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GOD OLD ST. VALENTINE



New Heart and Arrow Party

A valentine party which gets away from the old heart and arrow theme and yet emphasizes the day, is arranged by giving a comic valentine party—either in the afternoon or evening, although the latter would be preferable, and using well-known comic valentines. Pick out a series, each one different, and on the bottom of each, paste this verse, which is followed by your name and address and the date of the party.

Let this picture be your guide:
Dress like it—forget your pride.
Eight o'clock on Thursday next
Visit me, or I'll be vexed.
Comic friends will be there,
So.

Prancing valentines with you,
In sending the comics out, be careful to send ones which can be copied by the addressee without too much trouble; for instance, the cross school teacher may be sent to a tall, thin young lady—but not to a school teacher, for there must be no suspicion of anything personal in your invitations.

When the guests arrive, they find the hostess dressed in a comic character, and the fun begins. First of all, the guests are divided into groups containing four or five each. Each group is allowed fifteen minutes in which to improvise a three-minute play which will include, in a reasonable way, all the characters represented in the group. After each group has performed, a vote is taken on the best, and each member of the winning crowd receives a fancy heart valentine, or a small satin heart, shaped box lined with candy and tied with red ribbons, or any "valentine" style of favor the host wishes. As the play and its acting takes some little ingenuity, the prizes may be better ones if the hostess wishes.

More intellectual work follows. To each guest is given a pencil and paper with request to write a valentine to him or herself such as had always been wanted. For instance, the fat grocer writes one which lauds his manly grace and compares him to Lord Byron. The meticulous school teacher is complimented on her courtly ways and ardent temperament. The verse to the sickly lover is supposedly from a young girl who is madly in love with him. Each, in a shimmering sentimental voice reads his own verse, and the contrast between the person's real character, his assumed one and the verse, is decidedly funny.

The hostess then announces that the games she has planned them by thinking of them as amusing; they really are serious and brainy people. To prove it they will play a series of games which will show their mental power. The first of the games—showing arithmetical ability—is dominoes. The second, for manual dexterity—is tiddler-dewks or ping pong. The mental ability may be proved by educational or puzzle contests.

Since little or no decorating has been necessary, in the rooms, more may be lavished on the table. An

Ancient Powder Puff



Lois Harrison, Avalon, Catalina Island, Cal., school girl, with a stone powder puff and compact excavated on the island by archeologists. It is believed to have been used by Indians 500 years ago.

each plate is found a clothespin dressed up to represent the person whose place it is. And dolls may take the place of the more formal written placecards. In the center, a lanky, modern doll dressed in the height of fashion, turns her back on a bearded valentine and poses with outstretched arms to a comic one. Not cups consisting of various accessories mentioned in the valentines—as the policeman's club, a cat's head, a mouse.

Two menus are suggested, the refreshments for an afternoon party being lighter than this for an evening one. The afternoon menu may be:

- Sardine Canape
- Crab Flakes in Tomato Jelly
- Tongue and Chicken Sandwiches
- Deviled Peanut Sandwiches
- Swiss Date Sandwiches
- Cupid Parfait
- Sugar Cookies—Salted Nuts

Coffee
Sardine Canape—Cut 1/2 inch slices of bread into strips and toast. Open a can of sardines and heat in their oil. Place one of two sardines on each strip of toast, and sprinkle grated orange and lemon peel over them. Top with a fluffy dab of cream cheese mixed with chopped pickles and minced.

Crab Flakes in Tomato Jelly—Force 1/2 large No. 3 can tomatoes thru a sieve, add 1 teaspoon salt, 1/2 teaspoon sugar, 2 drops Worcestershire sauce and heat to boiling. Soften 1 tablespoon gelatin in 2 tablespoons cold water, and then dissolve in the hot tomato juice. Cool and when beginning to stiffen, add 1/2 cup cream, 1/2 cup minced onion, 1/2 cup minced lemon juice and 1 tablespoon chopped sweet pickle. Mold and when stiff and very cold, unmold on lettuce beds and garnish with mayonnaise.

Cupid Parfait—Boil 1/2 cup sugar and 1/2 cup water until the sirup threads, about 5 minutes. Pour slowly over 2 stiffly beaten egg whites, beating constantly. Add 1 cup of cream, whipped, 1 number 2 can of strawberries, mashed, and 1 teaspoon almond extract. Pack in small, heart-shaped molds with air-tight covers and pack in ice and salt for three to four hours.

