

# HI-WAYS TO HEALTH

by ADA R. MAYNE  
OREGON DAIRY COUNCIL

## SCHOOL LUNCHESES

"Most menus offered for school lunches would starve my family to death. I tried a few of them and I wish you could have heard the howl!" is an excerpt from one popular home magazine editor that may really have something for consideration at this opening of school.

The beginning of school activities means that young appetites are more of a problem than ever, and it is then that Mother's ability as a filler-upper is put to a test. Her ample pocketbook does not insure the success and protectiveness of this meal, for it is quite as possible for the more limited pocketbook to plan wisely to include essentials and protective amounts of milk and fruits and vegetables.

One homemaker is delighted that she is now living sufficiently close to school so that the children will not have to eat in the school lunchroom, nor take lunches; and putting a small tummy fondly, comments, "If our sandwiches had not agreed so well, we might not have so much of this".

Each year the lunches served in the attractive school lunchrooms are showing progress in fitting de-

initely into the school health program. However, the habit of preference for a sandwich, a gulp, and a dash is one that will continue to reign as long as sandwiches are available. This objectionable only because school lunches were started to improve conditions of nutrition, and to provide the school child with a balanced warm lunch. Children do bring sandwiches from home. They are many times supplemented with a hot cream soup, or hot vegetable, and together with the fruit and a glass of milk make a protective lunch that causes no Mother worry. Today, in the lunchroom the attractive plate lunch has proven the most worthwhile answer to giving every child an opportunity at a minimum cost to have a balanced lunch. The balanced plate lunch includes a main dish, a fruit or vegetable and a glass of milk.

School lunches warrant a Mother's serious attention and consideration, not only because this is the beginning of a new school year; but because careful guidance in selection protects against disease and aids in establishing a life time habit of merit.

## Interesting Plant Grows in County

A number of weeks ago at the Odd Fellows picnic held at their new park on Rogue River many of the ladies were gathering bouquets of what appeared to them to be some kind of a thistle with a large prickly burr. Mrs. Gleason informed them that they were Teazels and used to raise the nap on woolen goods—following is extracts from an article on Teazel by Ben Maxwell in last Sunday's Oregon Journal:

The Greeks had a name for it. They called the fuller's teazel, used in napping blankets and other fluffy wollen fabrics, "dipsacus" meaning thirst.

And there was a good reason for

it, too. At the point where the main branches of the six-foot teazel plant diverge from the stem the leaves grow together forming a natural cup holding a pint or more of water. It is pertinent that without water occasionally collecting in this cup, perfect teazels will not be formed.

But the old English derivation of the word is self explanatory. On the continent, where the teazel has been in use since the middle ages, the plant received its name from a com-

mon usage. For centuries the dried, barbed flower head of the teazel has been used literally for teasing up the nap on fuzzy woolen fabrics.

Today George H. Gregory, also an Englishman by birth, grows teazels near Molalla. This 76-year-old expert has been associated with teazel culture ever since he can remember. Prior to coming to Oregon some 40 years ago, he had extensive experience with teazel culture in New York. Since 1900 he has grown teazels in this locality and he is believed to be now the only active producer in the state. He has about 100 acres in production. During harvest he employs some 75 pickers, and about 20 persons are employed in his packing sheds and factory during winter months.

The distinct advantage of teazel usage over the steel brush is just this: The teazel, being a plant product has a subtle elasticity. When it contacts the fabric in the napper it lifts the wool but does not tear or break the fibers. Literally, it teases up the nap without tearing it. For this reason at least one manufacturer who makes some of the finest and most durable blankets produced in America uses only teazels for napping. At this mill blankets are run through the napper 10 to 15 times before they acquire the desired fluff. In other mills, where quantity production at low overhead cost is a governing factor, blankets are regarded as finished when they pass through the steel brush napper four times.

## FINISHED PRODUCT



"Ben got fresh last evening, and I canned him."  
"When they get fresh with me, I preserve them."

## THE POCKETBOOK OF KNOWLEDGE BY TOPPS

UMBRELLAS WERE ORIGINALLY DESIGNED AS PROTECTION AGAINST THE RAYS OF THE SUN — NOT AGAINST RAIN —

ENGLISH WOMEN OF THE 16th CENTURY WORE FOUR SHOES AT A TIME — TO PROTECT THEIR VELVET SLIPPERS FROM THE MUDDY STREETS, THEY WORE AN ADDITIONAL PAIR OF SHOES (CALLED CHIPPES) WHICH HAD COKE SOLES MEASURING AS MUCH AS 7 INCHES THICK!

