

HI-WAYS TO HEALTH

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OREGON DAIRY COUNCIL

SIGNS OF SPRING

In looking about for signs of spring one welcomes the appearance of rhubarb. Rhubarb is now found in most markets and is usually available in its fresh, different, inexpensive and therefore welcome with the flowers of spring.

Rhubarb is classed along, in food value, with greens of all kinds, as beet tops, turnip tops, dandelions and spinach, although it is usually used as a fruit. The importance of these foods lies in their mineral and vitamin content. They are particularly valuable for their calcium and iron, which are points to remember as we are not always certain of getting all of these minerals that we need.

Calcium is needed by the human body for building and repairing the bones and teeth. Some also is needed to keep the blood and the circulation in good order, which contributes largely to general health. Milk and cheese are the richest sources of calcium, and without a generous amount of them, it is difficult to get the amount of calcium to meet the daily requirement. Although greens contain calcium, it would be practically impossible to eat enough of them to equal the amount from as little as a pint of milk. Because of this we depend on milk and dairy products for supplying calcium and on the greens for iron, as well as other minerals.

To bring the amount of calcium taken up to requirements it is well to combine milk and cheese with greens, and the recipes following are suggestions for doing this.

- #### Greens with Poached Eggs and Grated Cheese
- 1 1/2 lb. greens
 - 1 tbspn butter
 - Salt and pepper
 - 5 EGGS
 - 1/2 cup grated cheese
 - 1 cup fine dry bread crumbs

Economic Highlights

Happenings That Affect the Diner Pails, Dividend Checks and Tax Bills of Every Individual. National and International Problems Inseparable From Local Welfare.

Even though the business statistics show no definite change, there is much encouragement in the fact that a relative degree of stability has been reached and maintained in the past two months.

Readjustments are taking place which will have a healthful influence on industry in general. Weaker units are being eliminated—a necessary prelude to general recovery. The efficiency of industrial operations is steadily increasing.

One of the most interesting signs is that a virtual mortgage moratorium is gradually taking effect. The center of this is in the midwestern states, where officials and courts have shown a tendency to aid the farmer in his fight against foreclosures. The largest mortgage-insurance companies and banks — are showing an extremely lenient attitude. A short time ago, a group of the largest insurance companies announced a policy which, in brief, means that there will be no foreclosures that can be avoided, so long as the mortgagee shows a disposition to do his best to work out his problem.

The long awaited report of the National Transportation Committee was recently issued after months of investigation and study. Among its suggestions were that parallel lines be abandoned — that regulation be less severe and more flexible.

Meanwhile, a good sign is that railroad traffic and earnings, on the whole, are now ahead of last year.

Efforts to stabilize the oil industry took concrete form with the adoption by the American Petroleum Institute of a new and aggressive policy to eliminate evils. Main result sought is balancing of production with consumption.

The Institute will fight diversion of gas tax funds to other purposes than roads, tax increases, gas bootlegging and tax evasion, and will maintain that gas should rightfully be taxed by the states only.

In the midcontinent field, crude oil is still selling at ruinous prices, with the California division of the industry in better condition.

Late reports on major industries show: COPPER—Higher prices are expected. Great interest shown in withdrawal of American Smelting &

Refining Company from Copper Exports, Inc., the world association formed in 1929 to sell copper outside this country.

LUMBER—New business fairly good, with demand exceeding production. Further slow improvement in next 60 days is expected.

SHIPPING—Apprehension is expressed that the coming World Economic Conference will attempt to stop federal subsidies of U. S. shipping. These subsidies, in the form of mail contracts, have made it possible to meet low-wage scale, foreign competition.

STEEL—Seasonal buying recently caused improvement. Scrap prices have been firm, and finished steel prices weak.

CANNERS—Outlook extremely uncertain for food canners, with prices low. However, shipments have been larger than last year, 60 per cent of 1932 asparagus pack is sold, and more than 60 per cent of peach pack. A limited pack is expected this year, in attempt to eliminate carryover.

Of late farm prices have been on the downgrade, but losses have been small. Cattle was one of the exceptions, showing a rise. Cotton, grain, hay, hogs and sheep took losses.

The price of grain futures rose temporarily with extremely bad weather. Caution was evident, however, and there has been little pronounced change.

The visible supply of wheat is decreasing steadily—a good sign for future price and market improvement.

Business conditions in the Philippines show no improvement, with credits and collections difficult. Industrial activity is at a high level in Japan. Little change in England. Italy showed a heavy unfavorable trade balance in 1932. Conditions in Austrian industries are unfavorable. In Finland, the low exchange value of the mark during 1932 enabled export industries to increase sales abroad, and marked gains were shown in textile, food-stuffs, metal and other industries.

Wilma Hood entertained with a party at the home of Mrs. Roy Kelly Thursday night. The evening was spent in playing cards and games, after which refreshments were served. Those present were Avis Ayers, Peggy Lawrence, Fern Cherryholme, Wilma Hood and Delbert Ayers, Pat McLean, Ned Cash and Aaron Ayers.

