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**VARSITY**

Friday and Saturday!

BASHFUL BOY meets GORGEOUS GIRL and goes on a romantic rampage!



**THE Male ANIMAL**

HENRY FONDA  
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Lipslick...or GUN she gets her man with both!



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Out of a GREAT NOVEL comes a GREAT PICTURE! Don't fail to see...



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A CRACKDOWN on the SHAKEDOWN Racket!



**THE MAYOR OF 44th STREET**

GEORGE MURPHY  
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HER ONLY CRIME WAS LOVE!

**"I WAS FRAMED"**



MICHAEL AMES  
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Every Wednesday Night  
**MOVIE MONEY AUCTION**

Ten per cent of your income in War Bonds will help to build the planes and tanks that will insure defeat of Hitler and his Axis partners.

**Health Hints**

Carbohydrates are the energy producing foods. Some of the great diet exponents tell us that 60 per cent of our diet should be of this type of food. Carbohydrates come from vegetables and fruits. The daily diet should include fruits and vegetables, both cooked and raw. Green leafy vegetables are essential in the daily consumption of food.

Sleep is a most important factor and gives rest mentally and physically. Many people do not rest when they sleep because they are mentally and physically tense. They do not know how to let go—relax. On the other hand, we find various causes which prevent one from enjoying a good night's sleep. There is some organic condition of the brain, heart, stomach, kidneys, etc. Very often it is difficult to go to sleep after undue excitement; or after some stimulating food or drink has been introduced into the body. This increases the body stimulation and causes the blood to remain in one place too long, affecting vaso-motor activity, especially in the brain area. When the nerves cannot contract the cerebral arteries, they cannot empty the blood which is in the arteries. The best cure for this condition is a hot foot-bath a sitz bath or massage. Have some one massage with the hands lightly over the lower part of the neck and over the lower portion of the spinal column. Massage, if done lightly will increase activity in the circulation of the blood throughout the system. This done correctly will bring soothing and restful slumber.

Each individual has many causes of sleeplessness with which he has to deal. The best time to retire is about ten o'clock. Relaxation of mind is very essential for sound sleep. There is much truth in that old saying: "one hour of sleep before midnight is worth two at any other time." Those who keep late hours are prone to suffer from nervous disorders.

**GUESTS AT PUTNEYS**

Mrs. H. A. Stanley and son, Ensign Donald C. Stanley of the navy air corps, are here from San Francisco this week visiting Mr. and Mrs. C. H. Putney, 125 Nob Hill. The two ladies are sisters. Ensign Stanley will leave shortly after returning to San Francisco for Norfolk, Va. for service with the Atlantic fleet.

**HOUSE and HOME**

by Mary E. Daque

Author of Sister Mary's Kitchen

Fall cleaning is at hand, indoors and out, with busy days ahead. Yards and gardens must be raked, dead plants burned and fallen leaves gathered for the compost pit. Houses must be gone over for minor repairs and screen and porch furniture put away in good order. All tools and equipment must be stored so as to keep them in good condition. Replacements may be hard to get, we must take good care of what we have.

When you are cleaning house be very critical of the arrangement of the furniture when you return it to the living room, mere rearrangement may make for pleasanter living. Every piece should have a definite reason for its placing. Personal habits decide where to put certain pieces of furniture. Easy chairs with footrests invite one to sit before the fire and make a delightful grouping in front of the fireplace. A comfortable chair by a window is an attractive spot to knit or read in the daytime with a lamp on an elbow table by the chair-arm for light after dark. Chairs grouped with small tables suggest relaxed and pleasant hours of conversation for family and friends. A desk can be placed at a right angle to a window in order to insure good light for correspondence.

If you are fortunate enough to have an asparagus bed don't neglect to give it a heavy top dressing of some stimulant that will insure thick tender stalks next spring.

As soon as growth is over for the season, the chances of success in transplanting trees and ferns from the woods are the very best. Be sure that you can supply the right natural growing conditions before you take up any plants. Exposure, soil and drainage should approximate the original location.

You can plant bulbs for early spring flowering until the round freezes but it's a good idea to get the bulbs in the ground just as soon as you receive them. Prepare the soil well in advance of the planting, digging it deep, working it up finely and enriching well with bone and wood ashes. Plant daffodils four to six inches deep and eight or ten inches apart. Tulips are planted five to six inches deep and nine to twelve inches apart. Our American grown bulbs are most satisfactory so don't hesitate to use them where they are available.

**TODAY and TOMORROW**

By DON ROBINSON

**POLICEMAN** . . . . . law

Did you ever picture what this country would be like if there weren't any policemen?

I think there are a few rare souls who would continue to live according to the letter of every law, whether there was an enforcement agency or not, but the great majority of us, I fear, would at least occasionally stray out of the bounds provided by our legislators.

Probably a lot of us don't know ourselves just how much our law-abiding habits are due to our natural desire to live according to law and how much they are due to our interest in avoiding conflict with the policeman on our beat.

