

Fruits and vegetables are bearers of health

Eat them, cooked and raw, each day



ONE of the country's leading food scientists was asked what rule he could give for healthy eating. "This would be my first rule," he said, "Eat at least one raw salad (vegetable) and at least one raw fruit each day. In addition to that, eat at least one cooked vegetable and one cooked fruit each day. Rotate the fruits and vegetables with season, price and taste."

He went on immediately to emphasize the value of sugar in making fruits and vegetables palatable and enjoyable. People no longer need feel that a meal has to be unenjoyable in order to be healthful. In fact, the opposite is true. It is of great importance to the health of the body to enjoy the right foods as well as to eat them. And sugar is nature's most perfect flavor, the added zest and pleasure to eating. Many of the most healthful fruits, for example, would be almost uneatable without sugar. Adding sugar makes the harsh fruit acids delightful to the taste. It does not injure or change in any way the beneficial health qualities of the fruits. And the good cook knows that nearly every vegetable has its flavor improved when sugar is used in cooking.

Successful cookery and health-giving diets revolve around sugar. Sugar in the kitchen and on the table can be so useful in promoting health and good digestion. What, for example, is so enjoyable and refreshing as fresh grapefruit, sweetened to taste? It is important to eat fruits and vegetables daily and to enjoy them. The Sugar Institute.

Baked Chocolate Pudding

[from Los Angeles]

This dessert is simple, easy and quick to make. But be sure you use a delicate-tasting shortening. Have you ever tasted Crisco right from the can?

1/2 cup milk
2 squares chocolate
3 tablespoons Crisco
1/2 teaspoon salt

1/2 cup sugar
1 beaten egg
1/2 cup pastry flour
1 teaspoon baking powder

Heat milk. Add chocolate broken in pieces. Stir over fire until thick and smooth. Cool. Cream Crisco, sugar and salt. Add egg. Add milk and chocolate mixture alternately with flour and baking powder, sifted together. Add 1/2 teaspoon vanilla if you like.

Turn into well-Criscoed shallow pan. Bake 20 minutes in hot oven 375°F. Cut in squares. Serve hot with sweetened whipped cream.

Miss S. A. O.

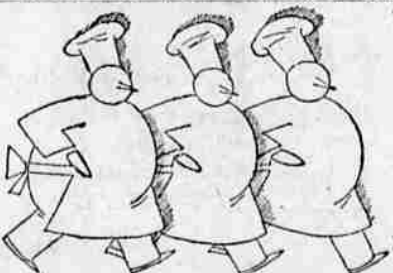
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AT YOUR GROCERS

PAN-DANDY BREAD

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POPULAR COUPLE OF CENTRAL POINT MARRIED SUNDAY

CENTRAL POINT, Ore., Nov. 9. (Special)—A beautiful wedding ceremony was performed at 9 o'clock Sunday morning, November 4, in the Christian church, when Miss Virginia Hathaway, daughter of Mrs. J. W. Burns, was united in marriage to Mr. Otto Bohnert, son of Mr. William Bohnert. The church was beautifully decorated in chrysanthemums and ferns. The aisle was draped in white ribbons and blossoms.

Lehenger's wedding march was played by Mrs. Loraine Maben of Medford. The bride was given in marriage by her uncle, J. E. Gilmore of Portland. Miss Fern Hathaway, sister of the bride, was maid of honor.

The bride and her attendants, passed up the aisle and were met at the altar by the groom and his brother, John Bohnert, who was best man.

The ceremony was performed by Rev. D. E. Millard, who read the beautiful, impressive ring ceremony.

The bride was very beautiful in pink satin crepe, with cream over-lace, and wore a headdress of orange blossoms and veil. She carried a bouquet of pink and white carnations.

The maid of honor was lovely in yellow silk taffeta and carried a bouquet of pink snapdragons and carnations.

Many friends were waiting outside, as the bride and groom left the church they were showered with rice and escorted to their car, which was decorated with signs, such as "just married," etc., also noise makers hanging from the car.

The bridal party, with relatives and a few friends, went to the home of Mr. and Mrs. Arnold Bohnert, brother of the groom, where Mrs. Bohnert served a dainty breakfast.

Just before breakfast was announced in the dining room, Rev. Millard sang "At Dawning."

The rooms were beautifully decorated with yellow and white chrysanthemums, with pink tapers on dining table. The bride received many beautiful gifts.

Mr. and Mrs. Bohnert are very popular young people. Both have spent most of their lives in this vicinity. Mrs. Bohnert is a graduate of Central Point high school and a stenographer in an office in Medford. Mr. Bohnert is a successful young farmer.

After about two months' trip through California and Arizona, they will be at home to their many friends on the ranch Mr. Bohnert bought, west of town.

The best wishes of all are extended the happy couple.

Mr. and Mrs. L. Hatfield were dinner guests Sunday of Mayor and Mrs. W. C. Leover.

