

HI-WAYS TO HEALTH

by ADA R. MAYNE

OREGON DAIRY COUNCIL

IDEAS FOR THE LUNCH BOX

Variety in the packed box lunch, whether it be a school lunch or one carried by the grown-up is one of the important principles to follow. Such simple things as cutting the sandwiches in interesting shapes, surprising sandwich fillings, a new milk drink, and occasionally a hot cup in the small thermos jug, are but a few of the ways to take the monotony out of box lunches.

The noon lunch, no matter where eaten, should be planned to supply one-third of the day's food requirements. The amount of energy spent in work or play must be supplied through the food we eat. The amount and quality of work done in the afternoon will depend much on the kind and quantity of food eaten at the noon day meal.

A well-planned lunch should include the protective foods, milk, fruits and vegetables as well as sandwiches which are usually the main part of the box lunch. Milk may be included as a beverage, in a soup or in puddings. Vegetables may be included in the sandwich filling or occasionally a raw carrot stick or celery will take care of this requirement. Fruit, fresh, dried or canned should be included. Cream or cottage cheese makes a good basis for sandwich filling as they blend well with most anything and should be used interchangeably with eggs, meat or fish in some form. This pattern for a box lunch should be followed, and thought and consideration given to the variety and the cooking of the foods.

A few sandwich spreads which "hit the spot" are:

Sandwich Filling No. I
 1/2 cup butter
 1 cup cottage cheese
 1 to 2 tablespoons cream (thick)
 1 cup cooked, pitted prunes

Cream the butter and spread on thin slices of wholewheat bread. Spread cottage cheese mixed with the cream on half the slices of bread. Chop prunes, but do not rub thru a sieve. Spread prunes on other half of slices, then lay together. Yield: 8 sandwiches.

Sandwich Filling No. II
 1 package cream cheese
 1 cup dates
 1/2 cup finely chopped nuts
 Enough orange juice to give a spreading consistency

Spread buttered slices of wholewheat bread with cream cheese. Chop dates fine and add other ingredients. Spread fruit-nut mixture over cheese and press slices firmly together. Yield: 6 sandwiches.

Sandwich Filling No. III
 1 cup salmon
 1 hard cooked egg
 1/2 cup finely chopped celery or lettuce
 3 tablespoons salad dressing
 6 leaves crisp lettuce

Chop salmon fine, then add the other ingredients and mix to blend well. Spread on buttered slices of wholewheat bread. Place a leaf of lettuce in between. Yield: 6 sandwiches.

Economic Highlights

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

Never has Washington news so dominated the news picture as a whole. For a long succession of weeks, the Administration's viewpoint and activities have been almost the sole source of "headlines" of national interest.

As this is written, the two most spectacular developments are Mr. Roosevelt's moves toward controlled inflation, and his request for a bill which would give him power to investigate vast building of public works. This public works program was brought to the President by a special cabinet committee and was tentatively approved at once. The bill as drawn, gives the President full power over domestic improvements, with the stipulation that new projects will be selected on the basis of the amount of employment they will provide. In conjunction with this there is under consideration a bill to extend sweeping power to the President to exercise such authority as is needed to improve working conditions. The committee is also considering proposals for suspension of anti-trust and federal trade commission restrictions. Indications are that Congress will follow the President's recommendations in this practically to the letter.

Inflation—in theory and practice—is still the most dramatic news of the moment. As was observed in this column last week, the President's proposal to issue \$3,000,000,000 of new currency, and change the gold backing of the dollar at will brought out in Congress the first organized minority opposition to his program. A note of alarm begins to appear in the urban press, however, with a number of papers, including some of those of Mr. Roosevelt's political faith, offering the fear that he is going too far. All pay allegiance to his aggressiveness and determination, but at the same time express the possibility that these qualities may produce evil as well as good. Congress is being widely criticized for being so completely dominated by the President.

The speculative markets have been frenzied—because of the possibility of inflation, and the consequent prospect of sharp price rises. Stocks, wheat and cotton have moved upward. Moody's price index of 15 principal commodities recently reached the highest level since September. The dollar dropped sharply abroad due to the possibility of inflation and the fact that the country dropped off the gold standard. (Whenever any country places an embargo against gold shipments it has technically gone off the standard.) This is believed to have materially improved the position of this country from the world economic standpoint.

of the Interstate Commerce Commission.

Automobile business is improving. Seasonal influences, better business conditions, release of funds from closed banks, inflation prospects, with rising security and commodity values are the factors back of the improvement.

