

**When the sun goes south for the winter eat canned fruits and vegetables, sweetened for enjoyment**



GLANCE at a chart of the United States showing all of the fruits and vegetables with the time when they come on the market, and you will be amazed at how many long months there are that are almost completely blank.

This of course means that during those months the sun goes south for the winter. It is the concern of every man, woman and child to see that health does not go south with the sun.

Viewed in this true light, the canning factories and sugar refineries of this country extend the season of fruits and vegetables into the winter. They place the health-giving fruits and vegetables, together with their acids, minerals and vitamins, in protecting cans, and place these in every grocery store throughout the United States where we can buy them with almost no difficulty at all, and the sugar refineries produce the sweetening to make these healthful foods delicious to the taste.

During the long months of winter every meal from breakfast to dinner may well contain some health-giving canned foods. Canned fruits, jams, jellies and preserves for breakfast, and canned fruits and vegetables for luncheon and dinner.

People are living longer than they used to. Isn't part of this probably due to the increasing use in the winter-time of canned foods? Eat enough of these healthful foods made enjoyable with sugar. A bit of sweet makes the meal complete. The Sugar Institute.

**BELLVIEW CLUB IS TO PUBLISH BOOK OF BEST RECIPES**

BELLVIEW, Ore., Feb. 1.—(Sp.) The committee in charge of the arrangements for the new cook-book sponsored by the Bellview ladies, met at the home of Mrs. C. A. Brown last week and planned their work.

Many very choice recipes will be included in this book. The ladies are all busy selecting their very best ones. According to reports from their cooked food sales, there are many fine cooks in the Bellview club.

Money is being raised for insurance on the club building. The ladies are each giving a dollar and will tell how they earned this money at the next meeting.

An old-fashioned dance will be given on the 14th of February. This will be a Valentine party. Calls and coffee will be served by the ladies during the evening.

The regular meeting of the club will be held on February 13, with an afternoon session. Mrs. Merryman and Mrs. Meservey are the hostesses for this meeting. The ladies have all been requested to bring their recipes written out ready for the committee to look over.

The Bellview P. T. A. had a cooked food sale at Hardy Bros. grocery on Saturday. A substantial sum was realized from this sale; the money will be used to finance the hot noon lunches for the children.

Mrs. David McKinney, Norma Roeder, Mrs. Welch and others served on the sales committee.

Mrs. M. M. Tucker, Mrs. Dean Scott and son Stephen were callers at the home of Grandma and Mr. and Mrs. W. G. Tucker on Sunday afternoon.

Mrs. W. L. Moore, who has been spending several days at the home of her daughter, Mrs. Adrian Wolf of Medford, returned to her home on Thursday.

Mrs. L. D. Meservey, Mrs. James Hayes and Mrs. Mark True were guests at the home of Mrs. T. A. Merryman on Thursday afternoon.

Mrs. Rufus Truist entertained at her home on Tuesday evening with an aluminum dinner, which was served to the following named guests: 8:30 o'clock: Mr. and Mrs. Roscoe Applegate and daughters, Mrs. and Mrs. J. Miller, Mr. and Mrs. W. Halbert and daughter Elsie, Mr. and Mrs. Thomas Merryman and daughter Ellen. After dinner the evening was spent playing various games.

Mr. and Mrs. J. L. Nell and daughter Joan, Mr. and Mrs. T. A. Merryman and Mr. and Mrs. M. P. True were Medford visitors on Monday.

Mrs. E. E. Robison and son Junior of Ashland were dinner guests at the home of Mr. and Mrs. S. K. Barnes on Wednesday.

Mrs. Ira Chastain of Central

**How Weak Nervous Women Grow Stronger**

Feel Better, Look Younger and Have Steadier Nerves

If you only knew — your rundown, anemic women — who are dragging yourself around on your "nerves" — what a wonderful increase in strength and health Tanlac will give you, you wouldn't hesitate a moment about going to your druggist and getting a big bottle of this splendid medicine.

Mrs. Minnie Huber, of 925 E. 26th St., Portland, Ore., says: "Ever since I was a girl I suffered from sick headaches and vomiting spells. I weakened so I had no strength for anything. After taking Tanlac, my headaches and sick spells disappeared altogether."

Tanlac is as free from harmful drugs as the water you drink — only Nature's own medicinal tonic herbs. Druggists know this and for the past 20 years have recommended it to men and women who need a quick "pick up" that will put them on their feet and give them a new interest in life.

