

Achieving a boyish figure a peril to health for many Men and women injuring themselves by starvation diet



THE passing fad of dieting to reduce weight is permanently injuring the health of girls, women and men in the opinion of eminent medical authorities. How dangerously serious dieting has become may be judged from the following statement by a famous doctor. He says: "Many young women to whom motherhood has been denied have come to me to learn the reason why. I have to tell them, only too often, that they have sacrificed their children for the sake of a boyish figure." This doctor goes on to show that many adults, both men and women, do injury to themselves by starvation diets from which they can never recover.

It is time to call a halt in this dangerous practice. Whoever said that two persons could have the same standard of weight? Medical science now declares that standardization in the weight of human beings is impossible, as well as undesirable.

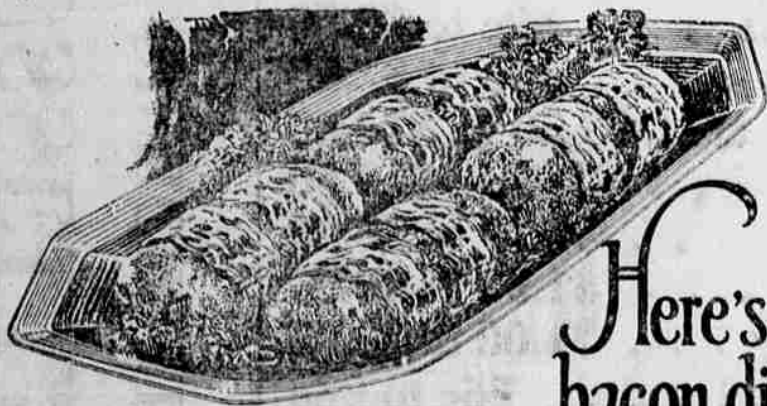
Eat enough of a great variety of foods and enjoy them. Remember that sugar is the ideal flavor of other foods and that it adds greatly to the zest and pleasure of eating. Sugar is also a food—the most inexpensive and purest known. Don't be afraid to sweeten grapefruit, oranges, cereals, dried fruits, and all canned vegetables. Delightful flavors demand sugar. Enjoy eating. The Sugar Institute.

Welcome always



TREE TEA
Orange Pekoe

CLASSIFIED ADVERTISING GETS RESULTS



Bacon with Lamb Patties

Run raw lamb stew meat through the food chopper, season with salt, pepper and paprika and form in small patties like potato patties. Cut rind from thin slices of FRYE'S DELICIOUS BACON, wind bacon around each patty, pan broil or cook under flame, cooking until barely done through and bacon is delicate brown. If pan is used, melt 1 tablespoon bacon drippings in pan to prevent sticking. Add 1 tablespoon each butter and lemon juice to 1 tablespoon bacon drippings in pan, season with salt and paprika, boil up quickly, stir well and pour small amount over each patty as served on hot platter. French fried potatoes cut in thick square strips with French fry cutter are good with this meat, and may be sprinkled lightly with minced parsley as served.

Fryes Delicious BRAND
bacon
Fresh to you

HOUSE BURNS NEAR TALENT; FURNITURE PARTIALLY SAVED

TALENT, Ore., Dec. 14.—(Special.)—Mrs. A. W. Ward suffered a stroke of paralysis last Thursday afternoon, but at this time she appears to be somewhat better.

Irving Miller, who was living on the old Cad. Ellis place, had his house burn down last Saturday. As the morning was very foggy, the fire was not discovered until Mr. Miller was compelled to telephone for help. Not many were found to assist. However, most of the furniture was saved, though the house was a total loss. Mr. Miller moved into the Steffy house Tuesday.

Mrs. Lucile Bowman, who has been spending the fall and early winter with her daughter, Mrs. Fred Hart, left Saturday night for Portland for a visit with her son, Ralph Bowman, and family.

Mr. and Mrs. G. A. Manning left the last of last week on a business trip to Union, Ore. Charley Steens is caring for the camp grounds in their absence.

