

## Hi-WAYS TO HEALTH

by ADA R. MAYNE  
OREGON DAIRY COUNCIL

**MAY DAY IS CHILD HEALTH DAY**  
May Day is Child Health Day. This means that this one day of the year is set aside to give thought and care to everything that makes for the children's good—all the things that promise health and happiness, both to childhood and to the child-grown up.

The health of children can be measured to a great extent by the foods given them. Lack of food, or the wrong type of food in the diet, is more injurious to the child than to the adult, because the child is growing and his foods, while serving his present needs, must also build for the future.

Children must not only have food enough but must be supplied with the essential food elements, in order to grow normally and to have strong and healthy bodies.

Milk is the most important single food in the diet of the child. They should have plenty of it. Nutritionists have watched the growth of different groups of children who were all on the same diet, except that some had more milk than others, or where poor home diets were supplemented by the giving of milk at school. In every case the children who had the most milk outgrew the others in weight and

height where children had the supplementary milk feeding during school hours almost unbelievable gains in weight and general physical conditions were made. If there is difficulty in getting the child to drink enough milk, give it to him cooked with his cereal or as creamed vegetables or soup, custards and the like.

Although milk is the food of all foods or the balanced diet is necessary even for the baby. Next best to milk, but not taking its place by any means, are eggs. Here is another body building food—food that will make for growth and good red blood, but even milk and eggs together are not enough. According to our best food scientists, begin early to give children cereals, tomato or orange juice, vegetables and fruits, eggs and some meat, being sure, of course, that they are suitable prepared. Some cod liver oil should be provided for the child under two, and if possible, for the older child too. Today we can give Vitamin D through milk, which has proven through experiments to be as effective as the cod liver oil.

And so on May Day let us put the Basket in the child's hand and send him well-fed, out into the sunshine.

posed this question: "WILL there be war in Europe?"

Now another question has taken its place: "When will there be war in Europe?" Dispassionate observers incline to the view that the dove of peace is more bedraggled now than at any time since 1913. That armed conflict between some or all of the great powers is inevitable.

Recent events have certainly not been reassuring. All Europe is now an armed camp—every country is building up its forces, increasing armaments, holding arduous special maneuvers. France recently announced that 60,000 of her soldiers, who would normally have been released from the colors, will be held on for an extra three-month period in order to man the great concrete and steel fortresses which she has built along the German border.

Germany, of course, offers the main reason for European alarm—Hitler's announcement that he would no longer abide by the Versailles treaty was a bombshell. But Germany isn't the only offender. Lithuania, Poland, Italy and France are all on the nervous side—they are suspicious of each other, worried, afraid of invasion. Their fears may be largely groundless—but psychology plays an important role in fomenting wars. Your neighbor may be as peaceable as they come—but if you think he's waiting his chance to slit your throat, you're likely to see a threat in everything he says or does.

Against the forces of Mars, the forces of peace seem somewhat inadequate. Mainstay of peace is England—and ace English roving diplomat is Anthony Eden, not yet 40. Captain Eden recently spent his time going in whirlwind fashion from one European capital to another, seeking agreements to outlaw war.

England's first move was to ask Hitler to back up his many statements that Germany wanted peace by doing four things. Number one was to return to the League of Nations. Number two was to join with England, France and Italy in guaranteeing the maintenance of Austrian independence. Number three was Germany adherence to the proposed Eastern Locarno Pact, under which all nations east of the Rhine—Germany, Russia, Poland, Czechoslovakia, Lithuania, Latvia and Estonia—would agree to respect each other's boundaries. Number four was German adherence to still another pact, in which it would join England, France, Italy and Belgium in agreeing to resist "unprovoked" air aggression committed by any power.

England was not so naive as to believe that Germany would agree to all this without something in return. England's offer to Germany was that the powers would release her from the Versailles pact and permit her to rearm on a basis of equality with other nations.

Hitler's answer: That Germany would arm as much as she pleased, whether the other powers liked it or not.

It is a noteworthy fact that the English security market is the scene of many new capital issues. Great Britain's low point in financing occurred two years before ours—and now, apparently, she is coming back a year or so ahead of us.

For the past few years, foreign commentators have continually pro-

### 4-H Clubs

This paper has become very much interested in the work being done by the boys and girls of the 4-H Clubs. From week to week we will run this department devoted to this worthwhile organization and will give our readers items of interest regarding 4-H clubs and their work.

#### 4-H CLUB WORK

What it is. 4-H Club work is a junior extension activity of Oregon State Agricultural College. It is a publicly supported and directed educational enterprise of the United States Department of Agriculture, the State Land-Grant College, and the state Department of Education, cooperating.

