

# 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.

## FRUIT JUICE IN THE DIET

A reader asks whether an electric juicer "kills the vitamins" in the fruit or vegetables or the juice squeezed out of them.



Of course not. But there seems to be a naive notion that juices squeezed out of fruits or vegetables, whether by hand or by a power driven juicer, acquires somehow greater value or more remedial or medicinal or corrective value, than the fruits or vegetables from which it is squeezed.

That is silly. Take oranges. If you can get any fit to eat. It is much better, in my judgment, to eat one, two or half a dozen oranges at any time than it is to squeeze the juice out of the orange or oranges, drink it, and throw away the pulp.

Speaking of fresh fruit or fruit juice, mothers with babies to feed should know that when fresh fruit or fresh fruit juice is not available factory canned tomato or tomato juice is nearly if not quite as good a source of vitamin C, and of course every baby, as well as everybody else, must have vitamin C in some form daily to maintain good health.

I say factory canned—the factory canning process is a vacuum process and that means that oxygen (in the air) is excluded and hence the vitamin C in the tomato or its juice is not destroyed. If the tomato or its juice can be placed in a hermetically sealed container which is filled to the brim so that no air is left in the container, before it is cooked or heated, it will retain as much of the vitamin C whether canned at home or in the canning factory. But open canning or open cooking quickly destroys vitamin C.

So far as vegetable juices are concerned, I wouldn't give you a nickel a gallon for any par-

ticular vegetable juice or combination of juices. I'd pay you more for a whole raw carrot than for a quart of juice squeezed from pounds of carrots. There may be invalids who for one reason or another cannot eat vegetables and can drink juice squeezed from vegetables. All, right, that's better than no vegetables at all, but — come to think of it I can't conceive why an invalid could not take pureed vegetables — that is, the vegetables finely ground up or run through a colander, sieve or strainer. It seems absurd for any one who still has enough strength to swallow to take vegetable juice.

In infants or young children vitamin C is necessary to prevent scurvy. For that matter, that's the reason why everybody must have a daily ration of vitamin C — to prevent scurvy.

Tomorrow we'll talk about scurvy, as we do call scurvy.

## QUESTIONS & ANSWERS

**Child, 2 1/2 years old, always hitting her nails or eating the fluff from her blankets. She began this before she was a year old. (Mrs. R. W.)**  
Answer—Carefully manure her nails, keeping them trimmed short and always smooth, by daily attention. Remove the fluff blanket or other bed cover or clothing of the sort that provides fluff. Let her have gum to chew — if she swallows the gum, then substitute plain wheat—harmless to swallow the gum of wheat.

**Cancer and Skin Cancer**  
Kindly explain the difference between cancer and skin cancer. (W.R.)  
Answer—Skin cancer is usually epithelioma. Cancer is usually carcinoma. Epithelioma means tumor (overgrowth, lump, swelling) originating in the epithelium or outer layer of skin. Carcinoma is a new growth gland, cells or the cells of internal organs. Skin cancer is usually less malignant, slower in development, more readily curable by early radical surgery, by X-ray, radium, electro-cautery or even chemical caustic. Carcinoma is more malignant, more likely to spread (through the lymphatic channels) beyond reach of such measures if not recognized and completely removed in the early stage.

**Are They All?**  
I believe I can tell you what is the matter with the young lady 62 inches tall weighing 118 who wants to lose eight pounds. It is MOTION PICTURES—the m.p. lovely must be a mere shadow, so all the female morons (H. M.)

**Answer**—Something like that—it explains also the squeals of the bobby-sox public at the precise point in the program that the star's manager designates; and the way the moron section of the population in the arena and in the pampered deferred class whistles; or otherwise plays the monkey role whenever the manager of Grable's sweater calls for a whistle.



