

"I'M ALL PUFFED UP" SAYS



Kernel Horn

I've just been made the most popular person in town

I'm toothsome and tender—
Salt and a soft breeze—
And beautifully buttered—
—Yum-m-m!

TRY ME THIS NEW WAY

Yes indeed—try corn popped the easy BERSTED way. Tasty, delicious, fluffy white buttered balls of goodness. They melt in your mouth. If you like popcorn—and who doesn't—get one of the new Bersted Electric Corn Poppers that pops, salts and butters the corn all at the same time.



It simply can't burn the corn. And the top tips—just pour the buttered popped corn into a dish—your hands never touch it.



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BERSTED MANUFACTURING CO.
Mfrs. of a Complete Line of Electrical Appliances
CHICAGO, ILLINOIS

BERSTED Electric TIP-TOP CORN POPPER

Satisfying



TREE TEA Orange Pekoe

Reducing may ruin good looks

Extreme dieting is also dangerous to health



A FAMOUS doctor discusses the effects of extreme weight reducing on the skin. Frequently, he says, "the face takes on an anemic look. Healthy color is absent and a sallow tinge gives the distinct appearance of weariness and age." He says that the loss of only a few pounds by a middle-aged person will often "make the skin of the face wrinkled and baggy." After excessive reducing this is noticeable also on the hands.

Besides, skinniness is unbecoming. "Essentially," says an eminent doctor, "the curve is fundamental to beauty." The really beautiful consists of that which is healthful and efficient." He goes on to warn us that "the craze for thinness is an attempt to modify the process of nature."

Women to be beautiful should be natural and healthy, and it is dangerous not only to good looks but to health for women, girls or men to try to standardize their weights. Eat plenty of varied nourishing foods. Everyone needs a certain amount of fat in the tissues of the body. Don't forget the value of sugar in making other foods tasteful and enjoyable. There is no substitute for sweetness as a food and flavor. In reducing, decrease the quantity of all foods, but enjoy variety. Health is necessary to beauty. The Sugar Institute.

Listen in Tonight at 9:00

KMED.

"DOWN TO EARTH"

A Story by Mary Greiner

Cast: Mary Greiner—Earl Davis—Fletcher Fish.

Courtesy of Southern Oregon Electric

REBEKAH LADIES TALENT DISTRICT ATTEND MEETING

TALENT, Ore., Dec. 7.—(Special.)—Mrs. Ella Patterson, Mrs. Hazel Ferns, Mr. and Mrs. Harvey Waters, Mrs. Clarence Mather, Miss Bertha Hayman and Mrs. Marion Tryer spent Monday in Medford attending the Rebekah district convention, which was one of the most interesting and instructive sessions ever held in southern Oregon.

The convention was attended by delegates and members from all parts of southern Oregon, and also some from the coast. All sessions were made most interesting by the presence of Mrs. Louise Perot, president of the Rebekah assembly for Oregon, who gave some very helpful talks during the day.

Leonard Oorthuys and son Hendrick left last Thursday for Toledo, Ohio, and will spend the Christmas holidays over there. Mr. Oorthuys is a farmer and has exchanged his farm here for a rooming house in that place. The trade was made through the Charles A. Wing real estate agency of Medford. It is the intention of Mr. Oorthuys to have his son Hendrick enter the freshman class at O. S. C. at Corvallis.

Mr. and Mrs. E. T. Newbury and daughter Edna returned last Wednesday after spending a month visiting with relatives in Idaho. They made the trip by motor.

Mrs. E. E. Evans and daughter Anna and son Don were dinner guests at the home of Mr. and Mrs. Charles Long Monday. Mrs. Evans drove over from Chiloquin with her daughter, who is a student at the State Normal. Miss Anna spent the Thanksgiving vacation with her parents at Chiloquin.

Austin Roseander of Ashland spent Monday a guest of his sister, Mrs. Walter Russell. He left Tuesday on a business trip to Portland.

Mr. and Mrs. Bill Harvey and family, Mr. and Mrs. Charles Skeeter and son Richard spent Thanksgiving day at the home of Mr. and Mrs. Joe Skeeters on Anderson creek.

Mr. and Mrs. Cliff Garvin are enjoying a visit from their nephew, Aubrey Garvin, from California.

Mr. and Mrs. Earl Newberry and son Lyndal returned Sunday from a month's visit with relatives in Idaho.

Mr. and Mrs. Clarence Mathes and daughter Dorothy and son Clarence, Jr., spent Thanksgiving with Mrs. Mathes' parents, Mr. and Mrs. R. E. Strahan in Rogue River. Mrs. Mathes returned Thursday evening, leaving Mrs. Mathes and children at Rogue River till Sunday.

Mrs. Henry Mason and son Wayne were on the sick list this week with the flu.

Mrs. Edith Hayman and daughter, Mrs. Bertha Hayman, entertained at their home at a Thanksgiving dinner Mr. and Mrs. Ralph Hayman from near Phoenix and Mrs. Bruce Hayman and daughter of Medford.

Mr. and Mrs. L. O. Penland returned Friday from San Francisco, where they spent a week visiting and attending to business affairs.

Mr. and Mrs. Wesley Vogel spent Thanksgiving at the home of Prof. and Mrs. George Briscoe in Ashland.

The school board held its regular meeting Monday evening. At this meeting it was decided a wood-floored room would be laid in the primary room in the basement. This work will be done soon, as it will make it more convenient and will add much to the health conditions of the room.

Mr. and Mrs. Jay Terrill and daughter Barbara were dinner guests at the home of Mr. and Mrs. O. A. Manning on Thanksgiving.

