Your Health and Its Care

BY DR. WILLIAM BRADY, M. D.

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MECHANISM FOR METABOLISM

Oh, pshaw, by now I suppose there is little if any recollection of the observations made in the articles in this column a few days ago concerning malnutrition, superfluous flesh and obesity. That being so the question is, where do we go from here? If we go back and begin over again we'll never get beyond where we broke off at the deadline. So let us proceed from the reminder that vitamin B is "poor man's insulin", since the principal function of vitamin B in nutrition, as is now scientifically recognized, is to promote normal metabolism or utilization of carbohydrate (starch, sugar) to produce energy.

Dr Brady

Insufficient daily intake of vitamin B in the ultra-refined modern diet (most of the calories derived from refined white sugar or syrup) explains, as I believe, not only the common tendency to accumulate superfluous flesh but also the unfortunate fact that most overweight individuals lack ambition, eagerness or energy to work (with muscles), play, exercise or to indulge in any physical activity. They prefer to have white collar jobs, do only "brain work", sit and watch others play.

Going around, whether for votes or for fun or on social, business or philanthropic errands uses energy, provided you travel under your own power. The necessary energy comes from the oxidation, combustion, burning of fuel—blood sugar—the form of fuel into which all carbohydrate food must be converted before it can be used as fuel. And here is where vitamin B comes in. If your intake of vitamin B is inadequate, your ignition system is defective and you just don't have the ambition, the power, the efficiency the pep. So you sit it out. Action rather irks you. Why walk if you can possibly ride? Why work if you can hire or persuade some one else to work for you? Why play when there are professionals willing to play for your amusement?

I hope I am not giving an exaggerated conception of the function of vitamin B—when I say B I mean B-complex, not only thiamin (B1) but all other entities or factors that grow in the natural B-complex group. I hope no one will get the notion that vitamin B, even when large amounts of the synthetic thiamin (B1) are administered in "shots", is a pick-me-up or a magic restorer of vitality. It is more intelligent to regard vitamin B-complex rather as "the mechanism necessary for the metabolism of carbohydrate"—that is, for the normal utilization of starches and sugars by the body.

QUESTIONS & ANSWERS

Electrolysis

Seven-year-old daughter has patch of hair on her back. Doctor gave her three X-ray treatments at age of three. No luck. The doctor says he would not chance further X-ray treatment and knows no other. (Mrs. A. C. F.)

Answer—If it is necessary to destroy the hair I should think electrolysis the best way.

Garlic Is Expensive

I have been taking garlic pills for my high blood pressure, but they are very expensive. (Mrs. R. S.)

Answer—Garlic has no effect on blood pressure.

Wait for Me

What other foods besides blackstrap molasses are rich in inositol? Why is "Yogurt" pronounced a super food? (F. G.)

Answer—Is it? I wouldn't know, brother—you're away ahead of me. Yoghourt is fermented milk—in my opinion plain sour milk or buttermilk has the same food and remedial values as bulgarin milk. Acidophilus milk, yoghourt or other soured or fermented milk.

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High School News

By Student Reporters
Margo Gammil Joan Hoppe

Civic music membership cards for the annual winter musical entertainment, were sold this week by the choir students. June Williams, Harriet Walker, Jean Hickman, Jo Ann Franklin, Shirley Morrow, June Wilder, Verne Shangle, Audrey Jarmin, and Gloria Preston.

Those doing clerical work were: Phyllis Wendt, Charmaine Brault, Gloria Preston, Gwen Clark, Austina Blatten, Laree Monteith, Audrey Jarmin, and Shirley Morrow.

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At a meeting of the Ice Skating club November 6, the following officers were elected. Glen Tingley, president; Bill Virgin, vice president; Coral Morton, secretary; Helen Robertson, treasurer. Jerry Liebman announced that tickets sold would entitle the holder to four skating sessions. Girls who will sell the tickets are: Winifred Brock, Betty Lou Allison, La Verne Yocum, Lila White, Betty Rogers, Barbara Olsen, Carol Morton, Shirley De Moss, Dorothy Akins, Hazel Burns, and Barbara Yocum.

