

Hi-Ways to Health

by ADA R. MAYNE

OREGON DAIRY COUNCIL

THE UP-BUILDING DIET

Although much has been written about the problem of overweight and fatness, the condition of underweight, and how to overcome it, is almost as important in the question of health. There are two main causes for an underweight condition: either a food intake is too low in amount for the body in kind, or because of a natural tendency to leanness due to a lack of the body where it burns rather than stores the food taken in, or excess of body needs, leaving no surplus for fat formation.

Underweight is a serious handicap and a continual threat to health. It is especially true among children and young adults as this condition often develops during the period when the body is making large demands for extra energy and building materials. The very person is apt to be nervous, with nervous indigestion and constipation, is often listless and over-tired, with a low resistance to disease because of generally lower vitality.

The diet for the underweight should be built around the foods of fuel and energy value. Because a body which has been deplete by prolonged under-feeding requires building, an abundant supply of foods containing minerals and vitamins should be included. The requirement should be met by including liberal amounts of butter, cream, cereals and bread, cream, fruits and high calorie desserts. Such foods as fat meats, pastries, and rich foods should be used moderately to make up for the danger of digestive disturbances. Fat in its easily digested form, i.e. cream and butter, weight

should be used liberally. The second requirement in this type of diet, an abundance of minerals and vitamins, is met through generous amounts of milk, eggs, fruits and vegetables.

Supplementary feeding between meals and at bedtime will do much in increasing the energy intake. The best foods for these feedings are milk, eggs and fruit juice. Many combinations of these can be served, as plain milk enriched by the addition of cream, malted milks, hot chocolate, milk flavored with fruit juices, egg nog, all of which are easily digested and not apt to spoil the appetite for regular foods.

The following menus may serve as a guide in planning the "up-building diet."

Breakfast—One glass orange juice, oatmeal served with 1/2 cup thin cream, one egg, two slices toast with butter and jam, coffee with cream and sugar.

Mid-Morning—One glass of milk to which 1/2 cup cream has been added.

Luncheon—Cream fish on toast, fruit or vegetable salad, 1 slice bread and butter, ice cream, cocoa.

Mid-Afternoon—One glass malted milk or chocolate milk.

Dinner—Cream vegetable soup with crackers, roast lamb, baked potato with butter, creamed carrots, lettuce salad, cream pie.

Before retiring—One glass of warm milk enriched with cream.

Meals of this type furnish excess energy needs without being bulky and if adhered to, will result in a steady, but not too rapid, gain in weight.

It created but a faint impression on Joe.

"I'm free, then?" he asked, half afraid of the answer. "I'm—free?"

(To be continued)

LEGAL NOTICE

SUMMONS

Application to Foreclose Delinquent Tax Certificate

IN THE CIRCUIT COURT OF THE STATE OF OREGON IN AND FOR JACKSON COUNTY.

R. S. MURRAY, Plaintiff,

vs.

WINFRED HILSINGER; MAR. GARET HILSINGER; PHILLIP HILSINGER; the unknown heirs of G. E. HILSINGER, deceased; W. G. NEWSOME, L. F. SUTTON, individually, and as the receivers of J. Hilsinger and Sons Bank of Sabula, Iowa; M. E. HILSINGER; M. L. BOYDEN; JACKSON COUNTY BANK; FIRST NATIONAL BANK OF MEDFORD, as Trustee; L. A. BANKS; SOPHENIA J. ISH GORE; and also all other persons or parties unknown claiming any right, title, estate, lien or interest in or to the real estate described herein, Defendants.

