

LOCAL AND PERSONAL NOTES

A Daily Chronicle of those who come and go, and events of local interest.

Mr. Automobile Owner:—Do you know there is a difference in automobile rates? You can save money by insuring with me. Yeo, of course. 77-1f

Embroidered silk kimono and negligee at 1/2 price at Jap Art Store, Medford. 88-8

Home from San Francisco:—Mrs. B. F. Leach has returned from a short trip to California. Mr. Leach remained at the Burke Sanitarium at Burke, Cal.

Oh Boy! That salt rising bread. Bon Ton. 84tf

Xmas gifts something out of the ordinary from Jap Art Store, Medford, Main St. near Pacific Highway. 88-8

SPECIAL! Pure virgin wool overcoats \$20. at Paulserud's. 86tf

Railroad Man Visits:—F. W. Bell, of Dunsmuir, is in Ashland today doing Christmas shopping.

Ready-to-wear suits and overcoats at Paulserud's. 91-1f

100 per cent pure silk pongee guaranteed by government stamps 88c per yard. Jap Art Store, Medford. 88-8

Most complete line of box chocolates in the city. Watch our window, Rose Bros. 84tf

Leaves Today:—Mrs. Sam Rhodes left Ashland today for Santa Cruz where she will visit Mrs. Clara Engle over the holidays.

Felt and leather slippers. Jap Store Medford. 88-8

Yes real salt rising bread. 80tf
Let us fill your pail with Swifts Silver Leaf lard—costs less than shortening, goes farther and is more nutritious. Detricks. 94-1f

Beautifully decorated 15 pieces china Tea Set \$2.95. Jap Art Store, Medford. 88-8

To Visit Relatives:—Mrs. O. Winter is now in Santa Monica with her daughter, Mrs. H. L. Brown and plans to later visit in Glendale, Cal. Mr. Winter leaves for Oakland and Los Angeles for the holidays.

A framed picture is always appropriate. Darling Studio. 89tf

Nothing better than salt rising bread. Bon Ton. 84tf

All kinds of Xmas candles at Porters Confectionery. 91-5

Arrived Yesterday:—Donald Fraser is home from the University of Oregon to spend the holidays. Mr. and Mrs. Fraser will return to Eugene soon after Christmas to be settled for the winter. Miss Florence Hollmeyer will probably be in the Chamber of Commerce.

Special prices on Xmas candles for church and school parties. Plaza Confectionery. 94-3

Select that Victrola now.—We will deliver it Christmas Eve. Rose Bros. 92-4

Toys—Jap Art Store Medford 88-8

Salesman Visits:—A. W. Rickenbacker, brother of the famous "Eddie" Rickenbacker, who is in Medford this week, was in Ashland Wednesday in the interest of the Rickenbacker motor company. Several motor concerns were visited and business men called on.

We have the freshest and finest selection of Box candles in the city. Plaza Confectionery. 94-3

Paulserud's Suits give satisfaction. 91-1f

Book ends, candle sticks, incense burners. Darling Studio. 89tf

Here from Iowa:—Hans Saland and Grant Orvella, two young men from Decorah, Iowa, visited a few hours with friends in town. They were on their way to Seattle having visited in Los Angeles.

We are working overtime making chocolates for Xmas—at the Plaza Confectionery. 94-3

Navel Oranges 2 doz. for 25c. Detricks Groceria. 94-1f

Big Steer Guess:—The Plaza Meat Market has the carcass of a big two-year old Durham steer hanging in the shop window cut into the customary four quarters. The market is giving various size roasts to those who come closest to guessing the correct weight of the fine fat beef. The prizes for the nearest guessers are given in an ad on another page of this issue.

Have a fit at Orres—Tailors for men and women. 89tf

Let us fit you out in a Holiday suit and overcoat. Paulserud's. 91-1f

ANNOUNCEMENT
Jackson Hot Springs Dance, Saturday, December 22. Lyric Orchestra will furnish the music. A big time is assured. All are invited. 94-2

Have your clothes cleaned and pressed at Orres tailor shop—up stairs. Phone 64. We call.

