

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.

SWEETS AND OVERWEIGHT

Here again, if I may be so bold, I beg to state my theory or belief that our excessive consumption of refined carbohydrates and the consequent vitamin B deficiency from which most of our American suffer, has much to do with the prevalence of overweight and diabetes.

The remedy I prescribe will, I am confident, command the approval of both Dr. Williams and Dr. Julliffe. It is very simple. Use whole wheat instead of refined white flour; and old-fashioned molasses and crude brown sugar instead of "pure" syrup and refined white sugar.

You will probably not take my medicine but even if you make an earnest effort to do so you will immediately run up against almost insuperable difficulties. Why, a good many people do not even know how to go about buying a few pounds of wheat. Many more haven't the slightest notion of how to use it if they manage to get some. For these poor geeks I have a pamphlet titled WHEAT TO EAT which gives practical suggestions for the use of wheat in the everyday dietary—for copy send a stamped envelope bearing your address, but do not send a clipping of this item.

A large milling company tells me that although the company has been producing whole wheat flour (from which nothing is removed in the milling) for a limited market. In the first place, it does not keep well enough for long storage or for shipment far from the mills. In the second place, only a few people want such flour. My answer is that probably few people in the company's market area have ever heard of the product, and moreover it is only within the past few years that we have come to realize the vital need of unrefined, unadulterated wheat in the everyday diet.

As for restoring old-fashioned crude brown sugar and old-fashioned molasses, which were the excellent foods our ancestors used prior to 1840. These are made in the old-fashioned way in the open kettle and without

ADMINISTRATOR'S FINAL NOTICE

Notice is hereby given that the undersigned administrator has filed in the County Court of Oregon for Jackson County his final account in the matter of the Estate of Silvia E. Terrell, Deceased, and the said Court has fixed Friday, June 15, 1945, at 10:00 in the forenoon of said day in the Court room of said Court as the time and place for the hearing of said final account. All persons interested are hereby notified to make or file their objections to said final account, if any they have, with said court on or before said day.

GUS NEWBURY
Administrator of the Estate of Silvia E. Terrell, Dec.

NOTICE TO CREDITORS IN THE COUNTY COURT OF THE STATE OF OREGON FOR JACKSON COUNTY IN THE MATTER OF THE ESTATE OF ANNA RUCH, 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 El Main street, Medford, Oregon, properly verified and with proper voucher, within six months from the date of the first publication of this notice, which is the 1st day of May, 1945.

MARGARET BIGALOW,
Administratrix

NOTICE OF FINAL HEARING IN THE COUNTY COURT OF THE STATE OF OREGON IN AND FOR THE STATE OF OREGON

In the Matter of the Estate of IZORA E. STEWART, deceased. Notice is hereby given that the undersigned executor of the will of the above named decedent have filed in the above entitled court and matter their final account of their administration of said decedent's estate and said court has fixed the 31st day of May, 1945, at the hour of 10 o'clock a. m. at the court room of the above entitled court at Medford, Oregon, as the time and place for the hearing of said account and for the settlement thereof and of said estate.

IVA MAY STARK,
OLEVIA BELL LEUTHOLD,
Executors

YICK SO CHINESE HERB CO.

REMEDIES FOR STOMACH AILMENTS
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

JACKSON COUNTY HEALTH SOCIETY NAMES OFFICERS

At the annual meeting of the Jackson County Health Society last week the following officers and board members were elected for the coming year: Mrs. Elwood Hedberg, president; Mrs. R. Wilcox, vice president; Mrs. Charles Barnes, recording secretary; Miss Helen Bullis, corresponding secretary; and Mrs. Alex Sparrow, treasurer. To the executive board: Mrs. Glen Taylor, Mrs. Moore Hamilton, Mrs. J. C. S. Wells, Mrs. R. E. Green, Mrs. Lewis Ulrich, Mrs. Howard Hill, Mrs. John Day, Mrs. Ruth E. Bauer, Mrs. Glenn A. Gibbons, Mrs. Jack Walker, and Mrs. Claud Thompson. To the advisory committee: Dr. A. E. Merkel, Dr. C. H. Paske, Eugene Thorndike, Mrs. Leonard Carpenter and Mrs. Will Dodge.

The nominations were presented by Mrs. Norman Gail of Gold Hill. In making her annual report Mrs. Hedberg listed creation of the blood donor list as one of the outstanding achievements of the year. She thanked Miss Bullis, Mrs. Henry Pringle and Mrs. Howard Hill and the Gold Hill unit for their successful arrangement of the luncheon and Mrs. Day and Mrs. Barnes for the decorations.

Meet New Nurses

Two new nurses, Miss Bernice Wilson and Miss Frances Klink, now serving the county, and Walter Sullivan, the sanitarian, were introduced to the association by Dr. Merkel.

The treasurer's report, given by Mrs. Sparrow, showed the major expenditures of the year were in demonstration nursing and cooperation and case finding X-rays.

P-T-A. Activities

Elk Creek P-T.A. met in the school house Friday afternoon, May 18, with the president, Mrs. Audrey Collier in the chair. Ice cream and cake will be served to the graduates on Wednesday evening, May 23 at the school house and the school picnic will be held Friday, May 25, on the school grounds. The officers elected for the coming year are president, Mrs. Clara Dilworth; vice president, Helen Axtell; Treasurer, Arlee Ragsdale and Secretary, Florence Austin.