William Green Knighton, commonly known as Bud Knighton, passed away at the home of his granddaughter, Mrs. Wiley Jones. In the passing of Mr. Knighton Talent has lost its oldest resident. He was 88 years, two months and 27 days old. Mr. Knighton crossed the plains with ox teams in 1846 and 1847, coming from Missouri two years before the discovery of gold in California. He located first in the Willamette valley, which was then the Northwest Territory and which he later assisted in changing to the state of Oregon. In his long life in Oregon, he has seen some wonderful changes from the ox team and trail to the air planes and other modern means of transportation. Mr. Knighton was born in Missouri September 15th, 1835. In 1861 he was united in marriage to Miss Julia Dawson. To this union three children were born, all of whom have passed away. He leaves to mourn his loss three grandchildren, Mrs. Wiley Jones and Chester Knighton of Talent, and Mrs. Will Gessner of Oakland, Cal.; also three great-grandchildren. The Perl funeral home has charge of arrangements.

Little Charlie Homes, daughter of Mr. and Mrs. Clarence Homes, was taken to the Community hospital Monday morning. She was reported a little better Tuesday.

Mrs. Minnie Joecek was sick at her home over the week end with an attack of flu. She resumed her duties in the seventh and eighth grades Tuesday morning. Mrs. Terrill taught Monday.

Henry Sheets and Marion Tryer took a trip to Ashland Sunday morning.

Tom Edmanson, on company with Mr. and Mrs. Lanton, left by auto Wednesday morning for Newport. Mr. and Mrs. Tanton,

who have property at that place, expect to spend the winter there. Master Tom will visit his grandmother, who also resides at Newport.

Mrs. Ed Foss and Mrs. Walter Russell were transacting business in Medford Wednesday.

Mr. and Mrs. Marion Tryer are sick at their home this week with the flu.

Carl Glasgow of Talent and Fletcher Fish of the Phoenix district, left Tuesday morning for Roseburg to attend the annual meeting of the State Horticultural society, which met in that city this week. The gentlemen are representatives of the Fruit Growers' association of southern Oregon.

The Community club will meet next Wednesday afternoon. This meeting will be the Christmas party. Come prepared to exchange presents.

Mr. and Mrs. Guy Hamilton entertained the following guests last Sunday: Mr. and Mrs. Robert Smith from near Medford; Mr. and Mrs. Earl Hamilton of Grants Pass; Sy Stockill, Miss Ruth Howard of Medford and Miss Anna Evans of Ashland.

The bazaar given by the Talent Rebekah club last Saturday was quite a success as most everything was sold.

Ted Brayman, traveling representative of the Brayman Leather company of Portland, was transacting business in our midst this week.

E. E. Cook is assisting Mr. Maltby in the erection of his garage on the property recently purchased by Mr. Maltby.

A practice basketball game will be played between the Talent and Jacksonville teams on the Jacksonville floor Friday night. This is the first game this year.

The boys of the high school have completed the floor in the new gym sufficiently that basketball can be played on it. The boys have been practicing for some time.

The Campfire Girls will hold their play, dance and supper Friday night, December 21, at the Community hall. This party will be sponsored by the board of sponsors. A good time is expected.

John P. White of Medford visited his summer home on Wagner creek Sunday afternoon.

Baptist Church.
G. W. Burnett, pastor.
Sunday school at 10 a. m.
Preaching at 11 a. m. and 7:30 p. m.

Methodist Church.
Rec. Lincoln, pastor.
Sunday school at 9:45 a. m. Lester Newby, superintendent.
Preaching at 11 a. m. and 7:30 p. m.

Epworth league at 6:30 p. m. Young people's prayer meeting, Wednesday evening, 7:30.

Regular prayer meeting, Thursday evening at 7:30.

A cordial invitation is extended to the public to attend these meetings.

