

Your Health and Its Care

BY DR. WILLIAM BRADY M. D.

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SOFT DECAYING TEETH

The teeth of young Americans, after all, are nothing to be proud of, however pretty they may be made to appear in pictures used to sell soap.

But this is not the place to discuss the loss of or the conservation of teeth. If you are interested in that, read "Nutrition and Physical Degeneration" by Weston A. Price, D. D. S., and "Save Your Teeth" by one whom, the first being available in your public library, no doubt, the second being No. 1 Little Lesson in the Ways of Health, which you may have on request if you send 25c and a stamped envelope bearing your address.

Here I offer in brief my opinion or belief in regard to soft decaying teeth in young persons. I believe the trouble is due to (a) insufficient use of teeth, gums and jaws in chewing—due to the excessive refinement and "purification" of modern food—and (b) nutritional deficiency—due to the same processing of food.

To combat a I do NOT recommend chewing gum, tobacco or other foreign substance, but I do recommend chewing plain wheat—carrying a small supply with you and taking a good chew of it whenever you feel the desire. Of course such use of teeth, gums and jaws is but a feeble effort. The ideal use of teeth, gums and jaws in eating natural foods, together with the better nutrition such foods provide, would account for the beautiful teeth and splendid dental arch, gum and jaw development. Dr. Price found among numerous civilized and savage people in various parts of the world, whose diet is not too much refined—and who as yet have not been sold the stupid Yankee notion of brushing the teeth with glorified soap.

To combat b I recommend including in the everyday diet more liberal proportions than are generally consumed, of the high calcium foods—particularly milk, cheese, greens, fresh raw vegetables, and slightly cooked vegetables, egg yolks, nuts, peanuts—and either taking a daily vitamin D supplement or getting more daily exposure to sunshine, sky shine, daylight—so that the ultraviolet may activate ergosterol in the skin to convert it into vitamin D.

From my own observation of the development of children from birth up to the teens I am convinced that regular use of a vitamin D supplement for the diet throughout infancy and childhood and some extra calcium with it throughout childhood promotes the formation of good, even, strong teeth free from decay. And I cite the study of Dr. Price again as the solid ground under my suggestion that an adequate daily ration of calcium and vitamin D promotes not just a healthy, vigorous state of teeth, gums, dental arches, jaws and facial development but an equally fine general physique.

The infant whose diet is principally milk may get sufficient calcium from milk alone, if a daily ration of a few drops of vitamin D in oil is administered. As the baby grows older, as a rule, relatively less milk is taken, and hence a calcium and vitamin D supplement for the ordinary diet becomes necessary for optimal nutrition throughout childhood, particularly if the growing child does not consume milk, cheese and greens as freely as a young person should and does not enjoy sufficient exposure to the sun.

QUESTIONS AND ANSWERS
Shaking Palsy
Is Parkinson's disease related in any way to multiple sclerosis? (T. W. J.)
Answer—No. For pamphlet on Parkinson's disease send stamped envelope bearing your address. Please do not use a clipping as a request. Other names of Parkinson's disease are paralysis agitans and shaking palsy.

Mineral Oil Salad Dressing
You said it is a matter of individual taste what dressing one uses on salad. Is mineral oil dressing all right? (R. F.)
Answer—Mineral oil may be used instead of olive oil in salad dressing if a less nutritious dressing is necessary. But, shucks, you can burn off the calories in a walking around the block—and remember, mineral oil interferes with the assimilation of vitamins and minerals in food.
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Butte Falls

Butte Falls, Jan. 22.—Newt and John Weaver of Bend have been visiting relatives and friends here the past week. They are brothers of Mrs. Jack Stowell.

June Stowell has just returned from Fort Leonard Wood, Mo., where she became the bride of S/Sgt. Ray Smith. Ray is now overseas.

Mr. and Mrs. George Kelly have been visiting friends at Trail, Ore.

Mr. and Mrs. Frank Smith and grandson of Central Point, spent Sunday at the homes of Guy Tedrick and Jack Stowell.

S2/c Bob Hoefs is spending his furlough from the navy with his mother, Gerlie Hoefs. He has been stationed in the South Pacific for a year and a half.

