

HI-WAYS TO HEALTH

by ADA R. MAYNE

OREGON DAIRY COUNCIL

CHILDREN'S FOOD AND THEIR TEETH

This is a logical time of the year to check on children's teeth. Visit the dentist twice a year is the advice from dentists and it is good advice too. This is one of the reasons for the annual Summer Round-Up by the Parent-Teacher Association—to see that each child enters school in the fall with "remedial defects corrected."

For immediate repairs you must depend on the dentist, but he will probably tell you, as the nutritionist does, that when a child's teeth decay, it is more than likely there is something wrong with the child's food—something you can correct. Over and over, dentists and nutritionists have checked decay in a child's teeth by giving the child's teeth more of the foods rich in tooth-making materials.

Fortunately the foods necessary for the making of good teeth are among the common every day foods of the farm and the market. First and most important is milk. Milk will furnish the calcium and phosphorus needed for bone building. It is true you get calcium from a good many vegetables and fruits. And you get phosphorus from eggs and meats and fish—plenty of phosphorus. But no food has such a good balance of calcium and phosphorus as milk, and nutritionists say it is difficult, if not impossible, for a child to get calcium enough for his growing bones and teeth unless he gets plenty of milk. They recommend for young children a quart of milk a day.

But calcium and phosphorus are not the whole story as far as good teeth are concerned. They furnish building material, but only some of the building crew have arrived with the milk, and without a good force of vitamins on the job, the work will not be properly done. Milk contains some vitamin D and becomes a good source of this important vitamin when enriched with it, as is being done by most dairies. If vitamin D milk is not used, then give the child in addition to this other food each day, 2 to 4 teaspoons of cod-liver oil or the equivalent in one of the other vitamin-rich fish oils.

The other vitamin necessary for good teeth is vitamin C. Although milk contains Vitamin C, it is a variable factor and so we don't depend on it entirely. For that vitamin we turn to the citrus fruits and to make sure he child has enough vitamin C, give him at least 2 tablespoons of orange juice every day or twice that much tomato juice. If he is old enough to eat chopped raw vegetables as salads, or sandwich fillings, or raw fruits of any kind, he will get some vitamin C this way and can do with less orange or tomato juice. Remember, a child needs the same

variety of foods his elders need, for only in a variety can he get all the body-building and protective proteins, minerals and vitamins, and the energy-giving carbohydrates and facts, required for healthy growth and development.

Beagle

Mr. and Mrs. Jack Armentrout of Maricopa, California stopped and spent one day last week with J. B. Rush. They are on their way to Detroit, Michigan.

Mrs. M. R. Harper is still in Eagle Point with her daughter Mrs. Alvin Greb. Her granddaughter Gloria swallowed a safety pin about ten days ago which lodged in her lung and although it was removed she was quite ill.

Medford visitors last week were Mr. and Mrs. J. B. Rush, Mr. and Mrs. Sater and Derva Jeanne, Mr. J. LaFever, Mr. Joe King, Mr. and Mrs. Harvey Hines and Mr. C. Gillette.

The Pleasant Hour Club was entertained May 8th by Mrs. Nora Williams at the Elmo Stallings home. A surprise shower was given Mrs. Williams in honor of her birthday. Those present were Mesdames Elmo Stallings, Nora Williams, Walter Grant, J. B. Rush, R. Bischoff, Harry Ellis, Ruby Schultz, J. Frink, Cloyd Sater, M. McFarland and Derva Jeanne Sater, Cleo Bischoff and Claudine Stallings. Mrs. J. B. Rush will entertain in June.

Mr. Harvey Hines left for Powers, Oregon Wednesday where he has work. Vesta Miller of Powers is staying with Mrs. Hines and Mr. Joe King is taking care of the farm. We are glad to hear that Frances Bennett is home from the hospital. Mr. R. H. Slegmiller is home from a very pleasant visit with relatives and friends in Utah.

Beagle was well represented at the Field Meet and Play day at Sams' Valley May 10th. The Harmonica Band played, Marje Slegmiller was crowned May Queen, Elaine Rush and Merrill Martin our two graduates were in the play "Haunted", Orville Mose won the first prize in the running broad jump, Tommy Mulhollen won the

first prize and Truman Brown the second prize in the 100 yd. dash.

