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.

YOUNG FOLKS AND OLD FOLKS NEED IODINE

Girls and boys, particularly girls, who mope in their early 'teens, feel too tired to work, play or study, perhaps appear pensive or moody at a time of life when they should be gay and cheerful, may be developing some insidious disease such as tuberculosis, diabetes or, well, I don't want to alarm or worry parents more than may be necessary to urge them to give such a child the benefit of examination by the doctor. Such examination will reveal some such unsuspected condition in only a small minority of instances, but nevertheless it is the child's right to have the examination and the parent's duty to have the doctor make it.

Dr. Brady

In the great majority of such cases the youngster gets insufficient iodine, in my opinion. Understand clearly, this is merely my opinion. I can't prove it, and I don't know that many good doctors agree with me. Remember, too, I'm no specialist, no authority about anything.

Many of these children in their early 'teens who have manifestations of iodine deficiency, as I maintain, show no apparent thyroid enlargement or so little prominence of the front of the neck just above the collarbone and breastbone that no on notices the swelling.

In no instance do I advise iodine in medicinal form or dose for these young folk. In fact I never advise anybody to take iodine medicinally. That is a question for the physician in charge to consider. It is wholly beyond my province as a health adviser.

What I do advise for these youngsters (and for a great many oldsters too) is simply a suitable daily ration of iodine, the quantity which nutrition authorities believe to be the **minimum daily requirement** for children and adults.

From the queries I receive it seems that people often confuse enlarged lymphnodes or "glands" of "kernels," swellings on the side of the neck or up under the edge of the jaw with goitre. The fullness or swelling or thickness produced by goitre (enlargement of thyroid gland) is on the front of the neck just above the breastbone. The conclusion I reach from my long reconnoitre is that those who get iodine seldom have goitre. I believe from the statistical evidence now in hand we are justified in saying that those who get a suitable ration of iodine seldom have any kind of goitre—simple goitre, exophthalmic goitre, "toxic" goitre, cystic goitre.

On written request—a clipping will not do — if you provide stamped self addressed envelope, I'll send you the pamphlet "The Iodin Ration" (that's my spelling for it) which tells you how to take it.

QUESTIONS & ANSWERS

Nuts

Friend has carried horsechestnut pinned in her inner clothing for rheumatism. Several other people have recommended this to me. Another woman has carried a horse chestnut for years to keep off rheumatism. Please advise what you think of it. (Mrs. T. J.)

Answer—I carried one in my pocket for just a week or two when I was a kid on Chapel Street in Canandaigua, and I've never had a bit of rheumatiz. It must be pretty powerful.

Ascorbic Acid and Allergy

You wrote about ascorbic acid (vitamin C) for hay fever. I had mild hay fever, started taking it three times a day. Previously I could not take orange juice, tomatoes or strawberries without promptly breaking out with a rash. Now I can take all three whenever I like and no trouble at all. (Mrs. W. A. L.)

Answer—Ascorbic acid is pure crystalized vitamin C. Your experience is interesting, Ma'am. For many years readers have reported similar freedom from allergic reactions to strawberries, tomatoes and other foods when they took before or with the food a good size piece of lemon or a drink of lemon juice or lemonade. Lemon or lemonade or lemon juice is rich in vitamin C. Combination of ascorbic acid with potassium chloride has seemed to give more relief from allergic troubles in general than the potassium alone.

Don't Accept It, Correct It

I want a diet for gastric acidity—gas under my heart causes great distress. (J. G.)

Answer—No, no. First you should consult your physician for examination. Don't try to avoid foods you imagine cause gas. The term gastric means pertaining to stomach. Send stamped self addressed envelope for pamphlet "Yankee Stomach". (By "Yankee" I mean North American).

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Riviera

Riviera, Jan. 29—Gold Hill Health Unit met Jan. 22 at the Chas. Long home in the Colony. This was a special meeting to finish sewing on hand. The pot luck dinner and the afternoon were enjoyed by the following members: Mesdames Neevel, Tulare, Peffley, J. Boye, Runyard, Cameron, E. Smith Bailey, Bressel, Miller, Gail, Kofahl and Long. The Unit gave a $5 donation toward the tree to be planted at the city hall as a living memorial to soldiers of this community who gave their lives for their country in World War II. Regular meeting Monday, Feb. 4, at 1 p. m., will be held at the Gail home.