APPROACH OF WARDENS TOLD BY FIREWORKS

MARSHFIELD, Dec. 13.—(UP)—Setting off of fireworks and firing of a rifle valley into the air from a promontory overlooking Rogue river, heralded the arrival a few days ago of two deputy fish wardens.

News that the wardens were coming to investigate reports of illegal fishing brought about the demonstration. Reports of the gun firing were heard up and down the lower Rogue river. The wardens failed to find evidence of lawbreaking said a report received here today.

Coaches Select Captains.
MINNEAPOLIS, Dec. 14.—(UP)—To eliminate "political" selections of all athletic captains at the University of Minnesota hereafter will be made by coaches of the various teams.

Portland Puck Team Wins.
PORTLAND, Ore., Dec. 14.—(UP)—The Portland hockey team defeated Seattle here last night, four goals to one. Portland was reinforced by Moose Johnson, veteran player, and Timmons, a new goalie.

Mr. and Mrs. Will W. Hevener, who reside on Manzanita street, left Monday for a trip to Seattle, where Mrs. Hevener goes for medical treatment.

A. H. Peachy is recovering from an attack of influenza.

Mrs. Hazel Gunter is assisting at the First National bank during the illness of Mrs. Belle Gillings, a regular employee of the bank.

Miss Bessie McMillan, telephone operator in the Ashland office, is ill at home with influenza.

Mr. and Mrs. Henry Shaffer of Medford were in Ashland Sunday visiting with Mr. and Mrs. Paul Mars and small son.

Miss Elizabeth Wilson, a teacher in the Ashland public schools, returned Sunday to resume her work at the telephone office. Miss Wilson has been absent for some days to be at the bedside of her mother, near Roseburg, who is now recovering from a serious illness.

Mrs. H. Hensley, whose home is on B street, has been ill with influenza, but is said to be recovering.

Louis Wifely and family, who have been living in the Holman apartments on B street, went to Oakland, Cal., last Monday to make their home.

Mrs. "Burnie" Burnett resumed her work at the telephone office Monday after an attack of influenza which kept her at home on Oak street for several days.

Mrs. O. E. Lee of Tracy, Cal., is expected to arrive in Ashland some time this week for a visit with her mother, Mrs. C. H. Brown on B street.

Jimmy Heer, son of Mrs. Martha Heer, arrived in Ashland Sunday for a ten day stay with his mother and friends. He is stationed at San Pedro, Cal., and assigned to the U. S. S. Idaho, which will sail for South America on January 15th.

Wilbur Garnett of Hamilton, Mont., was visiting in Ashland Tuesday with his cousin, Esther Spence, on East Main street. He is on his way to Los Angeles, where he is a member of the Lincoln school.

Lieutenant Donald T. Beeler, wife and son Donald, Jr., with Miss Rosanna Agnew, an aunt, left last week for Centralia, Wash., after a visit with Mr. Beeler's sister, Mrs. Walter Redford, and family on Palm avenue. The lieutenant has been transferred to Vancouver, Wash.

F. E. Blackwell of Yreka arrived in Ashland Monday for a visit with

ASHLAND KIWANIS ENTERTAIN LADIES AT DINNER DANCE

ASHLAND, Ore., Dec. 14.—(Special.)—The Ashland Kiwanis club observed its second ladies' night of the year last Monday evening when a dinner and dancing party was given in the Civic clubhouse on Winburn way. A sumptuous dinner was served at 7 o'clock, at which were seated 26 Kiwanians, 25 "Kiwaniatas," and seven or eight lady guests of the club. Following the dinner and club singing at the table, a program of music, a playlet by the ladies and a short talk on the "Alms and Ideals of Kiwanis" was given. The room was then cleared and those who cared to dance were entertained until a later hour.

Burnside post No. 23, Grand Army of the Republic, met in the Ashland armory Saturday afternoon at 2 o'clock and elected the following named members as officers for the year 1929: Commander, E. K. Hall; vice-commander, E. H. Golder; junior vice-commander, F. W. Shaw; officer of the day, G. W. Noble; quartermaster, G. W. Benedict; guard, G. O. VanNatta.

