

Your Health and Its Care

By DR. WILLIAM BRADY M. D.

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WHAT GOES WITH ALL THAT CHOCOLATE

This talk is for boys and girls with oily skin, blackheads and pimples—acne, as we doctors call it, but don't let our penchant for Greek or Latin medical terms worry you—and don't let our studied use of the French term maled through my thumb through my frazzled Webster—both of which are always right at my elbow—to find a synonym for fondness and so I stumbled upon penchant (pronounced pan-shan, both a's in arm).

As I explained in an earlier talk about pimples, this condition—excessive oiliness of skin, blackheads and pimples—is virtually physiological or normal in the teens, being the manifestation of the fast development of the hair-follicles and sebaceous glands (glands secreting sebum skin oil) that occurs in adolescence. I admit this may not account for the fact that a minority of boys and girls of teen age may have little or no acne although they are growing and developing as rapidly as the majority. But this is my story and I'm stuck with it—it is not my invention, though, for you will find the idea in numerous authoritative works on dermatology.

The point I want boys and girls to understand clearly is that a reasonable amount of blackheads and pimples is normal and no one but a quack or an ignoramus claims or implies that such adolescent acne has any significance concerning purity of the blood or of the morals. I said the other day that although numerous physicians and authors of textbooks on diseases of the skin mention chocolate among the many causes or contributing causes of acne (excessive oiliness of skin, blackheads and pimples), it is not the chocolate itself, in my opinion, but rather the excessive consumption of refined sugar and refined white flour, in the various items flavored or coated with chocolate, that should be held responsible for acne in many cases. And again, it is not that refined white sugar and refined white flour and the highly nourishing (high caloric) breadstuffs, cakes, pastries, confections, fountain beverages, ice cream and the like made largely of refined white sugar or syrup and refined white flour, are harmful. They are perfectly good fuel food of course. But rather it is the fact that these delectable, cheap, plentiful, always available and always so easy to eat or drink even when you are not at all hungry carbohydrates quickly satisfy the body's energy requirement so that there is little appetite left for the foods that contain minerals and vitamins which are essential for good metabolism, vite, health, vigor, functional efficiency.

Well, there it is. In the next talk on this subject I'll have more to say about pap, pop and pimples.

Relief At Last For Your Cough

Creomulsion relieves promptly because it goes right to the seat of the trouble to help loosen and expel mucus laden phlegm, and aid nature to soothe and heal raw, tender, inflamed bronchial mucous membranes. Tell your druggist to sell you a bottle of Creomulsion with the understanding you must like the way it quickly allays the cough or you arc to have your money back.

CREOMULSION

For Coughs, Chest Colds, Bronchitis



QUESTIONS AND ANSWERS

Protruding Ears
Our 2-year-old son's ears stand out from his head very noticeably. Would a cap of some kind worn constantly to keep the ears flattened against the head correct it (Mrs. R. B.)
Answer—It might in a child a few months old, hardly in a child over a year old. Plastic operation necessary to correct protruding ears in a child over 18 months of age. The earlier the plastic surgery for ears the better the result is likely to be.

No Paraffin
I was born with a very flat nose. Would it be advisable to have it reshaped by a plastic surgeon who uses paraffin? I am 25 years old. (Miss C. M.)
Answer—No. Injection of paraffin is dangerous and generally unsatisfactory—and once it is injected and gets out of shape, you're stuck with it. If you have anything done, have it done by a plastic surgeon who uses paraffin. You are not anonymous one should hesitate to have a nose corrected by it.

Time to Take Up Slack
I expect to live for several months at a southern seaside place. As I have put on a lot of surplus weight the past year or two I feel I'll look a sight in a bathing suit. (Mrs. G. E. A.)
Answer—Mention age, height and weight. If I think you should reduce I'll send you a pamphlet "How to Lose Weight." But perhaps you need only adopt regimen to take up slack. Send 25 cents and stamped envelope bearing your address, for booklet "The 7 Keys to Vite." (Copyright, 1945, by John F. Dille Co.)

