

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.

THE CONTROL OF

Milk fresh, raw, pasteurized, parboiled, scalded, sterilized, creamed, homogenized, evaporated, condensed, dried (powder), skim milk, separator milk, cream (if you can take it), and things such as custard made largely with milk (not ice cream, which hardly contains enough milk or cream now to justify its American name) is generally the most desirable and agreeable food for one with a Yankee stomach (hyperacidity). And it is generally better to take such food five or six times a day instead of taking just the customary three meals a day.

Egg, cooked as you like it, is, I believe, second only to milk in the diet for one with a Yankee stomach. Egg cooked as you prefer is more readily digestible and more completely digested than raw egg. However, if you prefer taking raw egg it is nearly as good for hyperacidity and for general nutrition as it would be cooked.

Next most essential and agreeable food in such cases is lean meat and then comes whole wheat. Send stamped envelope bearing your address, for pamphlet "Wheat to Eat," which suggests how to use wheat in the everyday diet.

How to neutralize excessive acidity when hunger pain, heartburn, sour eructations, bloating or gas becomes distressing is what every one with a Yankee stomach wants to know.

One of the most satisfactory and least objectionable remedies for these common manifestations of hyperacidity is prepared chalk. Ten grains more or less at any time the distress calls for relief. Or better still, a combination of prepared chalk (Calcium carbonate) with magnesium trisilicate in the proportion of, say, two or three parts chalk to one part trisilicate and this should be taken in the form of a soft.

STOMACH ACIDITY

smooth disc which is not dis-agreeable to chew—chewing it is preferable to swallowing it whole. So far I have said nothing here about the psychosomatic factor of gastric hyperacidity or the lately popular idea that emotional or "nervous tension" may account for most of the symptoms of gastric, peptic or duodenal ulcer. But, heck, there are ponderous scientific periodicals, monographs and tomes dealing with that—I reckon I had better not talk about it today.

There is one cause of hyperacidity which sufferers should not overlook when seeking relief and that is smoking. In this column on various occasions in the past 20 years I have described the smoker's duodenal ulcer complex—a state in which it is difficult for the physician to determine whether the symptoms are wholly due to smoking or perhaps due to ulcer. Of course, the victim can find out if he or she stops smoking—but it will take a few months of total abstinence to make sure.

QUESTIONS AND ANSWERS

Stuttering
I have a 4-year-old daughter who gets to stuttering a great deal at times (Mrs. R. J.).

Answer—Send a stamped envelope bearing your address and ask for (do not send a clipping) pamphlet on "Stuttering."

Little Tin Doctor
County health nurse tells us we must give the children no food seasoned with salt (Mrs. R. J.).

Answer—That's a sample of the sort of medical service people will get when the state takes over the practice of medicine. The nurse enjoys airing her smattering of medical knowledge before you poor ignorant people. Food seasoned with salt is as wholesome for the children as it is for any one else.

Well, What Do You Know!
My wife and I want to tell you that, whatever other readers may have thought about it, those articles of yours about young married people putting off till later the raising of a family hit us so hard... now we are happy in expectation of our first baby including 20 cents and several other envelopes for your booklets "Preparing for Maternity" and "Baby Book."—S/Sgt.

Answer—My best wishes go along with the booklets and the money—ordinary folk pay for the money—when or their wives are entitled to the booklets on request, if they send stamped self-addressed envelopes.

On the Radio Chain

Chain affiliation and where they are on the dial:
K.A.R.E. (CBS), 1330, Portland.
K.M.X. (NBC-Blue), 1190, Portland.
K.G.A. (NBC-Blue and B.B.S.), 1510, Spokane.
K.G.O. (NBC-Blue), 810, San Francisco.
K.O.W. (NBC-Red), 820, Portland.
K.H.T. (NBC-Blue), 1090, Seattle.
K.N.K. (CBS), 1070, Los Angeles.
K.I.A. (NBC-Red), 850, Denver.
K.O.N. (CBS), 970, Portland.
K.U.M.O. (NBC-Red), 950, Seattle.
K.P.O. (NBC-Red), 880, San Francisco.
K.B.T. (CBS), 1160, Salt Lake City.

