

Your Health and Its Care

BY DR. WILLIAM BRADY M. D. Readers should address inquiries to Dr. William Brady 285 El Camino, Beverly Hills Calif.

DO HAVE SOME MORE CALCIUM

A food supply or diet may seem liberal and varied or "well balanced" and yet unless it includes a substantial amount of milk and green leafy vegetables it may be calcium-poor and hence inadequate to maintain health, growth and good nutrition.

Dr. Brady Sherman (Chemistry of Food and Nutrition, Macmillan 37) says: The ordinary mixed diet of Americans and Europeans, at least among dwellers in cities and towns, is probably more often deficient in calcium than in any other chemical element.

Milk contains calcium in abundance - approximately a gram (15 1/2 grains) in the quart - and in the most assimilable form for infant, child or adult. As the daily requirement of calcium for an infant or a growing child is nearly 10 to 12 grains it becomes more apparent that "a quart of milk a day for every growing child" is not merely a theoretical concept.

Second to milk and milk products comes the yolk of eggs as a source of calcium in the diet. Next to milk, cheese and egg yolk, comes the green leaves especially leafy greens that are good to eat raw, such as cabbage, lettuce, spinach, etc.

1 OUT OF 20 ON PUBLIC PAYROLL

Washington, Jan. 3.—(U.P.)—The Census Bureau figures that nearly one of every 20 inhabitants of the United States is a civilian employe of a federal, state or local governmental unit. The bureau disclosed that 6,503,000 civilians are working for more than 165,000 separate governmental bodies in this country.

SEN. CLARK TO PRACTICE

Washington, Jan. 3.—(U.P.)—Sen. D. Worth Clark, D., Idaho, defeated for re-election last November, will practice law here in partnership with Thomas Corcoran, former adviser to President Roosevelt, it was learned today.

NOTICE

In the County Court of the State of Oregon for Jackson County, In the Matter of the Estate of MARTHA C. ROBERTS, deceased.

Notice is hereby given that the undersigned has filed his Final Account in the above entitled matter, and the above entitled Court has fixed February 1, 1945, 10 o'clock A. M., in the County Court Room, in the County House in Medford, Oregon, as the time and place for hearing objections to said Final Account, and for the settlement thereof.

W. BERNARD ROBERTS, Executor. HARRY C. SKYRMAN, Attorney for Executor.

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

MAN MEETS SON ON FRENCH ROAD, RELATIVES HERE

Somewhere in France, Dec. 26.—An Associated Press correspondent driving along an Alsatian road noted something familiar about the GI in a nearby jeep. The correspondent stopped his own jeep, crossed the road and shook hands with the private first class sitting at the wheel, saying, "Hello, son," to George Carleton Werner.

The above dispatch is of interest in Medford, as the soldier referred to is the son-in-law of Mr. and Mrs. Earl C. Gaddis, 609 East Main street, and the husband of Dorothy Gaddis Werner, now at Alexandria, Va., at the Werner home. Pfc. Werner acquired his knowledge of foreign languages and of Europe while living abroad with the family for many years prior to the outbreak of war over there.

Black Market For Illegitimate Babies Flourishes in U. S.

Washington, Jan. 3.—(U.P.)—Maud Morlock, consultant on social services to the children's bureau of the labor department, said today that one out of every 12 babies born in the U. S. is illegitimate and that more than half the illegitimate babies are being "sold" for huge profits by unscrupulous "baby brokers."

Male Quartet To Sing Thursday At Christian Church

The male quartet from Northwest Christian college at Eugene will appear in concert at the First Christian church here Thursday at 7:30 p. m. The group will be on tour in California for the next few weeks.

1944 Price Advance Low Says Perkins

Washington, Jan. 3.—(U.P.)—Despite a record high in individual incomes, the nation's price control and rationing program permitted prices to rise less in 1944 than in any other year since the war began, Secretary of Labor Frances Perkins reported today.

WAREHOUSE CREW In Farm Coop Not "Farm Laborers"

Sacramento, Jan. 3.—(U.P.)—Warehouse employes of a farmers' cooperative are not "agricultural laborers" and so are subject to provisions of the state unemployment insurance act, the state supreme court ruled today.

POST RAPS U. S.

London, Jan. 3.—(U.P.)—The Yorkshire Post, popularly supposed to reflect the views of Foreign Secretary Anthony Eden, assailed the United States today for preaching "smug demon's on Britain's duty" and demanded a frank statement on what America is willing to do toward settlement of European political disputes.

Beware Coughs That Hang On

CREOMULSION for Coughs, Chest Colds, Bronchitis. Creomulsion relieves promptly because it goes right to the seat of the trouble to help loosen and expectorate laden phlegm, and aid nature to soothe and heal raw, tender, inflamed bronchial mucous membranes.