Mrs. Daniel Biles returned home from Medford Jan. 20, after spending several days with daughter and son-in-law, Mr. and Mrs. Byron Ward.

Mr. and Mrs. Carl Christenson returned home Jan. 21 after a month's visit with relatives and friends in Denver, Colo. and Washington.

Foots Creek sewing club met at the Ernest Reinkins home Jan. 24, with the following members present: McLallen Bennett, Alexander, Potter, Daily, Miller and the hostess Mrs. Reinkins. The March of Dimes contribution taken up by the club amounted to $7.60. Next meeting will be at the Frank Daily home Feb. 7.

Mrs. Keith Barnes is again ill with the flu and Mrs. John Barnes has a bad case of poison oak.

BUILDING PERMITS RISE

Chicago (U.P.)—The city of Chicago issued permits for $21,000,000 worth of construction during October—the highest figure since November, 1942, when plant construction reached its wartime peak.

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

LEGAL NOTICES

NOTICE TO CREDITORS

In the County Court of the State of Oregon for Jackson County.

In the Matter of the Estate of FRANK M. AMY, Deceased.

Notice is hereby given that the undersigned has been appointed Executrix of the estate of Frank M. Amy, deceased. All persons having claims against said estate are hereby required to present them, with the proper vouchers, within six months from the date of this notice, at the office of J. F. Fliegel, 32 No. Central Avenue, Medford, Oregon. Dated and first published January 15, 1946.

VADA G. LEWIS,
Executrix.

J. F. FLIEGEL,
Attorney for Executrix.

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 William R. Crosby, 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 my office at Room 409, Medford Center Building, in Medford, Oregon, within six months from the date of this notice. Dated and first published January 8, 1946.

HARRY C. SKYRMAN,
Administrator.

CALL FOR BIDS

Rogue River School District No. 35, will receive bids for:

50 cords seasoned oak or laurel
and
80 cords seasoned fir wood.

All wood to be from live timber, 42 inches in length, from 4 to 8 inches in diameter. Bids to be opened February 12, at 8 o'clock. The Board reserves the right to reject any or all bids. Bids will be accepted for all or any portion.

GENEVIEVE DICK,
Clerk.
Clerk School District No. 35,
Rogue River, Oregon.

HERE'S REAL FAST PROLONGED RELIEF FROM MUSCULAR ACHES-PAINS

When you suffer from aching, stiff, sore muscles, lumbago misery or neuritis pains — rub on Musterole for FAST and PROLONGED relief which continues all while it remains on your skin!

Musterole offers all the advantages of a warming, stimulating mustard plaster yet is so much easier to apply—just rub it on! Musterole immediately starts right in to relieve aching soreness. It actually helps break up the painful congestion localized there and checks the irritation. All drugstores.

MUSTEROLE

YICK SO CHINESE HERB CO.

REMEDIES FOR STOMACH ULCERS Heart Rheumatism Asthma Catarrh Piles Prostate Gland Eczema and all disorders of Liver Kidney Trouble and other complaints disappear after using

CHINESE HERBS

Removed to Sparta Bldg.

J. H. LEONG, Herbalist Phone 5817

Savage Women

Lovely Shirley O'Hara has a vital role in "Tarzan and the Amazons," coming to the Craterian theater Wednesday thru Saturday; starring Johnny (Tarzan) Weissmuller, Johnny Sheffield and Brenda Joyce.

Tarzan's new adventure deals with the indomitable ape-man's adventures among a savage tribe of women warriors in the heart of Africa. Keeping themselves and their treasures a secret from the rest of the world, the Amazons want no intruders. What happens when a party of scientists insist on penetrating their valley forms the exciting plot.

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 Francisco, KSL (CBS) 1160 Salt Lake City

Time Shown is PST

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.

WEDNESDAY

5:00 p m Terry and Pirates, ABC TBA, CBS; News MBS.

5:15 p. m. Dick Tracy, ABC; Betty and Bob, NBC.

