

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.

DEBUNKING NEEDS DEBUNKING

Nutrition scientists have determined within broad limits the amounts of each vitamin and mineral needed in the daily diet to maintain optimum health, says an illuminating editorial on "Medicine Men of the Air," in the New Republic, Oct. 23, '44. It is known the editorial continues, that ample amounts of all these essential are contained in the average, well balanced diet which includes daily servings of meat and potatoes, vegetables, eggs, milk, salads and desserts. Except in conditions of extreme poverty and in certain restricted geographic areas where diets commonly overemphasize one or two foods, many nutritionists believe it would be difficult for the man or woman in ordinary good health to fail to get the requisite amounts of vitamins.

I am tired of hearing that vague generality reiterated by half informed and misinformed people wherever and whenever the question of vitamins in nutrition arises. It began, I believe when the head publicity man of the best advertised "clinic" in the country broke into innumerable magazines, popular and medical, about fifteen years ago with a characteristic blast at the "vitamin craze"—it seemed that eminent specialists—you know, physicians whose patients are of the upper classes—saw very few cases in a year in which they suspected any vitamin deficiency. But no physician today would have the temerity to make such a statement. Every physician who is at all conversant with the lower knowledge of nutrition knows better now.

If such a "well balanced" (whatever that hokum means) diet as the editorial mentions will supply adequate amounts of vitamins to keep one in good health, why does the food and nutrition committee of the National Research Council advocate the practice of "enriching" flour and bread with vitamins?

And why do health authorities approve of the practice of "enriching" milk with vitamin D? And why does the federal government and most state governments approve of the practice of "enriching" or doctoring oleomargarine with vitamin A? Is all of this "doctoring" of foods or food products justified when anyone can get all the vitamins he needs from a reasonably varied diet such as the New Republic editorial mentions?

A "crack patent lawyer" defending a university "research foundation" charged by the federal government with conspiring with 18 companies to suppress competition in the manufacture and sale of vitamin D, exclaimed, "You can't use it (vitamin D) in everything and you can't cure flat feet with vitamin D."

Of course the patent lawyer is not a physician and he would hardly qualify as an expert witness in regard to what vitamin D will or will not cure. I believe vitamin D cures flat feet in many instances, and I am certain that it prevents flat feet in many more instances. Naturally the patent lawyer would not know, but vitamin D is the specific preventative and cure for rickets and weak ankles, pronated feet and flat feet in growing children are a common manifestation of rickets.

When it comes to getting enough vitamin D from a "well balanced" diet, if you ask me, I think it is practically impossible.

QUESTIONS AND ANSWERS
Please Name Names
Your article in today's paper strikes a responsive chord—I'll bless you in my prayers from now on if you will send me the instruction. (S. G.)

Scabies
What do you recommend for the itch? All four members of our family have it. (G. R. A.)

Scabies
Management of scabies is given in detail in booklet "Save Your Skin"—for copy send 25 cents and stamped, pre-addressed envelope. It tells how to deal with numerous skin troubles. (Copyright, 1944, John F. Dille Co.)

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On the Radio Chain
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Jack, arrived Tuesday from Phoenix, Ariz. The Palmers recently purchased the Joe Blair home here.
Mrs. A. J. Spence and son, Adrian, are spending the week with their family here. Mrs. Spence teaches school at Agnes and has been attending institute at Coquille.
Mr. and Mrs. Fred Von Pegert of Coquille, Ore., visited Thursday with Mr. and Mrs. Robert Keis on their return trip from Orland, Cal.
Mrs. Georgia Mae Murray and children, who have been visiting in Texas, returned here Wednesday to be with her parents, Mr. and Mrs. Hancock and family.
Mrs. Lon Boswell of Tillamook, Ore., and Mrs. Nellie Merriam of Davis, Cal., were callers at the Robert Kies home Friday.

