HI-WAYS TO HEALTH
by ADA R. MAYNE
OREGON DAIRY COUNCIL

A DOUBLE PROBLEM IN WEIGHT CONTROL

Summer affects people different- when it comes to the question of ght. Because some are less ac- e in the summer months than dur- the cooler seasons, they will put weight, while others begin to as soon as warm weather comes. To most of those who are inter- d in their weight, the question weight control becomes one of control, and exercising the in- gence will be the most effective way to lose the surplus pounds or gain them as the case may be. ithout altering the usual meals ved to the family, it is possible to rtail or increase the calorie intake the individual members.

If a person lives a well-regulated and eats a diet adequate in every ter, essential except calories ight reduction can be accomplish- with no injury to health. The portant point to remember in any t, whether it be reducing, normal, a building-up one, is that each y it contains the following essen- ls: Milk—a quart for children and at least a pint for adults; at ast servings of vegetables, one een or yellow; two servings of e citrus or tomato; a serving of eat, fish cheese or eggs; one ser- ing of a whole grain cereal and e- ugh other foods to satisfy the ap- tite. It is in this last class that the person wishing to reduce, limits his choice. Likewise the person shing to gain in weight should in- ease the amount of high calorie lue.

The quality of both diets will be ually good if based on the above al planning pattern. It is the calories that make the difference.

A low calorie recipe which will fit into the typical family menu is:

Baked Tomatoes

6 firm medium tomatoes
½ cup well seasoned French Dressing
2 tbsp cracker crumbs
2 tbsp melted butter
½ & up tbsp grated chese

Wash and cut a thin slice from the top of each tomato, then hollow them out slightly. Place 1 tablespoon French Dressing in the hollow of each tomato. Combine the cracker crumbs, cheese and melted butter, and use to fill in each tomato. Arrange in a baking pan. Bake in a moderate oven of 375 degrees for about 20 minutes or until tender. Two or three times during the baking, baste them wth some of the dressing.

Baked Cucumbers

3 medium cucumbers
3 tbsp fine bread crumbs
3 tbsp grated American cheese
2 tsp minced parsley
2 egg yolks
1-3 cup milk
½ tsp salt
Few grains black pepper

Peel cucumbers and cut into crosswise slices. Parboil and place in one cup of water for 3 or 4 minutes. Drain, place in buttered baking dish. Combine beaten egg yolks milk, salt and pepper. Pour over the cucumbers. Cover with bread crumbs that have been mixed with cheese and parsley. Place butter cut into bits over the top. Bake in a slow oven (350 F.) until crumbs brown and butter melts. This requires about 25 minutes.

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 Blue Eagle has claws. That is the intimation in recent utterances of Administrator Johnson, aggressive head of national recovery drive. Businesses which display the blue eagle insignia without having signed agreements are in for trouble. So are businesses which fail to keep to the intent, written and implied of the code. So, according to General Johnson, is anyone withdrawing the blue eagle from his place of business.

The flood of signed agreements continues. Even tho there must be a good deal of readjustment before certain businesses will be able to make NRA principles work, either under the blue eagle or in a trade code, there is almost unanimous sentiment in favor of Administration procedure, with promises to do everything possible to help.

The Alexander Hamilton Institute, in a recent bulletin, offers the interesting possibility that greatest stumbling block in the way of a blanket code may be excessive taxation. High taxes, according to the institute, are now causing the abnormal and dangerous spread between wages and prices. No matter how patriotic a business man is, he cannot raise wages and increase operating costs without sufficient additional revenue coming in. Hope of the government is that increased revenue will immediately follow the blanket code's operation.

Labor troubles likewise confront the NRA. Main center of disturbance is in Pennsylvania coal fields where state troops have been called out and many mines shut down. A. F. of L. is conducting one of the greatest organization drives in its history; many employers are attempting to stick with the open shop or company union plan. Strikes and lockouts, if they spread will be a tremendous blow to NRA success; official pleas to labor to cooperate have been made by the government.

Yes, business is still getting better. Here's a glance at a few of its many phases:

BUILDING—Home building showing rapid increase; far ahead of last year.

LUMBER—Production up.

AUTOMOBILES — Showing consistent gains in recent weeks.

BUSINESS FAILURES — In week ending July 27, were fewest for any full week this year.

COAL—Both soft and anthracite reported recent increases in production.

COPPER—Price firm; advance expected shortly.

EMPLOYMENT — Gain for three months ending June placed close to 2,000,000.

