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.

ANEMIC CHILDREN

Of course it is none of my business, but I am feeling unhappy about some little tots I have watched growing from early infancy to school age. Lucky kids, I always considered them—until the past two or three months.

Dr. Brady

Some doctor, no doubt well-meaning and practicing what he and I and most old timers in the profession were and still are taught, persuaded the children's parents that the children's tonsils should be removed.

So it was done. The poor kids were taken to the hospital where the gifted surgeon gave them a good going over with his snickersnee and probably handed the parents the usual line of bright promise for the future health of the little ones, and presently sent them home to recuperate. That was along in October. Well, there have been a few days when the air was actually cool since then—cool enough so a fellow could keep on a light sweater while bowling on the green, and that happens only a few days in the year. It has been a bit cloudy, a bit foggy, and it has actually rained a few days and nights, too. So the ground has been damp for a day now and then, until the sun dries it out.

All this and heaven too. Not for the poor kids who had their tonsils out. No life around their house any more. On inquiry it seems that the kids' parents believe it would be dangerous for them to go out to play now. No doubt that wicked notion was imparted to the parents by their physician.

Just the same it saddens me every time I think of those poor little children cooped up in the house all day long when heaven is right outside of the door. Until this blankety-blanked tonsil atrocity was perpetrated on the children, it was a delight to see them play, pink-cheeked and bright-eyed. When and if they ever are permitted to stick their noses out in the air again they'll be pale and dull and listless from anemia and from lack of vitamin D (which they can't manufacture when they are not exposed to the sun).

Drs. Abbott and Ahmann (Am. Jour. Diseases of Children, Oct. '39) found that 50 per cent of 883 Florida rural school children were anemic, with hemoglobin (iron coloring matter in the blood) of 70 per cent or less (it should be 90 or more), and some with hemoglobin as low as 25 per cent were still attending school. Two hundred of these children received iron and ammonium citrates and showed rapid regeneration of hemoglobin.

A solution of iron-and-ammonium-citrates (that is one substance) in water, one ounce of the thin transparent garnet-red or brownish scales dissolved in four fluidounces (one-quarter of a pint) of water, makes an excellent iron tonic—child or adult may take from one-half teaspoonful to one teaspoonful after meals two or three times a day—best in sweetened water flavored with fruit juice.

QUESTIONS AND ANSWERS

Thirty-four Feels Like 90

I am 34 years old and I feel 90, always worn and tired, hair rapidly turning gray, in the words of my young daughter I am getting grouchy, inclined to fret and worry over things that never bothered me before.

(Mrs. S. J. T.)

Answer—Send stamped envelope bearing your address, for pamphlet "Young Folks and Old Folks." Inclose 10 cents if you want also the "Instructions for Taking an Iodin Ration."

Children Must Not Have Coffee

We have four children ranging from 5 to 13 years of age. Seems to me I remember our health book back in school said children should never drink tea or coffee. But our children say nearly all children drink tea and coffee, so why can't they?

(M. F. G.)

Answer—Children under 16 years of age should not be allowed to drink tea or coffee—too stimulating. Milk is the health beverage for children. Fruit juices or drinks made from them, or tomato juice, are wholesome for children. Not pop and similar stuff that stimulates. You should draw the line for the sake of your children's health, and do not defer to that argument that "all the other kids do." All the other kids are going the namby-pamby way—because their parents are too ignorant or wishy-washy or both to resist the insidious appeal of the pop vendors.

(Copyright, 1945, John F. Dille Co.)

Prospect

Prospect, Jan. 27 — Prospect Home Extension unit met at the high school building January 19, with a good attendance. Subject of the day was "Wartime Buffet Meals, and Hospitality."

Mrs. Elmer Clemens entertained a group of friends with an evening bridge party January 20. Supper was served to Mr. and Mrs Harry Goode, Mr. and Mrs. Lewis Jantzer, Mr. and Mrs. Floyd Kelley, and Mr. and Mrs. Elmer Clemens.

Mrs. Edmund W. Pease was hostess for her bridge club at her home, "Rogue Vista," January 24. Dessert luncheon was served before the play. High score prize was won by Mrs. Wallace W. Dinkens. Guests included Mrs E. E. Fraedrick, Jr., Mrs. James H. Grieve, Mrs. Elmer Clemens, Mrs. Mary E. Grieve, Mrs. Earl Ulrich, Mrs. Wallace Dinkens, Mrs. Floyd Kelley, and the hostess.

Jantzer Girls club met at the home of Mrs. Ben Haynes, January 18. Mrs. Victor Chapman, former vice-president, took the office of president, in place of Mrs. Harry Goode, who resigned. Lunch was served at the close. Attending were: Mrs. Paul Dalton, Mrs Frank Doty, Mrs. Ralph Lacy, Mrs. Ralph Mallory, Mrs. Victor Chapman, Mrs. Everett Shafer, Mrs. Richard Dilsworth, Mrs. Archie McKillop, Mrs. Paul Snook and Mrs. Haynes.

