

## Your Health and It's Care

By DR. WILLIAM BRADY M.D.

Readers should address inquiries to: Dr. William Brady, 285 El Camino Beverly Hills Calif.

### IT ISN'T THE HEAT—IT'S THE ARIDITY

Nearly as trite as "Hot enough for you?" is the expression "It isn't the heat, but the humidity." True, but in the east a mid-summer temperature of 90 degrees is generally oppressive and hard to endure. In the southwest it is difficult to believe the temperature is above 90 unless one reads the thermometer, because of the aridity. Hot moist air is hard to endure for the simple reason that the cooling system of the body does not function so efficiently when the atmosphere is already heavily laden with water vapor. The sweat remains as liquid on the skin or in the clothing. If the air is drier the sweat can evaporate more rapidly, and that keeps the body reasonably cool and comfortable.

Incidentally the only important purpose or function of sweating is to cool the body. Sweat is practically nothing but salt and water. No "toxic" or poisonous matter and no waste matter, or not enough to be significant in any circumstance, is excreted through the skin or in the sweat.

Aridity or dryness makes the hottest weather comparatively pleasant, day and night, in the Southwest, compared to that is, with the discomfort of extremely hot weather in the Northeast.

In the great indoor Sahara, however, most of the wear and tear on skin, mucous membranes and dispositions is directly due to the extreme dryness of the air, no matter what method of heating may be used. Circulating hot water or steam radiators, hot air furnace or stove, while heating the house or apartment up to 70, more or less, dries the air out to an extreme degree—makes it drier than the driest desert air. It doesn't matter whether the fuel employed is coal, wood, oil or gas.

Occupants of the house or apartment have the choice of providing water vapor to condition the heated atmosphere or having it taken out of their skin, mucous membranes and disposition.

The winter complaints of chapped, cracked, rough, reddened skin, chapped and cracked lips, irritable throat, nose, throat and sinus trouble are some of the more familiar effects of aridity.

In the pamphlet "Air Conditioning" (for copy send stamped self addressed envelope—but no clipping, please) I tell how to provide water vapor constantly during the season of artificial heating—for one room or an entire house or other building.

Keeping a pan or basin of water on stove or radiator or register is a gesture in the right direction, but in order to achieve even a fair degree of humidity you must evaporate at least a gallon of water daily in each small room.

### QUESTIONS & ANSWERS

**Mr. Tom:**  
Please send me that little yellow pamphlet of yours on "The Hair." I've lost mine (A. M. G.).  
**Answer:**—The photographer—one of those fellows with a lot of hair and little else on his mind—sneaked up on me when I sat for my portrait. Then he said "Maybe you had better brush your hair—sit there by the mirror." I looked around and said "What mirror?" I suppose he pulls that one on every good sucker. For copy of the booklet, "The Hair and Scalp" send ten cents and stamped self addressed envelope. It deals with thinning and falling hair, baldness, dandruff, premature graying, superfluous hair, company, etc.  
**Hard to Digest Foods:**  
Can you give me a list of hard-to-digest foods? What can I take to relieve burning, gas and bloating?  
(K. W.)

## Tip On Night Coughing

Modern Way Relieves Colds-Irritation, Eases Coughs, Invites Restful Sleep

Now when a cold causes irritation or head stuffiness that leads to night coughing, just do this at bedtime... Rub throat, chest and back with Vicks VapoRub. Results are so very good because VapoRub...

Penetrate to cold-irritated upper bronchial tubes with special, soothing, medicinal vapors. Stimulates chest and back surfaces like a warming poultice. Then For Hours VapoRub's special action keeps on working to soothe the cold-irritated throat, invite restful sleep.

Only VapoRub gives you this special penetrating stimulating action that brings such grand comfort. So be sure you get the one and only VICKS VAPORUB.