CAR LOADINGS—Well ahead of previous years; railroad earnings rising.

The Department of Commerce recently announced that steady expansion in industrial activity during July has pushed output to the highest level since the middle of 1930, and to 89 per cent of the 1923-25 average. There followed some indications of a seasonal leveling—which has been avoided so far this year—but there was no sign of an important break.

Large increases have been reported in heavy industries. These businesses are now awaiting public works activity as a major source of revenue and employment in near future. Consumer industries show steady improvement.

Dun and Bradstreet reports that the upward business tide has been but barely affected by the usual summer recession. Excellent sign is the steady appearance of corporation reports indicating fair and good profits; the crop for the previous three years was pretty sad to behold, with many entries in red.

Business revival starts in the east and then spreads westward, precisely as does depression. Pacific coast is the last to feel either; the Atlantic is the ifrst. At present recovery is most potent in the New England terriatory. Woolen and cotton mills, and shoe manufacturers, are busier than for a long time.

Communities and other public bodies are discovered that public works funds, out of the $3,300,000,000 allotted, are not simply to be had for the asking. It has been decided that preference will be given to projects which tend to create other projects. The following stand high an the preference list: Waterworks projects necessary for a community's health and convenience; sewer projects of the same character and the building of useful bridges, tunnels and highways.

Also considered, is the state of municipal or county finance when the body makes its application. Those with their finances in order will be most favored.

Private, as well as public, bodies may receive self-liquidating loans when the projects are to be devoted to public use, such as tunnels, dry docks, viaducts, canals, markets and hospitals.

Sulfur Helps Grant County Land

PRAIRIE CITY—Belief that a good deal of ground in the Prairie City section of Grant county can be brought back to far heavier production by the application of sulfur is expressed by R. G. Johnson, county agent. He cites an example of the results of this fertilizer on the Edgar Deardorff ranch where a very poor alfalfa stand which had been sulfured showed a greatly thickened stand due to increased stooling and other improvements.

Many Fish Released In Crater Lake

Crater Lake National Park, Ore., Aug. — Assuring continued good angling in Crater Lake, the planting of 100,000 silverside and 50,000 steelhead fingerlings is being completed under the direction of Chief Ranger David H. Canfield. The trout, furnished through the cooperation of federal and state agencies, were obtained from the Butte Falls fish hatchery.

Although the fish were hauled nearly 100 miles, only a minimum number were lost, with a part of this record due to the fact hauling was done during evening hours.

During the past season, fishing has been better than in several years, with numerous catches of trout in excess of 20 inches reported and several over 30 inches. Limits of five per person daily have been common occurences. Trolling with spinners has been the favorite method of angling, although fly casting has been used to advantage.

Stage Company to Get Crater Pictures

Crater Lake National Park, Ore., Aug.—Crater Lake is to be included among the ten outstanding beauty spots in the United States by the Greyhound Stage Company, which has obtained the services of George L. Berg, well known New York artist, to make oil paintings of each. The paintings will be lithographed and placed in stage terminals throughout the nation.

Mr. Berg has been spending several days in the park preparing for the painting which will be four feet long and three feet high, the same size as the lithographs. Crater Lake will be featured among the scenes to be painted in view of its highly individualistic character, Mr. Berg said.

Senator Norbeck Is Crater Lake Visitor

Crater Lake National Park, Ore., Aug.—En route from Yellowstone National Park to San Diego, Calif., Senator Peter Norbeck of South Dakota was a visitor in Crater Lake National Park this week, accompanied by his son, Harold.

Senator Norbeck is deeply interested in the development of national parks for the complete enjoyment of the people, and was particularly impressed with Crater Lake of which he had heard much but had never seen. While in the park he was shown the beauties of the rim drive by Superintendent E. C. Solinsky and road construction work now underway, which, in time, will provide motorists with a regular hard-surfaced road around the lake for a distance of 35 miles.

Control Vanadian Thistles

EUGENE—A. Benter and Son of Creswell have had considerable success in controlling Canada thistles by planting Grimm alfalfa on land heavily infested with these weeds. County Agent O. S. Fletcher, who visited the farm recently, reports that the alfalfa, planted in 1932 had practically smothered the thistles and that a good stand of alfalfa had been obtained.

