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.

DEFECTIVENESS AND DRINKING

Dr. Brady

Entirely apart from mental defect or deficiency and the low intelligence quotient of the individual, which are prime factors of addiction to alcohol, purely physical deficiencies or weaknesses, which may not be apparent to the casual observer, contribute to the desire or craving for alcohol.

Especially important, I believe, and generally ignored or not recognized as contributary to alcoholic indulgence, are (1) common nutritional deficiencies and (2) the common physical weaknesses associated with faulty development of the body.

The common nutritional deficiencies are mainly calcium and phosphorus shortage, vitamin D shortage, inadequate intake of vitamin B-complex, insufficient iodine, throughout early childhood and early youth.

The physical deficiencies or weaknesses are general flabbiness, poor or fatigue posture, spinal curvature, pronated feet weak ankles, potential flatfoot) and other developmental imperfections due to the utter neglect of physical education and training in our common schools. If the public school system anywhere in the country gives physical education a place in the curriculum equal with the place given, say, English or arithmetic, I have not heard of it and I'll be delighted to learn about it.

If a child or youth has any such physical deficiency or weakness he or she is keenly aware of it. A narcotic such as alcohol lowers or for a brief interval makes him or her less aware or unaware of his or her inferiority to others.

The various functional weaknesses or impairments due to nutritional deficiences are mostly not apparent to the casual observer, often, indeed, not even to the physician making a routine physical "checkup," but the child or youth himself is conscious of the weakness, you may be sure. He or she has learned by experience just how his or her speed, agility, wind, skill and all-round physical condition rates in comparison with the best of his or her companions or associates. Once the young person becomes thus aware of his or her weakness or inferiority, the young person has an inferiority complex.

Hence I say our quaint American educational system is partly responsible for the cultivation of the drinking habit in youth. Physical education gets small consideration in our grammer and high schools. Pupils are regularly graduated from schools where a swimming pool is provided, although they can't swim. Thru connivance of teachers, parents and too often the unprincipled physician, these youngsters are "excused" from gymnasium classes and swimming classes.

Where the majority of the group or gang are precocious, sophisticated in worldly ways it requires a certain amount of self-confidence for a boy or girl to decline to take just a little drink with them—and a boy or girl who has had no physical training is unlikely to have much self-confidence. His or her inferiority complex makes the first drink too easy.

QUESTIONS & ANSWERS

Watering at Nose

Nose has been running water for years—first it seems all thick and stuffy and then runs water for hours and then it is clear for the rest of the day. This happens usually early in the day. (I. C.)

Answer—Perhaps manifestation of allergy. Send stamped self-addressed envelope for pamphlet "Relief for Allergy". Inclose ten cents in addition if you would like also the booklet "The Calcium Shortage." Calcium deficiency, I believe, is a common cause for such trouble.

Tired and Sleepy

Tired and sleepy most of time. Husband says I must have been born tired. Have poor memory, 33 years old. Three children. Don't feel like doing anything—can't even enjoy a movie because I am too tired and sleepy. Nose feels stopped up all the time. Skin and hair dry.

(Mrs. C. R. G.)

Answer—Send stamped self addressed envelope and ask for pamphlet "The Iodin Ration."

(Copyright 1945, John F. Dille Co.)

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) 830, Denver KOIN (CBS) 970, Portland, KOMO (NBC) 950, Seattle, KPO (NBC) 680, San Francisco, KSL (CBS) 1160, Salt Lake City.

Time Shown is PST

FRIDAY

5:00 p m. Terry and Pirates, ABC; O. K. For Release NBC; News, MBS
5:15 p m Dick Tracy, ABC; Super man, 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
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; Sports Cavalcade, ABC; Durante and Moore Show, CBS
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; Blind Date, ABC
8:15 p m Fleetwood Lawton, NBC; Jack Smith Show, CBS
8:30 p m This Is Your F. B. I., ABC; Hercule Poirot, MBS
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 Orch, 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; Symphonie 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, NBC; Man Named Jordan, CBS
6:30 p m Can You Top This?, NBC; Boston Symphony, ABC; That's a Good Idea, CBS
6:45 p m Saturday Serenades, CBS
7:00 p m Judy Canova, NBC; Hoosier Hop, ABC
7:15 p m Report to the Nation, CBS
7:30 p m Grand Old Opry, NBC; Red Ryder, 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 Lance
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