At a recent meeting of the regents of the Oregon Normal schools at Salem, President Churchill of the Southern Oregon Normal indicated that he would ask for an appropriation of \$175,000 in 1929 to erect a physical education building.

President Churchill told of the very rapid growth of the southern Oregon institution, which has students from all directions and many localities.

On Friday evening of this week "open house" will be held at the Ashland high school. The program contemplates following the eight schedule periods of the usual day's work as a demonstration, but the periods will be only seven minutes long, except the fifth, in which will be presented a special program of songs, stunts and orchestra music.

Exhibitions of student's work will be upon the ways and form a part of the means of entertainment. The basketball teams of the Girls' Athletic association will play an exhibition game in the gymnasium. The purpose of the evening will be to familiarize parents and friends with the actual work and plans of the school.

The Oregon annual conference of the Methodist Episcopal church will be held in Ashland next September and 200 or more delegates are expected. At the first quarterly meeting of the local church held last Monday night plans were outlined for the entertainment of the delegates. Rev. S. J. Chaney, formerly pastor of the local church but now living in Eugene, presided at the meeting.

Football players of the Southern Oregon Normal school team were awarded sweaters at the Wednesday forenoon assembly this week by Coach McNeal. Those receiving the distinction were Brandon, Caldwell, Green, Goldsmith, Hines, Huntley, Howe, Lay, Madden, Nott, Pruitt, Pittenger, Roberts, Tucker, Wood and Youngmeyer. Manager Rogers also received an award for his services.

T. W. Davis of Grants Pass was Ashland Monday on business.

Mrs. W. H. McNair and son Jamie are ill at their home on Oak street with influenza.

Grace Roseman, daughter of Dr. D. F. Roseman, is ill at home with influenza.

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F. E. Blackwell of Yreka arrived in Ashland Monday for a visit with

friends for a few days and to receive treatment from Dr. H. P. Roseman.

J. W. Cordwell of Klamath Falls is visiting in Ashland for several days.

Roy Hensley, well known in Ashland, where he lived for some years, is said to be seriously ill at the Valley hospital in Klamath Falls. The latest word from his bedside Tuesday morning was to the effect that his condition had not improved.

Among other Ashland residents who have been ill recently are Mrs. Geo. Humenauer, Mrs. A. E. Tonnar, Miss Mercedes Tommer, Mrs. Bert Smith and Mrs. J. W. Wright. Most of these are said to be on the road to recovery.

SYMPATHY EXTENDED TO CENTERS FAMILY BY ROCK POINT FOLK

ROCK POINT, Ore., Dec. 14.—(Special.)—Mr. and Mrs. L. Herrin of Gold Hill were dinner guests at the P. L. Strahan home on Sunday.

Mr. and Mrs. P. R. Bateman were visitors at the C. L. Robbins home last Thursday.

Mr. and Mrs. Fred Kelson attended the funeral of the late Chas. Centers Wednesday. Mr. Centers was a well known man in southern Oregon and until about six months ago he ran a dairy on the Gaudin ranch. His many friends join in offering their sympathy to the bereaved family.

Mrs. D. H. Hendrickson of Gault creek was a caller at the C. L. Robbins home one day last week. Mrs. G. G. Robbins and children and Mrs. Rose Haymond were callers in Grants Pass last Thursday.

Mrs. J. E. Robbins is visiting with Mr. and Mrs. C. L. Robbins. H. S. Deuel was visiting at the Del Rio orchard Sunday morning. Mr. and Mrs. G. G. Robbins were Medford callers Saturday night.

Mrs. C. L. Robbins and Mrs. J. E. Robbins visited Mr. Sam Chisholm on Foothills creek Wednesday.

Mrs. Fred Kelson spent Tuesday afternoon with Mrs. C. L. Robbins. Mr. and Mrs. H. L. Radtke arrived from Beaver Dam, Wis., for an indefinite visit with their son, H. A. Radtke of Gold Hill.

