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.

THE FOUNTAIN OF YOUTH

Remember old Ponce de Leon began his search for the "fountain of Youth" when he was 52 —an age which at that time (early in the 16th century) was equivalent to about 82 today, and turned up his toes, poor fellow, when he was 61—a remarkable old age then, though today a geek at 61 should be only academically interested in social security, hardened arteries and rheumatiz. At that I dare say Ponce got a better daily ration of the anti-gray hair vitamins than you or I can get from our food, for in his time people ate undenaturized unrefined food, not refined, sissified stuff left after the millers or other processors have removed the vitamins and minerals.

Dr. Brady

It is difficult to infer, from what the history books tell us of Ponce de Leon, whether he had gray hair or any hair to speak of at the time he set out on his adventures. But this is pretty certain — he must have had what it takes. What does it take for a man of 82 to begin a great adventure? Vite. Ponce had vite, all right.

And that brings us to the anti-gray hair vitamins. These are certain vitamins of the B-complex, particularly calcium pantothenate, riboflavin, niacin and thiamin, which various investigators believe are essential to prevent premature graying of the hair. These and other factors or components of the B-complex are required in adequate daily amount to maintain vite. Probably most of us would get an adequate daily supply of these anti-gray hair vitamins if we ate plain wheat entire, or ground into frits or milled into flour as people did more than a century ago.

But that is absurd. We've been thoroughly educated and we have a childish notion that for us plain wheat flour with nothing removed is too coarse, crude or even "irritating" to our delicate digestive tract. So we eat only dainty refined white flour.

We Yankees even try to provide our insipid white bread as a special treat for some of the Italian and French people who have had to subsist on black or brown bread — which is, of course, far better nourishment for any one than the cheat-food we call bread.

QUESTIONS AND ANSWERS

Twenty-Three and Turning Gray

I am 23 years old and my hair is turning gray. (Mrs. C. R.)

Answer — Send stamped envelope bearing your address for pamphlet on the anti-gray hair vitamins. Or inclose 10 cents coin for booklet "The Hair and Scalp."

Hypolodinic or Hypothyroidic

I am 26 years old and always tired or sleepy. I have an easy job, but always feel too tired to go anywhere in the evening, just want to sit and doze. Can't get enough sleep. Often feel half asleep in the daytime, and even in company. I begin to yawn and sometimes almost drop off . . . always feel cold and . . . (Mrs. A. R. C.)

Answer—You should consult your family physician. Perhaps your condition is probably hypothyroidism. If you can't or will not have medical advice, then send a stamped envelope bearing your address and ask for (do not use a clipping) "Instructions for Taking an Iodin Ration."

Unaccustomed as I Am

How can I learn to stand before a group of people and speak well, without my voice trembling, my knees shaking and my face turning crimson? It is a great handicap since I am in charge of a large . . . (Mrs. A. L. D.)

Answer—Take a course in elocution or public speaking or reading, under a competent teacher. Attend every meeting or session of any kind where you can participate in the discussion, debate or quarrel. And participate—even if you have nothing more to say than "Oh, yeah?" or "There is much truth in that, but . . ."

(Copyright, 1945, by John F. Dille Co.)

The old cathedral in Port-au-Prince, Haiti, had no walls. The roof was supported by great wood pillars, which are still standing.

NOTICE OF FILING APPLICATION FOR CHANGE IN POINT OF DIVERSION OF WATER.

Notice is given hereby that E. H. McNabb has filed an application in the office of Chas. E. Stricklin, State Engineer, for approval of a change in point of diversion of water from Bear Creek.

By decree of the court for Jackson County dated April 26, 1911, a water right was recognized in the name of John Arnold for the irrigation of 6 acres in the NE¼ SW¼ and 6 acres in the NW¼ SW¼, Sec. 32, T 38 S., R. 1 E., W. M., with a date of priority of 1860, through the Eagle Mill Ditch, the point of diversion of said ditch being within the SW¼ SE¼, Sec. 32, T. 38 S., R. 1 E., W. M.

The applicant herein, owner of the above-described land, proposes to convey the water to said land by means of a pumping plant, the point of diversion of said pumping plant to be located within the NW¼ SW¼, Sec. 32, T. 38 S., R. 1 E., W. M.

