

MEDFORD MAIL TRIBUNE

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Ye Smudge Pot

The maternal instinct, that used to call for her boy from the back porch, was broadcasting from Main and Central, Mon. pm.

It may interest lovers of art to learn that an aesthetic dance of three hours duration has been consummated, and pronounced "enthraling."

A casual glance to the surrounding horizons, indicates the beauty shoppes are away behind with their spring work.

A tremendous wave of Oregon spirit went crashing through to Moscow yesterday, was taken up by the Oregon variety, and as a direct result Reinhardt's men battled through a harrowing 26 to 24 victory over the Idaho quintet.

A thick-headed Chicago grand jury is endeavoring to determine how a \$400 per year Prohibition Enforcement agent, managed to put \$38,000 in a bank.

A LIKELY CANDIDATE (Klamath Falls News) In justice to Mr. Crumbelt, it can be stated that he has publicly announced himself as a staunch believer in the prohibition law and strongly opposed to "wild women."

A defeated wrestler is always able to make a speech. This is never the case with an osteopathic victim.

A man asked an income tax expert last night how the alleged 25 per cent reduction worked. The inquirer is resting comfortably, and is well on the way to recovery.

The tennis season will start March 15th, if the moths have not devoured Horse Bromley's white trousers.

Under the dabbles Sleeps this foolish mortal; When the visitors scored He proceeded to chortle.

Your undertaker will gladly tell you a dozen wonderful features of the Asphalt Grave Vault, but he couldn't tell you one fault to save his life.

The bill passed by the legislature providing mattress inspectors for Oregon, has been vetoed. This is a terrific blow to progressive democracy, but there will be no let-down in the battle for humanity, and a commission to regulate whiffle-trees.

P. Wortman of Phenix was in Mon., and had his whiskers pointed.

RUSSEDDNESS IN KANSAS

Mrs. M. Stevens of this city, who has toiled over a wash tub nearly every day for the past thirty years gaining a livelihood for herself and family, but last Friday night was the first time she ever had clothes stolen from her line.

Potatoes are being planted in many backyards. Owing to keen competition from weeds, in the midst of the fishing season, potatoes never grow well in the valley.

A radio photo has been flashed across the continent in eight minutes, and no doubt looks n.

March continues to behave like a female sheep of three letters.

In the earnest effort to provide facts, the informant, A. R. Lyons, 2856 Brooks avenue, neglected to tell what happened, with whom the accident occurred, and what the result was.

The towing kind of old Jackson are being turned out upon the verdant heather.

SENATOR CLARK

SENATOR WILLIAM ANDREW CLARK of Montana who died in his \$5,000,000 mansion in New York City last night, was the last of three great Montana mining magnates—Hoisinger, Daly and Clark. And he was also the last of the pioneer supermen, who wrested a fabulous fortune from the undeveloped wilderness of his native land, by sheer force of character and hard work.

Senator Clark landed from a prairie schooner in Bannack, Idaho, in 1863 with five dollars in his pocket. He died in New York, with properties in this country, Mexico and France, timberlands sugar factories, steam and street-railway systems, mines, banks and business blocks footing up a total of tangible wealth, which it will probably take months to tabulate.

Contrary to general belief however, Senator Clark was not the uncouth rough and tumble fighter, who rose to fame and fortune, by strong arm tactics. He neither murdered his rivals nor the King's English.

There was nothing idealistic about the senator. His moral code was conveniently elastic. When he wanted something he didn't first worry about ethics. He got it. He was impelled to withdraw when elected to the senate, but he became a United States senator nevertheless.

His business foresight and his fighting spirit were well exemplified by his construction of the San Pedro, Los Angeles and Salt Lake railroad—a short cut from Los Angeles to the Utah metropolis. Senator Clark financed the project himself. Just after the railroad was completed floods washed out great sections of the road bed entailing a loss of \$16,000,000.

Not a particularly imposing character, nor a particularly enabling one, Senator Clark nevertheless represented these qualities of courage, determination and efficiency, which are as certain of material success in the future as they have been in the past.

QUILL POINTS

Forbes must learn to do his stuff during a war, not after it.

Distant relatives are those who have money and know you need it.

Still, if France pays her friends all that Germany pays her, who pays for the devastation?

