

Sugar's five uses in the diet . . .

Authority explains this delicious food



WE RECENTLY asked the food scientist at one of the great universities, to describe the rightful place of sugar in the diet.

"Sugar has five distinctive uses," he said. "1. A conservator of foods. 2. A flavoring substance. 3. A satiation factor. 4. A staple fuel. 5. An emergency fuel."

The scientist pointed out that "sugar is used as a conservator of many foods, especially fruits. Discussing sugar as a flavorer, the scientist said: 'One of the most praiseworthy developments of the modern diet lies in the expansion of the use of fresh fruits . . . contingent on the free availability of sugar.'"

"Topping off the meal with a sweet dessert gives a sense of satiation . . . an important item in the diet."

"Sugar as a staple fuel ranks with starch; sugar is more rapidly digested than starch; otherwise they are entirely comparable fuels."

He then defined the use of sugar as an emergency fuel. "The process of respiration is so rapid," he said, "that sugar appears in the muscles (the fire-box of the body) within a few minutes after ingestion."

"So it is that sugar is one of the most useful and least expensive of foods. As a flavorer alone, it deserves a place in every diet for making other healthful foods delicious."

"Eat all kinds of healthful fresh and canned fruits and vegetables, sweetening for pleasure, remembering the satiation value of ice creams, cookies and cakes for dessert. The best cookies are generous with sugar. The Sugar Institute."

BELLVIEW P. T. A. ENJOYS PROGRAM AND CAKE FEAST

(Special)—The Bellview P. T. A. met at the schoolhouse on Friday evening, February 15th, at 8 o'clock.

The president, Mrs. Ralph Clapp, in charge.

The report was given on the food sale by Mrs. Reeder, showing that \$23.15 was received from the sale. This money is used for hot lunches for the children at noon.

A girls' cooking club was organized and Mrs. Simpson was appointed to take charge.

A boys' camp cooking club was also organized at this time, with Mrs. David McKinney, the upper grade teacher, as their leader.

It was also decided at this time to sponsor a pie social to be given very soon; a committee was appointed to take charge of this affair.

Mrs. Ralph Clapp resigned her office as president of the club. The Clapp family have moved to Ashland and Mrs. Clapp could not devote her time to the Bellview P. T. A. work.

It was unanimously decided that the vice-president, Mrs. Oscar Martain, take her place for the remainder of the year which will expire the latter part of May.

The following program was enjoyed after the business meeting:

Piano solo, Mildred Martain; Mrs. Reeder's pupils gave two interesting plays of a Valentine nature.

At the close of Mrs. Reeder's program, Louise Martain sang a lovely little song, and at the close presented Mrs. Clapp with a beautiful potted red tulip from the P. T. A. circle, as a token of appreciation.

The program continued with two harmonica solos by Wayne Harris; cornet solo, Louis Cornelius. Mrs. McKinney's pupils gave two very clever plays, entitled "Good St. Valentine" and "Lincoln Dates."

Molly Helms played two piano solos, and as the last of the program, a huge cake was brought forward with 32 lighted red candles and valentine decorations.

This was made by Mrs. Clapp and presented at this time in honor of the thirty-second anniversary of the P. T. A. organization, which was founded on February 17th, 32 years ago.

Mrs. Williams being the oldest lady present was awarded the honor of cutting this beautiful cake. The lights in the building were turned out for a short time so all could see and appreciate this lovely lighted cake.

Valentine cookies and sandwiches were served by Mrs. George Helms, Mrs. Simpson and Mrs. Oscar Martain, the hostesses for the evening.

Mrs. Sumner Parker and her mother, Mrs. Camilla Owen, were in Medford on Friday afternoon.

27 members of Bellview and upper valley people were present at the show at the Craterian theater Sunday afternoon. Some who attended were Mr. and Mrs. Homer Barron, Mr. and Mrs. Edwin Dunn and children, Helen, Bobby and Betty, and Mr. and Mrs. Mark Tracy.

