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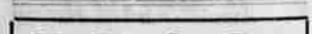
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Ye Smudge Pot

By Arthur Perry

As all mankind is standing upon the brink of a New Year, his high time to take inventory of what has been going on in our midst.

In some respects, the year about to kick the bucket, was a holy terror, and its demise was none too soon.

Many sunny dispositions were driven ashore in the stress of the campaign, but there were no murders, however badly needed.

Elderly gents pitching horseshoes made more noise than Paracruy and Bolivia, with the same amount of violence.

There were no serious fires, and the minimum of hind-tires blew out, indicating that the general prosperity of the community was good.

There was no drunkenness to speak of. If anybody got full, they stayed home and out of autos.

Climatically, the year was glorious, and the valley was not hazed much by the fog.

Diets was all the rage among the fair sex. By and large, the girls played about even in their war on fat.

1928 started with the erection of a skyscraper. It failed to materialize.

Hundreds of local turkeys were shipped to Gotham.

The fiendish practice of shivaring victims of Cupid showed a decline, and it was not necessary to perk up the city's righteousness by hanging a tool of Satan, or burning a fiery cross.

Herb Hoover, before elected president, got wet in Rogue river. Colonel Lindbergh blew into town unexpectedly.

The Spirit of 1915 was dead, so neither were taken for an auto ride past Reg. Parson's house.

Scott Davis and John Johnson are gridding the globe. Dick Antle went to Europe. Mr. Antle was nearly outcast, for stating that he was not glad to get back.

The socially prominent all have police dogs, or fancy cats.

The Del Gutchell boy, a collector, worked all summer. He has showed up with a new dog.

Speeding facilities were increased by paying 4 more miles. There was no outstanding scandal. This was attributed to the fact that the scandalers are getting cautious.

The year that will be cranked up at 12 M. tonight, gives promise of being much like the last one, in general aspect, and in general content, and there is an inclination on the part of the general public to give it a chance and stick it out, if they can retain their health, and not get hold of any big moonshine.

This col. wishes everybody, everywhere, a Happy New Year, and a short session of the state legislature.

RADIO BROADCAST NEW YEAR GAME... Through the courtesy of the California Oregon Power Co.

Mule Goes to Bed... LUMBERTON, N. C. (AP) A mule at Evergreen, near here, seized with an attack of "blind staggers," tore down two wire fences, entered a home and lay down in a bed to die with its "shoes on."

HAPPY NEW YEAR!

1928 was a good year in Medford and Jackson County and in many ways a record breaker.

The fruit crop led the record-breaking list with a total shipment of 4553 cars, nearly twice as large as the former record yield in 1927 of 2575 cars.

The summer tourist crop made a new high record. Over 113,000 people visited Crater Lake, nearly a 30,000 increase over the former high record in 1926 of 86,019.

The monetary value of these increases was reflected in the Medford bank deposits, which for the first time in local history passed the \$6,000,000 mark, with combined resources of approximately \$7,000,000.

In all other departments, similar increases were shown, and new records established—school population, postal receipts, telephone users and water users, etc., while over \$500,000 was invested in new buildings.

With the announcement of a new \$100,000 fruit packing plant, the completion of the new Catholic church, and the new Felt building, not included in the 1928 totals, new building construction the coming year—with the probable construction of a new county court house—promises to maintain this pace and may exceed it.

With the old year passing, Medford and Jackson County have good reason to congratulate themselves upon the achievements of the past and the promise of the future.

Not only is Medford economically sound and industrially vigorous, but it is becoming more and more attractive as a residence city and as a gathering place for visitors.

But more important than any of these statistical items of achievement, is an item which can't be tabulated, or totaled, or translated into dollars and cents. This is the high quality of our citizenship.

There is no old-time booster bunk about this. It is a fact more generally recognized outside of Medford than in it.

We have the natural resources but, more important, we have the composite spirit and skill to make the most of them.

So as the Old Year departs we can be grateful to Father Time for past favors, and greet his Offspring with that enthusiasm and confidence which is always accorded Youth, as it sallies gallantly forth into the untried and the unknown.

A COMMUNITY CHEST FAVORED BY C. C. FORUM

At the meeting of the Kiwanis club this noon, turned over to the Chamber of Commerce as a general civic forum, it was voted to form a Chamber of Commerce committee to make a survey of the city and report back to the chamber upon the feasibility of instituting a community chest in Medford for the year 1929.

The motion to this effect was made by E. G. Corn, following several speeches and a general discussion, all in favor of the community chest idea.

The following committee was then named: C. C. Lemmon and Carl Swigart from the Chamber of Commerce, Howard Schoffel and Al Haegen from the Rotary club, Wm. Warner and C. M. Kidd from the Kiwanis, Dr. E. W. Hoffman and H. C. Hubbard from the Lions.