On the Radio Chain

STATIONS
Chain affiliation and where they are on the dial.
KAI, R. (CBS), 1330, Portland.
KMG, (NBC), 1190, Portland.
KGA (NBC-Blue and MBS), 1510, Spokane.
KGO (NBC-Blue), 810, San Francisco.
KJL (NBC-Blue), 620, Portland.
KJR (NBC-Blue), 1080, Seattle.
KSN (CBS), 1070, Los Angeles.
KSN (NBC-Blue), 850, Denver.
KJH (CBS), 970, Portland.
KJH (NBC-Blue), 850, Seattle.
KJH (CBS), 1180, San Francisco.
KSL (CBS), 1180, Salt Lake City.

Time Shows in PWT.

Monday
5:00 p. m.—OK for Release, NBC.
5:15 p. m.—Dick Tracy, BN; Superman, MBS; Betty and Bob, NBC.
5:30 p. m.—Voice of Firestone, NBC; Harry Flannery, News, CBS; Jack Armstrong, BN; Tom Mix, MBS.
5:45 p. m.—News, CBS; Captain Midnight, BN; Night News Wire, MBS.
6:00 p. m.—Hongy Carmichael, NBC; Lux Theater, CBS; Jerry Wayne Show, BN; Gabriel Heatter, MBS.
6:30 p. m.—Information Please, NBC; Spotlight Bands, BN.
7:00 p. m.—Screen Guild Players, CBS; Art Linkletter, MBS; Guy Lombard, NBC; Contented Hour, NBC.
7:15 p. m.—Lowell Thomas, MBS.
7:30 p. m.—De De, NBC; Thanks to the Yanks, CBS; Lone Ranger, MBS.
8:00 p. m.—Supper Club, NBC; Jack Kirkwood, CBS; Ted Malone, BN.
8:15 p. m.—Headin' Hopper, CBS; Lum and Abner, NBC; Fleetwood Lawton, NBC.
8:30 p. m.—Cavalade of America, NBC; Michael Shane, MBS; Hawthorne House, BN; Burns and Allen, CBS.
9:00 p. m.—B-B-B-Dale, BN; News, CBS; Harco, MBS; Whittier, CBS; Telephone Hour, NBC.
9:30 p. m.—Voice of Firestone, NBC; Webster's, NBC; News, CBS; Fulton Webster, NBC; News, NBC; Fulton Webster, MBS; Carlson and the News, BN.
10:15 p. m.—Sherlock Holmes, MBS.
On Our Bandstand, NBC; Sweetheart Swingtime, NBC; Finnerman's Nite Club, BN.
11:00 p. m.—News, BN.

Tuesday
5:00 p. m.—Terral, 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; Bob Hope, NBC; Trans-Atlantic Quiz, BN.
7:15 p. m.—Lowell Thomas, MBS.
7:30 p. m.—Hildegarde, 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; Alan Young Show, BN; Roy Rogers, MBS.
9:00 p. m.—Everything for Boys, NBC; Tom Mix, CBS; Glen Hardy News, MBS.
9:15 p. m.—Rex Miller, MBS.
9:30 p. m.—Murder Will Out, BN; Mysterious Traveler, MBS.
10:00 p. m.—News, NBC; Carlson and the News, BN; Fulton Webster, MBS.
10:15 p. m.—On Our Bandstand, NBC; Sports Program, BN.
10:30 p. m.—Edwin C. Hill, CBS; Finnerman's Nite Club, BN; Sweetheart Swing Time, NBC.
11:00 p. m.—Talks, CBS; Orchestra, NBC; News, BN.

FIRST WINTER SHORE

Provincetown, Mass., (U.P.)—Cap'n Joseph Macara is spending the winter ashore for the first time in 50 years. He has been a Cape Cod fisherman from boyhood.

GIRL SCOUTS AID WAR VICTIMS BY GIFT OF PENNIES

The pennies contributed each year to the Juliette Low world friendship fund by the Girl Scouts during Girl Scout birthday week, March 12 to 19, have been put to excellent use according to Mrs. Scott Davis, commissioner of the Girl Scout council in Medford. Mrs. Low is founder of the movement.

