

ASHLAND WEEKLY TIDINGS

VOL. XLIV

ASHLAND, OREGON, WEDNESDAY, JUNE 29, 1921

NO. 44

Campaign Urges Milk Diet for Under Weight Children

For the past week the Oregon Dairy Council has been conducting a state wide campaign urging the use of milk and food products of milk, because of the high food value of these products. During the campaign, from June 20 to 27, steps were taken to educate the public to the proper use of milk and the healthful effect it had on children underweight. During the last school year a great many women's clubs throughout the state advocated the milk diet for children who were under normal weight, with gratifying results. At Grants Pass, toward the end of the last school year, thirteen children were given the diet and within a short time had made rapid gains in weight. The Oregon Dairy Council states that it has remarkable success with its campaign. The following article on milk dieting for children has been written for the Tidings by Dr. Crandall.

By DR. W. J. CRANDALL

You know what a yearling calf should weigh, what a six months old pig should weigh—how many miles you get to a gallon of gasoline with your Ford—but do you know what your child should weigh?

Is he physically handicapped or undernourished? See that he isn't by giving him at least a quart of whole milk every day. Buy from a clean dairy or see that your cows and milkers are clean and healthy.

Need Vegetable Foods.

Your children need vegetables, fruits and cereals as well. The milk gives them the body building proteins necessary for their growth, it gives them food for lime so essential in building bone and teeth, sugar for fuel. There is more calcium in a quart of milk than in a quart of lime-water. One quart of milk is equal in food value to one pound of meat or eggs.

Warns Against "Filled Milk."

Don't let any advertising lead you to use so called "Filled Milk." There is no substitute for fat the milk contains. "Filled Milk" is milk in which the butterfat has been removed and some cheap vegetable oil substituted, as coconut oil. Coconut oil does not contain the all essential fat soluble vitamins. Without these

vitamins the child is susceptible to such diseases of altered metabolism as scurvy, rickets and purpura.

Pasteurization of Milk.
See that the milk is fresh. It may be preserved by two methods, pasteurization and lowered temperature. In pasteurization two methods are used, "holding" and "flash." In the former the milk is brought to a certain temperature and held from 15 to 20 minutes which kills all organisms and sports. In the latter the milk is brought to a high temperature, and allowed to cool. There seems to be little doubt that the "holding" method is best. By lowered temperature it has been found that growth of bacteria is prevented.

Milk and Cheese Digestible.
Don't worry about constipation from milk or cheese. In the process of digestion the water in the milk separates from the casein as it enters the stomach, requiring more fluids and longer time for digestion.

The same with cheese. Chew the cheese thoroughly and eat it slowly. Drink milk slowly, sip by sip, in order that the ptyaline in the saliva can act before the milk or cheese reaches the stomach thereby preventing indigestion or constipation.

Give your boy and girl a chance to attain the standard of a normal child.

Girl Hikers On Tramp Thru Oregon Stop at Austin

Accompanied by "Rocky Mt. Goat," Kate

Rather dusty, but still smiling, Henrietta McKaughan and Hermine Stenbery, young hiking enthusiasts, halted at the Hotel Austin yesterday afternoon at 3:30 o'clock, parked a burro of the "Rocky Mountain goat variety" at the curb and decided to stay a while. Their stop in Ashland completes a hike from Portland down the coast, over the Cascades, by Crater Lake over the top of Mt. Ashland. They will remain here for a few days preparatory to renewing their tramp of circling the state without and definite course. The roads followed by the girls are not "according to Hoyle" and their destination is "nowhere in particular." The young hikers tell tales of tramping through the mountain forests, over poorly blazed trails and no trails at all. During the trip, which started in May from Port Orford, Or., they have been lost only once during which time they wandered for two days before hitting on a road that led to civilization. The Rocky Mountain goat, Kate, constitutes the third member of the trio. That diminutive pack animal

loaded with bedding, cooking utensils and other camp equipment, is a patient hiking companion. Kate is an enthusiastic Ashland tourist for he city means a brief rest from hiking exertions.

Miss McKaughan hails from Portland, and is a member of the Portland Journal news-staff and is writing travel articles for her paper while on her hiking trip. Miss Sauber comes from Boise, Idaho.

