

AMERICANS EAT TOO MUCH FOOD STATES HOOVER

Our Eating is Worst Kind of Waste and Should be Cut Out, at Least During War—Amount of Food Needed to Keep Individual—Duplicating Fats and Sweets Needless.

By IDAH M'GLONE GIBSON. NEW YORK, May 21.—Herbert Hoover recently to a few friends "Americans eat 35 per cent too much."

The next time you go to a public gathering, or even to a party among your friends, look about you and see what percentage of women over 35 are overweight.

Overeating is the worst kind of waste. You waste the money of the breadwinner who must work to buy the food; you waste your own energy, your health, your very lives; and besides, you waste good food that may go to the men at the front who are fighting and dying for you.

Rations Necessary.

One-quarter of a pound of meat at dinner and two ounces of meat or its equivalent at breakfast and luncheon is enough meat for an adult woman who is not doing manual labor, say Caroline Hunt and Helen Atwater, scientific assistants in the office of home economics in the department of agriculture.

You need only one-quarter of a cup of fat daily—and right here as I may say if you could have heard, as I did recently, Herbert Hoover tell how this need fats at the front, you who eat more than that proportion of fat daily would feel like traitors.

Only one-quarter of a cup of sweets daily is needed. Heed this, soldiers of the Army Academy, who have been in the habit of eating a half pound of candy in an afternoon.

Pound of Vegetables.

One pound of fresh vegetables or fresh fruits, a half pint of milk, three-quarters of a pound of meat or meat substitutes, and a pound and a quarter of bread, potatoes, rice, oatmeal, cornmeal, beans, lentils or any cereal.

This daily ration, said Dr. Langworthy, chief of the office of home economics in the department of agriculture, is based on the assumption that cereals contain about 12 per cent protein, 1 per cent fat and 75 per cent carbohydrates, and that a pound loaf of bread contains about two-thirds of a pound of cereal; that butter, salad oil, lard or lard substitute yield 90 per cent fat and that meats, fresh eggs and cheese yield 14 per cent each of protein and fats.

If you have cream on your cereal it is a waste to use butter on your toast at breakfast. If you use milk, however, butter may be served.

If you have a pot roast or stew with a rich, fatty gravy, it is waste to eat butter on your bread. If you have rice on your table, either as a vegetable or dessert, it is a waste to serve potatoes.

Waste of Food.

It is waste to serve meat or potatoes with macaroni and cheese. Meat pie or meat and dumplings make it waste to serve either bread or potatoes, provided there are plenty of dumplings or the crust of the pie is made of biscuit dough.

Herbert Hoover, in a private conversation the other day, said that we have got to supply our allies with bread. He also stated:

"All bread in Europe is made in bakeries, none is baked in the household. The bakeries in Europe do not know how to use our cornmeal. All corn that we send them will be fed to horses and cattle. Therefore, I advise that we use as much corn in bread as possible, leaving our wheat to be sent to Europe.

"Graham biscuit, cornmeal biscuit or muffins, whole wheat and bran muffins and cakes made of rice or hominy, if used once a day, will conserve our wheat crop."

And besides, said a woman who was present, "You will eventually find that you have a waist line that will insure the fashion of shirtwaists for some time."

If You Suffer From Catarrh

don't make the fatal mistake of regarding it as a trifling matter. Authorities agree that Catarrh is an infection of the blood. Consequently, sprays, salves and lotions can afford only temporary relief, because they do not reach the source of the disease—the blood. When you depend on these temporary remedies along your case is likely to grow steadily worse until it becomes chronic and possibly affects the lungs.

ALL RECORDS IN DEVASTATED PARTS OF FRANCE LOST

(Associated Press Correspondence.)

PARIS, May 6.—Such preliminary measures as have been taken for the reconstruction of devastated regions in France have developed many difficulties, the greatest of which, particularly in the region of the Somme and the Oise recently evacuated by the Germans, is to establish the boundary lines of property from which not only the buildings have disappeared, but from which every landmark has been torn.

Deeds of record and all other papers that would aid in reconstructing titles to property, with plans of towns and public buildings, have been burned with departmental archives in a great many towns and villages. Rivers and brooks from which bearings might be taken have been diverted from their courses. Where partition walls stood between two properties there are in many places the gaping craters of mines that blew away all traces of property lines.

