

TELLS HOW POTATO LAW IS WORKING

C. E. Spence, Market Agent, Discusses Inspection Laws.

INSPECTION PAYS

Letter Is Cited Giving Advantages of Shipping Point Inspection.

(By State Market Agent)

No stronger argument for standardization and shipping point inspection could be made than the following letter from the U. S. Department of Agriculture of California to R. L. Ringer of the same department in Portland

SAN FRANCISCO, Cal., Dec. 21, 1923.—For the past several years Oregon Potatoes have been considered the poorest potatoes and the riskiest "bet" of any stock used in San Francisco market. Several years ago they were in fairly good demand until, through years of diminishing quality, they could not be used unless received on consignment.

Fancy California Burbanks, from the San Joaquin River delta lands, have always commanded the highest prices here, but this year the Oregon Burbank is running them a close second. California stock, special packs, are bringing \$2.00 per cwt. as top price, and the Oregon tuber "as is" is selling at \$1.90 with a strong market and an increasing demand, one that if the quality is maintained will surpass any potato.

As a comparison of values and grading, the Washington and Idaho potatoes, which have always been in good demand here, are repacked upon arrival and put in first class condition. The highest prices realized on them, to the jobber, is \$1.10 per cwt.

There is not a dealer who has not at some time or another, expressed enthusiasm regarding the Oregon quality this year.

J. C. Hansen,

Assistant in Marketing. State-federal shipping point inspection will soon be demanded by shippers and large growers generally, on fruit, vegetables, potatoes, grain and other commodities. The demand is rapidly spreading over the states. It is form a form of insurance; it guarantees standard products; it aids f. o. b. sales; it is the shippers' protection in state and federal courts and it guarantees the highest market prices.

One of Portland's large potato shippers recently asked inspection of a carload from the state market agent. The inspector found the stock was not up to the grade and he graded them as No. 2. The shipper then resorted the car, culled out all that was not No. 1, and then shipped the car to San Francisco. He reports that he received a higher price for the sorted potatoes than he would have received for the whole car; saved considerable on freight charges and that the buyers wrote him to make them further shipments of the same quality.

IF BACK HURTS BEGIN ON SALTS

Flush Your Kidneys Occasionally by Drinking Quarts of Good Water

No man or woman can make a mistake by flushing the kidneys occasionally, says a well-known authority. Too much rich food creates acids which clog the kidney pores so that they sluggishly filter or strain only part of the waste and poisons from the blood. Then you get sick. Rheumatism headaches, liver trouble, nervousness, constipation, dizziness, sleeplessness, bladder disorders often come from sluggish kidneys.

The moment you feel a dull ache in the kidneys or your back hurts, or if the urine is cloudy, offensive, full of sediment, irregular of passage, or attended by a sensation of scalding, begin to drink soft water in quantities; also get about four ounces of Jad Salts from any reliable pharmacy and take a tablespoonful in a glass of water before breakfast for a few days and your kidneys may then act fine.

This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and has been used for years to help flush clogged kidneys and stimulate them to activity, also to help neutralize the acids in the system so they no longer cause irritation, thus often relieving bladder disorders.

Jad Salts is inexpensive and can not injure; makes a delightful effervescent lithia-water drink, which everyone can take now and

This is Ashlands Place To Find What It Wants To Eat Sunday



A Feature Page For Telling the Cooks About the Good Eatables

Koaman's salt rising bread, 1 lb. loaf 10c, 1 1/2 lb. loaf 15c. Bon Ton. 84-1f
For the best tamales try Rose Bros. 84-1f
Blue and white Japanese lunch cloth on sale 48x48 in. 66c; 60x60 in., \$1.19; 70x70 in. \$1.48. Jap Art Store, Medford, Ore. 88-8
Old fashioned lasses cream taffy at Rose Bros. 84-1f

What Shall I Have For Christmas Dinner?

Menu No. 1
Fruit Cocktail
Consomme
Creamed Shrimp in Timbale Cases
Roast Chicken, Celery Dressing
Giblet Sauce
Spiced Apples
Currant Jelly
Mashed Potatoes
Onions, au Gratin
Stuffed Tomato Salad
Chocolate Pudding
Mints
Assorted Nuts
Coffee

Recipes for Menu No. 1
Creamed Shrimp—Two tablespoons flour, 2 egg yolks, 2 cups milk or thin cream, 1 teaspoon salt, 1/2 teaspoon pepper, a dash of nutmeg, 1 tablespoon lemon juice, 3 cups shelled shrimps. Melt butter, add flour; mix well and cook over a slow fire until frothing. Then add milk and stir constantly until boiling. Beat the yolks of the eggs and pour hot milk over them. Return to stove, putting in a double boiler. Then season and just before serving add the shrimps. These may be served in timbale cases, patty shells or in ramekin dishes.