Boy Scout News

Jacksonville — Parents and members of Cub pack 35 held a picnic supper and meeting at the Presbyterian church, Wednesday night, when plans were projected for the coming year. Den I presented two skits with Bob Misner, Harold Jenkins, and Lyle Hamilton taking part. Jenkins and Hamilton received Bob's pins. Cubmaster Ray J. Harris and the group set June 20 for the next assembly of the Pack when several boys expect to win advancement badges. On display were candles made from candle scraps for the Junior Red Cross.

Seal Sale Record

The annual seal sale report was given by Mrs. Bauer, who also set an all time record for 1944-45. She gave credit to her assistants and the community chairmen, calling for reports from all. Responses were made by Mrs. Stewart Porter of Phoenix, Mrs. Gail of Gold Hill, Mrs. Walter Gebhardt of Central Point, who announced that an infirmary has been established in the Central Point grade school; Mrs. Wilcox, who reported the largest mid-winter clinic ever held. Both Central Point and Gold Hill reported outstanding gains in the seal sale, Gold Hill, in spite of less territory than included in the district the previous year. A total of \$2695.56 was announced for Medford by Mrs. Day, who stated that the booth sales were more than doubled. Miss Bullis, sale treasurer, Mrs. Hamilton and Mrs. Thompson of the publicity committee were also thanked for their cooperation.

Reporting for the junior group, Mrs. Day announced successful progress made to date in the cancer control drive with receipts of \$2429.00.

BARBARA PARSONS
MRS. NORA BAKER and family

Chalker's Motel & Lodge OFFICERS' CLUB

Dine Dance Refreshments
Chicken and Steak Dinners
Most of the time in the Ore CLOSED MONDAYS
Reservations Private Parties Only
For reservations Ph. Gold Hill 474

Blockade



On the Radio Chain

Chain affiliation and where they are on the dial.
KALK (CBS), 1230, Portland
KUG (NBC-Blue), 1180, Portland
KGA (NBC-Blue and MBS), 1510
Spokane, KGO (NBC-Blue), 810
San Francisco, KGW (NBC-Red), 810
Portland, KJH (NBC-Blue), 1090
Seattle, KXN (CBS), 1070
Los Angeles, KUA (NBC-Red), 830
Dayton, KJH (CBS), 870, Portland
and KUMU (NBC-Red), 950, Seattle
KPO (NBC-Red), 680, S. A. Francisco, KSL (CBS), 1160, Salt Lake City
Time shown is PWT.

ROGUE RIVER LODGE

Delicious Dinners
Cocktail Lounge — Dancing
Open Every Night
Except Mondays
Phone trail 1404

CRIME DOESN'T PAY

Boston, May 22—(AP)—Burglars broke into an east Boston cafe early today, smashed a rear door, carried out a 300-pound safe and drove it away in a truck. The safe was empty.

DANCE TONIGHT

to the music of
Smoky & Bill
PLAYING EVERY NIGHT
EXCEPT FRIDAY
Take-It-Easy Lodge
Featuring Chicken, Steak
and Spanish Dinners
1/2 mi up Savage Creek where
Jackson meets Josephine

T. Sgt. Norman Hansen arrived here on furlough Tuesday. He expects to leave for Santa Ana, Calif., in about a week.
Mr. and Mrs. Morris Jones are parents of an eight pound baby girl, born May 14 at Community hospital. She has been named Janice Louise.
Miss Irma Weidman became the bride of Pfc. Dewey Rikard Friday at the Federated church parsonage. They will make their home in Klamath Falls.

STRANGE AS IT SEEMS

By ERNEST HIX



BARNEY GOOGLE and SNUFFY SMITH



DO YOU KNOW?

today's acts beget tomorrow's results.
Act now on those needed repairs.

ROGUE RIVER CHEVROLET

Crossword Puzzle

ANSWER TO PREVIOUS PUZZLE

1	2	3	4	5	6	7	8	9	10	11
12	13	14	15	16	17	18	19	20	21	22
23	24	25	26	27	28	29	30	31	32	33
34	35	36	37	38	39	40	41	42	43	44
45	46	47	48	49	50	51	52	53	54	55

ACROSS
1—Inner bark of tree
2—Meadow (cont.)
3—Streets (abbr.)
4—Vase
5—Strike time
6—Epoch
7—Born
8—Short hit
9—Tattoo
10—Appearing
11—Good fellow
12—Moody
13—Hike
14—Hibernian
15—Boast
16—Printer's measure
17—Girl's name

DOWN
1—Sweet roll
2—Part of "to be"
3—Mocking
4—Tuesdays (abbr.)
5—Rotten
6—Part of play
7—Pronoun
8—Anti-toxin
9—Bugler
10—Homing
11—Trough for cooling ingots
12—Flag
13—Girl's name
14—English
15—Aspect
16—Town law
17—Hull
18—Bank (cont.)
19—Come together
20—Body of lava
21—All the same
22—Tender
23—Sinto shrub
24—Bonds with long stride
25—Late roller
26—Silver coin
27—Class in telescope
28—Tock chair
29—Bird
30—Fish eggs
31—Biblical city
32—Italian river
33—In direction of

DO YOU KNOW?

today's acts beget tomorrow's results.
Act now on those needed repairs.

ROGUE RIVER CHEVROLET

BARNEY GOOGLE and SNUFFY SMITH