Time shown is P.W.T.

Wednesday
8:00 p. m.—Terry and Pirates, BN; OK for Release, NBC; Mary Martin, CBS; News, MBS.
8:15 p. m.—Dick Tracy, BN; Superman, MBS; Betty and Bob, NBC.
8:30 p. m.—Jack Armstrong, BN; Harry Finnery, News, CBS; Adventures of Tom Mix, MBS; News, NBC.
8:45 p. m.—Elmer Peterson, NBC; Night News Wire, MBS; Capt. Midnight, BN; News, CBS.
8:50 p. m.—Spotlight Bands, BN; Eddie Canton, NBC; Gabriel Heatter, MBS.
8:50 p. m.—Spotlight Bands, BN; Mr. District Attorney, NBC; 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; Counterpunch, BN; Dr. Christian, CBS.

8:00 p. m.—Mr. and Mrs. North, NBC; Jack Carson, CBS; News, MBS; Music, BN.
8:30 p. m.—Who's Lucky Tonight, NBC.
10:00 p. m.—News, NBC; Carson and News, BN; Fulton Lewis, MBS.
10:30 p. m.—Orch. CBS; Fennerman, NBC; G. I. B. BN; Sweetheart Swingtime, NBC.
11:00 p. m.—News, BN; Man Named Jordan, CBS.

Thursday
5:00 p. m.—Sam Hayes and the News, MBS; OK for Release, NBC; Terry and the Pirates, BN.
5:30 p. m.—Dick Tracy, BN; Superman, MBS; Betty and Bob, NBC.
5:30 p. m.—Jack Armstrong, BN; Harry Finnery, News, CBS; Tom Mix, MBS; News, NBC.
5:45 p. m.—Captain Midnight, BN; Wire, MBS; News, CBS.
6:00 p. m.—Music Hall, NBC; Major Bowes, CBS; Gabriel Heatter, MBS; News, BN.
6:15 p. m.—Supper Music, BN.
6:30 p. m.—Bob Burns, NBC; Spotlight Bands, BN; Corliss Archer, CBS; Treasure Hour of Song, MBS.
7:00 p. m.—Abbott and Costello, NBC; Fred Waring Orch., BN; 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; Bulldog Drummond, MBS; Earl Godwin, BN.
8:15 p. m.—Fleetwood Lawton, NBC; Lum and Abner, BN; Music That Satisfies, CBS.
8:30 p. m.—Frank Morgan, 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; America's Town Meeting of the Air, BN.
9:15 p. m.—Rex Miller, MBS.
9:30 p. m.—The Saint, NBC; Academy Awards, BN.
10:00 p. m.—News Reporter, NBC; News of the Week, MBS.
10:15 p. m.—Sport Program, BN; San Francisco Show, NBC.
10:30 p. m.—Finnery's Nite Club, BN; Sweetheart Swingtime, NBC.
11:00 p. m.—News, BN.

Closing time for Sunday Lot to be 5:30 Saturday afternoon—Please remember

SUMMONS
In the Circuit Court of the State of Oregon for Jackson County, GLENN PROVOLT, Executor of the Estate of E. U. PROVOLT, deceased; GLENN PROVOLT, EFFIE WICHMAN and ELVA STONE, Plaintiffs,

