

MEDFORD MAIL TRIBUNE

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ROBERT W. RUIHL, Editor. S. SUMPTER SMITH, Manager.

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BY CARRIER—In Medford, Ashland, Jacksonville, Central Point, Phoenix, Talent and on Highways: Daily, with Sunday Sun, month, \$1.75; Daily, without Sunday Sun, month, \$1.00; Daily, with Sunday Sun, one year, \$7.50; Daily, without Sunday Sun, one year, \$6.00. All terms by carrier, cash 'n advance. Entered as second class matter at Medford, Oregon, under act of March 3, 1879.

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The only paper between Astoria, Ore., and Chico, California, a distance of over 400 miles. Having leased wire Associated Press Service.

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Ye Smudge Pot

By Arthur Perry

One can read in the esteemed Portland Journal, that the "next session of the legislature will acquit itself. The legislature always acquits itself, when it should have been a hung jury.

The masses can understand how a Galsheviki with a fringe of chipmunk hide on the hem of her petticoat can be uncomfortably warm, but the lady with a strip of fur, made from the under portion of jackrabbits, and proceeding in a semi-circle from shoulder blade to shoulder blade, must be nearly roasted.

SOUNDS PLAUSIBLE

(Pundition East Oregonian)

The election passed off quietly and some on both sides are disappointed, but if some can live under the new administration, all can live.

The state is faced by another crisis. There is more money than there are vacant places at the public trough.

Natives engaged in wearing out coats are finding the disintegration tedious.

One more shoppe, and the gas stoves will be calling themselves Motor Parlors.

G. Nichols, Jr., has a new Sunday hat, lined like the inside of a coffin.

It was too dry to plow, and now it is too wet to plow, and the smiling acres ought to quit giggling, and plow themselves.

INNOCENT BYSTANDERS

(Roseburg News-Review)

In the News-Review issue of the 8th inst. you printed a local regarding a couple being fined for assault and battery, stating a family row had developed and that the two women had engaged in a personal encounter. In fairness to myself and wife, I beg to state it was not a family row, neither my wife or myself took any part in the encounter, excepting the punishment. My wife was brutally assaulted by both defendants, being entirely at their mercy we could offer but little resistance.

B. J. SCHAEFER.

Science is now able to flash via radio, photographs across the sea, and one of these fine mornings the world will make up to discover that a thin woman is never skinny.

All the doctors were at the football game, prepared to remove the tonsils if there were any severe contusions of the femur.

A nation-wide church census starts December 1st. It should have been taken during the campaign.

Pneumonic plague is carried by fleas. The world will never know why the house fly was not blamed. The Cross Word puzzle excels Mah Jongg. The victim knows what he is saying when he or she curses.

THE PENALTY IS WALKING

(Verona Eagle)

A man who drives on our highways with one arm around a woman in a real menace and should be deprived of his privilege to operate a car. No self-respecting girl should permit such a breach of etiquette in public.

Only 178 ads vied with the Armistice Day parade, by proceeding up and down the line of march, on alleged important business.

Who can recall when a freight car could be hauled down the main stem any afternoon, before the womenfolk came downtown to get a head of lettuce for supper?

Emma Goldman, a female La Fontaine, only more so, exiled to Russia for her wild utterances, is now highly desirous of returning to this confounded land, and chomp her teeth down on some accursed capitalistic grub.

The best clipping of the day has been lost. It simply stated that "Grandma Trout and Lena Trout spent Sunday afternoon with Anna Poole."

THE DANCE OF LIFE.

HAVELOCK HILLIS wrote a remarkable book a short time ago called "The Dance of Life," in which all human actions and reactions were reduced to the fundamental forces of rhythm.

He maintained that human history could be charted on this basis, that the swing of the pendulum, represented all significant social impulses, that wars were the result of excessive physical energy, invariably attended by dance crazes, and even intimated that if the nations of the world had danced a little harder in 1913, the world war might have been averted.

Whether the conclusions of the book have a scientific basis or not must be left to the scientists, but there is no doubt that the swing of the pendulum, can be found in innumerable human events, which take their place in history as epoch making.

The return of Premier Baldwin as head of the British government certainly is a case in point. Only a few months ago, Mr. Baldwin swung away from Downing Street, and dropped kerplump, in the office of the Baldwin Iron Works, as Premier MacDonald swung in. Now out swings the latter and in swings the former, and who knows what the next swing of the political pendulum will bring?

