

Your Health and Its Care

By DR. WILLIAM BRADY M. D.

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CAPACITY OF THE STOMACH

Size of the stomach varies greatly in different individuals, but the average dimensions are from 10 to 12 inches in length and 4 inches in transverse diameter at a point about the middle, and the capacity of the normal stomach is approximately 3 1/2 pints or slightly less than half a gallon.

This does not mean that a normal person can drink three pints of water or other liquid at one sitting, but merely that the stomach can hold that quantity without discomfort.

A frequent question is whether the stomach can "shrink" or "expand," that is, whether the size of the stomach determines the individual's appetite or the amount of food the individual must take in order to feel satisfied.

The answer is yes, in a way. The stomach doesn't actually "shrink" or dilate in a healthy person, but being a muscular organ, a widened place along the alimentary canal, it changes considerably in capacity or size from moment to moment, during digestion of food. It is a mistake to think of the stomach as a receptacle of the conventionalized shape depicted in the almanacs and the sucker bait of "x-ray" quacks. Nearer the truth to think of it as a widened place in the food tube. Every twenty seconds or so, during digestion, peristaltic or contractions or waves pass leisurely from about the middle to the lower outlet (pylorus) of the stomach, and this change in shape and capacity propels food toward the pylorus or, when part of the food is sufficiently digested, ejects it through the pylorus into the upper portion of the intestine (duodenum) where it is further digested by the pancreatic juice and the bile. Of course this peristaltic movement, wave or contraction is automatic, goes on independently of the consciousness, will or sensation or feeling

of the individual. Moreover this physical or muscular or motor part of digestion is not limited to the stomach but occurs more or less through the length of the alimentary canal or food tube, and is no more subject to "regulation" by physio or other medicine than is your breathing or the beating of your heart, stupid.

The muscle coat of the stomach and the entire length of the intestine, like the muscle coat of the arteries throughout the body, the heart which is composed chiefly of muscle and indeed the voluntary or skeletal muscles of the healthy individual have "tone"—a meaning firmness, resiliency. When the stomach has good tone a reasonable amount of food gives that vague satisfaction which commonly called "filling the stomach."

On the other hand, if the stomach has poor tone it is comparatively flabby and it takes more food to "fill" it, although this is not literally true, for there is never any empty space in the stomach. Deficiency of vitamin B-complex, particularly B-1 (thiamine) impairs this muscle tone. Increased intake of B-complex improves muscle tone throughout the body. A great many fat, overweight (because of excessive consumption of refined carbohydrate foods), individuals have found that an adequate daily intake of vitamin B-complex for a reasonable length of time makes them feel satisfied with less food than they formerly required.

QUESTIONS AND ANSWERS

My husband has obtained a lot of relief from following instructions in your pamphlet "The Calcium Shortage and Relief for Allergy." He had suffered almost constantly with "hay fever," both in season and out of season. Within five days the trouble stopped and now in two months he has had practically no return of it. (Mrs. H. O. A.)
Answer—Thank you. Most out of season "hay fever" is one or another kind of allergy. On request the pamphlet will be mailed to readers who send stamped address envelope.

Permanent or Removable? Three teeth missing. Dentist advises permanent bridge, which requires drilling the teeth on either side and anchoring the bridge to them. Would you advise this or a removable bridge? (A. E. G.)
Answer—I'm not competent to judge—in your place I'd leave the decision to the dentist. You should have consulted me before you lost those teeth. Or you should have sent 25 cents and stamped envelope bearing your address, for booklet "Save Your Teeth."

Range, said point being on the County Line between Jackson and Klamath Counties, Oregon; thence South on said County Line to where said County Line intersects the State Line between the States of Oregon and California; thence West on said State Line to where said State Line intersects the "New Pacific Highway" as now laid out, constructed and used, thence following along the line of the said "Old Pacific Highway," as now laid out, constructed and used, in a northerly direction to where said "New Pacific Highway" intersects the "Old Pacific Highway," as now laid out, established and used; thence following along the line of the said "Old Pacific Highway," as now laid out, constructed and used, to where the said "Old Pacific Highway" cuts and intersects the north and south center line in Section 33, said Twp. and Range; thence North on said center line extended to the center of Section 28, said Twp. and Range; thence East, along said quarter section line extended a distance of 3 1/2 miles, more or less, to the Range Line between Ranges 2 and 3 East; thence South on said Range Line to the Northwest corner of Section 6, Twp. 40 South, Range 3 East of the W. M.; thence East on the Township Line between Townships 32 and 40, to the Northeast corner of Section 6, Twp. 40 South, Range 4 East of the W. M.; thence South 2 miles, more or less, to the Southeast corner of Section 7, said Twp. and Range; thence East to the Southwest corner of Section 12, said Twp. and

