

Your Health and It's Care

By DR. WILLIAM BRADY, M.D.
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WEAK NERVES OR DIABETES?

The outpouring of adrenin (hormone of the adrenal glands) into the bloodstream under the influence of the fear-escape-flight emotion causes liberation of considerable glycogen (animal starch, stored fuel) from the liver and muscles and oxidation or combustion of this fuel for conversion into muscular energy. That is, if there is sufficient muscular exertion or activity to use the energy.

If the conventions of civilization or the rules of propriety prohibit such natural or primitive reaction to emotion, that is, the everyday emotions, vexations, affronts, irritations and annoyances in business, professional, social and domestic life, then the machinery of the body is bound to suffer from excessive wear and tear. There is only one way to protect the body against such damage—keep the belt on the flywheel, keep the clutch engaged, get sufficient exercise, physical work, active play every day.

According to Joslin, recognized authority on the subject, there are 400,000 persons in the United States who have diabetes and 25 per cent of our entire population, that is, approximately thirty-three million persons are "carriers" of the potentiality or tendency to develop diabetes—by inheritance. Indeed Joslin defines diabetes as "an hereditary disease, characterized by an increase of sugar in the blood and the excretion of sugar in the urine". Duffie, in his famous "Book for Us Diabetics," published by Dr. Michan H. Duffie, Central Lake, Michigan—I regard it as the best \$2 investment a diabetic or a potential diabetic can make—says a diabetic is one who "is making a sugar while his blood is full of it. . . his blood sugar rides 'round and 'round on the delivery wagon instead of being delivered". The diabetic cannot burn the glycogen (blood

Former Communist Denounces Party



Louis F. Budenz, former Communist editor, who renounced Communist Party to rejoin Catholic Church, arrives at South Bend, Ind., where he will become a member of the faculty of Notre Dame. Accompanied by his family, Budenz holds his youngest daughter, Justine. Standing (left to right) are daughters Josephine, Julia, and Mrs. Budenz. Communist since 1935, he charged party ideology with fomenting lust for power.

On the Radio Chain

STATIONS
Chain affiliation and where they are on the dial.
KALB (CBS) 1239 Portland, KEA (ABC) 1199 Portland, KGO (ABC) 810 San Francisco, KGW (NBC) 629 Portland, KATZ (ABC) 1009 Seattle, KXN (CBS) 1070 Los Angeles, KQA (NBC) 859 Denver, KQD (CBS) 974 Portland, KQMG (NBC) 930 Seattle, KPO (NBC) 680 San Francisco, KSL (CBS) 1160 Salt Lake City.
Time shown is P.W.T.
WEDNESDAY
5:00 p. m. Terry and Pircs, ABC; O.K. Release, NBC; Knox Marching Club, News, MBS; Dick Tracy, ABC; Super-man, MBS; Betty and Bob, NBC; 5:30 p. m. Jack Armstrong, ABC; News, CBS; Captain Midnight, NBC; News, NBC; 5:45 p. m. Elmer Peterson, NBC; Tom Mix, MBS; Raymond Swing, ABC; News, CBS; 6:00 p. m. Frank Sinatra, CBS; Eddie Cantor, NBC; Gabriel Heiser, NBC; 6:15 p. m. Rex Lewis, MBS; 6:30 p. m. Mr. District Attorney, NBC; Malsie, CBS; Spotlight Bands, MBS; Jones and L. ABC; 7:00 p. m. Kay Kyser's Kollege, NBC; Great Moments in Music, CBS; Courtroom, ABC; 7:15 p. m. News, MBS; 7:30 p. m. Andrews Sisters, CBS; Loni Anderson, MBS; 8:00 p. m. Supper Club, NBC; Jack Kirkwood, CBS; Main Line, MBS; News, ABC; 8:15 p. m. Fleetwood Lawton, NBC; Jack Smith Show, CBS; Main Line, MBS; News, ABC; 8:30 p. m. Evening With Romberg, NBC; Jr. Christian, CBS; Fresh Up Show, MBS; 9:00 p. m. Mr. and Mrs. North, NBC; Jack Louson, CBS; News, MBS; 9:15 p. m. Golden Harmonies, ABC; 9:30 p. m. Arch Oboler, NBC; MBS; 10:00 p. m. News, NBC; Charlie Chan, ABC; Fulton Lewis, MBS; 10:30 p. m. Orchestra, CBS; Fenimore's Nite Club, ABC; Thomas Anderson and Orchestra, NBC; Excerpts from great music, MBS; 11:00 p. m. News, ABC; Orchestra, CBS; Hotel Baltimore, NBC.

THE GRANGE

Gold Hill Grange

H.E.C. of Gold Hill Grange met October 10 at the hall with a covered dish luncheon enjoyed by 12 members. Guests were Nora Wait, Mildred Wright, Mrs. Allen, Mrs. Nuson of Minneapolis, and Mrs. Grover Kelly, of Ohio.

The ladies voted to hold a bazaar on December 8 to be preceded by a dinner. A beautiful Colonial quilt is being prepared to be given away at the bazaar.

A pot luck dinner on October 11, honoring Past Master Hodges and family was attended by 87 members and friends. Master John Gray acted as toastmaster. Brother Howes, Sister Howes, Nora Wait, Frances Spurlin and others responded with talks. Young Grangers presented Brother Howes with a nice billfold. When the past master's pin comes he will receive that also. Brother Howes has been appointed Grange deputy for eastern Oregon. Grange members wish him luck in his new assignment.

