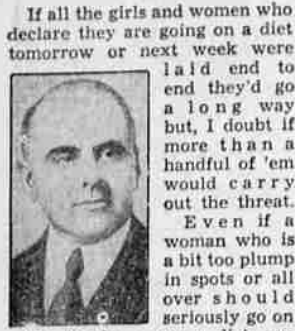


Your Health and It's Care

By DR. WILLIAM BRADY M.D. Readers should address inquiries to: Dr. William Brady, 265 El Camino Beverly Hills Calif.

TAKE IT EASY, CHUBBY



If all the girls and women who declare they are going on a diet tomorrow or next week were laid end to end they'd go a long way but I doubt if more than a handful of them would carry out the threat. Even if a woman who is a bit too plump in spots or all over should seriously go on a diet, my advice to her, and I'm concerned about her good looks, good morale and happiness nearly as much as I am about her health, is this: Take it easy, Chubby. Easy does it, easy and regular. Actually, I am sure, fat women are not one whit more credulous or gullible than skinny ones. It isn't credulity or gullibility that makes so many chubby, stout, overweight women take up fad diets and patronize slickers who massage and pummel customers to "break down the fat cells"—presuming the suckers are not aware that there are no "fat cells" in the body. All persons who are obese obviously eat more than their bodies can use as fuel to supply heat or energy, or rather more than their bodies do use in their present mode of living. That portion of the food not so used is of course stored in the body as excessive fat. Food means not merely ordinary victuals but also candy, sweetened fountain beverages and limited amounts of alcohol if the individual consumes any beer, wine or liquor. There are two ways of going at a reduction regimen. You can go at it hammer and tongues, with the childish expectation of getting rid of the superfluous flesh in 18 days, the spare tire, the bay window, the camel's hump it required at least 18 months of unrestrained eating (and maybe some drinking) to acquire. This plan brings disap-

pointment, so far as any substantial reduction is concerned, in nine out of ten instances, and if the overweight individual adheres to such a severely restricted diet for any length of time such loss of weight as may be brought about gives her little satisfaction, because almost invariably the victim suffers serious impairment of health and generally a sad loss in good looks as well. If you ask me a woman is and looks a dang sight better if she enjoys fair health and vite while carrying twenty pounds excess weight than she does when and if she succeeds in tearing herself down to or about correct weight by a few weeks of self-starvation. In the pamphlet "How to Lose Weight," available on written request if you provide self-addressed stamped envelope, I explain why a reduction diet need not be a menace to good health or good looks. In fact a fair test of any reduction diet or regimen is this: Do you look and feel better after you have reduced appreciably? If not, then your reduction regimen is certainly not safe for you to follow.

QUESTIONS & ANSWERS
Plumid Cyst
Army examiner found I have a polyoma (of some such) cyst over the tail some. He said it was probably born with it. This is the first I knew of it. He asked if I ever danced and I said I never had. I'm interested because family physician recommends removal. It will fear it might be like doctor's appendix trouble and break out some time when I am unable to have the best treatment. (F. W. M.)
Answer—Plumid means nodule or nest of hair-growing under the skin. Such a cyst is sometimes the beginning of a fistula. It has no resemblance to dormant appendix. It is comparatively insignificant, similar to ordinary wens in character, calls for no treatment unless it begins to give trouble, when it should be removed.

Hard Enough
Last year physician found my liver had hardened some, from excessive drinking. I have abstained since then, but meanwhile my old physician passed away. My present physician says it is nothing to worry about, that with care to diet, proper medicine and continued abstaining the liver will soften up and be restored to normal function. (E. M.)
Answer—Sounds sound enough. I know of no better course for you to follow than your diet, including adequate daily rations of the essential vitamins. (Copyright 1945 by John F. Dille Co.)

bull, lost by an upriver farmer, was just that many red points wasted.