One leading producer has advanced its May and June schedules by 19,000 units each. Motor executives believe that the spring sales peak will come several weeks later than usual, and that the sales curve will come several weeks later than usual, and that the sales curve will not drop as abruptly as it usually does in the summer months.

GRAIN—New high levels for the season and in some cases for nearly two years, were recently recorded. **MEAT PACKING**—Profits, which evaporated almost completely last summer for this industry, are appearing again.

OIL—Gasoline stocks declining slightly. **STEEL**—Possibility of a sharp upturn in finished steel prices, perhaps \$4.00 or more per ton, is being discussed.

ELECTRIC POWER—Production improving in comparison with last year.

NEWSPRINT—Outlook clouded with further price slashing feared. **RETAIL TRADE**—Definitely better in large centers.

LAKEVIEW—That certified Grimm and Ladak are unquestionably the best varieties of alfalfa to sow in Lake county is evident. Fields sown to these varieties showed practically no ill effects from last winter's severe cold spells, while the common variety was killed out 40 to 85 per cent, according to Victor W. Johnson, county agent.

Legal Notices

NOTICE OF SHERIFF'S SALE
 By Virtue of an execution on Foreclosure duly issued out of and 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 22nd day of April, 1933, in a certain action therein wherein A. A. Schramm, Superintendent of Banks of the State of Oregon as Plaintiff, recovered judgment against John L. Rowe and Martha A. Rowe the defendants, for the sum of Three thousand (\$3000.00) Dollars, together with interest at 8% per annum from December 8th, 1931 with costs and disbursements taxed at Fifteen and 1/2 (\$15.15) Dollars, and the further sum of Two hundred forty and no-100 (\$240.00) Dollars, as attorney's fees, which judgment was entered and docketed in the Clerk's office of said Court in said County on the 22nd day of April, 1933.

Notice is hereby given that, pursuant to the terms of the said execution, I will on the 3rd day of June, 1933, at 10:00 o'clock a. m. at the front door of the Courthouse in the City of Medford, in Jackson County Oregon, offer for sale and will sell at public auction for cash to the highest bidder, to 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, John L. Rowe and Martha A. Rowe, husband and wife, and Theodore Peter Tollefson and Mae Tollefson, husband and wife had on the 8th day of May, 1929, or now have in and to the following described property situated in the County of Jackson, State of Oregon, to-wit:

Commencing at a stone located at the N.W. corner of D. L. C. No. 66 in Township 37 South Range 2 West W. M., thence North 90.4 feet; thence East 3.3 feet to a 1 1/2" x 2 1/2" G. P.; thence easterly boundary of the county road for the point of beginning; thence North 3 degrees 47' East 900.8 feet along the easterly boundary of the county road to a 1 1/2" G. P.; thence South 89 degrees 54' East 2078.6 feet to a 1 1/2" x 2 1/2" G. P.; thence South 9 degrees 2' East 599 feet along the westerly boundary of Snowy Butte Orchards to a 1 1/2" x 2 1/2" G. P.; thence North 89 degrees 54' West 2139.2 feet to the point of beginning, all in Jackson County, Oregon.

Together with the tenements, hereditaments and appurtenances thereunto belonging or in anywise appertaining. Dated this 27th day of April 1933. WALTER J. OLMSCHIED, Sheriff of Jackson County, Oregon. By Olga E. Anderson, Deputy.

SUMMONS
 IN THE CIRCUIT COURT OF THE STATE OF OREGON IN AND FOR JACKSON COUNTY. JACKSON COUNTY BUILDING AND LOAN ASSOCIATION, an Oregon building and loan corporation, Plaintiff, vs. GUS GUDDAT and MATHILDA GUDDAT, husband and wife; CARL GOTTSCHKE also known as Carl Arthur Gottsche, and BETTY GOTTSCHKE, husband and wife; L. P. WOMACK and

