

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 Effective	10 Ambition	14 To	18 To	22 To	26 To
2 Today	11 Take	15 To	19 To	23 To	27 To
3 Present	12 Take	16 To	20 To	24 To	28 To
4 Be	13 Take	17 To	21 To	25 To	29 To
5 Make	14 Take	18 To	22 To	26 To	30 To
6 Is	15 Take	19 To	23 To	27 To	31 To
7 Dignity	16 Take	20 To	24 To	28 To	32 To
8 Warning	17 Take	21 To	25 To	29 To	33 To
9 Willing	18 Take	22 To	26 To	30 To	34 To
10 Ventures	19 Take	23 To	27 To	31 To	35 To
11 That	20 Take	24 To	28 To	32 To	36 To
12 And	21 Take	25 To	29 To	33 To	37 To
13 Ambition	22 Take	26 To	30 To	34 To	38 To
14 To	23 Take	27 To	31 To	35 To	39 To
15 Take	24 Take	28 To	32 To	36 To	40 To
16 Take	25 Take	29 To	33 To	37 To	41 To
17 Take	26 Take	30 To	34 To	38 To	42 To
18 Take	27 Take	31 To	35 To	39 To	43 To
19 Take	28 Take	32 To	36 To	40 To	44 To
20 Take	29 Take	33 To	37 To	41 To	45 To
21 Take	30 Take	34 To	38 To	42 To	46 To
22 Take	31 Take	35 To	39 To	43 To	47 To
23 Take	32 Take	36 To	40 To	44 To	48 To
24 Take	33 Take	37 To	41 To	45 To	49 To
25 Take	34 Take	38 To	42 To	46 To	50 To
26 Take	35 Take	39 To	43 To	47 To	51 To
27 Take	36 Take	40 To	44 To	48 To	52 To
28 Take	37 Take	41 To	45 To	49 To	53 To
29 Take	38 Take	42 To	46 To	50 To	54 To
30 Take	39 Take	43 To	47 To	51 To	55 To
31 Take	40 Take	44 To	48 To	52 To	56 To
32 Take	41 Take	45 To	49 To	53 To	57 To
33 Take	42 Take	46 To	50 To	54 To	58 To
34 Take	43 Take	47 To	51 To	55 To	59 To
35 Take	44 Take	48 To	52 To	56 To	60 To
36 Take	45 Take	49 To	53 To	57 To	61 To
37 Take	46 Take	50 To	54 To	58 To	62 To
38 Take	47 Take	51 To	55 To	59 To	63 To
39 Take	48 Take	52 To	56 To	60 To	64 To
40 Take	49 Take	53 To	57 To	61 To	65 To
41 Take	50 Take	54 To	58 To	62 To	66 To
42 Take	51 Take	55 To	59 To	63 To	67 To
43 Take	52 Take	56 To	60 To	64 To	68 To
44 Take	53 Take	57 To	61 To	65 To	69 To
45 Take	54 Take	58 To	62 To	66 To	70 To
46 Take	55 Take	59 To	63 To	67 To	71 To
47 Take	56 Take	60 To	64 To	68 To	72 To
48 Take	57 Take	61 To	65 To	69 To	73 To
49 Take	58 Take	62 To	66 To	70 To	74 To
50 Take	59 Take	63 To	67 To	71 To	75 To
51 Take	60 Take	64 To	68 To	72 To	76 To
52 Take	61 Take	65 To	69 To	73 To	77 To
53 Take	62 Take	66 To	70 To	74 To	78 To
54 Take	63 Take	67 To	71 To	75 To	79 To
55 Take	64 Take	68 To	72 To	76 To	80 To
56 Take	65 Take	69 To	73 To	77 To	81 To
57 Take	66 Take	70 To	74 To	78 To	82 To
58 Take	67 Take	71 To	75 To	79 To	83 To
59 Take	68 Take	72 To	76 To	80 To	84 To
60 Take	69 Take	73 To	77 To	81 To	85 To
61 Take	70 Take	74 To	78 To	82 To	86 To
62 Take	71 Take	75 To	79 To	83 To	87 To
63 Take	72 Take	76 To	80 To	84 To	88 To
64 Take	73 Take	77 To	81 To	85 To	89 To
65 Take	74 Take	78 To	82 To	86 To	90 To
66 Take	75 Take	79 To	83 To	87 To	91 To
67 Take	76 Take	80 To	84 To	88 To	92 To
68 Take	77 Take	81 To	85 To	89 To	93 To
69 Take	78 Take	82 To	86 To	90 To	94 To
70 Take	79 Take	83 To	87 To	91 To	95 To
71 Take	80 Take	84 To	88 To	92 To	96 To
72 Take	81 Take	85 To	89 To	93 To	97 To
73 Take	82 Take	86 To	90 To	94 To	98 To
74 Take	83 Take	87 To	91 To	95 To	99 To
75 Take	84 Take	88 To	92 To	96 To	100 To