Mrs. June Younger and cousin from Los Angeles are visiting here with her sister, Mrs. Florence Best and family.

2nd Lt. and Mrs. Earl Jones and Robert Halt of Medford were visiting at the Frank Halgarth residence Sunday. Lt. Jones has been with the army engineer corps in France.

Pvt. and Mrs. Glenn Ross and son are visiting here with Mr. and Mrs. Orville Ross and son. Pvt. Ross has been stationed in Texas.

Mrs. Carl Jackson of Colville, Wash., is visiting here with her mother, Mrs. Cindy Down and sisters, Mrs. Charlie White and Mrs. Bob Coffman.

Miss Velma White of Medford is visiting Mr. and Mrs. Elmer Wells and family.

A shower was given for Mrs. Don McDougal by the ladies of Butte Falls. She received many nice gifts.

A dance was given by Mr. and Mrs. Ralph Peyton and family, Jan. 13, at their home. Music was furnished by Clyde Moore, Bell Pankey and Charles McCade. Refreshments were served by Mrs. Peyton. The following attended: Mrs. Sally Johansen, Mr. and Mrs. Verni Stephenson, Mr. and Mrs. Clyde Moore and son, Mr. and Mrs. Don Smith and daughter, Mr. and Mrs. John Henshaw, and

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
Spokane, KGO (NBC-Blue) 810
San Francisco, KGW (NBC-Red) 830
Portland, KJR (NBC-Blue) 850
Seattle, KRX (CBS) 1070
Los Angeles, KOA (NBC-Red) 130
Denver, KGIN (CBS) 970
Portland, KOMO (NBC-Red) 830
Seattle, KPO (NBC-Red) 830
San Francisco, KSL (CBS) 1160
Salt Lake City

Time shown is PWT

Monday
5:00 p. m.—OK for Release, NBC; Terry and Patters, BN; News, MBS.
5:15 p. m.—Dick Tracy, BN; Superman, MBS; Betty and Bob, NBC.
5:30 p. m.—Voice of Firestone, NBC; Harry Finnay, News, CBS; Jack Armstrong, BN; Tom Mix, MBS.
5:45 p. m.—News, CBS; Captain Midnight, BN; Night News, MBS.
6:00 p. m.—Thomas Peluso Orch. NBC; Lux Theatre, CBS; Ed Wynn Show, BN.

Tuesday
5:00 p. m.—Terry and Patters, NBC; OK for Release, NBC; News, MBS.
5:15 p. m.—Dick Tracy, BN; Superman, MBS.
5:30 p. m.—Date with Judy, NBC; Jack Armstrong, BN; Harry Finnay, News, CBS; Adventures of Tom Mix, MBS.
5:45 p. m.—Capt. Midnight, BN; Night News, MBS; News, CBS.
6:00 p. m.—Mystery Theater, NBC; General Heatter, MBS; Inner Sanctum, CBS.
6:15 p. m.—Jimmy Fidler, MBS; News, NBC.
6:30 p. m.—Fibber McGee and Molly, NBC; Spotlight Bands, BN; American Forum, BN; Hedda Hopper, CBS.
7:00 p. m.—Bob Hope, NBC.
7:15 p. m.—Lowell Thomas, MBS; Andy Russell Show, BN.
7:30 p. m.—Merger's Music Show, NBC; Jack Kirkwood Show, CBS; Super Club, NBC; Ted Malone, BN; Lum and Abner, BN; Music, CBS.
8:30 p. m.—Johnny Presents, NBC; Theater of Romance, CBS.
9:00 p. m.—Everything for Boys, NBC; Big Town, CBS; Grace Fields, BN; Glenn Hardy, News, MBS.
9:15 p. m.—Tex Miller, MBS.
9:30 p. m.—Roy Rogers, MBS.
10:00 p. m.—News, NBC; Bai Fajano, BN; News, CBS.
10:30 p. m.—Edwin C Hill, CBS.
11:00 p. m.—Talks, CBS; Orchestra, NBC.



TIME OUT—Even a three-star general deserves some relaxation so Lt. Gen. Mark W. Clark has coffee and doughnut in informal party staged by GIs in Italy.

to be used later in raising money for home economics.