BERTHA WOMACK, husband and wife; J. W. SHIRLEY and MINNIE M. SHIRLEY, husband and wife; D. E. MILLARD and SYLVIA G. MILLARD, husband and wife; JOE HOSKIN and MRS. JOE HOSKIN, his wife, if married (true name unknown); C. J. McCAY and OLIVE R. McCAY, husband and wife; STATE INDUSTRIAL ACCIDENT COMMISSION, a corporation; GEORGE STACY; ANNA E. HAYES, JENNIE D. GARDNER, IDA M. WEAVER, LOUISE P. HERNDON, WILLIAM C. POINTER, FLORA NELLE GIFT and GRACE SWANGO, sole and only heirs at law of Robert C. Pointer, deceased, and devisees under the Will of Robert C. Pointer, deceased, uncle and sole and only heir at law of Anna C. Nalley, deceased; THOMAS J. KENNEY, also known as T. J. Kenney, Administrator with the Will annexed of the estate of Robert C. Pointer, deceased; DELROY GETCHELL, Administrator of the estate of Anna C. Nalley, deceased; PORTLAND MOET-GAGE COMPANY, a corporation; SOUTHERN OREGON CREDIT BUREAU, a corporation; 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 ABOVE NAMED DEFENDANTS: OF OREGON you and each of you are hereby notified to appear and answer the Complaint of the Plaintiff on file herein against you, or otherwise plead thereto, within four (4) weeks from the date of the first publication of this summons.

You are hereby notified that if you fail to appear and answer the Complaint of the Plaintiff as required herein, or otherwise plead thereto Plaintiff will take a Decree against you for the relief demanded in said Complaint, which is succinctly stated as follows:

A judgment and decree foreclosing the Plaintiff's mortgage on property situated and being in the County of Jackson State of Oregon, and described as follows, to-wit:

The West 10 acres of the east 30 acres of the southeast quarter of the Northwest quarter of Section 8 in Township 37 South Range 1 West of the W.M. being Tract 17 of the Hondelev irrigated tracts unrecorded, except an easement for road purposes 20 feet in width adjoining and parallel to the northerly line thereof.

Together with all water rights appurtenant thereto or to become appurtenant thereto. This Summons is published in The American, Central Point, Oregon by Order of the Honorable H. D. Norton, Judge of the above-entitled Court, duly made on the 28th day of April, 1933.

The date of the first publication of this Summons is May 4th 1933. O. C. BOGGS, Attorney for Plaintiff, 30 North Central Ave., Medford, Oregon. May 4, 11, 18, 25.

NOTICE OF SHERIFF'S SALE

By Virtue of an execution on Foreclosure duly issued out of and 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 19th day of April, 1933, in a certain action therein wherein Jackson County Building and Loan Association, an Oregon building and loan corporation as Plaintiff, recovered judgement against Lillian A. Storey and Colin R. Storey, wife and husband the defendants, for the sum of Eighteen hundred (\$1800.00) Dollars, less the sum of \$385.00 stock credits less the sum of \$49.56 accrued earnings on said stock, plus interest on \$1800.00 from the 30th day of April, 1932 at the rate of 10% per annum in the amount of \$120.00 to the 7th day of December, 1932, plus interest on \$1355.44 from the 7th day of December, 1932, to the date hereof at the rate of 10% per annum.

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sum being the sum of \$47.02, plus \$22.50 paid by Plaintiff for insurance premium with costs and disbursements taxed at Thirty-nine and 90-100 (\$39.90) Dollars, and the further sum of One hundred fifty and no-100 (\$150.00) Dollars, as attorney's fees, which judgment was entered and docketed in the Clerk's office of said Court in said County on the 17th day of April, 1933.

Notice is hereby given that, pursuant to the terms of the said execution, I will on the 27th day of May 1933, at 10:00 o'clock a. m. at the front door of the Courthouse in the City of Medford, in Jackson County, Oregon, offer for sale and will sell at public auction for cash to the highest bidder, to 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, Lillian A. Storey and Colin R. Storey, wife and husband had on the 8th day of October, 1928, or now have in and to the following described property, situated in the County of Jackson, State of Oregon, 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 about 30 feet South of the Northwest corner of said quarter Section and running thence south 295 feet; thence East 295 feet; thence North 295 feet; thence West 295 feet to the place of beginning.

Dated this 20th day of April 1933. WALTER J. OLMSCHIED, Sheriff of Jackson County, Oregon. By Olga E. Anderson, Deputy. April 27, May 4-11-18.