Good (G) Adverse (A) Neutral (N)

Personal Health Service

By WILLIAM BRADY, M.D.

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

HOW TO GAIN OR LOSE WEIGHT

A Detroit reader wants me to know how happy she is that in some six months she gained ten pounds since she began following the advice in the pamphlet *How to Gain Weight*. If you want it send stamped, self-addressed envelope. Please ask for it in writing, signed. She had never weighed more than 100

pounds before. She is just 5 feet tall and has a small frame, and it is so wonderful to hear people say "How good you look" rather than . . . and she feels better than she has felt in years.

A Boston reader thanks me for helping her reduce. She has lost 20 pounds (in how many months she does not mention,

School Boys Give Heed To Fashions

Today's school and college boys are giving definite heed to smart shoe fashions for campus and classroom wear.

Once it was the fashion to be sloppy. Now it's the thing to be well groomed. And the boys are taking it and liking it.

They like the soft touch plus long wearing qualities of the new leathers, shrunken grains and textures that fit well with their flannels and tweeds. Take a nice polish, too and can always look well-groomed with the minimum of care.

These leathers, designed on one, two, or conventional four and five eyelet oxfords, are built to hold their shape and appeal to boys of all ages.

Dark colors are a feature of the new look. Black is a headliner in these shoes which used to go in for loud tans and bright browns. And the top notch brown is the charcoal brown today for this type of shoe. Cordovan is another highly popular color.

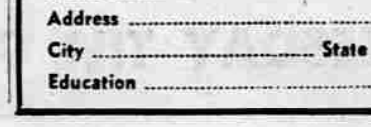
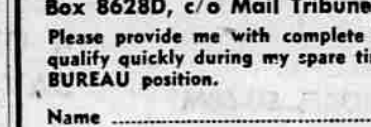
The low top line adds to the effect of lightness on the foot. This fall it is more prevalent than ever in boys' and young men's shoe fashions.

The raised seam moccasin type is still in evidence, but the flat seam overlay moccasin treatment is in line with the slimmer, more tailored look now favored in school shoes.

On some of the new models the longer wing tip adds to the sophisticated air.

MAIL CARRIERS HELP

Madison, Wis. — (U.P.) — Wisconsin rural mail carriers are helping the cause of wildlife research. The conservation department got carriers in 25 counties to keep their eyes open for Hungarian partridge coveys to aid population studies of the popular game birds. Since the winter of 1954-55 was the first in which the scheme was operated, wildlife experts must wait until the coming winter to get comparative figures on the size and location of the state flock.



Russia is honoring a 147 year old citizen named Makmud Eivazov.

Mak, as he is affectionately known around the salt mines, insists that his good health comes from always picking the orange jelly beans and avoiding the licorice ones at Halloween time.



WALT'S TV & RADIO SERVICE
Oldest Shop in So. Oregon
409 E. Main — Phone 2-2269
Day or Night Service \$3.50
(Medford and vicinity)
Night Calls and Sundays
No Calls Fri. Eve or all day Sat

HEAR WAYNE MORSE speak
Tonite KYJC
6:45 to 7:00

KoKo Says:
MOTHER, START BABY RIGHT!
See this Edwards Toddler, the shoe to start baby walking.

Edwards
Nine inch hunting boot of full oil tanned brazil upper stock with white crepe sole and heel, requiring no breaking-in.