Results of the school dramatics club tryouts have been announced as follows: Alvin Pena was elected president, Bill Hedrick vice president, and Regina Smith secretary-treasurer. These are the new dramatics club members: Jo Ann Adler, Bob Boyer, Peggy Bray, Mary Ann Brill, Janice Duncan, Bonnie Edwards, Calista Farrell, Jean Fraley, Helen Ferris, Jim Fraley, Jo Anne Gilmore, Bill Hedrick, Janet Horsley, Harriet Houghton, Susan Inskeep, Hortense Jennings, Doris Knutson, Dick Kyle, Jerry Liebman, Ferney McKibben, Barbara Meadows, Laree Monteith, Shirley Morrow, Jackie Nelson, Alvin Pena, Helen Rubenstein, Alan Seldon, Regina Smith, Vera Smith, Norma Stearson, Bob Stevens, Marian Tilley, Elaine Walker, Phyllis Whitlock, Teddy Windes, and Eileen Young.

Stage crew technicians and managers are: Bill Patton, chief technician, Ward Bebb, Betty Beer, Polly Hoffard, Jerry Igo, Mary Jo Kirtley, Corrine La Tourette, Bill Moffat, Hubert Robbing, Claire Thomas, and June Williams.

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Miss Margaret Chapin, fashion director from Butterwick Pattern company, New York city, gave the homemaking classes an interesting talk last Monday. She discussed the choosing of clothes to fit the person. Also outlined by Miss Chapin was the large opening for women in the field of fashions.

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Thirty-seven boys attended the annual Future Craftsmen association initiation party November 7, in the boys' shop under supervision of Mr. Mentzer.

At a meeting preceding the party, committees and committee chairman were appointed. The boys appointed for the invitation committee were: Jerry Warren, Carl Burke, Charles Robinson, and Chuck Shinn; food committee, Don Klingle, Don Mentzer, Jack Klingle, and Dick Fay with the aid of Mrs. J. H. Tucker and Mrs. L. H. Mentzer.

New members who participated in the initiation stunts were: Wilburn Ward, Marlin Pierce, Richard Ellis, Wayne O'Neal, Bob Robinson, Elmer Hannaford, Carl Borg, Gene Hurd, Phillip Phipps, Alvin Hennigan, George Weatherford, Bud Hukill, and Don Klingle.

OHIOAN BECOMES NEW MEDITERRANEAN ACE

Rome, Nov. 17—(U.P.)—Capt. John J. Voll of Goshen, Ohio, became the new No. 1 American air ace in the Mediterranean theater today by raising his total bag of enemy planes to 21.

Voll shot down two Focke Wulf 190s, one Messerschmitt 109 and one Junkers 88 twin-engineered bomber today near the Italo-Austrian border.

EDITOR'S SON KILLED

Army Headquarters, Pacific Area, Nov. 17—(U.P.)—2nd Lt. Robert Shaw, son of managing editor Chet Shaw of Newsweek Magazine, was killed on Angaur island the night of October 16 while disposing of a Japanese soldier who had sneaked inside American lines with a hand grenade, it was disclosed yesterday.

Last year, 46,647 pairs of shoes were taken by the military government agencies exempt from rationing, and for export, according to the Office of Price Administration.

WiseAmericans Now Fight
COUGHS
or Bronchial Irritations Due To Colds
—With Buckley's "Canadiol"

Almost instantly you get the surprise of your life—coughing eases—right away it loosens up thick choking phlegm—opens up clogged bronchial tubes—makes breathing easier.

There's real economy in Buckley's—all medication—no syrup. Half to one teaspoonful will convince the most aseptical.

Get Buckley's "Canadiol" made in U. S. A., the Cough Mixture that outsells all others in Australia, New Zealand, Canada and many other countries on merit alone. At all good druggists.