5:30 p m Jack Armstrong, ABC; News, CBS, Captain Midnight, MBS News, NBC

5:45 p m. Elmer Peterson, NBC; Tom Mix, MBS; Raymond Swing ABC, News CBS

6:00 p m Frank Sinatra, CBS; Treasure Hour of Song, MBS; Eddie Cantor, NBC; Dinner At Dinty's, ABC

6:15 p m Real Life Stories, MBS

6:30 p m Mr. District Attorney, NBC; Maisie CBS Spotlight Bands MBS; So You Want To Lead A Band, ABC.

7:00 p m Kay Kyser's College NBC; American Iron and Steel, ABC; Follies, MBS.

7:30 p m Andrews Sisters, CBS Lone Ranger, MBS; Milwaukee Centennial, ABC.

8:00 p m Supper Club, NBC; Jack Kirkwood, CBS. Main Line, MBS News, ABC

8:15 p m Fleetwood Lawton, NBC; Jack Smith Show, CBS; Main Line, MBS. Lum and Abner, ABC.

8:30 p m Hildagarde, NBC; Dr Christian, CBS; Fresh Up Show, MBS

9:00 p m Mr and Mrs North, NBC Jack Carson, CBS. News, MBS.

9:15 p m Golden Harmonies, ABC

9:30 p. m. Music, ABC.

10:00 p m News, NBC; Music At Ten, ABC; Fulton Lewis, MBS

10:30 p m. Fenneman's Nite Club, ABC; Thomas Anthony and Orchestra, NBC; Excerpts From Great

11:00 p m News ABC, Serenade, CBS; Hotel Biltmore Orchestra, NBC

Closing time for Sunday Too Late to Classify 4:00 Saturday afternoon Please remember

"CHALKERS" 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

NEW TREATMENT CHASES PIN-WORMS

Millions have suffered in silence with the miseries of Pin-Worms—but need suffer no longer! Today, thanks to a special, medically recognized drug, a highly effective treatment has been made possible. This drug is the vital ingredient in P-W, the Pin-Worm tablets developed in the laboratories of Dr. D. Jayne & Son.

The small, easy-to-take P-W tablets act in a special way to remove Pin-Worms and relieve that tormenting rectal itch.

So if you suspect Pin-Worms in your child or yourself, ask your druggist for a package of JAYNE'S P-W right away, and follow the directions.

It's easy to remember: P-W for Pin-Worms!

Thousands Praise Simple PILE RELIEF THIS QUICK, EASY WAY!

Simple piles need not wrack and torture you with maddening itch, burn and irritation. Stuart's Pyramid Suppositories bring quick, welcome relief. Their grand medication means real comfort, reduces strain, helps tighten relaxed membranes, gently lubricates and softens. Protective and anti-chafing, so easy to use. Get genuine Stuart's Pyramid Suppositories at your drug store without delay—60c and $1.20—on maker's money-back guarantee.

NEW! DIFFERENT! UNUSUAL! ENJOYABLE! THE

SEQUIN CLUB

HOTEL DEL ROGUE, Grants Pass

DELICIOUS DINNERS — Prepared by Chef Jack Hutson. No Cabaret Tax on Dinners before 9 p. m.

You'll Like the Music of:
Abby Green and his orchestra
Piano and Nova Chord
Jeanne Hackett
Vocalist
Rudy Wiley, Tenor Sax
Tutt Halaas, Drums - Vocal

OPEN EVERY NITE from 8 p.m. to 2 a.m.
On Tuesday Bar Service
Only • No Cover Charge

DIFFICULT DECISIONS — B. GLUYAS WILLIAMS

IN THE EARLY HOURS OF DAWN THE VISITING UNCLE REALIZES THAT IF HE MAKES A FALSE MOVE, SHOWING HE'S AWAKE, TWO SMALL BUT ACTIVE STEAM-ENGINES WILL HURL THEMSELVES INTO BED WITH HIM, BANISHING SLEEP; AND IF HE DOESN'T MAKE A FALSE MOVE THEY'LL STAND THERE, WATCHING, UNTIL HE DOES

1-26-46

SKATE at ASHLAND ROLLER RINK

EVERY TUESDAY, THURSDAY, FRIDAY, SATURDAY EVENING

FRIDAY for Teen Age Under 15 Years

Private Parties—Dial Ashland 8681

STRANGE AS IT SEEMS By ERNEST HIX

HINKLE'S PARCEL DELIVERY

Telephone 4956

Will pick up clothing for the VICTORY CLOTHING COLLECTION this week FREE

Phone 4956 NOW — Hinkle's Parcel Delivery!