Grange Council
Jackson county grange council held its annual meeting at Phoenix grange hall with one of the largest attendance counts of all time, January 17.

The following officers were elected for the coming year: President, John Peffley, Sams Valley grange; vice-president, Isabelle La Vander, Griffin creek and Madge Nowlin, Roky Ann grange, secretary.

Floor work was demonstrated by officers from Sams Valley with Henry Conger, Frank Hansen and Ray Ward acting as critics.

The council selected Jacksonville as next meeting place. Announcements included Pomona at Sams Valley grange hall for an all-day meeting Saturday, Jan. 27, beginning at 10 a. m. Visiting grange members are requested to bring salad and apple pie.

A standing vote of thanks was given the host grange—Phoenix.

Pomona Grange
Regular meeting of Jackson county Pomona grange will be held in Sams Valley grange hall Jan. 27 at 10 a. m. Sams Valley ladies will serve the noon meal and those attending are to bring salad and apple pie.

Assistant State Lecturer Marion Brooks of Josephine county will be present to conduct a lecturers' conference. Would also urge that all subordinate H. E. chairmen try to be present for a special installation to be held for them.

All fourth degree members may attend this meeting. This is one time of the year when the farmer is not so busy and a good attendance is expected.

Gold Hill Grange
Gold Hill grange held its regular meeting Jan. 18 with Glenn Chase in the master's chair due to absence of Master William Howes, who is still doing assistant deputy work in eastern Oregon.

Mrs. Marie Christensen asked to be relieved of sending in the items to the paper, also as recreation chairman. John Gray was appointed to act temporarily. It was voted to have a dance Saturday, Jan. 20, for grangers and friends. Lecture hour featured the national grange program, also a clever skit was given by Mrs. Bernice Howard on "Making a Work Schedule." It was voted to send a letter to the state grange commission asking that the laws regarding the

fishing in Rogue river not be changed but remain the same as last year. The Huffman and Fields families served refreshments.

Talent Grange
Talent grange met Jan. 18, with a larger than usual crowd in attendance. Master Lloyd Lacey appointed committees for the ensuing year.

An interesting program was presented by the lecturer and opened by the grange joining in

staging "The Grange is Marching On." This was followed by a reading by Nell Fenton. In answering roll call each granger told of something used by their grandparents which is not in use now. The program closed with a pantomime entitled, "The Gathering of the Nuts."

Refreshments were served after which a March of Dimes was held to raise funds for the infantile paralysis drive.

Use Mail Tribune Want Ads.

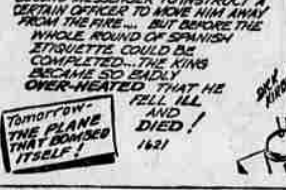
ZERO CLUB

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.

Chalker's Motel & Lodge OFFICERS' CLUB

Dine-Dance-Refreshments
Chicken and Steak Dinners
Most Unique Place in Se. Ore.
CLOSED MONDAYS
Thursdays Private Parties Only—
For Reservations Ph Gold Hill 474

STRANGE AS IT SEEMS By ERNEST HIX



"THE MOST INCREDIBLY STUPID MAN WHO EVER LIVED!"
"PHILIP IS OF SPAIN—SIT TOO CLOSE TO A HOT FIRE, AND SENT A MESSENGER TO TELL HIS KING HE WANTED TO INTERJECT A CERTAIN OFFICE TO MOVE HIM AWAY FROM THE FIRE... BUT BEFORE THE KING COULD SEND HIM HIS ETIQUETTE COULD BE COMPLETED... THE KING WAS SO ENRAGED THAT HE ORDERED THAT HE BE HUNG..."
"FIRST VICTIM OF AN AERIAL COCK-UP!"
"SABOTAGE OF A CRUISE SHIP... THE TOP OF THE TOWER IN A ROBE... THE EMPEROR COMMUNIST... AT FIRST HE CROWD... LATER HE WAS CRASHED TO HIS DEATH!"
"TOMORROW THE PLANE THAT BOMBED ITSELF!"
1941

