

# Your Health and It's Care

By DR. WILLIAM BRADY M.D.

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## GREEN, BROWN OR GARNET RED IRON

I have derived wonderful benefit from taking your iron blood tonic. I take a small tablespoonful with breakfast daily.

When traveling recently I could get only green iron and ammonium citrate. Is there a preference for results? At home our druggist has brown scales or garnet red scales or granules (C.S.E.).

The garnet red transparent scales or granules of iron and ammonium citrate, which dissolve readily in water to make a garnet-red clear solution, contain slightly more iron than the green scales. The dull brown scales or granules are garnet-red that have oxidized from long standing exposed to air. There is little practical difference between the garnet-red scales or granules of iron and ammonium citrate and the thin transparent green scales or granules of iron and ammonium citrate.

Instructions for preparing and taking the home made iron tonic are given in the booklet "Blood and Health." For a copy of the booklet send a stamped envelope bearing your address, and inclose a clean dime. If you stick anything on the dime it will come back at your expense for cleaning.

The correspondent evidently takes his iron with breakfast more or less the year around. I can't imagine why. If iron is going to do any good it should suffice to take it for six or eight weeks in the year. Once the blood is up or nearly up to standard strength (in red corpuscles or in hemoglobin — iron coloring matter that carries oxygen) the one-quarter of a grain of iron present in the ordinary everyday foods in the American diet should be enough to supply the body's requirement.

If the anemia in this instance is due to (1) small frequent bleedings, externally or occult such as the bleeding of internal piles, gastric ulcer, or (2) destruction of blood by the patient's favorite pain-killer or "sedative" dope, or (3) habitual domestic occupational exposure to such poisons as carbon monoxide, lead, arsenic, benzol or aniline, taking iron or other

medicine is like pouring water on a sieve. The remedy for such anemia is correction of the cause of the bleeding or change of habit or method of work with a view to preventing further poisoning. It may not be easy for pain-killer or sedative addicts to stop using the "harmless" dope. But sooner they break the habit the better for health and life expectation.

As indicated, the healthy body requires about one-fourth of a grain of iron a day. If it seems inconsistent to take perhaps twenty or thirty times that much iron daily as medicine, remember that most of the iron so taken is not assimilated — and it makes little difference whether the iron taken as medicine is of animal or vegetable or mineral origin, organic or inorganic — it all goes through the same chemical changes in metabolism anyway.

## QUESTIONS AND ANSWERS

Shall I Feed It to You?

I want to try the non-surgical drainage of the gall bladder described in one of your booklets. But I'm not sure whether the glycerin and elixir of lactated papain come ready mixed or are to be mixed by myself, and I don't understand whether it is 3 ounces of salts or three ounces after the salts are dissolved in the water.

Answer—First dissolve the salts in the elixir of lactated papain — all the salts that will dissolve in three ounces of it. Then mix the solution with one ounce of glycerin, and you're ready to ingest.

For the last several months I have craved the smell of tar, and keep a small piece of tar soap near me so I can smell it occasionally. At the age of 16 I had whooping cough and I at that time had the same craving. Could this be a vitamin deficiency? (Mrs. B.C.V.)

Answer—It has no significance, so far as I know. Harmless to indulge the craving as much as you like.

To Beat the Pants Off Please find ten cents and stamped addressed envelope inclosed. What are you waiting for? (M.K.)

Answer—To beat the pants off one on the bowling green. Oh, excuse me. I send you the pamphlet "Training for Diabetes" — and please do not be annoyed with me if this is not what you wanted. (Copyright 1945 by John F. Dille Co.)

Roosevelt Estate Believed Million, Is Left To Widow

Poughkeepsie, N. Y., April 18.—(U.P.)—Franklin Delano Roosevelt's will leaves the bulk of his estate—believed to be in excess of \$1,000,000—in a trust fund for his widow, Mrs. Anna Eleanor Roosevelt.

No valuation was made of the late president's estate, but his mother left him the bulk of her \$1,089,000 estate. The will was drawn soon after his mother's death. The estate included the late president's priceless stamp collection.

Mr. Roosevelt's will, executed in November, 1941, a few months after his Atlantic Charter meeting with Prime Minister Winston Churchill, was filed here at the Dutchess county seat for probate yesterday.

Boy Scout News Troop Four

Troop Four held a shower Monday evening at the Oakgrove school for the Scoutmaster, Mr. George Goodrich, whose home in the Griffin Creek district was completely destroyed by fire recently. The doctor was showered with many useful household gifts suitable to replace those lost in the fire.

The Scouts had a good turnout for the program and many parents were also present. Assistant Scoutmaster Ralph Etzel entertained the group with his banjo.

