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.

INSTEAD OF TAKING PHYSIC

The Number One succedaneum for mineral oil and other physics is flaxseed, as described in this column the other day. If you missed it perhaps you had better send me a dime — not wired, riveted, glued, stapled or stuck up with messy stuff — and a stamped self addressed envelope, for the booklet "The Constipation Habit and Colon Hygiene".

Dr. Brady

A good many people who formerly had to take one or another laxative or physic more or less regularly have learned that by keeping in the house a supply of plain wheat and eating a reasonable amount of it daily, in place of things made of refined white flour, there is no longer any need for physic. On request, if you provide stamped self addressed envelope, I'll send you a pamphlet "Wheat to Eat" which gives numerous recipes or ways to use plain wheat in the everyday family dietary.

It is not merely the "roughage" of the bran and outer coat of the wheat kernel that accounts for the remedial value of plain wheat against constipation. The increased intake of vitamin B-complex, particularly B1 (thiamin), of which wheat (unrefined) is the best food source, is the more important factor—it tends to improve or restore "tone" to the alimentary muscle, the muscle coat of the entire stomach and intestine, which is impaired and weakened from long B-deficiency. Muscle tone gives the stomach and intestine the resilience and vigor necessary for normal digestion and bowel function peristalsis, onward wave movement.

Here at risk of frightening almanac educated Wiseacres away I'll lay all my cards on the table so you can assure yourself if you have conned your almanacs well that you know more than I do about these things If you have not been too thoroughly indoctrinated by the nostrum and quackery interests you may be enough interested to play along with me.

By trying it on the dog, so to speak some thousands of readers or rather students of the booklet above mentioned have learned that sudden withdrawal of whatever artificial aid or "regulation" of bowel function one has come to depend upon permits natural or automatic control of the function to resume. Moreover thousands of other victims of the physic habit who perhaps never had the good fortune or good sense to read or study anything on the subject aside from what the nostrum mongers provided for them have learned through force of privation that even involuntary cessation of interference enables the natural autonomic or automatic regulation of the bowel to recover—after a few days, more or less of anxiety on the part of the Wiseacre.

QUESTIONS & ANSWERS

Hiccough

Could you recommend a treatment for hiccoughs. Doctors have given me medicine which gives only temporary relief I have them for ten or fifteen minutes every few days (R. J. A.)

Answer—Try holding ordinary paper bag over nose and mouth and breathing in it for a minute.

Why Have Headache?

Your pamphlet "Why Have Headache" has brought me a great boon—almost complete relief from periodic sick headaches which formerly put me out of commission at least three days in each month. (Mrs. W.L.DeH.)

Answer—The pamphlet is available to any reader who asks for it (do not use a clipping) and provides stamped self addressed envelope.

Embarrassed

I would like to know why every member of my family should take a "nip of iodine" and how to ask for it at the drugstore without being embarrassed by the saleslerk.

(Mrs. R. S.)

Answer—Send a stamped self addressed envelope and ask in writing—do not use clipping—the pamphlet "The Iodine Ration".

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QUICK RELIEF FROM
Symptoms of Distress Arising from
STOMACH ULCERS DUE TO EXCESS ACID
Free Book Tells of Home Treatment that Must Help or it Will Cost You Nothing
Over two million bottles of the WILLARD TREATMENT have been sold for relief of symptoms of distress arising from Stomach and Duodenal Ulcers due to Excess Acid—Poor Digestion, Sour or Upset Stomach, Gassiness, Heartburn, Sleeplessness, etc., due to Excess Acid. Sold on 15 days' trial! Ask for "Willard's Message" which fully explains this treatment—free—at
Taylor's Pennywise Drug
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REPAIRS, PAINTING
Get Our Estimates!
We Guarantee to Please.
BURBANK'S BODY SHOP
246 N. Riverside

HELD OVER!
By Popular Demand
Don Siglow's Band
Steak and Chicken Dinners
Jimmy O'Brien
Opening Oct. 14
Take-It-Easy Lodge
Mac and Anne McBee
Closed Tuesday

On the Radio Chain

STATIONS

Chain affiliation and where they are on the dial

KALE (MBS) 1330 Portland; KEX (ABC) 1190 Portland KGO (ABC) 810 San Francisco KGW (NBC) 620 Portland KJR (ABC) 1000 Seattle KNX (CBS) 1070 Los Angeles; KOA (NBC) 850 Denver KOIN (CBS) 970 Portland, KOMO (NBC) 950 Seattle, KPO (NBC) 680 San Francisco; KSL (CBS) 1160 Salt Lake City

Time Shown is PWT.