Action and reaction, a swing to the right, a swing to the left; certainly all the revolutions, reformations and what not, could be charted on such a rhythm.

One might believe there is nothing new in the world, that so-called progress as the aeons are viewed, is merely repetition, but there is ground for the faith that while the right and left swings appear identical in distance, there is an infinitesimal difference,—the right swing is always a little higher and little farther than the swing to the left.

Here no doubt Einstein's theory of relativity enters, but as Professor Einstein admits there are only one or two people who understand it, we may be pardoned for concluding our morning's sermon at this point, and in view of the post-election miasma, call it a day.

QUILL POINTS

Perhaps it would help some to have alienists examine the jury.

Friends are people who forgive everything except great success.

Homes are still useful, however, to people who don't like to quarrel in public.

Quarrelsome men usually have heavy heads of hair. There are no bald women.

It isn't too much talk about religion that keeps people from church, but too little.

In the old days a "loud speaker" was a drummer, whom the waiter served first.

You can't tell the wise from the foolish, when you hear them talking baby talk to a sweetie.

Character is something you make yourself. In making a reputation you have a lot of volunteer help.

Correct this sentence: "You're wrong, Honey," said the husband; "my friends would call if I didn't have a drop."

Revolution is a means of elevating a new gang whose nests need feathering.

Still, savage women get that graceful carriage by carrying burdens on their heads and not in them.

Hint to plutocrats: It's the hardness of the upper crust that makes earthquakes so violent.

That recent seismic disturbance may have been the sound of ears being withdrawn from the ground.

They have a new machine to sign checks with at Washington, but the old political machine is still used at times.

Correct this sentence: "She's a thrifty little body," said the mother, "and really prefers cotton stockings."

Correct this sentence: "Now that I am elected," said he, "you will always find me just as approachable."

God made the country, but only election year makes it influential. Let Wales occupy Page 1 while he can. He will be king some day.



THE CXXX DETAILS.

YOU SAY to Jinx "How are you?" since courtesy prevails; and he proceeds to jar you with sickening details. Wherever you are meeting the chronic village bore, you spring a cheerful greeting, intending nothing more. You merely wish to show him that you're a friendly wight, and gallantly you blow him an airy kiss and light. "The ague makes me shiver," the chronic bore replies; "I have a balky liver and anthrax in my eyes. There is no hour releases my weary form from pain; my feet are shot to pieces, I've bunions on my brain. Since you have asked me straightly just how I am, my friend, I say I suffer greatly, my torments have no end. My back is always aching, of boils I have a pair, a fever keeps me baking, there's dandruff in my hair. I'm surely not desiring to list my ills this way, but you come up inquiring just how I am today. And so I make my answer as truthful as can be: I have nine kinds of cancer and also housemaid's knee. Let others play and frolic while yet the sunshine glows, I have spasmodic colic and ulcers on my nose." He backs you, all unwilling, against a banyan tree, and tells about his swilling eight quarts of boneset tea. It is an ordeal meeting the dull, longwinded, egotist who thinks your lightest greeting demands a long reply.

Abe Martin



Mrs. Ein Push has started a slush fund for a pair of goldfish. Our idea of a good downright piece of real news would be a California judge refusin' somebody a divorce.

What's in a Name?

By MILDRED MARSHALL

AUDREY. Audrey is closely allied with Ethel. Both signify "noble throner" since they have their origin with the Anglo-Saxon feminine name Etheldreda or Aethelthryth, which in turn comes from the German Ediltrud, noble maiden.

The first Audrey of note was the Anglo-Saxon Saint Audrey. She was in reality Queen Aethelthryth; who was rather an unsuccessful wife and retired to a monastery, later being canonized as St. Etheldreda. She was revered as St. Audrey and many fairs are given in her honor by the peasantry. It is said that the garish little articles sold at these fairs have given rise to the term "tawdry."

Because of her saintly reputation, the name of Audrey reached a high estate of popularity in England and has never ceased to be in common usage. Particularly of late has it been revived and set to rival its counterpart, Ethel. Adly, which is commonly believed to be the contraction of Adelaide, is really the Devonian diminutive for Audrey.