William Bryan, who is engaged with the railroad company at Dunsmuir, spent a few days with his family in this community. Rufus Trusty, also working with the railroad company at Dunsmuir, spent the week end with his family.

Mrs. Oscar Martain spent most of last week working at the store in Ashland, and reports quite a rush over Valentine day.

Mrs. Edwin Dunn was in attendance at the Auxiliary Legion meeting on Monday evening.

Herbert Davis has finished negotiations with Chas. Lindsey for his timber in the Deer Indian country, and expects to start the construction of a mill very soon.

Fred Henry, who has quite large holdings of timber in the Cove district, is cutting and trucking the logs to Ashland, where they will then be sent on to buyers in Medford.

Ray Taylor is also preparing to open his lumber mill in the same City vicinity. His products will be trucked to Hill, Cal., where he already has a contract. Mr. Taylor expects to run day and night when operations once begin.

Mrs. J. J. McCallister, who has been quite ill for the past several weeks, is slowly regaining her strength. Her daughters in town are spending as much time as possible with their mother.

Mr. and Mrs. L. D. Meserve entertained Sunday with a 1 o'clock dinner at their home near the Moon Lumber company. They had as their guests Mr. and Mrs. Thomas Merryman and daughters Wilda and Ellen.

The old-fashioned dance given by the club ladies at the Community house on Thursday was well attended and a very delightful evening was spent dancing to the music furnished by the Tucker orchestra. During the evening home made cakes and coffee were served to the guests.

A substantial sum was realized from this affair and will help the ladies with their insurance on the building which is due very soon.

Mr. and Mrs. Rufus Trusty were hosts Saturday evening to a group of friends. Games and music were the chief amusements of the evening. At the close delicious refreshments were served by the hostess, Mrs. Trusty, to the following named: Mr. and Mrs. Thomas Merryman and daughters Wilda and Ellen, Craig Hayes, Elmer Halbert and the Trusty family.

Mr. and Mrs. Paul Halbert of the Greensprings service station spent the week end at the home of Mr. Halbert's brother, Mr. and Mrs. Ralph Halbert.

Word has been received from the Sands family, who are now in Los Angeles, saying that they may not return to their home here in March as they expected to. Mr. Sands has an opportunity to work in a large store there and is un-

EAGLE PT. GRANGE (Official)

It was a sad-hearted group of Grangers that gathered at the old Daley hall for the last regular Grange meeting.

The burning of our large, beautiful new Grange hall, which was dedicated a little over a year ago, was a hard blow to the Grangers, but though there was gloom in the hearts, there were smiles of good cheer and courage on the faces of those present.

The Grangers have learned the lessons of life with hope and sympathy in their lives. It has been said that farmers have a greater courage in adversity than any other group of people.

This is not because they become accustomed to disappointments, so becoming indifferent, but because they have learned the great lessons which nature teaches; those lessons which can only be learned by those who come in close contact with nature.

There were many Grangers present from Lake Creek and Central Point, and their expressions of sympathy tendered to the Grange were appreciated. The fraternal spirit which binds Grangers together is very much in evidence in time of trouble.

But the Grange also has the sympathy of many who are not Grangers. The following communication was read during the meeting: "To the Eagle Point Grange: Sunday, the first day after. In sympathy for your great loss and in encouragement and good-fellowship for the replacement of your beloved hall, I am glad to make the start by my little gift of \$10.00 (signed) Nellie Perry-Bowles."

Mrs. Bowles is a sister of William Perry and was visiting her brother here at the time of the fire and so was able to realize the grief that the loss of the hall occasioned.

The loss of this hall means more than a material loss to us, for into the building of it went the great love for our order. It was a fitting monument to the leadership of our past-master, I. R. Kline and the self-sacrificing co-operation of the Grange members, and their faith in the Grange.

Only those who have worked and planned with us from the beginning, can fully realize what this loss means to us.

