

ROBERSON CUT BY OWN KNIFE

Due to a leg injury received when working at the Railway Express Agency, Winfield Roberson, junior class prexy and leader, will be inactive for at least a part of the basketball season. The injury was inflicted by a knife he had placed in his boot. A box fell down on it and forced the knife into his leg, cutting an artery. Roberson probably saved himself a more serious injury by pulling the knife out of his boot before he was taken to the hospital for medical attention. Though he has already abandoned his crutches, he will have to drop basketball, perhaps for the whole season. He had been playing with the main string prior to the accident.

SIMPSON RETURNS

Coach Al Simpson, back to teach after a year in the Army, was interviewed last week as he worked high in the rafters of the new shop project. The coach has been working on the construction job in the mornings and has a physical education class in the afternoon. He also has been assigned to coaching the "Alley Cats."

Simpson returned from Camp Roberts, California, December 24 because of a recurrence of asthma. He said he was glad to return, but the only thing wrong with the Army was the absence of sporting events. His work began at A.H.S. on January 18.

Coach Simpson had just put his new charges for the basketball season, the "Alley Cats," through an initial practice the evening before.

"They have possibilities," he said, "but they need a lot of work." Simpson remarked that they would shape up and be a good ball club. "They're fast, and they know their basketball," he added.

The interview was conducted during the placing of a beam for the shop roof, and after the reporters should questions had caused several misplaced nails, they were terminated.

BOY SCOUTS MEAN BUSINESS



"Toughen up, Buckle down, and Carry on to Victory", is the Boy Scout major task this year. Their 1,570,000 members are in the conflict to the hill on the home front, doing everything boys of Scout age can do to help win the war speedily and a just peace permanently.

The Home Front

By Mrs. Julia Kiene
Westinghouse Home Economist

Meal Planning Blue Print

IF I ask, "What kind of a life do you lead?" please don't think my curiosity is getting the best of me. As you know, to over-eat, is as unwise as to under-eat, and the amount of food we need a day depends largely on the type of work we do:

For a fairly still life, say desk work: Breakfast—fruit, breadstuff or cereal, beverage; Lunch—cream or vegetable soup, fruit or vegetable salad, breadstuff and milk; Dinner—meat, fish, fowl or other protein food, one green and one yellow vegetable (one of them raw), salad, breadstuff, beverage.

For a fairly active folks, who are on their feet most of the day, need meals like these: Breakfast—fruit, breadstuff or cereal, eggs or meat, beverage; Lunch—vegetable plate or a fruit or vegetable salad, breadstuff, dessert (fruit, pudding or something equally simple), milk;

Dinner—meat, fish, fowl or other protein food, two vegetables at least—one cooked and one or more raw, breadstuff, dessert, beverage.

Very active members of the family, who do hard physical labor on farm or in factory, rate such a menu as this: Breakfast—fruit, breadstuff, cereal, eggs or meat, beverage; Lunch—meat or other protein foods, one vegetable or salad, breadstuff, simple but nourishing dessert, milk; Dinner—meat, fish, fowl, or other protein food, two cooked vegetables at least, salad or fruit, vegetable, or green, breadstuff, dessert, beverage.

MENU

- *Baked Jumbo Quick-cooked Shredded Cabbage and Carrot Pear and Cheese Salad Whole Wheat Bread Butter Steamed Sweet Pudding Cereal Drink Milk
- *Baked Jumbo Recipe 1 cup uncooked rice 1/4 lb. salt pork (ground) 1/2 lb. beef (together) 1 quart canned tomatoes 1/2 teaspoon salt 1/2 teaspoon pepper 2 large onions, 1/2 teaspoon thyme chopped fine 1 teaspoon sugar Mix all ingredients together, pour into a greased 3-quart casserole, cover and bake at 300° for 2 1/2 hours. Serves 8.

NEXT WEEK: Washday Shorts

PRACTICAL HEALTH HINTS

Suitable Wartime Desserts

By Dr. James A. Tobey

SOLDIERS, sailors, war workers, and civilians all crave good desserts. There is no reason why they should not have them in wartime as well as in normal times.

The wartime dessert should, however, be as nourishing as it is agreeable to the palate. It can easily be both. Despite shortages in sugar, chocolate, spices, and condiments, plenty of tasty and nutritious desserts are and will be available.

A dessert has several definite nutritive functions. It completely satisfies the appetite, giving an agreeable feeling of fullness. It stimulates digestion. It provides food-energy and other nutriment needed by the body.

Foods that can now be used as desserts include fruits, cake, pie, pastries, puddings, ice cream, custards, cookies, and doughnuts. All are valuable in the diet, although there is some variation in their dietary qualities.

Pie, cake, and ice cream are our most popular desserts. Apple pie is the favorite, with cherry pie a

close second. These fruit pies not only are good sources of food-energy, yielding from 300 to 400 calories to the average four inch slab, but they contain some body-building protein, some food-minerals, and appreciable amounts of certain vitamins, such as vitamins A and C.

About half of the volume of the average cake is made up of such protective foods as eggs, milk, and butter or pure vegetable shortening. The other half consists of wheat flour and sugar or other sweetening agents such as honey and molasses. "Eat your egg the cake way," is, in fact, a good slogan these days.