Deviled Peanut Sandwiches—Mix 1 small can of deviled ham, 1/2 cup canned peanut butter, 1/2 cup mayonnaise and a few grains of salt. Spread between buttered slices of graham bread.
Swiss-Date Sandwiches—Mix equal quantities of chopped dates and nuts and moisten with mayonnaise. Open a can of Swiss cheese and spread contents on slices of buttered whole wheat bread, as thickly as desired. Spread date and nut mixture on the cheese and cover with another slice of buttered bread.—From Household Magazine.

By L. Mitchell Thornton
Fashion it deep and stalwart
And reaching toward heaven's dome!

For when you fashion a chimney
You fashion the heart of a home

Build it for strength and beauty
Lest one from its shelter roam,
For when you've builded a chimney
You've builded the soul of a home.

The extremely rare yellow-berried holly has been found by botanists around Eilat, N. C.

LINCOLN

By Edgar Daniel Kramer
He walked as lonely as a cloud
In solitude amid the crowd,
Who heaped them with their little mirth,
Too blind to understand his worth,
Too blind to see the vision fair
That gave him strength to mark Despair.
Led by a dream of brotherhood,
Like one who treads a pathless wood,
Unmanned by taunts, unswayed by jeers,
He bravely climbed the way of years
To kneel in dark Gethsemane
And bleed on cross-crowned Calvary.
With beauty singing in his soul
He struggled upward to his goal
Thru anguish to the eminence
Dofying time and flouting sense,
Where he now stands, free from the cloud,
In immortality with God.

Better Breakfasts Make Better Children

By Jessamine Williams

State Chairman Home Economics—If a child asks an insufficient breakfast such as bread and coffee, he is practically sure to eat too little total food for that day, even though he may eat a good dinner and a good supper, says Lydia Roberts in her book, "Nutrition Work With Children." That is, it takes three full meals a day, with often a regular mid-morning or mid-afternoon lunch to furnish enough energy, enough protein, and enough mineral salts and vitamins to supply a growing child with these food constituents. If then, one of these three meals falls short of doing its share, the other two cannot make up the shortage, since the capacity for food intake in children is limited. Poor breakfasts continuing over a period of time may be the direct cause of malnutrition.

In a study of 6000 pre-school children in Gary, Indiana, it was found that one-third of the children of this age group had no breakfast at all, or such inadequate ones as "one cup of coffee," "three cakes," or "one cup of coffee and a few cookies." The explanation in this report was largely poverty. But poverty is not the sole cause of no breakfast or had ones generally. The no breakfast habit exists everywhere among all classes. A lack of appetite is one explanation. This lack of appetite may come from a bad taste in the mouth in the morning (caused from diseased tonsils, teeth or adenoids), or to foul breath, coated tongue, resulting from constipation. Late and indigestible evening meals, unventilated bedrooms, and too little time between rising and breakfast are other causes for this lack of appetite.

The no-breakfast habit sometimes becomes a habit in some families and is especially followed by adolescent girls. Miss Roberts thinks the most common cause of no breakfast is the feeling of hurry. Late hours in retiring leads to late rising and that means hurry to get to school. The child must eat his breakfast immediately and hurriedly if at all. He is coaxed to eat "just a cookie or doughnut" or to take "a little coffee," and off he hurries to school.

Breakfast should be, at least, one-fourth to one-third of a child's needed calories for a day. The chances are his noon meal is hurried, too, either by walking home and back to school, or in order to play. At night he is often over-tired and may therefore eat less than he otherwise would. And so there is a continual shortage of calories which are never made up, and this is finally expressed in under-nutrition and in loss of weight.

Coffee given to children may cause increased excitement and stimulation, inability to sleep and nervous instability, and therefore contributes to malnutrition, yet the most harmful result of coffee drinking is that coffee often displaces milk, thus reducing the supply of calories, proteins, vitamins and minerals. Coffee at any time of day for children should be discouraged.

A well-selected breakfast, eaten without hurry and without coaxing will furnish the necessary fuel for the child's active little engine to run thru a busy morning up to without sufficient fuel of the right quality.

