

Active People want and need sugar

The "Fuel of Preference" in the body

AN EMINENT food authority recently stated that any person who has a very active body is likely to be always on the edge of the sugar reserve in his body (glycogen). "That is why," he said, "the soldier and athlete wants and needs sugar. That is why the active child wants and needs sugar." He went on to explain that sugar is the fuel of preference in the body, that sugar can be more easily and quickly converted into energy than any other food. He emphasized the fact that sugar should form a part of the regular diet of every family and that any reducing diet, as well as any other diet, should contain sugar.

The best way for sugar to be eaten is as a flavorer of other foods. In that way, it serves the double purpose of furnishing energy to the body and also of adding appetizing delight to other healthful foods. Sugar added to healthful grain cereals makes them welcome and enjoyable to growing children. Think of how many health-giving fruits are objectionable to the taste without sugar. Scientists tell us that we need the daily roughage of salads as well as cooked fruits and vegetables. Any good cook knows that adding sugar makes all of these welcome and pleasant to the palate. In addition to being the best and cheapest fuel for the body, sugar is nature's perfect flavor. It makes nearly all other foods more enjoyable. For health and enjoyment, there is no substitute for sugar. The Sugar Institute.



Dr. Allen, Billings, Says:

"The medical profession recognizes the value of whole wheat products in the diet. For this reason, the use of Tru-Blu Graham Crackers, a whole wheat product, is especially recommended for children—and grownups, as well."

DR. WILL ALLEN,
Billings, Montana.

VEGETIZED WHOLE WHEAT WAFERS

IT TAKES a quarter of a pound of fresh spinach, lettuce, carrots, celery, and tomatoes to make one pound of VEGETIZED Whole-Wheat WAFERS!

Children get their vitamins and minerals from between meals. Father will like to munch on them in the evening. And so tasty for bridge lunches.

Your grocer has them in a distinctive package that you will easily recognize.

MEDFORD LODGES WILL STAGE PLAY LAKE CREEK HALL

LAKE CREEK, Ore., Mar. 15.—(Special.)—The M. W. A. and Royal Neighbors of Medford are putting on a play, "The Twelve Old Maids," at the Lake Creek hall at 8:30 o'clock Saturday night. The play is to be followed by a dance.

The cattlemen in this community have been busy vaccinating their cattle before they turn them on the range. They expect to be able to turn them out in the next two or three weeks, if not before.

The canal company has had its big ditch cleaner at work in this section of the canal the past week. They have cleaned several miles already.

The doctor was called to see Mrs. M. D. Bowles Monday night. Mrs. Bowles is suffering from a severe attack of pleurisy.

T. L. Farlow has purchased a lovely new Buick sedan.

Several Grange members met at the hall Monday evening to practice songs for the program Thursday.

Mrs. Amy Johnson, who has been spending some time in Portland and Oregon City, is visiting her brother, L. H. Wyant.

Mrs. Loren Farlow, who spent last week with her parents, Mr. and Mrs. James Stewart, in Medford, returned home Monday.

Mrs. Roy Grigsby and son Donald and Harry Tonn spent the week end at the H. L. Tonn home.

Mrs. R. A. Pech is a guest at the H. E. Pech home.

Mrs. H. L. Grissom returned home Sunday, after having spent the past month at the bedside of her father, F. Simson, who has been seriously ill.

Miss Margaret Nickell, who has been staying in Grants Pass for some time, came home Sunday.

Mr. and Mrs. Reed Charley were guests at the T. L. Farlow home Sunday.

YOUNG FOLKS OF JACKSONVILLE GO TO SALEM GAMES

JACKSONVILLE, Ore., Mar. 15.—(Special.) Miss Virginia Pick left Wednesday morning by auto with a party of friends for Salem to attend the basketball tournament. She will be the guest of her uncle, Attorney Fred A. Williams and family at Salem and also of her uncle, Wade Williams of Portland who will referee during the tourney. Those in the party besides Miss Pick are Ellow Mae Wilson who is driving her car, Alberta Knips, Opal Harvey, Janet Clement and her sister.