The small French land holder is much attached to the soil and jealous of the slightest parcel of land upon which his labor has been expended. He will fight to the last ditch for what he considers his landed rights. Consequently it is feared that there are innumerable lawsuits in prospect.

Property boundaries also have been modified since the war begun by public works executed for the purposes of the army. Many new railroad lines constructed for strategic purposes will be found so useful that they will become permanent.

SWISS STILL FIRM FOR NEUTRALITY

BERNE, May 21.—President Schlithless, speaking today on the Swiss economic situation at a radical democratic congress, dwelt particularly on the possible consequences of the entry of the United States into the war to Switzerland's food supply. He expressed the firm hope of the federal government that the United States would not make Switzerland's existence impossible. He also voiced the conviction that the entire nation would be behind the federal council at the critical moment to safeguard the country's independence on a footing of the strictest neutrality.

TODAY'S MARKETS

Portland Livestock.

PORTLAND, May 21.—Hogs 15c to 25c higher; receipts 1756. Bulk of packing grades, \$15.85@16.10; heavy packing, \$16.15@16.25; light packing, \$15.75@16; rough heavy, \$14.75 @15.25; pigs and skips, \$13@13.75; stock hogs, \$12@13.

Cattle steady; receipts 362. Steers, prime light, \$10.50@10.75; prime heavy, \$10.25@10.50; good, \$9.75@10; cows, choice, \$9.25@9.75; medium to good, \$8.50@9; ordinary to fair, \$7.75@8.50; heifers, \$9.50@10; bulls, \$6@8.50; calves, \$8@10.

Sheep steady; receipts 277. Lambs, east of mountains, \$13.50@14; lambs valley, \$13.25@13.50; lambs, shorn, \$11@11.50; prime yearlings, \$12.50 @13.50; choice ewes, \$11@11.50; heavy ewes, \$9@11.50; prime shorn wethers, \$9.75@11.

Portland Butter.

PORTLAND, May 21.—Butter steady.

Portland Grain.

PORTLAND, May 21.—Wheat easier; no trading. Cash bids 1c to 5c lower. Bluestem, \$2.67; Fortyfold, \$2.64; club, \$2.63; red Russian, \$2.62.

Barley, \$1.50 lower. No 1 feed, \$48.

Today's car receipts: Wheat 81, barley 7, flour 6, oats 11, hay 4.

Chicago Grain.

CHICAGO, May 21.—Wheat: July \$2.30, Close \$2.33, September 2.14, 2.19

WORLD'S STOCK OF SUGAR DEPLETED

WASHINGTON, May 21.—With the world's stock of sugar being rapidly depleted, the department of agriculture today appealed to manufacturers and farmers to increase the production of sugar. Prospects are, according to the department's experts, that in many portions of the area devoted to sugar beet in this country the acreage this year will exceed that of any previous year.

HOPE ABANDONED FOR SENATOR LANE

SAN FRANCISCO, May 21.—Physicians attending United States Senator Harry Lane of Portland, Or., said today he could not recover. The announcement was made by Dr. H. A. L. Ryffogel.

Senator Lane suffered a nervous breakdown in Washington and has been here since Monday. Mrs. Lane is here and Mrs. Harriet Lane Hicks of Norfolk, Va., on the way.

A blood clot on the brain is said by physicians to have caused nervous deterioration.

GOLD HILL NUGGETS

Miss Ruth Cady of our high school staff returned Tuesday morning from a visit with her parents at Beaverton, Ore.

Mrs. F. W. Wilmart is here for a visit with her friend, Mrs. T. J. West. She has been staying in Grants Pass for some time while her husband was located in California, but she is now going to visit with friends in the northern part of that state.

Word received by relatives from Mrs. Eva Newton and daughter, Mrs. of Corvallis, states they may be home very soon now, as the students have enlisted in such numbers as to cause the faculty to abandon commencement exercises this year.

Mrs. B. E. Adams of Rock Point was shopping and visiting friends in Gold Hill Saturday.

Mr. and Mrs. Frank Miller, Mrs. F. Houston and Mrs. Tom Rainey of Central Point motored to Gold Hill Saturday to visit at the home of Mrs. Isora Hodges.

