

Churches to Aid In Salvage Drive

The Oregon State Council of Churches has agreed to act as sponsor for Oregon's participation in the forthcoming nationwide salvage drive for collection of discarded clothing and rags. It was announced by Claude L. Sersanous, Chairman, Oregon State Salvage Committee.

Under this agreement with the Church Council, churches in virtually every community in the state will be designated as salvage depots, according to Sersanous. Donors will be instructed to deliver their used clothing and rags to the nearest church participating in the campaign which runs from Monday, Nov. 22 to Saturday, December 4.

The War Production Board has pointed out that the need for clothing to aid in the rehabilitation of people in the liberated

countries abroad and for relief purposes at home is becoming more acute daily. In addition rags are desperately needed by our armed forces and industry for wiping and other essential uses.

Although mending is not required, donors are asked to see that all woolen garments are brushed and cotton garments and rags are clean. Shoes are not wanted, nor rubbers, rubber boots, overshoes, galoshes, slippers, leather leggings, hats, caps, neckties, collars, garters, garter belts, suspenders, belts, girdles, corsets, veils, spats, rubber coats and diapers.



THE MINER PRESS FOR QUALITY PRINTING.

NOTICE

District Land Office, Roseburg, Oregon. Notice is hereby given that on December 21, 1942, Wade H. Wallis, of Ashland, Ore., filed exchange application Roseburg 022776, under the act of July 31, 1939 (53 Stat. 1144) for the E $\frac{1}{2}$ SW $\frac{1}{4}$, W $\frac{1}{2}$ SE $\frac{1}{4}$ and SE $\frac{1}{4}$ SW $\frac{1}{4}$ Sec. 21, T. 40 S., R. 4 E., W. M., Jackson County, Oregon, in lieu of Lots 1, 2, 3 and the E $\frac{1}{2}$ SW $\frac{1}{4}$ Sec. 19, same township and range, containing 144.74 acres. This notice is for the purpose of allowing all persons having bona fide objections to the proposed exchange an opportunity to file their objections in this office, together with evidence that a copy thereof has been served on the applicant within 30 days from date of first publication. George Finley, Register. First publication November 25, 1943.

650TH ENGINEERS ASHLAND USO GUESTS

Members of the 650th Engineers, Company A, were in the convoy from Camp White to Ashland for the regular Friday evening waffle supper held November 19.

Members of the Eastern Star who served the supper were Miss Doris Hitchcock, Miss Virginia Whittle, Mrs. William Rice, Mrs. A. A. Snider, Mrs. Laura Pierce. Senior hostesses assisting were Mrs. Marie Freeman and Mrs. Mildred Frazier.

An impromptu Sunday afternoon waffle tea was served November 22 in the USO dining room by Junior Hostess Beatrice Krueger, assisted by Pvt. Erwin Ferber and Pvt. Tony Reynolds. Guests included 30 junior hostesses, soldiers and civilians.

JUDGE OF INTERNATIONAL SHORTHORN CONGRESS



W. L. Blizzard, noted judge and cattle expert, Dean of Agriculture at the Oklahoma A. & M. College, Stillwater, has been selected as Judge of the International Shorthorn Congress Show and Sale, to be held in Chicago in conjunction with the Chicago Market Fat Stock Show, November 29th to December 1st.

He is shown with Ashborne Orange, the Shorthorn steer that was exhibited by Oklahoma A. & M. to the Grand Championship over all breeds at a recent International.



STUDENT TALENT AT ASSEMBLY PROGRAM

Student musical talent was featured in a program at the Southern Oregon College of Education Wednesday, Nov. 17. Ann Crandall played two violin selections, Brahms' Hungarian Dance Number 6 and Meditations from Thal's by Massenet. She was accompanied on the piano by Mrs. J. W. McCoy. Miss Crandall, a sophomore at SOCE, teaches class violin in the Training School.

Sue Parkinson sang a group of popular songs accompanied on the piano by Carolyn Rose. The final number was a vocal and instrumental trio by Misses Crandall, Parkinson and Rose. All three student musicians are from Ashland.

Miss Krueger Elected Head Junior Hostesses

Miss Beatrice Krueger was elected president of the junior hostesses of the Ashland USO at a meeting held Sunday morning, November 21. Other officers named were Kay Bergstrom, Judy Silver and Elene Douglas.

In addition to elections, the group discussed plans for coming holidays and made plans for a dance on Thanksgiving evening. Plans for Christmas festivities at the USO were also considered.

The meeting took the form of a breakfast served by Senior Hostesses Mrs. L. P. Wilmuth, Mrs. W. S. Stennett and Mrs. C. H. Putney. Tables were decorated with autumn leaves and berries.

In the absence of the president, the meeting was conducted by Marie Pochelu, vice president.