A birthday party was given Tuesday evening at the home of Mr. and Mrs. Coke, east of town, in honor of Miss Merle Coke and Robert Forbes. It being Miss Merle's fourteenth birthday and Robert's sixteenth. They both received a number of lovely presents. Twenty-five young people were present and a very enjoyable time was reported. The evening was spent in playing games and a lovely luncheon was served.

Mrs. Fred Fick and Mrs. Vivian Wilson attended a luncheon at the Hotel Medford Wednesday noon given by Mrs. Edna Isaacs.

Monday evening the Jacksonville Bridge club was delightfully entertained at a St. Patrick's party given at the home of Mrs. E. S. Severance, who was assisted by Mrs. Vivian Wilson. Three tables of bridge were in play. High prize was awarded to Mrs. George Russell and consolation to Mrs. Harold Crump.

At eleven o'clock the hostesses invited their guests to the dining room where a delicious luncheon was served. A beautiful centerpiece of early spring flowers, unique placecards and favors graced the table, the color scheme being yellow and green.

Miss Vera Hart and Miss Ethelyn Root will entertain the club at its next meeting.

Mrs. T. N. Parrett and her daughter, Mrs. Elliott Butler were guests at the E. S. Severance home Tuesday afternoon.

N. C. Smythe had the misfortune of having his hand hurt quite badly with a buzz saw the first part of this week.

Mrs. Otto Neldermeier and two daughters Joyce and Charlotte Ann spent several days last week at the home of her parents, Mr. and Mrs. Hake of Ashland.

Lewis Ulrich of Medford was calling on friends in town last Saturday.

Sybil Fairburn of Medford spent Tuesday night with her mother, Mrs. W. H. Bell.

Mrs. H. K. Hanna spent Tuesday at the home of her brother, Roy Ulrich in Ashland. The many friends of Helen Ulrich will be pleased to know that she is improving from her attack of rheumatism.

Miss Maxine Corwin of Medford is spending this week as the guest of Mrs. Wilbur Cameron.

Mrs. Alice Ulrich is spending a week with her son, Roy Ulrich, and family of Ashland.

C. W. Kitchin and O. A. Kitchin left Monday for Linn's camp at Kirk, Ore., where they will start work. They have been visiting at the N. C. Smythe home for some time.

Rev. and Mrs. S. Jones of Ashland were guests of Mr. and Mrs. Roy Martin Sunday evening.

The Jacksonville orchestra broadcast over KMED again Thursday noon on the Jackson County Creamery's program. This was very much enjoyed by those listening at Jacksonville.

Mrs. Luella Dunnington, Mrs. Fred Fick, Mrs. E. S. Severance and daughter Miss Ruth Severance and Mrs. Vivian Wilson attended the meeting of Reames chapter at Medford Wednesday evening.

Father Meagher of the Sacred Heart hospital was calling on friends in town Thursday.

Mrs. Armpriest of Rich and son Ernest visited Mrs. C. Wallace Wednesday evening.

Mrs. Jack Thrasher who has been on the sick list is able to be out again.

The R. N. A. ladies gave a shower for Mrs. Ray Stevenson Wednesday afternoon at the home of Mrs. Anna Broad. Those present were Mesdames Wendt, V. Wilson, Adams, Butler, Hayward, Pool, N. Finney, L. Finney, Merrifield, Dorothy, T. McIntyre, McIntyre, Stevenson and Broad. A lunch was served by the hostess.

Mrs. A. L. Goodman is recovering from quite a serious attack of the flu.

Mrs. Cora Crump from Appleton was in our city Tuesday.

George Maxwell and George Russell were in from the mine Wednesday night.

Mrs. Douglas from Ashland, spent a couple of days the first part of the week at the Chris Keegan home.

CAMPBELL TELLS DERBY SCHOLARS OF STEEL MAKING

DERBY, Ore., March 15.—(Special.)—Mr. and Mrs. W. P. Campbell of Medford were luncheon guests at the teachers' Friday. In the afternoon Mr. Campbell gave a very interesting and instructive talk on steel. He described the process from the time the iron is taken from the mines to the finished product.

Miss Widell attended county institute at Eagle Point on Saturday and later made a business trip to Medford.

Mrs. Carlos spent the week end with her family in Phoenix.