Rev. Hutchinson and a jolly bunch of the local chapter Epworth league, left on Friday afternoon for the convention in Ashland.

A goodly number of the young ladies of the community met Tuesday eve in response to the call for a Gold Hill honor guard. Much interest was shown as the work was investigated. A meeting will be held in the near future for organization.

Friends of Cecil Johnson surprised him Wednesday evening, it being his seventeenth birthday. Well laid plans by his mother and sisters enabled the young people to gather without Cecil's knowledge, and they surely enjoyed the dainty lunch which was served them.

Rev. Cranshaw and son of Wedderly motored to Gold Hill Wednesday and after spending a few hours at the home of Rev. and Mrs. R. A. Hutchinson were accompanied by them to the attractions at Medford.

Mrs. Isabel Brown of Kanies creek district was in Gold Hill Wednesday shopping and visiting friends.

The junior-senior banquet given last Thursday night at the home dinner hall was an event long to be remembered. In after years, the participants in reviewing their school years will dwell with pleasure on those closing hours of May 17, 1917.

After the earlier part of the evening was spent in a good time by way of general conversation, all repaired to the dining room, where covers were laid for seventeen. Place cards which were real works of art adorned the tables and flowers were in great profusion. Purple and yellow was the class color. A six-course dinner of the following menu was then very much enjoyed: Pineapple sherbet, clam patties, salad and saltines, veal loaf, scalloped potatoes, fresh green peas, radishes, strawberries with whipped cream cake, wafers, coffee, salted almonds.

ASHLAND AND VICINITY

The twenty-sixth annual reunion of old soldiers and sailors of the Rogue River valley will be held in Ashland during the week beginning September 19. James Mattingly, colonel; Edward Palmer, major, and J. P. Sayle, quartermaster, are of Ashland. John Bernhardt of Jacksonville, is lieutenant-colonel, and J. E. Peterson of Grants Pass, adjutant. A fund will be raised here by popular subscription to aid in defraying the expenses of the reunion.

The ninth annual convention of

Epworth Leaguers of the Klamath district closed Sunday night. The formal program of the three days' session was an ideal one, while the social activities were in keeping with the healthy aim of mixing pleasure with business. Visitors were numerous, nearly 50 being present from Medford at the reunion banquet on Friday evening which was an event marked by fraternal fellowship and enthusiasm. Spiritually and socially the recent convention was the most successful in the district association's history. The young people are cordially invited to come again.

A meeting of group 4 of the Oregon State Bankers' association will be held at Grants Pass Tuesday, May 22. J. W. McCoy, cashier of the First National Bank of Ashland, is chairman, and V. O. N. Smith, cashier of the Citizens' Bank of this city, is secretary-treasurer. Chairman McCoy will deliver the opening address, and at the banquet board, in responding to toasts, Cashier Smith will dwell upon the merits of "The Ideal Banker."

Mr. and Mrs. H. J. Boyd returned on Saturday from a six months' stay in California, visiting relatives and friends in several localities. The trip was made in the family car. Mr. Boyd took the train on the last 20 mile unit of the homeward journey, her husband bring the machine over the Siskiyou in safety, though he passed a half dozen other cars floundering in the mud.

D. W. Jones, a capitalist of Victoria B. C., has been in town recently on a pleasure trip and trying the efficacy of lithia waters. He is a native of Wales, but has been a resident of western Canada for years and has witnessed great development in that section. He reports the beautiful and thriving city of his adoption restless under the sombre pall of the war cloud, the natives, however, placing great reliance on American intervention.

The State Lime board, having at last been appointed by the governor, its membership includes Benton Bowers of Ashland, recommended by the Taxpayers' League; B. J. Leedy, of Corvallis, backed by the State Grange, and John Simanek of Crabtree, who received the endorsement of the Farmers' Union.

S. P. Moss died at his home in Lakeview last Thursday, aged 77 years. He was a native of Illinois and a pioneer of Lake county. His funeral was held on Saturday, interment being in the Odd Fellows cemetery at Lakeview. The deceased was a banker and landowner, his holdings of realty in the Chewaucan valley being 5000 acres. His daughter, the wife of City Attorney W. J. Moore, of Ashland, is in Lakeview, and Mr. Moore left for that vicinity on Saturday night, going by the way of Sacramento and Reno. Mr. Moss leaves a widow and seven children.

