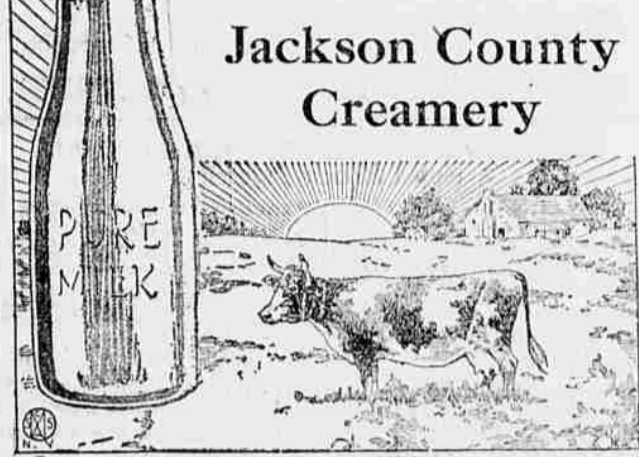


### A Growing Child Should Have at Least a Quart of Milk a Day

Food authorities agree that growing children must have plenty of milk if they would grow normally and feel well.

The wise mother teaches her child to enjoy milk. Any food made chiefly of milk should be keenly anticipated by hungry children.

Help your frail youngster to acquire the MILK HABIT.



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### NAME T. W. MILES CITY COUNCIL TO HARGRAVE'S PLACE

The features of last night's meeting of the city council were the election of Attorney T. W. Miles to fill the councilmanic vacancy in the Third Ward caused by the resignation of Dr. H. P. Hargrave because of his removal to Berkeley, Calif., and the decision of the council to protect the paved streets of the city from being further damaged by log and other heavy hauling by large motor trucks and wagons.

The election of Mr. Miles was unanimous and the councilmen are again as a fellow and city official. Mr. Miles knew nothing of his election or of the fact that he was considered for the councilmanic vacancy until this forenoon when he was so informed by a reporter. He then stated that he was undecided as to whether he would accept for the reason that he might not be able to spare the time the position of councilman requires. He will make known his decision within a day or two.

The office of councilman is not a new one to Mr. Miles, for he served in the council two years, in 1914 and 1915. His election is generally pleasing because of his familiarity with city affairs, conservatism and general ability. Until seven years ago he was for years in the abstract business.

The problem of the growing logging and other heavy traffic through the paved streets to the mills to the detriment of the pavement is giving the council much concern, and realizing that something must be done to save the many miles of paved streets from ruin, that body unanimously decided to regulate the heaving teaming traffic and instructed City Attorney Means to draw up amendments to this purpose to the heavy auto truck and wagon traffic ordinance.

One amendment will provide that logging vehicles can only operate through the city on one paved street, North and South Riverside, although they may go anywhere on unpaved streets. Another amendment will confine their speed in the city to 10 miles an hour, and still another amendment will regulate the maximum load of a motor truck or lumber or logging wagon.

### DON'T RISK NEGLECT

Don't neglect a constant backache, sharp, darting pains or urinary disorders. The danger of uric acid or Bright's disease is too serious to ignore. Use Doan's Kidney Pills as have your friends and neighbors. A Medford case.

Mrs. J. H. Gustin, 521 S. Grape St., says: "I am always glad to say a good word for Doan's Kidney Pills because I know them to be a remedy of merit. I have been taking them off and on for years when I have felt the need for a kidney remedy and I have always received most satisfactory results. My kidneys have always been weak and the least little cold or strain affects them and makes my back weak and lame. A couple of boxes of Doan's Kidney Pills at these times, however, never failed to remove the misery and strengthen my kidneys." (Statement given March 18, 1916.)

FOUR YEARS LATER on March 20, 1920, Mrs. Gustin said: "I gladly confirm all I said in my former statement in favor of Doan's Kidney Pills for they have never failed to give me good relief. I have always used them when I have had any sign of kidney disorder with fine results." 69c, at all dealers. Foster-Milburn Co., Mfrs., Buffalo, N. Y. Adv.

### PROF. HEMSTREET MAKES A BIG HIT LEGION MEETING

At the close of the business session of the Medford post of the American Legion last night, the meeting was turned over to the entertainment committee. At this time Col. H. H. Sargent of Jacksonville gave a short lecture on the strategy of the late war. This is the second of a series of lectures which Colonel Sargent has consented to give for the benefit of the legion members, and covers the same ground as the third chapter of his book on the same subject which is to be published soon.

The next and last number of the entertainment by the committee was the mind reading and hypnotic demonstration given by Prof. Hemstreet of Medford who opened his performance by explaining the secrets of the science and prescribing the conditions under which the best results could be had. Several demonstrations of mind reading were given, in one of which a member of the committee selected a certain word written in a book of 200 pages and then concealed the book in the audience. Then while blindfolded, Professor Hemstreet found the book, opened it at the right page, and found the word that had been selected.

