HURSDAY, FEBRUARY 9, 1933

#### The AMERICAN, CENTRAL POINT, OREGON

## HI-WAY! TO HEALTH by ADA R. MAYNE OREGON DAIRY COUNCIL

The low-cost balanced diet. The cereals, whether used as pordge, hominy, bread, or muffins )ck gether with milk, form the basis the low-cost balanced diet. Cereals and bread are the cheapest forms of hergy-giving or fuel foods, neces-Sh ry to keep the body warm and let ve it power for work. They also \_\_\_\_ntain body building substances, id where whole grain cereals are ed, some minerals and vitamins. ilk, also an inexpensive food, be-

ught at feed mills. It can be sauce. epared at home too, by grinding in ood chopper cleaned, soaked wheat. e whole grain should be washed efully and soaked overnight before oking, using two cups of water to ch cup of wheat. It can be cooked rectly over the heat or in a double iler. Each cup of dry wheat will the about three cups when cooked. The following recipes combine eat with milk and other dairy the basis of low-cost balanced in moderate oven until a knife in- table." less sals.

#### OUS Whole Wheat Chowder 2 cups diced carrots 1 pints boiling water cup diced salt pork 2 tablespoons flour tablespoons chopped onion quart milk cups cooked whole wheat teaspoon salt and pepper tablespoon chopped parsley ka. Cook the carrots in boiling water til tender. Fry the salt pork un- Sift dry ingredients together, add Of ok the onions in fat. Stir in flour add milk and stir into dry ingredients d cook a few minutes longer. Mix with butter. Pour into buttered mufuble boiler, stir until well blend- about 30 minutes. Serve hot. **On** Oregon Farms

Dallas-Grange agricultural com- local grain and livestock farmer, LTTL. tices of Polk county have started obtained 52 per cent more net realproject this year designed to sti- turn per acre last season from 15 ilate the seed production industry acres of grain pastured in the green int, that county. Each grange is to stage by lambs than from parts oose at least one particular seed of the same field harvested normal- once. Stone's Drug Store p to be tried out by one of its ly. The lambs and ewes were turnbe mber, to determine whether or ed on green wheat early in June and

t it has possibilities as a cash kept on until all the lambs were p. Possible crops discussed in- sold. The 116 lambs gained 2356 ided seed flax, buckwheat, corn, pounds and the 81 ewes 624.5 ne Notice is hereby given that ry velch and certain flower and pounds on the 15 acres pastured. undersigned as getable seeds. County Agent Beck, Advisability of this plan depends en- Banks for the State of Oregon is in =leader in the grange agricultural tirely on the relative market price charge of the assets and affairs of mmittee work, is assisting with the of wheat and lambs, says County the Central Point State Bank, Central Point, Oregon, for the purpose Agent, Charles Smith, w project

d, and cook about 10 minutes. 4 tablespoons butter 4 tablespoons flour 2 cups milk % cup grated cheese 1/2 teaspoon salt

Buttered crumbs (1/2 cup crumbs | Oregon City-Baskets for 200 un- ED

and 3/tbsp. butter.) Heat milk in double boiler. Melt in flour. Add this mixture gradu-line there days, according to Thelma Gay-line there days according to the there days accord an any other single food, is the stirring until mixture is smooth. Add gent, one of the relief committee. st supplement to the grain foods, salt. Place cooked wheat and cheese Included in the basket were five lbs. mons aking up for the deficiencies in sauce in alternate layers in a butter- of powdered skim milk and five lbs.

canning kitchen last summer.

Prineville-How she improved her

kitchen with little cost is told by B

are proved out.

group of interested growers through

Oil company of Polk county reported

total business of \$23,263.35 in its

first 10 months operation, at the

stockholders attended and received

which to try out new varieties, keep 1933.

ed baking dish. Top with crumbs, of cracked wheat with a sheet of re-The use of wheat in the low-cost Bake uncovered in moderate oven cipes for the use of these two prolanced diet is to be recommended. about 1/2 hour or until top is brown- ducts. The basket also contained hole grain wheat, also cracked or ed. Cheese may be added seperately meat, potatoes, canned tohatoes and Decree against you for the relief deound, can be most economically to each layer instead of to white string beans, celery, onions, sugar, cocoa, dried prunes, orange candy,

> Whole Wheat Custard Pudding 4 eggs 4 cups hot milk 1/2 cup sugar 1/2 teaspoon salt 1 teaspoon vanilla wheat. or other dried fruit

serted in the center shows no liquid. Best results are obtained by placing baking dish in pan of hot water in oven.

