

Recipe for fried ham

A famous cook gives these simple directions



It is sometimes so simple to improve the flavor of foods. For example, a certain household is noted for its delicious fried ham which is a specialty for Sunday morning breakfast and other "occasions." The cook was asked for the recipe, and here it is:

Take a slice of smoked ham one-half inch or more thick. Sear each side to a golden brown; then reduce the flame and sprinkle two teaspoons of granulated sugar on the exposed side, keeping the flame low so that the sugar does not burn. Then turn the ham and sprinkle two teaspoons of sugar on the other side, keeping the flame low until the sugar is thoroughly dissolved and absorbed into the ham. When it is finished, you will have a delicious ham flavor such as you never found before.

The uses of sugar in bringing out and improving the flavors of foods are practically unlimited. Sweeten cereals and note how much more children enjoy them. Add sugar to grapefruit or any other health-giving fruit that may be harsh to the taste. Sugar does not injure the beneficial acids and vitamins in any way.

A sweet dessert adds a feeling of satisfaction to the meal. Baked fruits, or fruit or berry pies, are especially delicious.

Eat nourishing foods and enjoy them. A famous food authority recommends one raw and one cooked fruit and vegetable a day, sweetened to taste. Sugar is Nature's perfect flavor. The Sugar Institute.

For every occasion



TREE TEA

Orange Pekoe.

CENTRAL POINT NOTES LOSS OF ELDER RESIDENTS

CENTRAL POINT, Ore., Nov. 23. (Special.)—This community is saddened by the death of an elderly and respected citizen in a short time.

There are five who have passed away in the last two weeks in Central Point. They are C. B. Rostel, November 8, age 78 years; Wm. Wille, November 16, age 82 years; Mrs. Marie Purkaypille, November 17, age 87; E. P. Cummings, November 19, age 85. The oldest residents of the community are out of the here-mentioned families.

R. W. Lambert and son Harry returned from Lakewood and Klammath Falls a few days ago, and then left again Thursday for Lakeview, where they will look over the dairy ranches in that section and may buy. Lester Scott accompanied the Lamports.

Miss Effie Caster is remodeling her house. Mr. and Mrs. Tom Rainey of Trail spent Monday with their daughter, Mrs. Frank Miller and family.

Although George Treichler is still quite poorly, he was able to be in town Monday attending to business.

Mrs. Ralph LeVee is ill with flu. Mrs. C. E. Stanley went to Eagle Creek Wednesday to visit her sister, Mrs. Ralph Stanley.

Jesse Richardson went to Portland Friday and stopped at Salem and visited his daughter, Mrs. Davis.

Mr. and Mrs. Wilbur Cameron of Jacksonville were Sunday visitors at the home of Mr. and Mrs. E. E. Scott.

Mr. and Mrs. Surber and son of Ashland are spending a few days in Central Point.

Elizabeth Duncan was a visitor in Medford Saturday.

Mrs. J. B. Hamrick spent Wednesday in Medford visiting her daughter, Mrs. George Simpson.

Mrs. J. L. Burner, Elizabeth Scott and Elizabeth Southwell were Medford visitors Saturday.

Mr. and Mrs. Roberts and daughter-in-law, Mrs. Wm. Roberts of Medford were Sunday guests of Mr. and Mrs. E. A. Ayers.

Mrs. George Robinson of Ashland spent the week end with Mrs. Wm. Ferguson.

Mrs. Ed. Taylor and daughter Gertrude were shopping in Medford Saturday.

Mr. and Mrs. Paul Martin spent Sunday at the J. L. Barrer home. Many dogs are being poisoned in Central Point the last three weeks, three having died Friday, belonging to Floyd Ross, Ernest Scott and Guy Eddy.

Ruth and Lorne Webster, Nelda Jean Ayers and Betty Parfitt are on the sick list this week. Miss Leah Parker and Miss Ar-

Owned 'Murder' Farm



Cyrus C. Northcott, on whose ranch Sanford Clark, 15, told officers four boys were slain.

Jene Hay drove to Corvallis Friday for the ball game, also drove to Salem.

Mrs. E. E. Roames and Mrs. J. W. Lambert were shopping in Medford Wednesday.

Willa LeVee, who has been ill the past week, is able to be in school again.

Mr. and Mrs. Sterling Richmond spent Sunday in Grants Pass.

R. F. Wilbur returned Tuesday from Odell where he spent the past six weeks.

Mrs. C. E. Rostel and son Bert Rostel and Attorney Harry Skyrman have gone to Seattle.

Central Point is proud to have the first permanent health center in Jackson county located in our little city.

The O. E. S. is making great preparations for their box social Friday evening.

C. E. Lange is quite ill at his home. While unitching his team from the wagon in the barnyard, about three weeks ago, the horses started before the last tug was unhooked and that frightened them; they ran, throwing Mr. Lange to the ground and the wagon on top over him three times. There were no bones broken, but all the bruises seem to have developed abscesses.

Mrs. E. E. Scott, who has been visiting her mother, Mrs. Throckmorton at Ruch, was called home last Friday on account of her daughter Ethelyn having her collarbone broken while playing at school.

