

STAR GAZER

By CLAY R. POLLAN

Your Daily Activity Guide
According to the Stars

To develop message for Wednesday,
read words corresponding to numbers
of your Zodiac birth sign.

ARIES	Taurus	GEMINI	CANCER	LEO	VIRGO
1-16-45-48	1-16-45-48	1-16-45-48	1-16-45-48	1-16-45-48	1-16-45-48
2-17-49-52	2-17-49-52	2-17-49-52	2-17-49-52	2-17-49-52	2-17-49-52
3-18-53-56	3-18-53-56	3-18-53-56	3-18-53-56	3-18-53-56	3-18-53-56
4-19-60-63	4-19-60-63	4-19-60-63	4-19-60-63	4-19-60-63	4-19-60-63
5-20-64-67	5-20-64-67	5-20-64-67	5-20-64-67	5-20-64-67	5-20-64-67
6-21-71-74	6-21-71-74	6-21-71-74	6-21-71-74	6-21-71-74	6-21-71-74
7-22-75-78	7-22-75-78	7-22-75-78	7-22-75-78	7-22-75-78	7-22-75-78
8-23-81-84	8-23-81-84	8-23-81-84	8-23-81-84	8-23-81-84	8-23-81-84
9-24-85-88	9-24-85-88	9-24-85-88	9-24-85-88	9-24-85-88	9-24-85-88
10-25-89-92	10-25-89-92	10-25-89-92	10-25-89-92	10-25-89-92	10-25-89-92
11-26-93-96	11-26-93-96	11-26-93-96	11-26-93-96	11-26-93-96	11-26-93-96
12-27-97-100	12-27-97-100	12-27-97-100	12-27-97-100	12-27-97-100	12-27-97-100

(All numbers are in the right column of the table.)

Personal Health Service

By WILLIAM BRADY, M.D.

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



Yankee Beriberi Is Endemic

Before we begin today's lesson may I inform knuckleheads I have heard from scores of correspondents about a catcher on a big league baseball team.

Beriberi is a Singapore word (the principal race of Ceylon) which means great weakness. Full-fledged beriberi causes one-fifth of all disease in Malaya. Formerly it caused 17,000 deaths in a year in Japan. It is endemic (prevails constantly) in India, China, the Philippines, East Indies. It is a nutritional deficiency disease, due primarily to insufficient vitamin B1 (thiamin) but lack of other vitamins usually plays a contributing part.

Beriberi develops insidiously, not abruptly. Instead of a few days or a week it is months, as a rule, before it disables. It is characterized by heart-artery troubles, what is wrongly called "neuritis" but is really not nerve inflammation but degeneration of nerves, and edema. But such full fledged beriberi is seldom encountered in North America. What we have in Yankee beriberi, and most cases are not diagnosed even if the affected individuals consult physicians. Doctors in America wait for the characteristic manifestations of full fledged beriberi as the di-

sease is described in textbooks—and while they wait for signs or symptoms which are not likely to occur they string patients along with vague and phony diagnoses such as "neuritis," "run down condition," "overwork and need of a long rest," "poor circulation."

Symptoms are generally out of place in a health column, but even mention of Yankee beriberi I tell you what I'm talking about. Here, then, are the common manifestations of Yankee beriberi:

Fatigue. Dyspepsia. Palpitation. Breathlessness. Slight swelling around the ankles. Pain produced by squeezing the calf muscles. Pins and needles sensations in hands and arms or feet and legs. Distention of veins in neck and arms. Squatting on heels is painful and it is difficult or impossible to rise from squatting without using your hands. Poor memory. Inability to concentrate. Anxiety and nervous irritability. Diminished inclination to perform accustomed work.

Now that's a fine assortment of symptoms to try on, eh, what? If perchance I have "hit your case," don't get morbid about it. On bad days—for instance Tuesday, Thursday and Saturday, work days, that is—I can muster most of the symptoms myself. On good days—Monday, Wednesday and Friday, bowling days, that is—positively no symptoms...