Smalltown Hero and Rural Communities to Rescue The Nation

Speaking as an economist, at the annual meeting of the American Association of Geographers, at Washington, Dr. Oliver E. Baker made this startling statement:

"Migration from the village and farm to the city since the World War has brought, among other setbacks, such a decline in the birth-rate that the United States will be fortunate if it maintains a stationary population in the next 10 years. The road of our Nation's destiny is now turned back to the village. The American people may find that it will be necessary to leave our skyscrapers empty shells before they turn their backs again on the rural communities."

From a high source, this statement bears out the things which the editor of The Pathfinder brought out in a talk in New York, made to a group of advertising men and publishers. This address has aroused widespread interest, because it boldly told the high-hat New Yorkers a lot of truths which they are not used to hearing. Portions of it are reprinted here, for the benefit of Pathfinder readers.

I am supposed to tell you something about that half of the country known vaguely as Smalltown America. I don't suppose you know about this other half since the fashion is to be ashamed of it.

One of your own New York papers, quoting Pathfinder, says the smalltown is where everybody is not three months behind on their installments—where the wild life that stays up all night belongs to the cat family—where the editor gets results if he announces that he is out of potatoes—where people can tell all about one another by seeing their wash on the line.

Human beings are never pleased with themselves unless they can pick somebody to look down upon. Columbia looks down on New York university, Cornell looks down on Columbia, Princeton looks down on Cornell, Yale looks down on Princeton, Harvard looks down on Yale and Oxford looks down on Harvard.

Sometimes I wonder why human beings shouldn't look up once in a while instead of always down.

New Yorkers look down on everything outside of New York. It looks down on this Smalltown America—though it could not exist for three days without it. Paris looks down on New York—but is glad enough to take your money for goods.

Frank Woolworth, Henry Doherty and Walter Chrysler were all smalltowners—and they came right to New York and showed you what high buildings can be put up. Henry Ford and George Eastman were smalltowners. Edison, who made more inventions than any other human being in history, was a regular smalltown man. So were the Wright boys — those two auto mechanics who conquered the air for you when the professors in your own universities said it was a physical impossibility and that anyone who attempted it was a fool.

Ell Whitney who invented the cotton gin (not a drink but a machine) and McCormack, who invented the self-binder, were smalltown products. So were Ben Franklin, Robert Fulton, Morse and DeForest—and of course Lindbergh.

Will Rogers is one of our best ex-

amples of the smalltown man who came to town and beat you city people at your own games. Ditto O. Henry. Rudy Vallee is just another one in a different line. He makes you dance to his tunes. Just see how high Rudy has risen by taking so much yeast.

Amos and Andy are smalltowners—that's why their staff goes over so much better than anything you can get up. So are nearly the whole crew of radio entertainers. Their characters are all drawn from smalltown life. The city produces no "characters."

Gov. Roosevelt is a smalltown product. President Hoover of course is a smalltown. So is Vice-President Curtis.

Cal Coolidge is a typical smalltown. That's why you cityites can never understand him. But he's smart enough to come to New York and sell you New Yorkers his literary stuff for \$3 a word, and help sell millions in life insurance at 15 per cent commission. That's better than a Hoover commission, isn't it?

Coolidge knew that the depression was coming on. Just as The Pathfinder knew it. You called Coolidge a sap, but you can now see why he didn't "choose to run." Pretty cute, eh?

Charlie Dawes is another smalltown; that's why he likes his pipe and won't let anybody take it away from him. Charlie Schwab is another. They're all smalltowners—the big men. Most college presidents and most of the supreme court are smalltowners, as well as most of the cabinet and 95 per cent of congress.

Walter Gifford, head of the phone business, is a smalltown—and believe me he's got your number. He makes the nation of 125,000,000 people pay him tribute.

Walter Johnson and Babe Ruth—they're smalltowners; so was Rockne. So are Hill Hays the movie Mussolini, and Judge Landis the baseball dictator.

P. T. Barnum was a smalltown. He came here and made you New Yorkers pay big money to see a fake mermaid in his museum of living wonders and curiosities.

Roxie learned the show game in the smalltown and was then ready to take the New York theater, musical and radio business by the tail and swing it like a dead cat. Victor Herbert was born in a small town in Ireland. Sousa is another smalltown.

Pick the leaders in any line and small town — usually one you never heard of. Al Capone, on the other hand, is a city product. You can have him.

Al Smith is the most striking case of a city bred man who has won great eminence — but he couldn't get into the White House. If conditions had been reversed and Smith had come from West Branch, Iowa, while Hoover had been raised in the streets of New York, Smith would have been elected.

Practically all our presidents with the exception of Roosevelt were smalltowners — and the politicians never intended to let Teddy in there. No use telling your boy he can be

president some day if he was born in the big city. Your big cities might furnish vice-presidents—seeing they know so much about vice.

King Gillette, the man who made whiskers infamous was a smalltown—born in the wilds of Wisconsin. Nobody but a man with typical smalltown ingenuity, genius and imagination would ever have thought of wrapping little pieces of tin in waxed paper and selling them at a dime apiece for men to shave with. Such business was altogether too small potatoes for a city man.