All persons interested are notified hereby that a hearing will be held in the County Court House at Medford, Oregon, on June 6, 1945, at 10:00 a. m. All objections to the proposed change if any there are, will be heard at said time and place. Any objections should be prepared in writing and mailed to the State Engineer, Salem, Oregon, at least ten (10) days prior to the date set for hearing, and one copy served on E. H. McNabb, Route 2, Box 43, Ashland, Oregon. If no objections are filed the hearing will not be held.

Dated at Salem, Oregon, this 9th day of April, 1945.

CHAS. E. STRICKLIN,
State Engineer.

LIFE'S Little TROUBLES

-CAN'T SLEEP-

No need to lie in bed—toss—worry and fret because CONSTIPATION or GAS PRESSURE won't let you sleep. Be sensible—get up—take a dash of

ADLER-I-KA

to relieve the pressure of large intestines on nerves and organs of the digestive tract. Adlerika assists old food wastes and gas through a comfortable bowel movement so that bowels return to normal size and the discomforts of pressure stop. Before you know it, you are asleep. Morning finds you feeling clean — refreshed and ready for a good day's work or fun.

Caution, use only as directed.

Get Adlerika from your druggist today.

Heath's Drug Store, Inc.

NOTICE TO CREDITORS

In the County Court of the State of Oregon for Jackson County

In the Matter of the Estate of Charles E. Cook, also known as Chas. E. Cook, also known as Charles Edwin Cook also known as Charlie Edwin Cook, also known as Charlie E. Cook, also known as C. E. Cook Deceased.

The undersigned, having been appointed Administratrix of the above estate, by the County Court of the County of Jackson, State of Oregon, and having qualified, notice is hereby given to all persons having claims against said estate, to present them at the office of the undersigned's attorney, at 126 East Main Street, Medford, Oregon, properly verfied and with proper voucher, within six months from the date of the first publication of this notice, which is the 5th day of April, 1945.

E. VIOLET DEWITT
Administratrix

O. H. Bengtson,
Attorney for Administratrix.

NOTICE OF FILING APPLICATION FOR CHANGE IN USE OF WATER.

Notice is given hereby that Stephen A. Moore has filed an application in the office of Chas. E. Stricklin, State Engineer, for approval of a change in use of water from Mill Creek.

Certificate of water right recorded at page 2461, Volume 3, State Record of Water Right Certificates, was issued to Squire S. Aiken, Sr., confirming a right to the use of 0.13 cubic foot per second of the waters of Mill Creek under permit No. 3128 for the irrigation of 9 acres in the NW¼ NE¼, Sec. 32, T. 32 S., R. 3 E., W. M., with a date of priority of September 13, 1916.

The applicant herein, owner of 1 acre of the above-described land, to which there is a water right appurtenant thereto for the use of .0144 cubic foot per second of water for irrigation purposes, proposes to change the use from said irrigation purposes to domestic purposes.

All persons interested are notified hereby that a hearing will be held in the County Court House at Medford, Oregon, on June 6, 1945, at 10:00 a. m. All objections to the proposed change, if any there are, will be heard at said time and place. Any objections should be prepared in writing and mailed to the State Engineer, Salem, Oregon, at least ten (10) days prior to the date set for hearing, and one copy served on Stephen A. Moore, Box 101, Prospect, Oregon. If no objections are filed the hearing will not be held.

Dated at Salem, Oregon, this 9th day of April, 1945.

CHAS. E. STRICKLIN,
State Engineer.

YICK SO CHINESE HERB CO.

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.

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J. H. LEONG, Herbalist — Phone 5817

On the Radio Chain

STATIONS:

Chain affiliation and where they are on the dial.

KALE (CBS), 1330, Portland KEX (NBC-Blue) 1190, Portland KGA (NBC-Blue and MBS), 1510 Spokane, KGO (NBC-Blue) 810 San Francisco, KGW (NBC-Red) 620 Portland; KJR (NBC-Blue) 1090 Seattle, KNX (CBS), 1070 Los Angeles, KOA (NBC-Red), 850 Denver, KOIN (CBS), 970, Portland KOMO (NBC-Red) 950 Seattle KPO (NBC Red), 680, San Francisco, KSL (CBS) 1160, Salt Lake City

Time Shown is PWT.

Thursday

5:00 p. m.—Sam Hayes and the News MBS; OK for Release NBC; Terry and the Pirates, BN; Man Named Jordan, CBS.

