

## County Health Department

ACTIVITIES  
By Dr. B. C. Wilson

NEWS  
Health Officer

### ALL ABOUT MILK

(Continued)

There is no baby food that equals mother's milk. A baby raised on mother's milk has a much better start in life than one raised on the bottle. It has just six times the chance of keeping well and vigorous.

Breast milk is fresh, clean and pure because it is taken at its source. Nature provides that the milk shall reach the nursing with out being exposed to the air, and her plan keeps out dirt, germs, flies and fingers.

Breast feeding is cheapest, simplest, easiest and safest, and usually calls for no training. Bottle feeding is not so safe. The modification of the milk to suit the individual baby requires skill and practice; the washing and sterilization of the bottles take time.

The nursing mother should be careful with her own diet, for the things she eats or drinks affect her milk. Certain medicines, such as mercury (calomel) head ache powders, opium, purgative salts, rhubarb, arsenic, bromides, when taken through the mouth have afterward been found in the mother's milk. If mother's milk is not available, babies should have the best and freshest cow's milk that can be obtained. Whether such milk is to be pasteurized is a question for the doctor to decide in the individual case. Unless very sure of the supply, the doctor usually will take no chances; he will advise

pasteurized milk for the baby, especially in summer time.

Cow's milk is the best substitute for mother's milk. But, while the cow is a good foster mother, she is a foster mother only. Cow's milk was intended by nature as food for calves. It has everything in it that the calf needs, but not every thing that the baby needs; and its elements are not in the right proportion for the baby. By diluting cow's milk, and adding sugar, we can make a mixture that is some thing like mother's milk, but it still lacks important substances. The milk for the baby should be modified by adding water and sugar as directed by the doctor. There is a temptation to add sugar generously for the reason that sugar is fattening; but abundant fat is not necessarily a mark of health. Milk should not contain more than 7 per cent of sugar which is the amount provided by nature in mother's milk. Too much sugar may cause gas and colic and lead to serious trouble. Your only safe plan is to place the baby under the regular care of your doctor or a baby clinic physician and he alone should be trusted to decide how the milk shall be modified. Do not let the advice of your neighbors direct the feeding of your baby.

Babies should be nursed for at least six months and not longer than ten months. Ordinarily they should be weaned, under the doctor's direction, between the sixth and ninth months, and cow's milk and other foods should gradually replace the mother's milk.

present His Royal Highness Prince Alfonso.

President Hoover has never been late for a radio broadcast, although he probably makes more speeches over nation wide hookups than any other man who is not a professional radio artist. Several times he has been ahead of time but in these instances he has graciously consented to wait until the network was ready. If the White House states the President to talk ten minutes, broadcasters know they can be assured this will be the length of his talk, only lengthened or shortened by fifteen seconds.

Except for the words, "Ladies and Gentlemen, the President of the United States," no other introduction is usually given when President Hoover speaks.

In a letter to Georgia Backus, continuity writer for the CBS, her father said that he and Mrs. Backus and the town folk gather in the local firehouse every Monday evening to listen to Georgia in the Georgia and Henry hour. Mr. Backus asked for a copy of the previous week's script, explaining that the party in the firehouse was broken up the middle of the program by a fire at the other end of town.

### Much Work Being Done at Maybelle

There is considerable work being done at the Maybelle Mine, on Birdseye Creek, near Rogue river at present. A compressor has been installed and a mill is being installed. Two long tram lines have been constructed, one to the top of the hill and one around the hill to a lower tunnel. New equipment is being added, almost daily and the crew of men are being supplemented by additional men every few days.

Drilling will be started in the tunnel this week and work is being rapidly pressed to obtain more water for use at the mill. The Maybelle is rapidly assuming the proportions of a real mine.



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### How to Raise Poultry

By Dr. L. D. LeGear, V.S., St. Louis, Mo.

Dr. LeGear is a graduate of the Ontario Veterinary College, 1892. Thirty-six years of veterinary practice on diseases of live stock and poultry. Eminent authority on poultry and stock raising. Nationally known poultry breeder. Lecturer and lecturer.

### HOW TO START A TURKEY FLOCK

The Way to Begin Is to Begin But a Few Cautions Will Help Overcome Fears of the Over-Cautious

Judging from letters received from readers of these articles the subject of turkey raising is uppermost in the minds of thousands of people. Therefore in answer to numerous requests I am going to devote two or three more articles to that subject.

Turkey raising is profitable. It is not nearly so difficult as most people imagine. True, the number of turkeys produced on farms in the United States has had a steady decline for the last forty years. Like the recent slump of the stock market, it would appear the bottom has been reached and I am hopeful that turkey raising will about face and regain its lost prestige.

