

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.

HYGIENE OF THE SCALP

Air and sunlight are as good for the scalp as they are for the entire skin surface. So far as the health of the hair and the general health are concerned one should never wear hat, cap or other head covering unless it is really necessary for protection against extreme cold, excessive sun, insects or enemy cognizance. (I wouldn't bother my head about the notion of too much ultraviolet adding my brains if I were you — but then if I were you, I suppose I wouldn't take chances going about without a hat.)

We have already described the only kind of massage that is good for scalp (and hair)—systematic kneading or squeezing of the scalp with your hand for a minute or two each night and morning, not rubbing or friction.

Treatment of excessive dryness of the scalp and hair or excessive oiliness of scalp and hair will be given after we get it washed up.

How Often Should One Wash the Hair?

Well, how often should one wash? Every Saturday night I should say, on the average, that is, if it isn't too blameworthy and hence inconvenient to enjoy a daily air bath.

Finicky creatures may insist it is de rigueur to bathe at least once or twice a day—and they insist on that with the utmost vulgarity—but they seldom carry the affection to the scalp. They may wallow in the unsanitary tub a good share of their time but still they do generally go for weeks without once washing scalp or hair. Let's be consistent about it. I repeat once a week is enough for a complete wet wash, as a general rule. The occupation or condition of some individuals may take more frequent wash-

ing necessary or desirable. So-called "tincture of green soap" or "liniment of soft soap" is excellent for washing scalp or hair. This is a soap made of lavender, in alcohol. Any soap that is suitable for toilet use is suitable for a shampoo. It is hardly worth while medicating soap in any circumstance, unless you intend to keep the soap applied long enough (many hours) to get any effect from the medication. That is, for you and me—it does beat the bugs what a Hollywood star can get out of the right brand of soap, doesn't it?

Be sure to rinse the scalp and hair repeatedly with tepid water after a shampoo, to remove all soap. It is best to dry the hair naturally by pressing a towel on it, and then letting it dry in the ordinary room temperature, rather than by applying heat or hot air.

There is no risk or danger of any kind involved in going out immediately after washing the scalp or hair. If you prefer to harbor some quaint notions about this, suit your own fancy—ours is still a free country.

When the scalp and hair are quite dry after shampoo it may be well to apply a few drops of a suitable oil to the scalp by parting the hair and rubbing it on the scalp with fingertips, or by spraying it on the scalp from tip of atomizer held almost in contact with the scalp, to replace the normal sebum or skin oil removed by washing. Suitable for this purpose are fresh olive oil, castor oil, sesame oil, sweet almond oil, cotton seed oil, but not mineral oil.

QUESTIONS AND ANSWERS

Constipation Habit
Does your booklet on "The Constipation Habit" apply to children 2 and 4 years old? (Mrs. J. B. D.)

Why do you never say anything about mucous colitis? There must be thousands of people like myself who suffer. (E. R.)

Answer:—Send 10 cents and stamped envelope bearing your address, for booklet "The Constipation Habit and Colon Hygiene." It applies to persons of any age and to persons who have been persuaded to believe they have mucous colitis. Of the two classes the children 2 and 4 years old deserve more sympathy, for their plight is not their own fault. (Copyright, 1945, by John F. Dille Co.)

spent in tents. He wrote of visiting Rome, Cassino, old Pompeii and other sections of Italy.

Another letter came from Lt. Tommy White, a German prisoner for the past year, who said that he had received no letters or packages from relatives. Lt. White, former outstanding Medford athlete, wrote that he is working in the athletic office of the prisoner camp repairing equipment and that his leg, broken at the time his plane was shot down over Germany, is now healed and that he has been able to play in several ball games.

David Strang has been reported killed in line of duty at Saipan.

