



Why do you eat Bran?

TO FIGHT CONSTIPATION—the most dangerous condition your system can become chained to—to get free from biliary biliousness, dull headaches, nausea—etc., etc.!!!

Rid yourself of this dangerous condition—or start "slipping" and become a prey to any one of the most dreaded human ailments which have their beginning with constipation and toxic poisoning!

Fight constipation as you would fight fire! Fight it with bran—Kellogg's Bran—BECAUSE IT IS ALL BRAN! Don't temporize! Don't waste time and health by going half-way! You need ALL BRAN; you need the bulk, the "roughage" of ALL BRAN, because it sweeps, cleanses and purifies!

REALIZE THIS—foods with a part bran content can only relieve constipation in proportion to the amount of bran they contain! If they are 25 or 50 per cent bran—you may get 25 or 50 per cent relief!

REMEMBER THIS—Kellogg's Bran is ALL BRAN and is guaranteed to give you positive and permanent relief if you will eat two table-spoonfuls daily, or as much with each meal in chronic cases!

Don't delay; don't fuss with half-way measures! You have too much at stake! All grocers sell—

Kellogg's *Look for this signature*
the original! BRAN—ready to eat

SUPT. CHURCHILL TO ADDRESS LOCAL SCHOOL INSTITUTE

What is expected to be one of the best local institutes of the year will be held at Medford on Saturday, Feb. 9th.

This institute is primarily designed for the teachers of the Central, West, and Applegate zones, but all teachers of the county are invited, and since State Supt. Churchill and Prof. Thos. Gentle of the state normal school will appear on the program both in the morning and in the afternoon a large attendance is expected.

Supt. Churchill will speak at 10:00 a. m., and at 3 p. m., and all friends of education are cordially invited to share in any or all of the sessions.

Music will be emphasized in various ways throughout the program. Miss Leona Murders of Ashland schools, and Miss Frances Sherwood of the Medford schools, both giving demonstrations. It is thought that more definite music aims throughout the county will result.

State Superintendent Churchill and Mrs. Churchill will arrive in Medford on Friday to remain several days in the county. Supt. Churchill's special mission is to visit each high school of the county with a view to estimating and considering equipment and courses as prescribed for standard high schools. He has not personally visited local schools for some three years, so all school men are interested in having the high schools gone over. While in the county the state superintendent will appear on two local institute programs, one in Medford, and one in Eagle Point.

LAST OF CO. JAIL ESCAPES CAUGHT

Harry Zangley, last of the quartet of prisoners, who escaped from the county jail in the early morning hours of October 15th, is held in jail at Pomona, Calif., and Deputy Foreman left yesterday by train, to bring him back to this county. Zangley, who says he is 29 years old, but the officers declare is 17, was held for burglary in this city.

Zangley, who was captured through the medium of fingerprints and photos mailed out by the sheriff's office was arrested in the California city, under the name of Sandmire.

Memorial Service for Ex-President Wilson On Sunday Night

A memorial service for ex-President Wilson has been planned for Sunday evening, at the First Methodist church. Porter J. Neff will be the speaker of the evening, his subject being "Woodrow Wilson Christian, Statesman." Appropriate music has been arranged for the occasion. A mixed quartet will sing "Beautiful Isle," and Will Brooks will sing, "In the Cross of Christ I Glory." The service will be illuminated during the latter number. Seats will be reserved for patriotic organizations desiring to attend in a body.

MEDFORD MERCHANTS MEETING ON MONDAY

The merchants of Medford and other cities of the valley will enjoy and be greatly benefited by the address to be made by F. E. Folts, of the school of Business Administration of the Oregon university Monday evening, February 11 at the first meeting and banquet of the newly organized branch of the Oregon Retail Merchants' association to be held at 6:30 p. m., sharp at the Medford hotel.

Mr. Folts has made a special study of modern business methods and will have a splendid message, including how to reduce overhead, turn-over of stocks, and many other problems of the merchants.

This meeting will be open for any merchants of Medford and surrounding towns, whether members of the association or not and they are cordially invited.

E. A. MacLean, secretary of the state association, will also be present and make a short talk.

The program will be short and snappy, the feed a good one and every merchant should attend.