Other arrivals at the Hotel Austin are: A. N. Wyson, C. J. Parker and family, Portland; Mr. and Mrs. M. W. Vann, Hornbrook, Calif.; P. E. Wilson and family, Mrs. W. A. Target and daughter, Coos Bay; Mr. and Mrs. S. E. Martin, Klamath Falls; H. Cohn and family, Etc-Martin, Mr. and Mrs. Darby Martin, R. H. Wessing, San Francisco, Cal.; Mr. and Mrs. A. F. N'arham, Dunsmuir, Calif.

New arrivals at the Hotel Columbia are: Mrs. F. Cardozo and daughter; Mr. and Mrs. M. G. Dunn, Eugene; George Buehn, Dunsmuir, Calif.; Mrs. Mayme Dowitt and son, Hornbrook, Calif.; O. L. Williams, Klamath Falls.

FORMER ILLINOIS RESIDENTS ATTEND PICNIC 100 STRONG

By Mrs. Gordon Mac Cracken
About 100 former Illinois residents gathered at noon Friday in Lathia Park for their annual picnic. A dinner was spread on the tables underneath the shade of the large forest trees beside Ashland Creek, and cheer and good fellowship prevailed. A piano having been provided, Miss Isabelle Barron accompanied by her brother, George Francis Barron, gave two pleasing solos. The Wood family rendered several selections. An original poem by Walter Frazier Brown of Medford was read and short talks were given by Mayor Lamkin. A business meeting followed and the officers elected for next year are: Pres., Dr. Maud I. Hawley; vice Pres., Walter Frazier Brown; Sec-treas., Mrs. W. L. DePren. In conclusion, all stood and sang America. Among those present were: Mr.

and Mrs. W. P. Fread, Mrs. Cora McFadyen, Mrs. Belle Dunnavan, Mrs. W. N. Gadvine, Judge Gilmore, Dr. Woods and family, Mr. and Mrs. Chas. Brown, Miss Barron, Mrs. Frances Barron, Mr. and Mrs. Beaver, the Misses Beaver, Mrs. Walter Henderson and children, Mrs. Lillian Reimer, Mrs. Herman Lambkin, Mr. and Mrs. Oldfield, Mrs. H. E. McGee, Mr. and Mrs. J. L. Greenwood, Mrs. E. Kyle, Mrs. L. Smith, Mrs. Hibbs, Mr. and Mrs. Connor, Mr. and Mrs. Ross, Mr. and Mrs. Geo. Walter, Mr. and Mrs. C. B. Lamkin, Mr. and Mrs. O. A. Sterns, Mr. C. P. Walters, Mrs. Martha Shall, Mr. and Mrs. Hodgkinson, Miss Emma Furrer, Miss Amelia Furrer, Mrs. Augusta Bagley, Mr. and Mrs. C. A. Brand, Mr. and Mrs. W. S. DePeau, Mrs. Maud Abisher, Dr. Maude Hawley, Mrs. A. L. Harvey, Mr. J. J. Chambers, Dr. and Mrs. Gordon McCracken and boys, Mr. V. V. Hawley, Mr. Ray Hawley, Mr. R. D. Sanford, Mr. McGee.

Rev. Hammond Home—
Rev. P. K. Hammond, vicar of Trinity Episcopal, is home from an extended stay in Portland, summoned there as a witness in circuit court by Judge Gatens in a case involving property in which the diocese of Oregon is interested.

BRIDE IS GIVEN SHOE SHOWER AFTER MARRIAGE YESTERDAY

Miss Evelyn Bess, daughter of Mr. and Mrs. Frank Bess, 501 Allison street and Phillip Wolcott, an employee of the Southern Pacific company, were united in marriage yesterday afternoon at the Methodist parsonage in Medford by Rev. Sasset at two o'clock. They were accompanied by Medford by Mr. and Mrs. G. H. Wenner. Mrs. Wenner is a sister of the bride.

Mr. and Mrs. Wolcott will make their home at 107 Alida street, this city. Both are well known Ashland young people. Mrs. Wolcott was formerly an operator at the local office of the telephone company. Both Mr. and Mrs. Wolcott attended high school in this city.

When Mrs. Wolcott returned to the telephone office after her marriage she was accorded a great shower of roses mingled with several old shoes.

MANY STUDENTS EARN OWN WAY THROUGH O. A. C.