vs.
WILLIAM H. SHOUDY, otherwise known as WM. H. SHOUDY, and otherwise known as W. H. SHOUDY, and if married, JANE DOE SHOUDY, his wife; JAMES HAYS, and if married, JANE DOE HAYS, his wife; A. O. STEVENS, otherwise known as A. O. STEPHENS, and MARY M. STEVENS, otherwise known as MARY M. STEPHENS, husband and wife; G. KAREWSKI, and if married, JANE DOE KAREWSKI, his wife; D. D. MUNGER and if married, JANE DOE MUNGER, his wife; HENRIETTA KUDER and D. E. KUDER, her husband; R. G. HANFORD, and if married, JANE DOE HANFORD, his wife; and the unknown heirs, if any, of any deceased defendant; and also all other persons or parties, unknown claiming any right, title, estate, lien or interest in the real estate described in the Complaint herein. Defendants in the NAME OF THE STATE OF OREGON: YOU, and each of you, are hereby required to appear and answer the Complaint filed against you herein within four weeks from the date of first publication of this Summons, which date of first publication is Wednesday, the 28th day of February, A.D., 1945, and unless you answer or otherwise appear, Plaintiffs will take decree against you and each of you, decreeing the Plaintiffs to be the owners in fee simple of the following described real estate in Jackson County, Oregon, to-wit: The Southeast Quarter of Section 7; and the Northeast Quarter of the Northwest Quarter of Section 18, in Township 38 South, of Range 4 West of the Willamette Meridian, in Jackson County, Oregon. Also, Commencing at a stake set for the corner from which the Quarter Section corner bears South 9 65 chains in Section 7, Township 38 South, of Range 4 West of the Willamette Meridian, in Jackson County, Oregon; and running thence North 10.59 chains to the Northwest corner of the Southeast Quarter of said Section 7; thence North 80° 40' East 9.00 chains to the County Road, at an iron bar for corner; thence along the West side of said County Road, South 5° East 10.64 chains to a post for a corner; thence South 80° 40' West 9.90 chains to the place of beginning; together with five shares of stock in the ditch known as Bridgepoint Ditch, with all water, water rights, ditches and ditch rights appurtenant thereto; and further decreeing that you, and each of you, the said above named Defendants, have no right, title, estate, lien or interest adverse to the Plaintiffs in or to said property, or any part thereof; and further decreeing that you, and each of you, are forever barred and enjoined from asserting any right, title, estate, lien or interest in or to the said above described premises adverse to the Plaintiffs herein.

This Summons is published by order of the Honorable James W. Crawford, Judge of the Circuit Court of Josephine County, Oregon, made and entered of record on the 27th day of February, A. D., 1945, requiring publication of Summons once each week for four successive weeks in Medford Mail Tribune. Date of first publication is Wednesday, the 28th day of February, A. D., 1945, and the date of last publication is Wednesday, the 21st day of March, A. D., 1945 and the last day in which you have to plead or otherwise appear is March 31, 1945.

V. A. C. AHLF, Attorney for Plaintiffs, Schmidt Building, Grants Pass, Oregon.

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THE WORLD AT ITS WORST By GLUYAS WILLIAMS

PREDICAMENT OF A MAN WHO WHILE TRYING TO COMPLETE HIS INCOME TAX RETURN HAS SAT ON HIS GLASSES AND WHO IS THE ONLY MEMBER OF THE FAMILY WHO CAN DECIPHER HIS OWN FIGURES.
3-24-45

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STRANGE AS IT SEEMS By ERNEST HIX

FAITHFUL INTO DEATH...
TIMMY DOG, COLLECTED REMNANTS FOR THE WIDOWS AND ORPHANS OF FUND AT PROCEEDINGS OF SPOKANE COUNTY, AFTER HE DIED, 40 YEARS AGO, HIS BODY WAS MOUNTED AND PLACED IN THE SPOTLIGHT WITH A COLLECTION BOX ATTACHED. ALIVE AND DEAD, TIMMY HAS COLLECTED OVER \$1,000.00 IN COINERS!

GOLD GOES TO WAR!
MOLDS FOR SECRET PLASTIC PARTS ARE GOLD PLATED TO MAKE THE COINERS EASIER TO REMOVE!

