

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.

MY ADVICE IS THIS: BE COMFORTABLE

There was no heat in the house, and in the early morning the breeze was not so balmy.

Neither am I. So I got up, closed door and window on the windward side of the shanty and crawled back as far under covers as I could burrow and shivered. It was too cold to run out in the hall in my

quandary to turn on the heat, and it happened to be the butler's day off—of course we can't ask the gardeners or the chauffeurs or the pantryman or the cook to get up practically in the night to turn on the heat so things will be comfortable for the master to do his morning rolls. So I just lay there hitching the sheet and alleged light blanket alternately over my good ear and my left toes—seems they control my vasomotor system. When the left toes get cold I'm interested in nothing except getting warm. If the left toes are warm I'm interested in everything except cocktails and mashed potatoes.

Next thing I knew it was broad daylight. The entire staff was up and bustling and she came as soon as she heard me stirring, to observe that maybe it is just as well that readers do as I say and not...

Now wait a minute. Have I ever advised any one to subject himself to real discomfort for the sake of health?

I hereby offer a prize of a \$25 War Bond to any reader who can produce evidence that I have advised any one to expose himself to cold to that degree.

Even in the open air treatment of pneumonia in the coldest month of the year (February)—treatment I recommend and would wish to receive if I had pneumonia—I consider it imperative that the patient be kept comfortably warm and not for a moment allowed to suffer real discomfort from the cold.

The test of the efficiency of

such treatment of pneumonia is the hand test. Feel of the patient's feet. If they feel warm the patient is warm enough. This same test is best for "parents' guidance in regard to the children's sleeping conditions. In fact it is the best all-around test of the adequacy of covers, clothing or heating—if the individual's feet feel warm to your touch there is no lack of cover, clothing or heat.

Some one sends a clipping which imputes to a physician specializing in the treatment of tuberculosis the belief that some patients with pulmonary tuberculosis do better if they are kept confined in heated rooms or wards, implying that the open air rest involves some vague risk of retarding the natural healing process. As the old lady remarked, kissing the cow—This would be dull world if doctors never disagreed.

QUESTION AND ANSWERS

Vitamins Not Patenting?
Is vitamin B-complex patenting? I gained some weight while taking it and I want to know why.

Answer—No. Send stamped envelope bearing your address, ask for pamphlet to Los Angeles, Calif.

I'll bet you are a dirty old goat. Any one who would go around with monkeys on their teeth because they are too lazy to brush them would go with dirty neckties and shoes. I do love to read your column and I hope you won't let me discourage you.

Answer—Sight unseen I bet you \$500—winnings go to the Red Cross and I have better teeth than you have.

The Danger of Fresh Air
According to this clipping a Dr. A. L. Baruch of New York Columbia Presbyterian Medical Center says the American habit of sleeping with windows open is an important cause of "grippe and respiratory infections by chilling the body when asleep."

Answer—If the night air really chills warmer sleeping clothes or use warmer covers. Exclude cold wind by using a window screen of unbleached muslin. There is no scientific evidence that chilling causes or contributes to the development of any type of infection. Some of my best friends are Presbyterians, but after all, we should wash behind the ears.

Recurrent Is Not Chronic
Disagree with your statement that there is no such thing as chronic appendicitis. I had it for six months, finally had a severe attack, had my appendix out and have been all right since. E. M. S.

Answer—From your description it seems likely that you had one or more attacks of acute appendicitis before you finally submitted to operation. (Copyright, 1945, by John F. Dille Co.)

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), 510, 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), 250, Seattle.
KSPQ (NBC-Red), 880, San Francisco.
KSL (CBS), 1160, Salt Lake City.

Time Shown is P.W.Z.