UNIVERSITY OF OREGON, Eugene, June 22.—Of the 230 students who graduated this year from the University of Oregon, eighty per cent have earned more than a third of their own way during four years of study, according to statements made by members of the class this week. Twenty per cent have been entirely self-supporting. Many and interesting are the jobs which have yielded an income to these young men and women while they studied. The hop yards, logging camps, ship yards, fishing grounds, saw mills, highway construction, harvest fields, farms, warehouses, and the forest service—all have been the sources of pay checks carefully saved during the summer to pay school expenses in the winter. Dishwashing, mowing lawns, cooking, waiting on tables, sweeping floors, have been homely tasks willingly and even eagerly performed by the young men and women wearing caps and gowns on the campus this week. A graduate from Klamath Falls tells how he got up at four o'clock in the morning to do janitor work. A girl from Washington traded for salmon in the Columbia. Another girl has been a cook for harvest hands. Two young men were farmers on a ship. Another was foreman of a 9000-acre farm. A girl carried the mail and earned 25 per cent of her own way. Still another girl worked at a soda fountain. The work that will be taken up by these 230 young men and women upon graduation is almost as varied as the tasks by which they earned their way. A large number will be high school teachers. Several will teach in colleges. Some will practice law. Others will take up medicine. Many will continue their studies for higher degrees. A few have been ordained as ministers and will preach. Bank, life insurance, foreign trade, the diplomatic service, architecture, farms, engineering, music, newspaper, publishing houses, literature, aerial forest patrol, nursing, library work, will claim the services of those who graduated from the University of Oregon on June 20.

Spindler Home Sold

Mrs. Katie Goble Spindler has sold her home on Blain Street to Mr. and Mrs. Pearl Stevens. The deal was made through the Beaver Realty company.

DR. CURTIS SPEAKS AT NORMAL ON PHYSICAL TRAINING

The students of the local branch of the Normal school had a splendid opportunity of hearing Dr. Curtis, the greatest authority on playground work and children's welfare yesterday.

He said there were four great reasons why 28 of our states had made physical training a part of every teacher's day's work, and that teachers may reasonably expect much more legislation along the lines of playground work and physical welfare of our people. At the present time there are two bills before Congress, either of which will make large Federal appropriations for the advancement of this work. They are the Smith-Townner and the Fess-Capper bills, one of which he feels sure will become a law at a very early date.

The reasons assigned for the need of regular physical education in the schools are:

1. Congestion of people in the city districts.
 2. Change in the nature of the work of all our people.
 3. Great amount of leisure that have come to all people because of short working hours.
 4. Closing of the saloons and the resulting necessity of supplying something to take their place.
- Dr. Curtis pointed out that many of the great educational institutions had made the ability to play six or eight national games a requisite for graduation. All students have to spend at least four hours per week in some of these institutions in outdoor games, baseball, football, basketball, tennis, hockey, and volleyball.
- Dr. Curtis will speak again at the Normal School on Tuesday and at the Chautauque building on Monday evening. Since there is no better authority than Dr. Curtis, every one should make it a point to hear him.

G. A. BRISCOE

Dawes Hopes to Save On Expenses Of Government

By Ralph H. Couch
(United Press Correspondent)
WASHINGTON, D. C., June 28.—A \$1,000,000,000 cut in the government expenditures during the year beginning July 1 is the hope of the Harding administration. Congress has appropriated \$1,000,000,000 for the year beginning July, but by putting the Federal budget into operation immediately, President and C. G. Dawes, budget director, hope to make a twenty-five per cent saving. His plan will be discussed in open meeting of department and bureau heads.

Truck Overturns

A. G. Adams asserts that he takes the prize for accidents without serious consequences. Saturday afternoon he overturned with a Ford truck loaded with nearly a cord of wood at the intersection of North Main and Church streets, without the police state, so much as blocking the traffic. Outside of a few minor bruises, Mr. Adams was unhurt.

ASHLAND FRUIT EXHIBIT PLANNED AT STATE C. OF C.

Mrs. Winnie Braden, state exhibit agent, was in the city today co-operating with John H. Fuller, secretary of the Chamber of Commerce, in an effort to find some one willing to arrange for an exhibit of grains, grass seeds, and fruit from Ashland to be placed in the State Chamber of Commerce building at Portland.

