

Your Health and It's Care

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

TO OUR DRUGGISTS HI-YA

It was my intention to entitle this tirade "Apology to the Druggists"—but, honestly, it seems as though I have been apologizing to one group after another these many years and who ever apologizes to me?



Dr. Brady

This inquiry from a reader, however, make me feel as humbled of some of the cracks I have taken at druggists in general. The lady writes:

"In purchasing iron and ammonium citrate I was informed by pharmacist that the dosage by teaspoonful from solution as you describe, i.e., 1 oz. crystals dissolved in 2 1/2 oz. water (taken in glass of water three times a day) would be dangerously over-strong."

I have never described such a strong solution as this reader evidently believes I described. The pharmacist is right about that.

And that misunderstanding or similar confusion probably accounts for most of the quarrels our readers contrive to stir up between the druggists and the so-and-so who conducts this column.

Here is the way to prepare the iron tonic as I describe it in the booklet "Blood and Health"—for copy of the booklet send ten cents and stamped self addressed envelope:

Purchase from the druggist 4 ounces of iron and ammonium citrates, otherwise called citrate of iron and ammonia, ammonio-ferric citrate, Ferri et Ammonii Citras, USP and BP. This is not two items, but a single substance. It comes in thin, transparent, garnet-red scales or granules or sometimes brownish scales or granules, but not green.

Put the entire quantity in a pint bottle. Fill the bottle with boiled water after the water has cooled a bit.

There you have it, ready to take. Take a teaspoonful of the tonic, in one-fourth glassful of water, straight or, if you prefer, flavored with fruit juice, honey or syrup, after food three times a day.

A teaspoonful of the iron tonic contains about 15 grains of iron and ammonium citrates contains approximately 2 1/2 grains of iron. So you see, you take only 7 or 8 grains of iron a day when you take a teaspoonful of this iron tonic three times a day.

Of course a healthy person requires only about one-fourth of a grain of iron a day to supply normal daily nutritional requirements. An anemic person requires much more.

Again, only a fraction of the iron taken as medicine, no matter whether it be organic or inorganic, mineral or vegetable, in liquid or solid form, is assimilated. Most of the iron combines with sulfur compounds in the alimentary canal and is not absorbed at all.

QUESTIONS & ANSWERS Stop Thief Large druggists here in the Midwest offers "Dr. Brady's Iodine Tablets" but... Answer—Piracy. That druggists is

PIMPLES Disappeared Overnight Blackheads, Too, Went Fast You, it is true, there is a safe, non-irritating liquid called... WAINSCOTT'S PHARMACY 400 E. Main. Phone 2440

SINUS, CATARRH SUFFERERS FIND CURB FOR MISERY DUE TO NASAL CONGESTION Supply Rushed Here—Sufferers Relieved

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

On the Radio Chain

Chain affiliation and where they are on the dial. KAX (ABC) 1330; Portland KEX (ABC) 1190; Portland KGO (ABC) 810; San Francisco; KGW (NBC) 630; Portland; KJR (ABC) 1090; Seattle; KNX (CBS) 1070; Los Angeles; KOA (NBC) 830; Denver; KOIN (CBS) 970; Portland; KQW (NBC) 950; Seattle; KPO (NBC) 680; San Francisco; KSL (CBS) 1160; Salt Lake City.

FRIDAY

5:00 p.m. Terry and Pirates, ABC; O.K. For Release, NBC; News, MBS; 5:15 p.m. Dick Tracy, ABC; Supermarket, 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, MBS; 6:00 p.m. Famous Jury Trials, ABC; Gaiety Theater, MBS; People Are Funny, NBC; 6:15 p.m. Real Life Stories, MBS; 6:30 p.m. Waiter Time, NBC; Those Who Suffer, CBS; The Sheriff, ABC; Spotlight Bands, MBS; 7:00 p.m. Mystery Theater, NBC; Sports Cavalcade, ABC; Durante and Moore Show, CBS; 7:15 p.m. News, MBS; 7:30 p.m. Listening, CBS; Lone Ranger, MBS; Bill Stern, NBC; Johnnie Russell, ABC; 8:00 p.m. Man of the Hour, CBS; Super Club, NBC; Blind Date, ABC; 8:15 p.m. Fleetwood Lawton, NBC; Jack Smith Show, MBS; 8:30 p.m. This is Your F. B. I., ABC; 9:00 p.m. Night Editor, NBC; Ambassador Hotel, ABC; News, MBS; Aldrich Family, CBS; 9:15 p.m. Kate Smith Hour, CBS; News, ABC; Three Sons, NBC; 9:45 p.m. Harry James Orchestra, MBS; 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; Sunset Serenade, CBS.