Whole Wheat Muffins 1 cup sifted flour 1/2 teaspoon salt 2 teaspoons baking powder 1 cup cooked whole wheat 1 egg 1/2 cup milk 1 tablespoon melted butter

Crook county homemaker as follows: "I made more drawers for silver-2 cups cooked cracked or whole ware and such things. Also, I attached a table to the wall. When 34 cup diced dried prunes, raisins it is closed up it makes a door to a cupboard in which I keep dishes that Beat eggs slightly, add all other are needed when the family eats in oducts, thus assuring a nutritious ingredients in order given and mix the kitchen. When the table is let d palatable dish, which can be used thoroughly. Bake in buttered pan down it serves as a breakfast nook

The First Oregon State House The first Oregon state house was set into the ground, grooved on two sides and filled in with poles and made on the 24th day of January. split timber. Rafters and horizon- 1933. tal poles instead of iron ribs held of this Summons is January 26th the cedar bark which was used for 1933. roofing. It was 20 by 40 feet. At one end some puncheons were put up for a platform for the president. Some poles and slabs were placed around for seats. Three planks, acrisp, remove it from the fat, and wheat, mix thoroughly. Beat egg, bout a foot wide and 12 feet long

placed upon a sort of stake platform for a table, was all that was ingredients in upper part of fin pans and bake in moderate oven believed necessary for the use of the legislative committee and the Foreclosure duly issued out of and clerks,

> tree growth from various methods. Heppner-Cleve Van Schoaick, a STOP GAS PAINS! GERMAN

REMEDY GIVES RELIEF Acting on BOTH upper and lower bowels Adlerika washes out all polons that cause gas, nervousness and bad sleep. One dose gives relief at

Legal Notices

NOTICE TO CREDITORS

Superintendent of

them free from desease and release them to the public only after they SUMMONS

Last date of publication may 4th;

Rickreall-The Farmers' Union IN THE CIRCUIT COURT OF THE STATE OF OREGON IN AND FOR JACKSON COUNTY.

annual meeting just held. Some 60 tiff,

the Farmers' Union by assigning

Amended Complaint of the Plaintiff required herein, or otherwise plead thereto, Plaintiff will take a manded in said Amended Complaint which is succintly stated as follows: A judgment and decree foreclosing and several tins of fruit cannd in the the Plaintiff's mortgage on property situated and being in the county of Jackson, State of Oregon, and described as follows, to-wit:

Beginning at a point where the South line of Spring Street intersects the West line of the Southeast quarter of Section 20 in Township 37 South of Range 1 West of the Willamette Meridian and being abort 30 feet South of the Northwest corner of said quarter Section and run-ning thence south 295 feet; thence East 295 feet; thence North 295 feet; thence West 295 feet to the place of beging: together with all water rights appurtenant thereto or to become appurtenant thereto. This Summons is published in The

built with posts set upright, one end of the Honorable H D. Norton, Judge Foreclosure duly issued out of and American, Central Point, by order of the above-entitled Court, duly The date of the first publication O. C. BOGGS J. F. FLIEGEL O. H. BENGTSON, Attorneys for Plaintiff. 30 North Central Avenue, Medford, Oregon Jan. 26, Feb. 2-9-16 NOTICE OF SHERIFF'S SALE BY VIRTUE of an execution on

Medford

**Nursery Stock** 

under the seal of the Circuit Court of the State of Oregon, in and for the County of Jackson, to me directed and dated on the 30th day of January, 1933, in a certain action herein, wherein Jackson County Building and Loan Association, an Oregon building and Loan corporation as Plaintiff, recovered judgment against Zenas C. Smith and Emma Smith his wife the defend-

is as

ants, for the sum of Seven hundred day of October, 1932 at the rate of J-26, F-2, 9, 16, 23, M-2, 9, 16,23,30, A-6, 13, 20, 27, May 4. and no-100 (\$700.00) Dollars, less the sum of \$9.00 stock credits, less the sum of \$1.38 accrued earnings on from the 27th day of October, 1932 said stock, being the sum of \$689.62, to the date hereof, at the rate of plus interest on \$700.00 from the 10% per annum, being the sum of 16th day of August, 1932, to the 22d | \$11.27, plus \$5.00 for continuation day of December, 1932, at the rate of abstract of title with costs and JACKSON COUNTY BUILDING of 10% per annum, being the sum disbursements taxed at Thirty-one ACKSON COUNTY BUILDING of 10 % per annum, being the sum disbursements taxed at Thirty-one find b LOA. ASSOCIATION, Plain from the 22nd day of December, 1932 to the date here of, at the rate (\$50.00) Dollars, as attorney's fees, LILLIAN A. STOREY, and COLIN of 10% per annum, being the sum which judgment was enrolled and of 10% per annum, being the sum which judgment was enrolled and

