

# Your Health and It's Care

By DR. WILLIAM BRADY M.D.  
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## HAVE YOUR CHILDREN WHILE YOU MAY

One obstetrician-gynecologist states that a considerable percentage of the women who throng the offices of gynecologists today have prevented pregnancy in one way or another for two, three, five or more years following marriage. "Many of these hapless women tell us that they have been influenced by the 'planned pregnancy' ideas so well publicized in the past few decades. They were led to believe that the highly specialized reproductive function could be safely deferred until it was convenient to raise a family. Some say tearfully 'my husband and I always intended to have children'. They thought it wise to wait until business was better or the home they had planned was fully realized or, more recently, until the war was over.

"Then, after postponing pregnancy for several years they decide that the opportune time has at long last arrived. But, all too frequently, they are chagrined and dismayed to find... they find they can't have children. The specialist concludes with this recommendation:

"It would seem to be an important duty of all who are interested in this problem to emphasize the ephemeral nature of fertility. Our young men and young women should be urged to seize the golden opportunity of the first years of marriage and have their children while they are able to do so. We should tell them emphatically that if they deliberately thwart nature during this time they may permanently forfeit the inestimable privilege of parenthood."

This physician, experienced in his special field, addresses these remarks to the medical profession. I address this remark to every reader who is married or who contemplates marriage but doesn't want to have children for two or three or five or more years, for one reason or another: Don't marry. You have no right to persuade or hold a spouse to such a contract, entailing the danger the specialist points out.

A young man or a young woman who is not ready and eager to have children is not fit to marry, that's all.

## QUESTIONS & ANSWERS

**Science of Nutrition**  
Probably your teachings are partly responsible for the establishment of the new school as described in clipping enclosed. (W. T.)  
Answer—The clipping says of the University is establishing a School of Nutrition, where a two-year course leading to the degree of master of science in nutrition will be offered students who have completed three years of college work.

**Dropsy**  
Please write something on dropsy, cause, diet, etc. I am interested in caused by a fall injuring the heart, followed by two years of anemia. (C. M. L.)

## LEGAL NOTICES

**BIDS WANTED**  
Bids requested for painting exterior and interior of Shady Cove School.

All bids to be delivered by August 1, 1945, to Ed Houston, Shady Cove, Oregon.

## Administrator's Notice to Creditors

NOTICE IS HEREBY GIVEN that the undersigned has been appointed by the County Court of Jackson County, Oregon, Administrator of the estate of Lora E. Jones, deceased, also known as Ora E. Jones and also as Ora Jones, but being one and the same person. All parties having claims against the said estate are hereby notified to present the same duly verified to the undersigned Administrator at his office in the United States National Bank Building in Medford, Oregon, within six (6) months from the date of this notice. Dated July 10, 1945.

## GUS NEWBURY

Administrator of the estate of Lora E. Jones, Deceased, also known as Ora E. Jones and also as Ora Jones, but being one and the same person.

## If you need to BUILD UP RED BLOOD!

Due To Monthly Losses  
If you lose so much during monthly periods that you feel so weak, "dragged out" this may be due to low blood iron—so try Lydia E. Pinkham's Tablets—one of the greatest blood-iron tonics you can buy. Pinkham's Tablets are also famous to help relieve symptoms of monthly functional disturbances. Follow label directions.

Lydia E. Pinkham's TABLETS

## YICK SO CHINESE HERB CO.

REMEDIES FOR STOMACH ULCERS  
Heart Rheumatism, Asthma, Catarrh, Piles, Prostate Gland, Ecema 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

## Halifax Rocked by Explosions



(Acme Telephoto)  
One of the explosions which rocked the city of Halifax, Nova Scotia, and surrounding countryside as the big ammunition dump of Royal Canadian Naval Arsenal went up in flames. Disaster started when fire spread from burning barge at arsenal pier.

## grace given off by the earth itself.

Yet this same hour finds the city most unlovely. The streets unkept, at places fairly adrift with paper; from alleys there comes the unpleasant odor of refuse from cafes, from drinking places the stench of stale beer. Yet I was reminded of the calves at Hillside and the way they will romp about the barn yard when I saw newsboys playing over the steps of the city postoffice; this at an hour when even country boys are still abed.

The city cannot alter my country habit of early rising. One morning I entered a cafeteria shortly after five and ordered two cups of coffee and a plate of toast. The elderly man serving me, placed two spoons on my tray, one of which I promptly returned. He immediately replaced it; I'd ordered two cups of coffee, hadn't I? And a spoon, was his firm implication, went with each cup. But my housewifely instinct rejected that extra spoon so again I returned it, then quickly slid the tray where he couldn't reach it. A policeman just back of me laughed hugely at this by-play.

