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.

ALFALFA SUPPLIES THE B VITAMINS

It is quite possible that better resistance to colds and other winter respiratory infections (hold your horses, folks, I'm quoting this from **Climate Makes the Man**, by Clarence A. Mills, M.D., Ph. D., published by Harpers—and here I express my thanks to the correspondent who commended the book to me — it is the finest popular scientific book I have read in a month of rainy days) might be built up if there were more of these combustion catalysts present to keep the vitality of the white blood cells at a really top notch level. (The combustion catalysts to which Dr. Mills refers are the B vitamins, otherwise known as the vitamin B-complex.) For over twenty years (Dr. Mills continues) I have accomplished this in my own family by reinforcing the dietary vitamin supply—

Dr. Brady

Excuse me, but I must interrupt right here to call the attention of divers putative nutrition authorities who take frequent occasion to sound off on the half-baked theme that a well balanced diet supplies all the vitamins the ordinary individual needs, this candid acknowledgement of the professor of experimental medicine in the University of Cincinnati, that his own family scarcely gets enough vitamins from what we may fairly presume to be a reasonably well balanced diet. Maybe some of the eminent debunkers of the vitamin should tell the professor how to do the trick. I notice that no one ever offers a sample menu of the well-balanced diet so glibly talked about.

I have accomplished this in my own family (Dr. Mills resumes) by reinforcing the dietary vitamin supply with the regular addition of a crude extract of alfalfa leaves—alfalfa being one of the richest known sources for most of the B vitamins. (End of quotation from Dr. Mill's book.)

That reminds me, Brady, that a long time ago we printed in this column a report by a western farmer that he used alfalfa tea whenever he felt the need of a lift, and a cup or two of freshly brewed alfalfa tea never failed to refresh and restore him when he came in feeling depressed and weary. Now I do not guarantee any results from alfalfa tea, but I assure you alfalfa can do no harm in any quantity you may take or in any form. If you do try it and fail to feel the desire to kick up your heels and prance about the pasture—don't complain to me about it. Remember, in this instance I'm merely passing along Dr. Mill's suggestion.

The B vitamins are soluble in water, and hence alfalfa tea would contain a considerable amount of them. The shorter the duration of steeping of heating the better.

QUESTIONS AND ANSWERS

Leukorrhea

Physicians to whom I have complained of leukorrhea at one time or another always dismiss it as of no significance. (M. S.)

Answer — Send stamped envelope bearing your address and ask for (do not use clipping) pamphlet on leukorrhea.

Gray Hair

Would like to have any articles you may send on restoring gray hair. (E. L. M.)

Answer — Subject of premature graying of hair, anti-gray hair vitamins, etc., is discussed in booklet "The Hair and Scalp"—for copy send 10 cents and stamped envelope bearing your address.

Fourteen Girls

Fourteen girls in this ward like you much better now that you have learned something about pneumothorax. We are all receiving pneumothorax treatment. (E. P.)

Answer—And I had to learn it the hard way. My face is still red.

Saireygamps

Following your suggestion I have been using lanolin with oil as complexion cream for several months and it has cleared my complexion considerably, but friends of mine—nurses with whom I work—tell me it will grow hair. (Miss S. E.)

Answer—They are too guillible.

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Court House News

Marriages

Warren E. Pardee and Irene L. Lunder.

Erwin N. Brackin and Eula Mae Roff.

Adolf J. Krupicka and Jessica Pamela Jenkins.

Richard Theodore Nelson and Barbara Ann Brayton.

Robert Nelson LaPlant and Margie C. Thompson.

Howard Earl and Freda Eleanor McCauley.

Divorces Filed

Blanche Corder vs. Clyde Corder.

Delores Alberta James vs. Eugene Warren James.

Jean Waldroup vs. Bartow Waldroup.

Robert Alva Merritt vs. Jean N. Merritt.

Viola M. Temple vs. Max E. Temple.

Grace Negaard vs. Horace Nagaard.

Genevieve D. Snow vs. Curtis H. Snow.

Lou A. Stafford vs. William L. Stafford.