BARNEY GOOGLE and SNUFFY SMITH



"I CRAVE SOME CHANGIN' CLOTHES, YE SHIFFLESS SKONK!!"
"YOU AIN'T NO G. I. JOE."
"WELL, WELL!! THEN WE'LL TRENCH 'EM UP LIKE ONE O' THE BOYS."
"I ORDER KEPT MY WOODBY TONGUE ATWOXIT MY TEETH."
"I'M UTTERLY DISTRESSED, PENFIELD. BUZ SAWYER HAS BEEN HOME NEARLY TWO WEEKS AND STILL HANST PROPOSED TO TUT."
"MAYBE SHE SHOULD PROPOSE TO HIM."
"DONT BE RIDICULOUS, PENFIELD. A MAN LIKES TO BELIEVE HES THE HUNTER, NOT THE RABBIT."
"THEN CUT OUT THE PARTIES NO WONDER HE HANST PROPOSED. HES NEVER HAD A CHANCE TO BE ALONE WITH HER."
"AND SO YOUR FATHER AND I DECIDED TO GO OUT TONIGHT, SWEET, AND LEAVE YOU ALONE WITH BUZ—YOU KNOW, BEFORE THE FIRE-LIGHTS DIM... A VIENNESE WALTZ PLAYING SOFTLY AND EVERYTHING JUST RIGHT."
"OH, MOTHER, WHY OF COURSE!"
"WHO CAN THAT BE, FRINGING OUR DOORBELL AT ONE O'CLOCK IN THE MORNING?"
"I'M SELLING GENUINE LEATHER BILLFOLDS."
"WHY COME AROUND IN THE MIDDLE OF THE NIGHT?"
"EVERYBODY I CALL ON ASKS ME THAT SAME QUESTION."
"IT'S JUST THAT IT'D RATHER SLEEP IN THE DAYTIME."
"OH, NO, NO, NO!"
"WAL-F-RIGHT! BUT AH RECKON AH WILL-SOOKS AH GETS BACK!"
"AN AH BETTER BE GITTING LONG NOW, CHILE—TH' MOON'S DIMMIN' OUT—BUT-BEFORE AH GOES—AH GOH—"
"TELL—YO—"
"SOMETHING."
"GRAN—MAMMY? YO VOICE IS GITTING INDISTINK."
"THEM CLOES YO IS WEARIN'—IS YO DEATH WARRANT?—GIT RID O' 'EM—BEHEEJUTLY."
"AN—ESCAPED BECAUSE BECAUSE."
"THAR'S SOMEONE POUNDIN' AT TH' DOOR!"
"WHO WAS THAT WHO JUST WHIZZED PAST US?"
"IT WAS THE LITTLE OLD LADY WHO LIVED IN A BED SHEET!"
"I CAN JUST SEE THE SIGN 'MUGGINS HEALTH INSTITUTE'."
"LET'S GO TO ME BANK AND ARRANGE TO LEASE."
"WHERE'S HE GETTING THE MONEY?"
"I'M BACKING HIM AND PROTECTING MYSELF WITH A CHATTEL MORTGAGE."
"HE DONT LOOK LIKE A GOOD RISK TO ME."
"MUGGINS IS OKAY AND HE KNOWS HIS BUSINESS."
"MARK MY WORDS, HE WILL GO PLACES!"
"BE CAREFUL BY HESS!"
"HE DONT GO PLACES WHERE YOU CANT FIND HIM—WITH YOUR DOUGH!"
"CRAZY"
"UNWELCOME VISITOR"
"PLAYING HAPPILY WITH HIS EYES WHEN VISITOR COMES IN KNOWS SHE'S HERE TO LOOK HIM OVER AND RETURN THE COMPLIMENT."
"AFTER STUDYING HER, DECIDES AFTER CAREFUL THOUGH, THAT SHE DOESN'T GET HIS VOTE."
"TREMBLES LOVES UP TO INDICATE AS FAR AS HE'S CONCERNED THE INTERVIEW IS OVER."
"IT DOESN'T WORK, PUTS ON THE NEXT PAGE IN HIS REFLECTORY."
"POSES FINER IN HIM TO MAKE HIM SMILE, LETS HER HAVE IT."
"THAT DOES IT, GLAD HE HANST LOST KNACK OF GETTING RID OF UNWELCOME VISITORS."
"L'L ABNER"
"THE NEBBS"
"BLONDIE"
"BUZ SAWYER"
"LITTLE BOBBY"
"THE GRANGE"
"BUTTE FALLS"
"SAMS VALLEY"
"SLICK CHICK"
"UNWELCOME VISITOR"
"TO SIGN BOY STARS"
"RELIEF AT LAST FOR YOUR COUGH"
"CREMULON"
"PENETRO"
"CRAZY"
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"CREMULON"
"PENETRO"

