

DRIED AND FRESH FRUITS NOT LUXURY BUT NECESSITIES

WASHINGTON, D. C., Feb. 5.—Fresh fruits are divided into two classes, "flavor fruits" and "food fruits," according as they are valued for their flavor or as a food, according to the office of nutrition investigations of the United States department of agriculture. Those that are 80 per cent or more water fall under the first classification (apples, pears, peaches, and most of our common fruits), while those containing less fall under the latter (bananas, grapes and figs). The food value of a pound of dried fruit is, of course, much greater than that of a pound of fresh fruit. A pound of the latter will yield an average of about six ounces dried, but the amount of water in the original fruit is no guide to the food value of the dried product.

Chemical Changes Follow
The main change which takes place during drying is the loss of water, but other changes also occur. Very often the right degree of heat produces changes not unlike those which occur during natural ripening on the plant.

In some cases the crude fiber which forms the basis of the plant structure is reduced in amount or softened. Much of the starch is changed to some form of sugar. The change in flavor is due partly to the proportionate increase of sugar from loss of water and to absolute increase from chemical changes.

To determine which of two fruits is more economical, not only must the cost per pound be known, but the amount of bodily fuel that makes for energy and protein (muscle-building material) a pound of each would supply. One must also consider what expense is required to prepare each less a pound than raisins, but a given sum spent for grapes will buy a smaller amount of nutritive material, since the proportion of water is much higher than in the raisins.

Dried Fruits Economical
On the other hand, low-priced fresh fruit is sometimes as economical as a somewhat cheaper dried fruit, since the latter would require sugar and fuel to make it ready for the table.

Attention should also be directed to the extent of inedible material. Numerous studies made of nutritive values by the office of experiment stations have shown that dried fruits may be termed an economical article of diet. Fruit products in general contain little protein, but as sources of energy, derived almost entirely from their sugar, dried fruits are decidedly cheaper than meats and compare favorably with dairy products. They are, however, more expensive than cereals and starchy vegetables, such as dried beans and potatoes.

Under no circumstances should fresh and dried fruits be thought a luxury, since they supply the needed nutritive material as an integral part of the diet, besides adding to the attractiveness of the daily fare. If they are to be eaten raw, grades made and marketed in a cleanly way should be obtained.

The amount of dried fruit produced in the United States increased 575 per cent between 1899 and 1909. California produces more than four-fifths of the yearly output. According to a very rough estimate, each person in this country consumes on an average 5 or 6 pounds of dried fruit a year.

LABANTA IDENTIFIED AS TRAIN ROBBER
SAN FRANCISCO, Cal., Feb. 5.—Jean Labanta, alias Clyde Kaufman, the confessed train robber and forger, was brought to San Francisco today from Auburn. He was identified here by several mail clerks, who were on the three trains held up by Labanta in the last four months.

Labanta was ordered incarcerated in the Alameda county jail pending action by the federal grand jury, which was expected to take up his case tomorrow.

LOBINGER NAMED JUDGE IN CHINA
WASHINGTON, Feb. 5.—The nominations of Charles Lobinger of Omaha to be judge of the federal court in China, and Colonel George Barnett to be a major general and commandant of the United States marine corps were sent to the senate today.

CHAMBERLAIN BILL TO PROVIDE FUNDS FOR POSTAL ROADS

Copies have been received here of the bill introduced by Senator Chamberlain for \$500,000 postal road appropriation. It reads as follows:

"That there is hereby appropriated the sum of \$500,000, out of any money in the treasury not otherwise appropriated, to be expended by the secretary of agriculture in co-operation with the postmaster general in improving the condition of roads to be selected by them over which rural delivery is or may hereafter be established, such improvement to be for the purpose of ascertaining the increase in the territory which could be served by each carrier as a result of such improvement, the possible increase of the number of delivery days in each year, the amount required in excess of local expenditures for the proper maintenance of such roads, and the relative saving to the government in the operation of the rural delivery service and to the local inhabitants in the transportation of their products by reason of such improvement, and report the results in detail to congress: Provided, that the state or the local subdivision thereof in which such improvement is made under this provision shall furnish double the amount of money for the improvement of the road or roads so selected. Such improvement shall be made under the supervision of the secretary of agriculture."

RITCHIE NOT GOING ON AUSTRALIAN TRIP

SAN FRANCISCO, Cal., Feb. 5.—Flat denial of published reports that he intended leaving for Australia immediately after his scheduled bout April 3 with Harlem Tommy Murphy was made here today by Willie Ritchie, the lightweight champion. It had been reported that Ritchie had promised "Snowy" Baker, the Australian promoter, to make the trip to Sydney and box either Young Saylor or Herb McCoy in June.