On the Radio Chain STATIONS: Chain affiliation and where they are on the dial. KALE (CBS) 1330, Portland. KEX (NBC-Blue) 1190, Portland. KGA (NBC-Blue and MBS) 1510, Medford. KGO (NBC-Blue) 810, San Francisco. KGW (NBC-Red) 820, Portland. KJR (NBC-Blue) 1080, Seattle. KJN (CBS) 1070, Los Angeles. KOA (NBC-Red) 850, Denver. KOIN (CBS) 970, Portland. KOMO (NBC-Red) 930, Seattle. KPO (NBC-Red) 680, San Francisco. KSL (CBS) 1140, Salt Lake City. Time shown is PWT.

Wednesday 5:00 p. m.—Terrace and Pirates, BN. OK for Release, NBC. 5:15 p. m.—Dick Tracy, BN. 5:30 p. m.—Jack Armstrong, BN. Harry Flannery, NBC. Adventures of Tom Mix, MBS. 5:45 p. m.—Elmer Peterson, NBC. Night News, NBC. 6:00 p. m.—Frank Sinatra, CBS. Eddie Cantor, NBC. 6:20 p. m.—Spotlight Bands, BN. Mr. District Attorney, NBC. Which is Which, CBS. Clasen Kid, MBS. 7:00 p. m.—Kay Kyser's College, NBC. Great Moments in Music, CBS. 7:30 p. m.—Sam Hayes and the News, MBS. OK for Release, NBC. 7:45 p. m.—Dick Tracy, BN. 8:00 p. m.—Jack Armstrong, BN. Harry Flannery, NBC. CBS. 8:15 p. m.—Elmer Peterson, NBC. Night News, MBS. News, CBS. 8:30 p. m.—Music Hall, NBC. Major Bowes, CBS. Gabriel Heatter, MBS. 8:45 p. m.—News, BN. 9:00 p. m.—Bob Corley, NBC. Spotlight Bands, BN. Corliss Archer, CBS. Treasure Hour of Song, MBS. 9:15 p. m.—Bob Corley, NBC. NBC. Raymond Gram Swing, BN. First Line, CBS. Henry Gladstone, NBC. 9:30 p. m.—Lowell Thomas, MBS. 9:45 p. m.—March of Time, BN. Red Ryder, MBS. Buck Rizzio, NBC. Here's to Romance, CBS. 10:00 p. m.—Super Club, NBC. Jack Kirklund Show, CBS. Main Line, MBS. 10:15 p. m.—Fleetwood Lawton, NBC. Lum and Abner, BN. 10:30 p. m.—Crosby Time, NBC. Death Valley Sheriff, CBS. Fred Waring Show, BN. 10:45 p. m.—News, MBS. Dinah Shore, NBC. 11:00 p. m.—Rex Miller, MBS. 9:15 p. m.—Rex Miller, MBS. 9:30 p. m.—Rex Miller, MBS. 9:45 p. m.—Rex Miller, MBS. 10:00 p. m.—Rex Miller, MBS. 10:15 p. m.—Rex Miller, MBS. 10:30 p. m.—Rex Miller, MBS. 10:45 p. m.—Rex Miller, MBS. 11:00 p. m.—Rex Miller, MBS.

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POOR DIGESTION? Headachy? Sour or Upset? Tired-Listless? Do you feel headachy and upset due to poorly digested food? To feel cheerful, and happy again your food must be digested properly. Each day, Nature must produce about two pints of a vital digestive juice to help digest your food. If Nature fails, your food may remain undigested—leaving you headachy and irritable. Therefore, you must increase the flow of this digestive juice. Carter's Little Liver Pills increase this flow quickly—often in as little as 30 minutes. And, you're on the road to feeling better. Don't depend on artificial aids to counteract indigestion—when Carter's Little Liver Pills aid digestion after Nature's own order. Take Carter's Little Liver Pills as directed. Get them at any drugstore. Only 25¢.

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

DIFFICULT DECISIONS By GLUYAS WILLIAMS 72-28-44 (Reprinted by the author, 1944) WONDERS WHAT TO SAY NEXT WHEN AFTER GIVING HIM THROAT PUNCHES OVER COUSIN EFFIE'S CHRISTMAS PRESENT AND HER GOOD TASTE AND GENEROSITY, IT COMES OVER YOU THAT SHE HASN'T THE FINEST IDEA WHAT YOU ARE TALKING ABOUT ON ACCOUNT OF SHE ONLY SENT YOU A CARD

Mexico Pays Final Debt On Revolution Washington, Jan. 3.—(U.P.)—Mexico made the final payment of \$448,020.14 for settlement of special claims by the United States for property damages incurred during Mexican revolutions. Salvador Dumart, first secretary of the embassy, delivered the check to Secretary of State Edward R. Stettinius, Jr. The present payment, brings the total installments paid since January 2, 1935, to \$5,448,020.14. Mexico also presented a check for \$4,480.20 for interest due.

