

# HI-WAYS TO HEALTH

by ADA R. MAYNE

## OREGON DAIRY COUNCIL

### A FIRST ANNIVERSARY

Just a year ago this week home-makers of Oregon were offered butter under the new labeling system of A and B. This meant more than just a new system of labeling. It assured the consumer a better quality, as well as a simple method of labeling, so that grades would be easily understood. This meant too that this large food industry took the consumer into its confidence and told him, without the use of misleading terms, the exact quality of butter in each package.

With grades of butter clearly designated the creameries of the state have made every effort to improve quality. Their success in this is proven by the high-scoring butter offered by most grocers over the state. This no doubt answers—at least in part—for the fact that more butter is used today than even a year ago.

The better the quality of butter the more we appreciate its natural delicious flavor which is not found in any other food fat. Food Scientists recommend far more butter for health than is generally used. Butter is an easily digested food fat, rich in Vitamin A which promotes growth and builds up resistance to disease. It has, too, important amounts of Vitamin D, a necessary factor in the proper development of bones and teeth.

Beside this high food value, the flavor of butter improves any food to which it is added. The following recipe is delicious because it includes generous amount of butter.

### APPLE CRISP PUDDING

- 2 cups sliced pared apples
  - 1/2 tsp cinnamon
  - 1/4 cup water
  - 1/2 cup sugar
  - 1/4 cup butter
  - 1/2 cup flour
- Arrange apples in buttered shallow baking pan. Sprinkle with cinnamon. Add water. Combine sugar, flour and work in butter until a crumbly texture. Spread over apples and bake in hot oven until apples are tender and crust is brown—about 40 minutes.

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### FLAVOR IN BAKED POTATOES

Soften a freshly baked potato by holding it in a cloth in the left hand. Slash a criss cross in it, and squeeze the ends together so that the interior is exposed. Insert the butter and add seasoning when the butter has melted through the potato. Prepared in this way the delicious flavor of the butter penetrates the entire potato.

## Economic Highlights

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

During the first year of the Roosevelt Administration, the spectre of inflation presented a constant topic for conversation and comment. Then it dropped out of the headlines, and little was heard of it save in the serious economic reviews. Now inflation has returned to the public eye, and promises to be a major political and economic issue.

There are two kinds of inflation. The most obvious is currency inflation, and it is never resorted to except when a government is in the direct financial straits. It consists of turning the printing presses loose to produce paper money, irrespective of gold backing or any other security. The result of this kind of inflation is to drastically lower the value of money—the prime modern example is post-war Germany. The German government, bankrupt because of war costs, turned out currency in unlimited quantities—and the mark, which had been worth about 50 cents in foreign exchange depreciated to the point where millions of marks were required to purchase a loaf of bread. The suffering of the German people—particularly those with investments, savings accounts and insurance policies—were almost indescribable.

More subtle is credit inflation. This consists of constantly expanding the amount of business credit available, and makes it possible for industry, government and individuals to spend more than they earn for a long period of time. The eventual consequence, of course, is a financial explosion. In this country, the post-war years witnessed a tremendous amount of credit inflation—and its culmination was the crash of 1929, which heralded depression.

Now a number of economists are forecasting that the United States is well on the road to another era of credit inflation. The group believing this is led by famed commentator Willard Kiplinger, who has published a book on the subject, and his camp is filled with other well-known experts. They think that credit inflation will bring the United States prosperity during the next year or two, which will be followed by a veritable boom, similar to that of 1928. After that—another crash.

Some business want inflation. Retail trade, for instance, would benefit, inasmuch as there would be more money in circulation to spend for perishable goods. Businesses and individuals with fixed or regulated income are bitterly opposed to inflation.

A short time ago the Analyst said that the recent general decline in wholesale prices casts doubt on the theory that inflation is inevitable—observed that the present movement in stocks is of the "bear" variety, and there had never been inflation during the present generation without a "bull" movement. One of the inevitable results of any kind of inflation, of course, is to force commodity and stock prices upward.