"Since 1939, when a grant of \$804 was made to the Chinese Girl Scout organization for relief work among the first youth-of-war sufferers, a total of \$55,720 has been allocated to relief of children in the far corners of this war-torn world," she states. "This money has made possible the sending of warm clothing to bombed out British children, canned and powdered milk and eggs to a school for children in a recaptured Russian town, school equipment for a school set up by an elderly Greek schoolmaster for Greek children temporarily in Egypt, material for uniforms and shoes for French Girl Guides in North Africa, rice for 6,000 families of Chinese soldiers.

"This year's grant looks toward rehabilitation. One award of \$4,000 is to go to reestablish Girl Guides in Holland, Belgium and Luxembourg, \$2,500 will provide a basic Scout handbook for the use of Polish Girl Scouts now in camps in Africa, New Zealand, India and Mexico, a sum went to provide equipment for six Girl Scout executives who have been loaned to UNRA and who are helping to rehabilitate the children of Greece and

Yugoslavia now in camps in the Near East and \$5,000 will purchase clothing and materials for British Guides in their relief work among children.

Johnson To Head Grants Pass Elks

Grants Pass, March 19—Harold Johnson was chosen exalted ruler of Grants Pass lodge B. P. O. E. No. 1584 at the annual election Thursday night. He succeeds Leo Sauer.

Other officers selected are Fred Langley, leading knight; John Petry, loyal knight; F. G. Prescott, lecturing knight; G. W. McCormick, secretary; W. E. Newcomb, treasurer; T. L. Donaldson, tiller; Leo Sauer, alternate to the national convention. Don Hedgepeth was elected trustee to succeed J. R. Calvert.

CHURCH TO PRESENT ENTERTAINER FRIDAY

Galen Miller Harvey, humorist, entertainer, composer, and the "Dr. Happiness," of radio fame, will be presented at the Howard school Friday, March 23, at 8 p. m., under auspices of the Friends Church.

He has many years of experience as an entertainer on the radio. In more recent years he

REALLY S-O-O-T-N-ING

because they're really medicated

F&F COUGH LOZENGES
Soothe your throat all the way down—far below the gargle line. Each F & F Lozenge gives your throat a 15 minute soothing, comforting treatment. Used by millions for coughs, throat irritations or hoarseness resulting from colds or smoking. Only 10¢ box.

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 5300; night 9101

ATTENTION! OLDSMOBILE OWNERS

We now have service personnel competent to complete your repair needs without delay. We also carry a complete stock of parts for all models.
Phone 2884 for appointment or see Mr. Darland, Service Manager.

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12 INCH OR 16 INCH LENGTHS \$5.75
300 CU. FT. LOAD
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TIMBER PRODUCTS COMPANY
MEDFORD OREGON

SUBURBAN HEIGHTS

NOBODY KNEW JUST WHAT TO DO THE NIGHT FRED PERLEY PRESIDED AT THE LECTURE ON "WOMEN IN THE POSTWAR WORLD," BECAUSE THE SPEAKER, HAVING NO TIME PIECE ON HER, HAD ASKED FRED TO NOTIFY HER WHEN HER ALLOTTED TIME WAS UP, AND FRED WENT SOUND ASLEEP

has specialized in programs for high schools, colleges, churches and civic clubs.

There will be no admission, but a silver offering will be received for the church building fund.

TO VISIT RUSSIA
London, March 19—(U.P.)—Mrs. Winston Churchill, wife of the prime minister, revealed today that she had accepted an invitation to visit Russia. She said she would "be off to Moscow very shortly, perhaps within a few days."

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

Orchestra Every Night at TAKE IT EASY LODGE

DINE AND DANCE EVERY NIGHT EXCEPT FRIDAY
Chicken, Steaks and Spanish Dishes!
1/2 Mile up Savage Creek

STRANGE AS IT SEEMS By ERNEST HIX

PHOTOGRAPHING THE INVISIBLE
A NEW FLASH PROCESS, WITH A FLASH EXPOSURE OF ONE HUNDREDTH OF A SECOND, CAN PHOTOGRAPH THE HEAT WAVES RISING FROM THE PALM OF YOUR HAND!

JOHN WISE --
WANTED TO ORGANIZE A U.S. AIR FORCE IN 1916!
A BRILLIANT AERONAUT, WISE OFFERED TO FORM A FORCE OF BALLOONS TO BOMB THE CASTLE OF SW JUDAH, THE ULTIMA, CHIEF DEFENSE OF THE MEXICAN WAR!

