# 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.

## OILY SKIN, BLACK HEADS AND PIMPLES

The talk printed here recenly closed with a promise of more on the same subject, blackheads and pimples, and so back to acne now (acne being the medical term for oily or too oily skin, comedones or blackheads and pimples), for, as I well remember when I had it, it is at least as important as any complaint you oldsters can inquire about. The trouble is that the kids who are in the acne age—the 'teens—get little if any better instruction and advice about it than I got when I had it. It is for this reason that I took the utmost pains preparing the pamphlet on Acne (Blackheads and Pimples (for copy send a stamped self addressed envelope—ask for it in writing, not with a clipping). I want every boy or girl who reads this to know that if the pamphlet does not answer satisfactorily any question in your mind in relation to the nature and significance of acne, I'll be happy to answer your question by mail—but please remember, make it short, ask your question directly (it is confidential, you know) and inclose stamped self addressed envelope for my answer.

Dr. Brady

From a careful review of standard textboks, ranging from the late great Pusey's Principles and Practice of Dermatology published 35 years ago to the Suttons' (father and son) Introduction to Dermatology, published five years ago, it seems fairly evident that nobody knows whether the character of the diet has anything to do with the occurrence of exceessively oily skin, blackheads and/or pimples—I mean it seems to a lowly one-horse-and-buggy doctor.

For example Pusey opined that "an excess of starchy foods may cause increased sebaceous secretion, and for this reason starches, as well as sugars, should be reduced in acne patients." Sebaceous secretion means sebum, skin oil, a reasonable amount of which is constantly secreted or produced by the sebaceous (oil) glands in the skin, and poured out upon the skin surface through the same orifices or mouths or "pores" from which sweat exudes. This skin oil is essential to keep the skin soft, smooth, warm and to keep the complexion clear and beautiful—and don't forget this, girls. The Suttons, on the other hand, say nothing about starches and sugars or sweets; on the contrary, they mention that "Crawford and Swartz have presented adequate evidence that carbohydrate diet has little to do with the disease (acne)." Carbohydrate means any form of starch or sugar. As a matter of fact Crawford and Swartz found that a diet rich in carbohydrates actually benefited their acne patients.

Numerous authorities frown on the acne patient's indulgence in chocolate. I can't understand why. Maybe because it is so good to eat—remember how the old timers inflicted castor oil, worm medicine and numerous unpleasant tasting remedies on us kids just because they imagined medicine so repugnant had to be good for us?

### QUESTIONS & ANSWERS

**Toy Returns Envelopes Out**

Correspondents who hope for an answer by mail should comply with instructions. A stamped self addressed envelope means a standard envelope, not a toy or doll size envelope. How can we mail a 3½ by 5½ inch booklet or pamphlet in a 3 by 4 inch envelope?

**No Ambition**

Son, just turned sixteen, has no ambition whatsoever, seems tired all the time. (Mrs. H. C.)

Answer—My crystal ball is temporarily out of commission, but it will at least do no harm to see that your son gets a suitable iodine ration. Send stamped self addressed envelope for pamphlet "the Iodin Ration" (Iodin is my spelling for this particular purpose).

**Canker Sores**

Kindly send pamphlet on canker sores, as I suffer from repeated canker sore in mouth and on tongue. (O. D.)

Answer—Touch each sore once daily with mixture of Mild Tincture of Iodine and glycerine (half and half) on wisp of cotton on toothpick. It smarts momentarily, seems to relieve later. Take internally 100 milligrams of niacin (formerly called nicotinic acid) twice daily for several days. Avoid brushing teeth. Rince mouth gently after food with warm boric acid solution.

(Copyright 1945 by John F. Dille Co.)

## LEGAL NOTICES

**Notice**

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

IN THE MATTER OF THE ESTATE OF D. C. DURHAM, Deceased.

NOTICE IS HEREBY GIVEN that the undersigned has filed his Final Account in the above entitled matter, and the above entitled Court has fixed December 18th, 1945, at 11:00 o'clock a. m., in the County Court room in the Court House in Medford Jackson County, Oregon, as the time and place for hearing objections to said Final Account, and for the settlement thereof.

HARRY C. SKYRMAN, Administrator.