Mr. and Mrs. L. L. Sinclair spent Sunday with Mr. and Mrs. C. L. Robbins.

Mr. and Mrs. H. A. Radtke and family were dinner guests at the C. L. Robbins home on Sunday.

Mr. and Mrs. C. L. Robbins were visitors at the P. R. Bateman home in Medford on Wednesday evening.

Miss Oleta Rogers of Medford has been visiting with her sister, Mrs. P. L. Strahan, for the past week.

Others from here attending the funeral of Chas. Centers were Mr. and Mrs. C. E. Gray and Mr. and Mrs. L. A. Henderson.

Miss Nora Rogers and Miss Letha Starkey of Medford spent Saturday night with Mr. and Mrs. P. L. Strahan.

UNKNOWN ENEMY MAY HAVE SLAIN WOMAN

LAPPER, Mich., Dec. 14.—(UP)—An enemy concerning which no clues have been developed is believed by county officers to have prompted the slaying of Mrs. Mary Ewazoff, 39, a widow found dead in bed at her home near here.

An autopsy revealed that the woman's skull had been crushed by heavy blows presumably with a hammer and that she then had been shot through the head. Officers said the discovery of several hundred dollars under the bed and a diamond ring on her finger precluded the possibility of a robbery theory.

FREED FROM THE MEDICINE HABIT

Kellogg's ALL-BRAN brought welcome relief

Sufferers from constipation will be interested in Mrs. Van Horn's letter below. She wrote us, voluntarily, to express her appreciation for the wonderful results ALL-BRAN brought.

June 17, 1927.
"I feel as if I must write you a few lines to let you know what a wonder food your ALL-BRAN is and what it has done for me and many others I have told about it. I have been using it for one year and have a movement every morning. Before, I was taking medicine every three or four days. Now, I never take any. Many thanks to ALL-BRAN. I can't praise it too much."

Sincerely,
Mrs. G. W. Van Horn,
2125 S. 51st St., Philadelphia

Don't let constipation sap your health and strength. Headaches, dizziness, blotched complexions are only a few of the evils it causes. It is responsible for more than forty serious diseases.

Guard against it—now. Kellogg's ALL-BRAN is guaranteed to bring relief. Just eat two tablespoons daily—chronic cases, with every meal. ALL-BRAN is a ready-to-eat cereal—100% bran. Delicious and healthful with milk or cream, or with fruit or honey added. Recipes on package. Sold by all grocers. Made by Kellogg in Battle Creek.

Kellogg's ALL-BRAN

Artistic packages, in keeping with the fine quality of the chocolates within. Colorful, as you would expect fine Christmas gifts to be, you will find

Krause's CHOCOLATES

most acceptable for Christmas presentation. The large variety makes choosing easy for you—no matter how large your Christmas Gift list.

The excellence of these chocolates makes duplicates welcome; yes, desirable!

Krause's Christmas Gift Chocolates include Stellar, Twenty Favorites, LaVista, Frenchy, Milk, Collegiate and Fruits and Nuts.

\$1.00, \$1.50 to \$7.50
At Your Druggists or Confectioners

Kellogg's ALL-BRAN

•FREE!
A Limited Number Only

Every Person Purchasing a Pound of

RUMFORD.
BAKING POWDER

From Any Local Grocer Will Receive

Absolutely Free!
A Pancake Turner
and
Rumford's Fruit Cook Book

Containing a Collection of Choicest Recipes

RUMFORD
The Wholesome Phosphate Baking Powder

Gold Hill Rogue River MEDFORD Jacksonville Central Point

Buy Christmas Health Sals

LAST NIGHT

my wife made me some biscuits with Drifted Snow Flour

...and that's my weakness now...

(Note to wives: The above result can be attained at will with Sperry Drifted Snow Flour because Drifted Snow is always uniform.)

Christmasy Packages

Artistic packages, in keeping with the fine quality of the chocolates within. Colorful, as you would expect fine Christmas gifts to be, you will find

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