Cake furnishes about 100 calories per ounce, although the food-energy yield may be a little more or a little less, depending on the exact composition or type of cake.

Ice cream inherits many of the excellent dietary properties of its fluid ancestor, milk. High in energy value, about 70 calories per ounce, it is abundant in protein, the food-mineral calcium, and vitamins A and B.

None of these desserts is fattening when properly included in a well-constructed daily diet. A dessert should, in fact, be a part of a balanced meal, and not a mere appendage to it.

TALENT NOTES

Mrs. Margaret Kline 85 years old and a resident of Talent for the past ten years passed away in Pontiac, Michigan, where she was visiting her three sons who live there. She had been there but a short time when death called her. Mrs. Kline was the mother of Mrs. Nora Walters of Talent with whom she made her home, and Mr. Ross Kline of the Table Rock area.

Dale O'Harra left Sunday eve for Fort Lewis Washington where was inducted into the Army.

Mrs. George Pfeifer made a business trip to Medford Saturday.

Mr. and Mrs. Wayne Cowdrey and children of Prospect spent the week end with Mr. Cowdrey's parents, Mr. and Mrs. R. F. Parks.

The Community Club held their regular meeting at the City Hall Wednesday afternoon with a good attendance of members.

Mr. and Mrs. Bill Breese of Fort Klamath are visiting Mrs. Breese's parents Mr. and Mrs. Dick Morrow on Wagner Creek and other relatives in the valley.

Mr. and Mrs. Wm. Sommers and two children of Prospect spent a couple of days last week with relatives.

Mrs. Wayburn Kerryon and three children of Ashland visited Mrs. Kenyon's sister, Mrs. Jessie Leirrs, Monday.

Harry Withrow, who is in the navy stationed in Washington, is visiting his parents, Mr. and Mrs. Glen Withrow, and other relatives this week.

Mr. and Mrs. Don Hungate and small daughter, Carolyn, of Prospect, visited relatives here this Wednesday.

Mr. and Mrs. Charles Long, Sr. are taking a vacation at Roseburg visiting their daughter, Mrs. Gladys Helbig and family.

Bill Ross of Ashland was a business caller in Talent Thursday morning.

Mr. and Mrs. Reginald Woods sold their property near the school to Mr. and Mrs. J. S. Star. Mr. Woods has possession of the property until the first of the month of March.

The recent flood took the two bridges over Bear Creek and Wagner Creek on the road to Valley View with other bridges in this area.

And then there was the moron whose wife was all befuddled because he had left to shoot craps and she didn't know how to cook them.

TO RELEASE FLOW OF LIVER BILE

Get a bottle of Kruschen Salts tonight. Half an hour before breakfast, take as much as will lie on a dime in a glass of water (hot or cold) or in your morning cup of tea or coffee and keep this up for 30 days. Kruschen taken this way helps relieve such symptoms as sick headaches, bowel sluggishness and so-called bilious indigestion when due to insufficient flow of bile from the gall-bladder. You can get Kruschen, a famous English formula made in the U. S. A., at any drug store. You must be satisfied or money back.

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WOMEN AT WAR

Rosebud

Rosebud is eight, and the most beautiful shade of caramel fudge. To her loving Mammy and Pappy she is known, on approximately alternate days, as "Angel" and "You devil child". It was on her devil-child days that Rosebud tied the knots in the shirts that Mammy had taken in for washing, and poured the whole of the vanilla bottle into the lamb stew, just, she said later through bitter tears, to "flavor it up some".

On her angel days Rosebud is equally imaginative even if a more restful occupant of the little shack down on Vinegar Hill. Once when Mammy was out doing day work, Rosebud got a wave of cleaning fever and scoured every pot and pan in the kitchen so that they literally glistened. Another day, left alone, she tidied up

Mammy's and Pappy's room to such a point of apple-pie order that it was a week before Pappy could find an undershirt.

Rosebud is a great reader of the newspapers. Mammy and Pappy don't take one, but there are plenty of perfectly good newspapers blowing round Vinegar Hill. It was out of one of them that Rosebud got her idea for spending the ten cents the Bunny had put under her pillow the night her tooth came out. After breakfast Rosebud disappeared down the Hill and reappeared soon after with a beautiful ten-cent War Stamp pasted firmly into a brand-new book with neat little squares for more stamps. She displayed her investment to Mammy. "I declare you're an angel child," Mammy said. Rosebud went on sitting on the kitchen floor staring with large brown eyes at the empty squares in her book. From time to time she took hold of one or another of her teeth and wiggled it, gently.

Mammy was engrossed in a particularly big washing. Rosebud was as quiet as a mouse and Mammy forgot about her until, coming in from the yard with her arms full of dry sheets, she encountered her child with a large hammer in her hand. Scouting the devil in her angel child, Mammy shouted at her, "Rosebud! Come yere with that hammer! What you planning on doing?"

But what was done was done. In Rosebud's other hand was another tooth. Her mouth was stretched in a broad if slightly bloody smile. "I ain't doing nothing, Mammy," she said. "I'm just filling up my stamp book."

(Story from an actual report in the files of the Treasury Department.)

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Dr. James A. Tobey