"I don't intend to leave the United States until I have given all the boys here a chance at my title," said Ritchie. "There is too much money in sight here to box such men as Wolfgang, Welsh, Rivers and Cross to go to Australia. After those men have been disposed of I may make the trip."

LIFE IMPRISONMENT FOR HOP PICKERS

MARYSVILLE, Cal., Feb. 5.—Richard Ford and Herman Suhr, the two men convicted of second degree murder in connection with the riot on the Durst hop ranch near Wheatland last August, were sentenced to life imprisonment in Folsom penitentiary today. Bail was refused pending appeal. There was no demonstration in the courtroom and the two men took their sentences stoically.

The cases grew out of the death of District Manwell. Others in connection with that of Deputy Sheriff Reardon were dismissed, as were those against Edward Malouf, Alfred Nelson and Earl Cokley, hitherto held on charge of complicity in the killing of Manwell.

KLAMATH HIGH WINS BASKETBALL GAME

The Klamath high school basketball team won from the local high school squad in last night's game by a margin of four points. The score was 19-15. The game was clean and snappy and a pretty one to look at. Medford led in the first half but lost their pep in the last slowing up and allowing their opponents to score at will. Thomas and Brown starred in basket shooting for the local quintet. A large delegation of rooters were on hand and some spirited yelling took place.

The senior girls team defeated a picked team from the other classes in a fast and well played preliminary by a 6-2 score. There was also a game between the boys' second team and the Talent first squad which was won by the former by the one-sided score 20-1.

CHICHESTER'S PILLS
THE ONLY PILLS THAT
Medical and your Druggist
Pills in Red and Gold
Taste as others. But 25¢ per
Bottle. Act for 50¢. 100¢ per
Bottle. 200¢ per Bottle. For
years known as Best, Safest, Always Reliable
SOLD BY DRUGGISTS EVERYWHERE

LIST OF JURORS FOR CIRCUIT COURT FEBRUARY TERM

The following list of jurors have been drawn to serve at the February term, 1914:

Clint Gallatin, Sterling, farmer; John Arnold, Medford, farmer; Geo. E. Fox, Central Point, farmer; W. P. Rathe, Phoenix, orchardist; W. W. Gregory, Mound, farmer; L. H. Hughes, Phoenix, farmer; Robert J. Brevard, Medford, farmer; D. W. Beebe, Mound, farmer; Fred N. Chapel, Rogue River, farmer; A. W. Weidner, Talent, farmer; Nelson Wisley, Medford, carpenter; A. R. Kleinhammer, Sterling, farmer; M. F. Cyester, Ashland, farmer; J. H. French, Eagle Point, farmer; W. W. Parker, Big Butte, farmer; Paul M. Janney, Medford, farmer; I. C. Robnett, Central Point, merchant; John J. Holman, Ashland, farmer; J. W. Peart, Phoenix, orchardist; Wm. Bruin, Talent, farmer; Edw. Dimmick, Wilmer, farmer; H. S. Glein, Talent, orchardist; Fred Danlap, Big Butte, farmer; Harry W. Reames, Phoenix, merchant; Elmo Neil, Ashland, farmer; F. W. Hollis, Medford, merchant; W. D. Welch, Medford, orchardist; Geo. E. Sprague, Medford, farmer; Ed Thompson, Rogue River, merchant; E. A. Boaling, Footh Creek, farmer; W. W. Edington, Sams Valley, farmer.

PLAN PURCHASING AGENT FOR THE CITY

The new council plugged another leak in the municipal pocketbook at an adjourned session Wednesday night, when they ordered the purchase of all supplies for city departments through the chairman of council committees, pending the framing of an ordinance by City Attorney McCabe providing for the establishment of a purchasing department. Until then members of the council will give their consent, and see the necessity of same before a purchase. Some city employes with a knack for fixing things will be detailed to make repairs to shovel handles, etc., instead of buying new ones, as under the old order.

An ordinance re-assessing sewer district No. 13, to include all property benefited indirectly or directly thereby, and exempting all previously assessed, was passed. This is the assessment responsible for the W. E. Phipps controversy with the old council.

WOMAN WANTS TO HELP OTHERS

By Telling How Lydia E. Pinkham's Vegetable Compound Restored Her Health.

Miami, Okla. — "I had a female trouble and weakness that annoyed me continually. I tried doctors and all kinds of medicine for several years but was not cured until I took Lydia E. Pinkham's Vegetable Compound. I hope my testimonial will help other suffering women to try your wonderful medicine." — Mrs. MARY R. MILLER, Box 453, Miami, Okla.