Lt. and Mrs. John Thomas visited Saturday with Mrs. Thomas' parents, Mr. and Mrs. Tom Z. Smith and family. Mrs. Thomas is the former Gladys Smith.
Members from Amethyst Relekah lodge attending the district convention in Central Point Thursday were Mesdames Nora Bailey, Etta Carter, Pearl Ferguson, Willie McLean, Mildren Newnam, Irene Hendrickson and Effie Wyatt. At the evening session the degree team of Amethyst lodge No. 97 put on the degree work and Ellen Mae Gail gave several whistling numbers.
Mrs. Jay Frederick and daughter, Jill, are visiting in Grants Pass with Mrs. Frederick's parents.

Joe Pankey, who has been in Alaska and the Aleutian islands the past two years, has returned home and expects to be here for the winter.
Paul Reynolds, working at Astoria, has been spending the past week here with his family.
The Harry Foley family have purchased the small Pankey place and are now residents of Gold Hill.
Staff Sgt. Roy Kilgore has received an honorable discharge after serving three years and five months with the army. Roy has seen overseas service and received the purple heart. He expects to make his home here.

With U. S. Forces in Hurtgen Forest, Germany, Nov. 22—(UP)—German prisoners of war said today that disorders broke out recently in Cologne, and the gestapo is hanging civilians there for disobeying official orders.
(Swiss dispatches last week quoted travelers from Germany as reporting that a section of the Cologne inhabitants had come out openly against continuing the war and 21 persons were hanged publicly in a single day.)

Gold Hill, Nov. 22—Carl Lentz, local barber, underwent a major operation Thursday morning in Medford. He is getting along nicely and will be able to be home in another week.
Leo Walker, U. S. N., is home on leave for a visit with his parents, Mr. and Mrs. Clyde Walker, and sister, Charlotte.
Mrs. C. A. Dusenberry was in Medford several days last week serving on the jury.

Mr. and Mrs. Jack Smith and daughter of Richmond, Cal., spent a week here, guests of Mr. and Mrs. Thad Miller of the Locust Auto Co.
Mrs. Lena Essman and two children were overnight guests Sunday of Mr. and Mrs. Wilmer Bailey and Kenneth. They were en route to Olympia, Wash., where they will reside.
Mrs. C. E. Clark and three children of Kansas City, Mo., are visiting at the home of Mrs. Clark's aunt, Mrs. Earl Taylor. Mrs. Clark has spent some time at Farragut, Idaho, with her husband, who is in the medical corps of the navy.
John Ransom returned to Portland the first of the week after visiting several days with Mr. and Mrs. Earl Taylor.
Paul Clark of Corpus Christi, Texas, is visiting his sister, Mrs. William Ritchie, Jr.
Mr. and Mrs. R. Kenneth Palmer and children, Kenneth and

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Central Pt. Grange Dinner and Dance Scheduled Dec. 7
Central Point, Nov. 22—The turkey dinner and dance that is given annually by the Central Point Grange will be held this year December 7 in their hall. As of one last year, a limited number of tickets will be sold so it will be necessary to secure these in advance. They may be obtained from grange members from Warren Patterson at the National Farm Loan association office on West Sixth street in Medford and at Wilson's Hardware store in Central Point. Dinner will be served from 6 to 8 p. m. with dancing to follow.

KYLE'S RESTAURANT CHICKEN AND STEAK DINNERS
Open 8 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

Chalker's Motel & Lodge OFFICERS' CLUB
Dine-Dance-Refreshments
Chicken and Steak Dinners
Most Unique Place in So. Ore.
CLOSED MONDAYS
Thursday, Friday, Parties Only—
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STRANGE AS IT SEEMS By ERNEST HIX
MAGIC "LITTLE BLACK BOX"
AN INGENUOUS RAPID COMPUTER THAT CALCULATES IN DIFFERENT CATEGORIES SUCH AS LEAD AND PARALLAX; FOR AMERICA'S AERIAL GUNNERS... IT TINY MINDS RELAY THE MECHANICAL BRAIN WORK TO THE GUNS... HUMAN ERROR IS REDUCED TO A MINIMUM, AND THE GUNNERS CAN BE SURE HAS TO DO IS SIGHT THE TARGET, TURN THE GUN, AND FIRE!
Reflected by G.E. Engineers

THE COUNT OF PARIS
FRENCH NOBLEMAN HAD SO MUCH TO DO IN U.S. GOVERNMENT BOND DRIVE HE JOINED THE UNION ARMY DURING THE CIVIL WAR TO PROTECT HIS INVESTMENT
NEW MEXICO AND ARIZONA INDIANS HAVE AT LEAST THREE NAMES... A SPANISH NAME, AN INDIAN NAME, AND AN ENGLISH TRANSLATION OF THE INDIAN NAME!