Deeds

First Federal Savings & Loan association of Medford to Ralph E. Bell and Thelma Miller Bell, special warranty deed.

F. J. Mitchell and Mary F. Mitchell to Sidney C. Knudsen and Esther W. Knudsen, warranty deed.

William Frederick Taylor and Lucretia Elizabeth Taylor to Emmett Harley Allison and Margarete Jane Allison, warranty deed.

Fred O. Williams and Gladys C. Williams to S. F. Sharon and Marie Sharon, contract for sale.

Mary E. Moss and Stephen W. Moss to H. H. Van Valkenburg, warranty deed.

Jackson county court to Talent Irrigation district, correction quitclaim deed.

George G. Fetterly to F. A. Fetterly and Fanny Fetterly, warranty deed.

Maynard Bush and Olga Bush to Lloyd Edwin Bennett and Mae Patti Bennett, warranty deed.

Margery Pearson and Carl I. Pearson to R. W. Lewis and Stella Lewis, warranty deed.

Harry Long and Elizabeth Long to E. A. Sterigere and Lillian B. Sterigere, warranty deed.

Charles Bateman and Vivian Coss Bateman to James G. Pederson and Ruth R. Pederson, warranty deed.

Siskiyou Memorial association to Hattie M. Powers, deed.

Vivian Norman Barto and Howard L. Barto to Allen Breedlove and Mollie Breedlove, warranty deed.

Sam T. Howerton and Ella M. Howerton to G. H. Johnson and Ruby Johnson, warranty deed.

Frank M. Benford and Mary Ann Benford to Clifford A. Platz and Hazel A. Platz, warranty deed.

C. E. Myers and Cora Rita Myers to A. C. Smith and Nettie E. Smith, warranty deed.

H. E. Peyton, Mildred G. Peyton, L. C. McCay and Pearl L. McCay to Bereniece B. Stammen and Bud Stammen, warranty deed.

Bud Stammen and Bereniece B. Stammen to William M. Barkley and Jessie M. Barkley, warranty deed.

Sheriff, Syd L. Brown, to Lorena Collie Tippin, sheriff's deed.

E. X. Kenhall and Hallie B. Kendall to H. E. Peltz and Jennie Peltz, warranty deed.

K. C. Wilkerson to George A. Kerby and Ada B. Kerby, warranty deed.

Ella Garnier to W. H. Applegate and Jessie B. Applegate, warranty deed.

Miss Edith L. Jacobs to E. E. Nill and Vola V. Nill, warranty deed.

Nellie E. McCracken and W. E. McCracken to Granvil Brittsa nand Eva Brittsan, warranty deed.

Harvie Young and Gertrude L. Young to George E. Ehrheart and Lillian E. Ehrheart, warranty deed.

Elver L. Stults and Grace Ellen Stults to Ray G. Greene and Rosella Greene, warranty deed.

Howard O. Swanson to Jane E. Swanson, quitclaim deed.

Sylvia R Hill and Howard a Hill to Ann Miller, quitclaim deed.

LaVern Miller and Ann Miller to E. W. Kimmons and Mignon Kimmons, warranty deed.

Ralph E. Peyton and Mary Opal Peyton to E. W. Kimmons and Mignon Kimmons, quitclaim deed.

E. W. Kimmons and Mignon Kimmons to Katie R. Sterns, warranty deed.

George A. Kerby and Ada Kerby to David H. Holmes and Harry L. Holmes, quitclaim deed.

Ida L. Hatley and John F. Hatley to D. E. Millard and Vivian Millard, warranty deed.

Raymond S. Fish and Florence V. Fish to Ward McReynolds and Georgia H. McReynolds, warranty deed.

City of Gold Hill to Charles C. Gilchrist and Esther N. Gilchrist, quitclaim deed.

Estate of Charles M. Pratt, deceased, to James Jansen and Velma Jansen, warranty deed.

R. K. Rians to Ruby J. Rians, deed.

S. Melanie Herbert and Helen Herbert to Walter H. Jones, lease.

William Howard and Jennie F. Howard to H. V. Elliott and Edith Elliott, warranty deed.