How we kid ourselves! We never say we are almost as great as Brown, but that we are greater than Jones.

When a rich man dies he leaves no more than a poor man. They both leave everything.

Perhaps the Eighteenth Amendment thought it wouldn't have to work under eighteen years of age.

England pays America about \$500,000 a day, and it would take \$87 lecturers to get it back.

After all, the best thing to develop a young man is a short course in mortgage lifting.

In the old days of Dobbin the worst that could happen to a huge driver was matrimony.



THE COUNTY FAIR.

THE COUNTY FAIR, that used to draw the gaping legions, high and low, is dead as any wapenshaw a half a thousand years ago. Each fall we used to have the fair with droves of fattened steers and pigs, and all the people journeyed there, in wagons, buggies, carts and gigs.

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Abe Martin



Lafe Bud wants to know how much salary a fellow ought to be pulling down before his wife kin spring a fornicator? Cute, little engraved silver fannels are the latest novelties for a lady.

Who's Who

Henry Parker Willis. The insistent demands of the Philippine Islands for independence and the attention drawn to the islands by the attitude of their leaders has made of the Philippine problem a world one in the opinion of Henry Parker Willis, now lecturer on banking at Columbia University and first president of the Philippine National bank.

Poems That Live

The Deserted Village. Ill fares the land, to hastening ills a prey, Where wealth accumulates, and men decay: Princes and lords may flourish, or may fade— A breath can make them, as a breath has made: But a bold peasantry, their country's pride, When once destroyed, can never be supplied.

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Poems That Live

Those gentle hours that plenty bade to bloom, Those calm desires that asked but little room, Those healthful sports that graced the peaceful scene, Lived in each look, and brightened all the green: These, far departing, seek a kinder shore, And rural mirth and manners are no more.

You Can Get Most Any Old Thing at DE VOE'S Most Any Old Time. Always Room to Park Your Car. 436 W. Main Ph. 122-R

CROSS-WORD PUZZLE STORY THE ARTIST'S AID

This is what the artist uses when he wants to paint a picture. On it he puts different colors like sky 1-2-5-11 or a nice grass 8-9-10-11-12 or, maybe, a bright 4-10-15. He mixes them up, too, with his 3-4-5-6-7 or a small wooden 13-14-15 to make 3-9-14-20-26 for the color of ground and uses white for 6-12-16-22. 18-19-20 would you like to 21-28-30 to paint a picture?



Maybe the 24-25-26-27-28 of this palette will lend it to you. It is, 17-23 doubt a difficult job to paint a picture, but after a try or 21-22-23, one 8-13-19-25-29 better. So if your first attempt isn't so good don't mind if I laugh, "Oh—18-24!"

Answer to last puzzle: (3-2-4-5) stop, (6-7-8-9-10) horse, (13-21-28) top, (1-3) at, (5-7-14-22) pony, (19-27) so, (9-15-24) sis, (10-16) Ed, (11-12-26) lag, (15-16-17) Ida, (20-21) no, (12-13-14) ton, (17-25-26) any, (40-31) of, (4-6-13) photo (30-32) on, (18-19) as, (26-27) go, (22-23-24) yes.

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Personal Health Service By WILLIAM BRADY, M. D.

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 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.

Food Acids and Sour Stomach.

Overeating, particularly of meat of gastric juice, and if overeating is fixed habit, hyperacidity of the stomach, "acid dyspepsia," hyperchlorhydria or "sour stomach" becomes an established complaint.

In order to clarify a state of confusion let us first agree what we are talking about before we get into a quarrel about acids. The healthy stomach when a meal is digested, the normal gastric juice contains about 0.5 per cent of hydrochloric acid, and even admixture with the food the chyme contains about 0.2 per cent of hydrochloric acid.

That's your enough, as anybody who has ever belched a little of it into the throat can testify. But other acids may form in the stomach from excessive fermentation of carbohydrates or fats, such as lactic acid and butyric acid, and these, too, may give rise to complaint. Then there are acids in foods, some natural food acids, and some added by man. Finally, certain acids are produced in the body by the metabolism or combustion process, and these acids have to do with the condition known as acidosis, but they have little or no bearing on acidity of the stomach.