### On the Radio Chain STATIONS

Chain affiliation and where they are on the dial:  
KALE (MBS) 1330, Portland  
KEX (ABC) 1390, Portland  
KGO (ABC) 810, San Francisco  
KJAZ (NBC) 620, Portland  
KJL (ABC) 1080, Seattle  
KNA (CBS) 1010, Los Angeles  
KOA (NBC) 830, Denver  
KOB (CBS) 810, Portland  
KUMJ (NBC) 550, Seattle  
KPO (NBC) 630, San Francisco  
KSL (CBS) 1160, Salt Lake City  
Time shown is PST

### Monday

5:00 p. m.—Terry and Piers, ABC; News, MBS; Knox Manning, CBS.  
5:15 p. m.—Dick Tracy, ABC; Supremacy, MBS; Songs by Judy Wright, 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.—S. F. Orchestra, ABC; Hokey Carmichael, NBC; Radio Theatre, CBS; Gabriel Heatter, MBS.  
6:30 p. m.—Information, NBC; NBC; Spotlight Bands, MBS; Paul Whiteman, ABC.  
6:45 p. m.—Screen Guild Players, CBS; Contested Hour, NBC; Jimmy Gleason's Dinner, ABC.  
7:30 p. m.—Dr. I. Q., NBC; Bob Hawk Show, CBS; Lone Ranger, MBS; Hoosier Hop, ABC.  
8:00 p. m.—Supper Club, NBC; Lum and Abner, ABC; Jack Kirkwood Show, CBS.  
8:15 p. m.—Dick Tracy, ABC; Supremacy, MBS; Here's Glen Again, NBC; Daily Double, CBS.  
8:30 p. m.—Date with Judy, NBC; Jack Armstrong, ABC; News, CBS; Captain Midnight, MBS.  
8:45 p. m.—Raymond Swing, ABC; Tom Mix, MBS; News, CBS.  
9:00 p. m.—Inner Sanctum, CBS; Guy Lombardo, ABC; Amos and Andy, NBC; Gabriel Heatter, MBS.  
9:15 p. m.—Real Stories, MBS.  
9:30 p. m.—McGee and Molly, NBC; Elmer Davis, ABC.  
9:45 p. m.—Bob Hope, NBC; The Bob Crosby Show, CBS; Concert, NBC.  
10:00 p. m.—Overseas Report, MBS.  
10:15 p. m.—Red Skelton, NBC; TBA, CBS; Orchestra, ABC.  
10:30 p. m.—Supper Club, NBC; Lum and Abner, ABC; Jack Kirkwood Show, CBS.  
10:45 p. m.—Johnny Presents, NBC; Theatre of Romance, CBS; Allan Young Show, ABC; The Falcon, NBC.  
11:00 p. m.—Glen Hardy News, MBS; Dark Venture, ABC.  
11:15 p. m.—News, MBS.  
11:30 p. m.—Hollywood Theatre, NBC; Murder Will Out, ABC; Orchestra, CBS.  
12:00 p. m.—News, NBC; Music, ABC; Fulton Lewis, MBS.  
12:15 p. m.—Raymond Swing, ABC; His Honor the Mayor, NBC.  
12:30 p. m.—Orchestra, CBS.  
1:00 p. m.—Serenade, CBS; News, NBC.

### Tuesday

5:00 p. m.—Terry and Piers, ABC; News, MBS; Knox Manning, CBS.  
5:15 p. m.—Dick Tracy, ABC; Supremacy, MBS; Here's Glen Again, NBC; Daily Double, CBS.  
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 Lombardo, ABC; Amos and Andy, NBC; Gabriel Heatter, MBS.  
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9:00 p. m.—Raymond Swing, ABC; His Honor the Mayor, NBC.  
9:15 p. m.—Orchestra, CBS.  
9:30 p. m.—Serenade, CBS; News, NBC.

### SEALS SIGN PAIR

San Francisco, Jan. 21—(U.P.)—Right-hand pitcher Frank Russo and catcher Norm Schlenker have agreed upon the terms under which they will play with the San Francisco Seals in the Pacific Coast league, officials of the baseball club announced today.

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

### LEGAL NOTICES

### SUMMONS

In the Circuit Court of the State of Oregon for Jackson County, Ivan Lester Hale and Martha Pearl Hale, Plaintiffs,

vs.  
Jessie Isaacson; William L. Ingram and Mrs. William L. Ingram, his wife; Edgar G. Whiteside and Dorothy Whiteside, his wife; G. W. Rhoades and Mrs. G. W. Rhoades, his wife; G. W. Rhoades and Mrs. G. W. Rhoades, his wife; H. R. Rhoades and Mrs. H. R. Rhoades, his wife; Paul Olson, Jr. and Rose Olson, his wife; Olaf Olson and Clara Olson, his wife; Jonas L. Olson and Zella Olson, his wife; Julia Mueller and August Mueller, her husband; Mary Merrell and Percy J. Merrell, her husband; Betta Pankey, Arthur West and Mrs. Arthur West, his wife; P. M. Leonard and Mrs. P. M. Leonard, his wife; each and all of the unknown heirs of J. O. Isaacson, Mrs. F. W. Ingram, Paul Olson, G. W. Rhoades, H. R. Rhoades, G. W. Rhoades, Arthur West, P. M. Leonard,