The acate is Audrey's talismanic gem. It is believed to have the power to draw success and good fortune to its wearer, and to guard her from all harm. Monday is her lucky day and 4 her lucky number.

RICCARDO MARTIN AMERICAN CARUSO

The announcement that Riccardo Martin is to be heard here in concert on November 24, at the Baptist church is more than welcome, for this singer needs no introduction to the musical public. In America, he has won notable operatic successes with the Metropolitan and Chicago grand operas, while he has been acclaimed in leading roles in the majority of the great opera houses of Europe. He has been termed "The American Caruso" and on more than one occasion he was called to fill the place of the mighty Caruso himself. The career of Riccardo Martin can well be looked upon as an incentive to every American student of music, especially those who complain that Americans are discriminated against. Martin, himself, denies this idea and says that national pride has nothing whatever to do with one's success, as long as the voice and the other needful qualities are there.

Schooner Wrecked at Bandon Sold for \$1500

EUGENE, Ore., Nov. 12.—The steam schooner Acme, which went ashore near Bandon two weeks ago, has been sold for \$1500 as she lies. The Acme is high and dry on the beach and it will not be possible to float her, so the purchaser's profit will have to come from the salvage of her fixtures. The Acme's hull is apparently unharmed and a watchman has been maintained on board ever since she went ashore.

BEWARE THE COUGH OR COLD THAT HANGS ON

Chronic coughs and persistent colds lead to serious lung trouble. You can stop them now with Creomulsion, an emulsified creosote that is pleasant to take. Creomulsion is a new medical discovery with twofold action; it soothes and heals the inflamed membranes and kills the germ. Of all known drugs, creosote is recognized by the medical fraternity as the greatest healing agency for the treatment of chronic coughs and colds and other forms of throat and lung troubles. Creomulsion contains, in addition to creosote, other healing elements which soothe and heal the inflamed membranes and stop the irritation and inflammation, while the creosote goes on to the stomach, is absorbed into the blood, attacks the seat of the trouble and destroys the germs that lead to consumption. Creomulsion is guaranteed satisfactory in the treatment of chronic coughs and colds, bronchial asthma, catarrh of the bronchitis and other forms of throat and lung diseases, and is excellent for building up the system after colds or flu. Money refunded if any cough or cold, no matter how long standing, is not relieved after taking according to directions. Ask your druggist. Creomulsion Co., Atlanta, Ga. (Adv.)

Personal Health Service

By WILLIAM BRADY, M. D. Noted Physician and Author

Signed letters pertaining to personal health and hygiene, not to disease diagnosis or treatment, will be answered by Dr. Brady if a stamped, self-addressed envelope is enclosed. Letters should be brief and written in ink. Owing to the large number of letters received, only a few can be answered here. No reply can be made to queries not conforming to instructions. Address Dr. William Brady, in care of this newspaper.

Quick Lunch for a Short Life

Diabetes, which is a parently increasing in frequency in America, is "only functional." It is not an "organic" disease, at least not by the usual criterion. It is a functional impairment merely, a failure on the part of certain groups of cells (islands of Langerhans) in the pancreas to secrete enough insulin into the blood stream. It seems that a certain minimum quantity of insulin must be constantly present in the blood to insure the combustion of enough fuel (blood sugar) to meet the energy requirements of the vital functions.

Consistent with the best scientific knowledge we have of diabetes at present, the principal cause seems to be just hurry. Not the "high tension" of business or social life, nor the general speed mania which we affect in America, but the common habit of hurried eating. The habit of hurry in eating—or the custom as we like to call it—comprehends overeating, that is, taking more food than is necessary, as well as insufficient mastication and the abuse of beverages. These errors of hygiene are comprised in the famous quick lunch. The carbohydrates (starches and sugars) in vegetables, cereals and fruits and dietary items made from them, particularly require thorough mastication. An important part of the digestion of starches and sugars is or normally should be begun in the mouth, where the ptyalin, a sugar and starch digesting ferment, is secreted in the saliva. In the process of mastication the food material is thoroughly comminuted and mixed with the saliva; the salivary glands are stimulated; the digestive process starts in the mouth and continues for an hour or so in the stomach after the food has been swallowed. This starch and sugar digestive action is supplemented by the action of the amylase, a similar ferment secreted in the pancreatic juice which acts on the food after it leaves the stomach. It is quite probable, therefore, that the proper mastication of such food presents a pining an abnormally heavy demand upon the function of the pancreas, and there is now every reason to believe that this is a factor of prime importance in the causation of diabetes.

