

BUSINESS DIRECTORY

Vacuum Repairing
ELECTROLUX for rent. Repair all vacuum cleaners. Phone 3074. Jack Wilson, 1020 East 11th.

Septic Tank Cleaning
 SPTIC tank and cesspool pumping. Also drain tile and septic tanks installed. Phone 2824.

Tile Work
 DR CERAMIC tile work. Walls floors drainpipes. Stairs. Phone call. Mr. Lambert, 7228 11th W. 5th St.

Transfer
TVY TRANSFER & STORAGE CO. Complete transfer, moving and storage service. Also packing, crating and shipping of expert workmen. 38 S. Fir St. Phone 4924, night 2073.

MAVIS TRANSFER & STORAGE CO. Medford Modern storage service. Long distance hauling. Div. 2838, 40 South Fir.

FURNITURE MOVING & STORAGE
 We have van moving equipment for local and long distance hauling. Dry local and clean storage (concrete building) with special locker rooms at low rates.

SAMSON STORAGE WAREHOUSE
 Phone 3736.

MAVIS TRANSFER & STORAGE CO. Complete trucking service to meet your needs. Dial 7121.

LEGAL NOTICES

NOTICE TO CREDITORS
 Notice is hereby given that I have been appointed by the County Court of Jackson County, Oregon, Administrator of the estate of Frank J. McCarvel, deceased, and have qualified. All persons having claims against said estate are hereby notified to present them duly verified, to me at the office of Harry C. Stryman, Attorney for said estate, at Room 409, Medford Center Building, in Medford, Oregon, within six months from the date of this notice.

Dated and first published October 10, 1945.

J. D. BOSS, Administrator.
 Harry C. Stryman, Attorney for estate.

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, 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 voucher, within six months from the date of the first publication of this notice. This is the 3rd day of October, 1945.

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

Summons for Publication
 In the Circuit Court of the State of Oregon for Jackson County. LOVEY GRIFFITH SCOTT, Plaintiff

vs.

DORA EDDINGS nee Dora Caine, and FLOYD EDDINGS, her husband; AUGUSTUS A. TYLER; WILLIAM H. CAINE and JANE DOE CAINE, his wife, her true given name being to the plaintiff unknown; the unknown heirs at law of REUBEN T. CAINE, deceased; JANE DOE CAINE, his wife, if she be not deceased, her true given name being to the plaintiff unknown; being the only surviving heirs at law of MEDRONA CAINE and W. H. CAINE, each of whom is now deceased; MARGARET J. THOMPSON and W. E. THOMPSON, her husband; MARY A. PRYCE a widow; and all unknown heirs at law of said defendants if they or either thereof, be deceased; also all persons and parties unknown claiming any right, title, interest, lien or estate in or to the property described in the Complaint, Defendants. To the above named Defendants: YOU AND EACH OF YOU are hereby notified and required to appear in the -above entitled Court and cause and answer the Complaint of Plaintiff now on file therein against you within four (4) weeks from the date of the first publication of this Summons, which is the 17th day of October, 1945; and if you fail to appear and answer or otherwise plead to Plaintiff's complaint within the time required, for

On the Radio Chain
 Stations affiliation and where they are on the dial:
 KALB (CBS) 1330. Portland; KXN (ABC) 1130. Portland; KGO (ABC) 1110. San Francisco; KGW (NBC) 620. Portland; KJR (ABC) 1000. Seattle; KXN (NBC) 1070. Los Angeles; KOA (NBC) 970. Portland; KOMO (NBC) 930. Seattle; KPN (ABC) 850. San Francisco; KSL (CBS) 1160. Salt Lake City.

Time shown is P.M.T.

WEDNESDAY
 5:00 p.m. Terra Pirates ABC; O.K. For Release NBC; Knox Manning CBS; News MBS; ABC; Super- man MBS; Betty and Bob NBC; 5:30 p.m. Jack Armstrong ABC; News CBS; Captain Midnight MBS; News NBC; 5:45 p.m. Elmer Peterson NBC; Tom Mix NBC; Raymond Swing ABC; News CBS; 6:00 p.m. Frank Sinatra CBS; Gabriel Heatter NBC; MBS; 6:15 p.m. Roy Life Stories MBS; 6:30 p.m. District Attorney NBC; Maitland CBS; Spotlight Bands MBS; 7:00 p.m. Kay Kyser's Kollege NBC; Great Moments in Music CBS; Counterspy ABC; 7:30 p.m. Andrews Sisters CBS; Long Ranger MBS; 8:00 p.m. Super 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; Christian CBS; Fresh Up Show MBS; 9:00 p.m. Mr. and Mrs. North NBC; Carson CBS; News ABC; 9:15 p.m. Archer Harmonies ABC; 9:30 p.m. Gold Onyx Plays MBS; 9:50 p.m. News NBC; Charlie Chan ABC; Fulton Lewis MBS; 10:30 p.m. Orchestra CBS; Fenmore White CBS; News ABC; Excerptis from great Music MBS; 11:00 p.m. News ABC; Orchestra CBS; Hotel Baltimore Orch. NBC.