TO PROTECT HIM-SELF HE'S TAKING HIS DOG TO WAR!

BARNEY GOOGLE and SNUFFY SMITH

BARNEY: "WHAT'S YOUR AUNT LUWIZIE, LITTLE JUGHAID?"
SNUFFY: "A-FRITTERIN' 'ROUND, GITTIN' READY FER UNKY SNUFFY'S HOME-COMIN' SUT."

BLONDIE

BLONDIE: "DAGWOOD—YOUR BOSS WANTS YOU ON THE PHONE AND HE SOUNDS MAD."
DAGWOOD: "OH BOY! NOW, WHAT DID I DO WRONG?"

BUZ SAWYER

BUZ: "OF ALL PEOPLE—CHILI, THE WOLF! WHAT THE HECK ARE YOU DOING HERE?"
WOMAN: "SAWYER MY SIMPLE LAD, I AM A HAPPY VICTIM OF THE NAVY PROGRAM OF ROTATION."
BUZ: "YOU KNOW HOW IT IS, UNCLE SAMMY LIKES TO TAKE CARE OF HIS FLAK-HAPPY HEROES, SO HE BREAKS UP THE OLD SQUADRONS, LIKE OURS, AND BRINGS THE BOYS HOME NOW AND THEN FOR A GLASS OF FRESH BUTTERMILK AND A LOOK AT THE PRETTY GIRLS."

L'IL ABNER

L'IL ABNER: "SLOW DOWN, THIS ISN'T A RACE-TRACK—IT'S THE LOBBY OF THE FITZ-WALDORFS."
MAN: "BUT, GULP!—THAT IS TWO FRIENDS A-COMIN' AFTER ME, WIF LOPPIN' MAH HAIR OFF AS THAR CHECK."
L'IL ABNER: "THAT'S RIDICULOUS, SON—A GHASTLY THING LIKE THAT COULDN'T HAPPEN HERE."
MAN: "GULP!"

THE NEBBS

NEBBE: "GREGORY WHERE IS YOUR EVIDENCE AGAINST THIS MAN?"
NEBBE: "HE'S HOLDIN' IT IN HIS LAP."
NEBBE: "IT HAS 'J.P. 1885' BURN'T INTO THE STOCK."
NEBBE: "I RECOGNIZE THAT GUN IT BELONGED TO JOSHUA PORTER'S HOUSE."
NEBBE: "HES A FOUNDLIIAR, HE STOLE IT!"
NEBBE: "NO DUMB COP CAN CALL ME A LIAR!"
NEBBE: "CONTROL YOURSELF, TITUS—THIS WON'T HELP YOUR CASE. LOCK HIM UP GREGORY, MAYBE A NIGHT IN A WARM CELL WILL COOL HIM OFF."

DO YOU KNOW?

that you should make an appointment to have the necessary repairs done on your car now while parts are available in greater quantities. Use the Easy Payment plan at

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—Cold season
7—Minor official
11—Rained past
14—Succeed
15—Fried's down
18—Swedish district
17—Put
18—Like
19—Woman of Arthur's court
21—Complains
22—Match
24—Free
25—Burden
26—Brook
27—View
28—Reason
29—Beast of burden
31—Heavenly body

DOWN
1—Long boots
2—Peachable
3—Compass point
4—Related
5—High note
6—Hated
7—Dish of greens
8—Nomad
9—Effort
10—Right (abbr.)
11—Fruit
12—Grinding bowl
20—Small fish
22—Beam of light
23—Faster
25—For fear that
26—Nevada city
28—Horny part of hand
29—Brewers
31—Gave off vapor
32—Pine
33—Pressed
34—Rabbit
35—Trouble
36—Author of "The Raven"
37—Fill with
38—Troped
40—Hums away
42—Assert
43—In needword
45—Sliman
46—A number
47—For middle (abbr.)
48—Part of "to be"

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