### WHY BE FAT?

Eat plenty yet lose weight with delicious candy reducing plan. No starving. No laxatives. No drugs. With the simple A.D.S. Vitamin Candy Reducing Plan you don't cut out any meats, cereals, potatoes, fruits or butter. You simply eat these delicious candy reducing tablets. A.D.S. Vitamin Candy Reducing Plan. In clinical tests conducted by medical doctors, those who ate 100 tablets lost 15 to 25 lbs. in a few weeks with A.D.S. Vitamin Candy Reducing Plan. Regular supply of A.D.S. only \$2.25. 100 tablets with 1000 VITAMINS. MONEY BACK GUARANTEE. Write: Walcott's Pharmacy 400 East Main St.

and each and all of them; 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, every 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 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 to appear and answer said complaint, for want thereof, the Plaintiffs will apply to the Court for the relief demanded in their complaint, succinctly stated as follows, to-wit: 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 real property described as follows, to-wit:

Lots 1, 2, 3, 4, 5, 6, 22, 23 and 24, in Block 1 of Grandview Addition to the City of Central Point, Jackson County, Oregon, according to the official plat thereof, now of record. And declaring any and all such claims to be null and void; and decreeing that the said Plaintiffs are the owners, in fee simple, of said premises, and the whole thereof, 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 enjoined, restrained and barred from asserting, attempting to establish, or claiming, any right, title, estate, lien or interest in or to said property, or any portion thereof, and that Plaintiffs' title to said premises be forever quieted and set at rest.

The date of the order for publication of this summons in January 11th, 1946. 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 January 14th, 1946.

HARRY C. SKYRMAN, Attorney for Plaintiffs. Post Office Address: Medford, Oregon.

### Summons For Publication

Suit in Equity to Quiet Title In the Circuit Court of the State of Oregon for the County of Jackson.

VELDA IRENE HARRIS and VERN HARRIS, wife and husband, and ROBERT E. HEIN and EVELYN R. HEIN, his wife and husband, Plaintiffs,

vs.  
FLORENCE EMBRETTSEN and JOHN DOE EMBRETTSEN, her husband if married, and unknown heirs of Walter C. Frazier, deceased, and also all other persons or parties unknown claiming any right, title, estate, lien or interest in and to the real property described in the complaint herein, Defendants.

To the above named defendants, and each, every and all of them:

IN THE NAME OF THE STATE OF OREGON: You, and each of you, are hereby required and summoned to appear in the above entitled court and cause, and answer the complaint of the plaintiffs on file herein against you within four weeks from the date of the first publication hereof, and you will hereby take notice that if you fail to so appear and answer, for want thereof, plaintiffs will pray to the court for the following relief against you and as prayed for in plaintiffs' complaint on file herein and specifically referred to hereby and by this reference made a part hereof, a succinct statement of which is as follows, to-wit:

For a decree of this court forever quieting their title in fee simple in and to the following described premises, lying and be

ing situate in Jackson County, Oregon, to-wit:

Government Lots One (1) and Two (2) in Section 28, in Township 38 South of Range 1 West of the Willamette Meridian, in Jackson County, Oregon, together with all water rights appurtenant thereto or to become appurtenant thereto.

Subject to all roads and rights of way of record or on the ground.

Subject to the effect of said premises being within the confines of the Talent Irrigation District.

free and clear from all and any right, title, estate, lien or interest that said defendants, or any of them, or anyone claiming by, through or under them, may have or claim to have therein and thereto, and forever barring and preventing said defendants, or anyone claiming by, through or under them, from ever setting up or asserting any right, title, estate, lien or interest therein and thereto, and holding that said claim is null and void and of no force and effect, and for such other, further and different relief as to the court may seem meet and proper in the premises.

This summons is published in the Medford Mail Tribune, a newspaper of general and regular circulation, published in the City of Medford, Oregon, once each week for a period of four weeks consecutively, and five times, and said defendants hereinabove named are required to appear and answer as herein provided, under and by virtue of an order of the court, made and entered by the Hon. H. K. Hanna, Circuit Judge of the State of Oregon in and for Jackson County, on December 21, 1945.