Most of us fit into one of three classes: (1) those who would, if given an opportunity, grasp everything they could get and pay no attention to laws at all; (2) those who would abide only by laws which they consider worthwhile—would exercise sort of a personal veto or approval of each law on the books; (3) those who would, policeman or no policeman, abide by all regulations because their intelligence or religious understanding would convince them of the social need for such action.

**GUARDS** . . . . . private

Probably the first thing that would happen, if we got rid of all city, county and state enforcement agencies, would be the immediate establishment of privately paid police forces.

Imagine what would happen to the banking business if there was no one to prevent robbers from shooting bank tellers and helping themselves to all available money. Naturally, if anything happened to our public police force, the banks would immediately hire their own guards, arm them and order them to shoot if any efforts were made to break into the bank.

Even the petty jobs which the police now do would soon be taken care of privately if disbanded publicly.

Take the simple task of enforcing speed laws. At first thought it might seem rather pleasant to have no speed law enforcement and decide for ourselves how fast we should drive. But there would be some drivers who would immediately start driving recklessly as soon as they realized no uniformed man on a motorcycle might appear in their rear-view mirror.

It would be no time at all before reckless drivers would run over a few children, angry parents would demand protection—and if no police were available they would band together and hire some.

**CIVILIZATION** . . . . . jungle

We just couldn't get along in any town in this country without law enforcement agents of some kind.

The policeman, when we look at what might happen in his absence, actually is the thing that holds civilization together and prevents us from living according to the laws of the jungle.

For in the most uncivilized countries there are plenty of people who would like to live orderly lives, but without police and law they are forced to abide by the desires of the man with the strongest punch.

**THIS AND THAT**

(By Old Timer)

To the Editor:

With meatless days in the offing, the lowly steer is once again king of the range and the kitchen.

Three times as many women as men become mentally upset, life insurance experts assert. Isn't it remarkable how discerning those fellows are?

Uncle Zeke thinks Gandhi should be jubilant he isn't in a Jap concentration camp, since the Japponese don't serve goats' milk to their "camp guests."

Well, in the horse and buggy days we didn't have a farm bloc to bleed Uncle Sam to the extent of a billion dollars a year.

This must also be a war of nerves, since Mussolini's appear to be completely shot.

Oil and gasoline do seem to constitute the burning question.

Hitler is certainly a record-breaking human curiosity.

City ordinances, evidently, are made to be broken.

About time "Old Glory" was being aired.

**DAVID NOEL WYMAN**

Funeral services were held at 10 a. m. Monday from the Litwiller Funeral Home chapel for David Noel Wyman, infant, who passed away Friday, Aug. 28. Rev. Howard G. Eddy officiated and Mrs. C. M. Litwiller sang "Jewels." Interment was made in the Ashland cemetery.

ON THE NEWS FRONT

**Hiring of Seasonal Farm Workers Put Under Definite Contract Plan**

Plans for the transportation of domestic farm workers into areas where a serious shortage of help exists will be completed early in September, according to the department of agriculture.

For the present, though, such operations, under the direction of the War Manpower commission, will be carried on in the Southwest and on the eastern seaboard where the greatest need for help is expected.

Certain conditions must be met by the hiring farmers before the commission, working with limited funds, transports the contracted workers. These conditions are:

A minimum wage of 30 cents an hour, or an equivalent piece rate. (Wage boards will determine the prevailing wage in given areas.)

A guarantee of employment for at least 75 per cent of the working time in the contract period.

Adequate health, housing and sanitary facilities will be required. Minimum housing standards, subject to local adaptations, state that no more than three single workers, or more than four family members to a 12 by 14 floor space will be permitted.

There also must be facilities for cooking, sleeping, laundry, bathing, and adequate sanitary toilets and means of waste disposal.

Rents will be agreed to before recruitment and included in the contract of employment.

The age requirements state that no minors will be employed except as permitted by federal and state laws and policies. No children under 16 will be transported

unless they are members of a family of workers. There are no provisions made for employment of children under 14 years of age.

As for purchasing food and clothing by the workers the agreement which they sign states they can make their purchases at any store they choose.

Further requirements of employers, or groups employing transient workers, are that up to 200 miles they will have to pay the costs of transportation and subsistence. Above that mileage the Farm Security administration will furnish the funds.

Workers who fail to carry out their work agreements in the area for which they contracted will forfeit their protections under the contract and their return transportation.

Employers or employing groups will be expected to furnish performance bond or other guarantee of fulfillment of contract agreements.

As orders for workers can be handled in groups of not less than 100, this means that growers with smaller requirements will need to form groups or associations and deal through a legally authorized joint representative.

Workers will be recruited only on the basis of specific commitments for agricultural employment.

Mexican workers will be brought in only after the U. S. employment service has certified that domestic workers are unobtainable to meet the need in a given area. Arrangements have already been made with the Mexican government as to the terms under which Mexican workers can be hired.