PIMPLES Disappeared Overnight

Blackheads, Too, Went Fast

Yes, it is true, those ugly, unsightly pimples and blackheads can disappear overnight as it acts to loosen and remove ugly blackheads. Those who followed simple directions and applied Kleerex upon retiring were amazingly surprised when they found their pimples and blackheads had disappeared. Those users enthusiastically praise Kleerex and claim they are no longer embarrassed and are now happy with their clear complexions. Use Kleerex. If one application does not satisfy, you get double your money back. Ask for Kleerex today, sure.

WAINSCOTT'S PHARMACY
400 E. Main. Phone 2440

Closing time for Classified Ads 8:30 a.m.—Too Late to Classify 12:15 p.m.

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 Myrtle W. Blakeley, 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 November 23rd, 1945.

ETHA W. WALL,
Administrator.

HARRY C. SKYRMAN,
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 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.

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,

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, claim 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 whatsoever, 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.

GLENN O. TAYLOR,
Attorney for plaintiffs,
Post Office Address:
126 East Main Street,
Medford, Oregon.

Summons For Publication

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

WILLIAM W. MITCHELL, also known as WM. W. MITCHELL and ROSE B. MITCHELL, husband and wife, Plaintiffs, vs. MARGARET O. HAMILTON and JOHN DOE, husband and wife; JANET HAMILTON a single person; MILDRED A HAMILTON, a single person; SHERWOOD L. HAMILTON and VIVIAN E. HAMILTON husband and wife; WALTER H. JONES; DON R. NEWBURY, Trustee; 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 property described in the complaint herein, Defendants.

TO EACH AND ALL OF THE ABOVE DEFENDANTS; EXCEPT THE DEFENDANTS WALTER H. JONES AND DON R. NEWBURY:

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 his 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 them, 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:

The southwest quarter of the southwest quarter, sec. 27; the southeast quarter of the southeast quarter, Section 28, Township 35 South, Range 1 West, W. M.

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 plaintiffs herein be decreed to be the owners, 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 them, 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 plaintiffs' 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 29th day of November, 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 30th day of November, 1945.

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

IS HUSBAND'S COLDNESS YOUR FAULT?

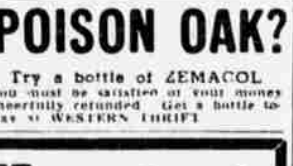
WHY TAKE CHANCES with your happiness? Thousands of women who suffered the torment of marital uncertainty are grateful for their discovery of CERTANE Douche Powder. This refreshing, delightfully fragrant powder effectively removes embarrassing vaginal odors. CERTANE cleanses and soothes sensitive tissues, as it deodorizes. Leaves no medicinal odor. Make sure you do not offend. Don't be uncertain another day. Don't risk your most precious blessing your husband's love for you. Start now. Free yourself of doubt and worry by protecting your feminine charm and daintiness. Ask your druggist for CERTANE Douche Powder today. Must give complete satisfaction or your money back.

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 47x

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

CHICKEN and STEAK DINNERS
KING'S CAFE
Owned by OTTO and WAVE KING
Highway 99 at Talent
Come Out and See the Bears

Have you heard Southern Pacific's New "MAIN LINE" Show ? ? ? ?



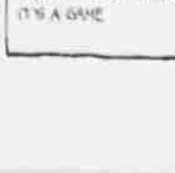
You'll never guess the way tonight's story ends

KMED 9 P. M.

Interior and Exterior
PAINTING
PAPER HANGING
Work Guaranteed
CALL 2419
Younger's Appliance
DUTCH BOY PAINTS
31 N. Bartlett

POISON OAK?
Try a bottle of ZEMACOL you must be satisfied or your money cheerfully refunded. Get a bottle today at WESTERN THRIFT

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

DO YOU KNOW?

the real reason for all the delay in new car and truck production! DO YOU want this sort of thing now?