The new mobile Chest X-Ray Survey Unit, built and equipped with Christmas Seal funds is now ready to travel to all parts of the State. The photo shows the workmen who built the trailer. The overall size of the Unit is 38 feet long and 8 feet wide. It contains a Westinghouse X-Ray Unit in its own X-ray room, dressing rooms and a dark-room for developing the films. Mr. and Mrs. A. A. Anderson will be in charge of the Unit and take the pictures. The Oregon Tuberculosis Association and the County Public Health Associations pay for the service out of Christmas Seal funds.

## On the Radio Chain

**STATIONS:**  
Chain affiliations and where they are on the dial:  
KALE (CBS) 1230, Portland  
KEX (NBC-Hiue) 1190, Portland  
KGA (NBC-Hiue and MBS) 1210, Spokane  
KGO (NBC-Hiue) 810, San Francisco  
KJW (NBC-Hiue) 820, Portland  
KJR (NBC-Hiue) 1090, Seattle  
KXN (CBS) 1970, Los Angeles  
KOA (NBC-Red) 850, Denver  
KOHN (CBS) 910, Portland  
KOMO (NBC-Red) 590, Seattle  
KPO (NBC-Red) 480, San Francisco  
KSL (CBS) 1160, Salt Lake City

## Time shown in PWT

**Wednesday**  
5:00 p.m.—Terry and the Pirates, NBC  
OK for Release, NBC; Man Named Jordan, CBS; News, MBS  
5:15 p.m.—Dick Tracy, BN; Superman, MBS  
5:30 p.m.—Jack Armstrong, BN; Harry Flannery, News, CBS; Adventure of Tom Mix, MBS; News, NBC  
5:45 p.m.—Elmer Peterson, NBC; Night News, MBS; Capt. Midnight, NBC  
6:00 p.m.—Frank Sinatra, CBS; Eddie Cantor, NBC; Gabriel Heatter, MBS  
6:30 p.m.—Spotlight Bands, BN; Mr. District Attorney, NBC; Which is Which, CBS; Cisco Kid, MBS  
7:00 p.m.—Kay Kyser's College, NBC; Great Moments in Music, CBS; Summer Waves, MBS  
7:15 p.m.—Lowell Thomas, MBS  
7:30 p.m.—Lone Ranger, MBS; Let Yourself Go, CBS  
8:00 p.m.—Supper Club, NBC; Jack Kirkwood Show, CBS; Main Line, MBS; Ted Malone, BN  
8:15 p.m.—Fleetwood Lawton, NBC; Lum and Abner, BN; Music That Satisfies, CBS  
8:30 p.m.—Carton of Cheer, NBC; Counterspy, BN; Dr. Christian, CBS; Bulldog Drummond, MBS  
9:00 p.m.—Mr. and Mrs. North, NBC; Jack Carson, CBS; News, MBS  
9:30 p.m.—Fulton Lewis, Jr., MBS; Who's Dancing, NBC  
10:00 p.m.—News, NBC; Carlson and News, BN  
10:30 p.m.—Gene Krupa, NBC; CBS; Fenneman's Nite Club, BN  
11:00 p.m.—Milton Charles, Organist, CBS; News, BN

