

Your Health and Its Care

By DR. WILLIAM BRADY, M.D.

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ALL THAT AGAIN?

In the spring of '42 I inadvertently mentioned having received from Penn Yan a package of Prize Buckwheat Flour...

min B-complex—and that is the essential of good nutrition that is lacking in the ordinary namby-pamby modern American diet.

Some of these recipes call for saleratus or baking powder or soda. That is not it, it is not necessary and it destroys vitamin B-complex.

Too many of the recipes merely mention buckwheat flour incidentally they are out. So is any dainty stuff that merely purports to contain a pinch of buckwheat.

In an early issue we purpose to record the prize recipe for yeast-raised buckwheat pancakes. It was submitted by a lad—get that, ladies—who lives (alone, I gather) in a neat little cottage by the side of the road with flowers all over the place.

Why, folks, one doesn't need a recipe to make buckwheat pancakes. It isn't that Hellbells these holly-toity domestic engineers have a profusion of recipes in their files. It is just that they lack the know-how.

A reader writes: The Public Market here carries Birkett's Price Buckwheat Flour and we buy it every winter. We like our breakfasts of yeast-raised buckwheat pancakes with Vermont maple syrup and coffee made the way you say it should be made, in your red book "What to Eat and Why."

Now that it will do, it is nearly eight hours since breakfast, with two hours yet to go—it is cruel of you folks to talk about such eating when I'm in this state.

It is not merely that I'd give my left ear (which isn't worth much except as an ornament for a breakfast like that, but I believe that if more people ate more buckwheat cakes instead of the insipid "breakfast food" pap so many misguided Americans eat, it would give their health and vitality a lift. For one thing, buckwheat flour is rich in vita-

Court House News

Marriages: Leon Leslie St. John and Mabel Ida Boyer. Johnnie Sylvia Deavilla and Florence Mary Johnson.

Divorces Filed

Robert L. Scott vs. Leona M. Scott. Mabel Perkins vs. Richard A. Perkins. Ralph W. Coates vs. Violet E. Coates.

Probate Court

Estate of Addie S. McCoy, Deceased. Estate of Lewis W. Hardin, Deceased. Guardianship of Warren Calvin Mullen, Incompetent.

Deaths

Ralph Billings and Myrtle H. Billings to John B. Billings, warranty deed. John S. Billings and Gladys Billings to Ralph Billings and Myrtle H. Billings, warranty deed.

Simple piles need no surgery and no pain. Pile Relief is a new, safe, effective, and painless method of relieving hemorrhoids.

YICK SO CHINESE HERB CO. REMEDIES FOR STOMACH ULCERS. Heart Burn, Gas, Asthma, Catarrh, Prostate Gland, and all disorders of Liver, Kidney, and other complaints disappear after using CHINESE HERBS.

On the Radio Chain. STATIONS: Chain affiliation and where they are on the dial. KALB (CBS) 1330, Portland, OR.

TUESDAY. 9:00 p.m.—Terry and Pirates, BN. OK for Release, NBC, News, MBS.

WEDNESDAY. 8:30 p.m.—Terry and Pirates, BN. OK for Release, NBC, Man Named Jordan, CBS, News, MBS.

THURSDAY. 8:30 p.m.—Terry and Pirates, BN. OK for Release, NBC, Man Named Jordan, CBS, News, MBS.

FRIDAY. 8:30 p.m.—Terry and Pirates, BN. OK for Release, NBC, Man Named Jordan, CBS, News, MBS.

SATURDAY. 8:30 p.m.—Terry and Pirates, BN. OK for Release, NBC, Man Named Jordan, CBS, News, MBS.

SUNDAY. 8:30 p.m.—Terry and Pirates, BN. OK for Release, NBC, Man Named Jordan, CBS, News, MBS.

THE WORLD AT ITS WORST. By GLUYAS WILLIAMS. (Copyrighted by the Red Spinnaker, Inc.)

FREE ESTIMATE. Body and Fender Repairs Complete Car Painting We repair those fenders and make your car LOOK LIKE NEW.

putting in flower beds and rock gardens and otherwise beautifying the grounds around the house. Mr. and Mrs. Robert LaRocque of Medford called on Mr. and Mrs. Orvil Henderson in Eagle Point January 20.

THE GRANGE. Upper Rogue Grange Upper Rogue Grange is donating use of the hall Saturday.

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.

Chalkers' Motel & Lodge OFFICERS' CLUB. Dine-Dance-Retirements Chicken and Steak Dinners Most Unique Place in So Ora. CLOSED MONDAYS.

STRANGE AS IT SEEMS By ERNEST HIX. AT COURT BALLS IN GERMANY, PRE-WORLD WAR I, NO ONE WAS ALLOWED TO WEAR EYE-GLASSES...

BARNEY GOOGLE AND SNUFFY SMITH. YOU'RE IN THE ARMY, SNUFFY—A NAVY CAPTAIN CAN'T BOSS YOU AROUND.

Eagle Point. Eagle Point, Jan. 30.—Extension unit meeting scheduled to be held at the home of Mrs. H. E. Elmer February 8, has been changed...

BLONDIE. I'LL TRY—BUT I WAS NEVER VERY GOOD AT IT. I'M HAVING A LOT OF TROUBLE WITH THAT SECOND PROBLEM.

L'IL ABNER. WHY THESE GLASSES ON AN CAN'T SEE WHO THEY IS—BUT AN IS GAINING ON 'EM IN A FEW (MAYBE) MINUTES—AN'LL LOSE 'EM!!!

THE NEBBES. OKAY MISS WEEDY—ONCE AGAIN—ONE AND TWO AND. BUT YOU'RE SO TALL DARK AND HAND-SOME I CAN'T CONCENTRATE MORTIMER.

DO YOU KNOW? That more Chevrolet part parts were sold to owners in 1944 than in any previous year. Despite the war the quality of Chevrolet parts remains unchanged. Be sure to buy the quality way at— ROGUE RIVER CHEVROLET

Crossword Puzzle. ANSWER TO PREVIOUS PUZZLE. ACROSS: 1—Unyielding, 2—Book up, 3—Bitterly wane, 4—Wings, 5—Salor, 6—Small mountain, 7—Scant, 8—Took food, 9—On the water, 10—Town in Sumatra, 11—Founded down, 12—Born, 13—Before, 14—Arctic plain, 15—Insect, 16—Chum, 17—Mature.

BUZ SAWYER. YOU'RE VERY QUIET TONIGHT, DARLING. A PENNY FOR YOUR THOUGHTS. I WAS JUST THINKING, TOT—HOW NICE IT IS NOT TO BE AT A PARTY. AT LAST I CAN BE ALONE WITH YOU.

WHY, DARLING, HOW SWEET OF YOU! DO YOU REALIZE THAT WE'VE GROWN APART? THAT WE'VE BECOME STRANGERS? AND I USED TO THINK OF YOU AS MY SWEETHEART.

I HAD TO WRITE IT ON THE BLACKBOARD TWO HUNDRED TIMES. WHY POP YOU'RE A MATHEMATICAL MARVEL! YOU'RE A GENIUS TO GET THAT ANSWER SO QUICKLY.

YOU WOLF?—AN ATTRACTIVE GIRL CAN'T TAKE A WALK NOWADAYS WITHOUT SOME BEAST GRABBING HER? HOLD IT, FAT GAL! HE WARY? TRYIN' TO FLIRT WIF YOU, MAINLY AN ACCOUNT SHE HAIN' NO MAN—HE'S A LADY!!

COULD IT BE MY MIRRORS BEEN DECEIVING ME ALL THESE YEARS? GOOD-BYE NOW, MORTIE!