THURSDAY

5:00 p m Sam Hayes and the News, MBS, O.K. for Release, NBC; Terry and the Pirates ABC; News, CBS.
5:15 p m Dick Tracy ABC; Superman MBS Betty and Bob NBC
5:30 p m Jack Armstrong ABC Captain Midnight, MBS; News, NBC
5:45 p.m. Tom Mix, ABC; Elmer Peterson, NBC; Night News Wire, MBS
6:00 p.m. Orchestra, NBC; Andre Kostelanetz, CBS; Gabriel Heatter, MBS; The Real Story, ABC.
6 15 p m Hidden Valley Gang ABC
6:30 p.m. Bob Burns, NBC; Variations of Van Cleve ABC; Hobby Lobby, CBS Starlight Serenade MBS
7:00 p.m Abbott and Costello, NBC; First Line, CBS, One Foot in Heaven, ACS; Music, MBS
7 15 p m News MBS
7:30 p m Your AAF, ABC; Red Ryder, MBS; Rudy Valee, NBC; Romance Rhythm and Ripley, CBS
8:00 p m Supper Club NBC; Man Named Jordan CBS Bulldog Drummond MBS; Lum and Abner, ABC.
8 15 p m Fleetwood Lawton NBC Lum and Abner ABC; Jack Smith Show CBS
8.30 p m Copobanco Orchestra NBC Music CBS America's Town Meeting of the Air, ABC; Rogue's Gallery MBS.
9:00 p m News MBS; Adventures of Tooper NBC Ellery Queen, CBS America's Town Meeting of the Air ABC
9 15 p m Rex Miller MBS
9:30 p m Noan Webster Says NBC; News BN
10:00 p m News Reporter, NBC News, ABC; San Francisco Opera, MBC
10 15 p m Charlie Chan ABC
10.30 p m Fenneman's Nite Club ABC Sweetheart Swingtime, NBC Orchestra, CBS; News, MBS.
11:00 p m News ABC

FRIDAY

5:00 p m Terry and Pirates ABC; O.K. For Release, NBC News, MBS.
5 15 p m Dick Tracy ABC, Superman MBS Betty and Bob NBC
5 30 p m Jack Armstrong ABC; News, CBS; Capt. Midnight, MBS.
5:45 p m Elmer Peterson Commentary NBC; Raymond Swing, ABC; Tom Mix, MBS, News, CBS.
6:00 p m. Famous Jury Trials ABC; Gabriel Heatter, MBS; People Are Funny, NBC; Ginny Sims., CBS.
6:15 p m Real Life Stories MBS
6:30 p.m. Waltz Time, NBC; Those Websters, CBS The Sheriff ABC Spotlight Bands, MBS
7:00 p.m. Mystery Theater, NBC; Man from G-2 ABC; Durante and Moore Show, CBS.
7 15 p m News MBS
7:30 p m Easy Listening, CBS; Lone Ranger, MBS. Bill Stern, NBC Johnnie Russell ABC
8:00 p m Man Named Jordan, CBS; Supper Club, NBC; Adventures of Nero Wolfe, MBS
8 15 p m Fleetwood Lawton NBC Jack Smith Show CBS
8:30 p m Duffy's Tavern, NBC; It Pays to be Ignorant, CBS, This is Your FBI, ABC
9:00 p m Night Editor, NBC; Ambassador Hotel, ABC; News, MBS; Aldrich Family CBS
9 15 p m Cited for Valor NBC
9:30 p m Kate Smith Hour, CBS; News, ABC; Three Sons, NBC.
10:00 p m Fulton Lewis Jr., MBS News, NBC.
10 30 p m Orchestra NBC Orchestra, CBS; San Francisco Opera, NBC.
11 00 p m Orchestra, NBC; Orchestra CBS

New Postage Stamp Honors Coast Guard

Washington, Oct. 4 — (U.P.) — Postmaster General Robert E. Hannegan today announced issuance of a new three cent stamp honoring the achievements of the coast guard in World War II.