Spiced Apples—Peel, core and quarter 4 cooking apples; prepare a syrup of 2 cups of sugar, 1 cup of water and 1 1/2 cups of vinegar; add to this whole spices, tied in a cheesecloth; cloves and cinnamon will be sufficient. Cook until sugar is dissolved, add apples and cook until transparent, but not broken. Chill thoroughly before serving. These will take the place of spiced peaches.

Onions, Au Gratin—Peel and cook onions whole in boiling water; drain. Butter a casserole or baking dish; place a layer of onions, season, cover with a layer of cream sauce; sprinkle with grated cheese, all another layer of onions, sauce, etc., and continue until all are used. Sprinkle buttered crumbs over all and bake in a moderate oven until brown. Serve in the dish they baked in.

Stuffed Tomato Salad—Peel medium sized tomatoes, scoop out the centers, sprinkle inside lightly with salt and turn upside down to drain and chill. Take the inner stalks of celery and stand in cold water to which a little lemon juice has been added. Prepare the stuffing by cutting celery in small pieces, adding some of the tomato taken from the centers, and cut in dice. Mix with a French dressing seasoned with a little onion juice. Fill tomatoes, set in crisp lettuce leaf—place a spoonful of mayonnaise on top and serve.

Chocolate Pudding—Line a mold with lady fingers. Prepare the chocolate, taking 1 1/2 cups of ground chocolate, add 1/2 cup of thin cream or milk and cook in a double boiler until thick. Beat 2 eggs separately. Pour hit mixture over the yolks and return to the fire and cook until quite thick. Then remove from fire, add 1 teaspoon of vanilla, 1/2 cup of chopped walnuts and fold in the stiffly beaten whites of the eggs. Pour a portion of this mixture in the mold, then add a layer of lady fingers, a layer of chocolate and

son on until mold is filled. Chill thoroughly, and serve with whipped cream, sweetened and flavored with vanilla, adding 2 tablespoons of chopped maraschino cherries.

Menu No. 2
California Oyster Cocktail
Salted Almonds Olives Celery
Sweetbread Patties
Roast Turkey, Chestnut Dressing
Giblet Sauce Cranberry Frappe
Succotash Baked Squash
Candied Sweet Potatoes
Waldorf Salad
Plum Pudding, Hard Sauce
Cheese Crackers
Coffee

Recipes for Menu No. 2
Roast Turkey—Stuff and truss turkey. Rub the surface with a mixture of equal parts of flour and butter. Place on a rack in a dripping pan. Roast, basting every 15 minutes. Use one cup of hot water to 1/4 cup of butter for basting. Cook until tender in a moderate oven. The time required will depend upon the age of the bird.

Chestnut Stuffing—Take 2 pounds of chestnuts, split each shell with a sharp pointed knife, then place in cold water and bring to the boiling point. Drain, add a teaspoon of butter, shake over a fire, then remove shells. Chop nuts fine, add 1 cup soft bread crumbs, 1/2 cup melted butter, 1 teaspoon salt, 1 tablespoon minced parsley, 1/2 teaspoon pepper, 1/2 teaspoon sage.

Cranberry Frappe—Three cups cranberries, 1 1/2 cups boiling water. Cook ten minutes and strain through a sieve. Add juice of 1 lemon, 1 1/2 cups sugar. Freeze, and allow to stand an hour or more before serving.

Waldorf Salad—Take bright red apples, cut off the tops, core and scoop out the centers. Drop apple cups in cold water to prevent discoloration. Cut removed apple into cubes, add an equal quantity of diced celery and 1/4 cup as much chopped walnut meats. Mix with French or mayonnaise dressing. Just before serving time fill apple cups with this mixture, having each cup on a lettuce leaf.

Plum Pudding—One cup soft bread crumbs, 1 cup finely chopped suet, 1/2 cup brown sugar, 1 cup seeded raisins, 1 cup seedless raisins, 1/2 cup chopped walnuts, 1/2 cup sliced citron, 1/2 cup flour, 1/2 teaspoon each nutmeg and cinnamon, 1/4 teaspoon cloves, 1/2 teaspoon salt, 2 eggs, beaten well; 1/2 cup milk. Mix bread crumbs, suet, sugar, fruits and nuts; sift flour, spices and salt. Combine mixtures, add eggs and milk. Steam in a well greased mold about two hours.

Hard Sauce—One-third cup butter beaten until creamy; add two-thirds cup of confectioner's sugar gradually, beating well. Flavor with 1 teaspoon of vanilla or other flavoring. Sprinkle with nutmeg. If liked, the stiffly beaten white of egg may be folded in to this sauce.

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—Calway Grape Juice, pint 35c; Toyland peanut butter, can, 30c; Sateen pure sugar candy, lb., 28c; Royal Club coffee, lb., 45c, 3lb. \$1.30.
—Cocoanut, dates, oranges, lemons, cranberries, salad dressing.
PLUMMER
158 E. Main Phone 59

Don't Forget Whole Milk BREAD OR
—That the fine desserts of the Christmas feast are topped off with Franklin pasteries.
Sure, At All Groceries.
FRANKLIN Bakery

TEXAS STARTS ROUNDUP OF ITS QUACK DOCTORS

AUSTIN, Texas, Dec. 21.—Falling in line with the "swat-the-quack" movement introduced in several other states, including New York, Missouri and Connecticut, Texas will inaugurate its official drive on fake doctors January 1.