TO EACH AND ALL OF THE DEFENDANTS HEREINABOVE NAMED:

IN THE NAME OF THE STATE OF OREGON you are hereby notified that the above named Plaintiff, R. S. Murray, is the owner and holder of Certificate of Delinquency No. 01094, issued by the Sheriff and Tax Collector of Jackson County, State of Oregon, to the said R. S. Murray, dated and issued on the 7th day of December, 1932 for the sum of Forty one and 11/100 (\$41.11) Dollars same being the amount then due and delinquent for taxes for the year 1929, together with penalty, interest and costs thereon, upon the following described real property of which Jackson County Bank appears of record to be the owner of the legal title thereto; said property being situated in Jackson County, State of Oregon, and particularly described as follows, to-wit:

Beginning at the Southeast corner of Section 7 in Township 37 South of Range 1 West of the Willamette Meridian, and running thence West on the South line of said Section 536 feet to a point of commencing; thence North parallel with the East line of said Section 284.6 feet; thence at right angles West 282.43 feet; thence at right angles South 2115.6 feet; thence West parallel with the South line of said Section 215 feet;

thence at right angles South 725 feet to the South line; thence East along the South line 497.43 feet to a point of commencing, containing 21 acres more or less and described in Volume 153 of the Deed Records of Jackson County Oregon, at page 244 thereof.

You are hereby further notified that the said Plaintiff, R. S. Murray, paid taxes upon said above described property for years subsequent to said certificate of delinquency and subsequent to the taxes for which said certificate was issued, as follows:

| Years | Tax | Rate |
|--------------|-------|-------------|
| Dec. 7, 1932 | 23281 | \$286.55 8% |

Years Tax—1931

| Dec. 7, 1932 <th>15487</th> <th>\$119.50 8%</th> | 15487 | \$119.50 8% |
|---|-------|-------------|
| That all of the aforesaid taxes so paid by said Plaintiff, as aforesaid, from aforesaid respective dates of payment, and the said certificate of delinquency from the aforesaid date thereof, bear interest at the rate of eight (8%) per cent per annum, and the amount of said certificate and the taxes so paid with interest thereon as aforesaid are now due and owing to Plaintiff herein. <p>This suit is brought to foreclose the above mentioned certificate of delinquency No. 01094, upon the real property hereinabove described, situated in the County of Jackson, State of Oregon.</p> <p>And you, and each of you, are hereby summoned and required to appear in the above entitled Court and cause within sixty (60) days after the date of the first publication of this Summons, exclusive of the date of said first publication, and defend this action or proceedings or pay the amounts due as aforesaid upon said certificate of delinquency and taxes as aforesaid thereon, respectively, together with the costs of this foreclosure; and in case of your failure to do so, a judgment and decree will be rendered and entered in the above entitled Court and matter, adjudging and decreeing the aforesaid amounts of said certificate of delinquency, with interest thereon as aforesaid, and the amount of the aforesaid taxes, with interest thereon as aforesaid, and the costs of</p> | | |

this foreclosure, to constitute valid liens upon the property described in Certificate No. 01094, and foreclosing said liens and ordering the sale of said property for the satisfaction of said liens, in accordance with the statutes in such cases made and provided.

That the name of the legal owner of the title of the property described in Certificate of Delinquency No. 01094, as the same appeared of record in Jackson County, State of Oregon, was during the year 1929, Jackson County Bank, but which property is now assessed to L. A. Banks; that said property described and included in said certificate of delinquency, upon the assessment rolls in the office of the said Tax Collector and Sheriff of Jackson County, State of Oregon, for each of the aforesaid years and upon the latest assessment roll in said Tax Collector's office, is assessed to L. A. Banks, as the owner thereof.

All papers and process in this proceeding may be served upon the undersigned attorneys, at 30 North Central Avenue, in the City of Medford, Jackson County, State of Oregon, and which is their post office address.

This Summons is published in The American, Central Point by Order of the Honorable H. D. Norton, Judge of the above entitled Court on the 7th day of January, 1933.

Date of the first publication of this Summons is January 12th, 1933.

O. C. BOGGS
J. F. FLIEGEL
O. H. BENGTSON
Attorneys for Plaintiff
30 North Central Avenue
Medford, Oregon
Jan. 12-19-26 Feb. 2.

