

**Healing Professions Need Women, Doctor Asserts**

In a radio address over station WIL, St. Louis, Dr. H. C. Harring, prominent local chiropractor, appealed to young ladies in the middle west to consider nursing as a patriotic endeavor because "nurses can do more to add to the comfort of a soldier than a doctor."

Man intent on the scientific destruction of disease, has overlooked the fact that Nature has endowed woman with the qualities of motherhood which give her an added effectiveness in caring for the sick and suffering. "The soothing touch of a woman's hands", Dr. Harring declared, "is a boon to all mankind."

He lauded the 2,000 women doctors in the Chiropractic profession and urged the young ladies in the air audience to consider this field of natural therapeutics as in need of their "natural talent."

**TALENT NOTES**

Mrs. Mary Works, known as Grandma Works, passed away at the home of her son Howard on Wagner Creek Wednesday evening. She had lived in the Rogue River valley for many years, coming to this place from Missouri. Funeral services were held at the Conger funeral parlors on Saturday afternoon. Interment was made in the Stearns' Cemetery at Talent.

Mr. and Mrs. Walter Wolford and son Henry of Ashland spent Saturday with Mrs. Wolford's parents, Mr. and Mrs. Lee Loper.

Mrs. Roy Estes returned to her home Sunday afternoon from the Community hospital in Medford where she had been a patient for the past two weeks.

Mr. and Mrs. George Holt of Crescent, Oregon returned to their home last week. They visited relatives here during the holidays and the following week.

Mr. and Mrs. T. J. Stillwell were business visitors in Ashland Friday.

Mr. and Mrs. Fred Hodapp of Central Point visited friends in Talent, Thursday.

Mr. and Mrs. Alfred Norris attended the Townsend dance at Ashland Tuesday night.

Jacksonville won a thrilling game over Talent Friday night by a score of 30 to 25. The game was fast and furious with Jacksonville taking the lead from Talent in the second quarter and kept ahead by a few points for the rest of the game. Referee Roland Parks of Ashland called many fouls on the hard fighting teams. The Jacksonville second team won a well played game from the Talent second team in a preliminary.

Lee Harold Smith, Camp White soldier and Polly Anna Hart were married last week. Miss Hart is a daughter of Mr. and Mrs. Luther Hart and graduated from the Talent High school in the 1940 class.

Mrs. George Newlin attended church in Ashland Saturday morning.

L. G. M. Reynolds of Grants Pass visited friends in Talent Saturday evening. He lived in Talent for several years.

Mr. and Mrs. Clarence Homes and daughter Clarice of Ashland visited relatives here Sunday afternoon.

Guy Colby of Phoenix was a business caller here Saturday afternoon.

Mrs. Ivan Blackwell of Ashland spent Monday afternoon in Talent visiting relatives.

**4-H Mobilization Week In Oregon Feb. 4 to 16**

A state-wide 4-H club Mobilization week for Oregon has been set for February 6 to 14, announces H. C. Seymour, state club leader at Oregon State college.

A program much like that followed in 1942 calls for 4-H club agents, local leaders, and club members themselves to try to inform others about the progress and achievements of 4-H club work and the great need for expanding it this year. With the nation, and even the world, facing an unprecedented demand for farm products, club members are being depended upon to make a real contribution to the food-for-victory program, says Seymour.

Service clubs are being urged to feature 4-H club in their programs that week, as are granges, PTA groups, and churches. Some communities are planning to hold achievement programs to make awards to club members for outstanding work last year. A special 4-H club Mobilization day radio program will be heard from KOAC January 25 at 7:30 followed by similar ones from other radio stations.

**Potato Price Ceilings Clarified, Says Jackman**

Recent OPA regulations have clarified the potato price ceiling situation somewhat, says E. R. Jackman, extension crops specialist at Oregon State college.

The maximum price allowable on U. S. No. 1 Netted Gems or Burbanks in January is \$2.25 per hundred. This is the price f.o.b. shipping point. In some instances dealers are paying this amount to farmers, although in other cases some deduction is made for local handling and loading. Specified premiums are allowed for special packs such as where

all potatoes are above a certain size. If farmers sell direct to retailers instead of to carlot distributors, they may charge the basic ceiling price plus transportation costs, plus 25 per cents per hundred. If sales are direct to consumers by house-to-house canvas, the ceiling is the basic figure plus transportation, plus \$1 per hundred, says Jackman.

