[^0] apparent fact was clearly brought out that Ashland will way, and that through its becoming a tourist resort, that city will reap more benefit from the road and secure a
larger share of money spending sightseers than Medford. The same holds good for every city in the Rogue Riv valley. The road cannot be constructed without benefitLake. Tourists cannot come into the valley without see ing every part of it. They cannot spend moner
section without every section reaping the benefit.
ection without every section reaping the benefit.
The Orater Lake highway is a community of interes
proposition. It will directly benefit every town in south proposition. It will directly benefit every town in south
ern Oregon and it will cement together the various local ities to work for the common good. Indirectly it will ben efit every city in the state. It is impossible to direct 50 , 000 sightseers through the state annually without some
portion catching the fancy of some of the tourists, leading to investment and settlement by the most desirable class of citizens.
It is impossible for any one section of the state to ben fit much without other sections being benefited also to a greater or lesser degree. Civilization has made every part of the country dependent upon the rest of the country
We cannot begin to produce everything we consume, and we cannot begin to consume everything we produce. The exchange of our surplus for the surplus produced by other localities constitutes commerce, and the more of a surplus we can profitably produce, and the greater the surplus of

## HELPING THE HOUSEWIFE.

The conservation of kitchen resources with the object of teaching the housewife what is best to eat, the best way to use it, and how to buy it, is the object of a meat cook
book issued by the department of agriculture containing the results of ethaustive experiments with a queer devic called the calorimeter.

Economy in cooking is a neglected science with the average American housewife, as compared with her European cousin. American consuls abroad have commented upon the difference in the standards of living between the various nations. Although the American secures a larger wage than the German, the latter is a better fed man. Americans put more into the kitchen, but the German takes more out of it, and the German housewife is pronounced unequaled as a conservator of kitchen re

The and its relation to the health, growth and energy of the body. Food consumption is studied by an analysis on the theory that the human body is self-regulated, and that where as in the case of a furnace, all the fuel is converted into ash, gas and heat, in the body a
goes toward building up the tissues.

All human energy is transformed into heat given of from the body. Every movement causes a slight escape of heat. To measure the heat is to know the amount of
energy expended. The apparatus used is as large as a room and as delicate as a ship's chronometer. The subject is placed in a heat proof chamber, so as to remain unaffected by temperature changes from without. There are two outer walls separated by an air space through which are wires for electric curs for the circulation of cold water and wires for electric currents. The man in the calorimeter is fed upon the diet to be analyzed. To measure the heat in the chamber determines the actual amount of energygiving nourishment there is in a particular food. Tests are made with a man at exercise and at rest
By analysis the constituents of the ash from the food and the energy supplied by it are learned. The gas or breath is analyzed and the quantity assimilated ascertained.
It is by experiment with various foods, and the same food variously prepared, that the calorimeter registers its most valuable information to the housewife. This information translated from technical terms and reduced to plain English constitutes the meat cook book of the deplain English constitutes the meat cook book of the de-
partment, supplying the information for conservation of partment, supples.

| CHIEF BIGGY' WIDOW |
| :--- | :--- |
| ASKS FOR A PENSION | (SEATTLE TEACHERS TO $\quad$ HAVE AALARIES RAISED

PERRY RECEIVES GOLD W'CREDIES TEAM AT JOHNSON STARTS ONE TERM ENOUHH? AIO BRONZE MEOALS HOME IN FIRST PLAGE WEST THURSOAY WELL-PERHAPS NOT