Dr. and Mrs. L. A. Salda expect to leave next week for several months' stay in the south.

Mrs. G. M. Robinson of Ashland was a guest of Mrs. Wm. Ferguson on Tuesday.

Mrs. Bert Duncan, who has been on crutches for several months, was able to be out and vote Tuesday.

Mr. and Mrs. John A. Morton and family are leaving today for California.

Mrs. E. M. Tucker spent the week-end at the O. D. Tucker home.

E. M. Tucker is building several modern bungalows on North Riverside in Medford.

Mr. and Mrs. Jesse Richardson and daughter, Erma, drove to Klamath Falls Friday, returning Sunday.

Mr. and Mrs. Ray Wyatt have a little son, born November 5 at the Purucker home in Medford.

Mr. Eldon Drysdale went to Portland Sunday and will spend a part of his vacation in that city. Mrs. Drysdale and children will spend the time with her parents during Mr. Drysdale's absence.

John Hammerly of Gold Hill was in town Tuesday.

The many friends of Doris Richardson, who was injured in an auto accident recently, are happy to know she has recovered sufficiently to be brought from the hospital to her home.

Mr. and Mrs. Ray Williams were in Medford Monday on business.

Mrs. Claude Clark has been quite ill the past week.

Rev. Mr. N. B. Smith of Mt. Pleasant, Utah, representing the board of national missions of the Presbyterian church, spoke to a group of the ladies of the missionary society of the Federated church on Wednesday afternoon.

Mr. Smith told of whole countries in Utah with good populations that have no Protestant minister. Mr. Pleasant is the seat of a Home Mission school, supported by the women's work of the Presbyterian church.

November 13 the Jackson County Health unit will hold their baby clinic in the library.

On Monday evening Rev. J. M. Johnson, pastor of the Presbyterian church, performed the ceremony at the manse, which united Elaine Shull and Delbert J. Allison in marriage. Both parties are from Sonoma county, California, and the groom is a cousin of C. G. Vinson of Central Point. They will return to their home in California the last of the week.

Miss Jean Chisholm of Gold Hill is visiting Mrs. C. J. Shorb. Thursday of last week, Mrs. Arnold Bohnert gave a miscellaneous shower for Miss Virginia Hathaway. The hostess gave each a flower sack to hem, for a dish towel, and to embroider their initials in the corner, and a prize was given to the one who did the quickest and best work. The prize went to Miss Edna Benson. Each guest also wrote their best recipe for the honor guest, and many useful gifts were received. Lovely refreshments were served by the hostess and a jolly afternoon was

PHOENIX RESIDENT TAKES SASSAFRAS THROUGH MISTAKE

EDEN PRECINCT, Ore., Nov. 9. (Special).—Mrs. Evans, who with her son lives on the highway south of Phoenix, was nearly poisoned last Monday morning when she took a dose of oil of sassafras instead of a medicine she was intending to take. The oil burned her mouth and throat and caused intense pain in her stomach. However, she is about well of the bad effects of it now.

Mrs. E. C. Lockwood, Mrs. Lloyd Colver, Mr. and Mrs. C. Carey, Mrs. Wilder and daughter Olga, Mrs. Noah Chandler and daughter Irene were in Medford Tuesday.

Mr. and Mrs. S. P. Harneburg of east Eden were dinner guests of Mr. and Mrs. C. Carey last Sunday.

Mr. and Mrs. Tom Bell and Jeff Bell were down to the Carey place last Saturday and gathered up several sacks of black walnuts off of the big black walnut tree near the Carey residence.

Last week Lloyd Colver and Ed Hamlin both had new cement floors into their dairy barns. Mr. Colver has a big sanitary milking barn now. The Colvers are selling the whole milk to many Phoenix residents.

Mrs. Donna Graffes and her sister, Mrs. Anderson, were shopping in Medford last Saturday. Mrs. Graffes has moved back to her sister's to live this winter.

Mrs. Kennedy is very ill at her home west of Phoenix. Mrs. Jack Allen made a call at her home one day last week.

Ed Hamlin had Mr. Ellwood come out and set up the King radio which Mr. Hamlin had purchased from Mr. Ellwood while the Hamlins were living on the Coleman place across Bear creek. The radio had not been set up since the Hamlins moved to the Furry place on the highway south of Phoenix. It gave fine reception on the election returns.

Mrs. J. E. Parsons and son Brad of west Phoenix were in Medford last Tuesday. Everyone in this precinct is rejoicing over the way the election went. Talent especially, with the exception of the last race of Judge Thomas.

Many homes in Eden precinct had new radios installed before the election in order to hear the campaign speeches and the election returns.

Mr. and Mrs. J. W. Pruett of East Eden were Medford business visitors on election day.

Much early plowed land is being sown to fall wheat since the heavy rains of late.

Poley Outman of Kelso, Wash., is in the valley and visited at the Lloyd Colver home Monday. Mr. Outman is now visiting at the home of Mrs. Lofland in Medford.

