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.

SWEET AND SOFT

According to Joslin's book "Treatment of Diabetes" the the average individual in the United States consumed 95 pounds of sugar a year in the years 1930 to 1937. According to McCollum's book "The Newer Knowledge of Nutrition" the per head consumption of sugar in the United States was 103 pounds a year in the years from 1930 to 1934. According to Sherman's book "Chemistry of Food and Nutrition" the per capita consumption of sugar per year in the United States was 109 pounds in the years from 1923 to 1927.

Dr. Brady

How these authorities arrive at their estimates I don't know. Probably a considerable portion of the sugar sold is not consumed as sugar by the people. But if you do not mind we'll settle for two pounds a week per person—remember, according to some estimates the per capita yearly consumption of sugar is now several pounds more than the 109 pounds Sherman estimated.

Two pounds of sugar a week is a lot of calories, that is, for a parasite, a "brain" worker, a white collar workers, for any one who lives by his wits. A pound of sugar yields 1860 calories. So if you get your share you cram in 3720 calories each week in sugar, candy, syrup, cake, ice cream, sweetened fountain beverages—items so easy to eat even if you are not at all hungry and do not need the nourishment.

A man doing light work needs 2000 to 25000 calories a day; a woman doing light work needs 1800 to 2200 calories a day. So that two pounds of sugar amounts to a surplus of about one day's rations per week, or from 10 to 15 per cent excess.

I dare say if we could weigh all the slacker flesh, the bulges, the suet, the bustles and pots that the people of this country tote around, and divide the grand total by the number of people, we'd find the per capita overweight from 10 to 15 per cent.

Sugar of any kind is easily and quickly assimilated and gives immediate energy.

According to McLester's book, "Nutrition and Diet in Health and Disease", when a material part of the caloric intake is in the form of sugar, as is so often the case in America today, the foods which carry vitamins and minerals must of necessity be omitted from the diet. This entails losses which may be hurtful. Or as I (Brady) should say, if you gulp down sugar in any form it quickly satisfies your hunger for the time being and you don't care much for salad, spinach, fruit, milk or other foods your body needs.

Now don't get me wrong. I'm fond of candy and cookies and ice cream. I'm just telling you. That's what you asked me to do, isn't it?

QUESTIONS & ANSWERS

Two Nervous Wrecks

Married thirty years. I do not smoke, but my husbnd is inveterate smoker and it is making a nervous wreck of him—his body, clothes and breath just reek with nicotine. He has constant stomach trouble . . . the worry of it is making a nervous wreck of me. (Mrs. S. M.)

Answer—Use a chlorophyll air freshner to keep down the odor in clothes closet, living room, etc.—the same as that which removes the odor of things cooking in kitchen. If your boy friend will take the advice of a pipe smoker, he will derive more enjoyment from moderate or temperate smoking. For instance, no smoking at all in the forenoon, or better if at work, no smoking all day until the day's work and the evening meal are over—then an after-dinner smoke is as harmless as it is satisfying.

Sweating Feet

Fourteen-year-old son's feet perspire excessively. (Mrs. L. E.)

Answer—Send ten cents and stamped self addressed envelope for booklet "Care of the Feet".

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LEGAL NOTICES

NOTICE

In the County Court of the State of Oregon, for Jackson County.
IN THE MATTER OF
THE ESTATE OF
MINNIE S. SIMS
Deceased

NOTICE is hereby given that the undersigned, administrator in the above entitled matter, has filed herein his final report and account and that Saturday, February 9, 1946, at 10 o'clock A. M. at the courthouse in the city of Medford, in said county, has been fixed by the above named court as the time and place for hearing objections to said final account and for the examination and allowance thereof.

Dated: January 7, 1946.

ANDREW HEARN,
Administrator.

NEFF & FROHNMAYER,
Attorneys for Administrator.

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. Rhodes and Mrs. G. W. Rhodes, his wife; H. R. Rhoades and Mrs. H. R. Rhoades, his, wife; Paul Olsson, Jr., and Rose Olsson, his wife; Olaf Olsson and Clara Olsson, his wife; Jonas L. Olsson and Zella Olsson, 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 Olsson, G. W. Rhoades, G. W. Rhodes, H. R. Rhoades, Arthur West, P. M. Leonard, 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 so 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, 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.

NEW STOMACH ULCER AID

Relieves Stomach Acid Pain Victims

Don't suffer. Get quick relief from stomach distress, bloat, belching and agonizing pains due to excess acid, just take a FULLER'S TABLET and dissolve it either in the mouth or in water. That new way, successful medicine for stomach ulcer pain ALUMINUM HYDROXIDE is an active ingredient in FULLER'S TABLETS. It is used by doctors for relief of stomach ulcer pain due to excess stomach acid. It is blended with other ingredients in FULLER'S TABLETS that work in harmony to curb excess acid pain—soothe inflamed, sore stomach lining and aid the natural digestive process. Not constipating. Not a laxative.