On the Radio Chain

STATIONS: Chain affiliation and where they are on the dial:
KALE (CBS), 1330, Portland;
KEX (NBC), 1190, Portland;
KGA (NBC-Blue and MBS), 1510, Spokane;
KGO (NBC-Blue), 510, San Francisco;
KJL (NBC-Blue), 620, Portland;
KJR (NBC-Blue), 1000, Seattle;
KKN (CBS), 1070, Los Angeles;
KOA (NBC-Red), 830, Denver;
KOIN (CBS), 970, Portland;
KOMO (NBC-Red), 950, Seattle;
KPD (NBC-Red), 440, San Francisco;
KSL (CBS), 1160, Salt Lake City.

Time shown is PWT.

Shows
5:00 p. m.—OK for Release, NBC; Ferry and Pirates, NBC; News, MBS.
5:15 p. m.—Dick Tracy, BN; Superman, MBS; Betty and Bob, NBC.
5:30 p. m.—Voice of Firestone, NBC; Harry Flannery News, Jack Armstrong, Tom Mix, MBS.
5:45 p. m.—News, CBS; Captain and Jack, NBC.
6:00 p. m.—Hoagy Carmichael Show, NBC; Lux Theater, CBS; Ed Wynn Show, BN; Gaiety Healer, MBS.
6:30 p. m.—Information Please, NBC; Spotlight Bands, NBC; The Green Hornet, BN; CBS; Antia Ellis, MBS; Guy Lombardo, NBC; The Contender, NBC.
7:15 p. m.—Lowell Thomas, MBS.
7:30 p. m.—Dr. I. Q. NBC; Thanks to the Yanks, CBS; Lone Ranger, MBS.
8:00 p. m.—Super Club, NBC; Jack Kitzwood, CBS; Ted Malone, BN.
8:15 p. m.—Hedda Hopper, CBS; Lum and Abner, BN; Fleetwood Law, 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 Harney, MBS; The Whistler, CBS; Telephone Hour, NBC.
9:30 p. m.—Vox Pop, CBS; Noan Wexler, NBC; News, MBS.
10:00 p. m.—News, NBC; Fulton Webster, MBS; Carson and the News, BN.
10:15 p. m.—Sherlock Holmes, MBS; On the Stand, NBC.
10:30 p. m.—Swinerton, NBC; Pinnerman's Nite Club, BN.
11:00 p. m.—News, BN.

TUESDAY
5:00 p. m.—OK for Release, NBC; Ferry and Pirates, BN; 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; News, MBS; Wire, MBS; News, CBS.
6:00 p. m.—Mystery Theater, NBC; Gabriel Heatter, MBS; Inner Sanctum, CBS.
6:15 p. m.—Jimmy Fidler, MBS; Super Music, BN.
6:30 p. m.—Fisher McGee and Molly, NBC; Spotlight Bands, NBC; American Forum, MBS.
7:00 p. m.—Bob Hope, NBC; Transatlantic Quiz, BN.
7:15 p. m.—Lowell Thomas, MBS.
7:30 p. m.—Hildegarde, NBC; Rider, MBS; One Man's Fanny, BN.
8:00 p. m.—Super Club, NBC; Jack Kitzwood Show, CBS; Ted Malone, BN.
8:15 p. m.—Fleetwood Law, NBC; Music, CBS; Lum and Abner, BN.
8:30 p. m.—Joanny Presents, NBC; Theater of Romance, CBS; Allan Young Show, BN.
9:00 p. m.—Everything for Boys, NBC; News, MBS; Glenn Harney, 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; Carson and the 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.

At Craterian



Now playing at the Craterian is "I Love a Soldier" with Paulette Goddard, Sonny Tufts with Beulah Bondi.

charge per plate. On the serving committee for Grange were Maude Martin, Edith Cummings and Billie and Florence Howes.