**GENERAL NOTICE OF EXPIRATION OF PERIOD OF REDEMPTION FROM TAX SALE**

PUBLIC NOTICE IS HEREBY GIVEN that the expiration of the period of redemption of any real property ordered sold to Jackson County, Oregon, under a judgment and decree of tax foreclosure duly made and entered by the Circuit Court of the State of Oregon for Jackson County on December 9, 1944, shall be the 10th day of December, 1945, and all persons interested are hereby notified and warned to the effect that all of the properties ordered sold under said judgment and decree of tax foreclosure, unless redeemed on or before said date, will be deeded to the county immediately on expiration of such period of redemption, to-wit, the 10th day of December, 1945, and every right or interest of any person in such properties will thereupon be forfeited forever to Jackson County, Oregon.

This notice is published in the Medford Mail Tribune, a legal newspaper published and having a general circulation in Jackson County, Oregon, designated by the County Court of Jackson County for said publication, for two consecutive weekly issues thereof, to-wit, November 26, 1945, and December 3, 1945, in accordance with the provisions of Section 110-916, Oregon Compiled Laws Annotated.

Dated this 23rd day of November, 1945, at Medford, Jackson County, Oregon.

HOWARD GAULT, Sheriff and Tax Collector of Jackson County, Oregon.

**Notice**

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

IN THE MATTER OF THE ESTATE OF WORTH McVEY, Deceased.

NOTICE IS HEREBY GIVEN that the undersigned has filed his Final Account in the above entitled matter, and the above entitled Court has fixed December 18th, 1945, at 10.00 o'clock a. m., in the County Court room in the Court House in Medford Jackson County, Oregon, as the time and place for hearing objections to said Final Account, and for the settlement thereof.

CARLOS MORRIS, Administrator.
Attorney for Administrator, HARRY C. SKYRMAN,

**SUMMONS FOR PUBLICATION**

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

IRENE TAMPLEN, Plaintiff,

vs.

LEE TAMPLEN, Defendant.

TO THE ABOVE NAMED DEFENDANT, LEE TAMPLEN:

IN THE NAME OF THE STATE OF OREGON, 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 a decree for the relief demanded in her complaint, succinctly stated as follows, to-wit:

That the bonds of matrimony heretofore and now existing between the plaintiff and defendant be dissolved and held for naught.

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 23rd day of November, 1945.

The time prescribed for publication of this summons is once each week for four consecutive weeks. The date of the first publication of this summons is the 26th day of November, 1945.

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

**NOTICE TO CREDITORS**

Notice is hereby given that by order of the County Court in and for the County of Jackson, State of Oregon, duly made and entered on the 23rd day of November, 1945, in the matter of the estate of Rena Hubbard, deceased, Chester A. Hubbard was appointed Executor of the Last Will and Testament of Rena Hubbard, deceased, and all persons having claims against said estate are hereby notified to present the same to the undersigned at the office of FRANK P. FARRELL, 306 Fluhrer Building, Medford, Oregon, properly verified as provided by law, within 6 months from the date hereof.

Dated and first published November 26th, 1945.

CHESTER A. HUBBARD, Executor of the Last Will and Testament of Rena Hubbard, Deceased.

**NOTICE TO CREDITORS**

Notice is hereby given that I have been appointed by the County Court of Jackson County, Oregon, Executrix of the Will of Henry Leland Van Dermark, deceased, and have qualified. All persons having claims against said estate are hereby notified to present them, with proper vouchers, and duly verified, to me at the office of Harry C. Skyrman, 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 December 3rd, 1945.

HAZEL L. VAN DERMARK, Executrix.
Harry C. Skyrman, attorney for Executrix.

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

## Lodge Notices

Stated Meeting Oregon Chapter No. 4, R. A. M., Jacksonville, Ore., Monday evening, Dec. 3, 8 o'clock. Election of officers.
Milton Winn, H. P.

VETERANS OF FOREIGN WARS, Crater Lake Post No. 1833 and auxiliary meets first and third Tuesdays each month at 8 o'clock at the armory.
V. B. Robb, Com.
Adj. E. McFarland.