Having shown you that we can scarcely name a man who has gained great prominence in any line who was not born in a small town, we are ready to ask: "What is there about this Smalltown America which breeds statesmen, inventors, showmen, entertainers, merchant princes and industrial magnates?"

Why does 50 per cent of America produce 95 per cent of its leaders? There must be some fundamental principle involved. There must be something in the heredity, environment, water, air, food, etc., that enables the smalltown community to breed better human stock as well as better animal stock.

You cityites live in grand canyons of steel and concrete and have to like it; you have no choice. You burrow underground and under water like moles, you breathe poison fumes, you fester in slums and dives, your streets are always torn up. You have to keep having more and more light. You turn night into day and day into night. You never see the moon and very little of the sun. How could such a race produce anything but lifeless robots? If posterity depended on you to keep up the birth-rate it would be disappointed.

In the smalltown there is some leisure so that people have time to think things out. They don't have to spend half their day getting to the office and the other half getting to the golf course. They are close to their job. They keep their feet on the ground and are not carried away by passing fads, economic brainstorms or mass psychology. They don't even know what psychology means, by that name, but are born psychologists and natural philosophers.

(Continued next week)

Marie Dressler At Roxy Theatre Starting Sunday

Marie Dressler, idol of the screen, will be seen Sunday and Monday at the Roxy Theatre in her newest starring vehicle, "Emma," an intimate story of American family life. Richard Cromwell, Jean Hersholt and Myrna Loy have important supporting roles.

The picture presents Miss Dressler in her first straight character

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portrayal since "Min and Bill," which won her the Academy award for the best performance of any actress in the industry in 1931. The story is by the same author, Frances Marion, and the production was directed by Clarence Brown, whose last effort was the Crawford-Gable hit, "Possessed."

Copco Advocates Shipping In Wood

"Ship Your Products in Wood" is the title of an effective advertisement which is being published by the California Oregon Power Company in an endeavor to increase the use of Southern Oregon's wood containers. The advertisement which is one of a series of Copco community advertising efforts to promote the resources and products of the territory served is quoted as follows:

"The wood box manufacturers of Southern Oregon are making an intensive effort at this time to acquaint the shipper with the desirable features of the wooden container for the packing and shipment of a wide range of commodities. The wood box industry is intelligently entering into the problem of marketing potatoes, carrots and other vegetables in wooden crates. This industry is particularly important in Southern Oregon because the timber is largely pine, and pine is the most desirable for box woods. The box factory payroll is an important one in Southern Oregon, distributing large sums in wages. Every individual and every business, either directly or indirectly, benefits from this industry. If you would like to help the wood box industry, one way would be to lose no opportunity to express your appreciation of those products that are shipped in wood boxes.

"Most of the wood box factories in Southern Oregon are using modern electrical machinery because of its efficiency and the low fire hazard. An interested visitor would be surprised at the number of large, up-to-date, wood box factories located in the Southern Oregon pine belt and the exceptional quality of the product they turn out. These wood boxes are superior in every way and the products shipped in them show a minimum of loss in shipping and storage."

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Rug Making Is Popular Now

Today many women are following again in the footsteps of their grandmothers in making homemade floor coverings. It is almost unbelievable that so many desirable rugs can be made from worn-out hosiery, underwear, dresses, blankets faded draperies plus a pot of dye, says Mrs. Azelea Sager, extension specialist in clothing, textiles and related arts at Oregon State college.

In making rugs, she suggests that all material be thoroughly cleaned and any undesirable color dyed to harmonize with the color scheme of the room. For restful and artistic effects the floor covering is the darkest color value in the room. The foundation of the rug, either medium burlap or firm gunnysacking, is cut three inches larger than the pattern in every direction to allow for edge finish. Patterns may be stamped, stenciled or created. Our grandmothers developed artistic designs, said Mrs. Sager, with the aid of a brick, a cup or a saucer.

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NEW LOW PRICES Adults 10c Kids 5c ROXY Any Time HOME OWNED

- Saturday Only, Mar 4
Tim McCoy in "TWO FEETED LAW"
- Sun and Mon, Mar. 5-6
Marie Dressler in "EMMA" with Richard Cromwell and Jean Hersholt
- Tues. and Wed. Mar. 7-8
"HELL'S HOUSE" Junior Durkin — Pat O'Brien
- Thurs. Fri. Mar. 9-10
"RADIO PATROL" Robert Armstrong — Lila Lee
- Saturday Only, Mar 11
Ken Maynard in "WHISTLING DAN"

Continuous Show Sat. and Sun., 1:30 to 11 p. m. DAILY MAT 1:30—EVE 7 P. M.

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WORN OUT from the day's endless round of housework... where is she now? Spending her time in recreation... instead of drudgery in a hot kitchen. Where she formerly greeted her husband in high dudgeon, she now welcomes him in high spirits. And that is the triumph of electricity. It smooths the day for the housewife by helping her complete her housework in less time and less effort. It is the King of Comforts... and where it is freely used, the house of last becomes a home.

THE CALIFORNIA OREGON POWER COMPANY

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