Mr. and Mrs. Ross Wymore went to Portland Sunday for a week's business trip.

Mr. and Mrs. Wm. Marion were Sunday dinner guests at the J. F. Marion home in Butte Falls.

Mr. Simons, the new tenant on the Martin place, was called east on account of the serious illness of his mother.

Mr. and Mrs. Ray Parasote were Medford shoppers Saturday.

Mr. and Mrs. Chester Parsons and family of Phoenix spent Sunday at the Pat Smith home.

Mrs. Ben Wurtz and brother, Frank Dunlap, went to Butte Falls Saturday.

Thursday was a red-letter day in the intermediate grades at the Derby school. Everyone had 100 per cent in spelling.

Miss Burr, our rural supervisor, made an official visit to our school Tuesday morning. After luncheon she went to Reame Creek school.

Raymond Chambers went to Butte Falls Monday evening.

Let me write your fire insurance. Carl Y. Tengwald, Hotel Holland, Phone 922.

SARDINE CREEK CATTLE GO TO ASHLAND BUYER

SARDINE CREEK, Ore., March 15.—(Special.)—John and Harold Smith drove out a fine bunch of about 45 head of beef cattle last week, which they sold to a Mr. Hazar of Ashland.

Mr. and Mrs. P. L. Wait, Grant Powell and his mother, Mrs. Griffiths, attended a poultry meeting in Rogue River Wednesday evening.

Mr. and Mrs. Donald Reams spent Saturday and Sunday visiting Mrs. Reams' parents at Williams, Ore.

Charles Bailey was a Gold Hill visitor last Saturday.

Mrs. J. C. Smith spent Tuesday in Rogue River visiting her sister,

KE

BAKING POWDER

Same Price for over 38 Years

25 ounces for 25 cents

Guaranteed Pure and Healthful

Millions of pounds used by the Government

DEATH OF MATLOCK BOY SHOCKS RESIDENTS SHADY COVE DISTRICT

SHADY COVE, Ore., Mar. 15.—(Special.)—Mrs. T. C. Peck is on a business trip to Medford. Mrs. Stanley Mablin, a niece of Mrs. Peck, is tending store during her absence.

The community was shocked and grieved to hear of the death of little Albert Matlock, who was buried at Trail last Sunday. Mrs. Matlock is a daughter of Mr. and Mrs. Al Hall.

FOLEY'S HONEY-TAR COMPOUND

Stops "Flu" Coughs Quickly Effective

Pure as it is Sure

SOLD AND RECOMMENDED EVERYWHERE

For Sale by Jarmis & Woods Drug Store, Cor. Main and Central.

When You're In Ashland EAT AT THE Something Different Cafeteria

We specialize in Chinese and Italian Dishes

93 North Main St.

There's No LIAR

Against making a SIX-FOOT CROQUETTE, but you'd be Lucky if you Cooked it Perfectly

Of course coffee can be roasted in bulk, but Hills Bros prove that the sure way to roast it evenly is by their continuous process—a few pounds at a time

OTHER coffees may look like Hills Bros., but there the similarity ceases. The difference is in the flavor, strength and aroma. No other coffee can taste like Hills Bros. because none is roasted the same way.

Slowly, but continuously—a few pounds at a time—Hills Bros. Coffee passes through the roasters. Never in bulk. And uniform flavor is obtained because there is control—an even roasting of every berry.

HILLS BROS COFFEE

Fresh from the original vacuum pack. Easily opened with the key.

Demand Fire-Safety in Your Home

Build Your First Floor of Concrete

A large proportion of residence fires start in the basement. A concrete floor forms a barrier which prevents a fire from reaching the upper part of the house.

Concrete floors cannot shrink or sag. Therefore they eliminate one of the most common causes of plaster cracking. They also seal out the objectionable dirt, noise, smoke and odors which originate in cellars.

Concrete floors can be covered with hard wood, linoleum, carpeting or any other surfacing.

Let us tell you more about the advantages and economies of concrete floor construction.

PORTLAND CEMENT ASSOCIATION
146 Fifth Street
PORTLAND, ORE.
A National Organization to Improve and Extend the Uses of Concrete
Offices in 32 Cities