50-50 --
IN THE EARLY DAYS OF SOUTH AFRICAN DIAMOND MINING, HALF THE DIAMONDS DISCOVERED WERE STOLEN BY THE MINERS!

THE SECRETARY OF WAR TURNED DOWN...

BARNEY GOOGLE and SNUFFY SMITH

TH VARO'S RUNNING OVER WITH THEM LEETLE FEATHER MERCHANTS, AUNTIE LOUIZIE

LAUSY ME! HOW THOUGHY OF EM TO COME OVER FER PAW'S WELCOMIN' HOME

BLONDIE

DO YOU KNOW YOU GOT UP A HALF-HOUR EARLY BY MISTAKE?

YES AND ITS WONDERFUL NOT TO HAVE TO RUSH IN THE MORNING

VE GOT TO BE CAREFUL! ITS TIME FOR DAGWOOD TO COME OUT OF THAT DOOR LIKE A CANNONBALL ON HIS WAY TO WORK

GOOD MORNING MR BEASLEY

IS DAGWOOD SICK?

BUZ SAWYER

WELL, HERE'S OUR NEW HOME, SWEENEY

NOT VERY BIG IS IT?

IT'LL BE A LOT DIFFERENT FROM THE TIPPECANOE

ALL LOG YOU IN, MR. SAWYER, THEN TAKE YOU TO YOUR SQUADRON ROOMS YOU'LL WANT TO REPORT THERE AND MEET THE FELLOWS

LIL ABNER

WE HAVE SATISFIED YOUR EVERY WANT O DOOMED ONE.

IT IS NOW MIDNIGHT O DOOMED ONE.

WHATFO? DOES YOU KEEP A-CALLIN' ME O DOOMED ONE? AH HAIN'T I DOOMED AN' IN THE SIXTH GRADE?

YOU FILLED ME OUT OF THE RIVER, UNTOUCHABLE SKIN OF THE HEFFABLE HAS ENJOYED THE GREATEST OF EARTHLY PLEASURES.

THEREFORE - THERE IS NO LONGER ANY REASON FOR SUCH A LUCKY ONE TO LIVE. THE PRICE OF TOUCHING THE INCREDIBLY GLORIOUS SKIN OF THE HEFFABLE - IS DEATH

THE NEBBES

ARE YOU SURE YOU KNOW WHO'S BREAKING INTO THE PORTER-HOUSE PLACE?

I'M TAKIN' YOU RIGHT TO HIM

WHAT EVIDENCE HAVE YOU AGAINST THIS MAN?

HES GOT PROPERTY STOLEN FROM THE MANSION

IF YOU'RE POSITIVE WHY DIDNT YOU ARREST HIM?

FER THREE GOOD REASONS

HERE THEY COME!

YIPE!

DO YOU KNOW?

that 4753 ward visits have been made by the Gray Ladies every day of the week at Camp White Hospital, helping sick and wounded? Lets all do our share—Give More and Give now.

ROGUE RIVER CHEVROLET

Crossword Puzzle

ANSWER TO PREVIOUS PUZZLE

ARIA	APT	SPUR
CANT	EA	OISE
RIITE	STROPPED	
BDE	ROI	SHEDS

ACROSS

- Waits
- Cleaved
- Encrogers
- Blood deficiency
- Cold (her)
- Clutch of egg
- Federal agency in Tennessee
- Bliz
- Thrasher
- Fish trap
- Eight
- Money to show (room form)
- Money to show (good faith (pt.))

DOWN

- In straight line
- Public notice
- Wise counselor
- Indian tribe
- True copy of record
- Misture
- Originated
- Ball
- Printer's measure
- Whom suffers dia
- Wanderer
- Small islands
- Pilgrimo
- Greek letter
- Positive pole
- Aromatic
- European herb
- One who bows head (dial.)
- Old dance
- Humming bird
- Revolvs
- Sacred Indian river
- Incline
- Great
- Town in Italy
- Drum
- Fabric (pt.)
- Part. to aircraft
- Sub voce (abbr.)
- Circus (abbr.)