Cliff Payne makes Book Stands.

MERCHANDISE SHOOT
A Merchandise Shoot will be held Sunday, December 23 at Hollywood orchard, Jacksonville road. Trap and rifle shooting. A special invitation is extended to Ashland Gun club and all rifle shooters of the Ashland district. 94-2

Goldfish and supplies. Jap Art Store, Medford. 88-8

"Red Lights" Thrilling:—The picture being shown at the Vining tonight and tomorrow night is "Red Lights" a mystery play with thrills, and breath taking escapades, in which is mingled a love story humanly intense and strong in action, with excellent acting. 88-8

PRINEVILLE BANKER AND STOCKMAN DIED TODAY

PORTLAND, Dec. 21.—William Wurzweller, president of the Prineville National Bank, mayor, and leading stockman, died today of heart trouble and a complication of other ailments. Wurzweller was one of the best known men in Eastern Oregon. Prior to locating in Prineville he was engaged in the mercantile and livestock business in Joseph, Walla Walla county.

REPRIVE IS GRANTED PENDING AN APPEAL

SALEM, Dec. 21.—Arthur Covell, sentenced to hang today, was given a reprieve, pending an appeal of his case to the supreme court.

We deliver the goods—Detricks 94-1f

Remodeling repairing done at Orres Tailor Shop—up stairs. 93-3

Returns to Ashland Happy:—Mr. and Mrs. A. H. Jones, residents of Ashland 13 years ago, have returned here and will live for the coming months. They have traveled over most of the entire world save New Zealand and Australia, it is said and they are returning to Ashland under advice of a physician for Mr. Jones. The traveler is about eighty years old but moves with the spryness of a youth. He declares his age is not a detriment to his activity.

Orres cleans clothes—clean. Phone 64. 89-1f

See the fine line of men's neckwear for Christmas at Orres tailor shop upstairs. 93-3

Manzanita Blooms for Christmas
Those who roam the hills until late in the fall and winter have found many manzanita bushes in bloom. This is unusual for southern Oregon, at least near here, for the bush has been known to bloom in early February and has seldom continued its period of flowering until Christmas.

For the best candies try Rose Bros. 92-4

NOTICE—If you own property, you carry insurance. It always pays to get my rates before you insure. Yeo, of course. 77-1f

Free Show Christmas:—Mr. Hurst of the Vining theatre is repeating his Christmas Day policy of having a free show for the kiddies that day. This year the show will be at ten-thirty in the morning with Charlie Chaplin as the attraction. Nothing could be any merrier for starting Christmas day for the children than the absurd, ridiculous and comical antics of Charlie.

Standard line of cigars for Xmas. Porters Confectionery. 91-5



BERNARR MACFADDEN

Health Hints
by the Father of Physical Culture

Milk is the greatest of all diet cures. It is already scientifically combined.

I have personally secured benefits at different times in my own life that could not be measured in money value.

John D. Rockefeller, the richest man in the world, advertised nearly thirty years ago and offered a million dollars for a new stomach. I never heard of any one accepting this offer, but a short time after that reports were frequently circulated of his interest in outdoor life, golf, etc., and now, at his greatly advanced age, it is reported that he lives exclusively on milk; that he is maintaining his life at his present great age because of this simple diet.

The milk diet, properly prepared for and properly used, is capable of bringing about miraculous changes in the physical organism.

There are times in the life of every human unit when the milk diet can be of extraordinary value.

It will undoubtedly give you more life while you live and it may add many years to your life. It may actually save your life in a crisis when a simple, invaluable food can be used advantageously.

Indeed, the food value of milk can hardly be overestimated. This may be better visualized by remembering that a quart of milk equals in food value three-quarters of a pound of beefsteak, two pints of oysters, eight eggs, two pounds of chicken, three-fifths of a pound of pork chops, or three pounds of fresh codfish.

