

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.

SOMETHING FOR HIGH BLOOD PRESSURE

Nine out of ten inquiries about high blood pressure, as a recent tally indicates, are idle questions such as "What do you advise, prescribe, recommend for high blood pressure?" or "Please give your opinion on this and that for high blood pressure." or "I have had high blood pressure." In the first place these questions are not within my province. This department deals with personal health and hygiene, the science and art of keeping well, preventing disease, maintaining vitality and longevity. Of course if you wish you may agree that your symptoms, complaints and ailments pertain to your personal health and I'll concede that is so. Nevertheless I make the rules for this game if you want to play with me you must abide by the rules. The fundamental rule is that I cannot answer letters pertaining to disease, diagnosis or treatment.

Here is what I recommend for one with high blood pressure— But let's pretend some poor geek has been rejected by the medical examiner for a life insurance company because of high blood pressure. All right. Here's what I advise him to do: 1. Drink not less than two quarts of water daily, and of course no alcoholic beverage or liquor at all. 2. Get enough exercise every day as a vicarious relief for emotional tension, an outlet for blowing off steam. Ideal is a daily walk. From around the block to two miles of oxygen on the hoof, once, twice or three time a day.

3. Reduce if you are at all overweight—and mainly by re-stretching intake of refined carbohydrate. 4. Have a complete health examination once a year, preferably by the same doctor, your own doctor. 5. The best way to keep the progress of the trouble under observation or to determine the state of the arteries is by examination of the fundus, the retina, the sensitive film in the interior of the eye, which your physician or the oculist does with the aid of the ophthalmoscope or ophthalmoscope.

QUESTIONS & ANSWERS

B 28
Your B B Book surely is making the rounds. Reader No. 29 has just finished it and sent it on to No. 30. We pass it around in this way because of the paper shortage. (B. F.)
Answer—Tell you what I'll do. Return the by now dogeared copy of the Brady Baby Book with the signatures of say 10 of the persons who have read it, anywhere on the cover or in the book, and I'll send you the complete work of Dr. Brady comprising 25 volumes—by mathematical legend you might keep the books, or you might give them to the 30 persons in the group who would always have something to brighten the passing hour.

B 29
My husband being in the army I had to do all the packing, lifting and fixing up when I moved. I work as an operator and do considerable heavy lifting. Now my landlady, 70 years old, tells me some things about marking my baby that scare me. I never paid much attention to stories of birthmarks before. (Mrs. F. M. J.)
Answer—There is no foundation in fact for the absurd superstition of "marking" the unborn baby. You had our American educational standards excluded from the curriculum as too nasty. However, you may get a glimmer of light from the booklet "Preparing for Maternity" for copy send ten cents and stamped envelope bearing your address. That is for the ordinary reader. You, Mrs. F. M. J. and all other service men's wives or the service men themselves, may have the booklet together with The Brady Baby Book with my compliments if they will ask for it and inclose stamped self-addressed envelope. (Copyright 1945 by John F. Dille Co.)

B 30
My husband being in the army I had to do all the packing, lifting and fixing up when I moved. I work as an operator and do considerable heavy lifting. Now my landlady, 70 years old, tells me some things about marking my baby that scare me. I never paid much attention to stories of birthmarks before. (Mrs. F. M. J.)
Answer—There is no foundation in fact for the absurd superstition of "marking" the unborn baby. You had our American educational standards excluded from the curriculum as too nasty. However, you may get a glimmer of light from the booklet "Preparing for Maternity" for copy send ten cents and stamped envelope bearing your address. That is for the ordinary reader. You, Mrs. F. M. J. and all other service men's wives or the service men themselves, may have the booklet together with The Brady Baby Book with my compliments if they will ask for it and inclose stamped self-addressed envelope. (Copyright 1945 by John F. Dille Co.)