Mrs. Walter Daborgie, who has been visiting her father, Mr. Clutzor, near Medford, returned to her home in Sacramento last Saturday. She was accompanied by Mr. and Mrs. E. O. Rease, who also returned to their home in that city after a ten days' visit with relatives here.

There are a number of new homes being built in the town of Phoenix this fall. Several new persons who have bought property there are building new houses.

Mrs. Anna Simpson of Medford spent last Sunday at the home of her daughter, Mrs. Noah Chandler.

Mrs. Eva Carless, who is teaching school at Derby, was in Medford on business last Saturday. Mrs. Carless says she likes the locality and enjoys the mountains and the beautiful scenery surrounding the school. There are two teachers at the Derby school.

Noah Chandler butchered two fat hogs for an Ashland meat market last Wednesday, the big porkers weighing over 200 pounds each. The price was around 16 cents a pound. Not so bad for a couple of spring pigs.

Next Friday evening at the church auditorium, the Sunday school of the Presbyterian church will give an entertainment for the purpose of helping out on their pledge. Mrs. Dr. Malmgren will give a travelogue and there will be music and also some pictures shown.

Mr. and Mrs. Frank Wortman of Medford were in Phoenix on Tuesday morning where Mr. Wortman was interviewing many of his friends.

Mr. and Mrs. George Parker of Phoenix were pleasant callers on your correspondent and her husband last Thursday evening.

spent by those present.

Mrs. Harry Workman, Jr., and little son, Charles, of Weed, Cal., are visiting in the valley. Mrs. Workman was formerly Miss Clara Hathaway.

The manse is being remodeled. John Casnd is doing the work.

Mr. and Mrs. Ed Farrar of Central Point and Mr. and Mrs. Harry White left Wednesday for Portland, where they expect to spend a week.

The community was shocked today (Thursday) at the sudden death of Mr. C. B. Rostel, father of Ernest and Bert.

Mrs. Carrie Hamrick is spending the day in Medford, the guest of her daughter, Mrs. George Simpson.

Mrs. Joe Collins and Mrs. Ray Anders were visiting in Medford Saturday afternoon.

Earl Scott was a Medford visitor Thursday morning.

Roberta and Bernice Reams of Willow Springs, spent Wednesday evening with Elizabeth and Ethelwyn Scott.

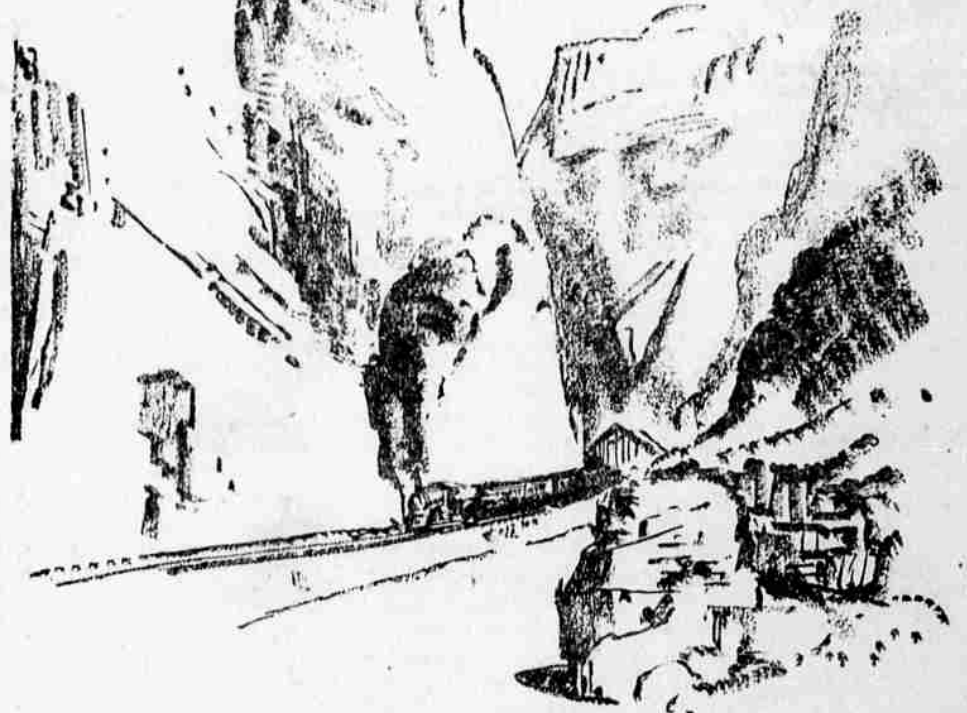
Mrs. Roy Anders and baby, Jimmy, returned home Sunday evening, after spending a week with her parents, Mr. and Mrs. E. E. Scott.

Walter Surber and Everett Workman of Medford were calling on friends in Central Point Sunday morning.

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