

Your Health and It's Care

By DR. WILLIAM BRADY, M.D.
Readers should address inquiries to: Dr. William Brady, 265 El Camino, Beverly Hills, Calif.

CARBOHYDRATES AND ACNE

I believe most acne would be prevented if the young person (1) gets sufficient exposure to sunshine or skylight the year around (2) avoids soap and other irritants, and (3) uses a oily oil for cleaning the skin of face.

Finest skin oil I can recommend is teel or til oil, benne oil, sesame oil (it is known by all these names), which seems to remain oily and rarely or never clogs the orifices of the sebaceous ducts the "pores," as many nostrums do although they purport to "beautify." Not only for young persons to use instead of drying and irritating soaps and creams for the face, but for daily application to the old skin too, plain sesame oil or benzoinated sesame oil, if your druggist knows how to prepare it, is a skin care aid that has been highly praised by many users.

Do not misunderstand—I recommend this skin oil not as a remedy for acne, but only as a preventive and as a fine cosmetic agent to keep any skin clean, smooth, soft and clear.

The treatment of acne is given in a pamphlet "Acne" available on request if you send a stamped envelope bearing your address. A clipping of this item is not a request.

There have been several favorable reports in the medical journals recently on the favorable effects of vitamin A treatment of chronic indurated acne. Patients take two 25,000 unit capsules (total of 50,000 units) with or after breakfast and with or after dinner every day for several months. I do not believe this is so effective for the acne of young persons. It is especially helpful for the non-suppurative, hard papular type of acne or skin rash in older adults, and for "nutmeg grater."

"alligator hide," excessively dry and "dirty" looking skin, of which many women complain. I hope what I have said here about the relation of excessive consumption of refined carbohydrate to acne will not be interpreted as a ban against a reasonable amount of candy, sweets, ice cream, sweetened beverages, cake, pie, cookies, etc., for the young ones. Remember, I deplore only the excessive intake of cheat-food—pure starch or sugar without the minerals and vitamins that grew with it and were intended by nature for adequate nutrition. If the ordinary everyday diet of the young person, yes and the old one, were made up wholly or even in the main of natural, undenatured foods, probably very little of these cheat-foods would be desired by the average individual. In fact it is a common experience of people who for one purpose or another follow a restricted diet which is properly supplemented with adequate rations of vitamins, to discover patients who no longer crave or want as much cheat-food as they have been accustomed to taking. That is a practical illustration of what satisfying hidden hunger means.

QUESTIONS AND ANSWERS

Blood Pressure
Have been told my blood pressure is 176 systolic, 102 diastolic, 100 pulse. Do I require constant medical attention? What can you suggest? (M.K.)
Answer—Only that you consult a physician.

Battle of the Bulge
I was holding my own until I sailed past 40, but in the four years since that I'm afraid I am losing the battle of the bulge. I like good food, but at the same time the boss doesn't star for fat girls, so I'm in a bind. Answer—Maybe your tactics or strategy is not quite correct. Main menace is refined carbohydrate. Send stamped envelope bearing your address, ask for "How to Lose Weight" or more detailed instruction about glandular condition, diet, etc. include 25 cents for booklet "Rules for Reducing."

Varicose Veins
My right leg has a deep blue vein and when the leg aches this vein protrudes noticeably. (Miss W. P.)
Answer—More likely it is the other way around—when the vein is congested or overloaded with circulation therefore retarded, the leg aches. Send stamped envelope bearing your address and for pamphlet "Varicose Veins." (Copyright, 1945, by John F. Dille Co.)

SUMMONS
In the Circuit Court of the State of Oregon for Jackson County P. R. RUSSELL and EMMA RUSSELL, husband and wife Plaintiffs, vs. DAVID HOBART TAYLOR JANE DOE TAYLOR, his wife, if married, the unknown heirs of David Hobart Taylor if deceased, RACHEL MERIAM WHEELER, JOHN DOE WHEELER, her husband, if married, the unknown heirs of Rachel Meriam Wheeler, if deceased, MARGARET OLWELL JOHN DOE OLWELL her husband, if married, the unknown heirs of Margaret Olwell, if deceased, also all other corporations, firms, persons and parties unknown, claiming any right, title, lien or interest in the property herein described, or any part or parcel thereof, Defendants.
To each and all of the above named defendants:

the Pacific Highway, 80 feet to the point of beginning. And declaring any and all such claims to be null and void, and decreeing that the plaintiffs are the owners, in fee simple of said premises, and of the whole thereof, free and clear of any and all right, title, lien or interest of said defendants, or any of them, and that each and all of the defendants herein, and each and all persons claiming, or to claim, by, through, or under them, or any of them, be forever enjoined, restrained and barred from asserting, attempting to establish, or claiming any right, title, lien or interest in or to said property, or any portion thereof, and that plaintiff's title to said premises be forever quieted and set at rest.
The date of the order for publication of this summons is March 9, 1945. The time prescribed for publication of this summons is once each week for four consecutive weeks. The date of the first publication of this summons is March 9, 1945.
J. F. FLEGEL,
Attorney for Plaintiffs,
32 No Central Ave.,
Medford, Oregon.