Thus, there are two schools of thought on the subject—but the first school, consisting of those who forecast inflation next year of the year after, is by far the largest. It is a notable fact that many businessmen likewise belong to this school, and are now taking steps to prepare for inflation as best they can.

Conservatives who think the "Share-the-Wealth movement" is merely a temporary example of economic and social insanity which will

soon pass away, are apt to be sadly mistaken.

Father of the movement is Huey Long, who has dramatized an issue which is almost as old as time itself. His theory is that the trouble with the country is that a small group of people have too much money, and that they are gradually starving out the rest of us.

In opposition to Senator Long, economists of all schools bring forward graphs, statistics, charts, which dispute his figures and prove him to be entirely wrong. However, not one American in a thousand ever sees the work of the economists—and the "share-the-wealth" advocates are masters at reaching the multitude. In addition, they have this great advantage—some 10,000,000 people are unemployed, and 29-odd million are on relief. Many of these people are desperate, worried, disgusted with matters as they now exist. They are likely to turn to anyone who can promise them a better day.

This is not to say that "Share-the-Wealth" is going to take the country by storm, and effect a revolution in our social and economic order. But it seems certain that it is going to be a powerful political and financial force for some time to come. If the third party movement actually comes to fruition, there will really be fireworks in 1936—and "Share-the-Wealth" is nearly sure to be the third-party slogan.

Various European countries are now looking to the U. S. to give a hand in bringing order out of the chaos created by Germany's declaration to re-arm.

These countries believe that we will cooperate because of the fact that we, in company with all the powers involved in the World War signed the Versailles treaty.

### Don't Blame Spuds First for Fatness Is Expert's Caution

Are potatoes fattening? It depends upon how much rich gravy, butter or other fattening foods they are eaten with, says Miss Lucy Case, O.S.C. extension specialist in foods and nutrition.

Potatoes, because of their starch content, are often erroneously considered as one of the most fattening foods, and are usually the first to be omitted from a reducing diet. Scores of other foods may be more productive of plumpness, it seems.

The fattening quality of any food depends on the number of heat units called calories, that it contains, Miss Case explains. All foods have calories, some more and some less. Fats have nine calories per gram, and starch four, which means that fatty foods are more than twice as fattening as starchy foods, such as potatoes. Starchy vegetables, of course, contain more calories than green and succulent vegetables, and the latter would consequently be used more generously in a reducing diet.

Comparing the calorie content of potatoes with some foods often substituted for them by those fearful of becoming overweight, Miss Case points out that it takes a five-ounce potato to make 100 calories, while it takes only one-ounce shredded wheat biscuit, two graham crackers, two ounces of hamburger steak, one-fourth cup (before cooking) of macaroni, or one-third cup or 3 1/4 ounces canned corn. Rich gravy, butter, cream, mayonnaise dressing or other fats added to any of these foods greatly increase the calorie content, however, Miss Case adds.

At meal time, a medium sized potato, seasoned with one-half tablespoon of butter, contains 150 calories, but a single piece of apple pie means 305 calories and if eaten with half a cup of ice cream or one-fourth cup of whipped cream, 200 more calories are added. A six-ounce serving of ham contains 400 calories, and a waffle with two tablespoons of butter and one-fourth cup of syrup on it contains 750 of these fat producing units.

The between-meals nibbler gets 105 calories from three gumdrops, 110 from 10 salted almonds, 100 from 1 1/2 cups unbuttered popcorn, 100 from two caramels, 250 from a plain chocolate bar, 100 from a one inch cube of fudge, 195 from a doughnut, 485 from a chicken sandwich and 350 to 500 from an ice-cream sundae.

### LAWNMOWERS

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### Medford Cycle & Repair Shop

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### AAA Spring Wheat Change of Little Meaning to Oregon

Operators of irrigated farms in Oregon who customarily plant spring wheat may profit from the recent liberalizing of planting restrictions by the agricultural adjustment officials, but the change will mean little to the great majority of wheat contract holders in this state, in the opinion of extension leaders at OSC who have examined the new regulations.