Don't worry—don't be afraid to eat, just take FULLER'S TABLETS. Try them on our MONEY BACK GUARANTEE. Generous trial size $1.00. Economy size $3.00. Call or phone

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400 East Main Street

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 Franrisco, KSL (CBS) 1160, Salt Lake City

Time Shown is PST

Monday

5:00 p. m. Terry and Pirates, ABC News, MBS; Knox Manning, CBS.
5:15 p. m.—Dick Tracy, ABC, Superman, 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.—Time and Tide, ABC; Hoagy Carmichael, NBC; Radio Theatre, CBS; Gabriel Heatter, MBS
6:30 p m.—Information Please NBC; Spotlight Bands, MBS; Paul Whiteman, ABC.
7:00 p m.—Screen Guild Players CBS; Contented Hour, NBC; Jimmy Gleason's Diner, ABC.
7:30 p. m. Dr. I. Q., NBC; Bob Hawk Show, CBS; Lone Ranger, MBS; Steel Workers Speak, ABC.
8:00 p m.—Supper Club NBC; Lum and Abner ABC; Michael Shayne MBS; Jack Kirkwood Show CBS
8:15 p m.—Jack Smith Show CBS Fleetwood Lawton, NBC; Hedda Hopper ABC.
8:30 p m.—Calvacade Theatre NBC; American Showcase, ABC; Joan Davis, CBS.
9:00 p m.—News, MBS; The Whistler, CBS; Telephone Hour NBC; Nostalgia, ABC.
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 Music, ABC; Bulldog Drummond MBS
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 News, MBS; Knox Manning, CBS.
5:15 p m.—Dick Tracy, ABC; Superman, MBS; Here's Glen Again, NBC Daily Double.
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
6:15 p m.—Real Stories, MBS
6:30 p m.—Fibber McGee and Molly, NBC; Elmer Davis, ABC; Salute to the Hits, CBS.
7:00 p m.—Bob Hope, NBC; The Bob Crosby Show, CBS; Concert Orch ABC
7:15 p m.—Overseas Report, MBS
7:30 p m.—Red Skelton, NBC; Congress Speaks, CBS; Orchestra, ABC.
7:45 p. m. Behind the Scenes, CBS.
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; News, ABC
8:30 p m.—Johnny Presents, NBC Theatre of Romance, CBS; Allan Young Show, ABC The Falcon, MBS
9:00 p m.—Big Town, CBS, Glen Hardy News, MBS; Dark Venture ABC.
9:15 p m.—News, MBS
9:30 p m.—Hollywood Theatre NBC; Murder Will Out, ABC; Orchestra, CBS
10:00 p m.—News, NBC; Music, ABC; Fulton Lewis, MBS
10:15 p. m.—Raymond Swing, ABC; His Honor the Barber, NBC.
10:30 p m. — Orchestra, CBS;
11:00 p m.—Serenade, CBS; News NBC.

FIRE FIEND HAS RELEASE CHANCE

San Francisco, Jan. 28—(U.P.)—George Holman, 46, convicted on 22 counts of murder in connection with the deaths of that many persons in a hotel fire here in March, 1944, today had hope of eventual release from San Quentin prison.

Originally sentenced to serve 22 life sentences consecutively for setting the disastrous blaze Holman today was resentenced on a ruling by the State Supreme court that he serve the sentences concurrently.

Under the law he now will be eligible for a parole after serving seven years of the concurrent terms.

The cornerstone of the Nash County courthouse contains a quart of Nash County brandy.

KURILES HANDED REDS VIA YALTA

London, Jan. 28—(U.P.)—A Soviet Tass news agency report quoted by Moscow radio said today that U. S. Undersecretary of State Dean Acheson "is indeed mistaken" in his belief that Russia has no permanent claim to the Kuriles islands northeast of Japan.

"The Yalta three-power statement signed on Feb. 11, 1945, and not published at that time for obvious reasons," the Tass dispatch said, "states clearly that after victory over Japan the Kuriles islands will be handed over to the Soviet Union and also that the southern part of the island of Sakhalin and all adjacent islands will be returned to the Soviet Union."

The Tass interpretation of the Yalta agreement appeared to jibe with that of Secretary of State James F. Byrnes, who said on Sept. 4, 1945, that the pact permitted the Soviet Union to regain the Kuriles and the southern part of Sakhalin.

OPEN UP YOUR COLD STUFFED NOSE
2 drops break up nasal stuffiness, you breathe more comfortably. Caution: Use only as directed. Get
PENETRO NOSE DROPS

NEW IRAN CHIEF WILL NOT PRESS SOVIET CHARGES

Terhan, Iran, Jan. 28—(U.P.)—Ahmed Ghawam Sultaneh was elected premier today and announced that he would try direct negotiations with Soviet Russia before pressing Iran's complaint lodged with the United Nations security council.