THURSDAY
 5:00 p.m. Sam Hayes and the News MBS; D.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; 6:30 p.m. Bob Burns NBC; 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 Rakee NBC; Powder Box Theater CBS; 8:00 p.m. Super Club NBC; Man Named Jordan CBS; Bulldog Drummond MBS; Lum and Abner ABC; 8:15 p.m. Fleetwood Lawton NBC; Earl Godwin ABC; Jack Smith Show CBS; 8:30 p.m. News ABC; 8:45 p.m. NBC Music CBS; America's Town Meeting of the Air ABC; Rogue's Gallery MBS; 9:00 p.m. News MBS; Adventures of Tomner NBC; Elery Queen CBS; America's Town Meeting of the Air ABC; 9:15 p.m. Rex Miller MBS; 9:30 p.m. Noah Webster SAT; NBC; News BN; 10:00 p.m. News Reporter NBC; News ABC; San Francisco Opera NBC; 10:15 p.m. Charlie Chan ABC; 10:30 p.m. Fenmore's Life Club ABC; Sweetheart Swingtime NBC; Orchestra CBS; News MBS; 11:00 p.m. News ABC.

Beware Coughs from common colds That Hang On
 Creomulsion relieves promptly because it goes right to the seat of the trouble to help loosen and expel germ laden mucus, and soothe and soothe and heal raw, tender, inflamed bronchial mucous membranes. Tell your druggist to sell you a bottle of Creomulsion with the understanding you must take it the way it quickly allays the cough or you are to have your money back.

CREOMULSION
 for Coughs, Chest Colds, Bronchitis

Body and Fender REPAIRS, PAINTING
 Get Our Estimates! We Guarantee to Please. BURLBANK'S BODY SHOP
 246 N. Riverside

Garage Burns
 Sacramento, Oct. 24—(UPI)—Fire of undetermined origin caused damage estimated at \$100,000 in destroying a large garage at Florin, eight miles southeast of here, sheriff's deputies reported today. The building was said to be owned by former Japanese residents of Florin, which before the war was the center of Sacramento county strawberry production and largely populated by Japanese.

Use Mail Tribune Want Ads

Let's Go ROLLER SKATING
MEDFORD ARMORY
 7:30 to 10:30 WED., FRI., SAT. and SUN NIGHTS
 SKATING PARTIES by SPECIAL ARRANGEMENT

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.

YOU MUST GO ON EATING
 One unhappy husband asks how the blue blazes he can rescue his wife from the "nuts" who have her going on frequent extended juice diets to "alkalize" her system, with the result that she looks like a sack of bones and has no vitality left. She refuses to eat anything that contains protein (that is, if the "nuts" who have condemned the item on that score), and so her husband fears she is not getting the proportion of the amino-acids which, he understands, are indispensable for normal nutrition.

The poor man may be right. He mentions meat, fish and fowl among the foods the misguided lady eschews. He does not mention eggs or milk. If she takes eggs and milk and cheese in reasonable amounts she'll get all the amino-acids required for optimal nutrition, even if she excludes meat, fowl, fish and other flesh foods from her diet.

But the "alkalizing" business is plumb foolish. Not that juices of fruits or vegetables are harmful in any way. They are all right in any diet, although not quite so good as the fruits or vegetables themselves. But there is no physiological ground for the notion that the blood, system or the tissues of the body become "too acid" from the eating of meat, fish, fowl, eggs, milk or other foods containing protein, nor is there the slightest ground for the notion that a juice diet or a diet of "alkaline-ash" foods exclusively, has any corrective or remedial value in any circumstance—except the effect one gets from restricting the total intake of nutrient, calories, fuel, for a while after a prolonged period of overindulgence.