Escalloped wheat and cheese 3 cups cooked cracked or whole wheat 4 tablespoons butter the Farmers' Union by assigning Escalloped wheat and cheese their second patronage dividend. Arrangements were made for other the Farmers' Union by assigning ELLLIAN A. STOREY, and COLING of 10% per annum, being the sum of \$5.37 plus \$5.00 for continuation of \$5.37 plus \$5.00 for continuation insurance premium paid by Plain-the Farmers' Union by assigning ELLLIAN A. STOREY, and COLING of 10% per annum, being the sum of \$5.37 plus \$5.00 for continuation insurance premium paid by Plain-the Farmers' Union by assigning

other persons or parties unknown paid by Plaintiff with costs and dis- THAT, pursuant to the terms of the their patronage dividends in pay-ment for a share of stock and annual or interest in or to the real estate 80-100 (\$21.80) Dollars, and the of March, 1933, at 10:0 clock a. m., dues. The company serves farmers in both Polk and Marion counties. FENDANTS HEREINBEFORE NAM-UNIC ACH AND ALL OF THE DE-FENDANTS HEREINBEFORE NAM-TO EACH AND ALL OF THE DE-SERVER AND ALL OF THE DE docketed in the Clerk's office of said will sell at public auction for cash

use it furnishes more of the food in flour. Add this mixture gradu-ements required in a balanced diet ally to heated milk, then add cheese, lord, county home demonstration -in four (4) weeks from the date of o'clock a. m., at the front door of the Jennison had on the 21st day of the relief committee. of the first publication of this Sum- Courthouse in the City of Medford, July 1930, or now have in and to in Jackson County, Oregon, offer for the following described preperty.

LOW

PRICI

UUN

HOME OW

Saturday O

"BETWEEN FIGHT

Sunday and Monday

Ben Lyon & Barb

Tues, and Wed.,

"SKYSCRAPER

"THE OLD DARK

Coming Sat.,

"SPEED DE

Continuous

J. H. DA

Me

Dr. Jouett P. Bray

CHIROPACTOR

A Painter of F

Crater Auto I

Authorized Agent

\$01 N. Grape

Work guaranteed

Karloff and Melvy

"BY WHOSE

satisfy said judgment, together with the costs of this sale, subject to redemption as provided by law, all of the right, title and interest that the said defendants, Zenas C. Smith and Emma Smith, his wife had on the 4th day of October, 1929, or now have in and to the following described property, situated in the County of Jackson, State of Oregon, Kiddies to-wit

ty-four (24) and twenty-five (25) of Eagle Point Meadows, in Jackson County, Oregon, as shown on the official plat thereof, now of record.

1933. Gordon L. Schermerhorn Sheriff of Jackson County, Oregon

February 2-9-16-23

NOTICE OF SHERIFF'S SALE BY VIRTUE of an execution under the seal of the Circuit Court of the State of Oregon, in and for the County of Jackson, to me directed and dated on the 30th day of January, 1933, in a certain action therein, . wherein Jackson County Building and Loan Association, an Oregon building and loan corpora-tion as Plaintifff, recovered judgment against E. E. Jennison and Jane Doe Jennison the defendants. for the sum of Five hundred and no-100 (\$500.00) dollars, less the sum of \$15.86 stock credits, less the sum of \$0.87 accrued earnings on ald stock, being the sum of \$483.27

plus interest on \$500.00 from the 31st day of March, 1932, to the 27th

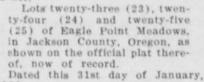
Glenn O. Taylor

LAWYER

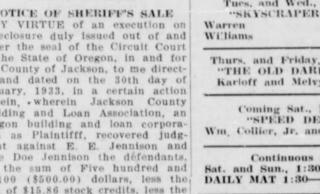
Post Office Building

Oregon

You are hereby notified that if you fail to appear and answer the for cash to the highest bidder, to State of Oregon, to-wit: Beginning at a point which is West 1507.03 fe 1298 8 feet from th



By Olga E. Anderson Deputy



corner of Donation Land Class No. 79 in Twp. 37, South of Range 2 West of the Willamette Meridian and from said point running thence South 160 feet; thence West 181.25 feet; thence North 160 feet; thence East 181.25 feet to the place of becon'sin'ng 2-3 serve of