Among those present was Gordon Gilmore, Scout executive. Troop Four has been busy the past month collecting paper for the salvage drive and troop members hope to have 25,000 pounds by the end of April when the drive is over.

Following Monday evening's program, refreshments were served.

An ordinance in 1841 in Indianapolis read, "It shall be unlawful for any persons within certain downtown streets . . . to have, own or permit more than 10 dogs to run at large within the bounds of said streets."

# JAP-AMERICANS PAC AND COMIES HIT IN CALIFORNIA

Sacramento, Calif., April 18.—(U.P.)—A legislative committee on un-American activities in California, headed by State Sen. Jack Tenney, R., Los Angeles, today attacked the CIO political action committee, Japanese-Americans and the Communist Political Association as "menacing subversive forces."

Tenney filed a report of the committee's 1943-44 investigations with the state senate.

"The CIO political action committee has replaced the Communist party as a political power," he report said. "It is well organized and communists are in key spots throughout the organization. Earl Browder and the hierarchy of Communist party 'brains' are directing this thoroughly regimented political organization. It should be needless to state that this direction is for the welfare of the United States, but for its destruction."

Seek Control

The report expressed the fear that the "Communist party thru the political action committee" might obtain control of the state legislature and abolish committees to investigate subversive activities.

The report accused Japanese-Americans of engaging "to a great extent" in pro-Japanese activities before Pearl Harbor.

"The imperial Japanese government until Pearl Harbor, never released its tenacious hold and influence over the lives of all Japanese in the United States whether alien or American-born," the report stated.

The report added that the 1942 disturbances in the Manzanar relocation center were staged by disloyal Japanese "for vengeance" on pro-American interests and to express defiance on the anniversary of Pearl Harbor.

Disturbances a year later at Tulelake center were "deliberately designed to . . . create propaganda material against the United States for use of the imperial Japanese government," it said.

Mrs. Roosevelt Now Sixth Living Widow

New York, April 18.—(U.P.)—Mrs. Franklin D. Roosevelt today had joined the small circle of five living widows who once occupied the White House as first ladies of the land.

In addition to Mrs. Roosevelt the widows are: Mrs. Woodrow Wilson, Washington, D.C.; Mrs. Calvin Coolidge, Northampton, Mass.; Mrs. Thomas J. Preston (former wife of Grover Cleveland), Princeton, N. J.; Mrs. Theodore Roosevelt, Oyster Bay, N. Y., and Mrs. Benjamin Harrison, New York City.

ONION SET CEILINGS

Washington, April 18.—(U.P.)—Ceiling prices for onion sets in 1945 will be the same as those now in effect for the 1944 crop, the office of price administration announced today. OPA also announced that ceiling prices for seed potatoes in 1945 would be the same as those for the 1944 crop.

# On the Radio Chain

Chain affiliation and where they are up the dial. KALE (CBS) 1230, Portland (NBC-Blue) 1190, Portland (NBC-Blue) 1190, Spokane, KGO (NBC-Blue) 810, San Francisco, KGW (NBC-Red) 820, Portland, KJL (NBC-Blue) 1000, Seattle, KXN (CBS) 1070, Los Angeles, KJLA (NBC-Red) 830, 9:00 p.m.—Frank Sinatra, CBS, Eddie Cantor, NBC, Gabriel Heatter, MBS.

Wednesday

5:00 p.m.—Terry and Pirates BN OK for Release, NBC; This Man Named Jordan, CBS; News, MBS. 5:15 p.m.—Dick Tracy BN, Superman, MBS; Betty and Bob, NBC. 5:30 p.m.—Jack Armstrong, BN; Harry Flannery News, CBS; Adventures of Tom Mix, MBS; News, NBC. 6:00 p.m.—Frank Sinatra, CBS; Eddie Cantor, NBC; Gabriel Heatter, MBS. 6:30 p.m.—Spotlight Bands, BN; Mr. District Attorney, NBC; Which is Which, CBS; Brownstone Theater, MBS.

Thursday

5:00 p.m.—Rain Leaves and the News, MBS; OK for Release, NBC; Terry and the Pirates, BN. 5:15 p.m.—Dick Tracy, BN; Superman, MBS; Betty and Bob, NBC. 5:30 p.m.—Jack Armstrong, BN; Harry Flannery News, CBS; Tom Mix, MBS; News, NBC. 6:00 p.m.—Frank Sinatra, CBS; Eddie Cantor, NBC; Gabriel Heatter, MBS. 6:30 p.m.—Spotlight Bands, BN; Mr. District Attorney, NBC; Which is Which, CBS; Brownstone Theater, MBS.