The sad news has just been received by Ed Gleason that his father, Jim L. Gleason, passed away Wednesday night.

Mr. and Mrs. Ed Gleason left Thursday for Milwaukie, Oregon, where his father lived. Mr. Gleason formerly lived in Central Point where he has many friends who will be sorry to hear of his death.

KUBLI MINE WILL BEGIN OPERATION NEAR GOLD HILL

GOLD HILL, Ore., Nov. 23. (Special.)—With the revival of the mining days of Southern Oregon and the progress being made in this industry at the present time, the famous Kubli mine near Gold Hill will again resume operations in the very near future.

Karl Kubli, owner of the mine, arrived in Gold Hill the first part of this week from Portland.

The Kubli mine is located several miles up Galla creek. He has recently made several trips from this city to the mine and has been preparing to open it up as soon as possible.

It is not known to what extent the mine will run, but it will probably be put into full action for a lengthy period of time, as Mr. Kubli has started all the preliminary operations preparatory to opening it up.

He has looked over the quartz mill built at the mine and is preparing it for action as soon as possible. The mill was used when the mine was last run and it needs but little repairing now until it will be ready to take the ore. This famous "Kubli" mine has not been in actual operation for about a year or so.

It has in its time been a producer of much ore, thousands of dollars being taken out of it. The mine has proved very satisfactory to its owner in the past and there still seems to be plenty of good ore in it to be taken out.

Some of the present samples of the ore show that it is fairly rich, and indicate that the mine shows great prospects of making itself a paying proposition. The mining industry in this country seems to be reviving with the building and completion of the new dredge on Footh creek, the opening up of the past famous "White Horse Mine," and the reopening of the "Kubli" mine.

The election of a new director of the Gold Hill irrigation district resulted in the installation of Frank Childers as the new man to hold this office. Mr. Childers replaced Charles Gray, the former director. He was inaugurated at a meeting of the board of directors which was held early in this week at this city. Mr. Childers has immediately assumed all the duties and responsibilities of this office in this irrigation district. The election was held at the Riveria auto camp at Footh creek on Tuesday, November 12.

Several minor repairs are being made upon the floor of the school gymnasium. During the time these repairs are being made no students are allowed on the floor. This has caused the postponement of several of the high school basketball practices. In the near future the repairs will be completed and

the high school and seventh and eighth grade teams will be allowed to return to the floor and resume their practice.

R. L. Kenaston has been hauling wood for the past several days from the head of Evans creek to his home in this city.

Mr. and Mrs. H. W. Steelman and daughter Evelyn, of Portland, will arrive in Gold Hill the first part of next week and will visit for several days during the Thanksgiving holidays at the home of Mr. and Mrs. Ed Shoemaker.

A number of the residents of this community have voiced their opinions against the location of the fish wheel in the irrigation ditch. The wheel is located in the lower end of the field owned by Charles Phelps. The fish can come into the ditch at the upper end but it is claimed they cannot go any farther than where the wheel is located toward the end of the ditch, about three miles from where the water enters it. Several thousands of small fish come down the ditch and when the water is let out they can go neither into the ditch where it empties into the river nor back to the headgates, it is said. Several people have voiced opinions against this and want the wheel put at the upper end of the ditch so that the fish cannot enter and thereby save many small ones being let to die.

DERBY, Ore., Nov. 23. (Special.)—There will be a special meeting of the P. T. A. on Friday afternoon at two o'clock, for the purpose of checking up on plans for the bazaar which is to take place on December 8.

Mr. and Mrs. Allen and Mrs. Hiram Webb and daughter Frances, made a business trip to the Crater Lake school on Saturday.

Miss Widell made a trip to Jacksonville Saturday afternoon.

The E. B. Chambers family spent Sunday with their daughter, Mrs. Wm. Dunlap, at Camp No. 2, above Butte Falls.

Mr. and Mrs. Mack J. Brown visited relatives at Camp 2 Sunday.

Mr. and Mrs. Chester Parsons and family of Phoenix spent Sunday with Mrs. Parsons' parents, Mr. and Mrs. Pat Smith.

Tom Cook visited at the Fred Dunlap home Sunday.

The Chambers and Brown families made a jolly theater party to see "The Fleet's In," in Medford Saturday evening.

Everette Brown of the United States navy, who has been visiting the Brown and Chambers families, left Tuesday to resume his duties on the Pennsylvania.

There was no school on Wednesday as the teachers observed their annual visiting day. Miss

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Widell visited the Oak Grove school and Mrs. Carliss visited the third, fourth and fifth grades in Phoenix. Frank Dunlap was absent from school Monday because of a severe cold. Violet Tucker was at home on Tuesday on account of illness. Derby school has a fine new clock. P. N. Deen has been suffering from an attack of inflammatory rheumatism.



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THIS IS HOME PRODUCTS and BUY AT HOME WEEK

The Medford Chamber of Commerce is co-operating with home industries in a great drive to popularize their products locally and familiarize people of Medford and Southern Oregon with them. The success of the Chamber's efforts will depend upon the co-operation of every man, woman and child in this city and the Rogue River Valley.

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