The Girls' Glee club of the state university royally entertained a fair-sized audience at the armory on Saturday night in a varied program replete with choice selections. Both vocally and instrumentally the concert was a fine success. In return for an evening's pleasure of song and dramatic interpretation at the hands of the university girls, citizens returned the compliment by tendering the young lady visitors the freedom of being home guests of a number of families during their stay in this city.

Rev. J. K. Baillie, pastor of the Presbyterian church at Talent, and a frequent visitor here, is in attendance upon a prominent denomination convention at Dallas, Texas, and will visit a son residing in Philadelphia before returning home.

Attorney E. D. Briggs was a Grants Pass visitor looking after business matters the last of the week.

Miss Elizabeth Cromar, stenographer, is now employed at Medford, where her sister, Jeannie, also has a position.

Mrs. F. R. Mason and Mrs. Bridge Mason of Webster City, Iowa, are visiting at the home of Street Commissioner C. W. Fraley on Mountain avenue. The former is a sister of Mrs. Fraley and will make an extended stay in this vicinity.

Montague is assuming the air of a railroad terminal by virtue of the Southern Pacific's installation of a big extent of new passing track for long freight trains.

Mr. and Mrs. H. S. Smith, of Great Barrington, Mass., are here for the summer, if not longer, and have rented property on Nob Hill. Mr. Smith has been identified with the manufacturing business and for a decade was superintendent of a cotton mill. J. G. Gilstrof of Montague, has pro-

tested against the teaching of German patriotic songs in the schools of that town, and has lodged a formal complaint regarding this matter before the California state board of education.

Among those attending the Odd Fellows' convention and Rebekah assembly at Eugene this week are G. W. Trefren, who is deputy grand master, J. B. Wimer, W. L. Moore and Leo Frefren. The Rebekahs will be represented by Mrs. Wm. Myers, Mrs. E. E. Phipps and Miss Pearl Wilshear. Bill Myer will probably go along as alternate. The several affiliations of the order, including subordinate, encampment, Patriarchs' Militant and Rebekahs will be represented at this state gathering.

Scores of relatives and friends were congratulating Miss Marjorie Neil, of Portland, a pianist of recognized ability, who accompanied the Girls' Glee club of the state university on their trip to Ashland Saturday last. She is the daughter of Mrs. Susie Neil and the family formerly resided here.

Tourists to the Mt. Shasta region are interested in a proposition pending before the California legislature appropriating \$15,000 for building a highway nine miles in extent and reaching from Sisson to the snow line of Shasta. Anticipating this improvement, Sisson is enlarging its public auto camp, a convenience which, like the one in this city, is thronged by motor cars. A tab kept on auto travel through the Ashland gateway in the summer season reveals the fact that Shasta's splendors attract fully as many motorists as the number who visit the scenic beauties of Crater Lake.

Mrs. Susie Allen has about completed the refurbishing of the apartment suites in her block which were damaged by the fire on the premises.

The ruins of the old opera house, one of the seven wonders of the world are still engaging the attention of the city authorities who are on the lookout for a modern Samson to pull them down.

COURT HOUSE REPORT

Reported by Jackson County Abstract Co., Sixth and Fir Sts.

Real Estate Transfers

Elizabeth Disney et vir to Daisy B. Reinhardt et vir, land in twp. 39-1E. \$1,500

C. Whelan et ux to Harry B. White, land in sec. 11-39-2E. 10

Siskiyou Electric Power & Light Co. to California-Oregon Power Co., land in twp. 41-1E, and rights of way. 10

Sunset Telephone & Telegraph Co. to Pacific Telephone & Telegraph Co., ordinance of county court of Jackson county, Oregon. 10

Southern Oregon Chautauqua association to City of Ashland, land in Ashland. 15,000

Emily A. Pratt et al to Frederick C. Hollibaugh et ux, land in twp. 38-1E. 10

J. E. Cripple to Frederick C. Hollibaugh et ux, land in twp. 38-1E. 2,850

2 Drops Do the Work, Painlessly.

"I tell you, before I heard of 'Gets-It' I used to try one thing after another for corns, and had them. I used bandages and they made my



Corns Drive You Mad? Try "Gets-It" and They'll Peel Right Off!

too so big it was murder to put on my shoe. I used salves and other things that ate off more of the toes than they did the corn. I'd cut and dig with knives and scissors, but no more fooling for me. Two drops of 'Gets-It' did all the work. It makes the corn shrivel and get so loose that you can just pick it right off with your fingers."

