

CALENDAR OF EVENTS

Dec. 8 .--- Women's Relief Corps will held regular meeting in the Odd Fellows for action of officers

Dec. S .- P. T. A. counci Far the public library at 2:30

y. Dec. 5.-Ashland Neigh of the Woodcraft regular ing in I. O. O. F. ball. All embers particularly urged to

londay, Dec. 5-Auxiliary to the American Legion Post No. 14 made of wood will meet in the Pioneer Hall Whereon you nailed Me. on Winburn Way for regular meeting. All members urged to be present, as there is much work to be done on the bedside rugs for Hospital. No. 77 at

Portland. Monday, Dec. 5 .-- The Ashland Study club will hold its regular meeting in the afternoon at the home of Mrs. J. M. Wagner, 153 Oak street.

acaday, Dec. 6 .- The Ashland Royal Neighbors will hold their regular semi-monthly meeting in the Wimer hall. All members are particularly urged to be present.

reduceday, Dec. 7. - "Work" meeting of the Missionary soclety of the Congregational lay, Dec. 7. - Woman's

iary to the Trinity Guild of the vember 5, but on account of Trinity Episcopal church will other activities, it had to be postmeet in the Parish House on poned. Second street: Mrs. Rose Robinette and Miss Victoria Tav-ener will act as hostesses. city should buy one or more and ener will act as hostesses.

Friday, Dec. 9 .- The high school

A CHRISTMAS SONNET A mother takes care of For One in Doubt By Edwin Arlington Robinson While you that in your sorrow

Service and hope see love off as ever, it will you to wear His your brow

For doubt of Him. And you question how To serve Him best, He might say, of every day in the week. if He could, "Whether or not the Cross

matter new." Though other saviors have in old-

A legend, and for older gods have Though death may wear crown it always wore.

And ignorance be still the suprd of pride-Something is here here before,

And strangely has not yet crucified.

"Tag Day" Today and

Auxiliary members of the Amplayed. erican Legion Post No. 14 are church at the home of Mrs. A. busy today selling tags for the Abbott, 346 Liberty street, local Women's Christian Temperance Union, who are sponsoring attend. Benefit Aspeciation will hold the "Tag Day" program today regular meeting in the I. O. O. and tomorrow, Saturday, to raise F, hall. Covered dish supper money for the Children's Farm at 6:30 p. m. Wednesday, Dec. 7.—The Auxil-was scheduled for Saturday, No-

The tags are being sold for ten cepts apiece and everyone in the city should buy one or more and help this work, as the Children's Farm Home is one of the most needed institutions in the state and the members of the organizcircle of the P. T. A. will give Farm Home is one of the most

ar moting of the local Co tional church, held yesterday on, Thursday, D at the home of Mrs. A. F. Ab Liberty street. Appro 12 members were present. The regular routine of b

D BAILY TIDINGS

compled the first part of the af-ternoon, the rest of the time becottage, and gives the children under her care love and under-standing that is rare in a home where the real mother is not freshments were served by Mrs. resent. The farm is organized Abbott.

into a separate school district On the afternoon of Wedne with a regular school board and day, December 7, a "work" mee is used as a training center for ing will be held at Mrs. Abbott' the Monmouth Normal. This in- home and it is particularly urged home and it is particularly urged stitution is strictly a Christian that every member attend

cne, and the felation of the child to God is not a matter of one, but Entertaining Medford and Phoenix Lodges-The Ashland Neighbors of

Buy a tag today or tomorro Woodcraft will hold their regular and help swell the fund. which meeting in the I. O. O. F. hall will be used to build a new Monday evening, December 5, at cottage at the Farm Home. which time they will entertain * * * the members from the Medford

and Phoenix lodges. A business session will be c arty, which was postponed some ducted, after which the time will ime ago on account of the infanbe spent in a social way. Refreshtile paralysis epidemic in this ments will be served by a comcity, will be held on the evening mittee appointed for this wor of Friday, December 9, in the All members are requested 1 Civic clubhouse on Winburn at Monday's meeting and help en-Way. Money from each circle of tertain the visiting Neighbors.

the local P. T. A. was advanced *** to send the delegates to the con- Visiting Members Will vention, held recently at La Entertain-Grande, and this card party is About eig About eighteen visiting Eastof ern Star members in Ashland are being given for the purpose

swelling the treasury. making elaborate preparations Both bridge and "500" will be fof Tuesday evening, December The clubhouse will be 6, when they will entertain the beautifully decorated for the af- members of Alpha Chapter No. 1. fair and the P. T. A. members are O. E. S. in the Masonic Temple. hoping that a large number will Mrs. C. E. Shinn is general chairman of the affair and Mrs.

Mrs. F. G. Swedenburg and Lew Hansen is chairman of the Mrs. Walter Bevington, two mem- decoration committee. bers of the High School circle.

are in charge of the party Fri-Exceptionally Interesting Meeting day evening. Mrs. Fred W. Members' of the Social Circ

Hitchcock on Oak street is president of this circle. of the local Christian church enloyed an exceptionally int ing meeting yesterday after

a public card party in the Civic needed institutions in the state and the members of the organiz-clubhouse on Winburn Way. for homeless and needy children. ation are busily engaged with bold mother meeting next Thursclubhouse on Winburn Way. The Home is now taking care Everyone invited to attend. Tucsday, Dec. 13.—The W. C. T. U. will hold their regular meet-ing at the home of Mrs. M. B. Ceived daily for a great many ing at the home of Mrs. M. B.