The natural food acids are mainly the fruit acids, citric, malic, tartaric, benzoic. The acid of grapefruit, oranges, lemons and other citrus fruits is citric. The acid of rhubarb, apples, peaches, apricots, pears, prunes and plums is malic. The acid of grapes and raisins is tartaric. Certain foods such as cranberries, plums and prunes contain some benzoic acid, and others, such as tomatoes, strawberries, peaches, potatoes, flubard and spinach, contain some oxalic acid and sometimes the physician finds it advisable to forbid such items in the diet of special cases, tho as a general rule all of the items named tend to oppose acidosis in the system. A very liberal use of tomatoes, several pounds a day, for example, will increase the alkalinity of the blood and decrease acidity in the urine.

The liberal use of oranges, lemons, grapefruit and other citrus fruits, tho sometimes unsuitable in the diet of an individual with hyperacidity of the stomach, is certain to oppose acidosis in the system, to increase the alkalinity in the blood and decrease the acidity of the urine, because the citric acid is oxidized, in the blood into carbonic acid which combines with sodium, potassium or magnesium to form alkaline salts of these elements—carbonates. A similar rule holds true regarding all fruit and vegetable acids. But there are certain natural acids in fruits or vegetables which cannot be oxidized in the body, and therefore are not foods but rather poisons, tho only exceptionally do these produce any disturbance when the foods containing them are freely eaten. Benzoic acid, in cranberries, and oxalic acid another, of natural food acids which cannot be utilized by the body. Another acid, usually added to food by man, is more commonly injurious in this way—lactic acid in vinegar; this acid cannot be oxidized by man and is without food value of any description and therefore must be classed as a poison, since it does produce deleterious effects when freely taken. Lemon Juice

Foods That Contain Vitamin. Will you please let me know the foodstuffs that contain vitamin?—Mrs. M. C. Answer—Here is a list, though it doesn't include every food item which contains vitamin: Fresh milk, cream, butter, buttermilk, soured milk, cheese, (particularly cottage cheese) eggs, liver, kidneys, heart, sweetbreads, fresh fish, unmillied wheat, wheat bran, cabbage, carrots, lettuce, potatoes, asparagus tops, onion tops, celery leaves, spinach, tomatoes, oranges, bananas, grapes, apples, berries, lemons, nuts, yeast, cod liver oil. Beef fat or suet and mutton fat contain some vitamin, but the lean muscle meats contain practically none. Oleomargarin contains some vitamin if there is considerable animal fat in it, but not so much if it is made largely of vegetable fats.

Fattening Oil. Is olive oil fattening? If so, kindly name the amount to take, for I like the flavor very much.—Mrs. W. H. Answer—Kee, though perhaps less fattening than butter. Take an ounce or so daily.

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JUNIOR CROSS WORD PUZZLE



HOW TO SOLVE PUZZLE The words start in the numbered squares and run either across or down. Only one letter is placed in each white square. If the proper words are found each combination of letters in the white squares will form words. The key to the puzzle—the first word—is given in the drawing. Below are keys to the other words.

- RUNNING GACROSS Word 1. In the picture. Word 5. Notices inserted in this paper by merchants. Abbreviation. Word 6. What the spider weaves. Word 7. One who secretly watches the actions of others. Word 8. To be indebted to. Word 10. Hidden; concealed. RUNNING DOWN Word 1. A western state. Word 2. Another western state. Abbreviation. Word 3. One of the words in this sentence: "To be right is to be happy." Word 4. Used by children in school. Word 8. A conjunction. Word 9. You and I.

YESTERDAY'S PUZZLE ANSWERED



THROUGH AGES Centuries ago sturdy Norsemen realized the benefits of health-building cod-liver oil. Scott's Emulsion brings to you the same vital-nourishment that enabled these mighty men of old—exemplify strength. Scott & Bowen, Bloomfield, N. J. 24-12

Wong Pon Chinese Medicine For Treatment of Acute and Chronic Diseases of Men and Women. Cancer and tumor treated, influenza, kidney, bladder and stomach troubles, fits, hernia, rupture, colds, female troubles, paralysis, fever, pneumonia, asthma and throat troubles, rheumatism, amenorrhea, gleet, consumption, catarrh, piles, hydrocele, albumin.

Refreshing. Correct Time Set your clock by the Creamery Whistle. Western Union regulated time. Ask for Nutritious Ice Cream. Jackson County Creamery. ICE CREAM