Man, woman or child, leading an active or an inactive life, may have optimal nutrition, ideal nutrition, on a meatless diet, provided he or she consumes a fair proportion of milk (and cheese) and eggs. But an individual following a meatless diet, whether for a day, a week or a lifetime, has no advantage over one who consumes reasonable amounts of meat, fish and fowl, so far as we know.

The extravagant claims of the "nuts" or faddists must not be confused with knowledge.

There are probably many thousands of victims who are suffering from malnutrition which is due mainly to the freak "diets" the victims follow, under the influence of charlatans who call themselves "food scientists," "diet specialists" or "nutrition authorities."

Don't take my word for this. But you'll find little about "acid-ash," "alkaline-ash," and "neutral-ash" foods in such authoritative books on nutrition as "Newer Knowledge of Nutrition" by McCollum, "The Founda-



Dr. Brady

tions of Nutrition" by Rose and "Chemistry of Food and Nutrition" by Sherman—books available in any public library.

QUESTIONS & ANSWERS
Ultraviolet
 If the ultraviolet from electric welding causes cataract does the ultraviolet in sunshine have a similar effect on the unprotected eyes?
 (Mrs. H. H. W.)
 Answer—It is not occasional or casual exposure to intense ultraviolet light but frequent or constant exposure as in occupations involving use of electric welding. Ordinary exposure to bright sunshine is harmless, the frequent or constant exposure of the eyes might be harmful. Welders and others working with or near the electric arc should have the protection of special masks or goggles. In sun bathing wear black bandage or smoked glass goggles. On the sand or water or snow protect the eyes from glare with smoked glass or dark tinted glass spectacles or goggles. It is advisable to wear tinted or smoked glass eyeglasses constantly—it does not prevent cataract, as many imagine. It is not advisable to wear any kind of glasses goggles or eyeshades if you can get along comfortably without.

Hemorrhoids
 Have you any pamphlet on hemorrhoids or piles? (C. M.)
 Answer—Yes send stamped envelope bearing your address for pamphlet "It is Stupid to Suffer From Piles". (Copyright 1945 by John F. Dille Co.)
 Closing time for Sunday Too Late to Close 4:00 Saturday afternoon Please remember

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

THEY'RE COMING!



Mack TRUCKS

ORDER NOW

- 95 h.p. up to 200 h.p.
- 2 ton to 10 ton
- 146 in. to 194 in. w.b.
- \$2900 to \$12,000

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HUMPHREY MOTORS
 33 So. Riverside Dial 4980
 Used Cars
 DeSoto-Plymouth Service
 Chrysler Made Parts

Do your tires act TIRED at 35?
SEE US
O.K. Rubber Welders
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Commercial and Home Refrigeration Service
 Call 2419
 Quick Service
 Younger's Appliance
 31 N. Bartlett

DANCE TONIGHT
 Jimmy O'Brien's Band
 From Hollywood
 Steak and Chicken Dinners
TAKE IT EASY LODGE
 Closed Friday

The College Student will appreciate a Karakul Wool Robe. Special Sale in Banquet Room, Holland Hotel. Open 10 a. m. till 9 p. m.

NOT TALKING
 By GLUYAS WILLIAMS
 10-25-45

LOOKS OVER VISITOR'S MOTHER HAS IN TO HEAR. ALL THE WORDS HE HAS LEARNED TO SAY.

TRIES TO SILENCE HE DOES NOT CHOOSE TO PERFORM FOR THEM BY PAYING STRICT ATTENTION TO HIS TEEN.

STRONGER MEASURES ARE NEEDED AS THEY KEEP URGING HIM TO TALK. TURNING AND CRANKS TO CORNER.

THE NEBBS

WAIT, I JUST THOUGHT OF SOMETHING... THAT SMITHERS PLACE YOU INTEND LIVING IN HAS NO WATER SUPPLY.

I'LL TAKE CARE OF THAT.

MY WILLIE WILL DIG US A WELL.

BUT POP SMITHERS HAD TO HAUL HIS WATER. HE NEVER COULD LOCATE A WELL.

MAYBE HE DIDN'T KNOW HOW.

WHAT MAKES YOU THINK YOU DO?

YOU FORGET MY WILLIE CAN DO ANYTHING!

HOW CAN I FORGET? YOU WANT LET ME!

David Glasgow Farragut, first admiral of the U. S. navy, became a midshipman in the navy at the age of nine.