Eliza McMahan to Kenneth Shaw and Marguerite Shaw, warranty deed.

Dorothy McGuire and Dennis McGuire to Frank C Dunn and Irene C. Dunn, warranty deed.

P. M. Kershaw and Tamar Kershaw to Adolph W. Lund and Mabel Lund, quitclaim deed.

Adolph W. Lund and Mabel Lund to P. M. Kershaw and Tamar Kershaw, quitclaim deed.

Allie Bertie Holt to Henry B. Kilburn and Edna Kilburn, warranty deed.

Mrs. Ingrid Peterson to Glen V Peterson, quitclaim deed.

E. D. Campbell and Alice G. Campbell to G. A. Andrews and Celia A. Andrews, warranty deed.

G. A. Andrews and Celia A. Andrews to E. D. Campbell and Alice G Campbell, special warranty deed.

Bessie Landing to Grover C. Gilley and Ethel Gilley, warranty deed.

S. A. Arnold and Blanche M. Arnold to Mont Monroe and Alma Monroe, warranty deed.

Fred J. Fick, Nellie W. Fick, Peter J. Fick and Zola O Fick to California Oregon Power company, right of way.

R. E Moss and Nellie Moss to California Oregon Power company, right of way.

Leo Smith and Mary B. Smith to California Oregon Power company, right of way.

Curtis Thomson and Charlotte Thomson to California Oregon Power company, right of way.

Arthur J. Wanke and Ellen K. Wanke to R. R. Cain and Bessie P. Cain, warranty deed.

Mollie S Doven and Floyd K. Doven to Earl N. Grizzell, warranty deed.

Charles Walter Davis, Jr., and Ruth E. Davis to Mabelle Tennant, warranty deed.

Beatrice Galbreath to Christ's Church of the Golden Rule, quitclaim deed.

Harry N. Anderson to Jeanette Anderson, quitclaim deed.

E. L. Rigdon and Isabelle Rigdon to Harry N. Anderson and Jeanette Anderson, warranty deed.

California Oregon Power company to O. M. Minnick and Lorlie A. Minnick, warranty deed.

E. N. Pomeroy and E. E. Pomeroy to R. H. Glass and Moe Glass, warranty deed.

Jesse E. Glass and Emily U. Glass to Elma June Nord and Clifford E. Nord, warranty deed.

Ray E. Cole and Bertha E. Cole to Cecil C. Cockerell and Delores R. Cockrell, warranty deed.

Dorothy Jeffs and Benjamin Jeffs to Continental Timber Co. and Archie C. Greenman, warranty deed.

Lena M. Isaacs to Christian Schempp and Marie K. Schempp, warranty deed.

Cora B. Morgan to Harold W. Austin and Marie V. Austin, warranty deed.

Mary J. Estes and Rankin Estes to Harry G. Hill and Ada Belle Hill, warranty deed.

Merton R. Arnold and Monetta G. Arnold to Sarah Kim Cramer, warranty deed.

Lee P. Bishop and Hester W. Bishop to Arthur V. Hardy and Sadie L. Hardy, warranty deed.

Mary I. Furry to Fred E. Hallgren and Alice M. Hallgren, quitclaim deed.

Fred E. Hallgren and Alice M. Hallgren to R. P. Russell and Emma Russell, warranty deed.

Lloyd Raymond Rupp and Ruth Rupp to Harry L. Tonn and Frances E. Tonn, warranty deed.

V. E. Rose and Rosa D. Rose to Lewis Gilliland, Rosa N. Gilliland, Lewis H. Gilliland and Vernice M. Gilliland, warranty deed.

Siskiyou Memorial association to Frank M. Corlies, deed.

Harry V. Nidever and Clara Nidever to Herbert H. Trautman and Julia F. Trautman, warranty deed.

William Bowden and Elizabeth Bowden to W. L. Putnam and Dortha Putnam, warranty deed.

Willial Trefren to Isaac Smith and Olive Smith, warranty deed.

Donald Bieberstedt and Minnie E. Bieberstedt to Roy Stanley, warranty deed.

