

# 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.

## SO YOU CAN'T CHEW?

Next to the correction of the nutritional deficiencies—adequate amounts of the minerals and vitamins essential for good nutrition of teeth, gums, sockets, jaw bones and muscles used in chewing, restoration of that function or as much of it as may still be possible to restore—is the most important part of the treatment of pyorrhea. Remember, please, I use this term "pyorrhea" not in any limited sense but as a general name for the degeneration of teeth, gums, tooth sockets, jaw bones, the deterioration in these tissues which dentists call by various names in different stages of the trouble.

The function of mastication, chewing food, itself tends to keep these tissues in a healthy condition. Ice cream, syrup, lady fingers, blanc-mange and pop are easy to eat, whether you are hungry or not, without the trouble of mastication, and if you stop to think about it your refined modern diet is largely made up with such easy-to-eat items—they contribute plenty to calories but little or no minerals or vitamins.

Please don't interrupt to tell me you can't eat such coarse, rough foods as plain wheat, oatmeal, brown or wild rice, raw cabbage, raw carrots, raw turnip and the like, because your teeth are not good enough. That's a matter to discuss with your dentist, even at this late date. If you have chosen to stagger along with a number of teeth missing or in need of repair, that's your funeral. My job is to teach people how to keep well. For years I have been screaming at you about this, but you have paid no attention. There is one way to save your teeth when they begin to go—prompt and thorough treatment by your dentist.

In my files are numerous testimonials written by people who have followed a suggestion often given in this column—to keep on hand a supply of plain wheat and use it in the daily dietary of the family. In a pamphlet "Wheat to Eat", available on written request if you inclose 10 cents and stamped self-addressed envelope, I give the reasons why plain wheat should be so used in every home, and ways to use it. Incidentally I suggest here that it is an excellent habit for any one, young or old, to chew a handful of plain wheat every day, especially for any one who is in the habit of chewing something else.

After you have chewed a mouthful of wheat for a while it becomes gum, you know.

**QUESTIONS & ANSWERS**  
Tuberculosis from clothes that were worn by one from the disease? (L. G.)  
Answer—Ordinary washing and ironing, or dry cleaning, or if the garment cannot be laundered or dry cleaned, just an airing in the sun for a day, makes it perfectly safe for any one to wear. Ordinary laundering takes care of nightclothing, lingerie, bed linen. In fact the cloth-

Butte, Mont., came into being as a silver camp, but gained renown as "The Richest Hill on Earth" through production of copper.

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Try a bottle of ZEMACOL.  
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**KING'S CAFE**  
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**Best Dry Cleaning**  
CAN GIVE YOU  
**Acme Dry Cleaners**  
1728 North Riverside  
Phone 4263 Jack Thurman, Owner

made on the 20th day of December, 1945.

The last day for appearance is the 18th day of January, 1946.

**GUS NEWBURY**  
Attorney for Plaintiff.  
U. S. National Bank Bldg., Medford, Oregon.

**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 Administratrix 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.  
**O. H. BENTSON**,  
Attorney for Plaintiff.  
128 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 file therein against you within four (4) weeks from the date of the first publication of this Summons upon you, which is the 21st day of December, 1945, and if you fail to appear and answer within the time required, for want thereof, the plaintiff will apply to the Court for a decree of divorce from you.

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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

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Dine-Dance-Refreshments  
Chicken and Steak Dinners  
Most Unique Place in So Ore  
CLOSED MINDAYS  
Thursdays Private Parties Only  
For Reservations Ph. Gold Hill 474

## STRANGE AS IT SEEMS By ERNEST HIX



## BARNEY GOOGLE and SNUFFY SMITH



# DO YOU KNOW?

There is seldom a misunderstanding—usually it is a LACK OF UNDERSTANDING. When we fail to try to understand the other fellow and his problems, we fail in our service to the public. UNDERSTANDING between industry and labor now would meet public approval and render the service needed.

## ROGUE RIVER CHEVROLET

## Crossword Puzzle

ANSWER TO PREVIOUS PUZZLE

1	2	3	4	5	6	7	8	9	10	11
12	13	14	15	16	17	18	19	20	21	22
23	24	25	26	27	28	29	30	31	32	33
34	35	36	37	38	39	40	41	42	43	44
45	46	47	48	49	50	51	52	53	54	55

ACROSS  
1—Orientation  
2—Bony food  
3—Winged  
4—Doing  
5—Scandinavia  
6—Porrus  
7—Sudden thrush  
8—Open-ribbed cabinet  
9—River in France  
10—Rooster's head  
11—Dietary call  
12—Long-legged bird  
13—Report  
14—Clit's name

DOWN  
15—One of barbarous people  
16—Tree  
17—Warty  
18—Took food  
19—Also  
20—Dactyl  
21—Democetes  
22—Chase hominy  
23—British garden  
24—Green island  
25—Small wild ox  
26—Old horse  
27—Part of "to be"  
28—Wright of Asia  
29—The Testmaker  
30—Bare  
31—Other

1—Poa shells  
2—Welcome  
3—Sons of Israel  
4—West Point student  
5—Chum  
6—Drug source  
7—Copied  
8—Fencing garment  
9—Score of German defeat  
10—It's to the center of your face  
11—Ripen  
12—Scurvy (abbr.)  
13—Noah's boat  
14—Subject of Hatle  
15—Body of water  
16—Bringing to an end  
17—Edible tuber  
18—Sultan  
19—Male turkey  
20—Follow closely  
21—Cure leather  
22—Irritate  
23—Nevada  
24—Separation center  
25—Dutch cheese  
26—A star  
27—Painful  
28—Business transaction  
29—Flk Grimsy

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We Serve Fine Foods  
Chinese & American Dishes  
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4 P. M. to 2 A. M.  
SAT. 4 P. M. to 4 A. M.  
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If you have a CAR or TRUCK to sell, we advise selling it now.

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Weight 85 lbs. Price \$585.00  
IS ON DISPLAY AT THE  
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ALSO ON DISPLAY WILL BE THE  
New Universal 1-Man Chain Saw  
Weight 40 lbs. Price \$395.00

Both Saws Are for Immediate Delivery  
Anyone Desiring Demonstration Call or Leave Address  
Demonstrator Will Be Here 3 Weeks  
PUBLIC DEMONSTRATION HELD SAT., DEC. 22  
AND SUN., DEC. 23 AT THE  
**MEDFORD SAW SHOP**

## WINTER WEAR

By GLUYAS WILLIAMS

EYES LAYING OF SWEATERS AND LEGGINGS OF HIS COLD WEATHER OUTFIT WITH GREAT DISFAVOR  
DECIDES IT WON'T BE HARD TO TAKE THINGS OFF, BUT IS SO BULKY WITH SWEATERS CAN'T GET HIS HANDS DOWN TO HIS FEET  
CAN'T EVEN GET HIS ARMS UP HIGH ENOUGH TO PULL HIS HAT OFF  
MANAGES TO PULL MITTENS OFF BY USING TEETH, BUT UNABLE TO USE THEM AS THEY ARE PINNED TO COAT  
TRIES TO CREEP BUT IS SO BULKING WITH CLOTHES CAN'T MOVE AROUND VERY WELL  
DECIDES THERE ISN'T MUCH HE CAN DO BUT WAIT FOR WARM WEATHER

## BLONDIE

## L'IL ABNER

## THE NEBBES

## HER COURSE!

## BOO HOO HOO

## CONFOUND THAT TIGER!

## A FEW MINUTES LATER

## NEXT DAY - BROADWAY

## TEE HEE