SUMMONS FOR PUBLICATION
In the Circuit Court of the State of Oregon for Jackson County
SUIT TO QUIET TITLE
Equity No. 8957E
J. C. ATKINS, Plaintiff,
vs.
ETTA M. CUNNINGHAM, formerly Etta M. Kelsoe; GUS ROSENBERG and JANE DOE ROSENBERG, his wife, SCOTLAND DISTRICT NO. 1 JACKSON COUNTY, OREGON; W. W. KIEL and LU ELLA KIEL, husband and wife; HATTIE HOWLETT ELLIOTT and CHARLES ELLIOTT, wife and husband; VIRGIA POTTS and CHARLES POTTS, wife and husband; EDDIE LEWIS and ELLA LEWIS, husband and wife; JOHN DOE KENTON, husband of HELEN M. KENTON, the unknown heirs of A. C. HOWLETT, deceased, and of SARAH LEWIS, deceased, and of any other defendants who may be deceased; and also any and all persons or parties unknown claiming any right, title, estate, lien or interest in or to the real property described in the Complaint here in. Defendants.
TO: The above named Defend

ants other than Etta M. Cunningham, School District No. 9 Jackson County, Oregon, Hattie Howlett Elliott, Charles Elliott and Tavia Shaw: IN THE NAME OF THE STATE OF OREGON you are hereby notified and required to appear in the above court and cause and answer the complaint of plaintiff on file therein against you or otherwise plead thereto within four (4) weeks from March 16th, 1945, the date of the first publication of this Summons upon you; and if you fail to so appear and answer within the time required, for want thereof, the plaintiff will apply to the Court for the relief prayed for in his Complaint, a succinct statement of which is as follows:
For a decree quieting in plaintiff his fee simple title in and to Block Eight and *Twelve in Emery Addition to the town of Eagle Point, Jackson County, Oregon, according to the official plat thereof now of record; and excluding defendants and each thereof from any right, title, estate, lien or interest therein or thereto. This summons is served upon herein for four (4) consecutive weeks by Order of the above court dated March 15th 1945.
DON R. NEWBURY,
Attorney at Law, U. S. Nat'l Bank Bldg., Medford, Oregon

NOTICE TO CREDITORS
In the County Court of the State of Oregon in and for Jackson County.
In the Matter of the Estate of GEORGE T. STODDARD, also known as G. T. Stoddard, Deceased.
Notice is hereby given that the undersigned has been duly appointed by the County Court of Jackson County, Oregon, as the Administratrix with the Will Annexed, of the estate of the above named decedent, and has duly qualified as such.
All persons having any claims against said estate are hereby notified and required to present same, duly verified as by law provided, to the said Administratrix at the office of F. J. Newman, Attorney for said Estate, in the Craterian Building, Medford, Oregon, within six months from the date of the first publication of this Notice.
Dated and first published March 2nd, A. D. 1945.
MYRNA B. FRINK,
Administratrix with the Will Annexed of the estate of George T. Stoddard, Deceased.
F. J. NEWMAN, Attorney for Estate, Craterian Bldg., Medford, Oregon.

On the Radio Chain

Chain affiliation and where they are on the dial.
KALE (CBS) 1230, Portland.
KEX (NBC-Blue) 1190, Portland.
KGA (NBC-Blue and Miss) 1510, Spokane, W. (CBS) Double of San Francisco. KGW (NBC-Red) 610, Portland.
KJW (NBC-Blue) 1070, Los Angeles. KQA (NBC-Red) 830, Denver. KOIN (CBS) 970, Portland.
KUMU (NBC-Red) 850, Seattle.
KPO (NBC-Red) 690, San Francisco. KSL (CBS) 1160, Salt Lake City.
Time shows is PWT.

Friday
8:00 p m.—Terry and Piatras, BN; OK for Release, NBC; Sam Hayes, News, MBS.
8:15 p m.—Dick Tracy, BN; Superman, MBS; Betty and Bob, NBC.
8:30 p m.—Jack Armstrong, BN; Harry Flannery, News, CBS; Tom Mix, MBS.
8:45 p m.—Elmer Peterson, Comedian, NBC; Midnight, BN; Night News Wire, MBS, News, CBS.
9:00 p m.—Waltz Time, NBC; General Relief, MBS.
9:15 p m.—People Are Funny, NBC; Those Who Sings, Midnight, BN; Nothing MBS; Spotlight Bands, BN; 9:30 p m.—Amos and Andy, NBC; Screen Play, Variety, BN; Durants and Moore, CBS.
9:45 p m.—Lowell Thomas, MBS; The Signet Ring, NBC; Bill Stern, CBS; Lone Ranger, MBS; Bill Stern, NBC. Address by Sen. Tom Connally, BN.
10:00 p m.—Fishes, MBS; Jack Kirkwood show, CBS; Supper Club, NBC.
10:15 p m.—Fleetwood Lawton, NBC; Tonight in Hollywood, CBS.
10:30 p m.—Duffy's Tavern, NBC; It Pays to Be Ignorant, CBS; Stars of the Future, BN.
10:45 p m.—Furlough Fun, NBC; Tom Breneman, BN; News, MBS; Aldrich Family, CBS.
10:50 p m.—Adventures of Thin Man, CBS; News, BN.
11:00 p m.—Fulton Lewis, Jr., MBS; 10:30 p m.—Orchestra, NBC; Orchestra, CBS.
11:00 p m.—Orch., NBC; Man Named Jordan, CBS.