When one is securing then, from four to six quarts of milk daily (the usual amount taken on the full milk diet) one can see that the body is securing a large amount of most valuable and wholesome nourishment. Owing to the selective action of the cells of the body and because every necessary element is furnished to normalize functional processes and make it unnecessary and practically impossible for the cells to take up an excess of a certain element, all of any particular element that is supplied above the absolute demands of the human economy for wear and tear, maintaining and increasing weight, and repair work is expelled from the body through normal eliminative channels.

This is decidedly opposite to the action of the system when given the usual conventional diet. In such a diet the system is not supplied with every requisite element, but receives some far in excess, with few corrective, normalizing elements. The final result is an exhaustion of certain functions and a deposition of toxic elements in certain tissues.

Limited space does not permit of extended instruction here, on how to go on a milk diet so I will have to deal with this in another article.

HART REPORTS ONLY 5 POLITICAL PRISONERS

OLYMPIA, Dec. 21.—Replying to a telegram signed by members of the American Civil Liberties Union, Governor Hart declared that only five political prisoners are confined to the penitentiaries of Washington, adding that they could have had their freedom months ago but refused, preferring to pose as martyrs until certain prisoners sentenced for murder, were released.

TOO LATE TO CLASSIFY

FOR QUICK SALE:—Good work horse, harness and light wagon at green house on Highway one mile south of Talent. 94-2*

FOR RENT:—Four furnished housekeeping rooms. Phone 187J 94-3

FOR SALE:—Spitzenburg Apples 50c per box. 176 Van Ness Ave. 94-2

FOR SALE:—Oak kitchen cabinet with sliding doors and concealed ironing board. Phone 2F22 94-3

FOR SALE CHEAP:—One 16 gauge single barrel shot gun, one 40-65 Marling Rifle in good condition, call at 227 Mead St. 94-1*

FOR SALE:—1 De Laval Separator No. 7. Good as new. 1 Jersey Guernsey cow. 1177 Iowa St. Ashland. 94-3*

FOR SALE:—Young cockerels from the dark ringlet barred rock strain. birds from pen took 2nd prize at Fair. Inquire 855 East Main. 94-3*

A CHEAP HOME on 6th St. 5 rooms modern, splendid condition, worth considering quick at \$2250. Also a small acreage, at bargain. Staples Realty Agency. 71 E. Main. 94-1*

MISS LLOYD GEORGE LIKES UNITED STATES

(Continued from page 1)

"They used to ask me with real curiosity—if there was any truth in the strange legend that had drifted over to them of British business men who left their desks toward the hour of five in order to sip tea and nibble toast. And when I told them yes, it was true there was a light in their eyes as though they had gazed on a great mystery.

"They do not understand that tea, to us, means more than a mere drink. They do not realize the magic that lies in the tinkle of the spoons and the drawing of the curtains.

"But that is, after all, a small thing for a country which has made such tremendous strides in such a short time. When I think of the thousands of years which we have taken to evolve our civilization and then visit America to find that a civilization has sprung up almost in a night, I cannot but marvel at what the future will be holding forth."

Portland, Astoria & Pacific railroad to put on through passenger train between Portland and Vernonia.

Toys!
Toys!!
TOYS!!!

Games
In Pleasing
Assortment

—Going fast but still some good ones left at the right price.

—Erector sets, Steam Engines, Trains, Automobiles, Tinker Toys, etc., etc.