Friday

5:00 p.m.—Rain Leaves and the News, MBS; OK for Release, NBC; Terry and the Pirates, BN. 5:15 p.m.—Dick Tracy, BN; Superman, MBS; Betty and Bob, NBC. 5:30 p.m.—Jack Armstrong, BN; Harry Flannery News, CBS; Tom Mix, MBS; News, NBC. 6:00 p.m.—Frank Sinatra, CBS; Eddie Cantor, NBC; Gabriel Heatter, MBS. 6:30 p.m.—Spotlight Bands, BN; Mr. District Attorney, NBC; Which is Which, CBS; Brownstone Theater, MBS.

Saturday

5:00 p.m.—Rain Leaves and the News, MBS; OK for Release, NBC; Terry and the Pirates, BN. 5:15 p.m.—Dick Tracy, BN; Superman, MBS; Betty and Bob, NBC. 5:30 p.m.—Jack Armstrong, BN; Harry Flannery News, CBS; Tom Mix, MBS; News, NBC. 6:00 p.m.—Frank Sinatra, CBS; Eddie Cantor, NBC; Gabriel Heatter, MBS. 6:30 p.m.—Spotlight Bands, BN; Mr. District Attorney, NBC; Which is Which, CBS; Brownstone Theater, MBS.

Sunday

5:00 p.m.—Rain Leaves and the News, MBS; OK for Release, NBC; Terry and the Pirates, BN. 5:15 p.m.—Dick Tracy, BN; Superman, MBS; Betty and Bob, NBC. 5:30 p.m.—Jack Armstrong, BN; Harry Flannery News, CBS; Tom Mix, MBS; News, NBC. 6:00 p.m.—Frank Sinatra, CBS; Eddie Cantor, NBC; Gabriel Heatter, MBS. 6:30 p.m.—Spotlight Bands, BN; Mr. District Attorney, NBC; Which is Which, CBS; Brownstone Theater, MBS.

Death Valley Sheriff CBS, America's Town Meeting of the Air BN, 9:00 p.m.—News, MBS; Dinah Shore, NBC; Elvira, Queen, CBS; America's Town Meeting of the Air BN. 9:15 p.m.—Tex Miller, MBS. 9:30 p.m.—The Saint, NBC; Invitation to Service, BN. 10:00 p.m.—News Reporter, NBC; News, BN; Fulton Lewis, MBS.

10:15 p.m.—Sport Program BN, San Francisco Show, NBC. 10:30 p.m.—Fenneman's Nite Club, BN; Sweetheart, Sweetheart, NBC. 11:00 p.m.—News, BN; Man Named Jordan, CBS.

In 1932 the name of Porto Rico was officially changed to the Spanish form Puerto Rico.

# LET'S GO ROLLER SKATING

MEDFORD ARMY 7:30 To 10:30 WED., FRI., SAT. and SUN. NIGHTS Sunday Afternoon, 2:30 to 5 SKATING PARTIES by SPECIAL ARRANGEMENT

# STRANGE AS IT SEEMS By ERNEST HIX



A BILLIARD BALL GAVE US PLASTICS! 11 YEARS AGO, JOHN HYATT INVENTED CELLULOSE, THE FIRST PLASTIC MATERIAL, TO WIN A \$100,000 PRIZE. HE CALLED IT A SUBSTITUTE FOR IVORY BILLIARD BALLS. HE NEVER RECEIVED THE MONEY, BUT HE ORGANIZED A COMPANY WHICH FOUND 25,000 USES FOR CELLULOSE, AND MADE MILLIONS!

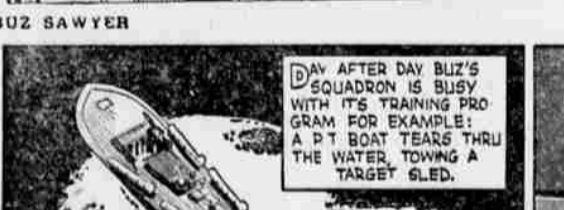
# BARNEY GOOGLE and SNUFFY SMITH



# BUZ SAWYER



# THE NEBBES



# THE WORLD AT ITS WORST



# DO YOU KNOW?

that Jackson county has an area of 1,788,160 acres, a population of 50,000 and a growing season of 200 days each year. Invest in Jackson County. ROGUE RIVER CHEVROLET

