

HI-WAYS TO HEALTH

by ADA R. MAYNE

OREGON DAIRY COUNCIL

DIETS FOR YOUNG ATHLETES

Many persons expected that in Olympic Village at Los Angeles there would be as many types of diets as there were nations participating in the games, but it was soon found that great athletes are international rather than national in their food habits. The study of many menus of teams of widely different national characteristics showed little basic difference in the principles of diet. All of them included substantial quantities of the protective foods—milk and its products, fruit and leafy vegetables.

Use of dairy products among the athletes was enormous. A report giving the quantity and kinds of foods show that the main difference between the food habits of the average Olympic athlete and the average American citizen is that the athlete consumes nearly three times as much milk and dairy products as does the average individual. The athlete recognizes that endurance and strength are largely dependent upon their choice of foods.

Milk has been a prominent article of diet with such men as Charles Lindbergh, Richard Byrd, Gene Tunney and others noted for their endurance and rugged health. College football and professional baseball players train on milk. The young athlete in grammar school now knows more about the food elements needed to make strong bones and elastic muscles than the average

adult of a generation ago. And when he accepts the foods that are good for him it is most likely because this knowledge tells him that by so doing he is training for the athlete prowess that every normal boy aspires to.

It is important that the young athlete should have a substantial noon meal. This meal whether eaten at home or in school should furnish one-third of the day's food requirements.

A regular formula recognized by leading nutritionists for the school lunch which works for home lunchees too, includes one-half pint of milk to drink or two foods containing milk, a vegetable beside potato, or fruit; two servings of some substantial food such as bread and butter, potatoes, macaroni, beans, meat, etc and a simple dessert if desired but not essential to a good lunch.

A few lunch menus planned according to this formula and suitable for the growing young athlete are:

1. Creamed Eggs, Mashed Potatoes, Raw Cabbage Salad, Whole Wheat Bread and Butter, Milk.
2. Noodle Custard with Tomato sauce, Buttered String Beans, Graham Bread and Butter Milk.
3. Vegetable Chowder with Bacon, Lettuce Sandwiches (Made with Whole Wheat Bread), Tapioca Cream Pudding (Served with whole milk).

Miss Lottie Franklin spent last week end in Marshfield, Oregon.

Miss Blood will be at home with her parents in Eugene on Easter.

Mr. and Mrs. Richardson and son Donald motored to Marshfield last Saturday where they visited Mr. Richardson's brother.

Miss Lottie Franklin will spend Easter with a friend in Roseburg.

Violette Pearson entertained at the assembly program last Friday with several selection played on the accordion.

The members of the Latin classes are preparing an assembly program to be given in the near future.

"Blondie of Follies" To Show at Roxy

"Blondie of the Follies," the latest Metro-Goldwyn-Mayer release at the Roxy Theatre Sunday, is another example of what this producing firm can do in the way of combining excellent story with superb acting and direction.

Marion Davies and Robert Montgomery prove their competence to head a cast which includes such players as Billie Dove, Jimmy Durante, James Gleason, Zasu Pitts, Sidney Toler and Douglass Dumbrille.

Closer Scrutiny Is Due Drunk Drivers

Reckless and drunken automobile drivers will be under closer scrutiny of state officials after June 9th, as a result of changes made by the state legislature in the operators code, reports Hal E. Hoas, Secretary of State.

Every person convicted of operating a motor vehicle because of incompetency, driving while intoxicated, recklessness and hit and run drivers, regardless of the court having jurisdiction in the matter, will be reported immediately to the Secretary of State for appropriate action in the matter of license suspensions or revocations, changes in the law require. These citations of traffic violations are required from all Oregon courts, which will include courts in every city and town. Previously only justice courts, district courts and circuit courts were required to forward the information.

Dorothy Watkins has been out of school all this week because of illness.

Because of ill health Geraldine Hermanson has been compelled to quit school for this year.

June Nealon is out of school again suffering from an infection caused by a blister on her foot.

Joe Casad is out of school this week because of illness.

The baseball team won a victory from Talent last Friday and from Ashland Tuesday.

Plans are underway to organize an inter-class track meet.

The high school orchestra expects to broadcast soon from KMED on amateurs' hour, at seven o'clock on Wednesdays.

Three members of the Central Point faculty are members of the Jackson County Teachers' chorus that sang last Friday night at Sam's Valley. They are Miss Blood, Miss Franklin, and Mrs. Fleischer.