W. S. Hare and Lillian Hare to Assembly of God, warranty deed.

Grace E. Crawford and W. Raymond Crawford to Noah Chandler and Cora Chandler, warranty deed.

Lorena Tippin and Ray C. Tippin to Annie Lee Schumpf, warranty deed.

A. H. Jones to Edna M. Sherman, warranty deed.

Mrs. Edna M. Sherman to Gleason Sherman, warranty deed.

R. C. Weaver and Helen L. Weaver to W. C. Weaver and Allie B. Weaver, warranty deed.

Amy Grissom to Donald J. Grissom, warranty deed.

Jennie M. Hutchinson to H. D Powell and Blanche A. Powell, warranty deed.

L. H. Lucas and Dorothy Lucas to Ada J. Dunham and Russell C. Dunham, warranty deed.

Clarence E. Wohlford and Maude B. Wohlford to Edward L. Moon and Leola R. Moon, warranty deed.

Irene Fitzgerald to Edward Raymond Rogers, quitclaim deed.

John P. Vincent to Olaf B. Ronne and Mable H. Ronne, warranty deed.

First National company to Elizabeth E. Bourn, warranty deed.

Elizabeth E. Bourn and Gerald R. Bourn to W. R. Crawford and Grace E. Crawford, warranty deed.

United States of America to John D. Griffiths, land patent.

Ashland library board to Carol H. Reed and Harry B. Reed, quitclaim deed.

W. J. Hays and Edrie L. Hays to Wayne W. Heard and Joan C. Heard, warranty deed.

State Land board to Martin Heitkamp and Gertrude Heitkamp, deed

LaVon Zundel and Hylda O. Zundel to E. M. Cobb, warranty deed.

Samuel S. Davies and Lora B. Davies to William H. McAllister and Rose McAllister, warranty deed.

Emma Mae Simmons to George H Luthey and Elsie A. Luthey, warranty deed.

Lawrence J. Cantway and Vera E. Cantway to R. E. Hendrix and Elma G. Hendrix, warranty deed.

William G. Payne to William B Henderson Jr., warranty deed.

Lillian M. Coleman to W. S. Graham, quitclaim deed.

Howard C. Chilson and L. Vesta Chilson to W. L. Stricklin and Minnie V. Stricklin, warranty deed.

Jackson county, Oregon, to Simeon I. Griffith, George S. Rusco and Esther Rusco, Ruth Quigley, Timber Products company, John B. Shoemaker and Lela E. Shoemaker, Earl R. Frye and Myra Frye, Lyle E. Springer, Andrew V. Jones and Mary Eleanor Jones, Jane Elizabeth Dowdle, George Lewis Brewer and Eleanora Brewer, Ralph J. Dalessi and Bessie H. Dalessi, Carl Hanson, C. A. Burns and Lucinda I. Burns, D. Estremado, Claud M. Frazier, Irene Fitzgerald, Verne Cannon and Alice M. Cannon, Leslie E. Grant and Grace D. Grant, Q. M. Herd and D. M. Herd, Leona M. Ormond, City of Medford, Albert C. Joy, C. C. Coggins and Myrtle Coggins, Anthon Fisher and Bertha Fisher, Lowell W. Neliman and Alice S. Neilman, tax deers.

OIL COUPONS UNCHANGED

Washington, Feb. 27— (U.P.) — The Office of Price Administration said today that the value of fuel oil coupons for the final period of the heating season in the East and the Pacific northwest will continue unchanged at 10 gallons a unit. The final period begins March 5 in the Pacific northwest.

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.

TUESDAY

5:00 p. m.—Terry and Pirates, BN OK for Release, NBC; News, MBS.

5:15 p. m.—Dick Tracy, BN; Superman, MBS; Betty and Bob, NBC.

5:30 p. m.—Date with Judy, NBC; Jack Armstrong, BN; Harry Flannery News, CBS, Adventures of Tom Mix MBS.

5:45 p. m.—Capt Midnight, BN Night News Wire, MBS, News CBS

6:00 p. m.—Mystery Theater, NBC; Gabriel Heatter, MBS; Inner Sanctum CBS; News, BN.