Saturday
8:00 p m.—Youth on Parade, CBS; Orchestra, BN.
8:30 p m.—Boston Symphony, BN; Detroit Symphony, MBS.
9:00 p m.—News, CBS; Elmer Peterson, NBC.
9:45 p m.—Barn Dance, NBC; Your Hit Parade, CBS.
10:00 p m.—Spotlight Bands, BN; Can You Top This, NBC.
10:45 p m.—Saturday Serenades, CBS.
11:00 p m.—Judy Canva Show, NBC; Andy Russell, BN; Hello Mom, MBS.
11:15 p m.—Mayor of the Town, CBS.
11:30 p m.—Grand Ol' Opry, NBC; Red Ryder, MBS.
11:45 p m.—Early American Music, BN; America in the Air, CBS; Truth and Consequences, NBC; Chicago Theater of the Air, MBS.
12:00 a m.—Gaiety Gaieties, NBC; FBI in Peace and War, CBS; Leland Stowe, NBC; News, BN.
12:00 a m.—Views and Interviews, BN; This is My Story, CBS; News, CBS.
12:15 a m.—Dream Boat, MBS; Orchestra, NBC.
12:30 a m.—Don't You Believe It, CBS; Leo Simms, Pianist, NBC.
12:45 a m.—News, NBC; Kay's Kan-

teen, BN.
10:15 p m.—Hollywood Barn Dance, CBS.
10:30 p m.—Orchestra, NBC.
11:00 p m.—Orchestra, CBS; This Moving World, BN; Orchestra, NBC.

FRUIT EXPRESS AIDE SUCCEMBS SUDDENLY

Portland, Ore., Mar. 30—(U.P.)—George G. Wall, assistant general manager for the Pacific Fruit Express company, of Omaha, Neb., died suddenly in Portland today. He was 61.
Wall had been with the com

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

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Most Unique Place in So. Ore.
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DO YOU KNOW?

that you can have new engine performance with a new factory built engine assembly for your Chevrolet. Get new car performance with a new motor at

ROGUE RIVER CHEVROLET

Crossword Puzzle

ANSWER TO PREVIOUS PUZZLE

ACROSS	1-Painful	2-Part of shoe
	3-Fruit drink	3-A color
	4-David	4-Printer's measure
	5-Superlative ending	5-Await
	6-Copperfield's wife	6-Finished
	7-Part of stove	7-Take food
	8-Pur piece	8-Treat twofold
	9-Leap	9-Dried orchid root
	10-Cup	10-Written record
	11-Swedish name	11-British sea base
	12-Station of relief	12-Fingerless glove
	13-Command of relief	13-Potato
	14-Hebrew God	14-Commotion
	15-Old sipulac	15-Forward
	16-In such manner	16-Calm down
	17-Guano	17-Notice of marriage
	18-Bay window	18-Grasshopper
	19-Candies	19-Pronoun
	20-Ripen	20-Banana
	21-Comparative ending	21-Egg-shaped
	22-Planck	22-Brush with cloth
	23-Italian river	23-Ornament
	24-In such manner	24-Brush with cloth
	25-Inside	25-In the mode
	26-Decorative band	26-Declares
	27-Barrel stoppers	27-Notice of marriage
	28-Custom	28-Grasshopper
	29-Teeth	29-Pronoun
	30-Diced	30-Notice of marriage
	31-Glacial ridge	31-Hebrew month

BARNEY GOOGLE and SNUFFY SMITH



WHAT AILS YE, UNKY SNUFFY? YE BEEN STANDING THAR BATTIN' YORE EYES LIKE A DISTRACTED WOOLY OUL FER A PLUMB HOUR!!

BLONDIE



GET DOWN, JUGHAID-- I'LL BE BACK IN TWO SHAKES OF A SHEEP TAIL.

BUZ SAWYER



WHILE GETTING THE FEEL OF THIS THING I'LL MOSEY AROUND AND LOOK OVER THE SCENERY.

L'L ABNER



WELL, WELL! A BRIDGE!

THE NEBBES



WHUFFO! DID YOU DOP ME?

THE WORLD AT ITS WORST



WELL, WELL! A BRIDGE!

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THE WORLD AT ITS WORST

By GLUYAS WILLIAMS
3-20-45

THE NEBBES



MEBBE YOU ONLY THINK SO

THE NEBBES



CRASH!!



BAW-W!! YOUR HEAD BROKE MY SLEDGEHAMMER



ATCHERLY? IT'S A DANGEROUS WORLD IN THY HANDS—A WALDOBLE SLEDGEHAMMER