Jacksonville Grange

Jacksonville Grange held regular meeting at Grange Hall, with Master Ike Dunford in the chair. The program was presented by the Junior Red Cross under leadership of Miss Vera Humphrey, Junior Red Cross chairman, assisted by Jean McCulloch. The group was delightfully entertained with piano numbers by Miss Vera Smith and vocal solos by Miss Dorothy Jean Farley, accompanied by Mrs. Roy E. Bebb. Miss Humphrey told of some of the work of the Junior Red Cross, a large part coming from the school children under adult leadership, and how it finds its way to hospitals and hospital ships to relieve the monotony for our wounded service men. Also to the little children of former occupied lands so common things as soap and tooth brushes, which they have not had for several years, or a piece of bright new ribbon, besides the articles for entertainment and education, which are included in the Junior Red Cross boxes.

After the business meeting refreshments were served by Mr. and Mrs. Brockway and Mrs. Edens.

Use Mail Tribune Want Ads

Chalker's Motel & Lodge OFFICERS' CLUB

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

ZERO CLUB

Out of bounds, civilians only
Delicious chicken and steak dinners, 7:00 p. m., to midnight, except Sunday. Phone day time 5300; night 9101.

Orchestra Every Night

at
TAKE IT EASY LODGE
DINE and DANCE
EVERY NIGHT EXCEPT FRIDAY
Chicken, Steaks, Spanish Dinners
1/2 Mile up Savage Creek

4-H CLUB WEEK BEING OBSERVED

National 4-H Club week is being observed March 3 to 11. The week is set aside for reflection on the work accomplished and as a time to set goals for the coming year, according to Earle Jossy, county club agent.

During this week every boy and girl in every community should be acquainted with the 4-H Club program and given an opportunity to join a club, the agent said.

The record set up last year by Jackson County club members is an impressive one. In livestock they raised 80 head of dairy cattle, 81 head of beef cattle, 65 sheep, 41 swine, 11 goats, 153 rabbits and 30 chickens. In home economics projects they canned

STUFFY HEAD COULD?

2 drops strike fast to clear through cold, clogged nose, you feel better quickly. Caution: Use only as directed. Demand

PENETRO

NOSE GROUPS

STRANGE AS IT SEEMS By ERNEST HIX

ERNEST HIX
FATHER OF LOUISA MAY ALCOCK, WHO IN A SCHOOL TEACHER, PLOTTED TO KILL HER UNLUCKY PUPILS WERE UNLUCKY!

HAMMOCK DANCERS!
NATIVE DANCERS OF SERRA LEONIA, AFRICA, PERFORM FOR SIX OR EIGHT HOURS IN HAMMOCKS SUSPENDED BETWEEN POLES

THESE STRANGE UNEXPLAINED EVENING ENTERTAINMENTS COMPLETELY EXHAUST BOTH PERFORMER AND AUDIENCE!

1560 quarts of produce, made 207 garments and served 169 complete meals. More than six acres of gardens were raised by garden club members. The fat steers, hogs and lambs sold by 4-H Club members last year brought a total of \$17,671.89. Production of this sort is one of the things that keeps our country strong. It is one reason why we have no starving children in America.

EYES FARM SHORTAGE
Olympia, Wash., March 5 — (U.P.)—With an eye to the impending critical shortage of agricultural labor, Gov. Hon. C. Wallgren today announced the appointment of a committee of producers and processors to advise and cooperate with state and federal agencies.

New Management

Finer Service

'99' MOTEL

TEXACO SERVICE

826 N. Riverside

FILM STAR WEDS

Hollywood, March 5 — (U.P.)—Screen Star Robert Cummings was back before the cameras today after a week-end honeymoon with Mary Ellott, blonde stage and screen actress. The two were married Saturday night in a simple ceremony at Riverside, Calif., performed by Cummings' mother, the Rev. Ruth K. Cummings.

PRODUCER DIES
Hollywood, March 5 — (U.P.)—Mark Sandrich, noted motion picture producer-director, died last night at his home of a heart attack. He was 44. Sandrich had

apparently been in good health and only Friday was preparing the script of Irvin Berlin's "Blue Skies" at Paramount.