Enough money was donated during the meeting for the purchase of a new piano and enough over for a small start on the building fund for a new hall, also a penny collection netted a small sum to be used to help buy kitchen equipment.

A committee was appointed to draft plans for a new hall and, together with approximate costs, submit it to the Grange at the next meeting.

Brother Charles Master of Lake Creek Grange, in extending the sympathy of his Grange, announced the Lake Creek Grange would give a benefit dance for the Eagle Point Grange on Saturday night, February 23. This splendid spirit was surely appreciated, especially so far as Lake Creek Grange is making a great effort to raise funds to build a Grange hall for themselves.

A move was carried by which the standing committees will act as an auxiliary committee, each standing committee putting on one program, entertainment or other money-making venture at some time during the year, the proceeds to be for the building fund.

The old Daley hall has been rented by the Grange and will be used as a meeting place until further notice.

The next regular meeting will be held on the 5th of March. The master announces that the first and second degree work will be put on at that time to take in the waiting candidates.

All Grangers are invited to any or all of our meetings.

WHITE PLAINS, N. Y., Feb. 22. (AP)—William B. Ward, baking magnate and philanthropist, who once planned a \$1,000,000,000 merger with a soul, which would follow a billion presents by giving one-tenth of all profits to charity, left almost his entire estate, valued at \$100,000,000, to his widow, Mrs. Ethel Hattie Ward. Mr. Ward died three weeks ago from a heart attack.

BUTTE FALLS HAS DEBATE ON MERIT CITY VS. COUNTRY

(Special) A lively debate was heard by members of the four upper grades of the grade school Friday when six members of the fifth and sixth grade debated the question "The city is a better place in which to live than the country."

The work was prepared under the direction of Mr. Nes. The affirmative won with a vote of 3 to 2.

The county home demonstration agent held a meeting at the church Thursday, and helped those who attended in making new dresses and making over old ones.

Health pictures were shown Friday night at the high school to a large audience by Miss Glover and Dr. Balcom. Monday these two ladies continued their health work in the schools.

Miss Elizabeth Barr of Medford was a business called in Butte Falls Saturday.

Basketball games were played at Talent Friday night. The result was victory for the boys' and girls' Talent teams, and for the Butte Falls town team.

Thursday night games were played here by the Phoenix and Butte Falls town teams.

Miss Van Groen spent Friday night and Saturday in Medford. She and two high school delegates left Wednesday evening for Corvallis to attend a vocational high school conference at O. A. C. Friday and Saturday. The delegates from here are Gladys Tungate and Ruby Cox.

Mr. and Mrs. J. B. Jackson left Monday for Redlands, California. Mrs. Alice Cummings was a Medford visitor Saturday.

Mr. and Mrs. Roscoe Larsen spent the week-end visiting relatives here.

Members of the Christian Endeavor enjoyed a delightful party at the church Wednesday night.

Mr. and Mrs. Sam Hughes of McLeod, Calif., were visiting relatives here over Saturday and Sunday.

Mrs. Harold Patton spent a few days last week at the home of her parents in Central Point.

The confectionery has been closed and will not reopen until April 1st.

RIGHT LIVING IS 90% RIGHT EATING

Eat right, if you wish to live long, prosper and enjoy life to the very limit. You don't have to go on a restricted diet or eat things you do not care for. There are scores and scores of delicious, healthful, nourishing foods that can be made with Calumet Baking Powder. Foods that you will relish. That are rich with body and vigor building elements of the highest value. Eat your way to health. Let Calumet help you.

LESS THAN 1/4 PER BAKING

DOUBLE ACTING MAKES BAKING EASIER



CALUMET THE WORLD'S GREATEST BAKING POWDER

SALFS 2 1/2 TIMES THOSE OF ANY OTHER BRAND

Waffles

of such flavor . . . such crispy lightness . . . as you have never known before. Now ready for you . . . with the new, improved

SPERRY PANCAKE



and WAFFLE FLOUR A Sperry-quality product . . . now at your grocer's

Some Choice Seasonal Recipes

Stuffed Artichokes

Four artichokes, 1/2 cup Snow Flake crumbs, 1 onion chopped, 1 tablespoon butter, 1/2 tablespoon salt, 2 tablespoons American cheese, grated.