BARNEY GOOGLE AND SNUFFY SMITH
I SNOW!! THESE JAP JARMINTS THINK I RUN TH UNIVARSE HAWKRY TAWKRY
SHHH... HERE COMES THE ROYAL STOOL PIGEON PUT ON YOUR SNOOD
OH SUPREME ONE... SAGGI BAGGI OOBTS YOUR NATIONALITY
FLING TH SHIFFLESS SKONK IN TH HOOSE GOW... I, MYSEF, HAS SPOKE

BUZ SAWYER
ROYAL HIGH EXALTED OMNIPOTENT BLACK DRAGON SPEAKS LIKE FOREIGN ONE LATELY
OH SHAME BE UPON YOUR ANCESTORS, SAGGI BAGGI! EXALTED ONE SPEAKS ALL TONGUES OF LAND SEA, AND IN THE AIR!

IT HAPPENED ONLY A MINUTE OR TWO AFTER YOU'D KISSED HER GOODBYE. OH, I SHOULD HAVE KNOWN WHAT A SHOCK IT WOULD BE TO YOU TO LEARN THAT SULTRY IS DEAD.
BUZ, DEAR, PLEASE DON'T TAKE IT THAT WAY. I— I'M SORRY I TOLD YOU. FORGIVE ME.
OH, PLEASE! PLEASE, BUZ! DON'T STARE LIKE THAT. TALK TO ME! SAY SOMETHING! DO SOMETHING!

BLONDIE
HERE I'LL SHOW YOU HOW TO START A NEW BOTTLE OF CATSUP.
JUST GIVE IT A GOOD SMACK ON THE BOTTOM, LIKE THIS!
GEE, YOU'RE SMART, POP.
I HATE ANTI-CLIMAXES

LTL ABNER
A FIVE-DOLLAR WEDDING? OH (SOS?) ALL MAH LIFE AH HAS PLANNED AN DREAMED OF SECH A CEREMONY— BUT AH GIVE UP ALL HOPE OF EVAN MEETIN' A FINE ENOUGH SPOUTY LACK-GENUINELY OBEY ONE F— NOW, HAVAR'S WHAT YOU GITS FOY MONEY— FUIST?— AH CLIPS YOY TOE-NAILS, PRESSES YOY PANTS GIVES YOY A QUICK SHAVE, WIP A HOT TOWEL AN' A FAST SPONGE BATH, EF YOY NEEDS IT— I PUT TH CROWD INTO A GOOD MOOMER— AH GIVES MAHSELF A HOTFOOT—
AFTER THET, AH REALLY GITS GOIN' IN RAPID SUCCESSION AH RECITES "TH SHOOTIN' O' DAN MCGREW" SINGS "MAH MOTHER WAS A LADY" FRANKLES ANYBODY IN TH CROWD AN' WINDS UP WIF MAH FAMOUS, MALELLAHAN FINISH A-STANDIN ON MAH HAIR. FOY ALL THOSE OVERCOME WIF EMOUSHUN DURIN' TH CEREMONY AH SENDERS FIRST AID—
AN' NOW LET'S GOY— SUNKS HAVE A GENOWINE, ONLY SLIGHTLY USED, TEN-CENT BELGARY?
THANK YOU—

THE NEBBS
WELL IT'S NO SKIN OFF MY NOSE
GO ON, YOURE DYING TO PLAY THE GOOD SAMARITAN
NO SUCH THING
ALL YOURE WAITING FOR IS A LITTLE ENCOURAGEMENT
VERY WELL THEN, JUST TO PLEASE YOU
I'LL SEE WHAT CAN BE DONE FOR THE MUGGINS FAMILY. NOW IF THIS UP WIF THE TURKIS OUT BADDY DONT SAY I GOT YOU INTO IT