The stamp will be placed on first-day sale at the sub-treasury building, New York on Nov. 10.

'GILDERSLEEVE' ILL

Hollywood, Oct. 4—(U.P.)—Harold Peary, "The Great Gildersleeve" of radio and movies was resting comfortably today in a Hollywood hospital under treatment for a kidney ailment. Peary was expected to be released in time for his regular NBC show Sunday.

Summons For Publication

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

HIRAM P. BURLESON, also known as H. P. BURLESON, Plaintiff, vs. BETHA ABLE, a widow; MYRTLE MYERS and GEORGE MYERS, wife and husband; WILLIAM ZIMMERLEE and MARY ZIMMERLEE, husband and wife; DENNIS ZIMMERLEE and and PEARL ZIMMERLEE, husband and wife; MINNIE BLAESS and CHARLES E. BLAESS, wife and husband; MERREL EVANS and NORA EVANS, husband and wife; PAULINE PAXTON and VERNE PAXTON, wife and husband; ED FISHER, also known as ED FOSTER, a single man; MIRIAM D. WAY and ARTHUR WAY, wife and husband; each and all of the unknown heirs of each and all of the above named defendants; also, all other persons or parties unknown claiming any right, title, estate, lien or interest in the real estate described in the complaint herein, Defendants.

TO EACH AND ALL OF THE ABOVE DEFENDANTS EXCEPT THE DEFENDANTS, BETHA ABLE, a widow; MYRTLE MYERS and GEORGE MYERS, wife and husband; WILLIAM ZIMMERLEE and MARY ZIMMERLEE, husband and wife; MINNIE BLAESS and CHARLES E. BLAESS, wife and husband; ED FISHER, also known as ED FOSTER, a single man.

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 in the above entitled suit on or before the last day of four weeks from the date of the first publication of this summons, and, if you fail so to appear and answer said complaint, for want thereof, the plaintiff will apply to the Court for the relief demanded in their complaint, succinctly stated as follows, to-wit:

That each and all of the defendants herein be required to fully set forth any and all right, title, estate, lien, claim or interest whatsoever that they, or any of the, may have, or claim, in, to, or upon the real property described in the complaint herein, or any part or parcel thereof which said real property is situated in Jackson County, Oregon, and more particularly described as follows, to-wit:

TRACT A: Lots One (1), Two (2), Three (3), Four (4), Five (5), Six (6), Seven (7), Eight (8), Nine (9), Ten (10), Eleven (11), Twelve (12) in Block Twenty-three (23) of Railroad Addition to the Town of Phoenix, Jackson County, Oregon, according to the official plat thereof, now of record.

TRACT B: Lots Seven (7), Eight (8), Nine (9), and Ten (10) in Block Twenty-nine (29), of the Railroad Addition to the Town of Phoenix, Jackson County, Oregon, according to the official plat thereof, now of record.

TRACT C: Lots Eleven (11), Twelve (12), Thirteen (13), Fourteen (14), Fifteen (15), Sixteen (16) and Seventeen (17) in Block Twenty-nine (29) of the Railroad Addition to the Town of Phoenix, Jackson County, Oregon, according to the official plat thereof, now of record.

That each and all of the claims that may be made on the part of any or all of said defendants herein, in or to said real property herein described, or any part thereof, be adjudged and declared to be null and void; that the plaintiff herein be decreed to be the owner, in fee simple, of said real property, free and clear of any right or claim whatsoever on the part of said defendants, or any of them.

That each and all of the defendants herein, and each and all persons claiming, or to claim, by, through or under them, or any of the, be forever enjoined, restrained and barred from asserting, attempting to establish, or claiming, any right, title, estate, lien or interest whatsoever in, to, or upon said real property, or any part or parcel thereof, and that plaintiff's title to said premises be forever quieted and set at rest.

This summons is published by order of the Honorable H. K. Hanna, Judge of the Circuit Court of Jackson County, Oregon, Made and entered on the 26th day of September, 1945.

The time prescribed in said order for publication of this summons is once each week for four consecutive weeks. The date of the first publication of this summons is the 27th day of September, 1945.

O. H. BENGTSON,
Attorney for Plaintiff,
126 East Main Street,
Medford, Oregon.

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

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

ROGUE RIVER LODGE
Delicious Dinners
Cocktail Lounge — Dancing
Open Every Night
Except Tuesdays
Phone Trail 1404

DO YOU KNOW?

all school districts intending to purchase new school buses should place their orders NOW for delivery in 1946 before allotments have been expended.

