

Local Happenings

Returns from Salem
Mrs. Johnson who has been in Salem for the past two weeks returned home Saturday.

At Crescent City
Mr. and Mrs. Frank Cochran are spending the Fourth of July at Crescent City.

Mrs. Pearce Returns
Mrs. Lota Pearce returned Sunday to her position at the Damon Cafe after spending the past two weeks at the Ranger station with her husband.

Callers From Medford
Mr. and Mrs. Elmer Anderson of Medford were callers Sunday evening at the home of Mr. and Mrs. Leonard Bowman.

Swimming Party
The Intermediate class of the Christian church enjoyed a swimming party at Helms Baths in Ashland, Thursday. The girls accompanied by their teacher, Mrs. J. Cornutt took their dinner and ate in the park and in the afternoon

all went swimming. A most enjoyable day was had by the following girls: Lois Hessegrave, Janice Hessegrave, Peggy Lawrence, Edna Shaver and Phyllis Turpin.

Visitors at Hermans' Home
Mrs. J. J. Cleland and Mrs. George Barnum and son of Medford were visitors at the Al Hermanson home on Monday evening.

Drove to Corvallis
Frank Howard drove to Corvallis Saturday, returning home Sunday and bringing Mrs. Howard, Mae Eicher and Loomis Davidson who have been attending the S. Methodist conference there for the past two weeks.

Spent Sunday at Crescent City
Mr. and Mrs. Ed Gleason, Mr. and Mrs. Mervin Gleason, Mrs. Lucille Hoagland and son Bobbie enjoyed the day Sunday at Crescent City.

Visiting Relatives
Mr. and Mrs. Leonard Bowman and family are visiting relatives at Merrill over the week end.

Leave on Vacation
Mrs. Mary Henshaw nee Stanley clerk at the Damon Cafe left Sunday for Mosquito Ranger station where she will spend a two weeks vacation with her husband, Laurence Henshaw, brother of Mrs. Lota Henshaw Pearce.

Eagle Point Visitor
Jim Watkins visited with relatives

ives and old time friends in Eagle Point Sunday.

Repairing Residence
Carpenters have recently finished shingling and making other improvements on Marshal Jim Cummings residence.

Attend Ball Game
Don Faber, Howard Detrich and Gene Reames were among the Central Pointers who were attendants at the ball game in Eagle Point Sunday.

Mr. E. W. Reid, formerly of Portland will have charge of the John Ross barber shop while Mr. Ross is on his vacation.

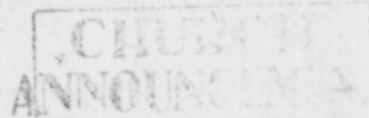
Left For Crater Lake
Miss Wilda Richmond of Willow Springs left last week for Crater Lake to spend the summer.

City Visitors Sunday
Mr. and Mrs. Marion F. Bingham and daughter of Medford, Mr. and Mrs. Hoyer of Portland were guests of Mrs. Mary Lee and Mr. W. A. Crane Sunday afternoon.

Spending Vacation Here
Miss Leila Hessegrave who has been teaching school at Arimus, Ore. is spending her summer vacation at the home of her parents, Mr. and Mrs. John Hessegrave in this city.

Attend W. R. C. Convention
Mrs. Ed Gleason, Mrs. Jean Richardson, Mrs. E. Rostell and Mrs. Edward Jones who were delegates to the W. R. C. Convention held at Eugene last week returned home Thursday night.

Visiting at Corvallis Home
Miss Gwendolyn Houston who recently returned from San Jose is visiting at the home of Mr. and Mrs. J. Cornutt.



THE FEDERATED CHURCHES
J. M. Johnson, pastor

IT IS TO YOUR INTEREST
to study the sacred history and sacred biography of the next quarter's lessons in the Bible school. We are going to have a most delightful time. We are assigned Abraham, the pioneer of the covenant of faith for this week. Read all you can about him beginning with the 12th chapter of Gen. ALL THE YOUNG PEOPLE are invited to attend the devotional service at 7 o'clock next Sunday evening and hear the announcements of the coming special illustrated study which will begin the following Sunday evening. "THE BOLDNESS OF FAITH" will be the theme of the morning sermon in the church service next

Sunday morning; and in the evening the subject: Why Our Laws are Not Better Enforced will be discussed. All are invited. A good musical program will be enjoyed.

Very Latests

By Mary Marshall

For several reasons the two piece suit, if included in the wardrobe at all, has been restricted to spring and autumn. Dresses worn without wraps or with a thin silk wrap have been the usual choice for summer. With the jacket suit



playing a leading role throughout the warmer months, and there is a place in every woman's wardrobe for at least one such costume.

The suit shown in the sketch today is of the last described sort and a more practical all-occasion suit for the more mature woman could not well be found. To make a costume of this sort at home requires no unusual dressmaking talents, while the cost of ready made suits of the sort is unusually reasonable at this season.

County Health Department

ACTIVITIES
By Dr. B. C. Wilson

NEWS
Health Officer

ALL ABOUT MILK

Milk is our best all-round food, the most perfect food we have. It is one of our cheapest foods, too even at present prices. It is also one of our most popular foods. Without it, the man at the soda fountain, for instance, could hardly do business. He makes it the chief ingredient in almost every drink he serves. Those who do not care for plain milk are often fond of ice cream, milk shakes, frosted chocolate, malt soups. And grocers are now selling a number of malted cocoa preparations which require only the addition of milk to make drinks that are delicious.