Legal Notices

NOTICE OF SHERIFF'S SALE

By virtue of an execution in 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 15th day of August, 1933, in a certain action therein, wherein Jackson County Building and Loan Association, an Oregon building and Loan Corporation as Plaintiff, recovered judgment against H. O. Cooksey and Jane Doe Cooksey, his wife, if married, Clair G. Bringle and Homer J. Bringle, also known as H. J. Bringle, husband and wife, Luster L. Adams and Geraldine Adams the defendants, for the sum of $1182.76 due on principal, $51.32 interest at the rate of 10% per annum from the 31st day of January, 1933 to the 12th day of June, 1933; $19.72 interest at the rate of 10% per annum from June 12th, 1933 to date hereof; $5.00 for continuation of abstract of title with costs and disbursements taxed at $22.25, and the further sum of One hundred ten and no-100 ($110.00) Dollars, as attorney's fees, which judgment was enrolled and docketed in the Clerk's office of said Court in said County on the 14th day of August, 1933.

Notice is hereby given that, pursuant to the terms of the said execution, I will on the 23rd day of September, 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 H. O. Cooksey and Jane Doe Cooksey, Clair G. Bringle and Homer J. Bringle, also known as H. J. Bringle, husband and wife, Luster L. Adams and Geraldine Adams had on the 23rd day of September 1930, or now have in and to the following described property, situated in the County of Jackson, State of Oregon, to-wit:

Lot number eleven (11) in block number ten (10) in Laurelhurst Addition to the City of Medford, Oregon, according to the official plat thereof, now of record.

Dated this 18th day of August, 1933.

WALTER J. OLMSCHEID
Sheriff of Jackson County, Oregon.
By OLGA E. ANDERSON
Deputy.

Aug. 24- 31. Sept. 7- 14.

NOTICE OF SHERIFF'S SALE

By virtue of an execution in 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 15th day of August, 1933, in a certain action therein, wherein Jackson County Building and Loan Association, an Oregon building and Loan Corporation as Plaintiff, recovered judgment against Ivy Copinger and Harry W. Copinger, also known as H. W. Copinger, her husband the defendants, for the sum of Five hundred and no-100 ($500.00) Dollars, less the sum of $46.83 stock credits, less the sum of $9.99 accrued earnings on said stock, being the sum of $445.18, plus interest on $500.00 from March 12, 1932 to the 22nd day of February, 1933 at 10% per annum being the sum of $45.83, plus interest on $443.18 from February 22 1933 to date hereof at 10% per annum, being the sum of $20.92, plus $8.00 for insurance premium, plus $5.00 for continuation of abstract of title with costs and disbursements taxed at Twenty-two and 70-100 ($22.70) Dollars, and the further sum of Fifty and no-100 ($50.00) Dollars, as attorney's fees, which judgment was enrolled and docketed in the Clerk's office of said Court in said County on the 11th day of August, 1933.

Notice is hereby given that, pursuant to the terms of the said execution, I will on the 23rd day of September, 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, Ivy Copinger and Harry W. Copinger, also known as H. W. Copinger, her husband had on the 4th 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:

Lots One (1) and Two (2) in Block 54 in The Town of Central Point, Oregon, according to the official plat thereof, all situate in the County of Jackson, State of Oregon.

Dated this 19th day of August, 1933.

WALTER J. OLMSCHEID
Sheriff of Jackson County, Oregon
By OLGA E. ANDERSON
Deputy.

Aug. 24- 31. Sept. 7- 14.

NOTICE OF SHEDIFF'S SALE

By virtue of an execution in 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 15th day of August, 1933, in a certain action therein wherein Jackson County Building and Loan Association, an Oregon building and Loan corporation as Plaintiff recovered judgment against O. F. Mays and Lela H. Mays, husband and wife the defendants, for the sum of $1546.48 due on principal, $93.34 interest at the rate of 10% per annum from November 30th, 1932 to 1st dayof July, 1933, $17.18 interest at 10% per annum from July 1st, 1933 to date hereof $5.00 for continuation of abstract of title, plus $12.00 insurance premium $2.25 expended for repairs and $5.00 for water used on said premises with costs and disbursements taxed at Twenty-one and 15-100 ($21.15) Dollars, and the further sum of $135.00 Dollars, as attorney's fees, which judgment was enrolled and docketed in the Clerk's office of said Court in said County on the 14th day of August, 1933.

Notice is hereby given that, pursuant to the terms of the said execution, I will on the 23rd day of September, 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 judgmtnt, 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 Fred A. Morse and Nellie E. Morse, O. F. Mays and Lela H. Mays, H. C. Bare and Nora Frances McNeil Bare and Nora day of January 1931, or now have in and to the following described property, situated in the County of Jackson, State of Oregon, to-wit:

Commencing 50 feet North from the Southwest corner of Lot 15, Block 8 of Park addition to the City of Medford, Oregon, and running thence East 103½ feet; thence north 50 feet; thence west 103½ east 103½ feet; thence north the place of begining.