CRATER LAKE CHAPTER No. 32 R.A.M. at Masonic Temple, Medford, Tuesday, Dec. 4th at 8 p. m. Annual meeting, election and installation of officers. Refreshments.
F. G. MORRIS, H.P.

## BUSINESS DIRECTORY

**Roofing**

ROOF contracting and roof repairs. All types of roofing. Franchised Pabco distributors. Workmanship and materials guaranteed. Time payments. Free estimates. EKERSON PAINT & ROOF STORE, 38 So. Bartlett. Phone 3843.

BUILD UP roofs, coating, free estimate. Years of experience. Work guaranteed. HOWARD L. BARTO, Rt. 1, Box 329, Central Point, Ore.


**Relief At Last For Your Cough**

Creomulsion relieves promptly because it goes right to the seat of the trouble to help loosen and expel germ laden phlegm, and aid nature to soothe and heal raw, tender, inflamed bronchial mucous membranes. Tell your druggist to sell you a bottle of Creomulsion with the understanding you must like the way it quickly allays the cough or you are to have your money back.

**CREOMULSION**
for Coughs, Chest Colds, Bronchitis

**NURSE LOSES FAT SAFELY AYDS WAY**

*Get slimmer without exercise*

Eat starches, potatoes, gravy, just cut down. AYDS plan is safe, sensible, easier. No exercise. No drugs. No laxatives.

Nurse was one of more than 139 persons losing 14 to 15 lbs. average in a few weeks in clinical tests with Ayds Plan conducted by medical doctors.

Delicious AYDS before each meal dulls the appetite. Yet you get vitamins, minerals, essential nutrients in Ayds. Start the Ayds way to lose weight now. 30 day supply of Ayds, $2.25. MONEY BACK on the very first box if you don't get results. Phone 2440

WAINSCOTT'S PHARMACY
Main and Riverside


## 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 PST

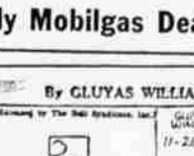
**Monday**

5:00 p.m. O. K. For Release, NBC; Terry and Pirates ABC; News, MBS; Knox Manning, 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; Captain Midnight, MBS.
5:45 p.m. News, CBS; Tom Mix, MBS.
6:00 p.m. Memo to America, ABC; Hoagy Carmichael NBC; Radio Theater, CBS; Gabriel Heatter, MBS.
6:30 p.m. Information Please, NBC; Spotlight Bands, MBS; Pacific Serenade, ABC.
7:00 p.m. Screen Guild Players, CBS; Contented Hour, NBC; Radio Auction Gallery MBS; Theater Guild ABC.
7:15 p.m. Lowell Thomas, MBS.
7:30 p.m. Dr. I. Q., NBC; Thanks to the Yanks, CBS; Lone Ranger, MBS; Re-Union USA, ABC.
8:00 p.m. Supper Club, NBC; Lum and Abner ABC; Michael Shayne, MBS; Jack Kirkwod Show, CBS.
8:15 p.m. Jack Smith Show, CBS; Fleetwood Lawton, NBC; Hedda Hopper, ABC.
8:30 p.m. Caivacade Theater, NBC; Hawthorne House, ABC; Joan Davis, CBS.
9:00 p.m. News, MBS; The Whistler, CBS; Telephone Hour, NBC.
9:15 p.m. Rex Miller, MBS.
9:30 p.m. Vox Pop, CBS; Green Hornett, ABC.
9:45 p.m. Lee Sims Pianist, NBC.
10:00 p.m. Fulton Lewis, NBC; Charlie Chan, ABC.
10:15 p.m. Sherlock Holmes, MBS; Songs by Mary Ann, NBC.
10:30 p.m. Sweetheart Swingtime, NBC. Orch. CBS.
11:00 p.m. News ABC; Orch., NBC; Serenade, CBS.