It is said that the vigor and success of a nation depend largely upon the quantity of milk it uses. In the United States we use something like 2,000,000,000 quarts of milk a year. This would make a lake large enough to float all the navies of the world. Three-quarters of this milk is made into butter, cheese and other nutritious milk products. The quarter remains is enough to supply one each individual about a half a pint a day. The daily amount of milk best suited to any individual naturally varies with the amount and kind of other food he takes. Spending generally however, the safe plan is to drink plenty of milk and use it freely in cooking.

Milk costs more than it used to. So do many other things, some of which affects the price of milk, such as cattle feed, farm labor, and transportation. But even so, milk is cheap in comparison with other foods. There is more energy in 25 cents worth of milk than in 25 cents worth of meat or eggs or fish, you need these other foods, too, but getting down the milk is poor economy.

Milk should not be regarded as a beverage; it is a food. Sip it slowly; get the flavor out of it. Don't use it merely to quench thirst and don't drink it down rapidly.

The gastric juice of the stomach causes the milk to curdle the instant you swallow it. Afterward, the curds are acted upon by the pepsin of the stomach and digested, but if the milk is drunk rapidly the curds are large and tough, and digestion is slower and more difficult. Nature knows that fast eating may cause indigestion. She compels the nursing baby to take

its milk slowly whether it wants to or not.

The body requires foods that contain, in suitable quantities, each of for body building and for the repair of wear and tear. Fats and sugar or starches, to supply heat and energy. Vitamins to assist growth and to ward off diseases. Mineral salts, such as iron, phosphorus, and lime, which are needed in the blood, the bones, the teeth and the tissues. Bulk and roughage-fibrous material to aid in the elimination of waste. Practically all these elements except the last are found in milk.

Milk is suitable for grown people, as well as for children. Grown people can live for months on milk alone, although a worker at hard manual labor would have to drink many quarts each day to keep up his vitality and repair the wear and tear of his body. However, if the grown up uses at least a pint a day, in combination with other food he is quite likely to secure an efficient and well balanced ration.

While milk is a great help to men and women who want to keep strong, vigorous and youthful, it is especially valuable for the sick. One of the discoveries of our army hospitals was that the liberal use of milk hastened recovery of the wounded. For growing children milk is an absolute necessity. Its proteins and its rich supply of certain vitamins promote growth. If a child gets a quart a day with fresh vegetables, fruits, some meat, eggs and cereals, he will have the necessary variety to give all the nourishment and vitamins he needs.

The market milk throughout Oregon in general is of very high quality and reasonable in price, says G. V. Copson, O. S. C. bacteriologist. Many small cities and towns, and nearly all the larger ones are beginning to realize the value of and to practice regulation and inspection of the milk supply.

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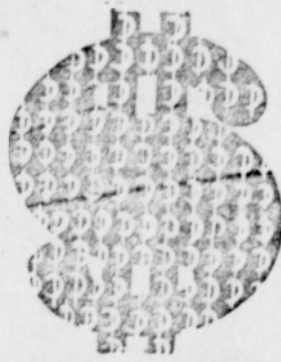


Stop!

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LIONS

There was one year in my life when it seemed as if everything went exactly wrong.

Worries and problems loomed up like a range of mountains. It hardly seemed worth while to try getting on top of one of them because there were so many others beyond.

Wise old Talleyrand, when he could not see his way clearly thru a difficult situation, used to take to his bed and give out word that he was ill. It was his experience that many difficulties solved themselves if one only let them alone for awhile.

Adopting his example, I went away for a couple of weeks and played golf. When I got back the troubles and problems had not disappeared, but I was a different man.

I went down to the office, made a list of all of them, and decided to tackle the toughest one first. I cleaned it up in one day and started after the others.

An amazing things developed. Some of the worst situations proved to be the easiest, and not one of the whole lot turned out to be worth half the worry I had given it.

The lesson was valuable. I ought to have learned it much earlier in life, for I had been given plenty of opportunity to observe the ways of successful men in such matters.

One of my first bosses made it a rule every morning to ask for the bad news first. He said: "I want to get the tough things off the calendar while I am fresh. I never deal with the same things twice. When I pick up a paper from my desk I don't lay it down until it is

settled. Procrastination is poison." An acquaintance of mine is a prominent operator in Wall Street. I asked him once if it were true that at different times he has taken tremendous losses.

"Losses, I've taken millions in losses. Any man who tries to get through life without taking losses will never make any money. The trick is to take em quick and forget them. Amateurs worry about them in advance and brood about them afterward. The worry and the brooding break their nerve."

The Book of Proverbs, which said pretty nearly everything that can be said—and much better — has this verse:

The slothful man saith, There is a lion without, I shall be slain in the streets.

Worrying about the lion, the slothful man is eaten by fear, which is a more terrible death.

The wise man steps out boldly. And more often than not the lion proves to be just a motion picture lion, with his claws cut short and his poor teeth all gone.



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