Here is the prophylactic (I dare not say remedy lest some ninnymammers take a few doses,

experience no remarkable result and resume dabbling with their favorite nostrums) for all the signs and symptoms of Yankee beriberi: A tablespoonful of B-nutrition syrup with or after food twice daily or 2 B-nutrition tablets twice a day, to supplement the ordinary diet. In either form it is virtually the same supplement—an optimal ration of vitamin B1 (thiamin), riboflavin, niacinamide, pyridoxine, calcium pantothenate, vitamin B12, folic acid, ferrous (iron) gluconate and manganese. Supplement the diet thus for at least three months or until you learn how to get daily ration requirement of vitamin B from nature's source—plain wheat in your everyday diet, by reading the

pamphlet WHEAT TO EAT, available on written, signed request if you provide stamped, self-addressed envelope.

QUESTIONS & ANSWERS

How to Lessen Bulk

Can a person lose weight by taking shots without injury to health? (W.M.)
Answers—Such treatment is not advisable without first trying a rational regimen. Build your own diet on the basic health diet outlined in Little Lesson 16. THE 7 KEYS TO VITALITY, for which send 25c and stamped, self-addressed envelope. At the same time ask for the pamphlet HOW TO LOSE WEIGHT. Who cares about weight? Bulk is what matters, bulk and tone.

Osteopath

In my second month of pregnancy. When 7 years of age fell hard on bottom and now I'm afraid it may be a complication. Would an osteopathic baby doctor be best?
Answer—If your doctor is an osteopath O.K., but the injury of years ago probably has nothing to do with your present well being.

SUBWAY TRAIN LOST

New York—A.P.—Out of town residents aren't the only ones confused by New York's subway system. The city Transit Authority said one of its subway trains

got "lost" Monday when it was switched onto the wrong track in Manhattan and dropped passengers off blocks from where they were headed.

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Strange As It Seems

by Elsie Hix

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-Collection owned by Dr. Frederic Spiegelberg, Stanford Univ.-

RAIN WHICH FALLS IN HEBEING, MINN., REACHES THE ATLANTIC OCEAN BY 3 DIFFERENT ROUTES... NORTH TO THE HUDSON RIVER, SOUTH THROUGH THE MISSISSIPPI AND EAST TO THE ST. LAWRENCE

RADIO PROGRAMS—TUESDAY

Programs listed below are received from the radio stations of the Mail Tribune assumes no responsibility except to make such changes as are supplied

KYJC — 1230 kc	KMED — 1440 kc	KWIN — 1400 kc
4:00—Chas. Collingswood**	Patty Rose	Fulton Lewis Jr.
4:15—Guest Star	Patty Rose	Hemingway News*
4:30—Club 1230	KMED Presents	Here's The Answer*
4:45—Frank Goss**	Elmer Peterson*	Sam Hayes*
5:00—The Ferris Reel**	Regional News	Sgt. Preston of Yukon*
5:15—Bill Stern*	3 Star Extra	Sgt. Preston of Yukon*
5:30—Amos & Andy**	Lone Ranger*	Bob Greene News*
5:45—Amos & Andy**	Dan'l. Boone; Col. Coon*	Bill Brundage Sports*
6:00—Suspense*	Fisher Awards Show*	Gabriel Heatter*
6:15—Suspense* & Monitor*	Fisher Awards Show*	Local News*
6:30—Lowell Thomas**	News* Second Chance*	Virgil Pinkley*
6:45—Wayne Morse Speech	Second Chance*	Sam Hayes*
7:00—Safety Pays	Morgan Beatty News*	Treasury Agent*
7:15—Safety Pays	One Man's Family*	Treasury Agent*
7:30—Strange	People are Funny*	Enchanted Hour*
7:45—Sage	People are Funny*	Enchanted Hour*
8:00—Portland vs Seattle	Dragnet*	John Steele*
8:15—Portland vs Seattle	Dragnet*	John Steele*
8:30—Portland vs Seattle	Allen Roth	I Ask You*
8:45—Portland vs Seattle	Allen Roth	I Ask You*
9:00—Portland vs Seattle	Fiber & Molly*	Fulton Lewis Jr.*
9:15—Portland vs Seattle	Heart of News*	News*
9:30—Portland vs Seattle	Men Behind Melody*	Jack's Private Line*
9:45—Portland vs Seattle	Men Behind Melody*	Jack's Private Line*
10:00—Music to Remember	Richfield Reporter*	KWIN Karavan*
10:15—Music to Remember	Organaires	KWIN Karavan*
10:30—Music to Remember	Night Serenade	KWIN Karavan*
10:45—Burgie Music Box	Night Serenade	KWIN Karavan*
11:00—Burgie Music Box	News Nightwatchman Sign Off	News Nightwatchman Sign Off
11:15—Sign Off	Nightwatchman	Nightwatchman
11:30—Sign Off	Nightwatchman & News	Nightwatchman & News
11:45—Sign Off	Sign Off	Sign Off
12:00—Sign Off	Sign Off	Sign Off