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Delicious Dinners
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Dancing
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Crossword Puzzle
ANSWER TO PREVIOUS PUZZLE
ACROSS
1—Gaudy ornament
2—At once
3—Brilliant meteor
4—African camp
5—Within
6—One comb (form)
7—New
8—For example (abbr.)
9—Golf mound
10—Notoriety
11—Secret
12—Pi
13—French fraction
14—Dialing ridge
15—Fortunes
16—Depart
17—Toward top
18—Wearied
19—Beast furiously
20—The feminine
21—Male sex
22—Large daytime bird
23—Quick to learn
24—Wood used in pipe
25—Chaotic
26—Thus
27—Land measure
28—Legume
29—Township (abbr.)
30—Surgical saw
31—Top piece over door
32—Thoroughfare
33—Sustals
DOWN
1—Brightly
2—Trojan prince
3—Negative
4—Large telescope
5—Piece of string
6—Told in death
7—Large number
8—Arched gate
10—No good (abbr.)
11—Indian's home
12—Wind instruments
13—Giant animal
14—Sport
15—Took seat
16—Arrested
17—Profile
18—Fighting pole
19—Meaning
20—Rout
21—Double-headed nail
22—Working order
23—Test
41—River in England
42—Blotch
43—Curley
44—Guide line on bone
45—Bark (Scott.)
46—Conjunction
47—Brevity
48—Expression
49—You (L)

Cary Grant in Famous Picture



Starting Sunday at the Craterian is Cary Grant in the comedy hit "Arsenic and Old Lace." Josephine Hull and Jean Adair are the two sweet little old ladies who supply both the Arsenic and the Old Lace. Others in the grand cast are Raymond Massey, Jack Carson and Peter Lorre.

THE GRANGE
Roxy Ann Grange
The annual Thanksgiving dinner for Roxy Ann Grange was announced at the meeting Friday and all grangers are urged to attend. Ladies are to contact Mrs. Ethlyn Lehman for details. The dinner begins at noon Thursday.

SCHOOLING NEEDED
Washington, Nov. 22—(UP)—The navy announced today that 20,000 deck officers of the U. S. merchant marine must obtain a certificate of proficiency from the navy by January 1 in order to continue sailing merchant ships.

Grandma Switches Millions of Mothers To Her Idea of Mutton Suet and Medication
"Old Reliable" For Relieving Chest Colds' Muscle Tightness—Coughing, Neuralgic and Rheumatic Pain, Chapped Lips and Nostrils, Simple Bruises and Sprains and Many Other Home Uses.
Grandma was a great one for "rubbing" the miseries of chest colds and many other simple pains and aches of her family. The rub she used was medicated in her own way but she insisted that it contain mutton suet. She liked the way mutton suet disappeared as it helped carry medication to nerve ends in the skin to relieve pain. Today science has modernized Grandma's old-time pain relief principle to bring you Penetro, the salve with a base that contains old-fashioned mutton suet plus 5 active ingredients. Now mothers everywhere are praising this newer relief and thinking Grandma for her idea that is switching habits of long standing. During this season of colds, Penetro is so helpful in easing chest muscle tightness, soothing chest rawness, loosening

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PEOPLES LOAN CO.
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SURBORNE HEIGHTS
By CLYDE WILLIAMS
DISTRESSED BY THE EMPTY PLACES ON HIS BOOK SHELVES CAUSED BY THE INROADS OF BORROWERS, FRED PERLEY PROPOSED A "RETURN-A-BOOK WEEK" FOR THE NEIGHBORHOOD, WHICH WAS A GREAT SUCCESS, EXCEPT THAT EVERYONE WHO BROUGHT A BOOK BACK TO FRED BORROWED ANOTHER TO TAKE ITS PLACE

Beware Coughs from common colds That Hang On
CREOMULSION
for Coughs, Chest Colds, Bronchitis

Mack TRUCKS
ONE TON TO FORTY-FIVE TONS; RUBBER TIRE APPARATUS
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