Use Mail Tribune Want Ads

Hard of Hearing? Urine Home Test Aids Thousands

Thanks to an easy-to-use hearing test, many thousands who have been temporarily deafened now say they hear well again. If you are bothered by ringing, buzzing, head noises due to hardened or coagulated wax (cerumen), try the Durine Home Method test. You must hear better after making this simple test or you get your money back at once. Ask about Durine Ear Drops today at

WAINSCOTT'S PHARMACY
400 E. Main — Phone 2440

DO YOU KNOW?

that 345,000 motor trucks, 3,205,000 sets of tires and tubes have been shipped to Russia to help the Soviet armies in their drive against the Nazis. Make your car or truck last longer—keep it repaired at

ROGUE RIVER CHEVROLET

Crossword Puzzle

ANSWER TO PREVIOUS PUZZLE

1-Last	2-Substance	3-Prunish	4-Goat of Love	5-Youth	6-Embellish	7-Whitish	8-Fairy fort (str.)	9-Articles	10-Mean fellow	11-Smooth	12-Undergarment	13-Maten lace	14-Entertain royalty	15-Sea bird	16-Oselle	17-Brother of Abel	18-Story	19-Substance	20-A vegetable	21-Prunish	22-God of Love	23-Youth	24-Embellish	25-Whitish	26-Gold fiber.	27-Old tube-like instrument	28-Chinese weight	29-Acid salt	30-Dressing table	31-Girl of the Wise Men	32-Barter
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DOWN
1-Purposive
2-In a direction of
3-Best's stomach
4-Short jacket
5-Cost of voyage
6-It is count.
7-Nickel (sym.)
8-Fly in airplane
9-Group temporarily
10-Permit
11-Russian river
12-Grubbed
13-Place for canning fruit
14-Plume-bearing bird
15-Slate
16-Sinks
17-Take food
18-Not able
19-Abounding in jewels
20-Servant
21-Grubbed
22-Flower
23-Poison
24-Group of rooms
25-Trail
26-Skip out
27-Norse goddess (Odin's sym.)
28-Musical note

NOTICE OF MEETING

In the County Court of the State of Oregon in and for Jackson County.

Jackson County Grazing Board in the Matter of the Change of the Boundary of the PILOT ROCK GRAZING DISTRICT of Jackson County, Oregon.

To the GRAZING BOARD OF JACKSON COUNTY, OREGON, and to the ADVISORY BOARD OF THE PILOT ROCK GRAZING DISTRICT and to the Signers of the Petition for the Change of Boundary of the said PILOT ROCK GRAZING DISTRICT of Jackson County, Oregon, and to All Parties Interested in the Said Grazing District. GREETINGS:

NOTICE IS HEREBY GIVEN, that on the 21st day of February, A. D. 1945, there was duly filed in the office of the County Clerk of Jackson County, Oregon, a petition in writing duly signed by twenty or more of the freeholders residing within the present boundaries of the said district, asking that the boundary of the said district as now organized and existing BE CHANGED as to read as follows:

Beginning at a point in the Northwest quarter of Section 29, in Township 39 South, Range 2 East of the W. M., Jackson County, Oregon, where the "Old Pacific Highway" and the "Ashland-Klamath Falls Highway" as said respective Highways are now laid out, established and used, meet and intersect one with the other, and running thence in a westerly direction along the said "Ashland-Klamath Falls Highway" to where said Highway cuts and intersects the north and south center line in Section 33, said Twp. and Range; thence North on said center line extended to the center of Section 28, said Twp. and Range; thence East, along said quarter section line extended a distance of 3 1/2 miles, more or less, to the Range Line between Ranges 2 and 3 East; thence South on said Range Line to the Northwest corner of Section 6, Twp. 40 South, Range 3 East of the W. M.; thence East on the Township Line between Townships 32 and 40, to the Northeast corner of Section 6, Twp. 40 South, Range 4 East of the W. M.; thence South 2 miles, more or less, to the Southeast corner of Section 7, said Twp. and Range; thence East to the Southwest corner of Section 12, said Twp. and

Range, said point being on the County Line between Jackson and Klamath Counties, Oregon; thence South on said County Line to where said County Line intersects the State Line between the States of Oregon and California; thence West on said State Line to where said State Line intersects the "New Pacific Highway" as now laid out, constructed and used, thence following along the line of the said "Old Pacific Highway," as now laid out, constructed and used, in a northerly direction to where said "New Pacific Highway" intersects the "Old Pacific Highway," as now laid out, established and used; thence following along the line of the said "Old Pacific Highway," as now laid out, constructed and used, to where the said "Old Pacific Highway" cuts and intersects the north and south center line in Section 33, said Twp. and Range; thence North on said center line extended to the center of Section 28, said Twp. and Range; thence East, along said quarter section line extended a distance of 3 1/2 miles, more or less, to the Range Line between Ranges 2 and 3 East; thence South on said Range Line to the Northwest corner of Section 6, Twp. 40 South, Range 3 East of the W. M.; thence East on the Township Line between Townships 32 and 40, to the Northeast corner of Section 6, Twp. 40 South, Range 4 East of the W. M.; thence South 2 miles, more or less, to the Southeast corner of Section 7, said Twp. and Range; thence East to the Southwest corner of Section 12, said Twp. and