ROGUE RIVER CHEVROLET

STRANGE AS IT SEEMS By ERNEST HIX

Crossword Puzzle

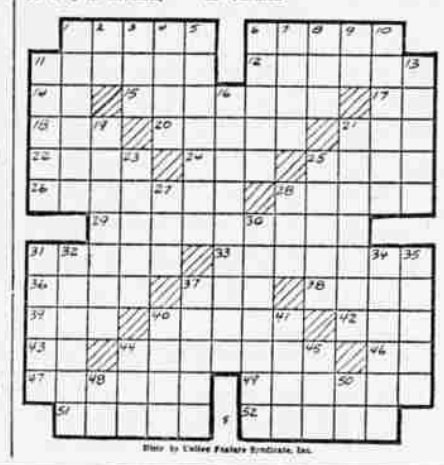
ANSWER TO PREVIOUS PUZZLE

ACROSS

1—Grasp
6—Bay window
11—Town in Prussia
12—Noted opera singer
14—Correlative of either
15—City in Washington
17—Depart
18—Choose
20—Soup
21—Louis
22—Persian elf
24—Cozy retreat
25—Mexican farmer
26—City in Germany
28—Large antelope
29—Native of Glasgow
31—Terse
33—Haughtiness
36—Sole
37—Ground moisture
38—Medieval serf
39—Practice
40—Earliest
42—Label
43—Night (abbr.)
44—Officers of ships
46—Exist
47—Leave
49—Relate again
51—Parrot's name
52—Fashion

DOWN

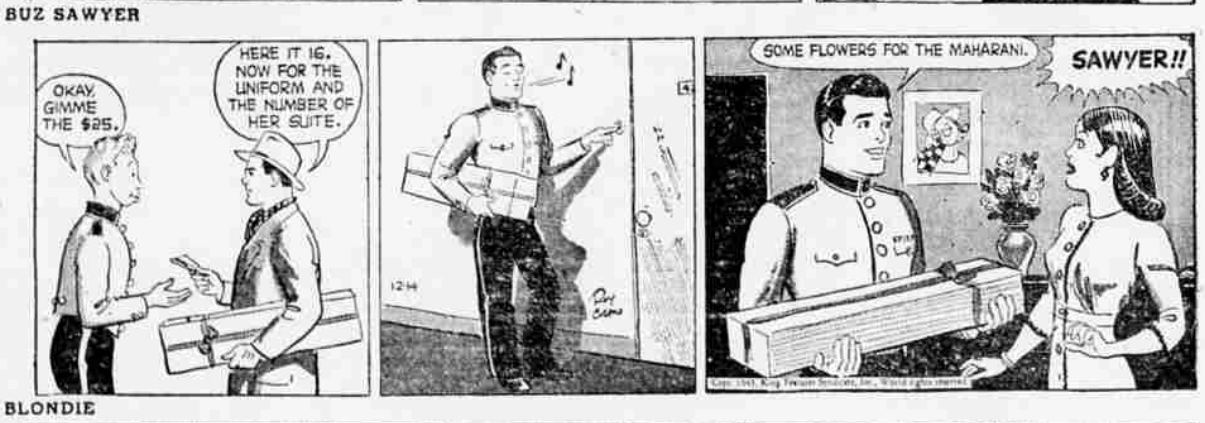
1—Form of rug
2—Loads (abbr.)
3—Fool
4—Leak slowly
5—Praise
6—Frequently
7—Breathe noisily
8—Rage
9—Comparative ending
10—Body of water
11—Chicken houses
13—Globular
16—Large wooden platters
19—Railway bridge
21—Thinnest
23—Irritating
25—Food holder
27—Plaything
28—Flightless bird
30—Large ropes
31—Thrush
32—Part of foot
34—Incapable
35—Revolutionist
37—Soiled
40—Roll up and secure
41—Allowance for waste
44—Chum
45—Pigpen
48—Italian river
50—Raised railway



Distr. by United Feature Syndicate, Inc.

BARNEY GOOGLE and SNUFFY SMITH

BUZ SAWYER



BLONDIE

L'IL ABNER

THE NEBBS

GOOD-NIGHT KISS

By GLUYAS WILLIAMS