Dated this 31st day of January, Gordon L. Schermerhorn

### **People's Exchange**

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Any Time NED nly RD in TING MEN"	O. S. BLACKFORD DAIRYMAN Fresh Milk and Cream Delivered Daily Phone 14x1 Central Point
r, Feb. 12-13 HAND" sara Weeks Feb. 14-15 SOULS" Maureen O'Sullivan Feb. 16-17 K HOUSE" yn Douglas	Dr. H. P. Coleman Chiropractic and Physiotheraphy Oregon License 264 California License 3029 12 YEARS IN MEDFORD, ORE. Phone 965 You Can't Get Better Chiropractic Service,
Feb. 18 MON <sup>29</sup> 1 Joan Marsh Show to 11 p. m. EVE 7 P. M.	TROWBRIDGE Cabinet Works Everything in Cabinet Work Established in 1908
Phone 724-R ILY Reputation <sup>2</sup> aint Co. DuPont Duco dford, Oregon	PROMPT SERVICE Satisfaction Guaranteed Graves Jewelry Shop Watch Repairing a Specialty WE BUY OLD GOLD 41 S. Front St. Meditord
	Dr. Jud Rickert

OPTOMETRIST

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Medford, Oregon

periment station here. Over a A committee headed by H. C. Comp- 29th, 1933. -year period phosphates have given ton, Boring, is now preparing a conincreased average yield of six stitution and by-laws for the group. shels of wheat per acre. Tests The idea is to have a responsible of. 1933. ow that the light textured grain nd of Union county is low in availle phosphates. The chemical anysis of the soils of the Grande onde valley soil survey has now en completed, giving further guide fertilizer practice in this region. TILLAMOOK-Feed dealers here tmate that dairy feed purchases creased approximately 20 per cent 1932 compared with the highice period of 1928. At the same me cost of butterfat production in 132 by those keeping records was it to 35 cents compared with 38 nts in 1931, six dairymen showing sts below 30 cents this last year. oss of roots from freezing was savy in December, but many connued feeding successfully for some ne after the freeze, on advice of e county agent.

CARLTON-A siem or crown apars to be causing considerable loss alfalfa stands in Yamhill county. cording to examination made by S. White, county agent. Fields afsted appear to do well in the spring. oduce a good first crop and then il to send out later growth, many ants appearing dead in the fall. Hillsboro-Fruit growers in this unty are apparently carrying on normal amount of pruning this ar despite the low returns from chard crops the past season, rerts County Agent W. F. Cyrus. ost growers realize that consistt pruning every year is preferable going into the orchard occasionig-time pruning tests have recentbeen started by some growers to mpare the results in yield and

of liquidation. All persons who may UNION-What is believed to be - Oregon City-A fruit testing as- have claims against said Bank are e first conclusive experimental sociation designed to promote the hereby notified to make legal proof idence of profitable use of phos- testing and growing of new varieties thereof by filing a duly verified ate fertilizers in eastern Oregon of fruit obtained from the Oregon claim, as by law provided, with the Deputy Superintendent of Banks in id soils has been obtained from a Experiment station and other sourc- charge at the office of the Central ng series of trials at the branch es has been planned in this county. Point State Bank on or before April

> A. A. SCHRAMM, Superintendent of Banks First date of publication, January

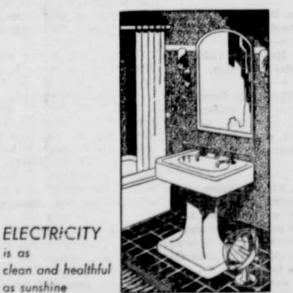
308 Medford Bldg We Have a Complete Line of office Phone 1230-Hause 596-Y Walnuts, Almonds, Filberts, Brixnuts, But-**GUARANTEED** ternuts---all kinds of Fruit Trees---Shade The Best Chiropractor Service" and Ornamental Trees---all kinds of Pear ROOFS Trees on French roots. Best grade 4-6 at Estimates and Inspection \$15.00 per 100 Without Charge VILLA NURSERIES Dr. I. H. Gove Standard Roofing Co. DENTISTRY Corner Sixth and Grape Streets, Medford, Oregon WM, MOSS, Prop **Builders of Water-tight Roofs** Phone 1077 10th and Fir Sts. 225 E. Main St., Medford, Ore. Office Phone 872-J-Res. 419-R Telephone 1317 Medford

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**Central Point Meat Market** I. D. LEWIS, Prop.



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