**TUESDAY**

5:00 p.m. Terry and Pirates, ABC; O. K. For Release, NBC; News, MBS; Knox Manning, CBS.
5:15 p.m. Dick Tracy, ABC; Superman, MBS; Here's Glen Again, NBC.
5:30 p.m. Date With Judy, NBC; Jack Armstrong, ABC; News, CBS; Captain Midnight, MBS.
5:45 p.m. Raymond Swing, ABC; Tom Mix, MBS; News, CBS.
6:00 p.m. Inner Sanctum, CBS; Guy Lomoardo, ABC; Amos and Andy NBC; Gabriel Heatter, MBS.
6:15 p.m. Real Stories, MBS.
6:30 p.m. Fibber McGee and Molly NBC; American Forum, MBS.
7:00 p.m. Bob Hope, NBC; The Ford Show, CBS; Concert Orch., ABC.
7:15 p.m. Overseas Report, MBS.
7:30 p.m. Hildegarde, NBC; Hollywood Preview, CBS; Orchestra, ABC.
8:00 p.m. Supper Club NBC; Lum and Abner, ABC; Jack Kirkwood Show, CBS.
8:15 p.m. Fleetwood Lawton, NBC; Jack Smith Show, CBS; Kenny Baker, ABC.
8:30 p.m. Johnny Presents, NBC; Theater of Romance, CBS; Allan Young Show, ABC; The Falcon, MBS.
9:00 p.m. Big Town, CBS; Glen Hardy News, MBS; Dark Venture, ABC; Atlantic Spotlight, NBC.
9:15 p.m. News, MBS.
9:30 p.m. Hollywood Theater, NBC; Murder Will Out, ABC.
10:00 p.m. News NBC; Charlie Chan ABC; Fulton Lewis, MBS.
10:15 p.m. Leland Stow ABC; His Honor the Barber, NBC.
10:30 p.m. Edwin C. Hill, CBS; Fenneman's Nite Club, ABC; Sweetheart Swing-time NBC.
11:0 p.m. Talks CBS, News, NBC.


**CHUNGKING INN**
At 28 North Front Street
Phone 9132




**WE SERVE**
All kinds of Chop Suey, Chow Mein, Noodles and American Dishes
WATCH FOR OPENING DATE!


## SCOUT RESCUED

North Hollywood, Calif., Dec. 3 — (U.P.) — Charles Maxey, 13-year-old Boy Scout, was recovering today from exposure received while he lay on a cliff ledge for 27 hours with a broken ankle. The boy slipped off a ledge while hiking with other Scouts, and was not rescued until yesterday.

Closing time for Classified Ads 5:30 p. m.—Too Late to Classify 12:15 p. m.


**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

**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 474

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

**DO YOU KNOW?**



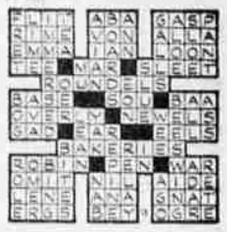
—and you DO KNOW that the all important truck production lines are idle, too! Let's get going and settle our differences as we GO!

**ROGUE RIVER CHEVROLET**


## STRANGE AS IT SEEMS By ERNEST HIX

## Crossword Puzzle

ANSWER TO PREVIOUS PUZZLE



**ACROSS**

1—Varnish ingredient
4—Aleutian Island
8—Small fish
11—Self
12—Groan
13—Only
14—Nancy
15—Annoyed
17—One who plays hockey
19—Gap in mountains
20—Compass point
21—Contest
25—Operatic soprano
27—Bull fighter
28—Prefix: over
29—Condemns
30—High priest
31—Falsa
33—Map
34—One who inflicts retribution
35—Cut wood
36—Prefix: from (pl.)
37—Compulsion
40—Too early
44—Island (Fr.)
45—More unusual
46—Performed
47—Took seat
48—Heavenly body
49—Open (poet.)
50—Mineral spring