Whom it is for. 4-H Club work is for boys and girls between nine and twenty-one years of age inclusive.

What it does. 4-H Club work teaches, through doing, better practices in agriculture and home economics.

4-H Club work develops leadership, community pride and spirit, self-reliance, ambition and aggressiveness, and sportsmanship above all, it develops the highest type of manhood and womanhood and American citizenship.

It teaches boys and girls how to meet together, work together, play together, and achieve.

How it does these things. It does these things through the organization of five or more boys or girls into a standard club, in which they learn how to conduct meetings, carry their project, and cooperate, and how to become leaders.

Each Club member is engaged on a project in agriculture or home economics where he or she learns the problems of that particular project and their solution.

All boys or girls enrolled in 4-H Club work must carry a project, keep records, and turn in a Record Book.

Who does the work. All work must be done by the Club members themselves.

The National 4-H Club emblem is the four-leaf clover with the letter "H" on each leaf. The four "H's" represent the fourfold development of Head, Heart, Hands, and Health.

**The National 4-H Club Pledge**  
I pledge  
my Head to clearer thinking,  
my Heart to greater loyalty,  
my Hands to larger service, and  
my Health to better living,  
for my Club, my Community, and my Country

The National 4-H Club colors are green and white. The white background of the 4-H flag symbolizes purity and the green 4-H emblem is nature's most common color in the great out-of-doors, and emblematic of springtime, life and youth.

The National Club motto is "To Make the Best Better." This should be the aim of every Club member and his guide in all that he does every day.

#### THE 4-H CLUB CREED

I believe in Boys' and Girls' 4-H Club Work for the opportunity it gives me to become a useful citizen.

I believe in the training of my Head for the power it will give me to think, plan and reason.

I believe in the training of my Heart for the nobility it will give me to be kind, sympathetic and true.

I believe in the training of my HANDS for the ability it will give me to be helpful, skillful and useful.

I believe in the training of my HEALTH for the strength it will give me to enjoy life, resist disease, and make for efficiency.

I believe in the United States of America, in the State of Oregon, and

### PRIZE BABY SHOW

You are cordially invited to enter your baby in the PRIZE BABY SHOW which will be conducted by the Tallman Temple No. 49, Pythian Sisters, Medford, Oregon. No entrance fee will be charged and all babies below the age of 5 years may be registered.

#### PHYSICAL EXAMINATION

Each baby entrant will receive a thorough physical examination. Score cards filled in by the doctors will be returned to the parents for their information. Silver Loving Cups, Health Certificates and Blue Ribbon Diplomas will be awarded to the baby winners in six age classes.

**REGISTRATION OFFICE**  
Babies may be registered at 309 East Main St., Medford, Oregon

**REGISTRATION DATE**  
Babies may be registered from 10:00 a. m. until 6:00 p. m. beginning THURSDAY, APRIL and closes MAY 1 at 6:00 p. m. The office is open at 9:00 a. m. to 6:00 p. m.

in my responsibility for their development. I am therefore willing to devote my efforts for the fulfillment of these things which I believe.

### Agate School

BY THE SCHOOL CHILDREN

The lower rooms at our school has been studying and talking about animals. We studied how we should care for them and how they can be hurt by leaving tin cans and glass around.

Mrs. C. Glass and two children, Mr. Bill Glass and son, S. D. Millard, Mrs. Morava, Mary Hasler, Roy Collins and Robertson were visitors at our school Friday afternoon.

We enjoyed an Easter egg hunt Friday afternoon. Mrs. Gandee, Mrs. Millard, Mrs. Glass and Mr. Glass helped the Easter Bunny hide the eggs while Mrs. Atkins read a story to the children. The most eggs were found by Mell Collins, who found fifteen.

Several children had Easter egg hunts at their homes. Delma May and Delfa Fay Garrison joined Jane Marie Mann in an Easter egg hunt Saturday. George and Georgetta McClane had an Easter egg hunt. Georgetta found thirty two eggs and George found twenty six. Geneva and Ellis Ray Millard and Ruth and Geraldine Morava had an Easter picnic Sunday. On Easter morning when the Knoph girls went to the shed to get some grain for the chickens they found the best Easter nest of all. It had three little baby kittens in it.

Mr. and Mrs. D. O. Garrison and children Delma and Delfa were visiting at the Matney home on Applegate Sunday.

Mrs. Ruth White and family are moving to Central Point. Milford, Bernice and Velma Lee will enter the Central Point school.

Mr. Lamney recently purchased a springtooth cultivator from Mrs. White.

Mr. Storm and children were visitors in Medford Saturday evening.

Mr. and Mrs. Sellars and children went to Butte Creek Sunday.