Saturday

5 p.m. Woody Herman, ABC; Now Take My Case, NBC; Symphony Strings, MBS; 5:30 p.m. Man From G-2, ABC; Cosmo Tune Company, MBS; 5:45 p.m. News, CBS; Elmer Peterson, NBC; 6:00 p.m. Barn Dance, CBS; Man Named CBS; 6:30 p.m. Can You Top This?, NBC; Boston Symphony, ABC; That's a Good Girl, CBS; 6:45 p.m. Saturday Serenades, CBS; 7:00 p.m. Judy Canova, NBC; Hooper Hoop, ABC; 7:15 p.m. Report to the Nation, CBS; 7:30 p.m. Grand Old Opry, NBC; Red Hot MBS; Dick Tracy, ABC; 8:00 p.m. Labor USO, ABC; Truth or Consequences, NBC; Dick Haymes, CBS; 8:30 p.m. Life of Riley, NBC; Saturday Senior Swing, ABC; Mayor of the Town, CBS; Chicago Theater of the Air, MBS; 9:00 p.m. Gang Busters, ABC; Hit Parade, CBS; News, MBS; Adventures of Bill Lacey, NBC; 9:15 p.m. Dream Boat, MBS; 9:30 p.m. Orchestra, MBS; Three Sons, NBC; 9:45 p.m. Don't You Believe It, CBS; Lee Sims Pianist, NBC; 10:00 p.m. News, NBC; Kay's Kanteen, ABC; 10:15 p.m. Paul Carson, ABC; 10:30 p.m. Hollywood Barn Dance, CBS; 10:45 p.m. Orchestra, NBC; 11 p.m. Talks, CBS; News, ABC; Orchestra, NBC.

LEGAL NOTICES

NOTICE TO CREDITORS IN THE COUNTY COURT OF THE STATE OF OREGON, FOR JACKSON COUNTY, IN THE MATTER OF THE ESTATE OF HOWARD L. MORRISON, also known as H. L. MORRISON, deceased.

NOTICE IS HEREBY GIVEN that the county court for Jackson County, Oregon, has appointed me administrator of the estate of HOWARD L. MORRISON, also known as H. L. MORRISON, deceased. All persons having claims against said estate are hereby required to present the same with proper vouchers within six months from this date at the offices of Neff & Frohnmayer, Cooley Theatre Building, Medford, Oregon.

Dated: November 23, 1945. HUGH B. COLLINS, Administrator.

Notice to Creditors IN THE COUNTY COURT OF THE STATE OF OREGON IN AND FOR THE COUNTY OF JACKSON. In the Matter of the Estate of FREDERICK WILLIAM GRAY, Deceased. NOTICE IS HEREBY GIVEN

that the undersigned has been duly appointed by the County Court of the State of Oregon in and for Jackson County as the Administrator of the estate of the said Frederick William Gray (sometimes known as Frederick W. Gray), Deceased, and has duly qualified as such.

All persons having any claim against the estate of the said decedent are hereby directed to present same, duly verified as by law required, to F. J. Newman, attorney for said estate, at his office, in the Craterian Building, in Medford, Oregon, within six months from the date of the first publication of this notice.

Dated and first published this 7th day of December, A.D. 1945. PEARL N. GRAY, Administratrix of the Estate Frederick William Gray, Deceased.

CITATION IN THE COUNTY COURT OF THE STATE OF OREGON FOR JACKSON COUNTY, IN THE MATTER OF THE ESTATE OF CLARENCE M. MARTIN, Deceased.

To NORA WEYAND, GERTRUDE LANE, MAE PETERSEN; and to all other devisees and heirs unknown of CLARENCE M. MARTIN, Deceased; and WILLIAM MARTIN (also known as Will Martin) deceased.

Beginning at a point 1527 feet north and 416 feet east of the Southwest corner of D.L.C. No. 55, Township 38 South, Range 1 West of the Willamette Meridian, in Jackson County, Oregon, running thence East 220 feet; thence North 100 feet; thence West 220 feet; thence South 100 feet to the place of beginning, containing one-half acre, more or less; saving and reserving from the above a strip of land 20 feet in width off the west end of said premises for road purposes;

Also beginning at a point 1527 feet north and 436 feet east of the Southwest corner of D.L.C. No. 55, Township 38 South, Range 1 West of the Willamette Meridian, Oregon; running thence East 11 feet; thence South 3 feet; thence West 11 feet to the place of beginning; as prayed for in the Petition on file herein.

The date of the Order for Publication of this Citation is November 20th, 1945. The time prescribed for publication of this Citation is four consecutive weeks. The date of the first publication of this Citation is November 23rd, 1945.

G. R. CARTER, Clerk of the above entitled Court.

By NYDAH NEIL, Deputy.