YOU ARE FURTHER NOTIFIED that a meeting of the Grazing Board of Jackson County, Oregon, has been duly called by the County Judge of said County, to be held at the hour of 10 o'clock A. M. on Monday the 19th day of March A. D. 1945, in the court-room of said Court in the Courthouse in Medford, Oregon, and such meeting will be held at said time and place for the consideration of the said petition, in which said time and place all persons interested in said Pilot Rock Grazing District are hereby required to appear and show cause, if any they have, why said Petition should not be granted, and why an election should not be called and held in the said District for the purpose of determining whether or not such proposed change in the boundary lines of the said District, as asked for in said Petition should not be made.

This NOTICE is given and mailed, posted and published, under and pursuant to an Order duly made and entered by the Jackson County Grazing Board under date of February 26th, 1945, as said Order now appears on file in my office, and to which said Order reference is hereby made.

Given under my hand and the seal of said Court on this 3rd day of March, A. D. 1945.

G. R. CARTER,
County Clerk.

Closing time for Sunday Too Late to Classify, 5:30 Saturday Afternoon—Please remember

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Hammering — Gumming — Welding

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SUBURBAN HEIGHTS

TRED PERLEY'S LITTLE SCHEME OF EARNING HIMSELF UNNOTICED OUT OF THE TEDIIOUS PARTY AND WALKING HOME, LEAVING THE CAR FOR HIS WIFE, WOULD HAVE WORKED PERFECTLY IF IT HADN'T SO HAPPENED THAT HIS CAR WAS BLOCKING THE DRIVEWAY AND THAT THE KEY WAS IN HIS OVERCOAT POCKET

BARNEY GOOGLE and SNUFFY SMITH

SINCE EVERBODY'S GITTIN' SPRAIN'T ELBOWS, CAPT'N -- TH' SUPREME SALOOT IS ONREGULATION EZ OF NOW

BLESS YOU, SIR

FLASH A MESSAGE TO THE GOVERNMENT PRINTING OFFICE-- CANCEL 150,000 TRAINING PAMPHLETS ON THE SUPREME SMITH SALUTE No. J 4092 AXR

ROGER-- UH-- YESSIR

MR. GREENTREE I HAVE BAD NEWS--FROM UH--

INTERRUPT ME NOW, FILMORE

BLONDIE

OH, DEAR I SIMPLY MUST SEE BLONDIE TODAY

THE DOOR IS UNLOCKED-- SHE MUST BE AT HOME!!

BLONDIE!

EEEEEE

I WONDER WHO THAT WAS?

L'L ABNER

ER--L'L ABNER--WHEN A GAL IS YOUNG AN PURTY--THASS TH' TIME FO' HER T' BE TH' SMART TYPE AN' PROVVING

FEW-CHER

A SMART TYPE GAL WOULD NOT PASS UP NO CHANCE T' MARRY A RICH TYPE GENUULMAN-- WOULD SHE?

NO SUN?

BUT YO'--YO' HAIN'T TH' SMART TYPE, YO' IS TH' EVER-LOVIN' TYPE, AN' HAIN'T GOT NO MONEY AN' AN' DON'T WANTA HARRY UP-- BUT Y'LL GO ON WAITIN' FO' ME FO' EVER-- AN' WROG? AN' WROG? AN' WROG?

Y-YO' DID?

THE NEBBS

MAYBE A PRIVATE INVESTIGATOR SHOULD HANDLE THIS PORTERHOUSE CASE, AMBY

PRIVATE DICKS COST MONEY, BESIDES IT MIGHT LEAK OUT AND THE PRESIDENT OWNER DON'T LIKE PUBLICITY

YOU MEAN ROSCOE NO AND I AINT GOIN' TO LEED PORTERHOUSE? HAVE YOU NOTIFIED HOLD ME RESPONSIBLE SINCE IM LEGAL CUSTODIAN OF THE PROPERTY

THEN WE'LL HAVE TO TAKE TURNS WATCHING AND TRY TO CATCH THE INTRUDER RED-HANDED

BUT SUPPOSE HE CATCHES US INSTEAD?

THAT STILL LEAVES THE OTHER ONE TO FOLLOW UP

ALL RIGHT, I SPOSE, PROVIDED THE ONE WHO GETS CAUGHT AINT ME!