Remember the Place
Elhart's

The Christmas Store

EXTRA SPECIAL VALUES HERE For The Xmas Shopper

Womens Silk and Wool Hose, Pair	\$1.65	Womens Hand Bags, new styles to choose Priced 98c	To, each	\$7.98
Mens Silk Knit Ties Each, 75c, 85c, \$1.00	\$1.39	Mens Silk Sox Priced, 65c, 85c,		98c
Mens Pure Linen Handkerchiefs, 29c, 50c,	59c	Fancy Bath Towels Each, 39c, 50c, 59c, 65c,		75c
Womens Kid Gloves, all styles to choose from, Priced \$2.25	\$5.98	Womens Handkerchiefs in Xmas Boxes Priced, 48c, 59c, \$1.19,		\$1.25
Womens Silk Underwear, Gowns, Combination Step-in's and Vests at popular prices.		Bedspreads, a Gift for the Home. Priced, \$2.95 to		\$7.98

25% Off On All Kid Body Dolls

Table Cloths, Towels, Lunch sets, Guest Towels, Dresses, Scarfs, all at Special Prices.

Tapestry Library Scarfs, made with Velour. Priced \$2.98

To \$4.98

Solid Comfort Felt Slippers for men, women and Children.

Pendleton Woolen Blankets, double Bed size, Priced \$11.98 and

\$17.50

Womens Silk Kimonas, made of two tone Satin Priced \$11.98 to

\$16.98

Don't forget the Baby—we have a large assortment of Gifts you to select from.

Shop Early in the Morning
E. R. ISAAC & Co.
"The Quality Store"
Shop Early in the Morning

LAST MINUTE SUGGESTIONS

To those who have delayed their Xmas Shopping, we wish to say we still have good assortments in various lines.

A nice Dinner Set would be appreciated by every housewife.

A big line of Hand Painted China, and Fancy Vases. Stationery, and Handkerchiefs, always make appropriate gifts.

NEW AND DARK RINGLET BARRED ROCK

For the Kiddies we have the biggest line of Toys in Southern Oregon.

Trains, both Electric and Wind-up. A delayed shipment of Dolls and Doll Buggies make this line unusually large at this late hour.

The Cinders Company
"Where Your Dollar Has More Cents"



BERNARR MACFADDEN

Health Hints
by the Father of Physical Culture

Meat adds no essential food values that can not be derived more cheaply from other sources if the digestive organs are normal. As used in the conventional American diet, meat supplies entirely too much protein, which sometimes results in overburdening the excretory organs with nitrogenous waste products. Moreover, meat contains the waste products of the animal and these substances are very similar to the waste from human cells, though with a healthy digestion this is easily eliminated in the alimentary canal.

For the further consideration of foods of vegetable origin, we can divide them in the following groups: Grains and Grain Products; Roots or Tubers; Leafy Vegetables; Fruits; Nuts; Extracted Oils; Extracted or Manufactured Sugars. All of the above groups of foods are wholesome and may be included in the diet, but they are not equally complete, or of equal dietetic worth. Some of these foods, while harmless if used in moderate quantities and in proper combination with other foods, result in a seriously deficient diet if used in such proportions as to crowd out other groups.

Because of the mistakes of flour manufacturers all grains and grain products could be entirely eliminated from the human diet, and thereby decrease the danger of dietetic deficiencies and inadequate nutrition. But it is difficult to do this because grains and their products supply the great bulk of human food. Indeed it would not be possible without revolutionary changes in our agriculture and food producing methods, to support the human race without the use of grain.

Grains are the seeds of various grass plants. The bulk of the substance of all grains is starch. Together with this starch is incorporated from eight to ten per cent vegetable protein. The starchy substance of grain may be ground up to produce flours and meals which are the basis of our bread-making and baking arts. In addition to this starchy portion, which fills the endosperm or bulky interior of the grain all grains have an outer coating of bran, and also a germ. The milling industry adopted the practice of removing both bran and germ, because they are usually darker in color and cannot be ground as fine. The refined flour from which both the bran and germ are removed is whiter and finer and incidentally will make a lighter, drier loaf of bread. Such a flour appealed to the fastidious taste of the housewife. The removal of the bran and germ results in a serious loss in nutritive value.

Christmas Silverware

Some sterling, some plate, of tasty patterns, at greatly reduced prices.

See Window Display
T. K. BOLTON
Opposite Ford Garage