Ideal Breakfast
A breakfast which contains the necessary qualities for health is given by Dr. Thurman Rice, of Indiana university School of Medicine:

- An orange or other fresh fruit.
- Buttered toast.
- Cocoa made with milk.
- Bacon or an egg.
- An attractive dining room.
- A smile from Dad and Mother.
- Of course, stewed dried fruit can be used for variety; milk may be used instead of cocoa; a hot cooked cereal is preferable to a cold prepared one; both the bacon and egg may be omitted two or three times a week; if more cereal and milk are given.

Worth Raising a Bit Earlier
It is worth raising a bit earlier in the morning to train a child in this good breakfast habit as a most important avenue to growth and physical and mental development.—Oregon Parent-Teacher.

By DIANA MERWIN

PARIS—(P) Two-piece, jumper suits, which were given the official farewell in inner style circles a few months ago, are showing signs of coming back.
Light beige mixtures are used for the majority of the revived two-piece dresses. Skirts are tight around the hips with pleats beginning from six to 12 inches below a plain band. The dresses are belted just above the hip.
Coats for wear over these costumes are of beige wool or tweed mixtures cut on straight lines. Most of them have fur collars, usually of beige fox. Some of the new collars have a backward flare and are wide and upstanding around the face.

To My Valentine

By Zillah Cross Peet

"Roses and you" and "True and blue" and "mine and thine" and—dear me, it has been such a very long time that one can't just remember all the lines of the verses that were on the valentines which we treasured so carefully. There was one, tho, that we carried around in our apron pocket, for fear our big brother would see it and, with moans and groans, display it in the family. Then there was another that we hid in the family Bible, and we took it out so often that we wore off all the gilt and bent the arrows, and hearts, and angels.

We remember that the village postmaster sometimes looked as if he had lost his temper, especially the days he had to peer far over his desk, and answer our oft-repeated question, "Is there any mail for our family today?"
Yesterday I went to town to buy some valentines for my grandchildren. I wanted some that said "blue and you" and "roses and you." Do you know that I couldn't find a one—no, not a one! But I will tell you what I did find if you will promise truly you won't tell I told you—if you please, here is what I did find:

"I'll set my cap for you, old dear." Gracious me, what would my grand old grandfather have said had I purchased one like that years ago?"
There was another:
"Nobody has anything on us when it comes to Valentines."

And:
Then:
"I am too old to be caught in the chaff."

Dear me, dear me, I started all dejected-like and lonesome, almost ready to say, "After all, maybe the world is going to the bow-wows," just as some folks say, but I didn't. I went by to see a friend, and you never in the world could guess what she was doing, so I will have to tell you. She was hanging a newly-framed picture, a valentine that her father had given her mother more than seventy-five years ago, when they were engaged. The verses were so prim and dignified, such a joy after "old dear" and "chicken."

So lady and filmy were the edges. There were cherubs sitting so cautious, so angelic, but most modestly draped in wreaths of roses red, exceedingly red; in every corner there was a verse and a wreath of daisies and lilies.

Then that evening who should come to sit with me by my fireside but a neighbor who brought a package, yellow and mellow with age. In this bundle were some valentines that her father had sent her mother seventy or more years ago. They were still in the original envelopes, primly decorated with raised flowers. When I took them out I thought of rare old point lace. One had angels and birds and mixed up with them were ladies and gentlemen, elaborately dressed. Then I read these lines: "Time will unite us" and "My happiness he ever thine." On the back of one the boy-lover had written these words:

TO MY BEAUTIFUL BELOVED
No matter which way go before
To tread you dim, uncertain shores,
The first will for the other wait,
Beside the shining golden gate.

In a far-away cemetery there are two graves—side by side. Today the branches of an evergreen tree is swishing to and fro, heavily laden with snow and sleet, on the tombstones. On one is inscribed these lines:

The first will for the other wait
My beautiful beloved,
You see, the husband was called first and his beautiful beloved placed these lines. Valentines and love.

RECOMPENSE
I saw the rain fall gently
As an unfolding mist;
I saw the leaves hang limply
As though they were dew
Kissed;
And though the day was dreary,
And skies were dull and gray
I thought how many rain drops
Would make a flower in May,
And life resembles greatly
The romance of the rain—
We reap its joy and sunshine,
We live its tears and pain,
For out of pain and travail
Comes the miracle of birth,
And in a world war-weary
Dawns the reign of Peace on Earth.

