

Blue Ribbon Malt Extract



Lena Enders Wholesale Grocery Co., Ashland, Ore.

Diet the menace of Hollywood Stars wrecked seeking slimmess

PHOTOPLAY MAGAZINE recently revealed that many motion-picture stars ruin their health seeking slimmess. The motion-picture camera adds from 5 to 20 pounds to the appearance of a star's figure, so that many of these celebrities become victims of dieting.

One famous star died of tuberculosis brought on by weight reduction. Another ruined her career and was made an invalid by starvation. Still another resorted to quick reducing medicines and is today virtually an invalid. Another star is mentioned who collapsed on a set after trying to lose 10 pounds.

One of the alarming dieting extremes indulged in by the stars, according to *Photoplay*, is eating no food at all for breakfast, and seriously limiting nourishing foods for both luncheon and dinner.

No person can be healthy without eating enough nourishing food daily and regularly. The tragic experience of motion-picture stars should be a warning to all women and girls to eat enough.

Modern health authorities insist on a variety of foods, including milk, vegetables, fruits and meats. It is a dieting error to suggest eliminating sugar from the diet, for sweetness is the perfect flavor that makes all of the beautiful foods so delicious. Serve applesauce, grapefruit, dried and canned fruits and cereals for breakfast sweetened for enjoyment. Learn the value of sweetening in the cooking of all vegetables for delicious flavor. Sweetening improves the taste and flavor of fruits and cereals. Sugar and flavoring make delicious milk-shakes and egg-nogs.

See that every member of your family eats enough. The best cooks are generous with sugar. The Sugar Institute.

SAMS VALLEY HAS KEEN INTEREST IN BASKETBALL TILTS

SAMS VALLEY, Ore., March 1.—(Special)—Two interesting basketball games were played in the new local pavilion in the last few days, and both results were victorious for the locals.

Friday's game and the first to be played in the new pavilion was played between the boys' teams of Butte Falls and Sams Valley. This was a fast game and at the end of the first quarter looked pretty dark for the locals, the score standing 5 to 0 in Butte Falls' favor. But right on the beginning of the second quarter our boys began to gain and continued steadily till the close of the game, with a score of 13 to 10.

A game was then played between the two town teams with the result that our town team was badly defeated.

The second scheduled game was played Tuesday night and was a return game with Talent, who had defeated our boys at the Talent court. This was an important game and held the close interest of the onlookers. At the end of the first quarter Sams Valley stood 5 to Talent 9 and at close of first half Sams Valley was still several points in the lead. During the second half Talent quickly went up three points, but failed to get in the lead in spite of some very good playing. The final score was 13 to 12 in Sams Valley's favor.

The town game played this time was between Eagle Point and the locals, and was one of the closest games ever witnessed. At the end of the first half the score was 4 to 4 and the game ended 7 to 6 in Sams Valley's favor.

Friends and school mates are glad to know that little Edith Vincent, who was so low from pneumonia, is now out of danger and on the road to recovery. A turn for the better was shortly noticed following the continued application of onion poultices to the chest.

The marriage Sunday of Leslie Bigham and Miss Joyce Fredericks was the union of two well known Sams Valley young people. Mr. Bigham has been a resident of this district for more than ten years, and the bride was a former primary teacher. The well wishes of their friends go with them to their home in Medford.

A report is current that several members in the home of the Beagle post office are afflicted with renal fever.

Mrs. Eva Cushman returned to her home at Trail Friday after spending a pleasant week with her daughter, Mrs. John Hall.

Mr. and Mrs. Holland of Arizona are now located on the Weymeyer place which they have rented for the year.

Mr. Hartman, chairman of Rogues River, was in our district

PHOENIX PIONEER JAMES MORTON IS CALLED BY DEATH

(By Mary O. Carey)

EDEN PRECINCT, Ore., March 1.—(Special)—We regret to chronicle another death among our beloved pioneers, that of James Morton of Phoenix. For over 70 years "Uncle Jimmy," as he was familiarly known to everyone, has been in Phoenix. One of the first to engage in the mercantile business, a man of many sterling characteristics, and beloved by all. He leaves one daughter, Mrs. Raymond Purry, and one grand daughter, little Patricia Purry, besides scores of friends to mourn his passing.

Mr. Morton, who ran the Highway market in the north part of Phoenix, has put down a cement floor for a new garage, where he will do repair work for the traveling public.

George Coats of Phoenix, who with others have been little since last December, has secured work with the Owen-Oregon Lumber company and is now tree feller for the company at Butte Falls.

Mrs. Irene Wells has been having throat trouble and has been under the care of a doctor at Ashland. She was pronounced over the mailly Wednesday.

Last Tuesday, Mrs. M. F. Sheets and Mrs. Guy Elishop and her niece were hostesses to a number of North Phoenix ladies at a shower given for Mrs. Colver Furry at the home of Mrs. Bishop. The following ladies partook of a delightful covered dish luncheon: Mesdames Barnburg, Otto Caster, Roy Caster, George Drake, Edna Anderson, E. M. Sheets, C. W. Gannaway, J. O. N. Polling, Babe Caster and Guy Bishop.

G. L. Shemhorn of East Eden last week sold his fine bunch of something like 100 sheep.

Mr. and Mrs. J. B. Johnson of East Eden have moved to Medford.

Miss Eva Caster was an overnight guest of Miss Irene Standley Monday night.