Another Woman who has Found Health in Lydia E. Pinkham's Vegetable Compound.

Lindsborg, Kansas. — "Some years ago I suffered with terrible pains in my side which I thought were inflammation, also with a bearing down pain, backache, and I was at times awfully nervous. I took three bottles of Lydia E. Pinkham's Vegetable Compound and am now enjoying good health. I will be glad to recommend your medicine to any woman suffering with female trouble and you may publish this letter." — Mrs. A. L. SMITH, R. No. 3, Box 60, Lindsborg, Kansas.

If you have the slightest doubt that Lydia E. Pinkham's Vegetable Compound will help you, write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass., for advice. Your letter will be opened, read and answered by a woman, and held in strict confidence.

IF THEY'RE KLEIN MADE THEY'RE TAILOR MADE
Medford Tailors

ONE ARM MUSICIANS AT STAR THEATRE

Again the Star theatre offers one of the greatest of all novelty acts "The One Arm Trio." They are right up to the notch and have scored the biggest kind of a hit in each town played in. Notwithstanding the fact that each man has only one arm, they play nearly a dozen different instruments to perfection.

It is worth anyone's time to see this act, especially the novel contrivances invented by these three players to use in place of their missing hands. The using of one bow in playing the violin, and another in playing a cello, by the same man at the same time, and the fingering of each instrument being done by the other two men, is indeed wonderful and was only accomplished after months of practice.

"The Kissing Cup," an excellent four part photoplay will be shown for the last time tonight. Tomorrow the "Famous Player" productions will start with Mary Pickford in "Caprice" as the first offering. These pictures have been a big success everywhere and are staged and produced under the personal supervision of Daniel Frohman himself, which is alone a guarantee of their being first class.

Weather Forecast
Oregon—Fair tonight and Friday; colder tonight, with a cold wave; zero temperatures east portion; cold weather for several days; northerly winds.

MEDFORD DRUGGIST HAS VALUABLE AGENCY
L. B. Haskins has the Medford agency for the simple mixture of buckthorn bark, glycerine, etc., known as Adler-ka, the remedy which became famous by curing appendicitis. This simple remedy has powerful action and drains such surprising amounts of old matter from the body that JUST ONE DOSE relieves sour stomach, gas on the stomach and constipation almost IMMEDIATELY. The QUICK action of Adler-ka is astonishing.

DON'T FUSS WITH MUSTARD PLASTERS
There's no sense in mixing up a mess of mustard, flour and water and getting everything all muddled up when you can so easily relieve that pain or soreness with a little clean, white MUSTEROLE. MUSTEROLE is made of pure oil of mustard and other helpful ingredients, combined in the form of a pleasant white ointment. It takes the place of the out-of-date mustard plaster, and will not blister! MUSTEROLE gives instant relief from Sore Throat, Bronchitis, Tonsillitis, Croup, Stiff Neck, Asthma, Neuralgia, Headache, Congestion, Pleurisy, Rheumatism, Lumbago, Pains

IRATE IRISHMEN WRECK ACTORS' HOTEL

WESTPORT, County Mayo, Ireland, Feb. 5.—Angered at what they considered reflections upon the Irish in George Birmingham's "General John Regan," about 500 men early today attacked the hotel at which the members of the theatrical company which produced the play were guests, partly wrecked it and seriously hurt one of the actors.

BREAKS A COLD IN A FEW HOURS--PAPE'S

First Dose of Pape's Cold Compound Relieves all the Grippe Misery—Contains no Quinine

Don't stay stuffed-up! Quit blowing and snuffing! A dose of "Pape's Cold Compound" taken every two hours until three doses are taken will end gripe misery and break up a severe cold either in the head, chest, body or limbs. It promptly opens clogged-up nostrils and air passages; stops nasty discharge or nose running; relieves sick headache, dullness, feverishness, sore throat, sneezing, soreness and stiffness. "Pape's Cold Compound" is the quickest, surest relief known and costs only 25 cents at drug stores. It acts without assistance, tastes nice, and causes no inconvenience. Don't accept a substitute.

UNDERSTAND THAT

When you buy eye glasses of me you get what your eyes require as proven by a scientific examination, and at a price consistent with the best quality and service whether you pay \$3.00, \$5.00, \$8.00 or more.