The number of servicemen returning home after duty abroad continues to increase. One of the recent arrivals is Cpl. John W. Kirby, Jr., who saw action service with a bomber group in New Guinea, Blak Islands, Netherlands East Indies and other spots. Cpl. Kirby flew home and had the novel experience of eating two Christmas dinners, one on Blak Islands and the next on the plane which crossed the international date line in time to give him a second Christmas. Also home over the holidays was First Lt. Robert E. Rose, now taking a refresher course at Victorville, Calif. Lt. Rose holds the Distinguished Flying Cross, with two oak leaf clusters and the air medal with three oak leaf clusters awarded as the result of a year's active service at an English bomber station.

Lt. (jg) C. H. Paske, Jr., is temporarily assigned to the Sand Point naval base in Washington and was in Medford over the holidays. He is recovering from severe burns suffered in a plane crash in Glenview, Ill., some time ago. Lt. Paske served in the South Pacific for many months and has survived nine plane crashes of various natures.

Lt. Col. Fred W. Greene has been home for a brief leave after 34 months in the South Pacific, his last active duty being in the Philippines. He now reports to the Command and General Staff school, Ft. Leavenworth.

Others home are Warren Parke, soundman first class, who spent 27 months in the South Pacific; Sgt. Harry H. Lowe, back in Butte Falls for a time after 32 months in India; Cpl. Jack W. Wright, home after three years in the Southwest Pacific, including duty on Guadalcanal for which he received a presidential citation; Pvt. William Meier, home after two years overseas, including recent duty in the Philippines; Dick Nelson, pharmacist first class who spent a brief leave here and then reported in Seattle for hospitalization.

Alton L. Minger of the merchant marine spent a brief time here after 11 months' sea duty and then went to Missouri to visit his wife and new son, the latter born recently. Walter C. Teague, survivor of a destroyer which sank in a hurricane last fall, is visiting his parents in Talent and will then report to a hospital in Norfolk, Va. Also home after a year's service in the Pacific is Arland Thornell, Sic. Lloyd E. Pitts, AMM1c, who has been serving as a plane captain with a patrol squadron in the Pacific, is home for a month, and Raymond F. Cherry, Sic, who participated in the Leyte landing, is also here.

Lt. Leslie Longwill, who has been serving with the 41st and 33rd infantry divisions in the Pacific for the past three years, suffered a nervous collapse after the opening days of the Philippine campaign and is now in a hospital.

Donald Wimer, stationed on an aircraft carrier, has been promoted to junior grade lieutenant and Don Monteith, stationed at Camp Blanding, has been promoted to first lieutenant. Gene C. Rae was recently commissioned a second lieutenant in the AAF at Moore Field, Tex. James R. Bobbett has graduated from a machinist mate school

at Great Lakes, Ill., and Pvt. Robert Holfield has completed a radio course at Sioux Falls, S. D.

Flight Officer Russell Acheson has completed transport pilot training in Arizona and Palm Springs and is in Medford on leave before reporting to an overseas training unit.

Recent "blessed events" are as follows: daughter born to Lt. and Mrs. Wimer, (Peggy Garlock); daughter born to Ensign and Mrs. Oliver P. Taylor, (Lorene Marguth); son born to Lt. and Mrs. Lanse Pitts; son born to Capt. and Mrs. R. H. Dougherty; daughter born to Capt. and Mrs. John Crawford, (Janet Mann); and son born to Capt. and Mrs. Roger Holmgren, (Margaret Mary Mann).

The engagement of Zavier Lester to Donald M. Minear was announced last week, also the engagement of Beverly Pearson to Sgt. Randy Huggdahl of the 91st division. Weddings announced were those of Joan Stoehr to E. Cordell Eubanks of San Francisco; Joyce Cox to Stephen Dippel; LaVerne Parkhurst to Robert E. Rudy, and Dea Jean Hardy, Klamath Falls, to Cpl. Jack W. Wright.