RADIO PROGRAMS—WEDNESDAY

KYJC — 1230 kc	KMED — 1440 kc	KWIN — 1400 kc
6:00—World News Roundup**	KMED Korral	Wakeup Ranch
6:15—World News Roundup**	KMED Korral	Wakeup Ranch
6:30—Yawn Patrol	KMED Presents	Wakeup Ranch
6:45—Yawn Patrol	First News	Wakeup Ranch
7:00—Frank Goss**	Johnnie Lee Willis*	Hemingway News*
7:15—Martin Agroninsky*	Weather & Local Beat	Breakfast Gang*
7:30—Tom MacLeod—Sports	Weather & Local Beat	Breakfast Gang*
7:45—Harry Babbitt*	Weather & Local Beat	Breakfast Gang*
8:00—Breakfast Club*	World News Roundup*	Cliff Ingle News*
8:15—Breakfast Club*	KMED Kashbox & Visit	Green News*
8:30—Breakfast Club*	McBride & Dr. Peale*	Blue Institute*
8:45—Breakfast Club*	Quiz & Swap & Sell	Bible Institute*
9:00—Ted Malone*	Friendship Circle	Town Topics*
9:15—Chet Huntley*	Friendship Circle	Capitol Commentary*
9:30—Relay Quiz	Strike It Rich*	Jack's Private Line*
9:45—Cote Glee Club	Strike It Rich*	Jack's Private Line*
10:00—Whispering Streets*	Phrase that Pays*	Newspaper of the Air*
10:15—Howard Miller Show*	Mid-Morning News*	Telo-Fee*
10:30—Now Drunk*	Right To Happiness*	Bravo-Bingo*
10:45—Concerttime	Stella Dallas*	Ringo-Bingo*
11:00—Helen Trent**	Ladies First*	Story Time*
11:15—Our Gal Sunday**	Ladies First*	Queen for a Day*
11:30—Record Rack*	Fiber & Molly*	Queen for a Day*
11:45—Record Rack*	Pauline Frederick*	Queen for a Day*
12:00—Paul Harvey*	Lunchtime News & WX	Western Roundup Time*
12:15—Rogue Val Reporter	Lunchtime News & WX	Western Roundup Time*
12:30—Sam Hayes*	Lunchtime Features	Western Roundup Time*
12:45—Weather; Spin & Win	Mystery & Kashbox	Western Roundup Time*
1:00—Spin & Win	Woman In My House*	Game of the Day*
1:15—Spin & Win	Lorenzo Jones*	Game of the Day*
1:30—Arthur Godfrey**	Wonderful City*	Game of the Day*
1:45—Arthur Godfrey**	Wonderful City*	Game of the Day*
2:00—Arthur Godfrey**	Pepper Young*	Game of the Day*
2:15—Arthur Godfrey**	Wagner Brown*	Game of the Day*
2:30—Strictly for the Ladies	Turn Back Clock*	Game of the Day*
2:45—Arthur Godfrey**	Turn Back Clock*	Game of the Day*
3:00—Bulletin Board	News & What's Doing	Western Roundup Time*
3:15—Concerttime	Claude Rains*	Western Roundup Time*
3:30—Concerttime	Patty Rose*	Behind the Story*
3:45—Concerttime	Patty Rose*	Trilo Test*
4:00—Chas. Collingswood**	Patty Rose	Fulton Lewis Jr.*
4:15—Club 1230	Patty Rose	Hemingway News*
4:30—Club 1230	KMED Presents	Here's The Answer*
4:45—Frank Goss**	Elmer Peterson*	Sam Hayes*
5:00—The Ferris Reel**	Regional News	Sgt. Preston of Yukon*
5:15—Bill Stern*	3 Star Extra	Sgt. Preston of Yukon*
5:30—Amos & Andy**	Lone Ranger*	Bob Greene News*
5:45—Amos & Andy**	Ranger & News*	Bill Brundage Sports*
6:00—F.B.I. In Peace, War**	KMED Sports Daily	Gabriel Heatter*
6:15—F.B.I. Doug Edwards	Governor's Report	Local News*
6:30—Lowell Thomas**	News* Second Chance*	Virgil Pinkley*
6:45—Platter Reviews	Second Chance*	Sam Hayes*
7:00—The Winning Corner	Morgan Beatty News*	True Detective Myst'es*
7:15—Blue Ribbon Bouts*	One Man's Family*	True Detective Myst'es*
7:30—Blue Ribbon Bouts*	Conversation*	Record Session*
7:45—Blue Ribbon Bouts*	Conversation*	Record Session*
8:00—Portland vs Seattle	Groucho Marx*	Sentenced*
8:15—Portland vs Seattle	Groucho Marx*	Family Theatre*
8:30—Portland vs Seattle	Truth or Consequences*	Family Theatre*
8:45—Portland vs Seattle	Truth or Consequences*	Family Theatre*
9:00—Portland vs Seattle	Prager Young*	News*
9:15—Portland vs Seattle	Heart of News*	Fulton Lewis Jr.*
9:30—Portland vs Seattle	College Quiz Bowl*	Jack's Private Line*
9:45—Portland vs Seattle	College Quiz Bowl*	Jack's Private Line*
10:00—Music to Remember	Richfield Reporter*	KWIN Karavan*
10:15—Music to Remember	Organaires	KWIN Karavan*
10:30—Music to Remember	Night Serenade	KWIN Karavan*
10:45—Burgie Music Box	Night Serenade	KWIN Karavan*
11:00—Burgie Music Box	News Nightwatchman Sign Off	News Nightwatchman Sign Off
11:15—Sign Off	Nightwatchman	Nightwatchman
11:30—Sign Off	Nightwatchman & News	Nightwatchman & News
11:45—Sign Off	Sign Off	Sign Off
12:00—Sign Off	Sign Off	Sign Off