ROGUE RIVER CHEVROLET

STRANGE AS IT SEEMS By ERNEST HIX

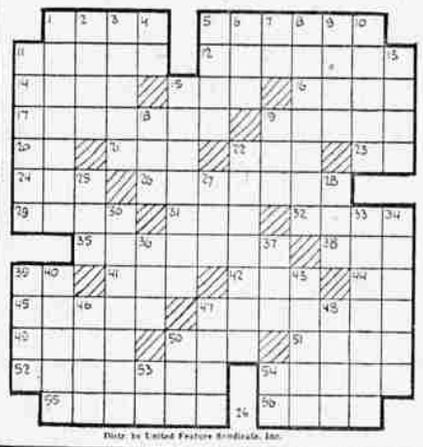
Crossword Puzzle

ACROSS

1—Fashion
5—Wipes out
11—Wooden shoe
12—Marked with spots
14—Stumble
15—Take a seat
16—Employer
17—Try
19—Musical drama
20—Chinese weight
21—River in England
22—Artificial language
23—Stibium (symb.)
24—Song
26—Place for curing hides
29—Unexpected obstacle
31—Free of
32—Bristle
35—Caused to turn
38—Label
39—Engineering degree
41—Ancient
42—Bump
44—Behold!
45—Plant silk
47—Harmonized
49—Examine
50—Public notices
51—Departed
52—Triangle with no equal sides
54—Spots
55—Secret meetings
56—Pig styes

DOWN

1—Native of Mars
2—Death notice
3—Drugged
4—And (Fr.)
5—Give off
6—Decay
7—In direction of
8—Dazes
9—Other
10—Wise men
11—Halts
13—Dingy
15—Lanced
18—Joined
19—Lyric poem
22—Sets in from margin
25—Steer ship wildly
27—Nothing
28—Still
30—Like a spook
32—Abilities
34—Homes
36—Raised railways
37—Spot
39—Newts
40—Choose by ballot
43—Trumpet
46—Glacial ridge
47—Fruit drinks
48—Midday
50—Insect
53—Plural ending
54—Birthplace (abbr.)



ANSWER TO PREVIOUS PUZZLE

Dist. by United Feature Syndicate, Inc.

DINAH SHORE By JERRY COLONNA

"I like a gal who can talk, a gal who can sing like a bird, a gal with a way to her. I like DINAH—don't you? Her singing-and-comedy ½ hour is the pick of the coast-to-coast NBC network tonight, and I'm honored to be her egg-eyed guest star. We'll make the rafters ring on Birds Eye Open House this night!"

KMED 9 PM

Look who's here!
GEORGE BURNS & GRACIE ALLEN
two great stars in a great new show!
MAXWELL HOUSE COFFEE TIME
POUR YOURSELF A CUP OF COFFEE AND SETTLE DOWN BY YOUR RADIO FOR A HALF-HOUR OF NON-STOP LAUGHS...
EVERY THURSDAY 8:30 P. M. Station KMED - NBC

TONIGHT!
Back in their regular Thursday night spot
Abbott and Costello
Funnier and Faster than ever!
KMED 7 P. M.
for CAMEL CIGARETTES