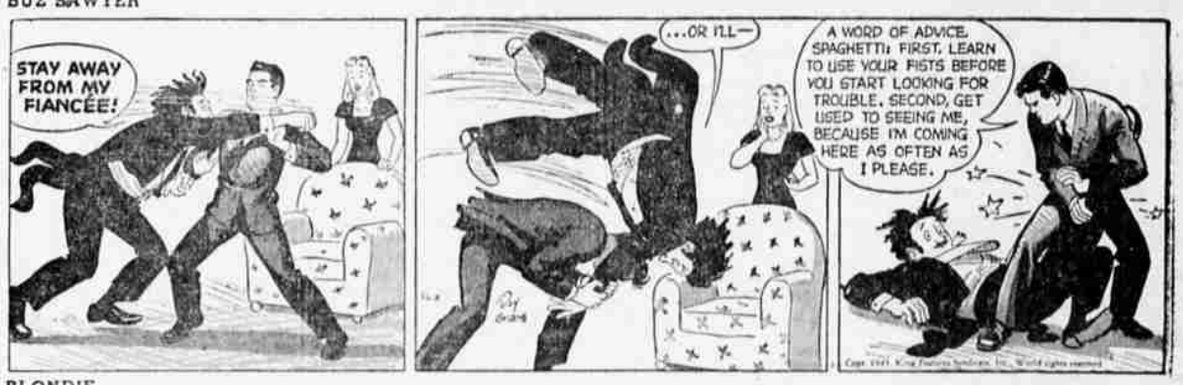
**DOWN**

1—Period of fasting
2—Culture medium
3—Riddle
4—Chemical compound
5—Civil wrong
6—Black liquid
7—Fabulous animals
8—Small spot
9—Beverage
10—Place to sleep
13—Genus of sea animals
16—Books
18—Literary collection
21—Greek mirth god
22—Alpine plant
23—Weight of India
24—The Emerald Isle
25—Association (abbr.)
26—Fruit pigeon
27—Lao-tse disciple
29—Shut out
32—Cutting tool
33—Level of exchange
35—Glove fabric
37—Fall in drops
38—Strike
39—Bristle
40—Prices (abbr.)
41—Rodent
42—Age
43—Japanese herb

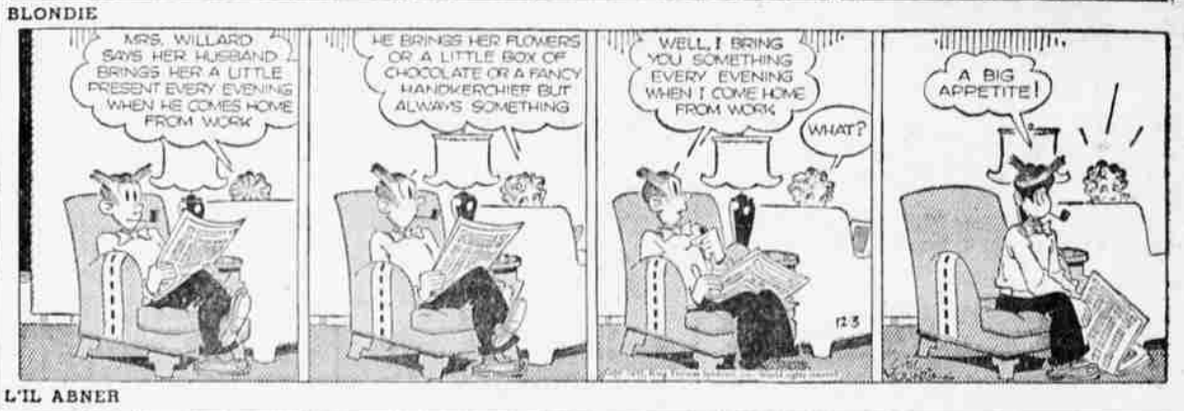
Distr. by United Feature Syndicate, Inc.

BARNEY GOOGLE and SNUFFY SMITH

BUZ SAWYER




BLONDIE




L'IL ABNER

THE NEBBS

**"INFORMATION PLEASE"** NBC TONIGHT 6:30 P.S.T.

GUEST TONIGHT
☆
Commander Douglas Fairbanks, Jr.

SPECIAL REWARD: If any member or former member of the Armed Forces submits a question to "Information Please" in the next three months, and that question is used, he will receive a $50 Victory Bond instead of the usual $10 in Victory Stamps.

PRODUCED BY DAN GOLENPAUL

Sponsored by your Friendly Mobilgas Dealer


THE WORLD AT ITS WORST By GLUYAS WILLIAMS

**DANCE TONIGHT**
DON SIGLOW BAND
Returning by popular request with our favorite singer—Larry

**Take-It-Easy Lodge**
Famous for Steak and Chicken Dinners
Phone 24-F-2 Grants Pass
Mac and Anne — Closed Fridays