SOUTHERN STYLE
Fort Smith, Wyo. (U.P.) — A Southern soldier at Fort Francis E. Warren recently was assigned the role of a "Jap" for maneuvers and told to make a Nip-type suicidal charge with all the sound effects. He charged, yelling, "Banzai, you all!"

PLAYING This Week

Jimmy O'Brien's Orchestra

Nationally Known Band from Hollywood

Steak and Chicken Dinners

Take-it-Easy Lodge

Mac and Anne McBeo
Open 7 p.m. to 1 a.m.
Closed Friday

FOR SALE

ONE Caterpillar 50 DIESEL TRACTOR and Bulldozer

Located 17 Miles North of Medford on Crater Lake Highway

Gulf Red Cedar Co., Inc.

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Famous to relieve MONTHLY FEMALE MISERY

(Also Fine Stomachic!)
Egda E. Pinkham's Vegetable Compound is famous to relieve not only monthly pain but also accompanying nervous, tired, headache, irritability, when due to functional periodic disturbances. Taken regularly—it helps build up resistance against such distress. Pinkham's Compound helps nature! Follow label directions. Try it!

Egda E. Pinkham's VEGETABLE COMPOUND

NEW TOY

By GUYAS WILLIAMS

INTERRUPTS FATHER AS HE READS TO USE WITH HIM TO GET HIS TOY ON HIS BELLY

INTERRUPTS FATHER AGAIN TO REPORT IT WENT UNDER PIANO. PLEASE GET IT FOR HIM

WITH RELIEF FATHER SEES NEW TOY GO AWAY STAIRS WHERE FATHER WILL STUMBLE OVER IT

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SON KILLS FATHER IN HUNTING MISHAP

Wells, Nev., Oct. 17—(U.P.)—A coroner's jury here today found that Herbert A. Wilson, Jr., a janitor at the Wells high school, accidentally shot and killed his father in the Ruby Mountains near Pole Canyon late yesterday. The fatality was the first recorded in Nevada during the 1945 hunting season. Wilson, Sr., whose home was

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Delicious Dinners
Cocktail Lounge—Dancing
Open Every Night
Except Tuesdays
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In Ogden, U., had made the trip to Wells to vacation and hunt with his son.

Use Mail Tribune Want Ads.

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 374

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

THE NEBBES

THE NEBBES

THE NEBBES

DO YOU KNOW?

that King Henry II of England became alarmed at his subjects' indulgence in football and neglect of archery. He ordered all "footballs" to "cease play."

ROGUE RIVER CHEVROLET

Crossword Puzzle

ANSWER TO PREVIOUS PUZZLE

1	2	3	4	5	6	7	8	9	10

ACROSS
1—Circle of light
7—Hawser
11—Runs away
13—Man's name
14—Children's weight
15—And I'll
16—Bumpkin
18—Left field (abbr.)
19—Sightseeing trip
21—Compass box
22—Sarcastic
23—Small island
24—Apparition
27—Just of bottom, as an anchor
29—Pretz: down

DOWN
1—Caveman's hatchet
2—Hodge-podge language
3—Drive, as car
4—Kind of profit
5—Kind of profit
6—Like
7—Church courts
8—Vile
10—Worn out
12—Explosive
14—Linen coat
17—Rude
20—Not new
21—Fruit: two
22—Capable of being held
23—Willful
24—Squire
25—Squire
26—Grown-ups
28—For horse
29—Public notice
30—Footless
31—Biological factor
32—Vile
33—Observe
34—Witch's
35—Witch's (abbr.)
36—Installation paid (abbr.)

LEGAL MATTERS

NOTICE OF APPOINTMENT OF EXECUTOR

In the County Court of the State of Oregon, for the County of Jackson.

In the latter of the estate of ESTEL L. A. K. ARMSTRONG, Deceased.

Notice is hereby given that I have been duly and regularly appointed Executor of the above named and entitled estate and by virtue of an order of the County Court of Jackson County, Oregon, sitting in probate, duly made, rendered and entered on October 2, 1945, and all creditors or persons having claims against the said deceased or her estate are hereby notified to present the same, duly verified and with proper vouchers thereto attached, to me, and all persons owing said deceased at time of her demise or the said estate are hereby notified to pay their said indebtedness to me at 308 N. Ivy Street, Medford, Oregon, within six months from the date of this notice.

Dated at Medford, Oregon, this 2nd day of October, 1945.

A. H. HARRY E. ARMSTRONG, Executor of the estate of Estela K. Armstrong, Deceased.

NOTICE TO CREDITORS

In the County Court of the State of Oregon for Jackson County. In the Matter of the Estate of LILLIAN GRACE REED, also known as LILLIAN G. REED, also known as MRS. GRACE REED, 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 East Main Street, Medford, Oregon, properly verified and with proper vouchers, within six months from the date of this publication of this notice, which is the 3rd day of October, 1945.

FLORILLA REED COFFIN, Administratrix.
D. H. Bengtson, Attorney for Administratrix.

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FLORILLA REED COFFIN, Administratrix.
D. H. Bengtson, Attorney for Administratrix.

Dream Abroad Train

Costly Experience

Billings, Mont. (U.P.)—Justice of the peace Emil Borberg said "No" when railroad worker Sven Sutherland asked, "Well, I can dream, can't I?"

Sutherland was asleep in the aisle of a train en route to Pasco, Wash., and was suddenly awakened as his flying fists found the chin of Conductor E. E. Clemmens.

The dreamer was bumped from the train at Laurel and returned here to be fined \$40 by Borberg.

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