SUMMONS FOR PUBLICATION IN THE CIRCUIT COURT OF THE STATE OF OREGON, FOR JACKSON COUNTY, JACKSON COUNTY, a political subdivision of the State of Oregon; Mike L. McLin and Millie J. McLin, husband and wife; and Emerson H. Allen and Laura E. Allen, husband and wife,

Plaintiffs, vs. Ora Mae Thompson and John Doe Thompson, wife and husband; Luke Ryan and Ethel Ryan, husband and wife; the unknown heirs of Ora Mae Thompson and of John Doe Thompson, deceased; also all other persons or parties unknown claiming any right, title, estate, lien or interest in the real estate described in the complaint herein.

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

SUBURBAN HEIGHTS By GLUYAS WILLIAMS



whatever, in, to or upon said real property of any part thereof; and that plaintiffs' title to said premises be forever quieted and set at rest.

This summons is published in accordance with an order of the Honorable H. K. Hanna, Judge of the above entitled Court, dated November 21st, 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 November 23, 1945.

Defendants. To each and all of the above named defendants: IN THE NAME OF THE STATE OF OREGON; you and each of you are hereby required to appear and answer the complaint on file against you in the above entitled Court; and cause, on or before four (4) weeks from the date of the first publication of this Summons; and if you fail so to appear and answer said complaint, or otherwise plead thereto, within said time, for want thereof, the plaintiffs will apply to the Court for the relief demanded in the complaint, succinctly stated as follows:

That a decree be entered adjudicating any and all right, title, estate, lien or claim which you, or any of you, have or claim to have in, to or upon the following described real property, situated in Jackson County, Oregon, to-wit: Commencing at the intersection of the center line of Peach Street with the center line of Stewart Avenue, in the City of Medford, Jackson County, Oregon, said point bears West 1328.27 feet, more or less, from the Northwest corner of D. L. C. No. 85, in Township 37 South, Range 2 West of the Willamette Meridian; thence North 30 feet; thence East 104.18 feet for a point of beginning; thence East 180.0 feet along the North line of Stewart Avenue; thence North 141.83 feet; thence West 180.0 feet; thence South 141.83 feet to the point of beginning; and decreeing any and all such claims to be null and void, and decreeing that the plaintiff, Jackson County, is the owner in fee simple of said real property.

Subject only to the interest of the plaintiffs, Mike L. McLin and Millie J. McLin, by virtue of a contract of sale from the plaintiff, Jackson County, and to the interest of the plaintiffs, Emerson H. Allen and Laura E. Allen, by virtue of an assignment of said contract of sale from the plaintiffs, Mike L. McLin and Millie J. McLin, free and clear of any and all right, title, estate, lien or interest of said defendants, or any of them; and 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 them, be forever restrained and barred from asserting, attempting to establish, or claiming, any right, title, estate, lien or interest

ROGUE RIVER LODGE Delicious Dinners Cocktail Lounge—Dancing Open Every Night Except Sundays 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

WASHING MACHINE REPAIR FOR ALL MAKES Also Refrigeration Service Younger's Appliance 31 N. Bartlett Phone 2419

POISON OAK? Try a bottle of ZEMACOL You must be satisfied or your money cheerfully returned. Get a bottle today at WESTERN DRUGIST

of this summons is November 23, 1945. GLENN O. TAYLOR, Attorney for plaintiffs, Post Office Address: 126 East Main Street, Medford, Oregon.

Opening Under New Management SATURDAY Coy's Cafe GOLD HILL Featuring Chicken Dinners MAY ALDERDYCE, Mgr.

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

STRANGE AS IT SEEMS By ERNEST HIX



BARNEY GOOGLE and SNUFFY SMITH



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DO YOU KNOW? The LAST new passenger car was produced in 1941. We still cannot deliver the FIRST new 1945 CHEVROLET. ROGUE RIVER CHEVROLET

Crossword Puzzle

ACROSS 1-Word 2-White 3-A snaking 12-Paragon 13-Book of Psalms 17-Pronoun 18-Hall 20-Aspiratic rulers 21-Late humorist 22-Sober 24-Souper than 25-Hint 26-Looked steadily 28-Strain 30-Self (foot.) 31-Feeding organ 32-Brave 33-Shackie 34-Blag 35-Greek letter 41-Old's name 42-Sage 43-Lures 45-Over there 46-Public scoldie 47-Blimp 48-Point (abbr.) 50-Frills 52-Escapee 54-Active person 55-By memory (sl.)

DOWN 1-Military commission 2-French article 3-Ampere (abbr.) 4-Form of 'no do' 5-Wiped out 6-Bishop's hat 7-Lyrics poem 8-Over (post.) 9-Child's word for father 10-Skida 11-Cafe 12-Meat dishes 13-Household god 14-Orillation 21-Henly 23-Upright 25-Box 27-Pipe Joint 28-Small bottle 29-Greased 30-Deities 31-Site 32-Abounds 33-It is (cont.) 34-Comn 43-Storage compartment 47-Took food 48-11 49-Neatly 53-Prent: down