Mrs. Braden was well pleased with the co-operation she had received here and stated that there was no question but that Ashland would be well represented among the exhibits from various sections of the state. Mrs. Braden is making a tour of Southern Oregon and came to Ashland from Medford where she had been promised aid in obtaining exhibitions from that city and Rogue River valley.

PLAN FOR SPECIAL GRANTS PASS TRAIN ON JULY FOURTH

F. G. Lewis, traveling agent of the Southern Pacific company, was in the city yesterday making arrangements with the Chamber of Commerce committee for the celebration July 4, for a special train to run between here and Grants Pass to care for the large crowds of visitors expected here for the "big time."

Mr. Lewis, who had charge of the special car routed through Ashland to Portland with 200 members of the Building, Owners and Managers association, states that members of the party were pleased at the reception accorded them here. "As much," states Mr. Lewis, "as the welcome was not on the program, the party was especially pleased with the surprise."

The Building Owners and Managers association were welcomed to Ashland at the Southern Pacific depot when they passed through here June 19, by the Chamber of Commerce. Each member of the party was given a box of cherries, a bottle of Lithia water and a Portland newspaper containing an extended writeup of Ashland.

L. A. WHITEHEAD IS NEW MANAGER OF AUSTIN HOTEL

L. A. Whitehead succeeded Austin A. Chisholm today as manager of the Austin hotel. Mr. Whitehead has just returned from a two and a half weeks vacation at Rogue Elk resort where he acquired a tanned complexion and a reputation as an angler. It is reported that the fishing at Rogue Elk is very good and that the funny ones give the sportsman a "royal battle." Mr. Whitehead states that he had an enjoyable time at the resort.

Mr. Chisholm, former manager of the Austin hotel, is making preparations to leave soon for Crater Lake Lodge where he will be chief clerk for the coming season at that resort. Mr. Chisholm's departure will be regretted by many friends in this city. He stated, however, that his family would remain here and that he has intentions of again making his home here.

D. O. K. K. Band To Play Here

O. F. Carson and Fred S. Engle, members of the July 4 celebration committee, who were recently in Medford on business for the committee, report that the D. O. K. K. band or the Knights of Pythias, will play in Ashland during the "big time." The band is being hired by the Medford committee.

Jacksonville to Lead In County Celebration Parade July Fourth

(Special)
A meeting of the various committees on the Jackson county parade and celebration at Ashland on July 4 was held last night at the Hotel Austin.

The parade will start on the Boulevard at the library and proceed to East Main Street thence north on East Main Street to the Plaza, thence on North Main Street to Mechanic, thence Eastward on Mechanic to Helman, thence south on Helman to its intersection with North Main Street where it will disband.

Mrs. Loomis, chairman of the Ways and Means committee, made an interesting report of her visit to various communities in the county. She was cordially received everywhere, and found that the interest in the event was general throughout the county.

The biggest feature of the meeting was the action taken in the matter of precedence in the parade, Jacksonville, being the oldest city in the county was given the honor of leading the parade, while Ashland, to show her liberal spirit, and broadmindedness, voluntarily took last place. Miss Britt, the sister of the Mayor of Jacksonville, was chosen to take the part of the Goddess of Liberty in the D. A. R. float which will lead the march.

Medford is to be second, followed by Phoenix, Talent, Central Point, Eagle Point, Gold Hill and Rogue River, in the order named. The fact that Ashland unanimously voted herself into last position, is an evidence that the old rivalry that was said to exist between her and Medford is gone and forgotten.

It developed at the meeting that some big surprises are in store from several of the cities in Jackson county, which will have places in the parade. Much mystery surrounds the features they will contribute, and from the careful manner in which details are being concealed from the public, it seems that competition for the cash prizes is going to be very keen.

Mr. Stangert of Talent will bring a number of cowboys who will take part in the parade.

It was decided to have the parade start at 10 o'clock in the morning. Each feature in the parade will bear a number to enable the judges to

make their decisions and award the prizes without any confusion. The judges' stand will be on the balcony of the Hotel Austin.

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The wrestling match will take place at 2 o'clock. Tickets are now on sale in Ashland at Rose Brothers and Irwin's Cigar Store, Brown & Brown, Medford; Ross & Ross, Central Point; Boyer's Drug Store Gold Hill.

The ball game will be at 4 o'clock, and the flying machine stunts will occur over the grounds during the game. Flowers will be thrown from the aeroplanes upon the parade while it is moving through the streets.