Monday
8:00 p.m.—OK for Release, NBC.
8:15 p.m.—Terry and Piroles, NBC.
8:30 p.m.—Dick Tracy, NBC.
8:45 p.m.—Betty and Bob, NBC.
9:00 p.m.—Voice of Firestone, NBC.
9:15 p.m.—Harry Flannery News, CBS.
9:30 p.m.—Tom Mix, MBS.
9:45 p.m.—News, CBS.
10:00 p.m.—Captain Midnight, NBC.
10:15 p.m.—Night News Wire, MBS.
10:30 p.m.—Something New, NBC.
10:45 p.m.—Luz Theater, CBS.
11:00 p.m.—Terry Wayne Show, NBC.
11:15 p.m.—Gabriel Heatter, MBS.

Tuesday
8:00 p.m.—Super Club, NBC.
8:15 p.m.—Terry and Piroles, NBC.
8:30 p.m.—Dick Tracy, NBC.
8:45 p.m.—Betty and Bob, NBC.
9:00 p.m.—Voice of Firestone, NBC.
9:15 p.m.—Harry Flannery News, CBS.
9:30 p.m.—Tom Mix, MBS.
9:45 p.m.—News, CBS.
10:00 p.m.—Captain Midnight, NBC.
10:15 p.m.—Night News Wire, MBS.
10:30 p.m.—Something New, NBC.
10:45 p.m.—Luz Theater, CBS.
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with their sewing for the Junior Red Cross. They will meet every second and fourth Saturday and one evening at the high school. They also decided to give a dinner for their parents on March 16. There will be a formal initiation at that time for new members.

Joyce Anne Bateman, a former student of Medford high school, now a music student at Willamette University, entertained the Economics club last week with three numbers, "Always," "Without a Song," and "Sweet Dreams Sweetheart." She was accompanied by Vera Smith.

At the beginning of the second semester, the art classes started study of tempera and water colors. They are making color wheels with keys pointing out the different harmonies that are good for use in home decoration, clothes, landscapes, and poster work.

First application of the color work will be in connection with poppy posters, a contest being sponsored by the American Legion. Next exhibit for the high school display in the main hall will be figure work showing some of the outstanding changes in costumes during different centuries.

At the Future Craftsmen meeting March 5, members voted to sponsor a Safety poster contest which will be open to all boys in sheet metal and woodshop classes. The theme of the posters will be safety or accident prevention.

An original poetry contest is

GOLD SLOGGED NOSE!
Like 2 shots, 3 drops act fast to shrink membranes, open up nose. What a relief! Caution: Use only as directed. Demand.



CHALKER'S Motel & Lodge
WILL BE CLOSED
from Mon., March 12 to Wed., March 21. For future reservations call Gold Hill 474.

ZERO CLUB
Out of bounds, civilians only
Delicious chicken and steak dinners, 7:00 p.m., to 3:00 a.m., except Sunday. Phone day time 6300; night 9101

MONEY TO LOAN!
On JEWELRY CAMERAS and MUSICAL INSTRUMENTS Used and undervalued jewelry at great savings

PEOPLES LOAN CO.
223 1/2 E. Main Street
State License P 137

High School News

By Student Reporters
Maren Gammill Joan Hoppe

DeMolay and Job's Daughters presented a Neptune's Ball, Saturday evening March 3, at the Lincoln school gymnasium. Job's elected Elmer Kyle as "King Neptune" and the DeMolay chose Nancy Swam as "Queen Neptune."

During a home economics club meeting this week, members made plans to go ahead

being held now for senior high school students interested in seeing their verses in print. This is part of a national contest and winners will have their poems published in the "Annual Anthology of High School Poetry."

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

STRANGE AS IT SEEMS By ERNEST HIX

TEXTBOOKS OF TERROR!
HEINRICH HIMMLER—
HAS EVERY BOOK DEALING WITH UNDERGROUND MOVEMENTS, CONSPIRACIES, SCHEMES, ASSASSINATIONS AND TORTURE IN HIS LIBRARY!



Relief At Last For Your Cough
Cremulson relieves promptly because it goes right to the seat of the trouble to help loosen and expel laden phlegm, and aid nature's soothe and heal raw, tender, inflamed bronchial mucous membranes. Tell your druggist to sell you a bottle of Cremulson with the understanding you must like the way it quickly allays the cough or you are to have your money back.