Veterans' Program Due For Survey By Senate Committee

Washington, May 10—(U.P.)—Sen. Edwin C. Johnson, D., Colo., disclosed today that his Senate Veterans' committee intends to reexamine "the entire veterans' program."
He added that he believes the Veterans' Bureau must be "completely reorganized" before war ends in the Pacific.
"Unless the bureau is organized and reorganized, systematized and centralized," Johnson told an interviewer, "it will collapse under the impact of 12,000,000 returning servicemen and women."
Johnson said at least three amendments to the G. I. Bill of Rights will come under consideration. One would make it easier for a veteran to purchase real estate and buy a home, he said.
Johnson thought the Veterans' Bureau has "done a good job" on the whole "but we have got to make it measure up to the veterans' faith and confidence."

Subsurface Supply Of Gas Is Claimed Ample For Future

Austin, Tex., (U.P.)—A sufficiency of gasoline in the future is assured if potential petroleum reserves in the United States and abroad are developed, F. B. Plummer, geologist at the University of Texas bureau, said recently.
Subsurface engineering, geological work and study of the subsurface stratigraphy is necessary to locate new oil reserves, Plummer said. Cheaper coring methods and courage to test the pinched-out sands in the most promising spots are needed, he added.
Plummer believes that oil probably will be found in stratigraphic traps adjacent to large oceanic islands such as the Philippines, the Netherlands Indies, and the West Indies.
He also said that there are great possibilities for the development of fuel from the oil shale that is known to exist in 18 states containing some 96 billion barrels of recoverable oil.

Farmers Produce All-Time Crop

Seattle, (U.P.)—Although handicapped by manpower and equipment shortages, Washington state farmers produced an all-time record of 7,730,840 tons of crops, livestock and livestock products for 1944.
Production was five times that needed within the state, the extra tonnage going for military and lend-lease buyers or for shipment to other states.



DAWN OF BELLGIRLS—Anticipating invasion of the masculine field of bellhopping, Dawn Callaghan of Chicago admires becoming uniform. Windy City's hotel officials are considering solving employment problem through service of bellgirls.

On the Radio Chain

STATIONS
Chain affiliation and where they are on the dial.
KALE (CBS) 1330, Portland
KEX (NBC-Ring) 1390, Portland
KGA (NBC-Hib and Miss) 1510
Spike, KGO (NBC-Blue) 810
San Francisco, KGW (NBC-Red) 620
Portland, KJH (NBC-Blue) 1080
Seattle, KJN (CBS) 1970
Los Angeles, KJA (NBC-Red) 830
Denver, KOIN (CBS) 970
Portland, KJMO (NBC-Red) 350
Seattle, KPO (NBC-Red) 680, 8 a m
Francisco, KSL (CBS) 1180, Salt Lake City
Time shows is PWT.
9:00 p m.—Sam Hayes and the News, MBS, OK for Release, NBC
7 p m.—The Pirates, BN; Man Named Jordan, CBS.
9:15 p m.—Dick Tracy, BN; Superman, MBS; Betty and Bob, NBC
9:30 p m.—Jack Armstrong, BN; Harry Flannery News, CBS; Tom Mix, MBS, News, NBC
9:45 p m.—Captain Midnight, BN; Elmer Peterson, NBC; Night News, MBS, News, CBS
10:00 p m.—Music Hall, NBC; Shower of Stars, CBS; Gabriel Heatter, MBS, News, BN
10:15 p m.—Supper Music, BN
10:30 p m.—Bob Burns, NBC; Spotlight Hands, BN; Corliss Archer, CBS
10:45 p m.—Sporting House of Song, NBC
7:00 p m.—Abbott and Costello, NBC; Fred Waring, Orch. BN; First Lady, CBS
7:15 p m.—Lowell Thomas, MBS
7:30 p m.—March of Time, BN; Red Haver, 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; Lulu and Abner, BN; Mistle That Satisfies, CBS
8:30 p m.—Frank Morgan, NBC; Duet, Valley Sirens, CBS; America's Town Meeting of the Air, BN; Hercule Poirot, MBS
9:00 p m.—News, MBS; Dinah Shore, NBC; Elery 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, Winnetona, 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
9:15 p m.—Dick Tracy, BN; Superman, MBS; Betty and Bob, NBC
9:30 p m.—Jack Armstrong, BN; Harry Flannery News, CBS; Tom Mix, MBS; News, NBC
9:45 p m.—Captain Midnight, BN; Elmer Peterson, NBC; Night News, MBS, News, CBS
10:00 p m.—Music Hall, NBC; Shower of Stars, CBS; Gabriel Heatter, MBS, News, BN
10:15 p m.—Supper Music, BN
10:30 p m.—Bob Burns, NBC; Spotlight Hands, BN; Corliss Archer, CBS
10:45 p m.—Sporting House of Song, NBC
7:00 p m.—Abbott and Costello, NBC; Fred Waring, Orch. BN; First Lady, CBS
7:15 p m.—Lowell Thomas, MBS
7:30 p m.—March of Time, BN; Red Haver, 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; Lulu and Abner, BN; Mistle That Satisfies, CBS
8:30 p m.—Frank Morgan, NBC; Duet, Valley Sirens, CBS; America's Town Meeting of the Air, BN; Hercule Poirot, MBS
9:00 p m.—News, MBS; Dinah Shore, NBC; Elery 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, Winnetona, NBC
11:00 p m.—News, BN