JOHNSTON and STEWART
JUNIOR BOOT SHOP
Central at Main — Medford
Where the Fit is Guaranteed

AVIATION TRAINING DIVISION — Dept. LC-9
Box 8628D, c/o Mail Tribune
Please provide me with complete information as to how I can NOW qualify quickly during my spare time for an AIRLINE or AIR TRAVEL BUREAU position.

Name _____ Age _____
Address _____ Home Phone _____
City _____ State _____ Bus. Phone _____
Education _____ Hrs. I Work _____

Low-Cut Moccasin Adds Matching Grain
A low-cut moccasin shoe of smooth leather adds a saddle of matching grain, buckled trimly high on the foot.

More rugged, a Continental casual of soft grain leather has a leather wrapped sole and unique, heavily stitched curved saddle with two-eyelet fastening.

Use Mail Tribune Want Ads
Men! Weak, Old?
Pep up Runtown Body, Blood, Organs, Nerves. Feel Years Younger.

Weak, tired, rundown at 40, 50, 60 or over? Lacking in pep, energy, life, zest? Want to feel years younger? Try *Orton Tonic Tablets* today. For body weak, old, just below low in iron; "pepe up" both sexes. Husbands, wives often take it; helps both feel years younger. "Get-acquainted" size 50¢. At all drug stores.

but I hope it took her eight or ten months) and she intends to keep her weight down, for it is now just right for one of her height (and here again the lady gives no figure.)

The Boston reader doesn't mention whether the pamphlet *How to Lose Weight* or the booklet *Rules for Reducing* helped her. For the booklet send 25c and stamped, self-addressed envelope. If you ask also for the pamphlet it will come along with the booklet, provided the two bit piece doesn't require laundering or dry cleaning. Or, as one Celt to another, I might suggest that you send only a stamped, self-addressed envelope and ask for the pamphlet *How to Lose Weight*. It's free, and you never know, some one may make you a present of the booklet. I? Fat chance!

It is generally best to gain weight or lose weight gradually, in way you lost it or put it on. If it is a matter of ten pounds, it should take at least six

months.

A bed-time meal is advisable for any one on the cullow side of forty who wishes to gain weight. Whatever substantial undenatured food one likes, and no nonsense about it. Say a pint of fresh milk, Certified, Grade A Raw from tuberculin tested herd, any fresh milk scalded (brought to a boil and then cooled,) or even Pasteurized (parboiled,) with a slice of whole wheat bread and butter, with or without sugar. Such a bed-time meal will increase weight twenty pounds in a year. Eating at bedtime is natural and physiological, and digestion is better when you are asleep than when you are awake and maybe "watching" it. Also it is natural and physiological to sleep after a hearty meal — and healthful for persons under 40.

Plump ladies who are "going on a diet" almost never make good. Anyway a reducing regimen which need not start until two o'clock next week generally

Strange As It Seems

by Elsie Hix



WALDO PARK, Salem, Ore., MEASURES 12' BY 20' AND IS OCCUPIED BY ONE REDWOOD TREE.

AN EIGHT-POINT BUCK FOUND SWIMMING ONE MILE FROM SHORE WAS RESCUED BY MEMBERS OF THE AIR PROVING GROUND COMMAND, EGLIN AIR FORCE BASE, FLORIDA!

BUZ SAWYER
YOU SURE SOCKED HIM, MR. SAWYER. HE'S STILL UNCONSCIOUS.

SORRY, BUT NOBODY INTERFERES WITH THE PILOT OF A PLANE.

I FEEL FITTER A FIDDLE, BIRDIE JANE.

TH' PAST TWO-THREE DAYS I BEEN CALM AN PEACEABLE AS SKIN MILK. I BEEN HUMMIN' CHUNES AN WHISLIN' AN.

WHEN DID YORE OL' MAN LEAVE TOWN?

AM I ON MY WAY TO THE BREAKFAST TABLE, OR WALKING AWAY FROM IT?

YOU'RE WALKING AWAY FROM THE TABLE.

GOOD—THEN I'VE HAD MY BREAKFAST.

HE BURIES HIS HEAD IN THE PAPER AT THE BREAKFAST TABLE AND DOESN'T KNOW THERE'S A WORLD AROUND HIM.

HER MAKEUP IS ATROCIOUS! AND WITH HER COMPLEXION SHE SHOULD NEVER WEAR PURPLE! HER OUTFIT IS BADLY STYLED! ABSOLUTELY NO TASTE AT ALL!

