Thursday, January 28, 1943

SOUTHERN OREGON MINER

ROBERSON CUT BY OWN KNIFE

Due to a leg injury received when working at the Railway Express Agency, Winfield Roberton, junior class prexy and le terman, will be inactive for at least a part of the basketball season.

The injury was inflicied in knife he had placed in his bo top. A box fell down on it and forced the knife into his leg, cutting an artery. Roberson probable saved himself a more serious injury

mpy grups in several his scarf before he was taken to the hospical for med.cal 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 he 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 shing wrong with the Army was the absence of sporting events. His work began at A.H.S. on January 18.

Coach Simpson had just puts his new charges for the basketball season, the "Alley Cats," through an ini.ial practice the evening be fore.

"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 baskecoali," he added. The interview was conducted during the placing of a beam for the snop roof, and after the reporters should questions had caused several misplaced nails, tney were terminated.



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

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 hilt 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 the protein food, two vegetables at least—ope cooked and one or more raw, breadstuff, dessert, bev-erage. best of me. As you know, to over-

Very active members of the fameat, is as unwise ily, who do hard physical labor on farm or in factory, rate such a menu as this: Breakfast — fruit, to undereat, and the amount of food we need breadstuff, cereal, eggs or meat, beverage; Lunch - meat or other day depends largely on the protein foods, one vegetable or type of work we salad, breadstuff, simple but nour-

For a fairly still life, say desk work: Breakfast salad, breadstuff, simple but nour-ishing dessert, milk; Dinner-meat, fish, fowl, or other protein food, two cooked vegetables at least,

breadstuff, dessert, beverage.

MENU

TALENT NOTES

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

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

Mrs. George Pheifer 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. Breeses 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 visi ing 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 Rosebung visiting their daughter, Mrs. Gladys Helbig and family.

Bill Ross of Ashland was a business caller in Talen; 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.

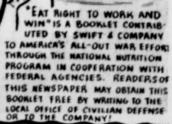
The recent flood took the two bridges over Bear Creek and Wagner Creek on the road to Valley View with other bridges in this area.

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

TO RELEASE FLOW OF



INCIENT CHINA, BAKERS WHO ADULTERATED FLOUR WITH SAND NERE COMPELLED TO EAT SOME OF THEIR OWN PRODUCTS. THEREBY BREAKING THEIR TEETH AND A BAD HABIT ..!





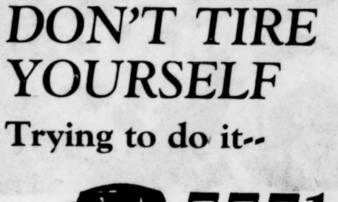
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MODERATION

ARMED FORCES AND WIN-

HING THE WAR. FOOD MUST GO TO OUR FIGHTING MEN

AND OUR ALLIES!

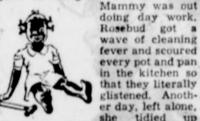




and let our laundry wagon pick up your washing --

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



tidied she 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.

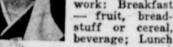
Rosebud is a great reader of the newspapers. Mammy and Pappy don't take one, but there are plenty of perfectly good newspapers blow-ing round Vinegar Hill. It was out of one of them that Rosebud got her idea for spending the ten cents the Bunny had put under her pillow the night her tooth came out. After breakfas 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 invest-ment to Mammy. "I declare you're ment 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. Scenting 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 enother 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.)

Say yes. Take your change in War Stamps. Your investment in War Bonds today will save a payday for tomorrow. U. S. Treasury Department



-cream or vege-Mrs. Kiene table soup, fruit 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.

erately active folks, who are on meir feet most of the day, need meals like these: Breakfast-fruit, 2 large onlons, breadstuff or cereal, eggs or meat, breadstuff or cereal, eggs or meat, beverage; Lunch-vegetable plate or a fruit or vegetable salad, bread-stuff, dessert (fruit, pudding or something equally simple), milk; NEXT WEEK: Washday Shorts

*Baked Jumbo Quick-cooked Shredded Cabbage and Carrot Pear and Cheese Salad Whole Wheat Bread Butter Steamed Suet Pudding Cereal Drink Milk *Baked Jumbo Recipe 1 cup uncooked 1/4 lb. salt)

 ¹/₂ ID. salt)
pork) ground
¹/₂ Ib. beef together steak)
1 teaspoon salt
¹/₂ teaspoon pepper
¹/₂ teaspoon thyme
1 teaspoon sugar quart canned to-

PRACTICAL HEALTH HINTS

Suitable Wartime Desserts

By Dr. James A. Tobey

SolDIERS, sailors, war workers, close second. These fruit pies not and civilians all crave good only are good sources of food-

desserts. There is no reason why energy, yielding from 300 to 400

salad or fruit, vegetable, or green, ER BI

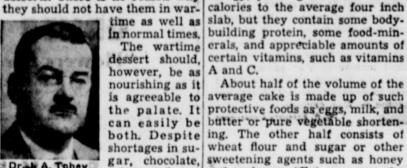
> Half an hour before breakfast, take as much as will lie on a dime in a glass of water (hot as will lie on a dime in a glass of water (hot or cold) or in your morning cup of tea or coffee and keep this up for 30 days. Kruschen taken this way helps relieve such symptoms as sick headaches, bowel sluggishness and so-called billous indigestion when due to in-sufficient 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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Dr.A A. Tobey tritious desserts are and will be gan these days. available.

needed by the body.

tards, cookies, and doughnuts. All vitamins A and B. are valuable in the diet, although None of these desserts is fattenthere is some variation in their ing when properly included in a dietary qualities.

most popular desserts. Apple pie balanced meal, and not a mere is the favorite, with cherry pie a appendage to it.

time as well as slab, but they contain some bodyin normal times, building protein, some food-min-The wartime erals, and appreciable amounts of dessert should, certain vitamins, such as vitamins however, be as A and C.

nourishing as it About half of the volume of the is agreeable to average cake is made up of such the palate. It protective foods as eggs, milk, and can easily be butter or pure vegetable shortenboth. Despite ing. The other half consists of shortages in su- wheat flour and sugar or other gar, chocolate, sweetening agents such as honey spices, and con- and molasses. "Eat your egg the diments, plenty of tasty and nu- cake way," is, in fact, a good slo-

Cake furnishes about 100 calo-A dessert has zeveral definite ries per ounce, although the foodnutritive functions. It completely energy yield may be a little more satisfies the appetite, giving an or a little less, depending on the agreeable feeling of fullness. It exact composition or type of cake. stimulates digestion. It provides | Ice cream inherits many of the food-energy and other nutriment excellent dietary properties of its fluid ancestor, milk. High in ener-

Foods that can now be used as gy value, about 70 calories per desserts include fruits, cake, pie, ounce, it is abundant in protein, pastries, puddings, ice cream, cus- the food-mineral calcium, and

well-constructed daily diet. A des-

Pie, cake, and ice cream are our sert should, in fact, be a part of a



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