Now She Shops "Cash and Carry"

Without Painful Backache
When disorder of kidney function permits poisonous matter to remain in your blood, it may cause nagging backache, rheumatoid pain, leg cramps, loss of pep and energy, getting up at night, swelling, edema under the eyes, headache and dizziness. Frequent or scanty passages with smarting and burning sensations show there is something wrong with your kidneys or bladder.
You'll want Ask your druggist for Doan's Pills, used successfully by millions for over 40 years. They give happy relief and will help the 15 million of kidney tubes flush out poisonous waste from your blood. Get Doan's Pills.

Suburban Heights



WHENEVER FRED PERLEY GOES MARKETING WITH HIS WIFE HE HAS THE FEELING THAT THE WOMEN WOULD NOT HAVE TO WAIT HALF SO LONG IN THE STORES IF THEY DIDN'T SPEND SO MUCH TIME TELLING EACH OTHER, A LITTLE PRUDERLY, HOW MUCH OF THEIR TIME IS SPENT MARKETING ON ACCOUNT OF HAVING TO WAIT SO LONG IN THE STORES

U. S. Will Seize German Property

Washington, May 10—(U.P.)—The United States acted today to seize all German premises, archives and property in this country now under the protection of the Swiss government.
Acting Secretary of State Joseph C. Grew said the Swiss legislation here had been asked to "make immediate arrangements" to turn over the German property.

Chalker's Motel & Lodge OFFICERS' CLUB
Dine-Dance-Refreshments
Chicken and Steak Dinners
Most Unique Place in So. Ore.
CLOSED MONDAYS
Thursdays Private Parties Only
For reservations Ph. Gold Hill 474

STRANGE AS IT SEEMS By ERNEST HIX



BARNEY GOOGLE and SNUFFY SMITH



DO YOU KNOW?
not to defeat yourself by mentally arguing yourself out of doing something. Have your car repaired NOW—don't wait until it gets worse.
ROGUE RIVER CHEVROLET

Crossword Puzzle

ANSWER TO PREVIOUS PUZZLE
WILD SAFFS RAG
ARID EVA
GREENADINE SITT
EVADIE BIDE
TOT EL LOD
ALOE INTEREST
LIRA TEA ENCE
CONVONED SEAD
KES SPORT
ADD BILLBOARD
TESS ALAE OGGIE
ESS TONS LADY