Sufficient time has been allowed for many of the quacks to flee from the state, with the promise of rigid prosecution for those who remain.

The State Medical Association will sponsor the anti-quack campaign.

Choice of either turkey or chicken for 75c at the Plaza Sunday. 94-2

Of Course LITHIA Fruit Cake
—With the properly mellowed and ripened twang which puts the delicious conclusion to the Christmas feast which would tickle the most finicky stomach or sad tongue.
Various sizes ready for the big Yuletide dinner
AT THE Lithia Bakery

DEPOT DEMOLISHED BY A TRAIN; ELEVEN INJURED

BETHESDA, Ohio, Dec. 20.—A Baltimore & Ohio passenger train station was demolished and 11 persons injured when two cars of a Chicago-bound train left the track and crashed into the structure. Two men waiting in the station were injured, one seriously.

Say it with a box of chocolates We wrap for shipping free of charge. Rose Bros. 84-1f

Large loaf quality bread 10c—Bon Ton. 84-1f.

For Christmas

Fancy Hand Painted China
Japanese Hand Painted China
Fostoria Star Cut Glass
Art Ware, of finest pottery,
Beautiful for Presents
—Oranges, apples, lemons, citron, figs, dates, grapefruit, cranberries, all kinds of candies, S. & W. mince meat.
H. P. HOLMES
Groceries—Crockery
97 N. Main Phone 55

CHRISTMAS SPECIALS

Sweet Southern Oranges 2 dozen 25c
Large No. 1 Walnuts 30c lb., 3 1-2 lbs. \$1.00
Nuts, Figs, Dates, Cluster Raisins, and Candies.
Spitzenburg, Baldwin and Newton Apples at Per Box, \$1.10
Heinzes Mince Meat and Plum Pudding.
Dodge's Fruit Salad and Vegetable Salad—per can, 25c
Dodge's Petite Pois Peas, Strawberry Beets, Fancy Maine Corn and Brussel Sprouts
Crown and White loaf Flour, none better milled, Saturday and Monday, per sack, \$1.75
Family Patent, per sack, \$1.65
Economy Dairy Feed, makes the cow give more Milk, \$1.40 per sek., per ton \$32.00
Mill Run, per sack, \$1.40
PLAZA MARKET

How Much Does Steer Weigh

You Guess How Much
See the big steer hanging in the window of the Plaza Market. For every purchase made at the Plaza Meat Market, until next Monday evening, you will be entitled to a guess as to how much the steer weighs.
Closest Guess, 9 lb. roast
Prize of
Next Closest Four Guesses, 4 lb. roast
Prize of
Next Closest Five Guesses, 3 lb. roast
Prize of
Next Closest Five Guesses, 2 lb. roast
Prize of
Guessing Closes Monday evening. Come see the big steer and try your judgement on what a beef weighs.
PLAZA MEAT MARKET
J. L. Barnhouse
Good Meats Phone 190

WHY NOT BUY IT AT Schuerman's

201 E. Main We Deliver Phone 155

31 Stores 20th Century Grocery 31 Stores

20th Century stores know nearly every house wife will want the following before Christmas and are accordingly ready.

Raisins, Sunmaid Seeded Per Package, 12 1/2c	Shortening, best bulk, 17 1/2c
Raisins, Sunmaid Seedless Per Package, 12 1/2c	Shrimp, latest pack, 19c
Currants, Thoroughly Cleaned., Pkg. 22 1/2c	Can, 16c
Dates, Camels, 1923 Pack Per Pkg., 15c	Oysters, New Arrival, Can, 29c
Almonds, Paper Shell, Pound, 25c	Catsup, Heinz, large Bottle, 28c
Mixed Nuts, 20th Century best, Pound, 27c	Catsup, Knights, large Bottle, \$1 12
Walnuts, California No. 1, 3 Pounds \$1 00	Coffee, Edwards Dependable 3 Pound Can, \$1 12
Pimentos, Medium Cans, Each, 10c	Coffee, Royal Club, 3 Pound Can, \$1 12
Walnuts, Choice Budded 3 Pounds, \$1 00	Baking Powder, Royal 12 oz. Can, 40c
Layer Figs, California best, Pound, 19c	Crisco, 3 Pound Can 75c
Filberts, Sicily, Pound, 20c	Guest Ivory Soap Bar, 5c
Fresh Fruits and Vegetables	Bon Ami, Cake, 10c

Large stocks of new Oranges—plenty of Cranberries, Celery, Bananas etc.

FLOUR—49 pound sack your favorite brand \$1.85
Thirty one 20th Century Stores unite in wishing all a hearty and Merry Christmas.

20th Century Grocers and Coffee Roasters
Ashland Medford Grants Pass