Anlow Penwell of Medford visited with Marion Tryer Tuesday afternoon. Mr. Penwell is a plumber in Medford and was in Talent on business.

Harry Maulby of Anderson creek, who recently purchased the Beeson lots east of the Ames building, has started building. The lumber was hauled Tuesday and work was immediately started.

THURSDAY CLUB OF WILLOW SPRINGS TO MEET DEC. 13TH

WILLOW SPRINGS, Ore., Dec. 7.—(Special.)—On December 12, Mrs. Roy Lampert and Mrs. E. E. Ransom will be hostesses to the Willow Springs Thursday club at the Lampert home in Central Point. This is the last meeting before Christmas and every one should bring their contribution to the candy fund. This will be an aid to the finance committee, of which Mrs. Gene Blackford is chairman. All members should bring their thimbles and darning needles, as the candy socks are to be made at this time.

Mr. and Mrs. C. A. Martin are planning to leave next week for a four month stay in southern California and Arizona. They made this trip several years ago and found it a most enjoyable way of spending the winter. They have a care taker for their home here.

Mrs. Roy Lampert and daughter Helen and Irene were Thanksgiving dinner guests at the E. E. Ransom home.

Miss Louise Reamer, who has been ill at her home here, was able to return to her studies at Ashland Normal last Tuesday.

A number of people in this locality have been quite seriously ill with colds and influenza. Those on the sick list are Mrs. J. S. Miner, Mrs. Alex Sparrow, Mrs. J. W. Elden, Mrs. H. A. DuBogue and J. W. Birkholz. All are somewhat improved.

Mr. and Mrs. Sam Anderson and A. V. Carlson were Thanksgiving dinner guests at the home of Mr. and Mrs. Edith Andren in Medford.

Mrs. J. W. Elden entertained the H. A. DuBogue, J. W. Birkholz, and W. K. Parker families at Thanksgiving dinner. The party spent the afternoon "listening in" on the various Oregon football games.

Wilda Richmond, George Elden and Roland Hoover, students at O. S. C. were at home for a short Thanksgiving vacation.

The Earl Hett and Walter Graham families were members of the family party who enjoyed their Thanksgiving dinner at the R. W. Nichols home this year.

Wesley Vogel is a business visitor in Medford Tuesday afternoon.

Frank Manness returned from Klamath county last week and will spend his month's vacation with his sister, Mrs. Ed Leaming. He is a timber cruiser for the government.

Remember the annual Christmas party which will occur at the next regular meeting of the Community club on December 19th. All members will please come prepared to exchange presents, the proceeds of which will assist in the preparation of the annual community Christmas tree.

The Campfire Girls met at the home of Mrs. Peggy Hamilton, Monday evening, and completed their plans for the play, dance and supper to be given at the Community hall Friday, December 21. This event will be sponsored by the board of sponsors.

Waring Hearing returned Sunday from Coos Bay, where he has spent the past few months. He will make an extended visit here with his parents, Mr. and Mrs. John Hearing.

E. C. Gardner is quite sick with the flu this week.

The Talent Grange held its regular monthly meeting Thursday evening.

The Community club will hold another of its popular dining parties Friday, December 14th, at the Community hall. Music will be furnished by the Talent Melody Makers. Supper also will be served.

Mr. and Mrs. Charles Skeeters moved Thursday from the Alford house on Main street to the Lawrence Crawford house.

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The mother who could not keep her family well

IT SEEMED as if there was always someone feeling out-of-sorts. Not exactly sick but languid—indifferent to food and irritable. And her husband, who used to enjoy the best of health, was now constantly tired and often discouraged and worried. What could be the matter?



because it is 100 per cent bran. This bulk absorbs moisture and carries it throughout the digestive system. At the same time, it gently distends the intestines. Exercising them—sweeping out poisonous wastes.

Part-bran products seldom contain a sufficient quantity of bulk to be completely effective. That is why doctors recommend Kellogg's ALL-BRAN.

Kellogg's ALL-BRAN is infinitely better than habit-forming pills and laxatives. A naturally healthful cereal. To enjoy with milk or cream. Delicious with fruits or honey added. Use it in cooking too. Recipes on package. Mix it with hot cereals. Sprinkle it into soups. Just eat two tablespoonsful daily—chronic cases, with every meal.

Insist on genuine Kellogg's—the original ALL-BRAN. Sold by all grocers. Served at hotels, restaurants, cafeterias. On diners. Made by Kellogg in Battle Creek.

It takes "all-bran" to be 100% effective

It is bulk or roughage that combats constipation. ALL-BRAN is practically all-bulk

Guaranteed! Kellogg's ALL-BRAN is sold with this definite guarantee: Eat it according to directions. If it does not relieve constipation safely, we will refund the purchase price.



Kellogg's ALL-BRAN

As fine a food as your money can buy

There's a lot of food fads going around these days, and there's a lot of undernourished children and "grown-ups" too, because some of them have been getting away from honest-to-goodness, solid, nourishing food. Buy a whole or half FRYE'S DELICIOUS BRAND HAM for economy, use it according to scores of tested recipes in Frye's Meat Guide (gladly mailed by Frye & Company, Portland, Ore. receipt of 3c for postage) and watch the improvement in the family health and disposition.

Frye's Delicious BRAND ham

Who has not said to herself, "What shall I serve to vary the menu?" If she has, however, written for the "Sweet Sixteen" Recipe Packet, the answer is in her hands. This amazing group of recipes (just 16, chosen from among scores of prize-winners) reveals so many easily made dainties...desserts...cakes...puddings...beverages...that the wonder is how women have gotten along without it. A packet will be sent you, free, if you will send your address to D. Ghirardelli Co., San Francisco, Calif.

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