Dated this 15th day of August, 1933.

WALTER J. OLMSCHEID
Sheriff of Jackson County, Oregon
By OLGA E. ANDERSON
Deputy.

Aug. 24- 31. Sept. 7- 14.

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 7th day of August, 1933, in a certain action therein, wherein Jackson County Building and Loan Association, an Oregon building and loan corporation as Plaintiff recovered judgment against George A. Bohnert, William J. Roberts and E. R. Pech the defendants, for the sum of Two thousand five hundred and no-100 ($2500.00) Dollars, less the sum of $139.05 paid on stock, less the sum of $17.51 accrued earnings on said stock, being the sum of $2343.41, plus interest on $2500.00 from February, 24, 1933 to June 7, 1933 at 10% per annum being the sum of $72.22 plus interest on $2343.41 from June 7, 1933 to July 19th, 1933 at 10% per annum, being the sum of $27.36, plus $5.00 for continuation of abstract of title, plus $18.90 for insurance premium paid by Plaintiff, plus $30.00 paid by Plaintiff for water used on said premises, plus $28.25 expended by Plaintiff for repairs and furnishings with interest on judgment at 10% per annum with costs and disbursements taxed at Eighteen and 30-100 ($18.30) Dollars, and the further sum of One hundred seventy-five and no-100 ($175.00) Dollars, as attorney's fees, which judgment was enrolled and docketed in the Clerk's office of said Court in said County on the 7th day of August, 1933.

Notice is hereby given that, pursuant to the terms of the said execution, I will on the 9th day of September, 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, George A. Bohnert, William J. Roberts and E. R. Pech had on the 23rd day of January 1930, or now have in and to the following described property, situated in the County of Jackson, State of Oregon, to-wit:

Beginning 1001.22 feet south and 619.48 feet east of the northwest corner f the northeast quarter of the northwest quarter of Section 25 in Township 37 South of Range 2 West of the Willamette Meridian: said point being on the south line of West Second street; and 121.90 feet west of the west line of Summit Avenue in the City of Medford, Jackson County, Oregon, and running thence south 100 feet; thence west 60.95 feet; thence north 100 feet to the south line of West Second Street; thence east along the south line of West Second Street 60.95 feet to the place of beginning.

Dated this 7th day of August, 1933.

WALTER J. OLMSCHEID
Sheriff of Jackson County, Oregon.
By OLGA E. ANDERSON
Deputy.

AUG. 10, 17, 24, 31.

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 7th day of August, 1933, in a certain action therein, wherein Jackson County Building and Loan Association, an Oregon building and loan corporation as Plaintiff recovered judgment against J. H. Ruch and Mary Ida Ruch the defendants, for the sum of $1400.00 less the sum of $192.33 paid on stock less the sum of $31.70 accrued earnings on said stock, being the sum of $1175.97 plus interest on $1400.00 from the 30th day of April, 1932 to the 13th day of June, 1933 at 10% per annum, being the sum of $157.10, plus interest on $1175.97 from June 13th, 1933, at 10% per annum being the sum of $33.24, plus $5.00 for continuation of abstract of title, plus $9.20 for insurance premium paid by Plaintiff, plus interest on judgment at 10% per annum with costs and disbursements taxed at Eighteen and 5-100 ($18.05) Dollars, and the further sum of One hundred twenty and no-100 ($120.00) Dollars, as attorney's fees, which judgment was enrolled and docketed in the Clerk's office of said Court in said County on the 7th day of August, 1933.

Notice is hereby given that, pursuant to the terms of the said execution, I will on the 9th day of September, 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 he right, title and interest that the said defendants, J. H. Ruch and Mary Ida Ruch had on the 14th day of May, 1927, or now have in and to the following described property, situated in the County of Jackson, State of Oregon, to-wit:

Lot number ten (10) and the north one-half of Lot number eleven (11) in Block four (4) of the Town (now City) of Medford, according to the official plat thereof, now of record.

Dated this 7th day of August, 1933.

WALTER J. OLMSCHEID
Sheriff of Jackson County, Oregon.
By OLGA E. ANDERSON
Deputy.

AUG. 10, 17, 24, 31

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Sat., & Sun., 1 p. m. to 11 p. m.
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