(London reported that his election is expected to result in an early withdrawal of Iran's formal charges to the council that Russia is interfering with her internal affairs.)

Ghawam, who has held many government posts including that of premier in 1942, is popularly regarded as the only man able to reopen discussions with Russia.

Although not a left wing party member, Ghawam is understood to favor compromise with the Russians. Despite his relations with the ruling class of landowners, the Soviets respect him for his vigorous opposition to the Riza Shah dictatorship early in the war, which the Russians and British finally moved into Iran to oust.

BAY CITY WOMEN ALCOHOLICS GAIN

San Francisco, Jan. 28—(U.P.)—San Francisco's public health director, Dr. J. C. Geiger, had a problem of chivalry on his hands—but statistics will out.

"Alcoholism," he w[illegible]ered, "showed a greater upswing among women than it did among men during 1945.'

Public health department figures for the year brought out the distressing fact that 2,670 ladies were treated in emergency hospitals for the effects of demon rum during 1945, as compared with only 1,927 in 1944.

SOCKS SERVE IN 2 WARS

Pasadena, Cal. — (U.P.) — A pair of socks she knitted for a World War I doughboy turned up in army issue in this war and "fit perfectly" the soldier who received them, Mrs. Grace D. Field learned.

Feel Choked Up With a Cold?

DO THIS

TO GET PROMPT RELIEF from distress of those nagging colds that cause coughing and make you feel all stuffed up—put a good spoonful of Vicks VapoRub in a bowl of boiling water.

Then feel relief come as you breathe in the steaming, medicated vapors. These medicated vapors penetrate to the cold-congested upper breathing passages. They soothe irritation, quiet coughing, help clear the head and bring such grand comfort.

FOR ADDED RELIEF... On throat, chest and back at bedtime rub Vicks VapoRub. It works for hours—even while you sleep—to bring relief. Now try this home-tested treatment, tonight.

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Interior and Exterior
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PAPER HANGING
Work Guaranteed
CALL 2419
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OFFICERS' CLUB
Dining—Dancing—Lounge
Chicken Dinners Our Specialty
Most Unique Place in So Oregon
CLOSED MONDAYS
Thursdays Private Parties Only
For Reservations Ph Gold Hill 474

TOO FAT?
Get SLIMMER this vitamin candy way

Have a more slender, graceful figure. No exercising. No laxatives. No drugs. With the simple AYDS Vitamin Candy Reducing Plan you don't cut out any meals, starches, potatoes, meats or butter, you simply cut them down. It's easier when you enjoy delicious (vitamin fortified) AYDS candy before meals. Absolutely harmless

In clinical tests conducted by medical doctors, more than 100 persons lost 14 to 15 lbs. average in a few weeks with AYDS Vitamin Candy Reducing Plan.

20-day supply of AYDS only $1.35. If not delighted with results, MONEY BACK on very first box. Phone

Wainscott's Pharmacy, 400 E. Main St.

STRANGE AS IT SEEMS By ERNEST HIX

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.

