. To arrange appointment address letter to box shown below. Please give age, experience, etc. Your letter will be held strictly confidential. Address —
Box 88—Mail Tribune

Crossword Puzzle

ANSWER TO PREVIOUS PUZZLE

1-Tropical tree	22-Hawaiian lava
2-Small flower	23-Major scale
3-Long foot	24-Number to be added
4-Martin fish	25-Our enemy
5-Right labor	26-Mountain cap
6-Bow head	27-Wide-mouthed
7-Bronze ship	28-Compass
8-In debt to	29-Lighted up
9-Contrast ending	30-Danger
10-Quaint cover	31-Sum: nature of
11-Part of body	32-Pieft
12-Past	33-Go to right
13-Short jacket	34-Symbol for uranium
14-Bow head	35-Write number
15-Flag	36-Olive green
16-Go back	37-Sceneset
17-Mediterranean island	38-Tribe
18-Departs	39-Signs

DOWN
1-Hair-cutter
2-Piece
3-Godder
4-Scrap
5-Queen
6-Wife of Paris
7-Pain test
8-Cow's eye
9-Oriental saab
10-Legal
11-Bun god
12-Muscular
13-Legendary bird
14-Kind of moth
15-Part of "to be"
16-Ethiopian king
17-Turkish decree
18-Spot
19-Boulder
20-Long, swift boat
21-Armpit
22-Glove
23-Come to earth
24-Sheep
25-Souise
26-Feara greatly
27-Ancient tribesman
28-Cortical of either
29-Wharf
30-Clonose
31-Egg
32-Wharf
33-Fronon
34-Alternating current + abbr.