On the Radio Chain

STATIONS:
Chain affiliation and where they are on the dial:

KALE (CBS) 1230, Portland
KEX (NBC) 1190, Portland
KGA (NBC-Blue and MBS) 1510
Spokane, KGO (NBC-Blue) 810
San Francisco, KGW (NBC-Red) 620, Portland; KJR (NBC-Blue) 1000, Seattle; KXN (CBS) 1070, Los Angeles; KDA (NBC-Red) 830, Denver; KOIN (CBS) 970, Portland; KOMO (NBC-Red) 850, Seattle; KPO (NBC-Red) 650, San Francisco; KSL (CBS) 1160, Salt Lake City.

Time shown is PWT

Friday
8:00 p. m.—Terry and Pirates, BN; OK for Release, NBC; Sam Hayes, News, MBS.
8:30 p. m.—Dick Tracy, BN.
8:30 p. m.—Jack Armstrong, BN; Harry W. Flannery News, CBS.
9:00 p. m.—Elmer Peterson, Commentator, NBC; Capt. Midnight, BN; Night News Wire, MBS, News, CBS.
9:00 p. m.—Waltz Time, NBC; Gabriel Heatter, MBS; Sunset Serenade, BN; Tonight in Hollywood, CBS.
9:15 p. m.—Fulton Lewis, Jr., MBS; News, MBS.
9:30 p. m.—People Are Funny, NBC; That Brewster Boy, CBS; Double of Nothing, NBC; Capt. Midnight, BN; 7:00 p. m.—Amos and Andy, NBC; Durand and Moore, CBS; Dale Carnegie, MBS; East Godwin, News, BN.
7:15 p. m.—Lowell Thomas, MBS.
7:00 p. m.—Stage Door Canteen, CBS; Lone Starry MBS; Ed Wynn, BN; Bill Stern, NBC.
8:00 p. m.—Stars of the Future, BN; Jinks, MBS; Jack Kirkwood Show, CBS.
8:15 p. m.—Fleetwood Lawton, NBC; 8:30 p. m.—Duffy's Tavern, NBC; Gang Busters, BN; It Pays to Be Ignorant, CBS.
8:30 p. m.—Furlough Fun, NBC; News, MBS; Aldrich Family, CBS.
8:30 p. m.—Adventures of Thin Man, CBS.
10:00 p. m.—News, NBC; The Doctor Talks It Over, BN; Milton Charles, Organist, CBS.
Saturday
8:00 p. m.—Youth on Parade, CBS orchestra, BN.
8:30 p. m.—Boston Symphony, BN.
8:45 p. m.—News, CBS; Elmer Peterson, NBC.
9:00 p. m.—Barn Dance, NBC; This is My Story, CBS.
9:30 p. m.—Spottlight Bands, BN; Can You Top This?, NBC.
9:45 p. m.—Saturday Serenade, CBS.
7:00 p. m.—Guy Lombardo Orch., BN; Fatsy Kelly, NBC.
7:15 p. m.—Mayor of the Town, CBS.
8:00 p. m.—Grand Old Opry, NBC; Red Ryder, MBS; The Man Called X, BN.
8 p. m.—Early American Music, BN; America in the Air, CBS; Truth or Consequences, NBC.
FBI in Peace and War, CBS; Leland Stowe, BN.
8:00 p. m.—Meet Your Navy, BN; Hit Parade, CBS; News, MBS.
9:15 p. m.—Dream Boat, MBS.
9:30 p. m.—Three Sun's Trio, NBC.
9:45 p. m.—Don't You Believe It, CBS; Lee Simms, pianist, NBC.
10:00 p. m.—News, NBC; Soldiers With Wings, BN.
10:30 p. m.—St. Francis Hotel Orch., NBC.
11:00 p. m.—Henri Busse Orch. CBS; This Moving World, BN; Billmore Orch., NBC.

BLIND WAR WORKERS

HELPING PRODUCE THE
BLACK WIDOW VICTORIES, HAVE
COMPLETED MORE THAN 10,000 PRODUCTION
HOURS WITHOUT ACCIDENT LOSS!
IN MANY DEPARTMENTS THESE COLLECTIONS
ARE LARGER AND RATE OF PRODUCTION
HIGHER THAN THAT OF THE SIGHTED WORKERS!