Mr. and Mrs. D. O. Garrison spent Saturday evening in Medford.

The following children got one hundred percent in spelling this week, Bernice White, Theada Glass, Geneva Millard, Bruce Force and Jane Marie Mann.

Theada Glass visited her sister, Mrs. Ruth Clark of Roxy Anne over the week end. A party was given in Theada's honor while there.

Ellis Ray Millard is ill with a bad cold. He is unable to attend school. John James went to the Willamette Valley to visit his mother who is ill. She had a light paralytic stroke.

Mrs. Grace Martin, Edith and Joe Martin were visiting Mrs. Ruth

White and children Saturday.  
Mr. Arthur Sellers, one of our school directors visited school one day last week.

Mrs. E. Hayden Jones was a business visitor at our school Friday of this week.

Miss English of Medford was also a business visitor at school last week.

Our baseball team met Willow Springs team on the Tolo diamond Monday. We were defeated 43 to 34.

### Beagle

Miss Frances Bennett is still in the Community hospital. She is suffering from the ill effects of plural pneumonia and influenza but is improving as rapidly as can be expected. She did not have any operation and does not have any trace of tuberculosis.

A party was given at the Edler home April 20th in honor of Joan's 9th birthday. Those present were: Noble, Truman and Gene Brown, Vivian, Tommy, Jimmy and Dick Mulhollen, Alta Jennings, Cleo and Bob Bischoff, Robert and Ernest Sanderson, Cecil Martin, Emma Frink, Mae and Joan Edler.

Mr. and Mrs. H. V. Smith of Avenal, California are spending part of their honeymoon with the bride's mother, Mrs. J. B. Rush. They were married in Santa Barbara, April 9. The bride is remembered here as Miss Edna Rush.

Mr. and Mrs. Arthur Hess and son Billy and Miss Curry of Medford were dinner guests of Mrs. Nora Williams on Easter Sunday.

The Antioch Community Sunday School had an attendance of 43 Easter Sunday and more came in at 11 o'clock to hear D. E. Millard's splen-

did sermon. An egg hunt was enjoyed by the children and the morning was closed by a basket lunch.

Mr. and Mrs. Alvin Greb and little daughter Gloria of Eagle Point and Chauncey Harper of Butte Falls were guests of Mrs. M. R. Harper Sunday.

Mrs. Wade of Medford is at the Elmer Lucas home now.

Mr. and Mrs. M. F. Young, Freda and Everett Young of Willow Springs came here for the Easter services and to spend the afternoon with the C. C. Sandersons.

Medford shoppers last week were Melvin and Verne Harper, Mr. and Mrs. C. C. Sanderson, Mr. and Mrs. C. C. Sater and Derva Jeanne.

Mrs. Marlon Bennett went into Medford Saturday to call on Frances.

Friday the Nelson's, the Mulhollen's and Mr. and Mrs. Jess Walker and children Loretta, Gordon and Sally called on Mrs. Ruby Shultz to honor her birthday.

Mr. and Mrs. Emmett Nealon of Table Rock attended our Easter service here.

Mr. and Mrs. Tom Rainey, Dale Hawskins, Mrs. Jasper Hannah, Mrs. Everett Hannah and little son of Trill were Beagle visitors Sunday.

Everyone is looking forward to the Senior Class play at the Sam's Valley High School on May 26th, so mark the date on your calendar and be sure and come.

Mrs. Ysunga and son John of Medford spend Sunday afternoon at the Shultz home.

Mr. Keyser returned Thursday Coquille, Oregon where he attended the funeral of one of his sisters. We wish to extend our sympathy to Mr. and Mrs. Keyser.

Mrs. C. C. Sater attended the Alpha Delta class party Thursday at the Christian church in Medford.

## For Your Convenience . . .

Our driver makes regular trips to Central Point and vicinity. Bundles may be left at Gleason's Barber Shop or he will call at your home.

Washing called for Tuesday afternoon and delivered Friday.

Phone Medford 166

## Medford Domestic Laundry

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Holly Building Medford

## Special Paint Sale

FRIDAY, APRIL 26 to MAY 4

<b>Enameloid</b> THE DECORATIVE ENAMEL Regular, 27c <b>Special 12c</b>	<b>S. &amp; W. Paste FLOOR WAX</b> Special 55c
<b>Roof Cement</b> 2 1/2 gal. pail \$1.82 Contains Asbestos Fibre. This is the best roof coating money can buy—Buy Now and Save!	<b>Ebonol</b> Roofing coating for Metal Roofs. Ideal for waterproofing Water Troughs and Tanks. <b>SPECIAL 80c GAL.</b>

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Adults 25c Kiddies 10c  
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