DR. RICKERT
Eye Sight Specialist
Suite 1-2, Over Deuel's
8 & H. Green Trading Stamps Given

Families
who bake their cakes and cookies at home will appreciate the accurate combination of pure ingredients which makes

Crescent Baking Powder
so sure of good results.
Sold by Grocers
Crescent Mfg. Co., Seattle

Can't Help But Admire Babies
Every Woman Casts Loving Glance at the Nestling Cuddled in its Bonnet.
A woman's heart responds to the sweetness of a pretty child, and more so to-day than ever before since the advent of Mother's Friend.
This is a wonderful external help to the muscles and tendons. It penetrates the tissues, makes them readily yield to nature's demand for expansion, so there is no period of pain, discomfort, straining, nausea or other symptoms so often distressing during the anxious weeks of expectancy. Mother's Friend thoroughly lubricates every nerve, tendon and muscle involved and is a sure preventive for caking of the breasts.
And particularly to young mothers is this famous remedy of inestimable value. It enables them to preserve their health and strength, and they remain pretty by having avoided all the suffering and danger that would otherwise accompany such an occasion.
You will find this splendid remedy on sale at all drug stores at \$1.00 a bottle. Write Bradford Regulator Co., 234 Lamar Ridge, Atlanta, Ga., for their instructive book for expectant mothers.

The ALCO

Is the new name for our confectionery and cigar store, corner Main and South Central.

Several appropriate names were suggested, the one selected being sent in by Mrs. Maude Woods, who received the prize of a box of candy.

WEST & WHITMEAN

E. D. Weston

Official Photographer of the Medford Commercial Club

Amateur Finishing
Post Cards
Panoramic Work
Flash lights
Portraits
Interior and exterior views
Negatives made any time and any place
ment
L. M. HARMON, Manager.
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Perfume Atomizer FREE
We have just received a shipment of DABROOK'S EXQUISITE PERFUMES. In order to introduce these goods we are giving a PERFUME ATOMIZER with every ounce of the perfume.
HASKINS FOR HEALTH

Moe & Co.
Exclusive Dry Goods
Every day we receive new shipments of Spring Goods, and our showing of the latest novelty goods is bigger than any time before. We believe it is more satisfactory to make your selection now. The newest patterns and most desirable cloth is now shown on our counters, and while all sold cannot be duplicated this season, we earnestly invite you to inspect our lines. Most of the novelties are on display and no trouble to show them.

20c grade Flaxon in large assortment of small dresden patterns, per yard.....15c	44 inch Premier Dress Goods, a new stylish cloth for spring suits or dresses, made very soft, yet has a firm body and beautiful silk finish, all new spring shades; per yard.....\$1.25	Tootals Foulard Satine are Imported English Satines with small design and soft shades, looks like silk and wears better, price.....30c	945 silk covered Collar Stays, 9 in one envelope, 3 and 3 1/2 inches high for.....5c
40 inch Ratine, made from finest grade of soft cotton and looks like fine wool, all the latest spring shades, exceptional big value for, per yd.....\$1.00	40 inch Crepe Voile, just the thing for evening, it is soft and fluffy and drapes very pretty. All new and dainty shades, per yard.....60c	Spring Gingham shown in big assortment of new patterns, very best quality A. F. C. and Toll OuNord at, per yard.....12 1/2 c	Nickle Safety Pins, come in 3 sizes, made good and strong 3 dozen for.....5c
Imported English Crepes made very soft with raised rice pattern, 30 inches wide, comes in new Roman stripes and assorted plaids, per yd.....35c	56 inch Boucle Cloakings real novelty and something new for spring coats, per yard.....\$3.00	Standard Calico light and dark colors, also cotton Challies at per yard.....5c	5 Ladies' Silk air Nets with elastic, comes in all colors, while they last.....5c
Imported Japanese Crepe, plain colors and stripes, guaranteed to wear and give satisfaction at per yard, only.....19c	36 inch all wool Serge, better value than ever offered before, special per yard.....49c	\$2.00 Henderson Corsets, to close out while they last only.....99c	One lot of odds and ends stamped goods, consisting of pillow tops, runners, squares, etc., to close at, from 5c to 30c
English Cambric Percals, 36 inches wide, extra good quality and laundries just like lines, per yard.....13c	65c grade, all wool Challies, new dresden patterns on light ground, special per yard.....49c	\$1.50 Simmons Gloves, all colors, assorted sizes to close out.....69c	New line of fine Satin Ribbons for spring arrived. We now have all narrow ribbons in any shade. Ask to see the Pine Tree Ribbons, they are best.
		5000 yards all linen Cluny laces values up to 10c per yard, at, only.....5c	Pictorial Patterns for March on sale.