Heath's Drug Store, Western Thrift, Wainscott East Side Pharmacy

BALL TO START FESTIVITIES AT RIVERSIDE USO

A "Millionaire's Ball" starting at 8 o'clock tonight will open the week-end festivities at Riverside USO. A quantity of bogus "cash" will become legal tender for the evening, each serviceman guest being provided with a sizable bankroll. At various times during the dance he may find that he has to split his money with his dancing partner, pay $25 to cut in, or perhaps receive money for cutting in. A prize of a steak dinner will be awarded to the serviceman holding the most "cash" at the end of the dance.

Nineteen senior hostesses received USO pins for 100 hours or more of USO service at a meeting Tuesday night. They were Mrs. Edward Mathern, Mrs. D. O. Frederick, Mrs. Sylvia Barkdull, Mrs. B. Forncrook, Mrs. Maude Holmes, Mrs. Edna Kindred, Mrs. Charles E. Chrisler, Mrs. Leo Ballance, Mrs. Cora Tingley, Mrs. R. A. McKay, Mrs. G. Q. D'Albini, Mrs. Porter Neff, Mrs. Velma Dunagan, Mrs. Louise Hickman, Mrs. Grace Holloway, Mrs. Jean Duff, Mrs. Luella Vosiker, Mrs. N. A. Mead, and Frances Zundel.

Receiving the "Liberty Bell" award for 500 hours of service were Mrs. J. E. Soliss, Mrs. Ann Detweiler, Mrs. Luella Vosiker, Mrs. Mary H. Schultz, Mrs. Frances Simcox, Mrs. Ida M. Roberts, Mrs. Cole Holmes, Mrs. Frances Zundel, Mrs. Eunice Grey, Mrs. Jean Duff, and Mrs. Molly Wallace.

Servicemen are again asking if they may look forward to a home atmosphere and home-cooked Thanksgiving dinner this year in Medford. Despite the fine meal to be served at Camp White, many requests are anticipated at the USO for home hospitality on our national "Turkey Day". Medford people who would like to set an extra plate or two for the occasion are asked to call the USO, indicating when their dinner will be and how many soldiers they can entertain.

On the Radio Chains

STATIONS:

Chain affiliation and where they are on the dial:

KALE (MBS) 1330, Portland KEX (NBC-Blue) 1190, Portland KOA (NBC-Blue & MBS) 1510 Spokane; KGO (NBC-Blue) 810 San Francisco; KGW (NBC-Red) 620, Portland; KJR (NBC-Blue) 1000 Seattle; KNX (CBS) 1070 Los Angeles, KOA (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

Friday

5:00 p. m.—Terry and Pirates, BN. OK for Release, NBC.
5:15 p. m.—Dick Tracy, BN. Superman, MBS.
5:30 p. m.—Jack Armstrong, BN. Harry W. Flannery news, CBS. Adventures of Tom Mix, MBS.
5:45 p. m.—Elmer Peterson, Commentator, NBC. Capt. Midnight, BN. Night News Wire, MBS. News, CBS.
6:00 p. m.—Waltz Time, NBC; Gabriel Heatter, MBS. Serenade, BN.
6:15 p. m.—Screen Test, MBS.
6:30 p. m.—People Are Funny, NBC; That Brewster Boy, CBS; Double or Nothing, MBS.
7:00 p. m.—People Are Funny, Amos Andy, NBC; Durante and Moore, CBS; Dale Carnegie, MBS.
7:15 p. m.—Lowell Thomas, MBS; Ted Malone, BN.
7:30 p. m.—Stage Door Canteen, CBS; Lone Ranger, MBS.
8:00 p. m.—Music Shop, NBC; Fights, MBS.
8:15 p. m.—The Parker Family, BN; Press Club, CBS.
8:30 p. m.—Duffy's Tavern, NBC; Gang Busters, BN; It Pays to Be Ignorant, CBS.
9:00 p. m.—Furlough Fun, NBC. News, MBS; Aldrich Family, CBS.
9:30 p. m.—Fulton Lewis, Jr., MBS.
Adventures of Thin Man, CBS.
10:00 p. m.—News, NBC; Five Star Final, CBS.
11:00 p. m.—Concert Hour, BN.
11:45 p. m.—On all night, BN.