There has been nothing new discovered for corns since "Gets-It" was born. It's the new way—the common sense, simple, sure way.

"Gets-It" is sold everywhere, 25c a bottle, or sent on receipt of price by H. Lawrence & Co., Chicago, Ill.

For sale by Haskins' Drug Store, Medford Pharmacy, and Heath's Drug Store.

Notice Concerning Water Certificates. In pursuance of Ordinance No. 877 passed by the City Council March 29, 1917, no water certificates will be issued upon payment of water main assessments after May 31, 1917. Up to and including this date, water certificates will be issued for amount of the principal of any water main assessment paid.

These certificates will be accepted at any time in payment of water rent. Your co-operation in getting the city finances in better condition will be appreciated.

This notice published by direction of the City Council. GUS. H. SAMUELS, City Treasurer.

Renewed Testimony

No one in Medford who suffers backache, headaches, or distressing urinary ailments can afford to ignore this Medford man's twice-told story. It is confirmed testimony that no Medford resident can doubt.

M. S. Biden, shoe repairer, 21 S. Central avenue, says: "I suffered from what the doctor said was rheumatism, caused by an excess of uric acid in my blood. It showed itself by severe pains, especially in my back. My kidneys were out of order, too, and these troubles caused me to run down in health. I couldn't stoop without getting dizzy. I used Doan's Kidney Pills and soon I saw a great change in my condition. The pain began to leave me and my kidneys acted more regularly. By the time I had finished three boxes, I was without any signs of the trouble." (Statement given September 13, 1907.) On March 16, 1916, Mr. Biden said: "It has been some time since I have had any occasion to take Doan's Kidney Pills, but my opinion of them hasn't changed in any way since I first endorsed them. Today I am enjoying first-class health."

50c. at all dealers. Foster-Milburn Co., Mfgs. Buffalo, N. Y.

WANTED MISCELLANEOUS

WANTED—Orchards to plow and cultivate, also garden cultivator and disk harrow. Phone 473-Y. 52

WANTED—Bring in four eggs and Poultry. We pay cash. Medford Poultry and Egg Co.

WANTED—Houses to move. Phone 488-M. or 488-X.

HELP WANTED—FEMALE

WANTED—Lady living on North Central to do girls' washing. Phone 415. 51

WANTED—Woman or girl for company, at once, by woman teacher alone in country; Hiney and train service. Box M. S. H., Mail Tribune. 52

WANTED—Middle-aged lady or girl wanted for light day work. 615, end of Laurel and 13th. 51

FOR SALE—LIVESTOCK

FOR SALE—Team of horses, harness and wagon, all first class. Call after 5 p. m. 244 S. Grape St. 56

FOR SALE—Or exchange, good 9-year-old driving and riding horse for good ranch horse. O. Hellwig, Gen. Del., Ashland. 51

FOR SALE—Extra fine saddle mare; also excellent driving mare, buggy and harness. Call 2811. 54

FOR SALE—MISCELLANEOUS

FOR SALE—Or trade for real estate, seven-passenger car, electrically equipped. C. J. McCoy, Central Point, R. 2. 52

FOR SALE—Good tomato plants, \$4 per 1000. Phone 118, Carl Beebe, Central Point, Oregon. 57

FOR SALE—Ford car in good running order, \$225. Address Box W, Mail Tribune. 52

FOR TRADE—Good heavy 3/4-inch Mitchell wagon for light wagon. Billings Carriage shop. 51

FOR SALE—Refrigerator, rocking chair, oil stove and oven, ingrain rug. 603 South Riverside. 54

FOR SALE—Good top buggy I gave \$100.00 for, will take \$20.00. E. Conger, Jacksonville. 53

FOR SALE—Bee hives, \$1.50 each. W. J. Hartzel. Phone 468-J1. 61

FOR SALE—Majestic Range, household goods at a bargain. Phone 428-L. 53

FOR SALE—Seven-passenger Studenbaker for \$375.00, electric starter and lights. Just overhauled and repainted. Inquire at California-Oregon Power Company office. 51