LEGAL NOTICES

NOTICE OF FINAL ACCOUNT
NOTICE IS HEREBY GIVEN that the undersigned has filed her Final Account as Executrix of the Estate of Fred G. Thayer, Deceased, with the County Court of Jackson County, Oregon, and that said Court has set September 5, 1945, at the hour of 10:00 in the forenoon of said day in the Court Room of said Court, in the Court House at Medford, Jackson County, Oregon, as the time and place for hearing objections thereto, and the settling of the account. All persons interested are hereby notified to appear at said time and place and show cause, if any they have, why said Final Account should not be approved by said Court and said Executrix discharged from her trust, and file any such objections on or before said date.

ETHA W. THAYER, Executrix. DON R. NEWBURY, Attorney for Executrix.

SUMMONS
In the Circuit Court of the State of Oregon for the County of Jackson.

MARY ETHEL JONES, Defendant. JONES Defendant.

IN THE NAME OF THE STATE OF OREGON: You are hereby summoned and required to appear and answer the Complaint filed against you herein within four weeks from the date of first publication of this summons, which date of first publication is August 6, 1945, and unless you answer or otherwise appear, Plaintiff will take decree against you as follows, to-wit: For a decree of divorce forever dissolving the bonds of matrimony now and heretofore existing between you and the Plaintiff, and for such other and further relief as to the Court seems just and equitable.

This Summons is published by order of the Honorable H. K. Hanna, Judge of the Circuit Court of Jackson County, Oregon, made and entered of record on the 3rd day of August, 1945, requiring publication of summons once each week for four successive weeks in the Medford Mail Tribune. Date of first publication is August 6, 1945, and the date of last publication is August 27, 1945, and the last day in which you have to plead or otherwise appear is September 4, 1945.

of July, 1945, and answer the complaint of plaintiff on file therein against you, and if you fail to appear and answer within the time required, for want thereof, the plaintiff will apply to the Court for a decree of the Court decreeing the plaintiff to be the owner in fee simple of the following described real property situated in Jackson County, Oregon, to-wit:

Beginning at the northwesterly corner of Lot 1, Block 10 of the city of Jacksonville, Oregon, and from said point running South 22 degrees 30' West 170.5 feet; thence South 63 degrees 15' East 51.6 feet for a beginning point, and from said beginning point running thence South 23 degrees 30' West 172.5 feet from said point running North 84 degrees 10' East 52.8 feet; thence South 12 degrees 55' East to the North line of Lot 7, Block 14 of said city of Jacksonville, and running thence Easterly on the North line of said lot 7 and Lot 8 of said Block 14 to the northeasterly corner of said lot 8, and running thence North 22 degrees 30' East 180 feet; thence North 63 degrees 15' West 149 feet to the place of beginning.

This Summons is served upon you by publication in the Medford Mail Tribune once a week for four (4) consecutive weeks by the order of Honorable H. K. Hanna, Judge of the above entitled Court, which order was made on the 21st day of July, 1945.

The last day for appearance is August 20th, 1945. GUS NEWBURY, Attorney for Plaintiff. U. S. National Bank Bldg. Medford, Oregon.

SUMMONS
In the Circuit Court of the State of Oregon for the County of Jackson.

W. A. MOORE, Plaintiff, vs. BASIL J. DE RUSHE a single person; JAMES SAVAGE and MARGARET SAVAGE, otherwise known as Marget Savage, husband and wife; JAMES C. SAVAGE, otherwise known as J. C. Savage, and EMMMA SAVAGE, husband and wife; FRED GEYER, husband and wife; JOHN P. LOWTHIAN, otherwise known as J. P. Lowthian, husband and wife; and the unknown heirs, if any, of each of the Defendants herein named; and also all other persons or parties unknown, claiming any right, title, estate, lien or interest in the premises described in the Complaint herein, Defendants.

IN THE NAME OF THE STATE OF OREGON: You, and each of you, are hereby required to appear and answer the Complaint filed against you herein within four weeks from the date of the first publication of this summons, which date of first publication is August 6, 1945, and unless you answer or otherwise appear, Plaintiff will take decree against you, and each of you, decreeing the Plaintiff to be the owner in fee simple of the following described real estate in Jackson County, Oregon, to-wit: Beginning at the center of Section 30, Township 36 South, Range 4 West of the Willamette Meridian, Jackson County, Oregon; thence running North 0' 8' East 160 feet; thence West to the County Road to a point 309 feet West of said center of Section 30; thence East to the point of beginning, containing

one (1) acre, more or less, save and except that portion now used as a County Road. Said premises being located in Jackson County, Oregon, and further decreeing that you, and each of you, the said above named Defendants, have no right, title, estate, lien or interest adverse to the Plaintiff in or to said property, or any part thereof; and further decreeing that you, and each of you, are forever barred and enjoined from asserting any right, title, estate, lien or interest in or to said premises above described adverse to the Plaintiff herein.

