

Your Health and It's Care

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

WHY THIS TEARING HURRY?
Since March 1, writes a correspondent, I have been on your reducing diet, and feel grand I am 34, 5 by 5. March 1 my weight was 197. The first three weeks I lost 10 pounds. The last two weeks I lost only three pounds. Is this right? May I remain on the diet several months without injury to health? I don't want to stop now. I've had such a fine start and I feel so good. If I can reach my goal (140 pounds or less) by September I'll be so happy.

Mrs. W.F.A.
A reduction of 2 to 3 pounds a week is as fast as any one should reduce. It takes much longer than that, as a rule to accumulate the superfluous. Why all this tearing hurry to get rid of it? Are fat folks as gullible as children in respect to Hollywood hokum?

Health is of course the first consideration, but every one who has had experience, whether happy or sad experience, in reducing knows that P. A. and P. C. are concerned too.

Personal Appearance, because it is less likely to suffer, indeed generally improves, with reduction of superfluous fat at a moderate rate. The gullible ones try to work a miracle in "eighteen days" generally quit the "diet" in a week or if they are silly enough to follow it longer they achieve either a shocking change in P. A. (sags, bags, wrinkles, flabbiness) or perhaps prolonged lack of Personal Comfort (loss of sense of well being, lack of interest in and ambition to do things and so places).

For folks who are too fat simply because they eat too much for their caloric requirements, I have a pamphlet "How to Lose Weight"—for a copy send stamped self addressed envelope and ask for it (do not use a clipping in lieu of your request).

For folks who are obese perhaps from faulty metabolism or ductless gland deficiencies or largely due to lack of reasonable daily exercise, I have a booklet "Rules for Reducing"—for a copy send twenty-five cents and stamped self addressed envelope.

For folks who, without any marked change in diet or mode of life begin to accumulate slacker flesh after thirty and would like to hold back a bit and not grow old so fast. I—

But, shucks, you'll say it is a trap, just a slick way to sell my line of quack stuff, and so it is. I often wish I could supply all this free as part of this health service. But, darn it, I have to live and eat and gambol—I said gambol—on the bowling green and tend my prize herd of pipes, and so.

For a copy of the booklet "The Seven Keys to Vile" which tells what it takes to remain young and keep well, to live long and die reasonably happy—send twenty-five cents and stamped envelope bearing your address.

After all, it takes years to put it on, doesn't it? Don't try to take it off in a week.

QUESTIONS & ANSWERS

Bad Habit
I am 55 years old and up to now have enjoyed pretty fair health. But of late I have taken to reading your column "Is this harmful?" (W. H.) Answer—Depends. If you run over it hastily just to pick up any symptoms that I inadvertently mention it won't do you much good. On the other hand if you scan it to see what crazy idea I'll present next, maybe it won't do you any harm.

Sore Tongue
Wife has had a sore tongue for past three years. Two doctors said it is due to allergy to some food, but did not know what food or foods. One said it is due to cigarette (she is a moderate smoker). One said a ganglion (nerve ganglion) in the tongue must be exposed. (G. L.)
Answer—Possible explanation would

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REMEDIES FOR STOMACH ULCERS Heart Rheumatism, Asthma, Catarrh Piles Prostate Gland Eczema and all disorders of Liver Kidney Trouble and other complaints disappear after using **CHINESE HERBS** Removed to Sparta Bldg. J. H. LEONG, Herbalist Phone 5817

Radio Waves Promise Many Uses In New After-The-War Industries

By John W. Dunlap
United Press Staff Correspondent
Portland, Ore., April 5—(U.P.) Radio waves mean little to the layman, except for operating his receiving set.

But to an engineer like Vice-President Walter Evans of the Westinghouse Electric and Manufacturing company's radio division, radio waves are just in the infancy of potential production.

Progress Seen
Evans has seen the tremendous strides in electronics, radio and science as a result of the war. Many peacetime manufacturers have hesitated to be "guinea pigs" in this rapidly-expanding phase of science.

He cited the pre-war use of electronics chiefly for baking ham, kiln drying lumber, curing plastics, drying movie film and dehydrating tobacco for export.

Radio waves can be economically sound for many more proven uses, he said, including molding of plastics, annealing of electrical steel, bending of plywood, brazing and soldering, hardening and tempering of alloy steels, in-

specting for porosity on metal sheets and castings, dynamic balancing, vibration, fatigue of metals and materials, remote power line operation and metering and high-speed X-ray inspection of castings and forgings.