A man sitting across from me as I breakfasted, eyed with open envy the little jar of butter I took from my purse, placed on my tray and from which I made liberal applications on my butterless toast. Remembering butterless Seattle, I had filled the little jar when I had churned the night before I left Hillside and brought it along. I thought of passing the jar to the butter-wishful gentleman, but Madam Grundy nudged my elbow and I successfully resisted the temptation.

## STATE UPHELD

Denver, July 24—(U.P.)—State sovereignty was upheld today by the 10th U. S. Circuit Court of Appeals, in its reversal of the Federal District Court of Utah which upheld the claims of the Kennecott Copper Corp. and the Silver King Coalition Mines Co. for recovery of occupation taxes alleged to have been illegal.

## ROGUE RIVER LODGE

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

## Piles! Ow!!

—But He SMILES, Now  
So wise as he was. Use same formula used by doctors adjunctively at noted Thornton & Minor Clinic. Surprising QUICK palliative relief of pain, itch, soreness, hemorrhoids and tends to shrink swelling. Get tube Thornton & Minor's Rectal Ointment—or Thornton & Minor Rectal Suppositories. If not delighted with this DOCTOR'S way, low cost is refunded. At all good drug stores everywhere.

## ON THE SPOT SERVICE

Call 4061, Ashland—Make Your Appointment—Any Mechanical Work  
Bear Wheel Aligning  
New Chevrolet Motors  
Body and Paint Work

## Selby Chevrolet Co.

SHUT EYE  
By GLUYAS WILLIAMS  
Shut eyes until mother opens door to see if all the wipers are roused up.

SHUT EYES UNTIL MOTHER OPENS DOOR TO SEE IF ALL THE WIPERS ARE ROUSED UP.

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few shots were fired but only one German was killed.

## Housing Agency Tightens Rules On Priorities

Washington, July 24—(U.P.)—The National Housing agency today tightened priority rules for construction of homes in "hardship" cases. Previously a home could be

built with no fixed price ceilings if personal hardship was claimed.

Now an applicant must show that his present dwelling "constitutes a threat to the health, safety, or minimum standards of privacy of himself or his family and that the proposed construction is the only feasible way to remedy the conditions," NHA said.

Closing time for Sunday Too Late to Classify 4:00 Saturday afternoon. Please remember.

**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 444

**ZERO CLUB**  
Out of bounds, civilians only  
Delicious chicken and steak dinners 7:00 p. m. to 3:00 a. m. except Sunday. Phone day time 5300; night 9101

## STRANGE AS IT SEEMS By ERNEST HIX



BARNEY GOOGLE and SNUFFY SMITH



BUZ SAWYER



BLONDIE



UTL ABNER



THE NEBBES



# DO YOU KNOW?

I keep six honest serving men; (they taught me all I knew. Their names are—WHAT and WHY and WHEN and HOW and WHERE and WHO.

## 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

ACROSS  
1—Hobo  
2—Valley  
3—Age  
4—A number  
5—The Eternal City  
6—Large flightless birds  
7—Burial place  
8—Evening party  
9—Indefinite article  
10—Cure water  
11—Point where moon is nearest earth  
12—Ori's name  
13—Made at home  
14—Wine in play  
15—Suffa disease  
16—Hindu God  
17—One who dooms  
18—Patent  
19—Orate mound  
20—Lamb  
21—Sainte (abbr.)  
22—Deep sleep  
23—State of being sour  
24—Republican (abbr.)  
25—Pert to birds  
26—Petal digit  
27—Lyric poem  
28—Ingredient of beer  
29—Downcast  
30—Spread for drying

DOWN  
1—Fur neckpiece  
2—Grayscale  
3—Thinks deeply  
4—Unseasoned  
5—Learning  
6—Australian ostrich  
7—New Economic Policy (abbr.)  
8—Period of time  
9—Tatter  
10—Foot  
11—Least  
12—Biblical weeds  
13—Flores  
14—Flower  
15—Mohammedan  
16—Southern State (abbr.)  
17—Tribute garden  
18—Long fish  
19—Baseboard  
20—Chillie  
21—Great antipath compound  
22—Yellowish  
23—Kind of grape  
24—Biblical food  
25—Fuzziness  
26—Played lightly  
27—Partic  
28—Address (book)  
29—Hurried  
30—Hummingbird  
31—Nothing  
32—It is (verb)