6:15 p. m. — Jimmy Fidler, MBS Supper Music, BN

6:30 p. m.—Fibber McGee and Molly NBC; Spotlight Bands, BN; American Forum MBS

7:00 p. m.—Bob Hope, NBC; Transatlantic Quiz, BN.

7:15 p. m.—Lowell Thomas, MBS; Musical Silhouettes, BN.

7:30 p. m.—Hildegrade NBC; Red Rider, MBS; One Man's Family, BN

8:00 p. m.—Supper Club, NBC; Jack Kirkwood Show, CBS; Ted Malone, BN.

8:15 p. m.—Fleetwood Lawton, NBC; Music, CBS; Lum and Abner, BN.

8:30 p. m.—Johnny Presents, NBC Theater of Romance, CBS; Allan Young Show, BN

9:00 p. m.—Everything for Boys NBC; Big Town, CBS; Glen Hardy, News, MBS.

9:15 p. m.—Rex Miller MBS

9:30 p. m.—Roy Rogers, MBS; Murder Will Out, BN.

10:00 p. m.—News, NBC; Carlson and News, BN; Fulton Lewis, MBS.

10:15 p. m.—On Our Bandstand, NBC; Sports Program, BN.

10:30 p. m.—Edwin C Hill, CBS, Fenneman's Nite Club, BN; Sweetheart Swing Time, NBC.

11:00 p. m.—Talks CBS; Orchestra NBC; News, BN

Wednesday

5:00 p. m.—Terry and Pirates BN OK for Release, NBC; Man Named Jordan, CBS; News, MBS

5:15 p. m.—Dick Tracy, BN; Superman, MBS; Betty and Bob, NBC.

5:30 p. m.—Jack Armstrong, BN Harry Flannery News, CBS Adventures of Tom Mix, MBS; News, NBC

5:45 p. m.—Elmer Peterson, NBC Night News Wire, MBS, Capt Midnight BN News CBS

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; Brownstone Theater, MBS.

7:00 p. m.—Kay Kyser's Kollege NBC, Great Moments in Music, CBS Dale Carnegie, 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

9:00 p. m. Mr and Mrs North NBC; Jack Carson, CBS; News, MBS; Gov. Warren, BN.

9:30 p. m.—Free-for-All, NBC.

10:00 p. m.—News, NBC; Carlson and News, BN, Fulton Lewis, MBS.

10:30 p. m.—Orch., CBS; Fenneman's Nite Club, BN; Sweetheart Swingtime, NBC.

11:00 p. m.—News, BN.

Use Mail Tribune Want Ads.

AGAINST MVA

Helena, Mont., Feb. 27—(U.P.) —Gov. Sam C. Ford today signed the house joint memorial placing Montana squarely against the establishment of a Missouri valley authority.

Chalker's Motel & Lodge
OFFICERS' CLUB
Dine-Dance-Refreshments
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Most Unique Place in So. Ore.
CLOSED MONDAYS
Thursdays Private Parties Only—
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at
TAKE IT EASY LODGE
DINE and DANCE
EVERY NIGHT EXCEPT FRIDAY
Chicken, Steaks, and Spanish Dinners!
¼ Mile up Savage Creek

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DINE EARLIER
. . . while the WMC Midnight Curfew order is in effect. Now we're opening at 5 p. m. for your added convenience. The same luscious
CHICKEN and STEAK DINNERS
. . . only served a little earlier at
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Pacific Highway at Central Point
Telephone 472 for Reservations

Thousands Praise Simple PILE RELIEF THIS QUICK EASY WAY
Simple piles need not wrack and torture you with maddening itch, burn and irritation. Stuart's Pyramid Suppositories bring quick, welcome relief. Their grand medication means real comfort, reduces strain, helps tighten relaxed membranes, gently lubricates and soothes. Protective and anti-chafing, so easy to use. Get genuine Stuart's Pyramid Suppositories at your drug store without delay—60c and $1.20—on maker's money-back guarantee.

