

Local Happenings

Former Resident Here

Mrs. Frances Russel of Willow Ranch is visiting friends and relatives here and at Table Rock. Mrs. Russel will be remembered as Margaret Collins before her marriage.

Enjoying Vacation

Bert Hostein and wife are enjoying their vacation camping on the Rogue River.

Visits Brother

Gene and Edna Merritt have been visiting their brother at Merritt, Oregon for the past two weeks.

Arrive From Oakland

Miss Anna Dean of Oakland, California, arrived Saturday for a visit with her aunt and uncle, Mr. and Mrs. Ed Farra.

Visit Here Tuesday

Mr. and Mrs. W. J. Tavener of Portland and Mrs. M. M. Morris and Mrs. Clarence Eddy of Medford were visitors at the Al Hermanson home Tuesday evening.

Supt. Visits Here

U. S. Collins of Table Grove, Illinois and B. M. Collins of Salem are visiting relatives and friends in Central Point and Table Rock. U. S. Collins was superintendent of the public schools in Medford years ago and he now holds the same position in Table Grove.

Relief Corp Meet

The W. H. Harrison Relief Corp No. 27 met Saturday afternoon, June 20 and three new members were initiated into the order. A birthday party and social hour followed the business session. The honored guests were Mr. Cathey, Merti Farra, Southwell and Richardson. Refreshments of cake, ice cream and iced tea were served.



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Mrs. Strohmeier gave two readings in her usual pleasing manner.

Entertains at Birthday Party

Miss Geraldine Hermanson entertained at her home Monday afternoon, June 23rd. Games were enjoyed and dainty refreshments were served. Those present were Geraldine Jones, Fern Cherryholmes, Velma Eicker, Avis Ayers, Mona Lewis, Geneva Brown, Mary Jane Bowman, Toshiko Takao, Grace Hermanson, Jean Hermanson, Mrs. M. M. Morris of Medford, Mrs. Francis Hughes of Portland and Mrs. Al Hermanson.

Club Entertained

Mrs. E. C. Faber entertained the Past Matrons club of the Central Point Eastern Star at her home Wednesday. After a pleasant social hour refreshments were served. Those present were Mesdames Pankey, Nil, Paxson, Laura Paxson, Norcross, Leever, Martin, Head, Merril, and Mrs. Kyle of Medford.

Visiting Friends

Mrs. Fred Dulton of Eagle Point was visiting friends in this city Monday.

4H Club Girls Arrive

The 4H club girls arrived home Saturday night from Corvallis where they spent the past two week attending summer school.

Visiting Friend Here

Mrs. Guy Eddy and two children of Medford were visiting friends in Central Point Monday. The Eddy's formerly lived here.

Relief Corp Leaves

Mrs. Ed Gleason, Mrs. Edward Jones, Mrs. E. Rostell and Mrs. Jesse Richardson of the W. H. Harrison Relief Corp, No. 27, left Tuesday morning for Eugene to attend the G. A. R. Convention being held in that city. They will return home Thursday.

Opening Night Postponed

The Central Point Grange in their meeting on June 20th voted to postpone their house warming and dedication all in one evening.

Leave for Lake of the Woods

Mr. E. C. Faber accompanied by Mr. A. W. Ayers and Delbert Ayers left Monday for Lake of the Woods. Mr. Ayers returned home Monday night but Mr. Faber and Delbert will remain the rest of the week.

Drove to Thompson Creek

Mrs. Horace Bromley and two sons and Mrs. Bromley's two aunts Miss Mary Mee and Mrs. W. A. Crane drove to Thompson Creek Tuesday and spent the day visiting relatives.

On Business in City

Ernest Dahack of Eagle Point was transacting business in Central Point Monday.

Birth Announcement

Mr. and Mrs. C. R. Fry of Trail announces the birth of a nine and one half pound son born Wednesday at the hospital in Medford.

Attending Assembly

Mrs. Frank Howard, Mae Eicker and Loomis are attending the assembly of the South Methodist church at Corvallis this week. They will return home Sunday.

Entertains Circle

The Missionary Circle of the Christian church met Friday afternoon at the home of Mrs. Harry Young. After a short business meeting conducted by the president, Mrs.

Hedgepoth, a social time followed. Refreshments were served: Those present were Mrs. Hover, Hedgepoth, Vincent, Pankey, Isacson and visitors from Medford were Mrs. Ray and Mrs. Wilmot.

Spends Day at Lake

Mr. and Mrs. Floyd Ross and two boys spent Thursday at Fish Lake fishing.



SONG OF MARION'S MEN 1780-1781

By William Cullen Bryant

Our band is few, but tried and true,
Our leader frank and bold;
The British soldier trembles
When Marion's name is told.
Our fortress is the good greenwood.
Our tent the cypress tree;
We know the forest round us
As seamen know the sea.
We know its walls of thorny vines,
Its glades of reedy grass,
Its safe and silent islands
Within the dark morass.