S. 2/c Ted Fraedrick, who has been spending a leave with his parents, Mr. and Mrs. E. E. Fraedrick, Jr., and friends here, left January 24, for his naval training base at Farragut, Idaho. Ted and his parents were guests at a dinner at the home of his uncle and aunt, Mr. and Mrs. E. J. Neumann at Medford, the evening of his departure.

Roy Lenderman, a former Prospect high school student, and "bluejacket" who has been serving in the south Pacific, spent the last several days with his parents, Mr. and Mrs. Roy Lenderman, Sr., at Jantzer village.

Richard Marvin, employee of the U. S. forest service here, has received his call for army induction, and will leave January 29. Mrs. Marvin has accepted a position as nurse at Camp White hospital.

Sunday guests at the home of Mr. and Mrs. Paul Dalton were Mr. Dalton's mother, Mrs. Anna D. Dalton of Medford, and brother-in-law and sister, Mr. and Mrs. Harry Dalton, of Galls Creek near Gold Hill.

According to word received here by relatives from Phoenix, Ariz., the condition of 3-year-old Gordan Johnson, son of Mr. and Mrs. Lloyd Johnson, is slightly improved, but he is still seriously ill.

Mrs. George Sherman was taken back to the Community hospital last week with a siege of inflammatory rheumatism, following two weeks illness with septic sore throat.

GERMANS CLAIM ALLIED MERCHANT SHIPS SUNK

London, Jan. 27—(U.P.)—The German DNB news agency claimed today that U-boats in the Atlantic recently torpedoed and sank six allied merchant ships, totalling 43,000 tons, and two large destroyers. The dispatch said three large tankers, enroute to England and the continent, were among the ships sunk.

Use Mail Tribune Want Ads.

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) 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

Sunday

5:00 p. m.—Charlie McCarthy, NBC; Mediation Board, MBS.
5:30 p. m.—One Man's Family, NBC; Trading Post, CBS; Joe E. Brown, BN.
5:55 p. m.—Bob Trout, News, CBS.
5:45 p. m.—Gabriel Heatter, MBS.
6:00 p. m.—Merry-Go-Round, NBC; Walter Winchell, BN; Radio Reader's Digest CBS. Steel Horizons, MBS.
6:15 p. m.—Louella Parsons, BN.
6:20 p. m.—Hollywood Mystery Time, BN.
6:30 p. m.—Star Theatre, CBS; American Album of Familiar Music, NBC; Cedric Foster, MBS.
6:45 p. m.—Jimmie Fidler, BN.
7:00 p. m.—Hour of Charm, NBC; Take It or Leave It, CBS; The Life of Riley, BN.
7:30 p. m.—Fannie Brice, CBS; Comedy Theater, NBC.
8:00 p. m.—Greenfield Village Choir, BN. Crime Doctor, CBS. Great Gildersleeve, NBC.
8:15 p. m.—Dorothy Thompson, BN.
8:30 p. m.—Symphony Hour, NBC; Quiz Kids, BN; Blondie, CBS; Hoagy Carmichael's Show, MBS.
9:00 p. m.—Bill Lance, CBS; Glen Hardy, MBS; Sam Hayes, News, BN.
9:15 p. m.—Rex Miller, MBS.
9:30 p. m.—Jack Benny, NBC.
10:00 p. m.—News, NBC; In Focus, BN.
10:15 p. m.—Korn Kobblers, NBC.
10:30 p. m.—Pacific Story, NBC; Trans-Atlantic Call, CBS.
10:45 p. m.—Orchestra, BN.
11:00 p. m.—News, BN; St. Francis Orch., NBC; Orch., CBS.