## Thursday

5:00 p.m.—Sam Hayes and the News, MBS; OK for Release, NBC; Terry and the Pirates, BN; Man Named Jordan, CBS  
5:15 p.m.—Dick Tracy, BN; Superman, MBS  
5:30 p.m.—Jack Armstrong, BN; Harry Flannery, News, CBS; Tom Mix, MBS; Betty and Bob, NBC  
5:45 p.m.—Elmer Peterson, BN; Elmer Peterson, NBC; Night News, MBS; News, CBS  
6:00 p.m.—Fulton Lewis, Jr., NBC; Bowes, CBS; Gabriel Heatter, MBS; News, BN  
6:15 p.m.—Supper Music, BN  
6:30 p.m.—Bob Burns, NBC; Spot-Light Bands, BN; Corlies Archer, CBS; Treasure Hour of Songs, MBS  
7:00 p.m.—Annett and Costello, NBC; Fred Waring, NBC; First Line, CBS  
7:15 p.m.—Lowell Thomas, MBS  
7:30 p.m.—March of Time, BN; Red Ryder, MBS; Rudy Vallee, NBC; Here's to Romance, CBS  
8:00 p.m.—Supper Club, NBC; Jack Kirkwood Show, CBS; Sammy Kaye, MBS  
8:15 p.m.—Fleetwood Lawton, NBC; Lum and Abner, BN; Music That Satisfies, CBS  
8:30 p.m.—Cottlee Time, NBC; Death Valley Sheriff, CBS; America's Town Meeting of the Air, BN  
9:00 p.m.—News, MBS; Dinah Shore, NBC; Ellery Queen, CBS  
9:15 p.m.—Box Office, MBS  
9:30 p.m.—The Saint, NBC; Fulton Lewis, Jr., MBS  
10:00 p.m.—News Reporter, NBC; News, BN  
10:30 p.m.—Sport Program, BN  
11:00 p.m.—Gene Krupa, NBC; CBS; Fenneman's Nite Club, BN  
11:00 p.m.—News, BN

## Closing Time for Classified Ads

11:00 a.m.—Too Late to Classify 12:30 p.m.

## THE GRANGE

### Sams Valley Grange

The second January meeting of Sams Valley Grange was held Jan. 20. First part of the evening was devoted to the 4-H club. The meeting was called to order by 4-H Livestock leader George Loftin. The 4-H Pledge was led by Marie Schulz. Doreen Straus was awarded the blue ribbon for sewing from the 4-H State Fair and all members of the livestock and sewing club were awarded their 4-H pins and cards. Mr. Jossey, County 4-H leader gave a talk and showed some colored slides. George Loftin was chosen Livestock leader with Paul Schulz assistant and Mrs. George Loftin sewing club leader with Mrs. Ruth McDonough assistant.

The Grange was then called to order by Master John Peffley. Interesting agriculture reports were given by Albert Straus and George Loftin and Legislative report by Ray Ryan.

Lecture hour was omitted except the Sams Valley Grange paper by Agnes Sanderson.

Welcome visitors were Mrs. Lucy Edgington and Mrs. Florence Lance, from Gold Hill; Mr. and Mrs. Charles Hockersmith, Mr. and Mrs. Ray Ward and Mr. and Mrs. Drake, from Phoenix, and Master and Mrs. Jensen, Mr. and Mrs. Dobrat and Mr. and Mrs. Taylor of Central Point. Sams Valley Grange entertained 108 Pomona grangers at their hall Jan. 27. A dance was given in the evening, proceeds going to the "March of Dimes."

Lecturer Francis Spurlin announces the lecture hour for the next meeting Saturday evening, Feb. 3, will take us back to School Days and Silent Drama.

Use Mail Tribune Want Ads



When Steps look like Mountains!

Your feeling of fatigue may be due to Constipation

Yes, constipation can steal your energy. Take Nature's Remedy (NR Tablets). Contains no chemicals, no minerals, no phenol derivatives. NR Tablets are different—act different. Purely vegetable—a combination of 10 vegetable ingredients formulated over 50 years ago. Uncoated or candy coated, their action is dependable, thorough, yet gentle, as millions of NR's have proved. Get a 25¢ box today... or larger economy size. Caution: Take only as directed. NR TO-NIGHT TO-MORROW ALRIGHT ALL-VEGETABLE LAXATIVE

ONE WORD SUGGESTION FOR ACID INDIGESTION—

"TUMS"

ORCHESTRA EVERY NIGHT

Open Wednesday, Thursday, Friday and Saturday

One-Half Mile Up Savage Creek

## SUBURBAN HEIGHTS

By GUYAS WILLIAMS



FRED PERLEY WAS ONLY TRYING TO BE HELPFUL WHEN HE SHOVELLED OUT THE WALK OF THE HEAVY SNOW THAT FELL WHILE THE EXECUTIVE COMMITTEE OF THE WOMEN'S CLUB WERE IN SESSION AT HIS HOUSE, BUT IT WAS UNFORTUNATE THAT HE DIDN'T NOTICE, UNDER THE BLANKET OF SNOW, THAT THEY HAD LEFT THEIR RUBBERS ON THE FRONT PORCH

