

# HI-WAYS TO HEALTH

by ADA R. MAYNE  
OREGON DAIRY COUNCIL

### LUNCH FOR SCHOOL CHILDREN

School days are here again. From the little red school house in the country to the imposing school house in the city, there is the hustle and bustle that goes with the opening of schools after the long vacation.

During the summer with long hours of play in the sunshine most children have had healthy and ravenous appetites and mothers have had little to worry about in that respect. But with the excitement and hurry of school days it may be somewhat different. It is often difficult to get Mary or John to eat the amount of food for breakfast that is necessary for growing and active bodies. This too often results in over fatigue toward the end of the morning session and the child will have but little appetite and will eat less than if an adequate breakfast had been eaten. And supper just can't make up for these two lost meals.

Lunch for the school child then should have first the foundation of a good breakfast. Like breakfast and supper, it should furnish one-third of the food needs of the day. A quart of milk, a serving of eggs or meat, two or more servings of vegetables, fresh and cooked fruits, whole grain cereals and bread should appear in the daily diet of every child and should be divided among the three meals.

Surveys of school lunches have shown that for the majority they are lacking in the essential or protective elements for growth and body repair and supplied by milk, fruits, and vegetables. In planning lunches for the school child it is necessary to provide these foods first and then the more filling foods for energy.

Here is a box lunch menu which is sure to please:

Chopped Egg & Celery sandwich on whole wheat bread. Peanut butter & honey sandwich on white bread. Apple. Ginger cookie. Hot chocolate (Thermos)

A menu planned for a school lunch room is as follows:

Vegetable chowder with bacon. Fruit salad. Whole wheat bread & butter. Ice cream.

For a lunch at home this menu was planned:

Scalloped salmon. Raisin bread & butter. Baked potato. Lettuce salad. Peaches. Sponge cake. Milk.

## 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 latest move of Emperor Haile Selassie of Ethiopia (who numbers among his myriad titles those of "King of Kings" and "Lion of Judah") to save his little country from Italian domination, marks one of the most dramatic and unexpected episodes in the long history of diplomatic intrigue.

Selassie's only remaining hope for maintaining Ethiopian sovereignty lies in enlisting the aid of major powers—especially Great Britain and the United States. For some months the Emperor has striven, through high sounding appeals based on general principles of liberty and justice, to bring Anglo-American actively to his side. He has failed almost 100 per cent—Whitehall and Washington are polite, vague and definitely non-cooperative. England has sent and is sending large groups of warships, planes and soldiers to her bases at Malta and the Suez Canal, and is calling on the League of Nations to step in—but she has shown no inclination to make the British lion roar in behalf of other powers. American policy, as indicated by the recently passed neutrality bill, is one of complete isolation.

As a result, smooth, urban Selassie decided to turn England and America into Ethiopian allies whether they liked it or not. So did the unprecedented. Working through Francis M. Rickett a mysterious British promoter, he deeded more than half of his empire to Anglo-American interests for exploitation and development. The area deeded includes about 150,000 square miles—more than the combined areas of Indiana,

Illinois and Iowa—and parts of it are supposed to be incredibly rich in petroleum and other mineral resources. The deed is to run for 75 years, and gives the charterees unlimited authority to exploit mineral resources and otherwise develop the country. Holders of the charter are said to consist of British interests and an American corporation controlled by one of the Standard Oil companies. Which Standard Oil company is involved, if any, is not yet known—Standard Oil of New Jersey, principal member of the group, denied that it was any party to the deal.

Next day diplomatic response to this astounding maneuver of Selassie's was one of amazement, wonder, excitement. Foreign diplomats, barring the Italians, at first thought that Selassie had pulled a fast one on Rome that would virtually balk Mussolini's designs. Later events proved otherwise. Mussolini, visibly enraged, made a speech saying Italy would not and could not turn back, ordered sensational preparations for war, threatened interfering nations with a taste of Italy's mailed fist. And the British foreign office thrust a politely worded spear into Ethiopian hopes when it "advised" Selassie to withhold concessions, and said that negotiations between British, French and Italian governments, which have a treaty concerning African rights, would be necessary before such a transaction could be carried out. The American state department was cold and non-committal—but Secretary Hull made it clear that this government has no intention of becoming involved in foreign troubles because of adventuring American capital. American editorial response to the deal was one of anger and dismay—many editors said that the government should completely disavow responsibility for the commercial interests involved, should state definitely that it couldn't be pulled into war or lesser disputes because of such financial machinations.