Two things tend to discourage the raising of turkeys. One is the dread of the disease known as Blackhead. The other is the mistaken idea that turkeys must have a wide range of ground to roam on. I shall discuss both of these subjects in subsequent articles and attempt to show how Blackhead can be avoided and to correct the idea that turkeys cannot be raised in confinement. But first let us consider some of the essential things in starting a turkey flock.

In selecting a breed consideration should be given to size and weight for after all turkeys are raised for meat production. The Bronze variety seems to be the most popular because of its size. It is sometimes called the Mammoth Bronze. Other popular breeds are the white Holland, Bourbon Red and the Narragansett. There are two other varieties called the Black and Slate, but they are not given much consideration in the United States because they are smaller than the others.

There are three ways to start a turkey flock. One is by buying hatching eggs. Another is to purchase baby poults and the third is the purchase of adult breeding

stock. Under favorable circumstances you can have turkeys for market the first year.

If you start with breeding stock, take every precaution possible to see that your adult turks are free from disease. Examine them carefully for size and build. Breeding stock should have large frames, broad backs and big full breasts. See that the legs are sturdy and set well apart.

It hardly seems necessary to point out the advantage of purebred stock. The initial cost may be a little higher, but it costs no more to raise a purebred than a mongrel, and the sale both of birds for breeding and eggs for hatching will more than make up the difference.

A good time to get in the turkey business is now, especially if you follow the plan of starting with breeding stock. Large numbers of turkeys are raised for Christmas markets. You can make some very fine selections from choice flocks that are being prepared for the Christmas trade. One of the fatal mistakes made by many turkey raisers is that the best birds are taken to market and the smaller stock kept for breeding purposes.

Do not try to splurge in the beginning. Start in a small way and develop gradually.

Again I say turkey raising is a profitable business. It should be one of our leading activities along with chickens and live stock. The turkey is a native product. It is as American as the eagle or the buffalo. New wealth will be added to the agricultural coffers of the United States once the turkey takes its rightful place in the poultry world.

### Substituting Good Teeth For Bad



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lack of minerals in the diet. With the development of manufacturing processes, however, and the over-refinement of certain foods which are prepared for the market, some lime, much of the phosphorus, and other of the mineral substances are frequently lost. The advice holds that the nearer you can secure your foods in nature' original packages the less you need to concern yourselves with your ration of minerals for the day.

It should be borne in mind that the digestive system is subject to individual peculiarities but that there are some foods that are more easily digested than others. Milk contains fats, carbohydrates, proteins, and salts in a very easily digested form. Milk proteins and cell walls. The material of which these cell walls are composed is not so easily digested. In cooking much of this material is broken up but here again the manner of cooking has an influence upon digestion.

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### Cured by King

King George IV cured Gen. Sir George Higginson of smoking. General Higginson recalled on his one-hundredth birthday recently that when he was a child the king noticed him in his perambulator one day and, for a joke, since the child was staring at the king's cigar, put it to the baby's lips. The nauseous impression stayed with him all his life. Sir George stated.

### BREAD CLAIMED BEST

(Continued from Page One)

All products of protein, fat and carbohydrates after digestion are distributed in great measure, with out discrimination by the blood, and the cells of the body draw their supply of nourishment from this general store.

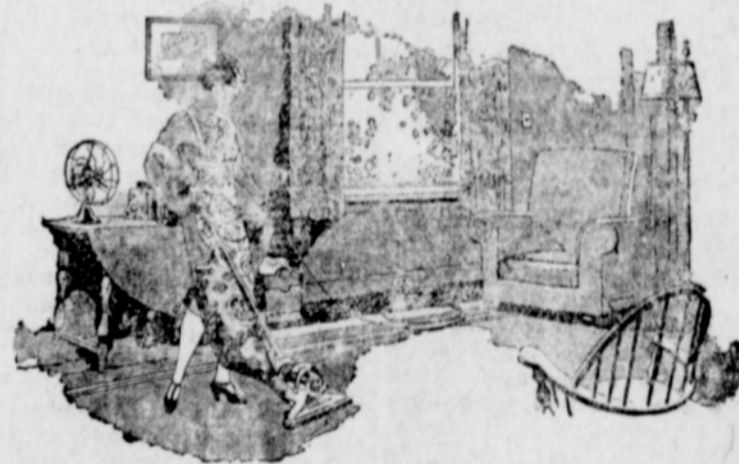
Another fact should not be lost sight of. Ordinary food materials contain an abundance of salts in their natural condition and it is rare to see a person suffering from

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## Woman's Work...

Woman's work is never done—certainly not if she lives on a farm! From early till late she cooks, cleans, and mends. In her "spare time" she is expected to take care of the chickens and the garden. Rarely has she even a few precious moments of leisure. And if she sweeps and washes by main strength she is wearing herself out for three cents an hour.

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