Tin Process Saves
The one process of reflowing tin by electronics saves about 65 per cent of the tin formerly necessary for making tin plate, the 46-year-old engineer said.

"We will end up this war," Evans added, "with a simply terrific amount of technique knowledge and facilities. All that's needed to start a few new industries is to know what service—as yet unborn—what facility yet unknown, would be useful in the American home, in industry, transportation or in the amusement field."

Making his first visit to the Pacific northwest, Evans said he was astounded at the vast cheap power pool, natural resources and industrial opportunity on the west coast, coupled with trade opportunities in the Pacific basin.

Westinghouse recently purchased Radio KEX of Portland,

dentally taking an overdose of sleeping tablets, Coroner Frank Nance ruled today.

SKI SUITS COMING
Washington, April 5—(U.P.)—A new program designed to assure

sufficient numbers of children's snowsuits, ski suits, legging sets, and snow and ski pants was announced by the War Production Board.

Closing time for Sunday Too Late to Classify 8:30 Saturday afternoon—Please remember

GET UP IN THE MORNING FEELING LIKE \$1,000,000
Thousands of men and women have found that tin-tested Stuart Tablets bring quick, happy relief to sleep-robbing symptoms of acid indigestion, gasiness, and upset stomach. Taste delicious, easy to take—no mixing, no bottle. Try them—have a good night's sleep and wake up in the morning feeling like a \$1,000,000. Get genuine Stuart Tablets at your drugstore—only 25c, 50c, or \$1.20 under maker's positive money-back guarantee.

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

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that we have many requests for vital and essential workers?
Get a ceiling price quotation on your car without obligation from
ROGUE RIVER CHEVROLET

Olive Barber's Letter

Husbands never get to see what is one of the dearest sides of their wives, since this shows only when the husbands are absent. I refer to the dither most wives get in just before their husbands return home from work.

I've seen that side of women and have experienced it myself. Very august and important people may call and find the wife with her hair awry and her apron soiled and while she would prefer to be found primed and powdered, yet she suffers none of the confusion she would have, had The Man found her so.

Let the time draw near for Him to come home and I know if the husband could see how she prepared herself for his coming, he would be moved to coming tenderness for her that his coming should mean so much. I've seen so many instances of this sweet concern, I know it is usual rather than exceptional. The exceptions to this rule are when the wife has "let down" after the honeymoon. Too bad for both when this occurs.

Evenings, when I hear the mill whistles blow, I know just what is taking place all over town. In my mind I can see all the varieties of noses which are being powdered; the blonde, brown and red heads which are being combed anew; the soiled aprons which are being whisked

off and replaced with clean ones. The baby is "dried" and the other children told to "wash up"—Dad will be there any minute. Every day, for that pre-arrival period, each little family world is conscious of nothing save that husband and father will soon be home.

Too, this homecoming is not without its bit of connivery. If the potatoes are not quite done, why then the setting of the table will camouflage this fact. A set table always makes a man feel supper is ready and waiting. You can have a meal done and ready to take up, but if the table isn't set, men think they're going to be allowed to starve and none of them ever starve in silence. Even a dry baby, the shinningly clean faces of the children, his wife's freshly powdered nose and ruffled crisp apron won't take a man's mind of his food. But the whole makes a picture in family living which is precious, dear. Too bad our men never get the whole view—the pre-arrival dither of their wives.

ACCIDENTAL DEATH
Hollywood, April 5—(U.P.)—Mrs. Rupert Hughes, wife of the writer, died March 23 after acci-

Dial 1340 for Mutual NEWS
8:00—Arthur Gaeth
9:00—Wm. Lang
10:00—G. em. Hardy
11:00—Cedric Foster
12:00—Don Lee
1:00—Walter Compton
2:00—Don Lee
3:00—Griffin
4:00—Fulton Lewis, Jr.
4:15—Rex Miller
5:00—Sam Hayes
5:45—Night News Wire
6:00—Gabriel Heatter

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Most Unique Place in So. Ore.
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Thursday Private Parties Only
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Delicious chicken and steak dinners 7:00 p. m. to 3:00 a. m. except Sunday
Phone day time 5300; night 9101