ACROSS
1—Kind of nut
2—Scandinavian
11—Bakings' food
12—Sweet gum tree
13—Bushes (abbr.)
14—Diastroph
17—Sloth
18—Country than
19—Dile in water
21—Insect
22—Swan Girl
23—Hebrew measure
25—Skills
26—Take food
28—Daughters of
30—Sound
32—Within (noun form)
33—Play violin
35—Long fish

DOWN
1—Sound of many
tongues
2—Hardened
3—In direction of
4—Go stray
5—Prairie
6—Name of person
or thing
7—Goddess of
agriculture
8—Sun god
9—Angus
10—Olives of
11—Scottish church
12—Ornamental shell
13—Middy
14—Published form
of book
15—Depressed spots
16—Positive pole
17—Worried to stay
18—Fish
19—Chemical suffix
in verbs
20—Specialized
alcoholic
medicine
21—Vessel for liquor
22—Goddess of
Dioncord
23—Norse goddess
of love
24—Dish
25—Comic sketcher
in verse
26—Always
27—Former European
coins
28—Lyric poem
29—Salute (abbr.)
30—No good (abbr.)
31—Hawaiian lava

National Forest Timber for Sale

Sealed bids will be received by the Forest Supervisor, Medford, Oregon, up to and not later than 2:00 P.M., May 26, 1945, for all the live timber marked or designated for cutting and all merchantable dead timber located on an area embracing about 80 acres within Sections 7 and 17, T. 32 S., R. 2 E., Rogue River National Forest, Oregon, estimated to be 400,000 feet B.M., more or less of Douglas-fir, and 180,000 feet B.M., more or less of ponderosa pine, and 40,000 feet B.M., more or less of sugar pine. No bid of less than \$2.00 per M feet for Douglas-fir, \$8.55 per M feet for ponderosa pine and \$9.60 per M feet for sugar pine will be considered. In determining the high bid, the rate for Douglas-fir and ponderosa pine only will be considered. Bids with rates in excess of those permissible under MPR 460 will be reduced to the allowable maximum in making the award. In addition to the prices bid for the stumpage, a cooperative deposit of \$0.50 per M feet B.M. to be used by the Forest Service for paying the cost of slash disposal, and a cooperative deposit of \$0.25 per M feet B.M. to cover the cost of tree planting, seed sowing and timber stand improvement work on the area cut over, for the total cut of timber under the terms of the agreement, will be required. \$2,500.00 must accompany each bid, to be applied on the purchase price, refunded or retained in part as liquidated damages, according to conditions of sale. The right to reject any and all bids is reserved. Before bids are awarded, full information concerning the timber, the conditions of sale and submission of bids should be obtained from the Forest Supervisor, Medford, Oregon.

NOTICE IN THE COUNTY COURT OF THE STATE OF OREGON FOR JACKSON COUNTY.

In the Matter of the Estate of HUGH T. CARTER, deceased.
Notice is hereby given that the undersigned has filed his Final Account in the above entitled matter, and the above entitled Court has fixed June 1, 1945, at 10:00 o'clock A. M., in the County Court room in the Court House in Medford, Jackson County, Oregon, as the time and place for hearing objections to said Final Account, and for the settlement thereof.
CARLOS MORRIS, Administrator.
HARRY C. SKYRMAN, Attorney for Administrator.

Men, Women! Old at 40, 50, 60! Want Pep? Want to Feel Years Younger?

Do you blame exhaustion, nervousness, lack of energy, loss of vitality, and a host of other ailments on your age? You can get rid of them with YICK SO CHINESE HERB CO. This is a powerful medicine that restores vitality and energy. It is a natural product of the Chinese and is safe for all ages. It is a powerful medicine that restores vitality and energy. It is a natural product of the Chinese and is safe for all ages. It is a powerful medicine that restores vitality and energy. It is a natural product of the Chinese and is safe for all ages.

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.
CHINESE HERBS
Removed to Sparta Bldg.
J. H. LEONG, Herbalist Phone 5817