Howthome, Cal.

southwest Pacific when a Portuguese military expedition arrives to take over.

The agreement was said to call for Japanese abandonment of the entire island, half Portuguese and half Dutch, with the Portuguese forces to deliver the Dutch part to Dutch authorities.

The postwar rayon industry will be larger than prewar. Nylon and similar fibers are expected to hold more than 50 per cent of the former silk business.

**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

DO YOU KNOW?

That the automobile industry predicts it will take five years of full scale production to fill the present demands for new cars, and that you have available the best of mechanics and facilities to keep your car fit at ---

ROGUE RIVER CHEVROLET CO.

STRANGE AS IT SEEMS By ERNEST HIX



Crossword Puzzle

ANSWER TO PREVIOUS PUZZLE

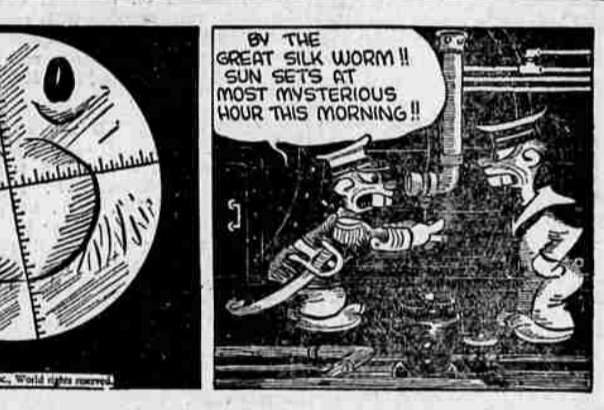
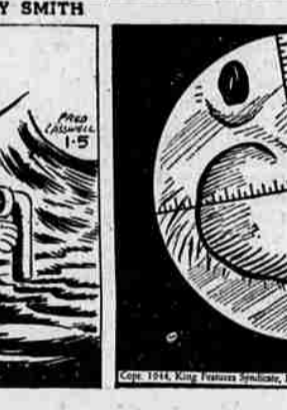
ACROSS

- Outline
- Giri's plaything
- Region
- Drug source
- Beverage
- Rodentia
- Uprising
- Thin pole
- Times to vote
- Chemical suffix
- British wild cat
- Stranger
- Instrument
- Pink gardener
- Evade

DOWN

- Travel cost
- Square
- Network
- Manly
- Ancient king of Persia
- Misture
- Waste birds
- Permits
- Pertle out
- Unusually region
- Unaccompanied
- Dampers
- Trampled
- Vend
- Tend
- Level
- Part of body
- Make up for
- Fathers
- Later on
- Not so old
- Takes into custody
- Ripens
- Boy's marble
- Side of brook
- King of Beasts
- Mountains
- Curve
- Shirts
- Ironed skin
- Prefers: before
- Afternoon (abbr.)
- Slits

BARNEY GOOGLER AND SNUFFY SMITH



BUZ SAWYER



BLONDIE



LTL ABNER



THE NEBBS



ON THE HOME FRONT

News From Jackson County for Men in the Armed Services

The Mail Tribune suggests you clip and mail this news roundup to a relative or friend in service.

Date.....

Dear.....

The home folks settled down to the usual routine this week after the holidays, with business returning to normal after the Christmas and New Year rush and the young folk returning to school. New Year's day was somewhat gloomy as far as the weather was concerned and once then the valley has had considerable fog with the thermometer none too high. The hills are covered with snow, a recent snowfall leaving five additional inches on the ground at Fish Lake.

A spectacular fire early Dec. 30 destroyed the Chateau with all its contents. Three persons sleeping in the building had to be taken to safety through the roof. The building had recently been purchased by an Ashland woman and two Los Angeles men and was to have reopened over the week-end for the New Year's festivities.

Riding the crest of a six-game winning streak, Medford's Black Tornado will open the southern Oregon conference Friday night when they meet Ashland Grizzlies, defending state champions, on the Medford floor. Saturday night Medford will meet Eureka, Calif., here.