So confident are the makers of Tanlac that if you are not helped by it, you get your money back on request.

**Tanlac**

52 MILLION BOTTLES USE

Electrotherapy Chiropractic  
**Dr. H. P. Coleman**  
9th Successful Year in Medford  
Treatments by Appointment  
Medford Center Bldg. Phone 965  
Naturopathy Food Science

**SPECIAL OLD-TIME DANCE**

5-PIECE ORCHESTRA  
**WALKER'S SATURDAY NITE**

General Admission 10c Dancing 50c

**POMONA GRANGE**

(Official)

The special meeting of the Pomona Grange held at Central Point last Tuesday evening was attended by a large delegation from all Jackson county Granges, about sixty members being present.

The call of the meeting was unfinished business. This consisted mostly of left over resolutions and the appointment of committees, also arranging a meeting place with the national lecturer, who visits Jackson county and southern Oregon on the 14th of February.

The executive committee, which had charge of these arrangements reported that they believed Medford to be the logical place to meet, they would be able to secure the high school auditorium for the evening session. No arrangements were made for a luncheon or supper meet, but they report the members of Medford as being willing to cooperate with the Grange in any way possible. The report was accepted and the same committee reappointed to make all necessary further arrangements. These arrangements will be made known to all as soon as perfect.

It is rarely that we will have an opportunity to have a national Grange officer visit us locally, so it is the desire to arrange these meetings so that the greatest possible number of Grangers may have the opportunity of attending.

A resolution asking the legislature to enact legislation making all high school tuition paid by the county uniform was acted upon favorably.

A resolution urging legislation to the effect that school directors of the third class districts be included among the public officials subject to recall. It would seem that legislation for recall of public officers does not cover this group, and so might, in certain events, work a hardship on the people of such districts.

Resolutions to extend our appreciation to Chas. D. Parker, manager of the co-operative exchange, of the type of radio program, free from insulting, offensive and incongruous advertising, sponsored by his organization.

Resolution that certain lands in Jackson county, valuable for forest management, water-shed protection and public recreational purposes be reserved and dedicated to public use, and he made a part of the Crater national forest in Oregon, subject to all the rules and regulations governing national forests.

Other resolutions, good, bad and indifferent, were presented and received considerable attention from some of our efficient debaters. All of these things interesting in that they give us new viewpoints and also show the great difference of opinion that exists among people of equal intelligence.

The committee on committees, appointed by the master to appoint standing committees reported as follows:

Committee on finance, H. E. Conger, Morse Haley, John Stewart.

Ways and means, H. W. Ward, E. E. Dimmick, John Neidemyer.

Legislation, Geo. Hilton, Claus Charley, J. R. Bowen, H. W. Sparks, Geo. McDonald.

Roads, John Anderson, Ed Robison, Oscar Shepard.

Marketing, chairman of each marketing committee of each of the eight subordinate Granges.

Resolutions, C. H. Davies, Mrs. Margaret Galligan, R. F. Nealon, Education, Mrs. A. T. Lathrop, Prof. Clarence Davies, Mrs. Lulu Thurston.

Membership, masters of each subordinate Grange. Eight members.

Reception, Mrs. Ada Bell, Alex Sparrow, H. W. Ward.

Radio, Floyd Charley, Mrs. Ethel Freeman, Mrs. Gertrude Hank, J. R. Bowen, E. R. Nealon, Mrs. Lela Shegard, with one to be appointed from Talent and one from Jacksonville Granges.

The master appointed Mrs. Gertrude Haak as publicity agent.

Central Point Grange pleased the Grangers by serving coffee and doughnuts.

**OREGON PIONEER WOMAN PASSES**

ROGUE RIVER, Ore., Feb. 1.—(Special) — Elizabeth Margaret Burkhardt died January 25th at the home of her step-son, Martin Burkhardt, where she had made her home for the past six years. Mrs. Burkhardt was born April 26, 1836, in Marshall county, Indiana, and at the time of her death was 92 years, eight months and 25 days of age. On December 6, 1870, Elizabeth Hurd was united in marriage to John O'Brien, and two children, Rosamond and Bernard, were born to this union. After the death of Mr. O'Brien she came to Oregon in 1879 and has since made her home in or near Rogue River. On June 29, 1881, she married Joseph Burkhardt at Jacksonville, and was a faithful companion to him up to the time of his death a year ago. Mrs. Burkhardt is survived by her son, Bernard O'Brien of Tonopah, Nev., and three grand-children, Edward O'Brien of Grants Pass, Brian Mallow of Brownsville, and Roy Murphy of Ashland. Funeral services were held Sunday afternoon in the Presbyterian church at Rogue River by the Rev. W. McAfee Wilson. Interment in Rogue River cemetery.