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

5:45 p. m.—Captain Midnight, BN; Elmer Peterson, NBC; Night News 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 Romance, Rhythm and Ripley, 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; Arch Obler's Plays, MBS.

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.—Noah Webster Says, NBC; News, BN.

10:00 p. m.—News Reporter, NBC News, BN; Fulton Lewis, MBS

10:15 p. m.—Sport Program, BN.

10:30 p. m.—Fenneman's Nite Club, BN; Sweetheart Swingtime, NBC.

11:00 p. m.—News, BN.

Friday

5:00 p. m.—Terry and Pirates, BN; OK for Release, NBC; Sam Hayes News, MBS; This Man Named Jordan, CBS.

5:15 p. m.—Dick Tracy, BN; Superman, MBS; Betty and Bob, NBC

5:30 p. m.—Jack Armstrong, BN; Harry W. Flannery News, CBS; Tom Mix, MBS

5:45 p. m.—Elmer Peterson, Commentator, NBC; Capt. Midnight, BN; Night News Wire, MBS; News, CBS

6:00 p. m.—Waltz Time, NBC; Gabriel Heatter, MBS

6:15 p. m.—News, BN

6:30 p. m.—People Are Funny, NBC; Those Websters, CBS; Double or Nothing, MBS; Spotlight Bands, BN

7:00 p. m.—Amos and Andy, NBC; Stamps Kaye's Varieties, BN; Durante and Moore, CBS

7:15 p. m.—Lowell Thomas, MBS

7:30 p. m.—Stage Door Canteen, CBS; Lone Ranger, MBS; Bill Stern NBC Address by Sen. Tom Connally, BN

8:00 p. m.—Fights, MBS; Jack Kirkwood Show, CBS; Supper Club, NBC

8:15 p. m.—Fleetwood Lawton, NBC; Tonight in Hollywood, CBS

8:30 p. m.—Duffy's Tavern, NBC; It Pays to Be Ignorant, CBS; Stars of the Future, BN

9:00 p. m.—Furlough Fun, NBC; Tom Breneman, BN; News, MBS; Aldrich Family, CBS

9:30 p. m.—Adventures of Thin Man, CBS; News, BN; Freedom of Opportunity, MBS

10:00 p. m.—Fulton Lewis Jr., MBS

10:30 p. m.—Orchestra, NBC; Orchestra, CBS

11:00 p. m.—Orch., NBC; Man Named Jordan, CBS

CATTLE TURNED OUT

Most of the beef cattle of the valley has been turned out to summer range. The present rain will be beneficial to the ranges where grass had showed signs of drying, due to a dry top soil. Stock was turned out for summer grazing by the Pilot Rock Stock association south of Ashland the middle of this month. The bulk of the cattle will be out by May 10. The forest service and O-C land grazing rules for the coming season have not been announced as yet.

Closing time for Sunday Too Late to Classify 5:30 Saturday afternoon—Please remember

Lonely Dixie CB Grows Cotton In Solomon Islands

Blythevill e, Ark., (U.P.)—There's a Seabee in the faraway Solomon Islands who has planted his own cotton crop — because he was lonely for the big cotton fields of Mississippi county, Ark.

Hughie Hudgins, Jr., carpenter mate 2/c, was reared at Gosnell, Ark., smack in the center of the world's largest cotton-producing county.

And when he wound up in the Solomons, he was lonely for a look at good old Mississippi county cotton. So he wrote home for some cotton seeds.

Hudgins planted the seeds — and one month after planting, the fertile soil of the tropical island had yielded plants a foot high.

Other men from Dixie on the island are watching the "cotton crop" closely as the hot sun makes the cotton grow rapidly.

'Pogo Stick' Helps Allies To Recover German Cable Wire

Paris, (U.P.)—Allied soldiers are usin„ a new type of divining rod, the cable locator, to find thousands of feet of cable wire which the Germans left behind them in their hurry to leave France, according to Col. George P. Dixon, Communications Chief of the U. S. Strategic Air Forces in Europe.

The locator, which looks like a pogo stick with a dial indicator on top, shows not only where the cable wires are buried, but also how deep they are. The Allied forces also have found thousands of German cable terminals necessary to make the reclaimed cable useful. One huge quantity was discovered in an underground headquarters once used by Field Marshal von Rundstedt. Another batch was found in a cave.