CREMULSION
of Coughs, Chest Colds, Bronchitis

DO YOU KNOW?



that 1,244,000 surgical dressings have been made in Jackson County and shipped to hospitals overseas?

Keep the Red Cross at his side

ROGUE RIVER CHEVROLET

Crossword Puzzle

ANSWER TO PREVIOUS PUZZLE

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60

ACROSS
1—Sustains
2—Male birds
3—Cooper
4—Occasions
5—Bodily
6—Heavily man
7—Malay coin
8—Add (Fr.)
9—Cause
10—Hebrew God
11—Writing
12—Implements
13—Dueling sword
14—Swaps
15—Slings
16—Professional

DOWN
17—Man's name
18—Customer
19—That which spreads dirt
20—Boys
21—Deer
22—Clasical snow
23—Newspaper
24—Notice
25—Roman "four"
26—Sweet as apple cider
27—Pat
28—Age
29—Falcon
30—Demand
31—Run in stocking
32—Indian groups
33—Stagnation of blood
34—Show
35—Stage show (colloc.)
36—Mist
37—List of persons
38—Smooth
39—Fruit drink
40—Piel
41—Child's word for father
42—Line (abbr.)

BARNEY GOOGLE and SNUFFY SMITH



FOLKS -- IT'S TH' MOST SUPER-COLOSSAL, STUPENDOUS --
—UH--ALLA GREAT NAMES OF THE STAGE, SCREEN AND RADIO ARE PUSHING FRANTICALLY TO GET A GUMPEP OF SUPREME. WHATEVER--HE-IS, SMITH!!



STOP HUNCHIN' ME, MIZ SMIF--
—YORE JIMMIN' TH CRYSTAL!!



BLONDIE



BUZ SAWYER



L. L. ABNER



THE NEBBES



SAVED!



ER--AND SHE ACCEPTED?



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 so as to read as follows:

"Beginning at a point in the Northwest quarter of the Southwest 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 repective Highways are now laid out, established and used 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 Northwest corner of Section 6, Twp. 40 South, Range 4 East of the W. M.; thence South 2 miles, more or less, to the Southwest 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, to where the said 'Old Pacific Highway' cuts and intersects the said 'Ashland Klamath Falls Highway' as aforesaid, being the true point of beginning as above set forth."

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 courtroom 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, at 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.

UNIFORM



OLD THOMPSON BRAND
Blended Whisky 66.8 Proof
—65% Grain Neutral Spirits

Glenmore Distilleries Co., Incorporated, Louisville, Kentucky

A BETTER BLEND FOR BETTER DRINKS

By CLUYAS WILLIAMS



TO VARY THE MONOTONY AND BECAUSE HE LIKES TO WATCH FAT MEN RUN, THE NEWSPAPER BOY AT THE STATION, IN THE MORNING OF ONE PREVIOUS DAY THAT HE HAS ONLY ONE PAPER LEFT

#1 LOST 52 Lbs.!
WEAR SIZE 14 AGAIN!
MRS. S. D. WELLS, FT. WORTH, TEXAS



With this Ayia Tea you can't eat out nor swim, eat, or drink, and you can't get fat. It's simple and easy to use. The experience of Mrs. Wells may not be different than yours, but why not try the Ayia Tea? Look at these results:

In clinical tests conducted by medical doctors more than 100 persons lost 14 to 18 pounds average in 14 to 21 days with the AYIA TEA.

With this Ayia Tea you can't eat out nor swim, eat, or drink, and you can't get fat. It's simple and easy to use. The experience of Mrs. Wells may not be different than yours, but why not try the Ayia Tea? Look at these results:

WAINSCOTT'S PHARMACY
400 E. Main

'99' MOTEL
TEXACO SERVICE
826 N. Riverside

● New Management
● Finer Service

Closing Time for Classified Ads 5 p.m. — Too Late to Classify 12:30 p.m.