**Ashland USO Activities . . .**

Ashland USO reports that there is still a need for more Junior Hostesses. The meetings are held Thursday evenings at 7:30 with Mrs. Frances White taking charge of the girls in the absence of Miss Virginia Hales. Mrs. Marcella Rawe has joined the music committee and will lead group singing on Thursday evenings.

**WEEK END ACTIVITIES**

Week-end activities started on Friday night with a pot luck supper. The menu planned by Mesdames C. A. Haines, C. W. Fortmiller and Paul Finnerl included a spaghetti-meat dish with cheese sauce, combination salad with thousand island dressing, toasted French bread and home made peach cobbler topped with vanilla ice cream. Although the soldiers were late in arriving due to pictures being taken at Camp White the committee of hostesses was still serving at 9:30.

Saturday night's dance, Mrs. T. J. Norby, senior chairman, and Madge and Marie Mitchell, junior chairmen, assisted by Cay Huffman at the piano, attracted by far the largest number of soldiers visiting Ashland. USO Director Helen J. Small, and Mrs. C. H. Weaver, senior hostess, made a tour of Ashland's "night spots" including a popular dance hall and down town "hang outs", reporting on their return to the USO center that not more than five soldiers were seen in any one place. Seventy-three were reported attending the USO dance.

Sunday's outing started with a Round Robin of games. Senior hostesses in charge were Mrs. Hubert Bentley, recreation chairman, Miss Kay Harkins, Mrs. Emil Kroeger, Mrs. Ralph McCulloch and Mrs. Guy Good. Volunteers were in charge of the following: Bert Miller, archery; Harry D. Manning, horse shoes; Jane Carlton and Lelia Carlton, darts; Babs Cary, badminton; Janet Fullerton and Marjorie Fullerton, croquet.

The soldier taking first place in the Round Robin was Pvt. Thurston Davis, who said in his telegram to his parents: Ashland is a very beautiful place, sure wish son in the prize-winning telegram you were here." Pvt. C. G. Peter for second place wired to his girl friend "Everything is lovely and I am healthy and happy."

**LIONS FEED 150**

The high light of the day was the Lions club picnic, with Cay Huffman and Clint Baughman in charge. This was the last of a series of Sunday picnics sponsored by the various Ashland organizations. The Lions club served 85 soldiers and their officers and 28 junior hostesses as well as a group of senior hostesses and club members. USO would like to take this opportunity of thanking the many groups who have helped bring "home" to the boys throughout the summer. Members of these organizations are urged to drop in at the USO clubhouse at any time.

The Sunday evening hour was chaperoned by Mrs. E. J. Farlow and Mrs. Ralph Poston.

Five soldiers were invited for a trip to the Oregon Caves on Sunday as guests of Mr. and Mrs. K. M. C. Neil of Grants Pass. Mrs. Reba Kelsey of Ashland enter-

tained two soldiers for Sunday dinner. Mr. and Mrs. I. F. Andres had one soldier as an over night guest Saturday night.

Wednesday evening Dr. and Mrs. Charles Haines were hosts to 25 soldiers at Jackson Hot Springs.

**COSSING EVENTS**

Friday Mrs. Will Dodge, Mrs. John Daugherty and Mrs. Elmer Biegel announce Aunt Nell's pancake hour at the USO clubhouse.

Sunday afternoon there will be more games and at supper time the volunteer committee chairmen, co-chairmen and husbands and wives will be hosts to the soldiers and officers and wives. This

**LITHIA**

ENTERTAINMENT  
Phone 7561

**MATINEE**  
Thurs. and Sat.  
Continuous Sunday

Friday, Saturday

**SHINING VICTORY**

with  
Geraldine Fitzgerald  
James Stephenson

plus  
**FIGHTING BILL FARGO**

Johnny Mack Brown

Sunday, Monday  
and Tuesday



**THE MAN BEHIND YOUR BACK**

A UNIVERSAL PICTURE

Wednesday and  
Thursday

Mid-Week Special

ADM.: Adults 15c  
Children 11c

will be followed by a social hour.

**VISITING AUNT**  
Jean Shidler of Portland is a guest this week of her aunt, Mrs. Will Dodge.

• The Miner for Quality Printing.

**PLEASE DON'T TRAVEL OVER LABOR DAY!**



The war can't stop for holidays, but YOU can postpone a pleasure trip! Over this Labor Day war workers must get to jobs as usual. Military traffic must roll regardless. We all must realize: PLEASURE TRAVEL IS NOW A PEACE-TIME LUXURY. Handling additional thousands of passengers over Labor Day means increased strain on already overloaded transportation . . . handicapping vital traffic upon which victory depends. That's why we say: "DON'T TRAVEL OVER LABOR DAY."

**But—if you MUST travel—help avoid crowding and delay**

- ★ Get full information on your trip in advance.
- ★ Purchase tickets NOW to avoid last minute rush at the depot.
- ★ Take as little baggage as possible.
- ★ Take a short trip in preference to a long one.
- ★ If you can possibly arrange it, leave before Saturday and return after Monday.

Postpone pleasure trips—BUY WAR BONDS INSTEAD

**GREYHOUND**