Rev. D. E. Millard and Betty Joan were at the Antioch Sunday school, Sunday and Mr. Millard preached a splendid sermon honoring God and Mothers. Mr. Millard's new song book is here now and is for sale. It contains 16 very beautiful and usable songs. He is autographing the first thousand that is sold.

A week ago Sunday Mrs. Ruby Schultz and Ruby and Nedra spent Sunday in Ashland at the home of Mrs. Schultz's uncle, Mr. Lewis Worth.

Sunday visitors at the Sanderson home were Rev. D. E. Millard and Betty Joan of Rock-Dell Park in the Shady Cove district, Mr. and Mrs. M. F. Young, Freda, Cleo and Everett of Willow Springs, Mr. and Mrs. Melvin Martin of Medford, and Mr. and Mrs. C. C. Sater and Derva Jeanne.

Mrs. Ysunza and son John of Medford were eBeagle visitors Sunday.

A radio club has been organized here with the purpose of making a small contribution toward the upkeep of the broadcasting expense of The Fireside Hour which Mr. Millard gives at 6:20 to 6:50 p. m.

RIALTO

Adults 25c Kiddies 10c

Fri., Sat.

Lyle Talbot — Mary Astor

"Red Hot Tires"

Prevue Sat. Nite

Sun., Mon.

WALTER KELLY
Andy Clyde—Dick Cromwell

"McFadden's Flats"

Tues., Wed., Thurs.

LESLIE HOWARD
Merle Oberon

"The Scarlet Pimpernel"

Wed. Nite Is Cash Nite

SPECIAL FOR SATURDAY

Chicken Sandwiches, Salad and Coffee, 25c

Chet & Ett Parker

HAMBURGER INN
Medford

PAINT SALE

WHILE IT LASTS

\$1.99 PER GAL. FORMERLY **\$3.40**

Big Pines Lumber Co.

MEDFORD PHONE ONE

each Wednesday over KMED. This club will be known as the Antioch W. R. C.'s and anyone who wishes to contribute toward this wonderful work may join.

Power Co. Features Big Range Value

An unusual opportunity to purchase one of the latest model electric ranges at remarkable saving has just been announced by the California Oregon Power Company. Due to a large quantity purchase, the local power company is offering a full automatic Crawford range in the new flatstop model at what is conceded to be one of the lowest prices on record. This special range is fully equipped and includes several modern features which are not yet available on some other makes at double

the price. Among the numerous ultra-modern improvements are new type sliding oven, large warming compartment, built-in temperature chart, four fast surface plates, new type toggle switches, full automatic temperature control, electric clock, condiment jars and a clever, new style, electric light. An illustration of this exceptional range value and full details concerning price and terms will be found in the power company's

Try an Ad in The American

CONGER Funeral Parlors

Phone 207
715 W. Main St. Medford

advertisement on another page of this paper.

DON'S RADIO SERVICE

Announces

HOTPOINT Electric Refrigerators

The best known name in electric appliances now enters the field with the last word in REFRIGERATORS
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Medford

Festival of May Bargains

M. M. DEPT. STORE

MEDFORD, OREGON

OUTSTANDING BARGAINS IN EVERY DEPARTMENT

Guaranteed Fast Colors
(Main Floor)
80 Square
PRINTS
25c
The kind of Prints that suggest making Summer Frocks

Boys' Summer
OXFORDS
(Bargain Basement)
\$1.98
Many styles of Oxfords for the Boys and Young Men
Reduced from \$2.45 to **\$1.98**

Men's Dress
OXFORDS
(Bargain Basement)
\$1.98
On Sale Special This Week
Black composition soles and Rubber Heels
Why pay more when you can dress your feet up for only **\$1.98**