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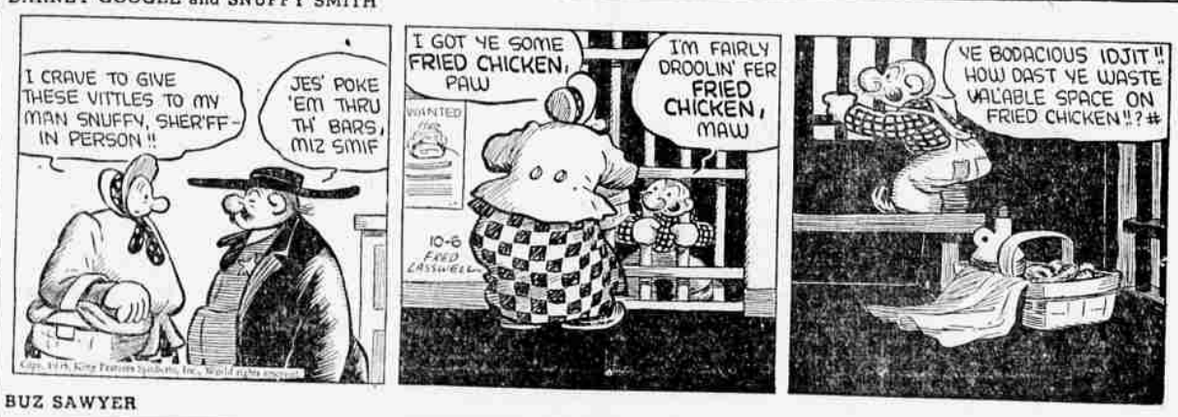
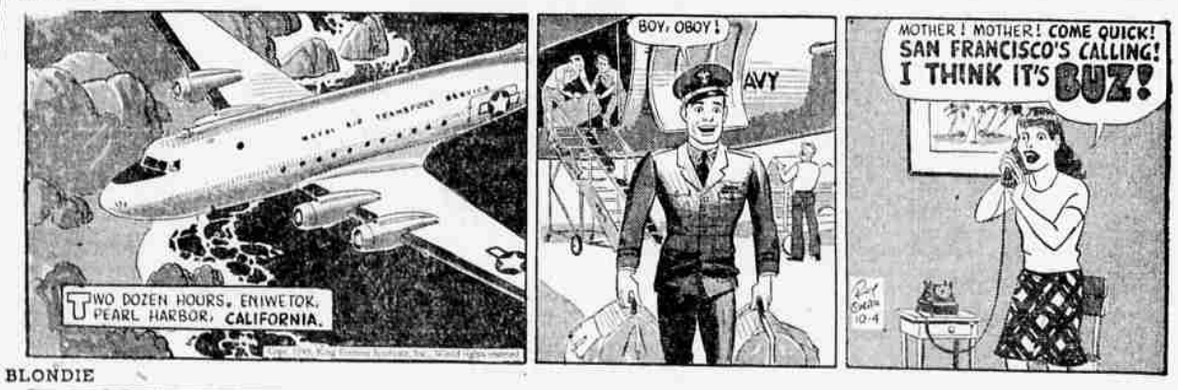
REMEDIES FOR STOMACH ULCERS
Heart Rheumatism, Asthma Catarrh Piles Prostate Gland Eczema and all disorders of Liver Kidney Trouble and other complaints disappear after using.
CHINESE HERBS
Removed to Sparta Bldg.
J. H. LEONG, Herbalist Phone 5817

THE WORLD AT ITS WORST By CLUYAS WILLIAMS

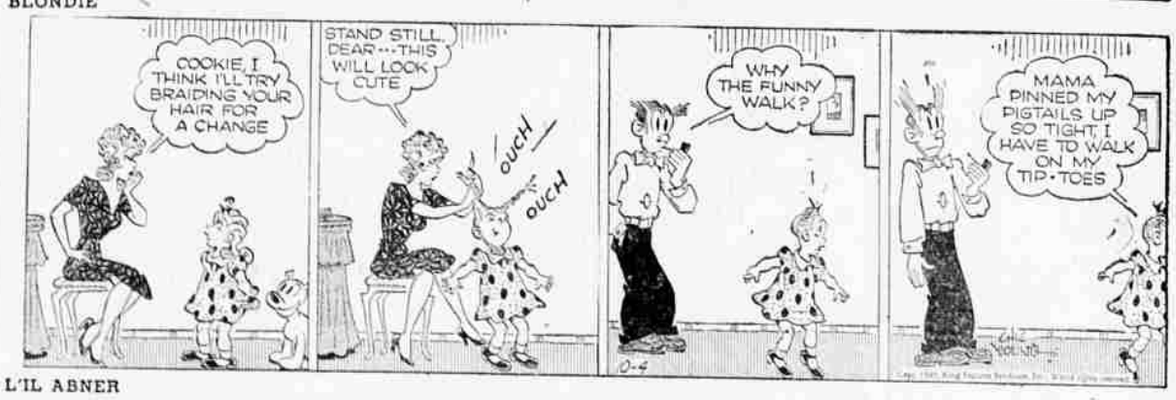
BARNEY GOOGLE and SNUFFY SMITH



BUZ SAWYER



BLONDIE



L'IL ABNER

THE NEBBS