The meats require comparatively little mastication since nothing in meat is digested by the saliva or in the mouth. Indeed, some physiologists have concluded from experimental studies that it may be better to swallow meat in not too finely divided

pieces, for they find that the gastric juice can digest meat readily in that condition and there is less likelihood that the meat residues will undergo putrefactive changes in the intestine. There is no particular advantage gained from prolonged mastication of fats or oils either. The vegetables, cereals and fruits are the foods which require complete mastication. These carbohydrate materials are the very items which are usually taken to excess; they are responsible for most of the obesity that shortens life in the land; the carbohydrates are so very easy to gorge upon, to gormandize, to wash down. Carbohydrates, especially the refined products, seem to be ideally adapted for the quick lunch and a short life.

QUESTIONS AND ANSWERS.

Outs. How long should oatmeal be cooked for children from 3 to 7 years of age?—B. D. W.

Is it harmful to eat crushed or rolled oats without cooking? People tell me they dry up the blood.—It. A. Please describe the food value of oatmeal.—Mrs. C. W. W.

Answer—Oatmeal or rolled oats is half again more nutritious than white bread, yielding about 1850 calories to the pound as compared with 1200 calories to the pound of white bread. For infants under the age of 2 years oatmeal or rolled oats should be cooked from one to three hours or perhaps overnight. For children over the age of three, it is a matter of taste and it is all right to cook oatmeal or rolled or crushed oats only a few minutes. If the children prefer the oats that way. For well persons over 5 years of age it is rather beneficial to eat raw oatmeal or rolled or crushed or whole oats if one likes to. It is absurd to imagine that such practice "dries up the blood." Oats in any form will furnish more protein than mutton and practically the same amount of that food material as we get from beef. Oatmeal contains as much iron as beef, more phosphorus, 16 times more calcium.

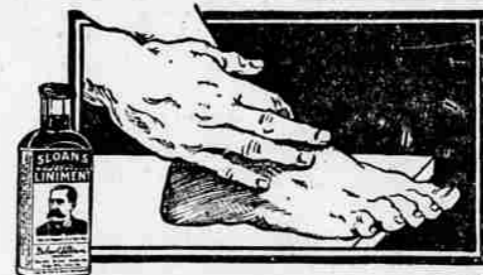
That Damp Basement. Would living in a basement where it is very damp when it rains cause rheumatism? I have my kitchen there and all my joints are lame.—Mrs. A. T.

Answer—There is no reason aside from fancy, no evidence that dampness causes any disease. Your joints whatever the trouble may be, would probably be just as lame if you lived in an attic.

Without Pillows. Kindly advise if sleeping without a pillow is beneficial in any way.—R. L. E.

Answer—No, tho it is all right to sleep without a pillow if you like.

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You'll get quick, sure relief for swollen, painful ankles with Sloan's. It requires no tiresome rubbing; the medicine itself does the work. In it are certain ingredients that are so stimulating to the circulation that the moment it is applied, freshly purified blood starts tingling through the aching place. And this enriched blood supply drives out swelling and pain and restores normal conditions in no time. Get this relief today. All druggists—35 cents.

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1924 CHEVROLET SEDAN LIKE NEW AT A BARGAIN The Busy Corner Motor Co.

Poems That Live

Let Me Grow More Lovely. Let me grow more lovely, growing old— So many fine things do: Laces, and ivory, and gold. And silks need not be new. And there is healing in old trees. Old streets a glamour hold; Why may not I, as well as these, Grow lovely, growing old? —Karl Wilson Baker.

Who's Who

CHARLES M. KITTLE Thirty years ago Charles M. Kittle was slaid to get a job as water boy for a section gang on the Illinois Central railroad. He had visions, though—visions of himself at an executive's desk in the main offices of that road, directing some part of the operation of it.

That vision came true. He worked his way up to the senior vice presidency of the Illinois Central.

Recognition did not stop there, however. The other day a successor to Julius Rosenwald as president of Sears, Roebuck and Co., was named and Kittle was the man chosen.

Rosenwald, president since 1910, has been named chairman of the board of directors.

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Upstairs



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