The date of the first publication of this summons is December 24, 1945.

GEORGE M. ROBERTS, Attorney for Plaintiffs. Address: 201 205 U. S. National Bank Bldg. Medford, Oregon.

### "CHALKERS" OFFICERS' CLUB

Dining—Dancing—Lounge Chicken Dinners Or Specialty Most Unique Place in So. Oregon CLOSED MONDAYS Thursday Private Parties Only For Reservations Ph. Gold Hill 474

### ZERO CLUB

Out of bounds, civilians only Delicious chicken and steak dinners 7:00 p. m. to 9:00 a. m. except Sunday. Phone day time 5300; night 9101

## Relief At Last For Your Cough

Creomulsion relieves promptly because it goes right to the seat of the trouble to help loosen and expel germs, loosen 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

Phone 2119 For Towing or Wrecker Service Anywhere—Anytime Lewis Super Service

## WANTED!

Work for Tractor, Bulldozer and Carryall Land Leveling and Clearing Phone 7381, Medford

### THE BOSS'S SPEECH

By GLUYAS WILLIAMS  
LISTENS WEARILY AS BOSS THE OLD MAN MAKES SPEECH AT COMPANY DANCEY  
MIND WANDERS WHEN HE THINKS OF HOME AND BED  
REALIZES THAT BOSS SEEMS TO BE LOOKING RIGHT AT HIM  
TRIES TO MAKE AN EVASIVE ASSUMES POSE OF GREAT INTEREST. NOODS APPROVAL

POPE BECOMES UNCOMFORTABLE. EASES SELF INTO BETTER POSITION. KNOCKS KNEE OFF TABLE.  
SPEECH SEEMS TO BE ENDING. GETS SET TO GIVE HIS ALL IN APPLAUSE  
BOSS STOPS. CLAPS BOSTERNOUSLY. BUT BOSS STOPPED MERELY FOR BREATH.  
TURNS COMPLAIN. WISHES HE WERE INVISIBLE, AND SWALLOWED CLEAR SMOKE WRONG WAY.

FALL FAIRS SET  
Portland, Ore., Jan. 21—(U.P.) The Oregon Fairs Association set dates today for a complete schedule of expositions in late summer and fall, marking the end of war time restrictions.  
Closing time for Sunday Too Late to Classify 4:00 Saturday afternoon Please remember

**WANTED TO BUY**  
DOUGLAS FIR  
POLES and PILING  
PUGET TIMBER COMPANY  
Box 566 Central Point, Ore.

### STRANGE AS IT SEEMS By ERNEST HIX



### BARNEY GOOGLE and SNUFFY SMITH



### BUZ SAWYER



### LIL ABNER



### BLONDIE



### THE NEBBES



## DO YOU KNOW?

Have YOU taken the time to select your old clothes for the collection drive? The need is imperative — let's act now.

## ROGUE RIVER CHEVROLET

### Crossword Puzzle

ANSWER TO PREVIOUS PUZZLE

ACROSS

- 1—Rejects with disdain
- 2—Certify as accurate
- 3—Musical cadence
- 4—Ereos
- 5—Half scene for re
- 6—Group of rooms
- 7—Close circle
- 8—Exclamation of disgust
- 9—Flood
- 10—Depart
- 11—Make butter
- 12—Soda
- 13—Voice on Sicily
- 14—Large antelope

DOWN

- 1—Fit tree
- 2—Pledge
- 3—Under setting accounts (abbr.)
- 4—A football position (abbr.)
- 5—Famed U. S. geologist
- 6—Slanderous remark
- 7—Poker bet
- 8—Eleven years
- 9—Thallium (symp.)
- 10—Shade tree
- 11—Bocce ball
- 12—Male singer
- 13—Pine centies
- 14—Disfranch
- 15—Main beverage
- 16—Muck
- 17—Period of good fortune
- 18—Trem
- 19—Follow
- 20—Brick oven
- 21—Period of
- 22—Chlorophyll
- 23—Lukewarm
- 24—Make up for
- 25—Pre shrill
- 26—Maltster
- 27—More than
- 28—Time on wheel
- 29—Earth (abbr.)
- 30—Grain (abbr.)