Between 1 and 2 o'clock free-for-all sprints will be held in the park, and cash prizes given to the winners.

From 2:30 to 3:30 and 7 to 8:30, the band will give concerts in Lathia Park, and at 9 o'clock the big fireworks display will take place.

Dancing will wind up the most spectacular event that ever took place in Ashland.

An official program will be distributed free to everybody on the morning of the parade. It will be a large four-page publication, and will contain no advertising.

In tomorrow's Tidings a detailed program of the line of march and fuller particulars about the parade will be given.

Those who are managing the parade and celebration express the opinion that the crowd which will come to Ashland on the Fourth will be very large—perhaps the greatest ever assembled in Jackson county.

TWELVE ROUNDS MORAL VICTORY FOR CARPENTIER

By BILL UNMACK
(Pacific Sports Service)
Everyone is shouting that Dempsey cannot lose against Carpentier next Saturday. The only Carpentier can win the world title is to knock Dempsey out. Suppose Carpentier fools the wise ones and "stays" with Dempsey the full 12 rounds.

Such an eventuality is possible, and if it happens the fans will be loud in their praises of Carpentier. They will shout his good points, forget any weaknesses and forgive him for his "private training." Yes, but what will be the opinion of the same fans regarding Dempsey.

Come right down to facts, and if Carpentier stays the limit it will be a moral victory for the Frenchman and a moral defeat for Dempsey that will carry with it adverse criticism of the champion from every nook and cranny of the world. Jack Dempsey is looked on as a fast "knocker-out," and he has done his work so speedily in the past that the fans look for and expect the same sort of action in every fight he participates in. That Bill Brennan stayed twelve rounds with him did not do the champion any good. He was critised from every conceivable angle on that result, so it is easy to imagine that even greater criticism will come if Carpentier stays the limit!

Carpentier is not given a ghost of a chance with the champion by the average fight fan. The writer of this article is one of the minority who concedes Carpentier a chance. His chance is in keeping away from Dempsey, avoiding as much as possible the trip hammer blows and using all his ring generalship, cleverness and cunning. Everyone concedes Dempsey is dangerous, but few people conceded the same asset to Carpentier. The Frenchman is dangerous and should be spelled in capitals. To my way of thinking, Carpentier cannot hit quite as hard as Dempsey, but when he does land fairly and squarely on a vulnerable point he's slightly less powerful punch will have just as disastrous effects as those of Dempsey.

If Carpentier stays the limit there will be that element in the community who will, immediately cry

fake, and if Carpentier actually wins the road of fake will be louder, more sustained and more disastrous in its effects than any TNT explosion. Even now there are rumors of fake and last Saturday in New York the following cable was received from London: "Warning, don't bet on Dempsey."

What does it mean? Myron Townsend, sporting editor of the El Paso Herald has also heard the report and comments on it at length. The cable is said to have been sent by one George M. Bartlett, one of the best known English bankers and financiers. It is said that the cable was sent to bankers connected with the Morgan interests. The cable says nothing more than as quoted above, but it is sinister in its meaning.

We hardly think that the coming fight is crooked and further we do not believe that all the cries of fake connected with previous fights were correct or justified. We believe that the fight next Saturday is on the level, and if Carpentier wins or stays the limit it will not surprise us, nor will anyone ever make us believe the fight was crooked, but we do know those things will be said and Dempsey will be roundly criticised for not "putting the Frenchman away."

Borah Amendment Given Support By The Republicans

WASHINGTON, D. C., June 28.—Republican leaders have decided to support the Borah disarmament plans which insure the prompt enactment of the proposal calling for the disarmament conference of the United States, Japan, and Great Britain.

Representative Kelley, Michigan, in charge of the naval appropriation bill, of which the Borah plan is an amendment, will ask the house to accept a proposal already accepted by the Senate. The majority of the Republican and Democrat leaders in the House are backing him.

Picnic in Park—
Mr. and Mrs. George Brandon of Medford, and Mrs. Mabel Hanks of Woodburn, were in the city yesterday visiting friends and relatives. The party had a picnic dinner in Lathia Park. Mrs. Hanks, who was formerly Mrs. Mabel Austin of this city, left this morning for her home in Woodburn. Mrs. Hanks is a sister of Mr. Brandon.

The Port of Missing Men