Last Saturday evening, February 23, Mrs. J. W. Pruett gave a most delightful party in honor of their daughter, Marguerite's 16th birthday anniversary. The rooms were beautifully decorated in pink and the color scheme was carried out in the table decoration and in the 16 candles which adorned a most beautiful birthday cake. Miss Marguerite was charming in pink crepe de chine evening dress. Those who had the pleasure of being present were Mr. and Mrs. J. E. Lester, Miss Robert and Miss Berice Boames of Central Point, Mrs. Babe Caster and son, Marion; Kenneth Larnburg, Mr. and Mrs. J. W. Pruett. Many beautiful presents were received by Miss Marguerite. After the guests had partaken of a most delicious supper, dancing was indulged in until a late hour to old-fashioned music which had been secured for the occasion.

Mr. and Mrs. George Elfers of

MR. STIMSON, CLIMAX, IMPROVING IN HEALTH

CLIMAX, March 1.—(Special)—G. G. Oliver and W. F. Charley transacted business in Medford and Ashland one day this week.

Memilee Charley has returned home after a two weeks' absence.

Mrs. A. J. Grissom spent the week-end at the home of her parents. Her father, Mr. Stimson, has been very ill and we are glad to say that he is now better.

E. C. Hurd of Ashland spent part of last week at Climax.

Mrs. G. G. Oliver called on Mrs. Wertz Thursday.

N. N. Charley spent a few days in Ashland last week and is glad to be back again in our pleasant sunny hills.

Oscar Hanson and Dave Morrison left Saturday for Klamath county, where they expect to work this season.

Mrs. G. G. Oliver and Mrs. Wertz called Saturday on Mrs. W. F. Charley who has been ill.

A. J. Grissom attended to business matters in Medford on Friday.

N. N. Charley and daughter, Miss Evelyn, called at the Oliver home Tuesday.

Miss Ruth Haviland, 20, is official hostess at the Kansas City airport, where she welcomes visiting aviators and their passengers, for which she receives a salary of \$100 a week.

UNUSUAL TASTINESS IN FOOD PRODUCTS

Some housewives who have been receiving much praise from their families and guests on their bread, cakes, cookies, doughnuts and other dishes, have divulged the chief reason for the unusual tastiness and deliciousness in the foods they bake, says expert authority.

"For a long time malt extract was used principally by pharmacists, bakers, confectioners, cereal food manufacturers and laundries to dissolve starch. But gradually it was realized that the same flavor which made breakfast foods palatable and sold beverages over the soda fountain could add to home cooking in a rather general way, and malt extract began to make its appearance in household packages.

"Considerable impetus was given to this by the sugar shortage which the World war created. Publicity articles, inspired by government bureaus, told the public about malt syrup as a sugar substitute. With the return of a plentiful supply of sugar, interest in substitutes waned, but meanwhile many housewives had become acquainted with malt extract and continued to use it, not to replace sugar, but in baking and in special dishes."

Following are a few malt extract recipes taken from the Blue Ribbon malt extract recipe book:

Watch Tongue For Signs of Illness

Your tongue is nothing more than the upper end of your stomach and intestines. It is the first thing your doctor looks at. It tells at a glance the condition of your digestive system—and physicians say that 90 per cent of all sicknesses start with stomach and bowel trouble.

A white or yellowish coating on your tongue is a danger signal of those digestive disorders. It tells you why the least exertion tires you out; why you have pains in the bowels, gas, sour stomach, dizzy spells.

And it's a sign you need Tanlac. This good old reliable medicine has helped thousands who were physically wrecked. See how the first bottle helps you.

Tanlac contains no mineral drugs; it is made of barks, herbs and roots—nature's own medicines for the sick. Get a bottle from your druggist today. Your money back if it doesn't help you.

Tanlac 52 MILLION BOTTLES USED

Pantorum EYE WORKS

633 AND HOLLY STS. PHONE 244
A COMPLETE CLEANING AND DYING SERVICE

Women's Hose \$1.00 Pair

Silk from top to toe with pointed heel.

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Phone 105 30 N. Central
Medford, Oregon

The DAWN of TOMORROW

With New Faith—New Energy—New Vigor—New Strength—New Confidence, we enter this momentous period to build our store Bigger and Better than it even is today. No stone has been left unturned to make this the most amazing and beneficial Demonstration of Superior Values, in Timely and Seasonable Merchandise, Ever Witnessed in Southern Oregon.

We Want 1,000 New Patrons Added

AGAIN! Slashing Prices! Greatest Savings of All Time!

Roaring Bargains That Will ECHO Throughout the Country!

TRADE EXAMINATION SALE!

MULLINS
310 East Main St.

DYNAMIC BARGAIN!

See Our Style Show With Live Models
Tomorrow Morning, 9 to 10 o'clock

One hour before sale opens. See the dainty new frocks, chic spring coats, new hats and shoes—on living models.

Come Early

The Greatest Event in the History of Our Store.

A Stirring Message That Leads You With Happiness Into Gigantic Savings

made possible through the development of public confidence in our store and business. To build confidence is to lay the corner stone to lasting prosperity. Its success depends upon the integrity and reliability of a firm. It has been our constant determination, since the inception of this business, ONE YEAR AGO, to build confidence through the giving of incomparable values in reputable merchandise and a broad measure of service to meet every requirement.

With the inauguration of this **MERCHANTS' BRAND OF "Good Will"** we demonstrate our **Out of the Way to Worthwhile Economies.** Lasting Satisfaction and a Cementing of Friendships, by the thousands, acquired the past many months.

SALE BEGINS Tomorrow PROMPTLY AT 10 o'clock

Don't Miss the Opening Day of This Sale.