Economic Highlights

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

The drive against depression continues. At this writing legislation affecting the railroads and the issuance of securities is being pushed principally. Rigid restrictions will be placed over security issues. Railroad legislation will be designed to give the rails better opportunity to compete with trucks, waterways and other carriers, and to effect economy in operation. It is believed that a "federal coordinator of railroads" will be appointed by the President, with authority to direct the elimination of wasteful practices and aimless competition among carriers. This plan has the backing of the security owners and the institutional investors' group and of New York savings banks. There has been no official announcement as to whom the rail coordinator will be, but the name of Carl Gray, president of the Union Pacific System, is being put forward and has received wide backing. The President recently announced that there was, as yet, nothing definite about his rail program. A possible exception to this is his broad project for resolving Federal regulation of transportation into a single agency composed of five divisions, each dealing exclusively with railroads, highway and waterway carriers, aviation, radio and telegraphic and telephonic communication.

The Farm Board will die officially on May 27th, unless there is some unexpected change in the attitude of Congress. Death-knell was the signing of the President's farm credit reorganization order. The Board started in June, 1929, with \$500,000,000 of government money called a revolving fund. Its speculations in farm commodities attracted international notice. Two-thirds or more of the original fund has been lost.

The Board will be replaced by a different kind of government farm relief body. It is held doubtful, however, if the Administration's farm bill will apply extensively to 1933 crops, due to delay in its becoming law. The bill is frankly an experiment, and if it does not succeed it is promised the plan will be abandoned and another tried.

It was widely said during recent weeks that the best sign of the hour was upping public confidence. Now we find evidences of recovery beginning to appear in the business statistics.

The index of wholesale prices, which has been declining steadily for months, recently made its first sustained rise. Farm products have shown an improved trend. An upturn in car loadings has appeared. There is a substantial increased demand for such household appliances as washing machines, of which sales in February were the best in five months.

Indications toward the end of March were that commercial fall-

ures would be the lowest for that month since 1925 or 1926.

Everyone is agreed that recovery will be gradual—most are likewise agreed that it will be steady as well, and that there need be no fear of important recessions. New money is appearing, due largely to the war on hoarding, and it is providing jobs and stimulating production.

Business is writing itself down—by enormous figures, as even a cursory glance at current annual corporation reports demonstrates. Millions of dollars are clipped from the figures at which concerns have been valuing themselves. These reductions in assets, of course, require a corresponding decrease in stated liabilities. This is accomplished by cutting surplus or reserves.

As far as the stockholder is concerned this does not change the real value of his holdings in the least. It is simply a change in book value which, in many instances, had no connection with real value. It is heralded as a healthy sign for all concerned.

Tax reduction remains uppermost in the public mind. A definite start has been made with the cut in veterans' compensations, and the 15 per cent reduction of Federal salaries. Many of these cuts have already been compensated to the recipients more or less by the decline in the cost of living. Next Federal move is expected to be drastic reorganization of bureaus and departments to eliminate waste, unnecessary activities and duplication of effort.

The Treasury has been disappointed in the yield from the new miscellaneous taxes. Revenues to the government from sale of such articles as oils, matches, pistols and revolvers, etc., have been below the estimate. On the other hand there was a substantial recent gain in revenue from the automobile tax and the gift tax.

Tax losses from other sources were offset by a rise in income tax receipts. This is nothing to be proud of because the rise was due simply to higher individual tax rates, rather than to increased personal or corporate earnings.

Warning Given on Wildcat Insurance

SALEM, Ore.—(Special)—The Union Mutual Life Company of Des Moines, Iowa, is making a concerted drive for business in Oregon from Portland to as far south as Roseburg according to reports received by Insurance Commissioner A. H. Averill. This is an unlicensed, unauthorized company and the people are warned against patronizing it. Unlawful business is solicited by the distribution of literature to the doors of residences during the night making it difficult to discover and apprehend.

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BUCK JONES in "FORBIDDEN TRAIL"

Sunday & Monday, April 16-17
"BLONDES of the FOLLIES"
Marian Robertson
Davies Montgomery

Tuesday & Wed., April 18-19
"FAITHLESS"
Tallulah Bankhead Robert Montgomery

Thurs. & Fri., April 20-21
"VANITY STREET"
Chas. Bickford

Saturday, April 22
JACK HOBIE in "OUTLAW JUSTICE"

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DAILY MAT 1:30—EVE 7 P. M.

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