HAPPY HEALTH!

When you are feeling cross, irritable, peevish, and "all in," you may be certain that your system needs building up to rugged health. Hufeland, the famous Swiss Tonic, has a wonderfully successful record since 1860.

Don't delay—disease comes suddenly—a few doses of this reliable old-time remedy will give you that vigorous health which is so important to your happiness.

BUY HUFELAND AT YOUR DRUGGIST

Sports ROSEBURG EXPECTS HARD GAME WITH LOCALS SATURDAY

"The Roseburg high school basketball team will leave Friday morning on their trip south for their first games in the Southern Oregon conference," says the Roseburg News-Review. "The first game will be played at Ashland on Friday night and on Saturday night the local boys will meet the husky Medford team. The latter game is expected to be hard fought and the outcome will have a decided effect upon the southern Oregon championship and possibly the state championship.

"The Roseburg team is especially strong this year, and is in good shape at the present time. The two games with the Eugene high school teams gave the locals some excellent training in preparation for the season, and they have been greatly benefited by the experience gained in these two hard-fought battles.

"The Roseburg defense is almost perfect and is a puzzle to all opponents. The boys have a system which keeps the opposing team guessing all the time, and the players against Roseburg have a hard time getting within scoring distance of the basket.

"Although Roseburg's offensive has been a little weak, it is showing considerable improvement, and the boys are being drilled hard by Coach Larsen on basket tossing, so that they are converting more and more of their attempts at each practice. Roseburg has a team which will give a good account of itself in the fight for the state championship."

HURRY UP YOST'S AIDE, SELECTED TO COACH EUGENE 'U'

EUGENE, Ore., Feb. 8.—Joseph H. Maddock, an assistant to "Hurry Up" Yost of Michigan in 1920 and 1921, was named coach of football at the University of Oregon at a meeting of the executive council of the associated students here last night. He will succeed Charles Huntington, who resigned the position here December 4, after serving six years.

Maddock began his athletic career at the University of Michigan in 1902, and in 1903 was named by Walter Camp as a member of the all-western football team. Yost and others at this time named him as an all-American tackle. Previous to his service with Yost in 1920-21, Maddock was coach at Utah for six years and during this time turned out championship teams in football, basketball and track. He is now a businessman at Idaho Falls, Idaho, and for the past two years has been coaching the local high school gratuitously.

Virgin D. Earl, director of athletics, recommended Maddock to the student council, following an extended scouting trip through the east. No terms of contract or the amount of salary were given out last night.

Yost of Michigan highly recommended Maddock to Virgin Earl and said of him: "Maddock is one of the greatest coaches that I have ever known. I consider him an excellent football coach with fine personality." In addition to being a star football player, the new coach was at one time champion wrestler of Michigan and was prominent in track and other athletics. It is not known when he will assume his duties at the University of Oregon but he is expected to report for spring football practice.

TED THYE THROWS CANADIAN CHAMP

PORTLAND, Ore., Feb. 8.—Ted Thye retained his light-heavyweight wrestling belt here last night by taking two out of three falls in his match with Frank Saxon of Montreal, claimant of the Canadian title. Thye took the first fall with a toe hold in 27 minutes, 24 seconds and the third with an arm scissors in four minutes, 21 seconds.

The Canadian won the second fall with a headlock in 11 minutes, 12 seconds.

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Relieves COLD IN 24 HOURS LA GRIFFE IN 3 DAYS

All Druggists—35 cents



A Happy Combination Mother---Little Helper---and WHITE KING Washing Machine SOAP

This remarkable soap does make dish washing more pleasant. Shake a spoonful of WHITE KING granules into the dish pan. The small soap particles lather up so quickly, into a soft mild suds that will not roughen the hands and yet is wonderfully cleansing. Grease and food stains disappear like magic leaving silver and china ware clean and sparkling.

Dish washing is like play with mother, her little helper and WHITE KING working together.

"It takes so little—For every household use." Your grocer has it.

