

# HI-WAYS TO HEALTH

by ADA R. MAYNE

## OREGON DAIRY COUNCIL

### HOW DO YOUR MEALS MEASURE UP?

People of all ages require certain food essentials every day in order to be well nourished. The day's meals supply, or fail to supply, these needs depending upon the quantity and quality of foods chosen. To what extent they meet the family's needs can be told only by the application of a dietary measuring stick.

A suggested measure of this type for the homemaker is presented here—one in which standards are converted into terms of common foods. It also suggests a workable pattern for planning meals. It must be remembered that tasty, satisfying food is essential to the contentment and efficiency of each member of the family.

A good rule to apply in planning your meals will include the following foods every day:

**MILK**—Every day: One quart for each child and for pregnant or nursing mothers. One pint or more daily for other adults. **CHEESE**—Each week, once or more.

**VEGETABLES**—Every day: Two if possible, beside potato. One leafy green, or yellow. Preferably some raw. **FRUITS**—Every day: Two if possible. One citrus fruit or tomato at least for children.

**CEREAL GRAINS**—Every meal: In form of bread of any kind, other

breadstuffs, crackers, or breakfast foods. At least one-half as whole grain product.

**FATS**—Every day: About two-thirds of a pound per person each week. At least one-half of this amount should be butter and preferably more.

**SWEETS**—Every day: About one-half pound per person per week, as sugar.

**MEAT OR SUBSTITUTES**—Every day: One or more daily of lean meat, fish, eggs, nuts, dried peas, beans or lentils.

Corn meal soufflé served with a vegetable or a salad of vegetables or fruits will measure up to this pattern given above.

#### Corn Meal Soufflé

- 2 cups milk
- 1-3 cup corn meal
- 3 tbs butter
- ¼ cup grated cheese
- Salt
- Pepper
- 2 eggs

Scald milk, stir in corn meal gradually, and cook twenty minutes in a double boiler. Add butter, grated cheese, salt and pepper to taste. Separate eggs, beat yolks until light and whites until stiff. Add yolks to first mixture and blend thoroughly. Fold in whites. Bake in buttered baking dish in moderate oven. Time in oven 45 minutes. Temperature 325 degrees.

Mulhollen was the other candidate. Mr. R. H. Slegmiller had his suitcase packed last Monday ready to start on his trip to Utah when his house burned and delayed his going. Friends and neighbors were all sorry to have this misfortune added to the many other recent sorrows of the Williams and Slegmiller.

Mrs. Sater and Derva Jeanne called on Mrs. Elmo Stallings and Claudine, Tuesday afternoon.

William Bennett formerly of Beagle is now President of the Townsend Club in Jacksonville. He was here this week calling on relatives and friends.

Miss Frances Bennett has been quite seriously ill but is improving slowly.

Mrs. Rush and family attended the banquet at Sam's Valley March 27th that was given in honor of the girls' and boys' basketball teams.

Mrs. Sater called at the Bennett home and at the Blanche Sweet home this week. Mrs. Marshall Sweet and son Phillip are staying with Mrs. Sweet.

Mr. and Mrs. C. C. Sanderson and family went to Sam's Valley to see "The Negro Divorce" given by the Howard district people.

Milton Sanderson spent Sunday with the home folks.

Mr. and Mrs. Luther Wilson have a farm rented in Sam's Valley and have left Hines.

Mr. and Mrs. Sater and Derva Jeanne spent Sunday afternoon at the Gillette place.

### Table Rock Rockets

At a meeting of the school board Monday evening Mr. Arthur Straus was reelected as teacher of the upper grades. Miss Elsie Straus for primary grades. Both were of Sam's Valley.

Miss Rebecca Hunsley spent last week with relatives at Bend.

The neighborhood extends sympathy to Mrs. Sherril Weeden, whose sister, Mrs. Helen Vincent passed away last Saturday evening.

Miss Grace Lydiard is planting gladiolus bulbs on her farm here for Mr. W. E. Warner of Medford.

Mrs. Edwin Vincent of Central Point and Mrs. Clifford Collins and small son of Ashland spent Saturday visiting Mrs. Frances Russell of this district.

Mrs. Orren Randall of Roxy Ann spent last week here with Mrs. Steven Wilson.

A good percentage of last year's hay crop seems to be exhausted.

The Table Rock store building is in the process of being moved to its new location. This will enable the oiling and finishing of our new road.

### Entertainment Given At Tolo School

A delightful feature of the entertainment at Tolo school March 28 was a number of songs by a sextet.

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Election for a director was held at the Antioch school March 25th and Mrs. Walter Grant was elected but due to the fact that a law had been changed and the people had not been so informed the election will be held over April 9th. Mrs. Chester

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HOLLY THEATRE BUILDING

from the girls glee club of Central Point high school directed by Miss Ruth Schreiber. The girls were Misses Ruby Webster, Carol Furry, Arlene Inmann, Violabelle Morrow, Neldagene Ayers and Bette Hill. Mrs. Ted Furry came with them.

Willow Springs was represented by Everett Young singing "In the Valley of the Rogue". His sister Freda accompanied at the piano.

Mandolin and violin numbers by Claire and Beryl Johnson of the Gold Hill district were well received. The remainder of the program was given by Tolo school children, which was followed by a social hour.

The Friendship quilt made by the community was on exhibit. It is to be sold soon and the proceeds will be used for the school picnic.