NINE OUT OF TEN OF THE TOP EXECUTIVES IN THE AMERICAN STEEL INDUSTRY HAVE WORKED THEIR WAY UP FROM THE BOTTOM — MORE THAN HALF OF THEM HAVE WORKED THEIR WAY UP FROM THE RANKS OF THE COMPANY IN WHICH THEY STARTED THEIR CAREERS

THE TAX BILL OF AMERICAN CORPORATIONS OVER TEN YEARS' EXCEEDED THEIR NET EARNINGS BY ABOUT ONE-THIRD — \$20,687,000,000 EARNINGS AS COMPARED WITH TAXES OF \$29,735,000,000!

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## Legal Notices

### NOTICE TO CREDITORS IN THE COUNTY COURT OF THE STATE OF OREGON FOR JACKSON COUNTY

In the matter of the Estate of Bertha L. Evans, Deceased. NOTICE IS HEREBY GIVEN THAT M. M. EVANS was, on the 9th day of September, 1938, appointed Administrator of the Estate of Bertha L. Evans, deceased, by Order of the Hon. Earl B. Day, County Judge, of Jackson County, Oregon, and all persons having claims against said estate are hereby required to file the same duly verified and itemized with the undersigned, Lock Box 536, Medford, Oregon or with T. J. Enright, Attorney, Medford, Oregon, within six months from the date of first publication of this Notice.

M. M. EVANS, Administrator  
T. J. ENRIGHT  
Attorney for estate, Medford, Ore.  
25—Sept. 15, 22, 29, Oct. 6.

### SUMMONS FOR PUBLICATION IN THE CIRCUIT COURT OF THE STATE OF OREGON IN AND FOR JACKSON COUNTY

EAGLE POINT IRRIGATION DISTRICT, Plaintiff  
vs.  
JOSEPH F. CHAMBERLAIN and EDWIN F. CHAMBERLAIN, and also all other persons or parties unknown claiming any right, title, estate, lien, or interest in or to the real estate described in the Complaint herein, Defendants.  
TO THE DEFENDANTS ABOVE NAMED AND EACH THEREOF:

IN THE NAME OF THE STATE OF OREGON: you and each of you are hereby required to appear and answer the complaint filed against you in the above entitled suit on or before the last day of four weeks from the date of the first publication of this summons, said period of four weeks being the time prescribed for publication hereof, and if you fail to appear and answer said complaint, I will apply to the court for the relief demanded in its complaint, to-wit: That a decree be entered adjudicating any and all right, title, estate, lien or claim which you or any of you have or claim to have in or to or upon the real property situated in the County of Jackson, State of Oregon, described as follows:

Commencing at the Southwest corner of D.L.C. No. 42 in Township 36 South, Range 1 East of the Willamette Meridian.

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dian, thence North 0 deg. 01' East, 1219.3 feet along the West boundary of D.L.C. No. 42 to the point of beginning; thence North 0 deg. 01' East 1532.1 feet; thence South 89 deg. 59' East, 1271.5 feet; thence South 0 deg. 04' 30" West, 1498.4 feet along the East boundary of D.L.C. No. 42; thence South 88 deg. 30' West, 1270.4 feet to the point of beginning, containing 44.2 acres, more or less.

and declaring any and all such claims to be null and void and decreeing that said plaintiff is the owner in fee simple of said premises and the whole thereof, free and clear of any and all right, title, estate, lien or interest of the defendants herein, or any of them and each and all of the defendants herein and each and all persons claiming or to claim by, through or under them or any of them, be forever enjoined, restrained and barred from asserting, attempting to establish or claiming any right, title, estate, lien or interest in or to said property or any portion thereof, and that plaintiff's title to said premises be forever quieted and set at rest, and such further and other relief as may be just and equitable in the premises.

This summons is published by order of the Honorable H. D. Norton, Judge of the above entitled court, made and entered in said court and cause on the 23rd day of August, 1938, prescribing that this summons be served by publication thereof once each week for four consecutive weeks in the American, a weekly newspaper published in the City of Central Point, Jackson County, Oregon.

August 25, 1938, is the date of the first publication of this summons.

F. P. FARRELL  
Attorney for Plaintiff  
Address: Liberty Bldg.  
Medford, Oregon  
96—Aug. 25, Sept. 1, 8, 15

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