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

BEAUTIFUL— ROGUE RIVER LODGE IS NOW OPEN Delicious Dinners Cocktail Lounge Dancing On Crater Lake Highway Near Trail Telephone Trail 1404

DID YOU KNOW That the Rogue River Chevrolet has been re-organized and now Mr. C. W. Thomson is a partner of Mr. C. M. Hurd's and general manager of the firm. Rogue River Chevrolet will continue to render the highest possible service to its many friends and customers. ROGUE RIVER CHEVROLET

STRANGE AS IT SEEMS By ERNEST HIX EACH COMPARTMENT OF A MODERN SUBMARINE HAS CONNECTIONS TO WHICH SCUM LINES MAY BE ATTACHED BY DIVES SO THAT, FENDING RESCUE, LIQUID FOOD AND FRESH AIR MAY BE FURNISHED MEN TRAPPED IN A DISABLED VESSEL! FORGOTTEN MAN OF ART! ALBERTO CUPELL, U.S. ARTIST WHO DIED IN 1937—MADE A PAINTING OF EVERY HISTORICAL EVENT FROM THE LANDINGS OF COLUMBUS TO THE BATTLE OF THE CIVIL WAR, AND HIS PICTURES ARE STILL BEING USED TO ILLUSTRATE HISTORY BOOKS....

Crossword Puzzle ANSWER TO PREVIOUS PUZZLE ACROSS 1—Wild horse 2—Downy ducks 3—Narrow 4—Vases used in laboratory 5—Add 17 6—Move like snake 7—Mother 8—Sea bird 9—In the same place (abbr.) 10—Noise 11—Palm starch 12—Paddle 13—Mailed 14—Eastern Mediterranean region 15—Egg 16—Group 17—Leaf slowly 18—Island in Mediterranean 19—Balance 20—Great Lake 21—Purple 22—Sudden hitch 23—Went swiftly 24—That which limits 25—In the same place (abbr.) 26—Sooner 27—Southern State (abbr.) 28—Stinging insect 29—Port to mine of iron 30—Like-like 31—Italian 32—Crescent 33—Forward 34—Recent 35—Concern 36—Prayer 37—Ardent 38—Trouble 39—Owing 40—Edward 41—Call to mind 42—Inclina 43—Insect 44—Russian capital 45—Dredges out 46—Sag-shaped 47—Closes eyes of hawk 48—Man's name 49—Body of water 50—Booker 51—Desires 52—Country in Near East 53—Spirit 54—Capital of Indo-China 55—Cora destroyer 56—Turf 57—Bottle of soap 58—Notations hidden player 59—Iron fruit 60—Collide with violently 61—Greek letter 62—Tantalum (symbol)

BARNEY GOOGLE and SNUFFY SMITH LOOKY, H.T.!! THE STUFF WHAT THAT TYHOON PICKED UP IS STILL FALLIN' OUTN TH' SKY! P.P. PADDOLE FER ALL VORE WUTH!!

BUZ SAWYER OH, BUZ! NOT NOW—YOU'LL CRUSH MY ORCHID. OKAY, IF THAT'S THE WAY YOU FEEL. DON'T BE SILLY, DARLING. BY THE WAY, WOULD YOU MIND IF I DIDN'T INVITE YOUR FRIEND TO DINNER TOMORROW NIGHT? WHY? WHAT'S WRONG WITH SWEENEY? NOTHING, DEAR! NOTHING AT ALL. ONLY—I THOUGHT SINCE YOU'VE JUST COME HOME, OUR FIRST EVENING SHOULD BE A TRIPLE MORE INTIMATE.

BLONDIE I BOUGHT US BOTH SOME HEAVY WOOLLEN UNDERWEAR. NO USE CATCHING COLDS WHEN WE CAN PREVENT THEM BY DRESSING WARM. A GOOD SENSIBLE IDEA. THIS IS YOURS. FINE--WE WON'T LET VANITY INTERFERE WITH OUR COMFORT. THIS IS MINE.

L.T. ABNER AN GIVES YOU THE SAME ANSWER AN GIVES TO ANY STRANGER WHO ASKS ME TO MARRY HIM—NO, THANK YOU!! AH THINKS MAH BRAIN IS GONNA EXPLODE!! L-E-L-E-G-O H-H-O-M-E P-A-P-P-Y AH BIN HAPPY TREDDIN' THIS ROAD WIF MAH FEET IN THY AIR. ANY SETTLE MAH BRAIN—PORK AVENOO! TO FORTY YEARS AH BIN HAPPY TREDDIN' THIS ROAD WIF MAH FEET IN THY AIR. ANY SETTLE MAH BRAIN—THAR, CHILE, IT AWAITS US RIGHT AROUND TH' BAND!! N-NO HOME, SWEET HOME!! JUST THEY T-TREMEJUS TREE!! SMACK ON TH' SPOT WHAR OUR HOME USETA BE?? W-WONDER HOW LONG SINCE THEY SPRUTTED UP!! DAN'L BOONE RASSED A BAR NYAR. THURSDAY, MARCH 9 1786

THE NEBBES THUMP BUMP!! WHAT'S GOING ON UPSTAIRS? PAY NO ATTENTION TO IT. BAM! BANG! BANG! IT'S FANNY DOING HER REDUCING EXERCISES. FANNY REDUCES AND YOU GAIN WEIGHT--WHAT'S THE BIG IDEA? I'M HEALTHIER NOW THAN I EVER WAS, OBIE. WHY DON'T YOU TRY MY ROUTINE? NO, THANKS. I DON'T THINK THAT MUCH HEALTH WOULD AGREE WITH ME!