AHEM! PRETTY WOMAN!

I STILL SAY SHE WAS PRETTY!

I REALLY CAN'T SAY! I DIDN'T GET THAT GOOD A LOOK AT HER!

aggravates malnutrition, and most fat persons suffer from malnutrition, from excessive consumption of refined carbohydrate food which is deprived of vitamins and minerals when it is refined.

QUESTIONS AND ANSWERS

Nutrition of the Nails
Terrible for us stenographers to take dictation with our fingers right under the boss's eyes, the nails split, peeled, ridged and broken, even when we keep 'em filed down to homely stubs . . . (V. B. E.).

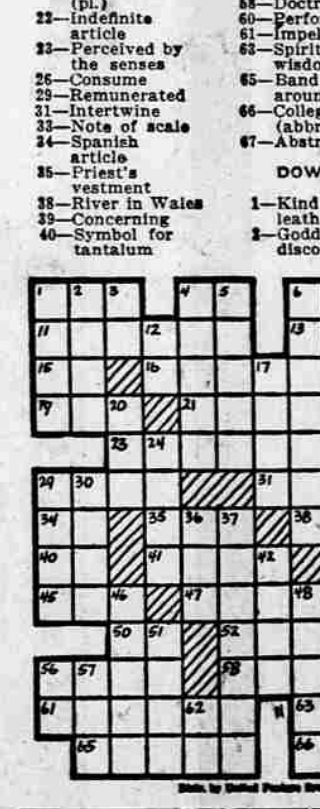
Answer—If you cross your knees he'll never notice your nails, probably. Use of nail polish removes natural oil from nails and cuticle around them, makes nails harsh, brittle. Apply lanolin to nails and finger tips every night. Improve nutrition of nails by supplementing your diet with vitamin B complex and vitamin D. Send stamped envelope bearing your address, for pamphlet *YOUNG FOLKS AND OLD FOLKS*.

Don't Neglect Slipping FALSE TEETH

Do false teeth drop, slip or wobble when you talk, eat, laugh or sneeze? Don't be annoyed and embarrassed by such handicaps. FASTEST, an all-time (new) powder to sprinkle on your plates, keeps false teeth more firmly set. Gives confident feeling of security and added comfort. No gummy, gooey, pasty taste or feeling. Get FASTEST today at any drug counter.

CROSSWORD PUZZLE

Answer to Yesterday's Puzzle



ACROSS
1—Recent
2—Near
3—Crucifix
11—Places for combat
12—Chief
13—Box
14—King of beasts
15—Viper
16—Native metal (pl.)
22—Indefinite article
23—Perceived by the senses
24—Consume
25—Remunerated
26—Intervene
27—Notes of scale
28—Spanish article
29—Defect's vestment
35—River in Wales
36—Concerning
40—Symbol for tantalum

DOWN
41—Beer ingredient
42—Defeat
43—Vessel's curved
44—Planking
45—Kind of pigeon
46—Babylonian deity
47—Scorch
48—Obtained
49—Semi-precious stone
50—Doctrine
60—Perform
61—Impel forcibly
62—Spiritual
63—Band worn around hair
64—College degree (abbr.)
67—Abstract being

1—Pronoun
2—Man's name
3—Former
4—Russian ruler
5—Having a top piece
6—Symbol for ruthenium
7—Spanish pot
8—River in France
9—Standing Room Only (abbr.)
10—A scale (abbr.)
11—Symbol for lithium
12—Pair of horses
13—Greek letter
14—Kind of cheese
15—Compass point
16—Shade
17—Fondles
18—Wolfhound
19—Godness of youth
20—Heinous substance
21—Wooded plant
22—Unit of energy
23—For
24—Room
25—Girl's name
26—Fair voice
27—Norse god
28—Hum
29—Exclamation
30—Product of inflammation
31—Toward
32—Behold!
33—Compass point

UNNOTICED BY THE QUARRELING HUMANS, THE LION-HEARTED LITTLE RAT SLIPS INTO THE MOAT.

YOU SURE SOCKED HIM, MR. SAWYER. HE'S STILL UNCONSCIOUS.

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