P.-T. A. Activities

Elk Creek P.-T. A. met in the school house April 13 with a large attendance. The president, Mrs. Audrey Collier appointed Mrs. Ann Briggs, Mrs. Mabel Shipp and Mrs. Carrie Harding on the nominating committee. After a business meeting a program was put on by the children which was followed by moving pictures.

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Chicken and Steak Dinners
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Thursdays Private Parties Only
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FIR SLABS

12 INCH OR
16 INCH LENGTHS
300 CU. FT. LOAD

$5.75

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LESSON IN RUSSIAN

London, April 26.—(U.P.)—The Paris edition of Stars and Stripes, which usually carries a one-line French or German lesson in the box beside the masthead, switched to Russian today. In Russian, the sentence was: "Glad to know you," pronounced "rant puz-na kaw-meet-sa."

Closing time for Sunday Too Late to Classify 5:30 Saturday afternoon—Please remember

ROGUE RIVER LODGE
Delicios Dinners
Cocktail Lounge — Dancing
Open Every Night Until Midnight. Except Mondays
Phone Trail 1404

DANCE TONIGHT
to the music of
Smoky, Danny & Bill
PLAYING EVERY NIGHT EXCEPT FRIDAY
Take-It-Easy Lodge
Featuring Chicken, Steak and Spanish Dinners
½ mi up Savage Creek, where Jackson meets Josephine

STRANGE AS IT SEEMS By ERNEST HIX

DO YOU KNOW?

if you can make it to your favorite fishing spot? Better check up on those needed repairs at

ROGUE RIVER CHEVROLET

Crossword Puzzle

ANSWER TO PREVIOUS PUZZLE

P	I	E		G	I	S	T		S	C	A	B
U	R	G	E		F	O	O	T		O	V	A
N	E	G	R	O		D	R	U	M	M	E	D
T		N	A	R	D		E	M	I	T	S	
		B	O	T	T	O	M		U	S	E	K
S	A	G	O		G	O	A	L	S		C	E
A	S	S		S	M	A	R	T		S	U	E
I	S		T	H	A	N	E		T	U	R	N
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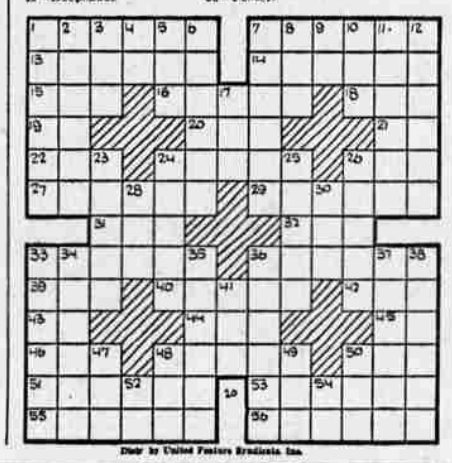
		S	L	A	I	N		E	A	R	L	H
S	T	E	M	M	E	D		G	R	E	B	E
L	O	A		P	E	A	T		Y	S	E	R
Y	A	M	S		D	V	E	D		S	E	A



ACROSS

1—Cause to be
7—Moves on a point
13—Unfavorable
14—Bird cage
15—Bow head
16—Hollow
18—Enthusiast
19—Glucinum (symb.)
20—Cereal grain
21—Depart
22—Girl's name
24—Water animal
26—Offer
27—Venerate
29—Keepsakes
31—Antique
32—Fall behind the others
33—Young cow
36—Loud noise
39—Finish
40—Fix again
42—Sailor
43—Behold!
44—Small spot
45—Geometric ratio
46—Mire
48—Tops of heads
50—Torso bone
51—Conceit
53—Calm
55—Bearer of horn of plenty
56—Pesters

DOWN

1—Forest policeman
2—Unfold
3—Boy's nickname
4—Doctor (abbr.)
5—Native of: suffix
6—Distant
7—Line of talk
8—Climbing plant
9—Roman six
10—Humpkin
11—Causing suffering
12—Church councils
17—Fixed
23—Escape
24—Command
25—Lease again
26—Religious fanatic
28—Pixie
30—Lick up
33—GI's protector
34—Sufficient
35—Stops up again
36—Test over
37—Plunder
38—Indian groups
41—Drunk
47—Female deer
48—Greek letter
49—Observe
50—Thing (law)
52—Prefix: into
54—Sun god

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BUZ SAWYER

L'IL ABNER

THE NEBBS

SUBURBAN HEIGHTS By GLUYAS WILLIAMS