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— By —
Courtney Ryley Cooper

Continued from last week.)

"Oh, all done?" he asked as the affeer ripped the last of the supper from the wardrobe trunk, containing it now into one complete thing. Jamison stretched and rose to a chair.

All right, Fullhouse," he said. "What were you saying?"

He started to snap a reply. Only that in that instant in which his attention had been diverted, three had edged to elbow closeness. He whirled. He strove to cry out, strike with the butt end of the mastic still clutched in his hand. The sinewy arms of Fullhouse were tight about his wrist, pinioning arms, the chopper had caught his arms, breaking his stance, and leaving him sagging, while the gigantic of Big Friday had closed over mouth, and were pulling his head farther back—

Slide that trunk on the floor—slide down, Easy—not too much. Fullhouse, slip your arms up her—above his diaphragm—his phragm, you idiot—get 'em up! Get over there and take him a one-two in the guts."

You're not going to put him in trunk?" Vaguely Joe heard the setting voice of Louie Bertolini. How else are we going to get him of this room? Oh, for G-d's e, quit your shaking. Yeh, I w—they did that with Lefty and his body rolled and some ess guy got next to it. Well, body rolls this time. What do think I left those clothes out for? Put some of them in the bot- there for a cushion and use rest to pack around him. Go and take him, Boston!"

oe Barry writhed anew. He strove wist from the grasp of the three who held him; the breath of Friday blasted in his ears as struggled against his efforts to him. Joe saw the form of Bos- approaching, dancing with the ting movement of a man in the e of a blow. Again he heard ie protesting, once more the even e of Jamison:

Of course no alive. No, there it's be any blood. Don't you k belts can do something else des hold up pants? Twice around neck and buckle it. Know any- g better? Well, Boston, are you aged to dance, or take him?"

to the pit of his stomach. He strove to gasp, but the great hands of Big Friday shut off his air. Again a blow and for a third time—vaguely from far away, came a thunderous noise, and the sound of some one shouting. Once more a blow struck him, this time fair, his knee caved, the forms about him danced and blurred, while behind him, far, far behind him, something crashed dully, a splintering noise. He struck out again, this time free of supporting arms. A hurtling body struck him, knocking him far to one side. As he fell, a queer, barking sound broke for an instant through his fogged mentality. Then he struck, head on against the footboard of a bed, and lay still.

It was to a feeling of aching comfort that he slowly awoke, a bed beneath him, something cool on his head, a man beside him. His eyes opened, upon hazy forms and closed again. Slowly they opened again, to remain staring. Pete Maxwell of the homicide squad leaned closer. "Well, kid how about it? Kind of glad to see the old Bottle and Stopper this time? Yeh?"

Joe Barry stirred. "Jamison—Big Friday—" he muttered.

"Jamison's dead," said Pete Maxwell. "And that's probably not his name either. Big Friday, your old friend Fullhouse and the rest of the mob are down at the station house where Louie Bertolini is belching his guts. Chuyen's down there with 'em tipping the Washington cops what questions to ask. I thought I'd say up here with Mother Brady to see if you came around all right. You're in Mother's room, you know. Next door."

Joe, still not sure of his senses, looked across the room, to a pink-faced old woman, attired in grand-motherly fashion, who sat rocking, her feet rising with every movement of the chair, then striking the floor flatly again. She laughed and rolled her head.

"If that wasn't a hot one!" she gasped, in sudden denial of her innocent, benign appearance. "Louie sitting on one side of the wall with an ear on me, and me sitting on this side with the same kind of an ear on him!"

Pete grinned.

"Mother's quite a help in an ear job—microphoning a wall, you know. Nobody ever suspects her. She even fooled Jamison when he stalled in to give her room the runover. Mother knows her racket. Tougher'n a keg of nails, and the best room-plant in the homicide squad."

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