Monday

5:00 p. m.—OK for Release, NBC; Terry and Pirates, 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 Flanney, News, CBS; Jack Armstrong, BN; Tom Mix, MBS.
5:45 p. m.—News, CBS Captain Midnight, BN Night News Wire, MBS.
6:00 p. m.—Thomas Peluso Orch. NBC; Lux Theatre, CBS; Ed Wynn Show, BN.
6:30 p. m.—Information Please NBC; Spotlight Bands, BN.
7:00 p. m.—Screen Guild Players CBS; Anita Ellis, MBS; Guy Lombardo Orch., BN; Contented Hour, NBC.
7:15 p. m.—Lowell Thomas, MBS.
7:30 p. m.—Dr. I. Q. NBC; Thanks to the Yanks, CBS; Trans-Atlantic Quiz, BN; Lone Ranger, MBS.
8:00 p. m.—Supper Club, NBC; Jack Kirkwood, CBS; Ted Malone, BN.
8:15 p. m.—Hedda Hopper, CBS; Lum and Abner, BN; Fleetwood Lawton, NBC.
8:30 p. m.—Cavalcade of America NBC; Michael Shane, MBS; Saludos Amigos, BN; Burns and Allen, CBS.
9:00 p. m.—Blind Date, BN; News Glenn Hardy, MBS; The Whistler CBS; Telephone Hour, NBC.
9:30 p. m.—Vox Pop, CBS; Noah Webster Says, NBC; Fulton Lewis, Jr. MBS; The Green Hornet, BN.
10:00 p. m.—News, NBC; Sherlock Holmes, MBS; News, BN.
10:30 p. m.—Sweetheart Swingtime, NBC; Finneman's Nite Club, BN.
10:45 p. m.—Finneinan's Nite Club, BN.
11:00 p. m.—News, BN.

Use Mail Tribune Want Ads

South Bend, Ind—(U.P.)—Notre Dame university reports that 7,524 midshipmen have been graduated as ensigns of its naval reserve midshipmen's school since October, 1942, when the navy opened its branch there.

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

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

STRANGE AS IT SEEMS By ERNEST HIX

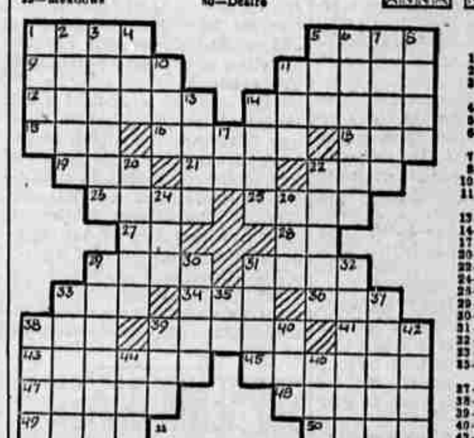
DO YOU KNOW?

That ONE out of every Three trucks is a Chevrolet.
Keep your truck rolling longer—for guaranteed repair service take it to—
ROGUE RIVER CHEVROLET

Crossword Puzzle

ACROSS

1—Congressional messenger
5—Appear
9—Representative
11—He uses 11 down
12—Consider deeply
14—Special skill
15—Artifice
16—Postpone
18—Honey bearer
19—Limp
21—Trouble
22—Genus of mouse
23—Twelve months
25—Meadows
27—Indefinite article
28—Toward
29—Male deer
31—Stumble
33—Assert
34—Epoch
36—Old horse
38—Cudgel
39—Turn aside
41—Bit of advice
43—Indolent
45—Inborn
47—St. Louis baseball team
48—Sheets of glass
49—Leg joints
50—Desire



DOWN

1—Father
2—Marketplace
3—Persons of a class
4—Conclusion
5—Bun
6—Gloomy space before Hades
7—Medieval serfs
8—Deal out
10—Spread for drying
11—Food for 11 across
13—Behind
14—High
17—Chinese weight
20—Full of substance
22—Prayer
24—Literary scraps
25—Hearing organ
29—Sarcasm
30—Donated
31—Sea bird
32—Film on copper
33—The Devil
35—Symbol for germanium
37—Donated
38—Kind of beer
39—Fool
40—Strike
42—Nuisance
44—Lyric poem
46—Shooting marble

ANSWER TO PREVIOUS PUZZLE

SANG SOS TSHI
ETON TAT ITEM
ATROCITY NEAP
SUMMER LINERS
EE MISER
BANS LUSTRATE
ADE LISTS GOO
HORMONES SEEN
OILED AT
ANNALS SLANTS
LOIS MUTATION
LOAM ASE ELLA
ANNA NEW DEEP

Distr. by United Feature Syndicate, Inc.

BUSINESS DIRECTORY

AUCTIONEERING
FOR BEST RESULTS Sell at Auction ELMER CHAMBERLAIN Rt. 3, Box 636, Eagle Point, Ore. Graduate of Reisch American School of Auctioneering All Modern Methods Farm Sales, Merchandise, Real Estate

Bulldozer Work
WANTED — Bulldozer work, modern equipment, large or small jobs Leveling, grading, etc. Call 4148.

Housecleaning
FURNACE and chimney service Ph 5841.

Building
FRED POWERS — Builder of better homes, also repairing. Address, Rt. 4, Box 375-E, Medford
HAVE US DO your plastering, stucco and cement work. Walton and Newnham. Telephone 4574.
BUILDING modernizing, remodeling repairing roofing painting and decorating. Complete job under one contract. H. M. Majors, contractor and builder. Phone 2215.