The first real snowstorm to visit Rogue River occurred Wednesday. The snow began falling about 9:30 in the morning and has continued all day.

Mr. Ed Hill has been on the sick list this week, Dr. Carey making several trips to his home.

Mr. and Mrs. Fred Dingler, Mr. and Mrs. Richard Scott and son Neil were dinner guests Sunday at the Mathis home in Grants Pass.

The Civic Improvement club met last Friday at the country home of Mrs. Fern Eads. Mrs. Eads and Orville Dingler came home Sunday from Dillard, where he is employed with the railroad signal crew.

The small daughter of Mr. and Mrs. S. J. Blakely is very ill with pneumonia. W. A. Mosler was in attendance.

Mrs. Lulu Trotter were hostesses. Mr. and Mrs. Sam Sandry and daughter, Miss Glades, attended the show at Medford Sunday.

Mrs. Martha Seaman was a dinner guest Sunday of Miss Loretta Mason at the Waldorf hotel.

Mr. and Mrs. Richard Scott and Mr. and Mrs. J. M. Whipple were Grants Pass shoppers Saturday

**Point spent the week end at the home of her parents in Bellview, Mr. and Mrs. W. W. Bryan.**

Mr. and Mrs. S. K. Barnes and daughter Frances, Mr. and Mrs. Millard Miles and two daughters attended the card party and social at the Yeoman lodge on Tuesday evening. Mrs. Hugh Guther of Medford was awarded the prize for holding high score. Miss Elsie Miles was crowned. Late in the evening refreshments were served by the hostesses.

Mrs. Mark True entertained at her home on Wednesday afternoon for the pleasure of Mrs. Jesse Neil and Mrs. R. C. Goodman, it being the birthday anniversary of Mrs. Neil, and a farewell for Mrs. Goodman, who expects to leave soon with her husband for southern California where they will remain indefinitely. The afternoon was spent with needlework and conversation. At the close the guests were ushered to the dining room where a two-course luncheon was served at a table beautiful with a centerpiece of pink rosebuds and fern, with tapers at either end. Very clever placecards were used for seating the guests. The color scheme of pink and white was carried out through the luncheon with a huge pink and white birthday cake, served with the last course. Mrs. Neil received many lovely gifts from her friends. Mrs. R. C. Goodman was presented with a shower of lovely handkerchiefs, also a bunch of roses. Mrs. Goodman will be missed from the circle and they are sorry to have her go. These presents to enjoy this meet.

Central afternoon were the guests of honor, Mrs. Neil and Mrs. Goodman, Mrs. Mabel Merryman, Mrs. Ada Haxley, Mrs. Jessie Sewell, Mrs. Claire Scott, Mrs. Ida Tucker and little Joan Neil, besides the hostess, Mrs. True.

Mr. and Mrs. William Bryant returned the last of the week from Portland and Roseburg, where they spent several days visiting. At Roseburg they stopped at the home of Mr. and Mrs. Dunham, uncle and aunt of Mrs. Bryant. They also visited at the home of her brother, Ed Chicklerhouse.

Mrs. W. D. Jackson of Iowa street spent Tuesday afternoon at the home of Mrs. W. G. Tucker.

Mark True sent several large dressed hogs to the Klamath Falls market on Thursday afternoon.

**SHREDDED WHEAT**

for the original SHREDDED WHEAT insist on this package

MORNINGS like these, you'll like Shredded Wheat with hot milk and perhaps a little cream and sugar — or crisped in the oven for a moment, then eaten with melted butter and salt.

Hot or cold, there's no better breakfast for any day in the year. You get all the valuable food elements that Nature put into whole wheat, along with the right amount of bran to keep your system healthy and clear.

Many families never risk being caught without plenty of Shredded Wheat — they keep an extra package always on hand. Do you?

**SHREDDED WHEAT**

whole WHEAT

The full-size biscuits

Tune in on the Shredded Wheat program every Monday morning at 10:30 KFI-KPO-KGO-KCW-KOMO-KHQ

der of Mrs. Jovita Iniguez, 24-year-old widow, who was found beaten to death in her home here last night.