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**BOTTLES FOR BONDS**



GLASS MILK BOTTLES JOIN THE MINUTE MEN. Bonita Granville, RKO film player, holds the first of the new glass milk bottles on which are inscribed an appeal for War Bond purchases. The campaign is sponsored by the Treasury Department with the cooperation of the dairy industry. It is estimated more than 12 billion milk bottles are circulated yearly, each averaging more than 35 trips between dairy and consumer.

*The Home Front*

By Mrs. Julia Kiene  
Westinghouse Home Economist

**Meals At All Hours**

THERE is more to this business of "meals at all hours" than meets the eye. You've an obligation to yourself as well as to the war workers in the family who man production lines at odd hours of the day and night.

Thumbs down on eating at all hours. You, too, must have three well-balanced meals a day. Don't ever nibble and call it a meal. On the other hand, if tempted to join the family at odd meals for the sake of sociability, skip the rich foods and stick to fruits and vegetables. Too much food is as unhealthy as too little.

Save some time of the day for rest and recreation. Even a few minutes for your very own helps you to forget your problems momentarily and you come back to them with new enthusiasm.

A night worker rates special consideration. To compensate for

the extra energy he uses up, his lunch pail must contain additional fruits and vegetables—he needs all the vitamins he can get. To safeguard his rest, tuck a "don't disturb" card above the door bell, and train your friends to time their phone calls accordingly.

This may come as a jolt, but— for maximum nourishment, do cook vegetables meal by meal. It may save time to prepare them all at once, but it doesn't save health. Warmed up leftovers have lost most of their vitamins.

**MENU**

- Chili con Carne
  - Tomato Salad
  - Crackers
  - Enriched White Bread
  - Butter
  - \*Deep Dish Plum Pie
  - Cereal Drink
  - Milk
- \*Deep Dish Plum Pie Recipe**
- 3 cups unsweetened, chopped plums
  - 1/2 teaspoon cinnamon
  - 1/2 cup light corn syrup
  - 1/2 teaspoon nutmeg
  - 2 tablespoons shortening
- Wash, pit and chop plums. Add corn syrup and spices. Pour into a shallow, greased baking dish. Dot the plums with the 2 tablespoons shortening. Cover with the crust.
- NOTE: 3 cups of canned or stewed plums may be used, in which case do not add any other sweetening.
- NEXT WEEK: Meal Planning Blue Print

**A SMART, PRETTY, FIX-IT-YOURSELF COIFFURE**

SOMETIMES a hair style is like a popular dress style—becoming to many women, simple enough to wear at home yet pretty enough for visits and meetings. That's the kind of coiffure pictured on this page. It's new but not extreme, becoming to almost every age and type of



face, easy to fix yourself. The little side rolls give the new "upped" effect that looks so smart and neat; the center hair is arranged in soft waves that extend over the brow, so that the general effect is not too severe. A woman with very straight hair needs a good permanent as the basis for her hair-do, but anyone who has naturally curly hair can easily set it for herself in this charming manner—provided her hair is in healthy, manageable condition.

Before you start trying to arrange this coiffure or any other new effect, however, you must be sure that your hair is healthy and manageable. If you feel that your hair

is a little dry and lustreless, start at once to get it into good condition. One of the first steps toward this lies in frequent, proper washings with the right type of shampoo. A favorite both of hairdressers and of women who set their own hair is Special Drene, the liquid soapless shampoo with added hair conditioner. Because this shampoo is soapless it cannot leave any sticky soap film on the hair to dull its lustre and color; instead, such a shampoo gives the hair extra lustre and enhances its natural color. Best of all, the added hair conditioner leaves the hair in a delightfully manageable condition so that it will fall easily into the lines of a new hair style. While the hair is still damp it can be rolled up at the sides upon curlers or strips of cloth; then the top hair can be brushed into waves that are held in place by combs or metal clasps—or it can be set in pin curls that can afterwards be brushed into soft waves.

In addition to frequent washings, healthy hair requires a good brushing every night—one hundred brush strokes clear to the ends of the hair. This distributes the natural oil of the hair evenly and also helps to keep the scalp in healthy condition. Massaging the scalp with the fingertips before a Special Drene shampoo is also helpful, as are occasional hot oil rubs before a shampoo. Such care, plus a good shampoo every week or so, will create shining, lustrous hair that can easily be arranged in pretty coiffures such as the one pictured.

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