Cook the artichokes in a large amount of boiling water, to which 1 teaspoon of salt is added after they have cooked for 15 minutes. Cook until tender (test by pulling out leaf). Cut the artichokes in half lengthwise and remove the choles. Make a stuffing of Snow Flake crumbs, onion, salt, cheese and butter, and fill cavities of artichokes. Put in a baking dish and cook in hot oven until tops are browned. Serve with Snow Flakes.

Cranberry Tarts

To make Cranberry Jelly, take 1 quart cranberries, 1 cup hot water and 2 cups of sugar. Wash and remove stems from berries and put in a saucepan with the water. (An agate or enamel pan is best.) Boil 5 minutes, rub thru a sieve, add sugar, return to fire. Stir until sugar is dissolved, then turn into a mold. To remove easily, wet a towel in hot water, lay over bottom for a minute and jelly will drop out whole.

Spread Snow Flakes

Spread Snow Flakes with a layer of cream cheese. Add a layer of cranberry jelly, and top with another Snow Flake Peanut Marguerite.

Beat white of one egg until stiff, add confectioner's sugar until of meringue consistency, and finely crushed peanut brittle crumbs. Spread on Snow Flakes and brown in slow oven. A bit of crushed cherry may be added to each Marguerite. Serve with afternoon tea.

Escalloped Corn With Clams

2 cans corn, 1 can minced clams. Place in layers with Snow Flake crumbs, seasoning and plenty of butter, with more Snow Flake crumbs and butter on top. Moisten whole thoroughly with clam nectar mixed with milk. Bake until well browned.

Asparagus Loaf

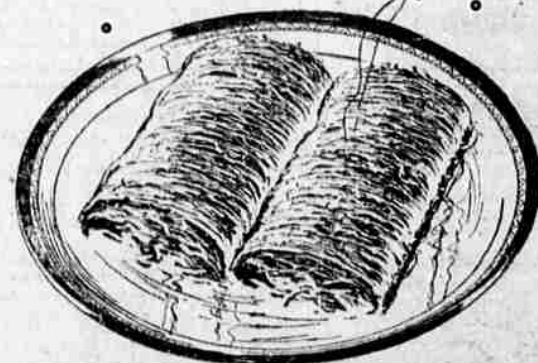
1 can cooked asparagus, 1 can milk, 1 can Snow Flake crumbs, 2 eggs, salt, pepper, butter. Bake 30 minutes in moderate oven. Serve with white sauce, sliced eggs and parsley.

Hot cereal Cold cereal both from the same package

HOT cereal for the youngsters?—Easy!—just pour hot milk over Shredded Wheat, add a little cream and sweeten.

Grown-ups may like their Shredded Wheat cold—but they need the same food elements for energy, strength and health, and the brain of the whole wheat to keep them fit.

What a convenience to serve the whole family, quickly, with this one perfect food. No wonder so many women always keep two packages on hand.



SHREDDED WHEAT whole WHEAT



12 FULL SIZE BISCUITS—the original Shredded Wheat

True in on the Shredded Wheat program ever Monday morning at 10:30. KFL-KPO-KGO-KGW-KOMO-KHQ.

"Do you always get coffee like this?"

"Always."

"Lucky boy."

"I am. But we didn't get good coffee until we found M.J.B."

Many people find that with M.J.B. the strong blend, they use slightly less coffee. But whether you make it strong or weak, M.J.B. has a flavor that only the strong blend can give.

Now it comes to you in an improved friction top key-can available only to M.J.B. users, packed by our own vacuum process.

M.J.B. COFFEE