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● The Heavy Kind — 12 or 16-inch
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STRANGE AS IT SEEMS By ERNEST HIX

DO YOU KNOW?

That Harold E. Wallace — "Wally" to most people, is in charge of used car and new truck sales at Rogue River Chevrolet.
"Wally" has been in the automobile business since 1935 and has made many outstanding sales records.
ROGUE RIVER CHEVROLET

Crossword Puzzle

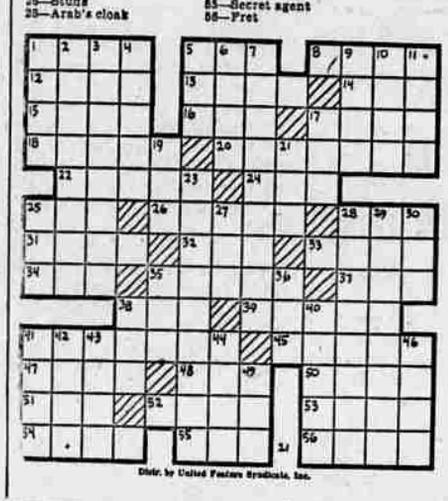
ACROSS

1—Kind of sea food
5—Once around race track
8—Loud laugh
12—Tibetan priest
13—Indigo
14—Joke
15—So be it
16—Gap between mountains
17—An irritant
18—Analyze a sentence
20—Capable of a title
22—Blockade
24—Pen
25—Dry
26—Stuffs
28—Arab's cloak
31—Country in Near East
32—Suffix: native of
33—Odd (Scot.)
34—Prefix: with
35—Game
37—Piece of steel
38—Word of disgust
39—Red-berried bush
41—Acid liquid
45—Fine powder
47—Seed cover
48—Snare
50—Actual
51—Fabulous bird
52—Heavenly body
53—Italian family
54—Again
55—Secret agent
56—Fret

DOWN

1—Applaud
2—Place where 12 across lives
3—All of us
4—Parish house
5—Varnish ingredient
6—At another time
7—Square columns
9—Arabian
10—Mound
11—Capable
17—Merry
19—Arouse
21—Mountains (abbr.)
22—Huge animals
25—Girl member of family
27—GI entertainer
28—Medieval crossbow
29—Having feet feathered as birds
30—Underground stream (Afr.)
35—Hang
36—Word of caution
38—Babylonian deity
40—Horses
41—Measure of length
42—Hard metal
43—Precise
44—Harvest
46—Killed
49—Attempt

ANSWER TO PREVIOUS PUZZLE



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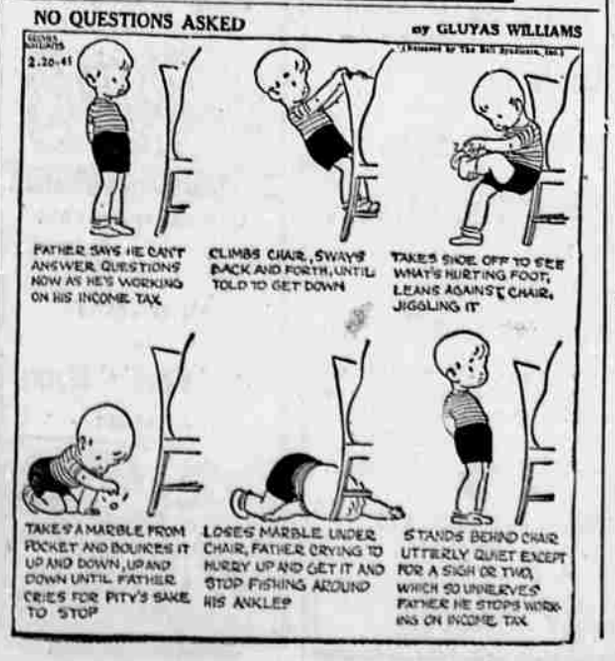
BARNEY GOOGLE and SNUFFY SMITH

BUZ SAWYER

BLONDIE

L'IL ABNER

THE NEBBS

NO QUESTIONS ASKED by GLUYAS WILLIAMS