For Baker, secretary of the Chamber of Commerce, was the first speaker and emphasized the fact that a community chest would save the people of Medford approximately \$7000 of the \$22,000 total now contributed on the hit-and-miss plan of individual drives.

Pop Gates gave a forceful speech in favor of the idea and aroused applause when he said he would personally favor a special city tax to raise money for charitable purposes, so that every taxpayer would have to contribute his proper share.

He added that he feared such a plan would never be adopted, however, so he not only favored but would work for a community chest.

Mayor-elect A. W. Pipes maintained there were things both for and against the community chest idea, but that if it would save 30 per cent of the present expenses of local charities and cover the

same ground, as claimed, he would certainly be for it.

Previous to the community chest discussion, E. C. Gaddis, representing the Chamber of Commerce, awarded the prizes to the following winners in the outdoor Christmas illumination contest.

First prize, J. C. Barnes; second prize, Mrs. Larry Schade; third prize, Beaumont DeLosh, and fourth prize, Mrs. James V. Young.

John Mann, president of the Chamber of Commerce, presided.

MULLINS RIFLED BY BURGLARS OF CASH, CLOTHES

Perhaps the boldest burglary in Medford in 1928 took place either Saturday night or last night at Mullins' ladies' ready-to-wear store on East Main street, where \$25 in cash and dresses, coats, shoes and other clothing was found missing today.

Entrance was made through a rear window and no clues could be found by the police upon investigation of the premises.

The stock taken by the burglars had an approximate value of \$300 and included 14 silk dresses, a \$22.50 bath robe, three pair of spike heel shoes, two metallic hats, one box of hose and one \$75 squirrel fur trimmed coat. The stock is believed to have been insured against theft.

The burglars were so bold as to climb into a display window and remove one dress from its rack, footprints being found today on the display window floor.

Authorities believe that the prowlers made a careful survey of the interior of the establishment before attempting the burglary.

SALT LAKE CITY, Dec. 31.—(AP) David J. Pugh, chief deputy state treasurer, was sentenced to serve a term of five years in the state penitentiary on each of four counts of embezzlement of state funds when he pleaded guilty in superior court here today.

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 brief and 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.

HINT TO SKINNY FANS ABOUT PADDING UP WITH INSULIN

Insulin is the name of the hormone or internal secretion produced by groups of specialized cells called the islands of Langerhans in the pancreas or abdominal "sweetbread."

The pancreas is a gland that secretes an important digestive fluid which is the insulin. It is 4 to 5 inches long, 1/2 inch wide, and 1/4 inch thick, beyond the lower gateway of the stomach, along with the bile from the liver, carries on the digestion of carbohydrate (all kinds of sugar and starch) and fat in the intestine.

The insulin produced by the specialized cells in the pancreas is poured into the blood stream. Its function is to render the blood sugar combustible. All carbohydrate food is converted by digestion into a soluble form of sugar, called glucose, dextrose, or in liver the blood, the muscles and other tissues where the sugar is temporarily held or stored, glycogen.

An older man or glyco-gen is "animal starch." The blood of a man in normal condition always contains a certain proportion of this sugar fuel in solution, from 0.1 to 0.2 per cent. I'm not so good at figures, but taking 15 pints of blood as the average adult quota, and estimating a pint as a pound, the normal individual carries in his blood a constant tabernacle of sugar—I do prefer figures sound. The quantity of sugar, animal starch, glycogen, stored in the liver of this same happy individual approximately 4 per cent of the entire weight of the liver, and by intensive resting (an art in which prosperous Americans excel) and grimly determined eating (another thing not to be confused with) one can run the glycogen content of one's liver up to 10 or 12 per cent of the weight of that wonderful gland. In other words one has in the liver a reserve supply of anywhere from two to six ounces of glycogen.

Then another reserve of the precious fuel is stored in the muscles, estimated at 1.5 per cent in his blood a constant tabernacle of sugar—I do prefer figures sound. The quantity of sugar, animal starch, glycogen, stored in the liver of this same happy individual approximately 4 per cent of the entire weight of the liver, and by intensive resting (an art in which prosperous Americans excel) and grimly determined eating (another thing not to be confused with) one can run the glycogen content of one's liver up to 10 or 12 per cent of the weight of that wonderful gland.

Right here I would make this observation from the physiological facts cited: The excessive per capita consumption of sugar in this country may help some of us to achieve goodness, competence, even diabetes, but it probably has a good deal to do with our leadership among the nations.

A person with diabetes may have more sugar in his blood than a normal person, but his capacity to utilize the fuel is lowered, because his natural supply of insulin is deficient. An injection of insulin enables him to oxidize or utilize more of the blood sugar, to produce flesh or muscular strength or body warmth.

There are plenty of folk who, while not diabetic, yet have low sugar tolerance—they can't take as much as 2 ounces of glucose in water at one meal without losing part of it through the kidneys within the next three hours. When such persons are underweight, a few doses of insulin, along with meals, will enable them to put on needed weight when nothing else can accomplish the pleasing result.