When Secretary Wallace issued the new regulations as an offset to the threatened continued drought in the southwestern wheat section, definite limits were set as to the new acreage contract holders can see and still be eligible for their 1935 benefit payments. The grower must agree not to add more than 75 per cent to his base acreage, must agree to cooperate in the new wheat control program if and when it is offered, and must continue his present contracted acreage. Any excess planted this year is to be deducted in 1936 if called for.

Extension officials point out that the privilege of shifting acreage between two years is already held by growers in the summer fallow regions of Oregon, while in the western Oregon diversified section it is considered too late to plant spring wheat for satisfactory yields.

Though the United States as a whole is guarding against over production of corn, Oregon farmers might well increase their acreage to the profit of themselves and livestock and poultry owners who must now ship in large quantities annually, says D. C. Smith of the farm crops department at the state college.

Corn as a grain crop is one of the few general crops in which a substantial increase in acreage in Oregon is justified, he says. It supplies a needed cultivated crop for weed control and requires little expensive machinery when added to the cropping system.

### Beagle

Friends here received a card from Mr. R. H. Seigmiller mailed at Ogden, Utah. He had visited a sister that he had not seen for 18 years and was enjoying his vacation very much.

Leo Martin is home again. He did not care to sign up with the C.C.C.'s for another term. The Martin's have purchased a Fordson tractor to use on their farm. One of their horses died last week after a day's work.

Mrs. Blaine, Ward and Harry Blaine of Jacksonville spent the week-end with Ray Blaine. Mr. and Mrs. C. C. Sanderson and family spent Sunday afternoon in Medford at the home of Mr. and Mrs. Melvin Martin.

Marie Seigmiller was the honor guest at a surprise party and shower given at the home of Mrs. Pete Burreson in Sams Valley. Those present from that district were Miss Coombe, Mrs. Empey, Jean Upton, Evogene Wyatt, Betty Wilson, Mildred Duggan, Ruth Smith, Helen Burreson and Mrs. Burreson and Elaine Rush and Marie Seigmiller of Beagle. Prizes were won by Ruth Smith and Evogene Wyatt. Every one had a marvelous time and Miss Seigmiller received many dainty and useful gifts.

Mr. and Mrs. Sam Pollard of Talent were visitors at the Rush home last week.

Mr. and Mrs. C. C. Sater and Deriva Jeanne were dinner guests at the M. R. Harper home Sunday.

Ina Pearl Lucas spent Saturday and Sunday with Lola Blackford at Willow Springs so she was able to attend the 4-H club girls' hike.

Miss Frances Bennett who was quite seriously ill again at the Community hospital was tho't to be past the danger point Saturday night.

### Try an Ad in The American

### MEDFORD NATIONAL BANK

Medford, Oregon

### Medford Electric Construction Co.

B. M. Bush, Owner  
Phone 90—Medford Bldg.  
Corner 6th St. and Central Ave.  
Medford, Ore.

### Aerial and Ground Important to All Radio Reception

A good aerial and ground will improve the reception of any radio receiver. Since the advent of combination long and short wave receivers the selection of a proper antenna system is more important than ever.

Many of the newer radios are so wired that either a single wire aerial or a doublet may be used. Short wave reception is invariably improved by the use of a properly designed doublet, according to Mr. Smith of Don's Radio Service. This improvement comes as a result of more nearly matching the wave length received to the aerial length used. Better signal strength and a more favorable signal to noise ratio are secured. Improved reception will always result if more of the desired signal is fed to the receiver or if the amount of static noise is cut down.

Many commercial antenna kits are available at moderate prices and most of the standard makes, properly installed, will give the radio listener better radio reception.

### Headstones Furnished For All Soldier Graves

The U. S. Government furnishes headstones for the unmarked graves of all soldiers, sailors, marines, and Army nurses who served in the Army or Navy of the United States. These markers are of marble and each War is represented by a specific design.