Arrested as the mysterious "man dressed in brown" whom the slain woman's eight-year-old son Carlos told police he had seen at the house with his mother twice during the afternoon and early evening, Lopez admitted to police that he struck Mrs. Iniguez over the head with a bottle during a quarrel and left her lying on the floor. The murder was discovered when

Ship Grounds.

LONDON, Feb. 1.—(Sp.) Lloyd's learned from its agents at North Foreland today that the British steamer Garth Castle of 4754 tons registry was wrecked off Alderbury, Suffolk, and was asking assistance from Lux.

**AN UNBIASED BALLOT**

The publishers of a leading woman's magazine asked a vast number of women, picked at random, what brand of baking powder they used. The impartial canvass showed that

56% USE CALUMET BAKING POWDER

44% USE Other Brands

Think of it! More Calumet is used than all of the other makes combined. MAKES BAKING EASIER

**CALUMET**

THE WORLD'S GREATEST BAKING POWDER

SALES 2 1/2 TIMES THOSE OF ANY OTHER BRAND

**'MAN IN BROWN' IS HELD AS SLAYER**

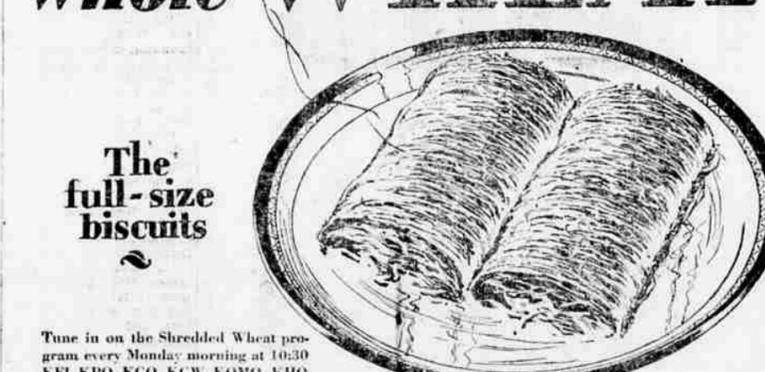
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for the original SHREDDED WHEAT insist on this package

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**KILL TUBERCULES IN MILK ELECTRICALLY**

RICHMOND, Va., Feb. 1.—(Sp.) An electrical method of ridding milk of tuberculosis infection was described to the American Society of Bacteriologists here. Raw and pasteurized milk heavily infected with human and bovine tuberculosis was subjected to heating produced by pumping milk between two electrodes. This produced temperatures of 150, 155 and 160 degrees Fahrenheit. Tests on guinea pigs revealed no evidence of tuberculosis from milk of 155 degrees or higher, but from 150 degree milk some symptoms developed. The report was made by C. M. Carpenter, New York State Veterinary college, Cornell university.

**A Special Factory Sale**



5 Bars Citrus Soap  
1 Large Package of Citrus Washing Powder  
1 Large Sauce Pan

Total Value \$1.55

SPECIAL GROUP PRICE 85c

5 Bars Citrus Soap  
1 Large Package of Citrus Granulated Soap  
1 Large Sauce Pan

Total Value \$1.69

SPECIAL GROUP PRICE 99c

**CHOICE OF 3 COLORS IN SAUCE PANS**

Buy Citrus Soap Co. Products from Your Grocer

**MEDFORD**  
Economy rocerteria  
20th Century No. 34  
20th Century No. 55  
Reliable Grocery  
Reliable Cash Grocery No. 2  
Hall & Hall  
Park Grocery  
Service Stores, Inc.  
H. E. Marsh  
Jackson Street Grocery  
Gates & Lydiard  
A. C. Burgess

**ASHLAND**  
White House  
20th Century No. 34  
Herbert's Grocery

**JACKSONVILLE**  
Basket Grocery  
**CENTRAL POINT**  
Jones' Grocery

**You will like LOS ANGELES**

Better if You Stop at Hotel Hayward

SIXTH and SPRING STREETS



"Get the Superior Stay"

New Million Dollar Annex 250 Comfortable Rooms

\$3.00 per day up without bath \$2.50 per day up with bath

PERSONAL SERVICE

Popular Priced Coffee Shop and Grill

We Check Your Car at the Spot

H. C. FRYMAN, Proprietor

MARY G. WARDEN RUSSELL E. WARDEN Managers

**Pantorium DYE WORKS**

A COMPLETE CLEANING AND DYEING SERVICE