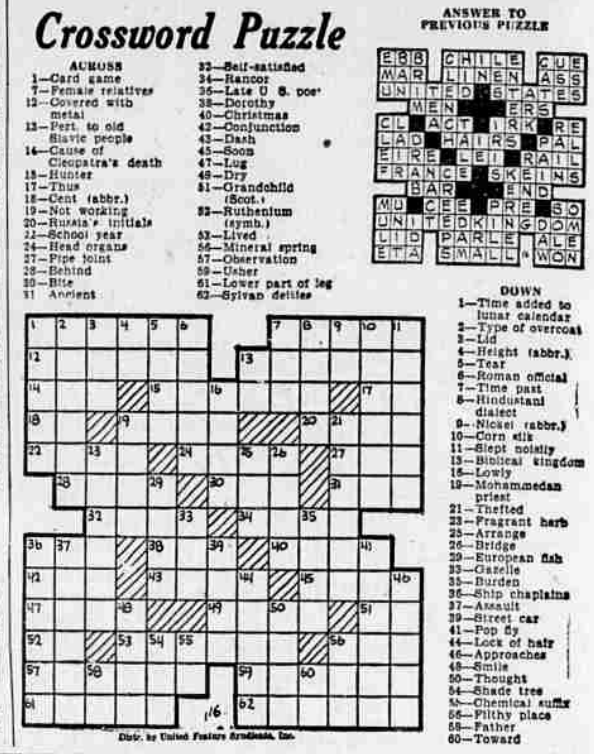
ROGUE RIVER CHEVROLET

Crossword Puzzle

ACROSS
1—Card game
7—Female relatives
12—Covered with metal
13—Pert. to old Slavic people
14—Cause of Cleopatra's death
15—Hunter
17—Thus
18—Cent (abbr.)
19—Not working
20—Russia's initials
22—School year
24—Head organs
27—Pipe joint
28—Behind
30—Bite
31—Ancient
33—Self-satisfied
34—Rancor
36—Late U. S. poet
38—Dorothy
40—Christmas
42—Conjunction
43—Dash
45—Soon
47—Lug
49—Dry
51—Grandchild (Scot.)
52—Ruthenium (symb.)
53—Lived
56—Mineral spring
57—Observation
58—Usher
61—Lower part of leg
62—Sylvan deities

DOWN
1—Time added to lunar calendar
2—Type of overcoat
3—Lid
4—Height (abbr.)
5—Tear
6—Roman official
7—Time past
8—Hindustani dialect
9—Nickel (abbr.)
10—Corn silk
11—Slept noisily
13—Biblical kingdom
15—Lowly
19—Mohammedan priest
21—Thefted
23—Fragrant herb
25—Arrange
26—Bridge
29—European fish
32—Gazelle
35—Burden
36—Ship chaplains
37—Assault
39—Street car
41—Pop fly
44—Lock of hair
46—Approaches
48—Smile
50—Thought
54—Shade tree
55—Chemical suffix
56—Filthy place
58—Father
60—Toward

ANSWER TO PREVIOUS PUZZLE



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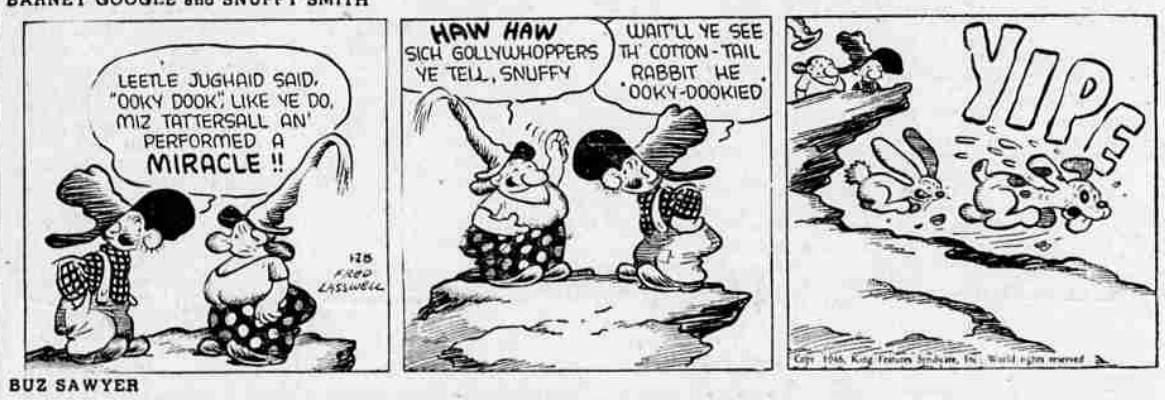
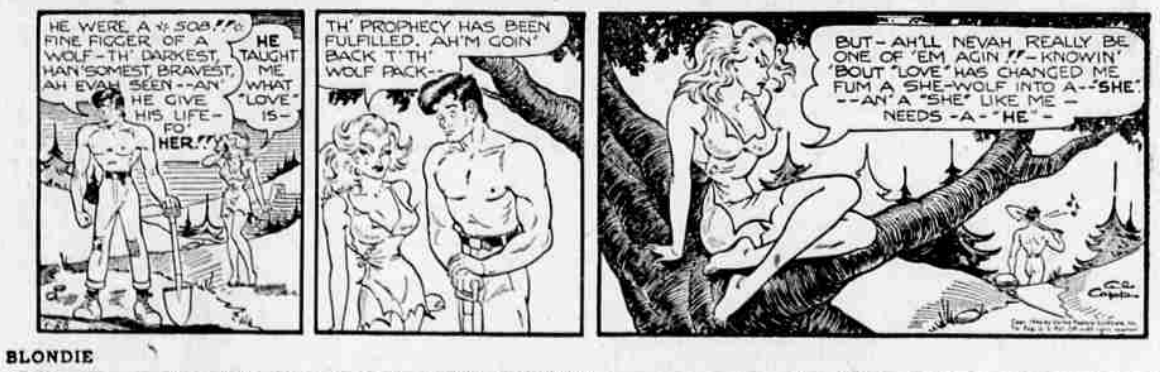
BARNEY GOOGLE and SNUFFY SMITH



BUZ SAWYER

L'IL ABNER



BLONDIE

THE NEBBS

MECHANICAL TOY By GLUYAS WILLIAMS