This Summons is published by Order of the Honorable H. K. Hanna, Judge of the Circuit Court of Jackson County, Oregon, made and entered of record on the 3rd day of August, A. D. 1945, directing publication of

Summons once each week for four consecutive weeks in the Medford Mail Tribune. Date of first publication is the 6th day of August, A. D. 1945, and the date of last publication is the 27th day of August, A. D. 1945, and the last day in which you have to plead or otherwise appear is the 4th day of September, A. D. 1945.

V. A. C. AHLF, Attorney for Plaintiff, Schmidt Building, Grants Pass, Oregon.

Chalkers' Motel & Lodge OFFICERS' CLUB
Dine-Dance-Refreshments
Chicken and Steak Dinners
Most Unique Place in So. Ore.
CLOSED MONDAYS
Thursdays Through Fridays Only
For Reservations Ph Gold Hill 474

STRANGE AS IT SEEMS By ERNEST HIX



BARNEY GOOGLE and SNUFFY SMITH



BUZ SAWYER



BLONDIE



U'IL ABNER



THE NEBBES



DO YOU KNOW?
A dog is shown. Text: Dirt in the carburetor prevents proper mixture of fuel and air for efficient combustion resulting in fewer miles per gallon. ROGUE RIVER CHEVROLET

Crossword Puzzle

Crossword puzzle grid with clues. ACROSS: 1-Globe, 2-Part of 'to be', 3-Female rabbit, 4-Roof of mouth, 5-Edible roots, 6-English school, 7-Collide, 8-Allowance for waste, 9-Tuberculosis, 10-Plumed bird, 11-Musical note, 12-Southern State (abbr.), 13-Built, 14-Artificial language, 15-Lepus (pl.). DOWN: 16-Yeman, 17-Craft, 18-Yell, 19-Sucking fish, 20-Slides, 21-Prize, 22-Former, 23-Recapturer, 24-Biblical land, 25-Place (abbr.), 26-Odor, 27-Toward, 28-German river, 29-Take food, 30-Flightless bird, 31-Has effect, 32-Realm of emperor, 33-Put on, 34-Mountain (abbr.), 35-Compass point, 36-Lair.