Do you know? That one tire manufacturer recently produced its 100,000,000th pound of synthetic rubber, enough for nearly 10,000,000 tires of the most popular size. The War Machine uses most of these tires.

DO YOU KNOW?

Preserve the life of your tires by checking your wheel alignment regularly at—

ROGUE RIVER CHEVROLET

Crossword Puzzle

ANSWER TO PREVIOUS PUZZLE

SOBS	COR	MESS
SALES	PRE	ALICE
PLEAS	PAI	PAINED
PO	SPIN	
PRISTINE	STAG	
SON	SNEAK	ALE
WENS	TERRIBLE	
WEN	WERNER	IN
LITTLE	RESTARTS	
ADULT	SON	CENT
SELL	SON	ART
SALE	TEE	TATS

ACROSS

- Back
- Pistol ending
- Well done
- Hooded jacket
- Towel used on hair
- No good (abbr.)
- Ordinary
- Leutnant (abbr.)
- Old (abbr.)
- Delish
- Famed President's initials
- Chair
- Macaws
- Location
- Three-pronged spear
- Dined
- He comes on Christmas
- Roman ruler
- Comparative ending
- Military cap

DOWN

- Notice of marriage
- Soft wool
- Depart
- Root edge
- Shattered
- Harry
- A State (abbr.)
- Offered up
- Sun spot
- Water animal
- Guide line
- Grade
- Each (abbr.)
- Like
- Face
- Canal in New York State
- Without feet
- Open
- Queue
- Small pile
- Brown (noun)
- Legendary king of Britain
- Wait heavily
- Not at all
- Hollow oval
- Alexian island
- Obstruction
- Rodent
- Music note
- Affirmative vote
- Behold!
- Compass point

THE GRANGE

Upper Rogue Grange
Upper Rogue grange held regular meeting January 18, with all new officers present except the worthy steward, Brother Force, who was ill.

Use of the hall will be donated for the president's ball, Jan. 27. Lecture hour started with all singing "School Days" and then each one telling of their early school days.

On the serving committee were Brother and Sister Grieve and Brother and Sister Boothby. H. E. C. ladies met after grange and decided to have a social get-together of the ladies of the grange on Tuesday, Feb. 20, with a covered dish luncheon at 1 o'clock. A business meeting will be held after dinner also a short program sponsored by Sister Axtell.

It was requested that each lady of the grange turn in to the home economics chairman, something made from two white meal sacks, in the near future.

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SLICK CHICK

Pepsi-Cola Company, Long Island City, N. Y.
Franchised Bottlers: Pepsi-Cola Bottling Co. of Medford

UNWELCOME VISITOR

By GLUYAS WILLIAMS

PLAYING HAPPILY WITH HIS EYES WHEN VISITOR COMES IN KNOWS SHE'S HERE TO LOOK HIM OVER AND RETURN THE COMPLIMENT.

AFTER STUDYING HER, DECIDES AFTER CAREFUL THOUGH, THAT SHE DOESN'T GET HIS VOTE.

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TO SIGN BOY STARS

Chicago, Jan. 22 (U.P.)—Minor and major league baseball clubs will be permitted to sign American Legion Junior baseball players during the 1945 season. Leslie M. O'Connor, chairman of the three-man advisory committee currently ruling baseball, said today.

COLD'S MUSCLE ACHES, PAINS

quickly relieved by Penetro—Grandma's old-time mutton asset developed by modern science into a counter-irritant, vaporizing solvent that brings quick, comforting relief. 25c. double size 35c.

PENETRO

BASE RICH IN MUTTON SUET

Relief At Last For Your Cough

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

CREMULON

for Coughs, Chest Colds, Bronchitis