On a trip into Willamette valley Medford won all three games, defeating Albany once and Salem twice. Other victories are two over North Bend and one over Coos Bay.

With the continued illness of Circuit Judge H. K. Hanna, the state supreme court has assigned Circuit Judge James W. Crawford of Portland to the local court for the time being. Judge J. B. Coleman is still confined to his home but said to be improved.

Myers-Holland Post 129, American Legion, was officially installed at Central Point Wed-

nesday night, several state and district officers being present for the ceremonies. The post is named after Homer Myers and Vernon Holland, Central Point youths who gave their lives in this war and is the first post in war II to so honor war dead.

Heading news of the servicemen this week is the story of award of the Distinguished Service Cross to Pfc. McDonald Coleman of Central Point. Pfc. Coleman, described by an army writer as a "little guy," packs a six-shooter and by various and sundry means has accounted for 31 German's during recent months of the Italian campaign. The soldier, known as "Windy," finally caught up with a bit of hard luck and is now in a hospital.

From Europe comes word that Sgt. Robert D. Hellenbeck's P-47 fighter group has been awarded a distinguished unit citation for smashing two German armored columns near St. Lo last summer and that the B-25 bombardment group to which Sgt. Joseph H. Pruitt belongs has established the exceptionally low combat casualty rate of less than one-half of one per cent. Cpl. E. M. Madden, stationed with 8th AAF in England, has been awarded a good conduct medal.

A letter from Cpl. Richard Jewett in Italy told how the corporal was enjoying living in a house again after two years

at Great Lakes, Ill., and Pvt. Robert Holfield has completed a radio course at Sioux Falls, S. D.

Flight Officer Russell Acheson has completed transport pilot training in Arizona and Palm Springs and is in Medford on leave before reporting to an overseas training unit.

Recent "blessed events" are as follows: daughter born to Lt. and Mrs. Wimer, (Peggy Garlock); daughter born to Ensign and Mrs. Oliver P. Taylor, (Lorene Marguth); son born to Lt. and Mrs. Lanse Pitts; son born to Capt. and Mrs. R. H. Dougherty; daughter born to Capt. and Mrs. John Crawford, (Janet Mann); and son born to Capt. and Mrs. Roger Holmgren, (Margaret Mary Mann).

The engagement of Zavier Lester to Donald M. Minear was announced last week, also the engagement of Beverly Pearson to Sgt. Randy Huggdahl of the 91st division. Weddings announced were those of Joan Stoehr to E. Cordell Eubanks of San Francisco; Joyce Cox to Stephen Dippel; LaVerne Parkhurst to Robert E. Rudy, and Dea Jean Hardy, Klamath Falls, to Cpl. Jack W. Wright.

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

How To Relieve Bronchitis

Cremulsion relieves promptly because it goes right to the seat of the trouble to help loosen and expel germ laden phlegm, and aid nature's soothing and heal raw, tender, inflamed bronchial mucous membranes. Tell your druggist to sell you a bottle of Cremulsion with the understanding you must like the way it quickly allays the cough or you are to have your money back.

CREMULSION
of Coughs, Chest Colds, Bronchitis

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.

THE WORLD AT ITS WORST
By GLUYAS WILLIAMS
12-30-44

IT'S AMAZING HOW YOUR CHILDREN CAN GO ALONG SMOOTHLY UNTIL JUST AT THE END WHEN SOMEBODY PUSHES SOMEBODY, AND SOMEBODY WANTS THE LAST PIECE OF CAKE THAT SOMEBODY ELSE WANTS, AND SOMEBODY SCRAPES HIS KNEE, SO THAT AS THE MOTHERS ARRIVE TO COLLECT THEIR CHILDREN, ALMOST EVERYBODY IS IN TEARS, CREATING THE IMPRESSION THAT A WRECKED TIME HAS BEEN HAD BY ALL.