During the demonstration of hypnotism one of the main events was that of Arthur Perry, of Smead Pot fame, and others fighting bees; and that of Seeley Hall who thought he was Dr. Elett, the dentist. There was a large attendance of legion men at almost all the time.

Altogether, Professor Hemstreet gave a wonderful demonstration of mind reading, mesmerism and hypnotism, one of the best ever seen in Medford, and had his large audience of legion men in wonderment or merriment within a day or two.

### The Screen

"DOUG'S" IN TOWN IN GREAT PICTURE AT RIATO

If you are beset by clouds of whatsoever nature, when you sit down to view the latest Fairbanks creation, which opened this afternoon at the Riato theatre, be assured that they will have vanished ere the first reel has trailed its last subtle thread in the projector. The Eighteenth Amendment, the H. C. L., the w. k. "unrest" and the peace question will have been forgotten when this point in the picture's progress is reached.

Fairbanks has made nothing so good as "When the Clouds Roll By," since "His Picture in the Paper." Even this early classic, considered by many his best work, might not compare favorably with the present production if the two were projected simultaneously upon screens juxtaposed.

This picture has in rich measure the qualities that citizens expect when they lay their money on the box office window-sill of the theatre exhibiting a Fairbanks photoplay. It has the sparkle of unusual situations, the animation of brisk action properly cauterized, the finish of splendid photography and the snap of close-cropped footage.

Furthermore, it has a plot daring in its departure from the usual. A fanciful story, be it granted, but a story told in deeds, not words, and an interesting one from beginning to end.

### BREEZY WALLACE REID SCORES AT THE LIBERTY

The picture at the Liberty theatre now playing is packed full of breezy comedy and surprises. Wallace Reid is the star, and the film is called "Double-Speed." Like his previous picture, "The Roaring Road," it has



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a lot to do with speeding autos and pretty girls.

Handsome Wallace is "Speed" Carr from New York is robbed of his car and his funds and arrives at his destination resembling a hobo. That doesn't bother Wallace much, as he soon becomes chauffeur for a beau-

tiful lady and marries her, after he has given her father, a bank president, heart failure on account of his part in a financial transaction the latter is attempting to put over.

This is a rather cryptic description of the plot, but after all the pleasure in a Reid vehicle lies in seeing it. You will be well rewarded. Wanda Hay

lev, who is extremely easy to look at, is the girl, and those fine character men, Theodore Roberts and Tully Marshall are in the cast.

Mr. and Mrs. Harry D. Mills and daughter came down from Butte Falls yesterday and are guests at the Medford.

## Another Royal Suggestion

# MUFFINS and POPOVERS

From the NEW ROYAL COOK BOOK

**BREAKFAST** is too often eaten as a duty rather than a joy. The success of the day may depend upon the spirit of breakfast. The Royal Educational Department presents some breakfast dishes that will send the children to school with a hip hurrah and his majesty man to his daily duties with the "up and doing" feeling which knows no discouragement.

**Muffins**  
2 cups flour  
3 teaspoons Royal Baking Powder  
1 tablespoon sugar  
1/2 teaspoon salt  
1 cup milk  
2 eggs  
1 tablespoon shortening

Sift together flour, baking powder, sugar and salt; add milk, well-beaten eggs and melted shortening; mix well. Grease muffin tins and put two tablespoons of batter into each. Bake in hot oven 20 to 25 minutes.

**Eggless Muffins**  
2 cups flour  
4 teaspoons Royal Baking Powder  
2 tablespoons sugar  
1 teaspoon salt  
1 cup milk  
2 tablespoons shortening

Mix and sift dry ingredients, add milk and melted shortening and beat until smooth. Bake in greased muffin tins in hot oven 20 to 25 minutes.

**Corn Muffins**  
1/2 cup corn meal  
1/2 cup flour  
4 teaspoons Royal Baking Powder  
1/2 teaspoon salt  
2 tablespoons sugar  
1 cup milk  
2 tablespoons shortening  
1 egg

Sift together corn meal, flour, baking powder, salt and sugar; add milk, melted shortening and well-beaten egg; mix well. Grease muffin tins and drop two tablespoons of mixture into each. Bake about 25 minutes in hot oven.

**Popovers**  
3 cups flour  
1/2 teaspoon salt  
2 eggs  
2 cups milk

Sift together flour and salt. Make a well in flour, break eggs into well, add milk and stir until smooth. Pour into hot greased gem pans and bake 25 to 35 minutes in a very hot oven. If taken out of oven too soon they will fall.

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New Royal Cook Book containing scores of delightful, economical recipes, many of them the most famous in use today. Address: ROYAL BAKING POWDER CO., 115 Fulton Street, New York City

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