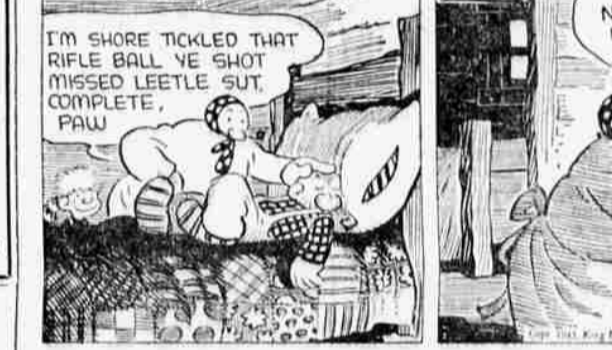
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 Dine-Dance-Refreshments
 Chicken and Steak Dinners
 Most Unique Place in So. Ore.
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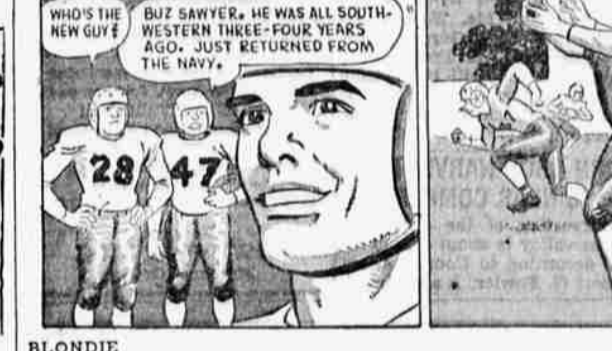
STRANGE AS IT SEEMS By ERNEST HIX



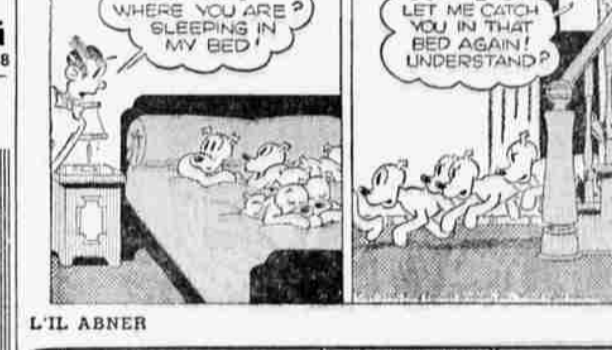
BARNEY GOOGLE and SNUFFY SMITH



BUZ SAWYER



BLONDIE



L'L ABNER



DO YOU KNOW?

that the NEW 1946 Chevrolet will soon be on display at the

ROGUE RIVER CHEVROLET

ANSWER TO PREVIOUS PUZZLE

1	2	3	4	5	6	7	8	9	10	11
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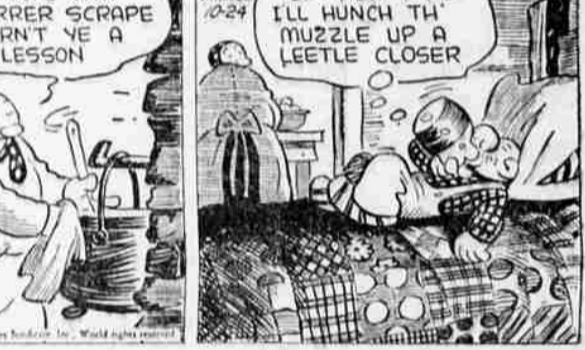
ACROSS
 1—Front of leg
 2—Pile
 3—Fruit
 4—Smooth
 5—Limb
 6—German river
 7—Accented
 8—Pit
 9—City's name
 10—Dug
 11—Observed
 12—Male turkey
 13—Fruit with
 14—Carouse
 15—Pit
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Crossword Puzzle

Photo by United Feature Syndicate, Inc.

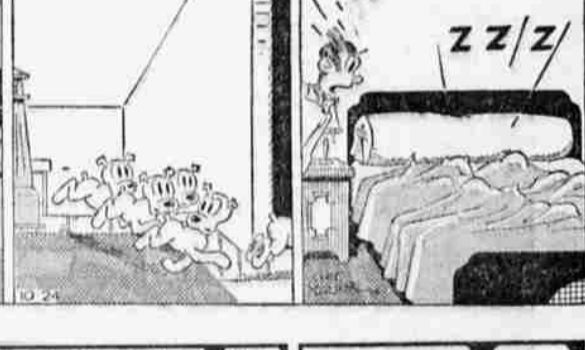
THE NEBBS



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