Woe to the English soldiery
That little dream us near!
On them shall light at midnight
A strange and sudden fear:
They grasp their arms in vain,
And they who stand to face us
Are beat to earth again;
And they who fly in terror deem
A might host behind.

Well know the fair and friendly moon

The band that Marion leads—
The glitter of their rifles,
The scampering of their steeds,
Tis life to feel the night-wind
That lifts his tossing mane.
A moment in the British camp—
A moment—and away,
Back to the pathless forest
Before the peep of day.

Grave men there are by broad Santee,

Grave men with hoary hairs;
Their hearts are all with Marion,
For Marion are their prayers,
And lively ladies greet our band
With kindest welcoming,
With smiles like those of summer,
And tears like those of spring.
For them we wear these trusty
arms,
And lay them down no more
Till we have driven the Briton,
Forever, from our shore.

DID YOU EVER STOP TO THINK?

By Edson R. Waite
Shawnee, Oklahoma

Hugh J. Powell, editor of the Coffeyville (Kansas) Journal, says:

No man lives to himself alone. But all too many men and women in a community apparently go on the assumption they owe nothing to their community. Day by day they enjoy its benefits: take their toll of the community, as it were, while they give less than nothing in return. This is an obtuse view injurious to both the individual and the community.

One owes much to his community, same as he owes much to the flag. As a matter of truth, loyalty to the flag starts with the community, extends to the state and reaches to the far stretches of the nation.

Man may not by taking thought add a cubit to his stature, but as a full fledged community builder, ever alert to add quality and quantity cubits. And the rewards of merit therefore may be measured.

County Health Department

ACTIVITIES
By Dr. B. C. Wilson

NEWS
Health Officer

The Prevention of Constipation in Children

Constipation develops in children generally because of neglect of the proper diet, and sometimes from the abuse of medicines.

To prevent constipation a child should be trained to have:

1. A regular time for going to the toilet each day. Just after breakfast is best. Be sure that he has time after breakfast to have his bowel movement. Be sure he goes every day at the regular time whether or not he feels the need, and be sure that he never puts off the need at other times.
2. A diet containing enough laxative foods and not too much constipating foods, this does not mean a strict diet, but simply the ordinary diet which is good for any child. Be sure that his meals are regular and that the child does not eat between meals.
3. No medicine unless necessary and only on the the advice of

your physician. Giving laxatives enemas, and particularly patent medicines, simply relieves the child for a short time, but does not prevent or cure constipation.

To prevent constipation—
1. In the breast fed baby.
See that the mother is not constipated.
See that baby gets boiled water between nursings.
See that baby gets orange, juice or prune juice and cereals as soon as he is old enough.
Be sure that the baby is getting enough food from the breast. Have him weighed regularly to see if he gains. Perhaps he needs more food. The baby should nurse one breast at each feeding until it is thoroughly drained and both breasts only if necessary to supply more food.

2. In the bottle fed baby.
Be sure that the baby is getting the right kind of mixture in the bottle and enough of it. Ask your doctor.
See that he gets water between bottles.
See that he gets orange juice or prune juice and solid foods as soon as he is old enough.
Be sure that both breast fed and bottle fed babies are fed at regular times, not less than three hours apart.

3. In the younger children—
See that the child doesn't get too much milk—but, a child can and should get at least three glasses a day if the other food is of the right kind.
Give more solid foods such as bran, cereals, especially oatmeal, Graham crackers, vegetables in thick soup, cooked fruits, raw fruits, (only after three years except scrapped apple).
Give two to four glasses of water a day between meals.

A Mormon Beauty

Miss Eva May Sorenson, charming blonde who won the annual beauty contest among students of Brigham Young University, Provo, Utah.

Although the public usually takes it for granted in a vague way that the milk supply is safe and pure, it is only in the cities with milk ordinances in force providing for routine inspection that the welfare of the public is assured.

LITTLE CHANGE SEEN IN INDUSTRIAL CONDITION OF 12 RESERVE DISTRICTS

(Continued from page one)
been at high levels, there has been a reduced volume of money in circulation, interest rates on loans to customers have been lower than in 1929, and acceptance rates have been lower than at any time since 1924.

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Give two to four glasses of water a day between meals.

4. In older children—

Give less starchy food. Give coarse cereals—whole wheat bread bran oatmeal, etc. Give milk, but not over four glasses a day. Give fresh fruit and vegetables. Give cooked prunes, dates and figs. Give water before breakfast and 3 to 4 glasses during the day.



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DANCE

—AT—

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Saturday, June 28

Glen Hamilton's Band