1-4 level t salt ousewives Cook Food Too 1 egg 1-4 pound dates Long Declares Health Doctor

Probably the greatest sanitary thrown away much food material ped fine. Mix well together, then innovation ever introduced by and health-giving qualities are add the beaten egg. Sift the man to protect himself against lost. Save the water in which flour, salt and baking powder toinfection is cooking. Most micro-, pared vegetables are cooked and gether twice and add to first mix- 4 level t Calumet B. P organisms harmful to map are use in making gravies and soups. destroyed easily by heat. Cook- Heat makes vitamins less ef-ing has other advantages. It fective; the longer the cooking

softens food, makes it more ten- the more vitamins will be deder and enhances its digestibili- stroyed. A certain amount ty. One of the most important uncooked vegetables should eaten each day. In addition to functions in the preparation of food is to render it savory and green leaves, young carrots may appetizing. Food that appears be grated and served with salad dressing as a salad. Tomatoes inviting aids digestion by stimulating the secretion and flow of radishes, cucumbers and celery are eaten raw. Not all foods can

the digestive juices. be taken raw, with advantage Cooking, however, has some Most starchy foods such as cerdisadvantages there is a loss of eals and potatoes and unripe fruit. mineral and some of the nutrimust of course be cooked in ortive constituents: there is also a der to be made fit to eat. Those diminution in the vitamin provegetables that are cooked should perty of food generally. Cooking be boiled only until tender. We is an important art, but some must not defeat the purpose foods when cooked lose certain the food by destroying the good substances called vitamins. These qualities by over-cooking. are found in the skin or coating of grain, especially rice, also, in

yolk of egg. raw milk, f r e s h fruits and fresh vegetables such Family Breakfasts as peas, beans and tomatoes Some raw or uncooked foods such as lettuce, celery, fruits, and nuts Sausage and Fried Apples should be used in order to supply Toast

properly cooked and food cooked

several hours give the following

food lowers the food value of ov-

ercooked fods. The quality of the food and not

the quantity is the main consid-

Vegetables should be cooked with their skins on as much as possible and the skins eaten whenever convenient. The skins

contain vitamins that are too of-tes thrown away. When yege-tables are pesied and the water

eration.

which

the necessary vitamins. The universal observation by those who have been forced to **Rolled** Oats with Dates take their meals several hours Ham Omelet after the regular meal hour. is that the food is not appetizing. Food that is cooked too long

Sliced Oranges makes the fibers tough and re-Buckwheat Griddle Cakes, Bacon duces their digestibility. Exper-Coffee iment on feeding rats with food

RECIPES

Grapefruit

Coffee

II.

Coffee

III

Jelly

Date Muffins

results: The rats fed with food Sausages and Fried Apples which had been cooked properly Fry the sausages. Peel a n gained much more than the rats lice apples and fry in part fed with large quantities of overthe sausage fat. When done, add cooked food. The latter were alsugar to sweeten apples. Place ways hungry but did not thrive. apples in center of meat platter The destruction of vitamins does with the sausages around the not account for the results. Some edge. change in the constitution of the

Ham Omelet Four eggs, 4 tablespoons water -2 teaspoon salt, 1-2 level teapoon Calumet Baking Powder and pepper to taste. Beat the eggs separately, combine and add other ingredients. Turn into a buttered frying pan and when browned on the underside, place a plate over it and turn the omelet out and before folding add 1-2 cup chopped ham. Then fold

d muffin n in a hot oven (400

BAT, Det. 2. 1

Cream the butter, add the su-Buck Wheat Griddle Cakes gar gradually and the dates chopture alternately with the milk.

2 c buckwheat (pure) 1 c white flour 1-2 level t salt

Enough milk to make thin batter

mlen

APORATE

MILLES

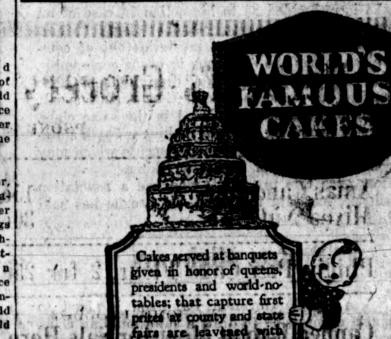
EVAPORATED

country Kept fresh and sweet.

for your table and every milk dish. Borden's Evaporated Milk is always safe and convenient. You'll like it in coffee: Made In The

Northwest

Sonder with an equal part of water) 'gives you four cups of pure, rich milk.





"Kolster,"

so sure as to seem automatic! range the talk of the neighbors! volume more than you need ! appeanance of enviable distinction. lars can buy you today if you let value-comparison do its work for you. Compare values.

example:

X-L Electric Station 40 N. MAIN ST. ASHLAND, OREGON

Bring Kalong Badie Hant of Bannas Consegur Spandant stars Watanday Evening over the Calombia Breadending System of 15 stations of 15 B. Bannas Han under Manualer gas Terraper at 95 m