FOR SALE—REAL ESTATE

RANCHES FOR SALE—Three miles from the city of Ashland, Oregon, 19.27 acres, in crop, all tillable, rented at present time; 15.09 acres of virgin ground, most all tillable, good quality; 21.24 acres, part of which has been tilled, all can be with some work; 5 acres facing a good lane, all tillable; a acres, all tillable, black and; 10.14 acres selected from 1100-acre tract, all tillable; 22 acres fenced on three sides, good land on a sloping hill; 19.90 acres, county road at end; black land, some loose stones; 28.74 acres, most all tillable, no trees to move, level ground; 10 acres with county road running through it, 5 acres choice land; 21.15 acres with two-story house, barn, woodshed, hay scales and 8 acres in alfalfa, running water until July. The above tracts are suitable for farming or fruit raising, and the prices are right, without any inflation, by a party who has been in the valley and connected with land values the past fifty years. For prices and display, call on G. S. Butler, 41 Granite street, Ashland, Oregon. 52

FOR SALE—My 80-acre ranch near Griffin Creek, three miles from Medford; fine new bungalow, buildings, fruit and alfalfa. \$5200, if sold at once. J. H. Patterson, Highland, Montana. 57

FOR SALE—Ranch of 123 acres on Rogue River at free ferry, cheap on easy terms. Hotel and feed barn in Eagle Point for sale or rent. House, four lots in Phoenix, Oregon. J. F. Zimmerman, Eagle Point, Oregon. 70

FOR SALE—Or trade, Medford and Phoenix property. Also buggy, single harness and claironette. Bert Stancliff, Phoenix, Oregon. 51

FOR SALE—Or trade, Medford and Phoenix property. Also buggy, single harness and claironette. Bert Stancliff. 51

FOR SALE POULTRY

FOR SALE—Eggs for hatching, 7c per setting, 15. Large breed. Phone 840-J. W. 14th St. Orders by appointment.

FURNISHED APARTMENTS

FOR RENT—Desirable furnished apartment. The Herben. Phone 938-R.

FOR RENT—One completely furnished apartment at Hotel Holland.

FOR RENT—BOULEVARD

FOR RENT—Nicely furnished six-room bungalow, close in, sleeping porch, piano. Phone 9722.

FOR RENT—Six-room modern bungalow, garden, fruit, roses. Mrs. F. C. Wicks. Phone 428-J. 53

FOR RENT—Nicely furnished house, with bath. Phone 929-W. 51

FOR RENT—Modern five-room house and garage. Phone 370-W. 51

FOR RENT—Six-room modern bungalow, east front, fine shade; range connected. Phone 488-X.

FOR RENT—Furnished and unfurnished houses. Employment Agency. M. A. Radar, 123 East Main.

MISCELLANEOUS

NATIONAL CLEANING & HAT Works, 26 North Front St. Ladies' and gents hats cleaned, blocked, any style and shape. 59

NOTICE—To members of Chrysaltheum Circle, cards, dancing, cake and coffee at I. O. O. F. hall, May 22. Admission 25c. Bring your friends. 51

FOR EXCHANGE

FOR TRADE—One large team, weighing about 2400 lbs., for team weighing 1250 to 1300 lbs. Call 315.

MONEY TO LOAN

MONEY TO LOAN—Money to loan on Medford property. Easy monthly payments. See D. R. Wood. 51

TAKEN UP

TAKEN UP—Two horses, owner may have same by paying for advertisement. Address P. O. Box 806, Medford. 51

BUSINESS DIRECTORY

Accountant.

E. M. WILSON—Certified Public Accountant, room 411, M. F. & H. Bldg., Medford, Oregon.

Auto Supplies

LAHER AUTO SPRING CO.—We are operating the largest, oldest and best equipped plant in the Pacific northwest. Use our springs when others fail. Sold under written guarantee. 34 North Fifteenth St., Portland, Ore.

Attorneys

PORTER J. NEFF—Attorney at law, rooms 8 and 9, Medford National Bank Building.

A. E. REAMES—Lawyer, Garnett Corey bldg.

Collections

COLLECTIONS AND REPORTS—We collected some accounts 14 years old. We know how to get the money. The Bullock Mercantile Agency, Inc., Rooms 1, 2, 3, H