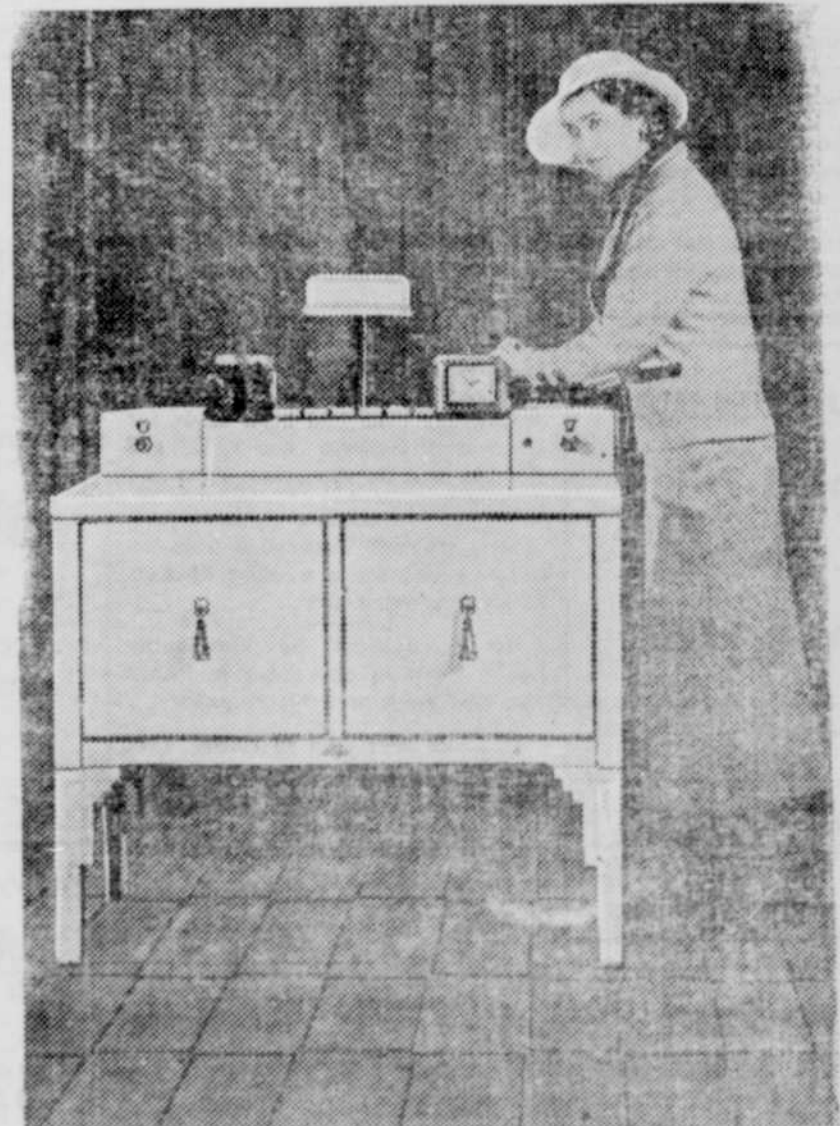
Women's Knee Length
SILK HOSE
(Bargain Basement)
50c
New Spring Shades
ALL SILK

ENNA JETTICK
SHOES
(Main Floor)
America's smartest walking Shoes
\$5.00 and \$6.00
Known nation-wide—Sold exclusively by the M. M. Store in Southern Oregon.

Women's Spring
COATS
(Main Floor)
Reductions from 1/4 to 1/2
Now is the time to buy Economy for you in all prices
SEE THEM TODAY

S. & H. Green Stamps Your Earned Discount

A MOST EXTRAORDINARY OFFER



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\$5⁰⁰ down
\$2⁸⁸ monthl
completely installed

The California Oregon Power Company

This beautiful range is second to none in finish, beauty of design and appearance. Latest type sliding oven, warming compartment, four fast surface burners, automatic oven control, condiment jars, new improved toggle switches, special light standard, electric clock and built in cooking chart.

This very fine range regularly sells for a great deal more money than we are asking for it this month. The quality of the range is the same in every respect as is the case when sold at its regular price of more than \$150.00. No description could convey to you, the exceptional bargain this range really is at this very low price. By all means see it. We hope our supply of these ranges is large enough to last through this month but this is by no means assured

Snider's Creamery

NOW READY

for Inspection!

FARMERS AND FAMILIES INVITED TO MAKE THIS THEIR HEADQUARTERS