| Awards Were Made at the AlaskaYukon Exposition-Medals and Diplomas Just Received. | "Come in; the Water Is Fine," Say the Ducklings - Bleachers Lovs Beavers, But "Oh, You Clarice." | Will Rest in Salt Lake and Los An-geles-Active Training When Ocean'Beach is Reached. | Taft Makes Statement That Four Years is Enough for Him, But Later Does Not Reiterate Remark. $\qquad$ |
| :---: | :---: | :---: | :---: |
| J. A. Perry roceived today a gold medal for the best exhibit of Spitaenburg and Newtown apples made at the Alaska-Yukon exposition at Se- | The Beavers open on their home grounds today, golng against Oakland. <br> There should be no doubt about | Chicago, April 19..Jack Johnson will start for the Pacific const Thurbday next, according to a statement today by Manager Little. | Washington, b. C. April 19,President Taft is not relterating his Saturday statement that one term in the White House ts enough for him. |
| attle last year. | $\mathrm{Mec}$ | Johnson will go to Salt Lake, where |  |
|  |  |  | remarke, they were not made nerlous- |
| rom different |  | tig place will be Los |  |
| some of the fruit having been | aggregation |  |  |
| purchased by Mr. Perry personally. | up baseball both at Los Angeles |  |  |
| The medal was won from the | Sacramento. So much so that |  | elt |
| that new fruit was placed on exhibi- | kn went home in tirst p | The date of Johnuon's arrival in | a positble candidato for re-olec- |
| tion each day, commencing with the | thanks to the services of the Seals. |  |  |
| erop of 1908, and winding up wit | games on the rosd, whith is a remark- | Little stated that actir | was afmply joking about the amount |
| During the la |  |  |  |
|  |  |  |  |
|  |  |  | firat term to put considerations |
| keeping quality of Rogue River |  |  | etion |
| The bronze medal came from an | te | $\begin{aligned} & \text { usu } \\ & \text { froo } \end{aligned}$ | tor H |

## Money <br> Makers

NO. 52- $\$ 2150-7$-room house on 9 th street, close in large barn; two lots $50 \times 100$ each. If you want a snap here it is and you will say so
when you see it. $\$ 1075$ cash, balance easy
NO. 53- $\$ 1200$-Corner lot, $50 \times 101$; four-room house woodshed; good well; close in; $\$ 600$ cash, bal ance $\$ 15$ per month.
No. 54-4-Beautiful corners, all right close to business center; ideal locations for an apartment house, hotel or rooming house; one of these is close to new S. P. depot

NO. 27-10 ACRES- $11 / 2$ miles from town; 5 acres road; price $\$ 1600$, half cash, balance 7 per road; price $\$ 1600$, half cash, balance 7 per
cent.
NO. 30-5 ACRES- $11 / 2$ miles from Phoenix; good free soil; all level; lots of wood; this week only

## McARTHUR \& ALEXANDER

PHONE 3681
ROOM 3, P. O. BLOCK

## Excursion Ratesto the East

 Southern Pacitic

Walk-
Over Shoes

## Ride Less .-. Walk More

This fine weather makes walking a most enjoyable and healthful exercise. It's good for poor spirits, poor appetite,
poor digestion and poor health generally, poor digestion and poor health generally, Try it, but try it in a pair of shoes that are
easy on the feet. Try it in a pair of WALKeasy on the feet.
OVER Shoes.
$\$ 4.00, \$ 4.50, \$ 5.50$.
Edmeades Bros
(LINES IN OREGON)

| то | RATES |
| :---: | :---: |
| Chica | \$72.50 |
| Council Bluffs | \$60.00 |
| Omaha | \$60.00 |
| Kansas City | \$60.00 |
| St. Joseph . | \$60.00 |
| St. Paul | \$60.00 |
| St. Paul via Council Bluffs | \$63.90 |
| Minneapolis direct | \$60,00 |
| Minneapolis, via Council | \$63.90 |
| Duluth, direct | \$66.90 |
| Duluth, via Council Bluffs. | \$67.50 |
| Louis | $\$ 67.5$ |

Tickets will be on sale May 2d and 9th; June 2d, 17th and 24th; July 5th and 22d; August 3d; September 8th. The above rates apply from Portland only. From points south of Portland, add ONE WAY local rate to Port land, to make through rate via Portland. One way

Ten days provided for the going trip.
Stop-overs within limits in either direc
tion. Final return limit three months
from date of sale, but not later than October 31st.
Inquire of any S. P. Agent for complete information.
WM. McMURRAY
Ceneral Passenger Agent,
Portland, Oregon


[^0]:    Who says the supr
    triendiy to Medford?
     Atand-patters are sittting down. 200 wil Central Polot and Gold Hil and our Rogue river towne.