On the Radio Chain

STATIONS
Chain affiliation and where they are on the dial.
MONDAY
5:00 p. m. O.K. For Release, NBC. Terry and Pirates, ABC. News, MBS. Milton Charles, CBS.
5:15 p. m. Dick Tracy, ABC. Superman, MBS. Betty and Bob, NBC.
5:30 p. m. Voice of Firestone, NBC. News, CBS. Jack Armstrong, ABC. Tom Mix, MBS.
5:45 p. m. News, CBS. Ross, NBC. ABC. Night News Wire, MBS.
6:00 p. m. Hoagy Carmichael, NBC. Health, CBS. Four Navy, ABC. Gabriel Heatter, MBS.
6:20 p. m. Rise Stevens Show, NBC. Spotlight Bands, MBS. The Sea Has a Story, CBS.
7:00 p. m. Screen Guild Players, CBS. Concerted Hour, NBC. Tokyo Calling, ABC.
7:15 p. m. Lowell Thomas, MBS.
7:30 p. m. Dick Tracy, NBC. Thanks to the Vamps, CBS. Lone Ranger, MBS. Reunion U. S. A., ABC.
8:00 p. m. Supper Club, NBC. Pie and Pat, ABC. Michael Shayne, MBS. Man Named Jordan, CBS.
8:15 p. m. Hilda Hopper, CBS. Fleetwood Lawton, NBC. News of Tomorrow, ABC.
8:30 p. m. Cafe Zanzibar, NBC. NBC. Hawthorne House, ABC. Man Named Jordan, CBS.
9:00 p. m. Blind Date, ABC. News, Glen Hardy, MBS. John Whittier, CBS. Telephone Hour, NBC.
9:15 p. m. Salute to our Heroes, MBS.
9:30 p. m. Vox Pop, CBS. Five Moods for Monday, NBC. Green Hornet, CBS. Jimmy Fidler, MBS.
9:45 p. m. Lee Sims, Planit, NBC.
10:00 p. m. Fred Morrison, MBS. Charlie Chan, ABC.
10:15 p. m. Sherlock Holmes, MBS. Spies by Mary Ann, NBC. Derry and His Guitars, NBC.
10:30 p. m. Sweetheart Swingtime, NBC. Listen to the Waves, MBS.
11:00 p. m. News, ABC. Orchestra, NBC. Orchestra, CBS.
TUESDAY
5:00 p. m. Terry and Pirates, ABC. OK For Release, NBC. News, MBS. Milton Charles, NBC.
5:15 p. m. Dick Tracy, ABC. Superman, MBS. Betty and Bob, NBC.
5:30 p. m. Voice of Firestone, NBC. Jack Armstrong, ABC. News, CBS. Adventures of Gino, MBS.
5:45 p. m. Raymond Swine, ABC.
6:00 p. m. Hoagy Carmichael, NBC. News, CBS. CBS. Guy Lombardo, ABC. Mystery Theatre, NBC.
6:15 p. m. Rex Stories, MBS.
6:30 p. m. Victor Horne, NBC. American Forum, MBS. The Doctor Fights, CBS.
7:00 p. m. The Man Called X, NBC. Waldor Orchestra, ABC. Service to the Front, CBS. Tokyo Calling, ABC.
7:15 p. m. Lowell Thomas, MBS.
7:30 p. m. Evening with Romberg, NBC. Red Ryder, MBS. County Fair, ABC.
8:00 p. m. Supper Club, NBC. Pie and Pat, ABC.
8:15 p. m. Fleetwood Lawton, NBC. Music, CBS. News of Tomorrow, ABC.
8:30 p. m. Johnny Presents, NBC. Theater of Romance, CBS. Alan Young Show, ABC. The Falcon, MBS.
9:00 p. m. Everything for the Boys, NBC. Big Town, CBS. Glen Hardy, MBS. MBS. Dark Night, NBC.
9:15 p. m. Rex Miller, MBS.
9:30 p. m. Leg and Mellow, NBC. Murder Will Out, ABC. Adventures of Nero Wolfe, MBS.
10:00 p. m. News, NBC. Fulton Lewis, MBS. Chopin, CBS. Alan Young Show, ABC. Our Bandstand, NBC.
10:15 p. m. On Our Bandstand, NBC.
10:30 p. m. Edward C. Hill, CBS. Fenimore a Nite Club, ABC. Sweetheart Swingtime, NBC.
11:00 p. m. Talk, CBS. News, ABC.
MARGO TO WED
Hollywood, Aug. 6—(UP)—Margo, stage and screen actress, today revealed she will marry Eddie Albert, former movie comedian now a navy lieutenant. The actress, announced her engagement before she left for New York to appear in the stage play, "A Bell For Adano."

Albert Piche, Jr., Returns to Duty At Florida Base

After 40 days leave, with his folks, Albert H. "Billie" Piche, Jr., of the navy, returned to Jacksonville, Fla., for reassignment. Having seen 28 months overseas, Piche was assigned to Purcell, Okla., Naval Cadet Gunnery school. At the present time, being the highest rated at this school, and the only one having had overseas duty, Piche was named senior petty officer, directly responsible under his C. O., Lt. Savage. Piche was rated port of ships company, which means that he will be on permanent duty at Purcell, for the duration, and instructor in all athletics. Piche writes that he has come in contact with a few Medford boys, and that his commanding officer while in England, is stationed at another navy base only 15 miles from Purcell. Billie states that it has been raining and that the Purcell housing problem is very bad, due to the oil boom. His wife has left San Francisco for Purcell where they will make their home.