Modes of the Moment



Parisiennes, who are always on the lookout for fancy dress costumes for Mardi Gras are admiring the stage clothes of Haquette Jullias, made by Philippe et Gaston. In the Dame Aux Camelias she wears a robe de style of silver tulle and lace with blue velvet bow-tails.

A Valentine Party You Will Enjoy

February is one of the most entertaining months of the year and it means a round of social activities for all of us. Even though it is a short month there are many possibilities for parties.

One of the foremost days in Valentine's Day. It is a joyful time for everyone, old as well as young, and a party must be planned regardless of its simplicity.

Lovely, old-fashioned lace valentines may be used for invitations and in sending them out be sure to write in the lower left hand corner of the invitation R. S. V. E., which means to reply or acknowledge the invitation.

The general color scheme should be red and white and the home decorated in these colors carrying out the idea of hearts. Cupid hearts and various symbols may be purchased for a small sum at the ten-cent store or made from red paper or cardboard.

The type of party depends much upon the individual. It may be in the form of a bridge party, a luncheon or evening party. It might be a Valentine dance, or just an old-fashioned party involving games of various kinds for entertainment.

Valentine Day was a pagan festival and in former times human sacrifice marked its commemoration. Today it is celebrated in the form of parties and the sending of gifts to your intimate friends.

It would not be a real Valentine Party without fortune telling. Make a large heart, divide it into sections and write in each section some word which will denote a fortune, such as, success, failure, a flirt, conceited, wealth, bachelor, old maid, etc. are appropriate.

Blindfold your guests and with a long arrow made from cardboard have them point to some word on the heart.

Living valentines are lots of fun. Make a large picture frame of cardboard or take an old picture frame and have the guests take turns standing behind this frame.

The other guests try to make the living valentine laugh. The one who stands in the frame longest without laughing receives a prize. Tables are very interesting to decorate and they may be made most attractive. An appropriate centerpiece is a heart-shaped fortune cake. When the cake is baked place in it the different symbols of the future. A thoughtful single blessedness; a wedding ring marriage; a diamond ring, engagement; a blue bird, happiness; a coin, wealth; a key, fame. The cake should first be covered with a white icing and then decorated, using a pastry tube or red heart candies can be used quite effectively.

Humane Society

Story of the Bell of Art

In Art, one of the old cities of Italy, the king caused a bell to be hung in a tower in one of the public squares, and called it a "Bell of Justice", and commanded that any one who had been wronged should go and ring the bell and so call the magistrate of the city and ask and receive justice. And where, in the course of time, the bell rope rotted away, a wild vine was tied to it to lengthen it. One day an old and starving horse that had been abandoned by its owner and turned out to die, wandered into the tower, and in trying to eat the vine-stalk, rung the bell. The magistrate of the city, coming to see who had rung the bell, found the old and starving horse. And he caused the owner of the horse, in whose service it had toiled and been worn out, to be summoned before him, and decreed that as the poor horse had rung the "Bell of Justice" he should have justice, and that during the horse's life his owner should provide for him proper food and drink, and stable.

Longfellow has told this story in beautiful verse entitled "The Bell of Art." This was part of the king's proclamation:
"What fair renown, what honor,
What repute
Can come to you from starving
This poor horse?"

He who serves well and speaks not, merits more
Than they who clamor loudest at the door.
Therefore the law decrees that as this steed
Served you in youth, henceforth you shall take heed
To comfort his old age, and to provide
Shelter in stall, and food and field beside."
—From Our Dumb Animals.
Jackson County Humane Society, phone 558-J-3.
Absolutely straight silhouette also are an obvious point of this special style collection. Pleated skirts and straight jumpers of the same material appear in many models.

Children's Pleasure Column

Edited by Mary Ann

This department is for our younger readers. We want you to write freely, telling of your experiences, adventures and of interesting happenings in your neighborhood. Tell of your favorite books or authors, favorite flowers, etc. Original poems and stories will also be appreciated.
Write with pen and ink on one side only of the paper. Do not use pencil. Help one another to make this page both interesting and instructive. Address your letters to Mary Ann, care Mail Tribune, Medford.



Valentine Delivery Service

By JANET TOOKE

"Hurray, Hurray!
'Tis Valentine's Day!"
So sang Ruthellen early one morning. "And I've made such a darling valentine for Marylis!"