### 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

### 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.

### COW HELPS U. S.

Cook, Minn.—(U.P.) Expensive fodder was the \$100 war bond Andrew Roines' cow ate. First chairman to go over the top in this area, Roine was on his way to deliver the bond to a neighbor when he stopped to feed a calf in his barn. As he stooped, a cow behind him filched the bond from his pocket and ate it. Roine recovered a small portion of it, enough, he hopes, so that Washington will replace it.

## BUY NOW

Big Fir Slabs and Rough Blox — Green  
12 or 16-inch — Select Quality  
Big Double Loads — Order Early

### MEDFORD FUEL CO.

Tel. 3111

## STRANGE AS IT SEEMS By ERNEST HIX



2-K PRESIDENT LOST HIS GRANT LOST IN 24 HOURS ONE DAY HE HAD \$2,500,000—THE NEXT, HE WAS PENNILESS AND OWED \$16,000,000—DUE TO THE DISCRETION OF A BUSINESS PARTNER

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## DO YOU KNOW?

The New Chevrolet 1 1/2 Ton Trucks are now available. Limited shipments are being received each month at—

### ROGUE RIVER CHEVROLET

## Crossword Puzzle

ACROSS  
1—Clergyman  
2—Blame  
3—A U. S. territory  
4—Shackle  
5—Edge  
6—Church society  
7—Symbol for barium  
8—First son of  
9—Indignation  
10—Kindred  
11—Spread for drying  
12—Liver secretion  
13—President's dog  
14—Train  
15—Opera  
16—Appointment  
17—Female horse  
18—Ornament  
19—Pitcher and catcher  
20—Mimicked  
21—Portland  
22—Born  
23—River in Russia  
24—Obtain  
25—Ra walling lava  
26—Department  
27—List of candidates  
28—Beast of burden  
29—Spookier  
30—Water tap  
31—Pulled in, as horse  
32—Class



DOWN  
1—Root of mouth  
2—Wing-footed  
3—Strike  
4—Swarmlike (adverb)  
5—Approve (adverb)  
6—No  
7—Plant cell  
8—Surmount  
9—Throne in office  
10—Doughboy  
11—Movable  
12—Onion of fish  
13—River in Africa  
14—Gloxy fabric  
15—Short tobacco pipe  
16—Baseball sticks  
17—Adherent of  
18—Fortified place  
19—Comb wool  
20—Shouse  
21—Rapid  
22—Stocking run  
23—Epic poetry  
24—Fly larva (verb)  
25—Cause  
26—Fence up  
27—Facial hair  
28—Mirth  
29—A state (adverb)  
30—Superlative ending  
31—Mistral spring  
32—Part  
33—A state (adverb)  
34—Form of "to"

## BARNEY GOOLE and SNUFFY SMITH



BUZ SAWYER



BLONDIE



L'TL ABNER



THE NEBBES



## WHAT'S HE IN FER COUSIN??



HOW CAN YOU SAY SUCH A THING? I LOVE YOU! I'VE ALWAYS LOVED YOU! YOU KNOW I LOVE YOU!



I FOUND THEM ABOUT TWO BLOCKS UP THE STREET



NEXT TIME DON'T THROW THEM SO FAR



I'VE BEEN A HIGHLY RESPECTED BUSINESS MAN ALL MY LIFE? I'VE BEEN A HIGHLY RESPECTED BUSINESS MAN ALL MY LIFE? I'VE BEEN A HIGHLY RESPECTED BUSINESS MAN ALL MY LIFE?



CAN YOU GIVE ME A WORKOUT OR IS IT A LADIES DAY AROUND HERE?