Saturday

8:00 p. m.—Youth on Parade, CBS.
8:30 p. m.—Know Your Symphony, NBC; Music, MBS.
8:45 p. m.—News, CBS; Elmer Peterson, NBC.
6:00 p. m.—Barn Dance, NBC; This is My Story, CBS.
6:30 p. m.—Spotlight Bands, BN.
6:45 p. m.—Saturday Serenade, CBS.
7:00 p. m.—Guy Lombardo Orch., BN.
7:15 p. m.—Remember, BN; Mayor of the Town, CBS; Barry Wood, NBC.
7:30 p. m.—Grand Ol' Opry, NBC; Red Ryder, MBS.
8 p. m.—Early American Music, BN; America in the Air, CBS.
8:30 p. m.—Rudy Vallee, NBC; Inner Sanctum, CBS; Leland Stowe, 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.—Three Suns Trio, NBC; News, BN.
9:45 p. m.—Don't You Believe It, CBS; Lee Simms, pianist, NBC.
10:00 p. m.—News, NBC; Music by Gill, BN.
10:30 p. m.—Henri Busse Orch., CBS.
11:00 p. m.—Henri Busse Orch., CBS; This Moving World, BN.
11:45 p. m.—On all night, BN.

NOW OPEN!
TAKE-IT-EASY LODGE
Dine and Dance
Open Wednesday, Thursday, Friday and Saturday
One-Half Mile Up Savage Creek

HONOR ROLL

Honor roll for the first six weeks at Medford Junior high school:

7B

Collins, James, B1, B2, B2, B, B1, B, B.

7A

James, Glenna, B2, B2, B1, A2, B, B.

8B

Barbee, Gilbert, B2, B2, B2, A1, B2.
Boshears, Kenneth, A, B1, A1, A1, A2, A.
Davies, Lovelle, A2, A1, B1, A1, A, B, B.
Jackson, Cynthia, A1, B1, B1, B1, A, B.
Jones, Helen, B2, B2, A2, B2, A2, B.
Kendle, Doris, A1, B1, B1, B1, B1, B.
Lageson, Nancy, A, A1, A1, A1, A, A.
Lemmon, Betty, B1, B1, B1, B1, B2, B.
Perl, Billy, B1, B1, B1, B1, A, B2.
Zimbelman, Bobbie, A2, B2, B2, A1, A.

9B

Adams, Mary, B, A, A, A, B, B.
Albright, Lenora, A, B, B, B.
Brummond, Joan, A, B, B, B.
Greens, Mary Sue, B, B1, A, B, B.
Neff, Treve, B, B, B, A, B.
Reynolds, Frank, A, A, B, A, A.
Scheel, Janet, B, B, B, A, B.
Shuck, Lael, B, B, A, B, A.
Stauffer, Phyllis, A, A2, A, A, B.

THE GRANGE

Sams Valley Grange

The following officers were elected for 1945 at last regular meeting of Sams Valley Grange: Master, John Peffley; overseer, George Loftin; lecturer, Frances Spurlin; stewart, R. E. Nealon; assistant stewart, C. W. McDonough; chaplin, Sadie Frink; treasurer, Ben Day; secretary, Donna Straus; gatekeeper, Earl Peffley; Ceres, Ruth Peffley; Pomona, Rosalia Abbott; Flora, Louise Day; lady assistant stewart, Beulah Peffley.

Next meeting will be Saturday night, November 18. H. E. C. will serve refreshments.

Upper Applegate Grange

Upper Applegate Grange met in regular session November 11. Four members of the Gold Hill Grange were guests.