Irrespective of that, Selassie's move has immensely complicated the whole Italian-Ethiopian embroglio. Also, it has apparently eliminated whatever small chance remained for peace—Mussolini is going ahead, and war is certain as soon as the rainy season ends next month. Italian transport after Italian transport is leaving for Italian Somaliland, bordering Ethiopia, stuffed to the guards with troops, supplies and munitions. The powder keg is ready.

the fuse is lit—and the world waits for the result in fright and wonder.

"Now that the Ball is Over" is, at the moment, an American national air. The "ball" in this case is the Congress. During its long, talkative, comic-opera session solons appropriated \$10,000,000,000. And they gave the President almost everything he asked for, demonstrating that while Roosevelt potency may be slipping, it still exists.

Congress passed an unprecedented soak-the-rich tax on inheritances, gifts and big incomes. It passed a bill to concentrate control of banking and credit under the government. It passed the largest single appropriation in the country's history—\$4,880,000,000 for work and direct relief. It passed a stringent regulatory bill concerning utility holding companies. It passed a bill to enforce the right of collective bargaining by labor. It passed a bill whereby all common carriers, save the barge lines, will be regulated and coordinated in the manner of the railroads.

Mr. and Mrs. Gillette and family were Medford callers Monday as were Mrs. Walter Grant and son Donald last Saturday.

Miss Elaine Rush who is working in Medford spend the weekend with her folks here.

Mrs. Pearl Rhodes and daughter, Laura Jane and Mr. Van Doozer, all of Portland were visitors at the Williams and Siegmiller home last Saturday and Sunday. Mrs. Rhodes is a daughter of Mr. C. R. Williams, well known arperter of this community.

We wouldn't be surprised if Moe "bosses" were beginning to suspicious the "toothache" story.

Business callers in Medford Monday were Mr. Joe Rush and Mr. Joe Mayfield.

A number of people in this district have been threshing both alfalfa seed and grain. Mrs. J. Frink left for the Huckleberry patch last Monday with Mr. and Mrs. Max Schultz of Sams Valley. She expects to get home Friday evening. Miss Rogenia Dusenberry also of Sams Valley, has been stay-

ing at the Frink home during Mrs. Frink's absence.

## CLAUDETTE'S

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## Beagle

Mr. Jim Bankhead and Mr. Charles Moon called at the Sater home in Medford last Saturday.

R. L. Bowen has been doing plumbing work in Medford. Mr. Bowen also finished the plumbing on the new Williams and Siegmiller home not long ago.

Sunday callers at the Sanderson home were Mr. and Mrs. Sater and Derva Jeanne of Medford and Mr. and Mrs. Bowen of this vicinity.

Mrs. A. B. Williams and daughter Helen, enjoyed a trip to Dead Indian Soda Springs with friends from Medford last Sunday.



## Oregon Ranks Third in Production of Cheese

Over 50,000 men and women in Oregon gain their livelihood from the production, transportation, manufacture and sale of dairy products.

Cheese is one of the leading products manufactured and sold, Oregon ranking third among cheese producing states in the Union.

Ideal climatic conditions in many sections of the state make for easier curing and a better flavored product, as well as low cost feed for dairy herds.

Wherever Oregon cheese is used you will find it a prime favorite.

Be sure to visit the Pacific International Livestock Exposition this year, Portland, October 5 to 12. It's the Silver Anniversary and promises to be the greatest event in the Exposition's history. See the fine displays of Oregon Cheese and other dairy products, also exhibits of the best pure bred dairy cattle from leading dairy farms in the Pacific Northwest.

As an entertainment feature there will again be the spectacular combined Horse Show and Rodeo.

Take the entire family! It's an educational opportunity which will afford benefit to all.

Remember, this bank is always ready to co-operate in the improvement of farm production.

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