Miss Avys Ayers and Ruby Webster of Central Point bicycled out and called at the Tracy-Inmann home Saturday.

The bridge being built across Bear creek here is open to traffic now.

### Oregon Butter Industry Accepts Modified AAA Plan

Oregon butter manufacturers, distributors and producers accepted the role of leadership in the proposed western butter marketing agreement by filing the record with accounts of the success of the Oregon state butter code at the hearing in Portland held as one of seven conducted by officials of the agricultural adjustment administration. The regional plan is admittedly patterned much after the Oregon system.

So unanimous was the sentiment as to the value of the Oregon agreement, operated now for about a year, that the predominant testimony urged that any federal agreement set

up for the 11 western states leave all regulation within the individual states to the state authorities, confining the federal supervision to the inter-state aspects of the trade.

Such a position was taken officially by the Oregon butter code committee of 10 members, and the Oregon Butter Manufacturers association. The only opposition to any federal marketing agreement came from representatives of large concerns doing business over several states.

Major practices intended to be established by the federal agreement, already operative in Oregon, are adoption of the A.B.C system of butter marking for the retail trade, fixing of a minimum spread between butter and butterfat prices, fixing the markup between bulk and print prices, and payment for cream on a quality basis.

Unfair trade practices objected to at the hearing and which would be eliminated in the proposed agreement include use of excessive or varying prices for butterfat by the same buyer in different localities as a means of driving out competition or gaining other advantage.

It was testified that manufacturers in one state paid as much as four cents less to local producers than they paid producers in another state where it was desired to obtain business. Producers at the meeting denounced this practice.

The Portland hearing was the third of a series of seven being held on the proposed agreement. The federal men, headed by Marvin J. Kelly of Washington D. C. and including A. E. Engbretson of Astoria,

now on special duty with the AAA, expressed gratification at the constructive testimony given at the Oregon hearing.

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## 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 full impact of business discouragement is being visited upon members of Congress," says the United States News. "The tide of protest against restrictive legislation is rising."

The public attitude toward the last Congress was one of sympathy and patience. Extraordinary legislation was proposed and passed with a modicum of opposition from business and individuals. Unprecedented actions were accepted by the public without argument. There was relatively little criticism of Congressional moves and almost no criticism of the President.

Today the situation is very different. Congress is being damned, reviled and denounced. And criticism is reaching out towards the White House, which, less than a year ago, was almost sacrosanct. Those who appose restrictive laws have apparently decided that the time when silence could do any good is past; that they have everything to gain and nothing to lose by pressing their side of the case with force and forthrightness.

An excellent example of this change is found in the response to the Public Utility Act of 1935, usually referred to as the Rayburn Bill, because it was introduced by Representative Rayburn of Texas. If this bill passes, almost every utility holding company in the nation will be forced to go out of business between 1937 and 1940—and, in addition, during that interim practically every operating utility company will be subjected to the ironclad control of a federal commission. So sweeping are the bill's provisions that an operating company could not engage legal counsel, purchase supplies or make an advertising contract without first obtaining the consent of the federal regulatory authorities.

The bill's prospects for passing were extremely poor a short time ago—it was in committee, and relatively few Congressmen showed any enthusiasm for it. Then the President issued his famous statement to Congress on holding companies, threw the full weight of his influence behind the bill. Congressmen fell in line, and it seemed inevitable that the bill would pass in practically the same form it had been introduced.

Then the "tide of protest" rose. Utility companies sent letters to their stockholders, urged them to write to their Congressmen. They ran advertisements opposing the bill and pointing to what its effect would be. An association composed of utility investors, large and small—they number 10,000,000 and have a stake of \$12,000,000,000 in the utility industry, according to News-Week—brought out its heaviest artillery. Result: Senate and House postoffice forces have had to work night in or-

der to handle the thousands of letters to Congressmen opposing the bill.

Upshot of the flood of correspondence was a resolution, introduced by Senator Norris, to investigate the source of this 'propaganda.' That, in the view of many unbiased newspapers, was rather ridiculous—it is no secret that utilities and their investors are opposing the bill in order to protect their property. Congressman Fish of New York rose in the House, said that the President's message was in itself propaganda of the most potent kind—asked, by intimation, why others should not have the right to present their side of the issue without question.

The consequences of all this is that the bill will not, unless all present signs are wrong, pass in its original form. Utility leaders are the first to admit that certain individual holding companies have abused their power—but they believe that the way to remedy the situation is through regulation, not destruction.

Other major pieces of legislation are finding opposition from many directions. The social security program, for example, is being bitterly debated—and when it comes up for Congressional consideration there is going to be warfare. That, in the opinion of most commentators, is a good sign—fearless debate and newspaper comment are the safeguards of democratic government.

Nature is repeating herself. Last year she brought the greatest drought in history to the great American mid-west, turned millions of acres of rich wheat land to desert, and had the laugh on the puny efforts of mere man to control production.

As if that lesson weren't severe enough, Nature is again menacing crops—dust clouds recently swept day after day across the vast mid-west wheat country. The area affected includes over 50,000,000 acres of wheat land. The result, unless late rains do the unexpected and remedy the situation, will be an inconsequential crop.

The Secretary of Agriculture has removed certain restriction on the planting of spring wheat. This is expected to cause a rise of from 10 to 30 million bushels in the normal spring crop.

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