There are many cemeteries in this country which permit only the use of bronze memorial tablets and families of soldiers entitled to the Government headstone are refused the privilege of erecting the marble headstone.

To correct this discrepancy Congressman James W. Mott has introduced in the House of Representatives a bill (H.R. 7089) authorizing the Secretary of War to furnish whenever necessary a bronze marker in lieu of a stone marker for the grave of any deceased person for which the Secretary is authorized to furnish a marker or a headstone.

The bill is now pending before the House Military Affairs Committee and Congressman Mott is hopeful that it will receive early and favorable consideration.

### On Oregon Farms

Coo's Farmers Use Shell Again  
COQUILLE—Ground shell will again be available for use of Coo's county farmers in place of limerock this year, reports George Jenkins, county agent who has made arrange-

SPECIAL FOR SATURDAY  
Chicken Sandwiches, Salad and Coffee, 25c  
**Chet & Ett Parker**  
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Slip Covers for Overstuffed Furniture  
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Your Hair Styled for Spring Occasions at Prices You Can Afford to Pay

**Permanents \$1.50, 2.50, 3.75, 5.00**

SHAMPOO, FINGER WAVE, ELECTRIC MANICURE...\$1.25  
SHAMPOO, FINGER WAVE, dry 75c; Wet 60c  
SOAPLESS SHAMPOO and FINGER WAVE...\$1.25  
LASH and BROW DYE 75c EYE BROW ARCH 35c

## Low Price Lumber

We have an accumulation of Shiplap, Boards and Dimension stuff suitable for chicken houses, barns, etc., which we are offering at VERY LOW PRICES.

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204 S. Fir St.

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### LEGAL NOTICE

#### 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 29th day of March, 1935, in a certain suit therein, wherein G. A. Coddling as Plaintiff recovered judgment and decree against the defendant, Marjorie S. Hamill for the sum of \$7,556.16 with interest thereon at the rate of 6% per annum from December 1st, 1932 to February 6th, 1935, and interest on said principal sum from the 6th day of February, 1935, until paid, at the rate of 8% per annum, and for the further sum of \$467.66 with interest thereon from the 20th day of October, 1932, at the rate of 8 per cent per annum, and for the further sum of \$1,286.55, with interest thereon from the 29th day of May, 1934, at the rate of 8% per annum, and interest on the following sums at the rate of 8% per annum from the dates set opposite such sums to February 6th, 1935, to-wit: On \$346.08 from December 1, 1932; on \$346.08 from December 1, 1933; on \$346.08 from June 1, 1934; and on \$346.08 from December 1, 1934, and for the further sum of \$750.00 attorney's fees, and costs and disbursements herein, which judgment and decree was enrolled and docketed in the Clerk's office of said Court in said County on the 29th day of March, 1935.

NOTICE IS HEREBY GIVEN that, pursuant to the terms of said execution, I will on the 11th day of May, 1935, at 10 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 defendants in said suit, Marjorie S. Hamill, Marjorie S. Hamill, sometimes known as Peggy Hamill; John S. Hamill; Paul D. Angstead and Nellie Angstead husband and wife; Theo L. Hewitt and Edith F. Hewitt, husband and wife; Southern Oregon Sales, Inc. and Jackson County, a political subdivision and municipal corporation of the State of Oregon, also all other persons unknown claiming any right, title, interest or estate in and to the property which is the subject of this suit, had on the 23rd day of May, 1930, 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 11.68 chains North of the Southwest corner of section 6 in Township 33 South of Range 1 West of W. M., Oregon, and running thence North 17.92 chains to the center of the present traveled County road; thence North 82 degrees East 30.88 chains; thence South 22.22 chains; thence West 30.53 chains to the point of beginning, situate, lying and being in the County of Jackson and State of Oregon.

Dated this 4th day April, 1935.  
SYD I. BROWN,  
Sheriff of Jackson County, Oregon.  
By HOWARD GAULT,  
Deputy.