ROGUE RIVER CHEVROLET

Crossword Puzzle

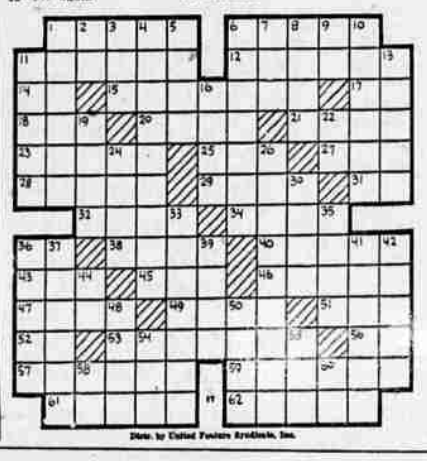
ACROSS

1—Lean
6—Bees' homes
11—Placed at intervals
13—Famed landing spot
14—Tantalum (symb.)
15—Everlasting
17—Child's word for father
18—Sooner than
20—Lady of Arthur's court
21—Purposes
23—German city
25—Antique
27—Wapiti
28—Fly again
29—Adolescent age
31—Plural ending
32—Lamb's pen name
34—Finish
36—Call for silence
38—Marsh bird
40—Military stockade
43—Wing
45—Grab
46—Paste up again
47—Capital of Peru
48—Edge
51—Took food
52—Edward
53—Set bounds of
56—Correlative of either
57—Live
59—Spirit
61—Memory courses
62—Intended

DOWN

1—Thin
2—Father
3—Skilled fighter pilot
4—Retaining
5—Paradise
6—Grips
7—Man's name
8—Dell
9—Comparative ending
10—Rider's seat
11—Beef animal
12—Jobs
16—Revel
19—Being, in abstract
22—Compass point
24—Lampreys
26—Decide
30—Observe
33—Tillable lands
35—Rice grown in Philippines
36—Whiter
37—Skidder
39—Dugout
41—Retiring of man in baseball
42—Mythological Irish wives
44—Part of "to be"
45—Mine entrance
50—Mohammedan priest
54—Town in Holland
55—— —— Juana
58—Thus
60—Manganese (symb.)

ANSWER TO PREVIOUS PUZZLE



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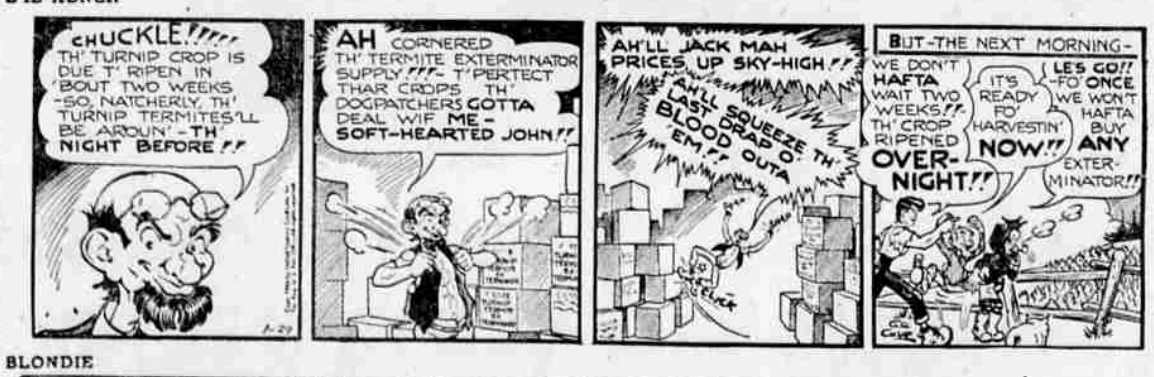
BARNEY GOOGLE and SNUFFY SMITH

BUZ SAWYER

L'IL ABNER



BLONDIE

THE NEBBS