Marylis was her very best friend and lived next door.
But as Ruthellen dressed, her brow was puckered thin thought.
"You see," she said, "I didn't get it done in time to mail it, and now I'm wondering how to deliver it so as to give Marylis a big surprise."

She pondered the question all thru breakfast, and then she suddenly looked up.

"Why, where is Blackie?" she asked. "He's always here for breakfast—where can he be?"
"Blackie! Blackie! Blackie!" she called.

"Meow!" answered her pussy-cat, softly. Ruthellen opened the door, and there was Blackie waiting to be let in. And what do you think was tied to his collar? Just look at the picture and see! A lovely pink valentine addressed to "Dear Ruthellen!"

"O Blackie, dear! where did it come from?" she exclaimed, as she untied the heart-shaped package from Blackie's collar.

Blackie didn't answer, so she opened the valentine, and there was the cutest wreath of pink-and-white roses, with these words in the center:

"Your kitten came to breakfast. So I sent him back with this. I made it and I colored it. And sealed it with a kiss!"
"Marylis!"

"Look, everybody!" she shouted in delight. "Look what Blackie brought me!" And everybody looked, and admired the beautiful valentine.

Then Ruthellen got a wonderful idea for delivering her own valentine!

Softly she crept toward the fence that divided her house from Marylis', and behind her back she held a nice little meat bone that she had begged from the kitchen.

Grains of Pepper

By R. Z.

Many a woman thinks she is justified in wearing a soiled apron to protect a clean dress. Yet many who see the apron fall to see the dress.

A woman would not be human if she did not experience a subtle pleasure on hearing that the matrimonial partners of a former sweetheart has gone on the rocks.

Window-washing, sweeping and cobweb-hunting effect the same muscular exercise as certain reducing devices for which we pay fancy prices.
Love is an urechin who climbs trees to steal the highest apple, often only to find that a worm has gotten there ahead of him.

HABIT IS SECOND NATURE

Get the habit of:
—early rising,
—retiring early,
—eating slowly,
—being grateful,
—being punctual,
—fearing nothing,
—speaking kindly,
—seeking the sunshine daily,
—speaking correctly,
—closing doors gently,
—neatness in appearance,
—relying on self always,
—a forgiving spirit,
—being industrious,
—always being progressive,
—a quietest concentration,
—daily physical exercise,
—being accommodating,
—economy, not stinginess,
—hoping on and hoping over.—Exchange.

When she got to the fence she called softly to Rags, Marylis' puppy, and showed him the bone:

"Do you see this bone, Rags?" she whispered. Rags sniffed, and showed very plainly that he not only saw, but also smelt the tasty titbit. "Well," she said, "if you'll follow me to my kitchen, you shall have this bone for your very own!" Rags followed closely, and was soon in Ruthellen's kitchen, gnawing happily at the juicy bone.

"Dear me!" sighed Ruthellen, as she sat down at her tiny desk; "It's going to be very hard to write anything as nice as Marylis' verse!" She puckered her brow a great deal, but jumped up at last with a shout of joy. "I've got it, Rags! I've got it! Listen!" And in a low voice she read the verse she had written to Rags:

I got your little valentine,
And thought 'twas very fine;
So when your puppy called on me,
I sent him back with mine."

She giggled a great deal because she thought it was quite clever, after all—and such a good joke!

Carefully picking the verse in, she held her pretty valentine, she tied it to Rags' collar, and opened the kitchen-door. Off trotted Rags, wagging his tail, and the valentine fluttering in the breeze. He trotted still faster when he heard his little mistress calling:

"Rags! Rags! Rags! Where are you, Rags?" So she scrambled thru the fence, and went straight up to Marylis, wagging his stubby tail, and crouching down before her, as though he thought he was the bearer of a very important message. And so he was! "Why, Ruth!" exclaimed Marylis, excitedly. "It's a valentine! For me! But where did it come from?"

Then she read the little verse aloud, kissed the valentine, and ran to the fence calling: "Ruthellen! Ruthellen!"

"I'm right here!" laughed Ruthellen, as she bobbed up close to Marylis. "I hid here to see that Rags delivered it alright. You were surprised, weren't you, Marylis?"

They both laughed as much over their jokes that Blackie and Rags came along to join in the fun!

Coming To U. S.



Fraulein Irma Hofer of Berlin, who was elected New Year's queen there, will come to the United States to represent Germany in the International beauty contest.