TRACTOR SERVICE SCHOOL HELD AT FREEMAN WILEY'S

A tractor service school was held today at Freeman-Wiley's store at Central Point. This school was conducted by Freeman-Wiley company with the assistance of the Portland branch of the International Harvester company of America, under the direction of O. F. W. Meyer, the company's representative for this district. The men in charge of the school besides Mr. Meyer were as follows:

J. A. Wilson, plow expert; J. I. Albert, engine expert; A. H. Mason, tractor expert from the Portland Service department; G. Horwitz, advertising director. These schools are held by McCormick-Deering dealers throughout the United States and are purely educational and informative in nature. No sales talks being made. The chief purpose of these schools is to encourage tractor farming in preference to horse power farming. Questions about the internal combustion engine are answered and valuable information given at these schools.

A very interesting feature was a series of motion picture reels showing the latest type shocker and power binder put out by the company. The school was well attended and those present considered their time well spent.

NEW BARBER SHOP OPENS IN MEDFORD

Carl Bowman and Shorty Barber have opened up their new barber shop in the new Palm building and are receiving old and new customers today. Their shop is the last word in tonsorial establishments, having the very latest equipment, mirrors on all sides, shoe shining section and all. It is a real addition to the barber establishments of the city and the already established popularity of Mr. Bowman and Shorty Barber should insure its success.

Hair cuts, shaves, shampoos, massages, bobs and everything that goes to make up the service of a first class barber shop will be afforded customers of the new shop. Mr. Bowman and Mr. Barber have issued a cordial invitation to Medford people to visit their new shop at the corner of Main and Fir street.

BUSINESS WOMEN HOLD PRIMARY, TO VOTE FEBRUARY 20

The Business and Professional Women's Club of Medford held a very successful business meeting Wednesday night, at which time the following ticket was made up: President, Gracey Teich, home demonstration agent; vice president, Pauline Greaves; secretary for chamber of commerce and June Earhardt, nurse; secretary, Edna Steiner, Farm Bureau Exchange and Eva Mae Marsh, Rogue River Canal Co.; treasurer, Gladys York, Farm Bureau Exchange and Lorraine Cornish, City Hall; Mrs. L. B. Rawley, Valley Fuel Co., withdrawn; auditor, Clara Wood, Medford National bank; Alice Hanley, rancher, and Alice M. Dunn, Snider dairy; directors, four to be elected: Dorothy Turner, O. C. Boggs' office, Vera Van Scoyoc, Palmer's Music House, Elizabeth Ferguson, principal of Jackson school; Gladys Peterson, high school instructor; Mrs. Katherine Johnston, Palmer Corporation; Nell McKeen, secretary; Y. W. C. A., Jane Snedcor, art dealer, Jane Olson, librarian.

Voting will take place at the next regular meeting, February 20th.

Macaroni At It's Best

KITCHEN BOUQUET, a purely vegetable product, is in almost every pantry. Housewives know it is the secret of making good gravies and soups, but KITCHEN BOUQUET is equally good in preparing many other dishes. Try your next dish of macaroni prepared this way—

BAKED MACARONI

1/2 package macaroni, broken in pieces
1 teaspoon salt
2 quarts boiling water
1 cup grated cheese
1 teaspoon Kitchie Bouquet
Milk Butter

Cook macaroni in boiling salted water until tender, drain and blanch with cold water. Place one-third the cooked macaroni in buttered baking dish, dot with butter and sprinkle with grated cheese, then cover macaroni, better and cheese until dish is full. Add Kitchen Bouquet to milk and pour this over the macaroni to reach cover, then sprinkle thickly with cheese. Bake in medium hot oven 1 hour. Serve immediately for dinner.

KITCHEN BOUQUET

MOTHER!

Baby's Best Laxative is "California Fig Syrup"



When baby is constipated, has wind-colic, feverish breath, coated-tongue, or diarrhea, a half-teaspoonful of genuine "California Fig Syrup" promptly moves the poisons, gases, bile, souring food and waste right out. Never cramps or overacts. Babies love its delicious taste. Ask your druggist for genuine "California Fig Syrup" which has full directions for infants in arms, and children of all ages, plainly printed on bottle. Mother! You must say "California" or you may get an imitation fig syrup.

Mt. Pitt \$1.75

Marvel Loaf \$1.60
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Its unfailing results have made its sales 2 1/2 times as much as that of any other brand...

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