The following officers were elected for the coming year: Master, Christine Harr; overseer, Valoris Haskins; lecturer, Grace Buck; stewad, Harry Mallott; assistant steward, Omar Culy; chaplain, Alexander Smith; gatekeeper, Mike Mallott; secretary, Edward Finley; treasurer, Lorenzo Harvey; Ceres, Stella Affenbacker; Pomona, Annamae Ford; Flora, Gladys Byone; lady assistant steward, Mamie Winningham; executive committee, Bert Harr, Albert Collins and Fred Dorn.

Third and fourth degrees were given Mr. and Mrs. Alvan Ford.

Grange will sponsor a dance Thanksgiving night.

ASSOCIATED
FOOTBALL SPORTCAST
SATURDAY
Washington vs 2nd Air Force
1:45 p. m.
KUIN (1340 kc)
and Mutual Network
TIDE WATER ASSOCIATED OIL COMPANY

OLD ENOUGH TO DIE

Cedar Rapids, Ia., Nov. 17—(U.P.)—When George Frank s, 75 was struck by a hit and run driver and sustained a gash on his head and a badly bruised leg, police suggested that he be taken to a hospital for treatment. "Hell, no," Franks said. "I'm old enough to die anyway. I should havs done it long ago."

HAS ARMY DATE

Hollywood, Nov. 17—(U.P.)—Gene Kelly, MGM dancing star, is scheduled to be inducted into the army here next monday. The actor had his induction transferred from New York. He is 30, married and father of a two-year-old daughter.

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

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.

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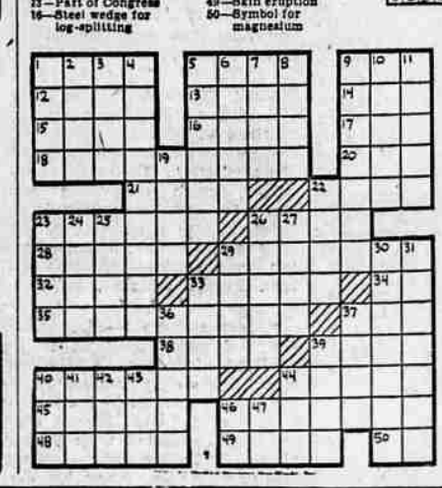
CHICKEN AND STEAK DINNERS
Open 5 p. m. to 2 a. m.
Phone Central Point 472 for reservations. On the Pacific Highway at Central Point. Out of Bounds for Service People

STRANGE AS IT SEEMS By ERNEST HIX

Crossword Puzzle

ACROSS

1—Early part of day
8—Repast
8—Male swan
12—Great Lake
13—All (comb. form)
14—Cuckoo
15—Laggard
16—Poverty
17—Small drink
18—Type of screws
20—Pedal digit
21—Needy
22—Transmit
23—Part of Congress
26—Steel wedge for log-splitting
28—Outs short
29—Coffee dregs
32—Girl's name
33—Sailing boat
34—Chemical suffix
35—Breed of dog
37—Past
38—Indebted
39—Bird's call
40—Swimmer
44—Book by Herman Melville
45—Flight of steps
46—Humorous drawing
48—Gritty
49—Skin eruption
50—Symbol for magnesium



ANSWER TO PREVIOUS PUZZLE

DOWN

1—Meal on ship
2—Heraldic bearing
3—Melee
4—Source of news
5—5th U.S. President
6—Turkish official
7—Again
8—Covers
9—Water bottle
10—A vegetable
11—Having two feet
19—Small beds
22—Liquid food
23—A laurel
24—Sea eagle
25—Not any
25—Fern spray
27—Rude medieval cross
29—Mucilage
30—Old Venetian office
31—Slanting
33—Planted
36—White from old age
37—Pert. to aircraft
39—Place to walk
40—Manuscript
41—Greek letter
42—Hurried
43—Among
44—Woman's title
46—Creditor (abbr.)
47—Hawaiian lava

BARNEY GOOGLE and SNUFFY SMITH

BUZ SAWYER

BLONDIE

L'IL ABNER

THE NEBBS

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