NOTICE OF SHERIFF'S SALE

By Virtue of an execution on Foreclosure duly issued out of and 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 19th day of April, 1933, in a certain action therein wherein Jackson County Building and Loan Association, an Oregon building and loan corporation as Plaintiff, recovered judgement against Sarah E. Edmondson and W. L. Edmondson the defendants, for

BERT PECK
 Automobile Repair And Service
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the sum of Nine hundred and no-100 (\$900.00) Dollars, plus interest from the 30th day of April, 1932 to the 25th day of January, 1933, at the rate of 10% per annum, being the sum of \$65.75, plus interest from the 25th day of January, 1933 to the date hereof, at the rate of 10% per annum, being the sum of \$7.25, plus \$5.00 for continuation of abstract of title paid by Plaintiff with costs and disbursements taxed at Twenty-six and 25-100 (\$26.25) Dollars, and the further sum of Seventy-five and no-100 (\$75.00) Dollars, as attorney's fees, which judgment was entered and docketed in the Clerk's office of said Court in said County on the 19th day of April, 1933.

Notice is hereby given that, pursuant to the terms of the said execution, I will on the 27th day of May, 1933, at 10:00 o'clock a. m. at the front door of the Courthouse in the City of Medford, in Jackson County, Oregon, offer for sale and will sell at public auction for cash to the highest bidder, to 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, Sarah E. Edmondson and W. L. Edmondson had on the 28th day of November, 1931, or now have in and to the following described property, situated in the County of Jackson, State of Oregon, to-wit:

Lot Eight (8) of Block Two (2), Columbus Avenue Addition to the City of Medford, as same is designated and recorded on the plat thereof.

Dated this 20th day of April 1933. WALTER J. OLMSCHIED, Sheriff of Jackson County, Oregon. By Olga E. Anderson, Deputy. April 27, May 4-11-18.

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

Farm Market News

SWER EARLY CHICKS SOLD WITH EGG PRICES STRONG

Fewer commercial chicks were hatched during the first 3 months of this year than last, but later orders looked indicate an increase for the eastern part of the country over last year, according to a review of the poultry situation issued by the Oregon State college extension service. Heaviest decrease for the first 3 months was in the north central United States where the production of market chicks was 10 per cent under a year ago. The Pacific coast is maintaining a fairly even trend being 3 per cent under last year for broilers, with indications of 4 per cent over for later bookings. Bookings for the whole country for April and over showed an increase of 16 per cent over last year.

Egg prices are in a favorable position for producers in Portland compared with a year ago. Instead of usual heavy decline they have

held up so that early in May quotations were back to the level of a month ago and two cents above the same period a year ago.

Coast production has been increasing slightly but remains from 13 to 16 per cent under a year ago. Middle western production has been definitely declining for the last few weeks.

Butter markets at Portland have also taken the opposite trend this spring from that usually followed at this season. Prices early in May had gone higher than the month previous and were as much as 1 cent above the corresponding time a year ago.

Nationally the butter market was nervous and unsettled as dealers tried to anticipate the effect of the inflationary legislation. Reports were that the rise of 15 to 27 per cent in prices there was largely due to such anticipation of the currency legislation.

l Jolson Comments On "Blessed Event"

Al Jolson, generally acknowledged to be one of the world's greatest entertainers, is probably better able to judge entertainment value than the average citizen because his long and successful association with stage and screen, his "Jazzger" having been the greatest money-maker since the talkies came. Al saw "Blessed Event," the picture coming to the Roxy Saturday next Sunday with Lee Tracy, Bryan and Dick Powell, on the West Coast just after it was completed. He immediately wrote to L. J. Zaneck, chief executive in charge of production, to tell him that he thought of the picture as the best picture of the year.

"Dear Darryl—
 "I don't know when I enjoyed anything more than I did "Blessed Event." To my mind, "Blessed Event" and "Front Page" are the two outstanding pictures of newspaperdom.
 "Make more pictures like "Blessed Event."
 Very truly,
 Al Jolson."

Ten Jackson County Men Enrolled for Military Training

VANCOUVER BARRACKS, Wash. April 27, 1933—(Special)—Enrollment for the 1933 Citizens' Military Training Camp at this post has been completed in Jackson county, it was announced today by camp authorities under direction of Brigadier-General Stanley H. Ford. Ten youths have been notified of their acceptance.

The acceptances are contingent upon compliance with the entrance qualifications, which included the necessary vaccinations and inoculations, but in most cases these already have been met. Those for whom four weeks of active outdoor work and recreation are ahead, beginning June 23, are: Linsley B. Dorman, Gold Hill; Albert C. Gaddis, Medford; Walter B. Kindred, Medford; Wendell T. Parrisek, Medford; Philip C. Quisenberry, Medford; Jack W. Samuel, Phoenix, Eugene Scherrer, Phoenix; Woodrow W. Shaver, Gold Hill; Patrick H. Shaw, Medford and Walter J. Young, Medford.

Men's Suits

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