More Wednesday, Happy New Year, folks.

QUESTIONS AND ANSWERS

Plants in Bedroom

Is it unhealthful to sleep in a room when you have a plant in it? I have a fern in my room. (Mrs. S. E. P.)

Ans.—Growing plants in any room tend to make the atmosphere more healthful for human occupants, day and night. Theoretical objections to the contrary notwithstanding, cut flowers have no effect on the air or the healthful-

ness, except that they add cheer. These wintry nights the air of the bedroom ought to be a little too cold for plants—if you have your window open the plant may freeze.

Quaint Idea

I have been taking sulphur and molasses twice a day and it does not seem to clear my skin of pimples and blackheads. (E. A. D.)

Ans.—Isn't it discouraging? I've been taking some molasses for ever so long and I still feel mean and crabbed sometimes. Sulphur and molasses is just a mild physic, and has no effect on the skin. Send a stamped envelope bearing your address, mention your trouble and I'll mail you advice. Do not use clipping—ask for what YOU want.

It seems an extravagance, but why shouldn't farmers spend their spare cash for automobiles instead of gold bricks?

Pay dirt: Ore containing gold, silver, literature; the kind Willie removes from his neck for a nickel.

Americanism: Lower class grandparents; upper class children.

As a last effort to preserve peace, Uncle Sam might land about six marines on the Bolivia-Paraguay border and dare either side to start anything.

The more you observe parents, the better you understand why a newborn infant yells.

Now a seat on the Stock Exchange has sold for \$575,000, which shows a sublime faith in Barnum's contribution to vital statistics.

The farmers who need immediate relief are those who drive 40 miles to hear a speech about their woes and are unable to find parking space.

They say futuristic art is being counterfeited, but surely nobody would do that sort of thing twice.

The talkies have one advantage. The audience applauds the good spots and the bum parts kick right along and are drowned out.

Correct this sentence: "But I just kept still about it," she finished, "and suffer in silence."

pean gentlemen to kidnap Mr. Morrow and make him umpire of the question of Germany's reparations bails through.

Mr. Morrow can do more useful work in America.

Quill Points

At Smith men will have the last laugh. They aren't expecting jobs.

You can't make Reds in a land where the rich are "lucky stiffs" instead of tin gods.

A grouch is just a grown-up way of pouting—and pouting means you lack the strength or the nerve to fight.

Another difference between gambling and speculation is that the one who gambles doesn't have to mortgage his house.

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Rippling Rhymes

By Whit Mason.

FRANZ SCHUBERT. A hundred years ago he died; his life was brief and full of gloom and now the world is taking pride in laying wreaths upon his tomb.

How often do we celebrate the worth of some one dead and gone who was in life pursued by fate, who had but craved to feed upon, if hapless Schubert could return from out the shadows over there, how we would make the bonfires burn and ring the joybells everywhere!

If he could come to scenes like these, he would be honored by the press, we'd hand to him the city's keys, the mayor would make a long address; musicians at his feet would fall and treasure glances from his eyes, and in our noble banquet hall we'd fill him with the choicest pies.

When once the people are assured that anyone is truly great, their admiration can't be cured—they must enthrone that man in state. But sometimes they don't realize so busy are they with their chores, that some mild chap is great and wise, until he's entered Aiden's doors.

Poor Schubert's clothes were old and torn, he seldom had enough to eat, a genius born to sigh and mourn, to find life sour that should be sweet. For twenty cents he sold a song, that has endured a hundred years, that will be warbled by the throng until the blow-up of the spheres. Worn out by poverty and grief, in death he did some comfort find, and doubtless thought it a relief to leave this thankless world behind. Once a safely dead, the tribes of men discovered that he was a king; with shouts of praise, again, again, we make the reeling welkin ring.

Just try sugar in your coffee and tea if you haven't yet learned how much it improves it. Learn to use the amount that just suits your taste. Sugar is the perfect flavor developed by Nature. It makes nearly all foods and beverages more delightful to the taste.

Coffee and tea are America's popular beverages. Sugar enables every cup to promote happiness by affording individual flavor. The Sugar Institute.

TEA AND COFFEE PLEASE MILLIONS

Sugar Also Adds to Their Flavor

Millions of adults enjoy the flavor of coffee and tea as a beverage, and yet there are some who, because they do not add sugar, miss a great part of the delicate taste that coffee and tea should have.

Why do these people leave sugar out of their coffee or tea? Perhaps some do not know what they miss. Perhaps others feel that they should not enjoy any drink so much. They are people, for example, who persist in taking cold baths when a warm or tepid bath would be much more beneficial. Do they feel that they are benefiting themselves by the hardship of a cold bath? Do people who leave sugar out of their coffee or tea feel that they are benefiting themselves by missing part of the enjoyment?

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