ICE CARNIVAL
Friday, April 6—7:45 P.M.
MASQUERADE—RACES—GAMES
CASH OR SCRIPT PRIZES
9:15 to 11:15 p.m.—Public Skating Session
Children Under 12.....20c Servicemen35c
High School35c Adults50c
(Including Tax)
MEDFORD ICE ARENA

SUBURBAN HEIGHTS By GLUYAS WILLIAMS
MRS. FERLEY WAS FLABBERGASTED WHEN FRED VOLUNTEERED TO ACCOMPANY HER TO HER CURRENT EVENTS MEETING AT THE THEATRE'S. BUT IT SEEMS SHE HAD LENT HIS DETECTIVE STORY TO MRS. DIBBLE. NOT KNOWING THAT HE HADN'T FINISHED IT, AND FRED COULDN'T BEAR TO WAIT ANOTHER DAY WITHOUT FINDING OUT WHO HAD COMMITTED THE CRIME.

STRANGE AS IT SEEMS By ERNEST HIX

THE STATE CROWN OF INDIA, MADE FOR THE CORONATION OF GEORGE VI OVER 6,700 DIAMONDS, PLUS HUNDREDS OF RUBIES, EMERALDS AND SAPPHIRES!
STRANGEST SHIPS ON EARTH—
PAVED CONCRETE TOWERS, TORPEDO DECKS BEARING WITH GUARD STAND IN THE ENGLISH CHANNEL OFF BRITAIN'S COAST—... THEY ARE OFFICIALLY COMMISSIONED AS WARSHIPS ON THE BRITISH NAVY!

BARNEY GOOGLE and SNUFFY SMITH

PAW—YE GOT ENNY POST-WAR PLANS LIKE EVERBODY'S TALKIN' ABOUT?
WHY, SHORE
THAT'S ALL I WUZ THINKIN' ABOUT WHILST I WUZ OVER ACROSS TH' OCEAN DEEP
GULP GULP
SOON AS TH' FITTIN'S OVER WIF, I'M GONNA GIT VE TH' DING-DONGEST PLOW BLADE AN' BLUE-NOSE MULE IN TH' NEWUNITED STATES AN' CANADA

BLONDIE
I THOUGHT BLONDIE WAS UPSTAIRS
WHAT ARE YOU DOING DOWN IN THE BASEMENT, SWEETHEART?
I'M READING THE GAS METER
AND DON'T CALL ME SWEETHEART

BUZ SAWYER
WHO? CHILI HARRISON HAS CRASHED, SIR.
CHILI! POOR OLD CHILI! CLIMB OUT OF THERE, BOY! CLIMB OUT! HURRY! HURRY! HE'S HOT! THAT SMOKE SMOKE! HE'LL CATCH FIRE HE'LL—
I KNOW WHAT YOU'RE THINKING, BUZ. GO AHEAD!
OKAY BUT IF THAT'S DUST INSTEAD OF SMOKE, I'M BEING A FOOL.

LILL ABNER
I NOW PLACE A "MORONA" IN HIS LIPS—ITS MELLOW SMOOTHNESS WILL DOUBTLESSLY REVIVE HIM—UNLESS RIGOR MORTIS HAS SET IN—
SORRY FOLKS, THE RAIN FORCES US TO ABANDON OUR PROGRAM IF WE DON'T GET OUT WITH HIM, FREDDY!
LEAVE HIM? IF HE'LL LIVE HE'LL GET UP AND WALK AWAY. IF NOT, THE STREET DEPARTMENT WILL REMOVE HIM—

THE NEBBES
ANYTHING NEW ON THE PORTERHOUSE MYSTERY?
MORE THINGS DISAPPEAR EVERY DAY—RUGS, KNICK-KNACKS, EVEN FURNITURE
THE INTRUDER GETS BOLDER ALL THE TIME
FINE PROGRESS WE'RE MAKING!
AND FIVE OF US WORKING ON THE CASE COUNTING JANDERS AND GREGORY
DON'T COUNT GREGORY—HE HINDERS MORE THAN HE HELPS
IS THAT SO? WELL, I GOT A BRAND NEW SUSPECT AND HERE SHE IS
SHE DOESN'T LOOK LIKE A SUSPECT TO ME
SHE DON'T LOOK SO NEW NEITHER