PRACTICAL HEALTH HINTS

What Is a Sensible Breakfast?

By Dr. James A. Tobey

THE wrong way to begin any day is to eat a hasty, inadequate breakfast. No one, whether worker, student, or homemaker, can do effective work on a scanty morning meal.

A good breakfast is important for everyone. It is consumed about twelve hours after the last meal, when the stomach is empty and the body is rested but depleted of food-energy.

To start the day right, the human machine must be stoked with fuel in the form of proper food. The body will not get necessary sustenance merely from a cup of coffee and a doughnut or small piece of toast, good as are those foods in adequate amounts.

A "good" breakfast is one which is appetizing, nourishing, sustaining until lunch time, and eaten in a leisurely way. Even elderly persons need fairly substantial breakfasts.

While variety in breakfasts is desirable, a general pattern can be followed. Begin with fruit in season, thus getting plenty of vitamin C and other dietary advan-

tages. Oranges, grapefruit and their juices, tomato juice, and such fruits as baked apple or apple sauce, prunes, apricots, peaches, berries, and many others. Bananas and pineapples are good, but unfortunately now are difficult to get.

For the main dish, cereals and eggs are valuable, since they supply food-energy and body-building proteins. Whole grain cereals, such as oatmeal, wheat, barley, and rice, are best. They should be served with milk or cream and a little sugar.

Toast is a popular and beneficial part of every breakfast. Not only is toast the most easily digested form of carbohydrate obtainable from foods, but it is highly nutritious. All our white bread is now enriched with vitamins and minerals natural to whole wheat.

Along with these solid foods goes coffee or some other appropriate beverage. For children pasteurized milk is better, or hot cocoa made with milk, if you can get the cocoa.

On such a breakfast, built around fruit, cereal, toast, eggs, and other appropriate foods, a war worker can produce more efficiently, a homemaker will enjoy housework, a student will make more progress, and the rest of us will be more healthy.



Dr. J. A. Tobey

To Attend Regional Meeting In Medford

Mayor T. S. Wiley, members of the city council, and other officials of Ashland have been invited by Mayor C. A. Meeker of Medford and Mayor John H. Houston of Klamath Falls to attend a regional meeting of the League of Oregon Cities to be held in Medford on Tuesday evening, November 30. Mayor Houston is president of the League. Mayor Wiley has been asked to organize a delegation including school and civic leaders to attend the meeting.

The development of policies and specific community programs designed to meet postwar conditions will be one of the primary objectives of the cities' regional meetings this year. Public works programming, juvenile delinquency, housing and other war and post war problems are scheduled for consideration.

Meeting with representatives from this area will be George K. Aiken, state budget director and secretary of the Governors committee and Postwar Readjustment and Development; Oscar Cutler, assistant staff engineer, State Highway Commission; John H. Houston, League president; Orval Etter, legal consultant for the League; and Herman Kehrl, League executive secretary and director of the University's Bureau of Municipal Research and Service.

Xmas Seal Artist



Andre Dugo, above, prominent in international art circles, is artist of Christmas Seal of National Tuberculosis Association and its affiliated societies.

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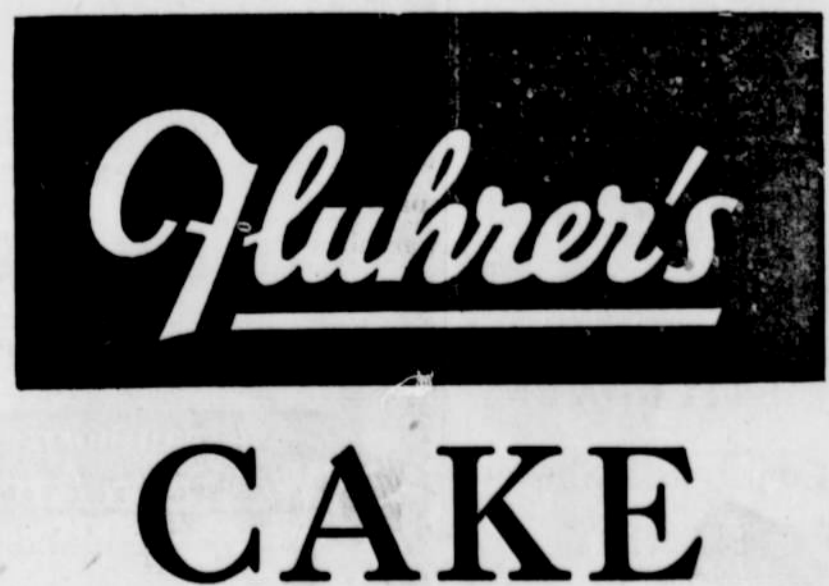
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