(All programs at same time daily unless otherwise indicated)

A.M.—3:30 Sign on Music through-out day except for following programs:
10:10-15 KBOY Bargains; 11-12 (Sunday only) First Baptist service.
P.M.—12:15 KBOY ranch; 12:15-12:30 (Sunday only) KBOY ranch.
7:45 Sign Off.

TV Programs — KBES (Channel 5)

TUESDAY	WEDNESDAY
3:30—Devotions	3:30—Devotions
4:00—Feminine Fancies	4:00—Feminine Fancies
4:30—Val Rague Camera	4:30—Val Rague Camera
5:00—Uncle Bill Show	5:00—Uncle Bill Show
5:30—Western Theater	5:30—Industry on Parade
6:00—Disneyland	5:45—Hollywood Album
7:30—Medical History	6:00—U. S. Steel Hour
7:45—Hollywood Album	7:00—Hopalong Cassidy
8:00—Place the Face	7:30—Our Heritage
8:30—Big Picture	8:00—Man Behind The Badge
9:00—64,000 Question	8:30—Conrad Nagel Theater
9:30—Mr. and Mrs. North	9:00—TV Tunes
10:00—In the Mood	9:30—General Sportsime
10:15—News	9:30—Science Fiction
10:20—Sign Off	10:00—Weather
	10:10—News
	10:10—Sign Off

Ross Moulding Company Files Incorporation

Thomas G. Ross, L. C. Burt and J. F. Brown have filed articles of incorporation for Ross Moulding company in the White City industrial area, according to records in the Jackson county recorder's office.