JINX BACK

Hollywood, Aug. 6—(UP)—Actress Jinx Falkenberg was back in Hollywood today from a USO entertainment tour in Italy and described her trip as "Like a pre-war vacation on the Riviera." "Compared to Burma and China," she said, "this was a luxury circuit."

OONA EXPECTING

Hollywood, Aug. 6—(UP)—Oona O'Neill Chaplin, 20-year-old fourth wife of Comedian Charles Chaplin, is expecting a second child, friends of the couple said today. The Chaplins could not be reached for confirmation. Approximate time of the baby's arrival was not learned.

POSTER GIRL WEDS

Hollywood, Aug. 6—(UP)—The marriage of Marjorie Stewart, official army poster girl whose face is on the pay envelope of every soldier overseas, and Capt. Jerry Jeroske of Cleveland, O., was revealed today by the actress' mother.

BEEF FLOATS BY

Great Falls, Mont., (UP)—Great Falls residents stood on bridges spanning the Missouri river here and lined the river bank, gazing with wistful expressions while 1800 pounds of beef—porterhouses half tenderloins, rib and round steaks, and roasts—went floating with the current over the dams. The meat, so near and yet so out of reach, was in one big hunk. A dead

Skin-Misery Help for Family's "Hot Season"

A real friend for stinging days, soothing nights—it's Mezzana, the soothing, medicated powder. Checks smart of heat rash, prickly heat, chafes, assues itchy, simple tangles, on baby and grown-up—40-year favorite. Send some overseas. Buy more in larger sizes. Get Mezzana.

GET THAT GRIN!

It's on the face of Hoagy Carmichael, the "Stardust" song man. The reason? The talent line-up tonight on his NBC airshow, "Something New." In addition to that amazing band of school-age musicians, "The Teen-Agers," Hoagy is presenting two new "stars of tomorrow" as special guests. He'll do two of his own inimitable numbers, too. (The show's sponsor is Nu Made fresh Mayonnaise, sold at Safeway Stores.)

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Cocktail Lounge - Dancing
Open Every Night
Except Mondays
Phone TR 1404

ZERO CLUB

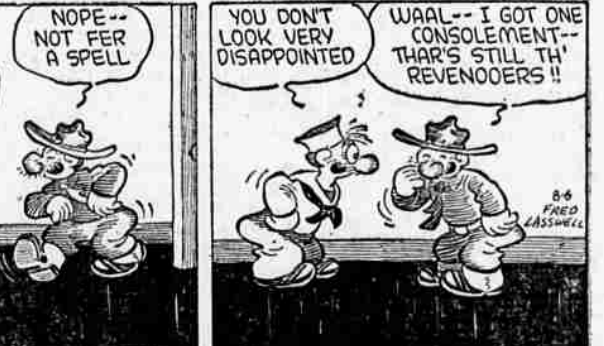
Out of bounds, civilians only
Delicious chicken and steak dinners 7:00 p. m. to 3:00 a. m. except Sunday. Phone day time 5300; night 9101

TONIGHT 6:00 KMED

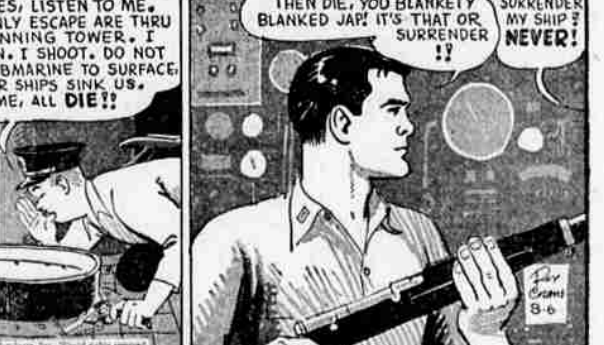
SUBURBAN HEIGHTS



ARE YOU SHIPPIN' OVER AGAIN TO FIGHT TH' SPLIT TOE-JOES, SNUFFY?



ATTABOY! ONCE ON THE SURFACE, WE MAY BE ABLE TO ESCAPE.



BLONDIE, I NEED SOAP—YOU'LL HAVE TO GO OUTSIDE AND CLIMB THE LADDER TO HAND IT TO ME!



U'IL ABNER



THE NEBBES