Chiropractor
DR. E. M. NELSON, D. C., Chiropractor 424 Medford Building. For appointment phone 5867.

Moving
EADS TRANSFER & STORAGE CO. Our own padded vans serving the entire Pacific coast. Dial 7121.
FURNITURE MOVING anywhere any time. City Transfer & Storage Phone 4664.

Painting
FOR PAINTING and papering, furniture refinishing in our own shop at 619 S. Riverside call Medford Painters and Decorators. 4574, 3231 or 2881.

BUSINESS DIRECTORY

Orchestra
WHEN in need of musicians for any occasion, call J. Vernon Marshall, Secretary of Medford Musicians Union. Phone 7292.

Piano Tuning
PIANO TUNING, REPAIRING, VOICING. J. W. Kellogg. P. O. Box 502 Ashland. Phone 4152.

Well Drilling
WATER WELLS drilled with modern equipment. Call 7372. Simpson and Shirley, 1007 Reddy ave.
WELL DRILLING with modern equipment. See Goff Bros. at Stamper and Goff Bros. Hardware, 225 W. Main. Phone 3939. Medford Jocuzzi and Myers pumps sales and service.

Roofing
ROOFING—All types. Hot, composition or cedar; also repairing. No job too large or small. Workmanship guaranteed. Free estimates. J. A. Westensen and G. C. Wood 138 Spring St. Phone 5087.
WE REPAIR or apply any type of roof. Pabco Roofings, Shingles, Coating and Paints. New stock Wall Paper. Ekerson Paint and Roof Co. 38 S. Bartlett. Tel. 3843.

Transfer
CITY TRANSFER & STORAGE CO. Complete transfer, moving and storage service. Also packing, crating and shipping by expert workmen. 38 S. Fir St. Phone 4664, night 2075.
DAVIS TRANSFER & STORAGE Co. Medford. Modern storage service. Long distance hauling. Dial 2888. 40 South Fir.
FURNITURE MOVING & STORAGE. We have van moving equipment for local and long distance hauling. Dry and clean storage (concrete building) with special locker rooms at low rates. SAMSON STORAGE WAREHOUSE Phone 3756.
EADS TRANSFER & STORAGE CO. A complete trucking service to meet your needs. Dial 7121. 40 YEARS OF SERVICE.

Vacuum Repairing
ELECTROLUX for rent. Repair all vacuums. Phone 5624. Jack Wilson 1020 East 11th.

Chiropodist
TREATMENT of All Foot Troubles. Dr. A. M. Jepner, Registered Chiropodist (Foot Specialist) 217 Fluhrer Bldg. Dial 8103.

FREE ESTIMATE
Body and Fender Repairs
Complete Car Painting
We repair those fenders and make your car
LOOK LIKE NEW
Good Work—Good Service
Let Us Do It Now
Jackson St. Garage
120 E. Jackson Street

STA-OFF
CORN REMOVER
Gives instant relief from pain and positively removes hard corns, soft corns between the toes, callouses, warts, papillomas, club nails. It contains several different oils that soften, loosen and does not cause the irritation as do strong acid mixtures. When all others have failed try this one. Sold on money back guarantee.
Exclusively at WESTERN THRIFT

O.K. TO MARRY SISTER

Fort Wayne, Ind.—(U.P.)—Under certain conditions, you can marry your sister. This was decided by Allen County Clerk Dorothy Gardner after a male voice asked her over a telephone if he could marry his sister. Mrs. Gardner indignantly replied, "Marry your sister, of course not." The man laughed and said he was a minister and wanted to perform the ceremony. "Under those conditions, yes, go right ahead," she replied.

New York (U.P.)—Byron Nelson topped all golf money records in 1944. He won more than $42,000 in war bonds.

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 STANDARD HOUR
Presents
THE DON COSSACKS CHOIR
with
PIERRE MONTEUX
and the
San Francisco Symphony Orchestra
Sunday 8:30 P.M.
KMED
STANDARD OF CALIFORNIA

ICE SKATE TO-NITE
and every nite except Monday
7:45 to 10:15
Sat. & Sun. Matinee
MEDFORD ICE ARENA
619 S. Grape Phone 4511

YICK SO CHINESE HERB CO.

REMEDIES FOR STOMACH ULCERS
Heart Rheumatism Asthma Catarrh Piles, Prostate Gland Eczema and all disorders of Liver. Kidney Trouble and other complaints disappear after using
CHINESE HERBS
Removed to Sparta Bldg.
J. H. Leong, Herbalist Phone 5817

SUBURBAN HEIGHTS By GLUYAS WILLIAMS

BARNEY GOOGLE and SNUFFY SMITH

BUZ SAWYER

BLONDIE

L'IL ABNER

THE NEBBS