The company expects to ship about eight box cars of Douglas fir, white fir, Shasta fir and cedar moulding monthly. The company presently is operating on one shift, but another shift is planned which would double production.

It is the fifth company incorporated in which Ross is affiliated. Others are Ross Lumber Company, Ross Lumber Sales, Crater Wholesale, and Olson-Ross Lumber company,

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Around Hollywood

By ALINE MOSBY
United Press Correspondent

Editor's Note: Aline Mosby is on vacation. Today's pinchhitter is Mitzi Gaynor, who admits she didn't get any place in Hollywood at first because she talked too much.

By MITZI GAYNOR
Written for United Press
Hollywood—(U.P.)—Girls, I'm for more listening and less talking.

This may sound like a confession piece, but confession is good for my soul.

I was like a chatterbox and a poor listener and found myself losing ground, but fast—socially and professionally.

I would talk on any subject, at length, to anyone—whether there was a desire by anyone to listen to me or not. Talking, I thought, was the smart thing to do.

She Was Always 'On'

I was the life of the party, I thought, with my miles-long gab fests. Whether the occasion was a press interview, a social evening with friends, or a shopping trip to the food market, I was "on."

Then one fine day, and not too long ago, I changed. Why? Because I was forced into this change. I was getting nowhere with my giddy girl, feather-brained heroine roles. I wanted to find out why I didn't land more important, more mature roles. And when I stopped talking long enough to listen to the answer, I learned: My chatterbox personality did not warrant better roles. Producers couldn't picture me in anything worthwhile.

And suddenly it dawned on me: You've got to listen to people in order to learn things. Not only about things in general, but, strangely, about your own self. And you can't talk and listen at the same time.

I settled down—and was only about two years ago. I was cast as a married woman for the first time in "There's No Business Like Show Business." That kind of part was out of bounds for me before then.

Two Important Roles

My two most important roles to date followed: A co-starring role in one of the top musicals of the year, "Anything Goes," co-starring Bing Crosby, Donald O'Connor and Jeanne Arne. And my first straight role in the George Gabrel comedy now filming at Paramount. The Gabrel assignment affords me the opportunity of not only handling comedy lines, but also the chance of handling situations that call for sympathy.

This lift in my career came about only because of the change in my mental attitude: I stopped talking; I started listening.

Aside from the business success, it gave me a great spiritual life. I found people are interesting if you give them a chance to be heard. Share the conversation with them, and you'll receive a wonderful feeling of satisfaction in return.

Housework Easy Without Nagging Backache

Nagging backache, headache, or muscular aches and pains may come on with over-exertion, emotional upsets or day to day stress and strain. And folks who eat and drink unwisely sometimes suffer mild bladder irritation... with that restless, uncomfortable feeling... of these discomforts, Doan's Pills often help by their pain relieving action, by their soothing effect to ease bladder irritation, and by their mild diuretic action through the kidneys... tending to increase the output of the 18 miles of kidney tubes.

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Night Calls and Sundays
No Calls Fri. eve. or all day Sat.

HEAR WAYNE MORSE speak
Tonite KYJC
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"Hell's Canyon Fight Not Over"

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Answer to Yesterday's Puzzle

ACROSS													DOWN												
1-Backward	28-Expire	39-Compass point	40-Pronged	41-Father	42-Dines	43-Bitter	44-Orders back	45-A state (abbr.)	46-Storehouse	47-Semi-precious stone	48-Presses	49-Brother of Odin	50-Hold back	51-Firmament	52-Guardian deity	53-Conjunction	54-Emmet hawk	55-Three-toed sloth	56-Knock						
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L. ABNER