# Crossword Puzzle

Crossword puzzle grid with clues for Across and Down. Clues include: 1-Panned O. B. carrier, 2-Immense, 3-Polite man, 4-Large cup, 5-Arrow poison, 6-Oriental saab, 7-Relief, 8-Plural ending, 9-Success, 10-Clide, 11-List of candidates, 12-Haired, 13-Land measure, 14-Tip, 15-Diameter (abbr.), 16-Mixture or grass, 17-Yes (Sp.), 18-Fishing tackle (dia.), 19-Away, 20-Mother, 21-Cloth measure, 22-Angry person, 23-Kind of cloth, 24-Kind of food, 25-House plant, 26-Impudent slang, 27-Plural name, 28-Clever person, 29-Public notice, 30-Fruit drink, 31-Medical, 32-Ireland, 33-Diameter (abbr.), 34-Lock operators, 35-Rip, 36-Wonder, 37-Oriental coin, 38-On hand, 39-By a call, 40-An article, 41-Flavor, 42-Heroinic of Hard, 43-Graven, 44-Dewy outline, 45-Cricle, 46-Flavor, 47-Conducted, 48-Musical note, 49-Part of church, 50-Muddy, 51-Right (abbr.), 52-Diverse (abbr.), 53-Busness, 54-A bird, 55-Deat, 56-Jocster, 57-Franster, 58-Harres, 59-Jelly, 60-Musical note, 61-Bone, 62-Stray, 63-Buried, 64-Heiper, 65-Oil job, 66-Deer, 67-Deprecation of dilute, 68-Vare, 69-Distilled, 70-Balfway rabbr.

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THE WORLD AT ITS WORST By GLUYAS WILLIAMS It is amazing how a family that has been hanging around the kitchen door asking hungrily how soon dinner will be ready, will vanish out of earshot as soon as you begin to eat the meal, especially if it's something that should be eaten piping hot

THEM QUARE-LOOKIN' REVENOERS IS PLUMB SOT ON SARCHIN TH' PREMISES, UNK SNUFFY SHEY MORE TATER TRAP, JUGHAID--AN' FETCH MY BOOTS DO DRAP IN, SOLJER BOYS WHAT'S ALL TH' FURSE ABOUT, SHORTY?

A MAN PHONED AND SAID IT WAS VERY IMPORTANT THAT YOU CALL HIM WHEN YOU GOT HOME WHO WAS IT? I WROTE HIS NAME AND NUMBER ON THIS SLIP OF PAPER IT'S VERY IMPORTANT HE SAYS! QUICK! GIVE IT TO ME! I CAN'T MAKE OUT YOUR SCRATCHING! I DIDN'T HAVE A PENCIL SO I WROTE IT WITH A HAIR-PIN! GIVE ME STRENGTH!

DAY AFTER DAY BUZ'S SQUADRON IS BUSY WITH ITS TRAINING PROGRAM FOR EXAMPLE: A PT BOAT TEARS THRU THE WATER, TOWING A TARGET SLED. IT'S OUR TURN! HERE GOES, SWEENEY. HOT DINGIES! THAT WAS CLOSE, BUZ. I BET YOU DIDN'T MISE THAT OLD SLED 20 FEET. THIS IS FUN! I'M BEGINNING TO LIKE THIS! COMPOSITE SQUADRON STUFF!

SO AM I GONNA PLAY TH' WITIM? WHEN DO WE START REHEARSIN'? NO REHEARSAL WILL BE NECESSARY-- I DO ALL THE TALKING. ALL YOU DO IS ACT AS IF YOU'RE BEING HORRIBLY TORTURED TO DEATH! BUT, SHEESH--AH NEVIN BIN HORRIBLY TORTURED TO DEATH SO HOW WILL AH KNOW HOW T'ALK? WE BETTER REE-HEARSE. NOT NOT--IT WILL ALL COME--TO YOU NATURALLY!! YOU'VE GOT A FEW HOURS BEFORE THE PROGRAM-- GO OUT AND HAVE FUN!! THANK YOU, CHLE IT!! HA! HA! HA! THIS WILL BE THE PERFECT HORROR PROGRAM--IT'S OVER, AFTER IT'S OVER, THEY CAN DO ANYTHING TO ME!! I'M JUST A TWELVE-YEAR-OLD CHILD!

I HAVE A PERFECT RIGHT TO BE HERE. ROSCOE PORTER-HOUSE GAVE ME HIS PERMISSION. BUT YOU LOST HIS LETTER TO MR. POTTS. HOW CONVENIENT. LOOK LADY THIS HOUSE IS BEING ROBBED--HOW DO YOU KNOW YOU AINT RESPONSIBLE? DO I LOOK LIKE A THIEF? I'M A WRITER I TELL YOU. WHAT BOOKS HAVE YOU HAD PUBLISHED? NONE SO FAR. I'M WORKING ON MY FIRST LONG NOVEL. YOU AINT EVEN TOLD US YOUR NAME. I WRITE UNDER THE NAME OF HERKIMER HOKIM--THAT'S JIMM--AND MY PEN NAME--WHEN DID YOU GET OUT OF THE PEN? MISS HOKIM!