PAGE THREE

1070

Active People want and need sugar

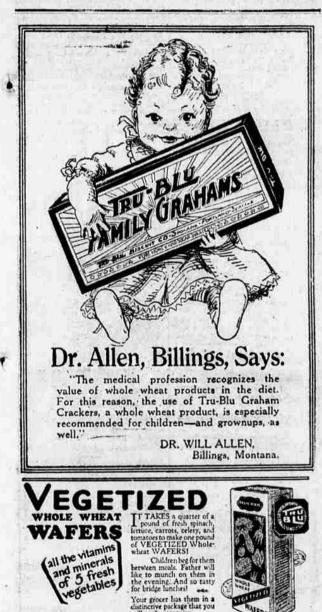
The "Fuel of Preference" in the body

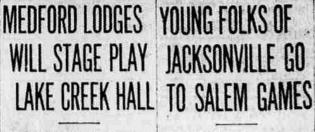


AN EMINENT food authority recently stated that any person who has a very active body is likely to be always on the edge of the sugar reserve in his body (glycogen). "That is why," he said, "the soldier and athlete wants and needs sugar." He went on to explain that sugar is the fuel of preference in the body, that sugar can be more easily and quickly con-verted into energy than any other food. He other of every family and that any reducing diet, as well as any the best way for sugar to be eaten is as a flavorer of other

day.

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.





LAKE CREEK, Ore., Mar. 15.-(Special.)-The M. W. A. and Roy-al Neighbors of Medford are put-JACKSONVILLE, Ore., Mar. 15. (Special.) —The M. W. A. and Rey-al Neighbors of Medford are put-ling on a play. "The Tweive Old Maids." at the Lake Creek hall at \$:30 o'clock Saturday night. The play is to be followed by a dance. The cattlemen in this commun-ity 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 iwo 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 pleuring. -(Special.) Miss Virginia Fick

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 pieurisy. T. L. Farlow has purchased a lovely new Buick sedan. Several Grange members met at the hall Monday evenin gto prac-tice songs for the program Thurs-day.

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

in honor of Miss Merie Coke and Robert Forbes. It being Miss Merie's fourteenth birthday and Robert's sixteenth. They both re-ceived a number of lovely present. Twenty-five young people were present and a very enjoyable time was reported. The evening was spent in playing games and a love-ity funcheon was served. Mrs. Fred Fick and Mrs. Vivian Wilson attended a luncheon at the Hotel Medford Wednesday noon given by Mrs. Edma Isaacs. Monday evening: the Jackson-ville 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. Wivian Wilson. Three tables of bridge were in play. High prize was awardied to Mrs. George Rus-sell and consolution to Mrs. Haroid Crump. Mrs. Loren Farlow, who spent last week with her parents, Mr. and Mrs. James Stewart, in Med-ford, returned home Monday. Mrs. Roy Grigsby and son Don-ald and Harry Tonn spent the week end at the H. L. Tonn home. Mrs. D. A. Bath is a superior Mrs. R. A. Pecch is a guest at the H. E. Pech home. Mrs. H. L. Grissom returned home Sunday, after having spent th epast month at the bedside of her father, F. Silmson, who has

her father, F. Simson, who has been seriously ill. Miss Margarette 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

Airs. Otto Neuerineyer 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 Sat-

with her family in Phoenix. Mr. and Mrs. Ross Wymore went to Portland Sunday for a week's

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 enst on account of the serious illness of his mother. Mr. and Mrs. Ray Parasole were Medford shoopers Saturday.

Medford.

MEDFORD MAIL TRIBUNE, MEDFORD, OREGON, FRIDAY, MARCH 15, 1929.

Lewis Offen of indown last Sat-catting on friends in town last Sat-urday. Sybil Fairburn of Medford spent Tuesday night with her mother, Mrs. W. H. Boll. Mrs. H. K. Hänna spent Tuesday at the home of her brother, Roy Ulirch in Ashland. The many friends of Heien Ulrich will be pleased to know that she is im-proving from her attack of rhéu-mailsm. Miss Maxing Corwin of Medford is spending this week as the guest of Mrs. Wilbur Cameron. Mrs. Allee Ulrich is spending a week with her son, Roy Ulrich, and family of Ashland. C. W. Kitchin and O. A. Kitchin left Monday for Lamm's camp at Kirk, Ore, where they will start work. They have been visiting at the N. C. Smythe home for some ime. DERBY, Ore., March 15.—(Spe-cial)—Mr. and Mrs. W. F. Camp-bell of Medford were luncheon guests at the teacherage Friday, in the afternoon Mr. Campbell gave a very interesting and instructive talk on steel. The described the process from the time the iron is taken from the mines to the fin-ished product. Miss Widell attended county in-stitute at Eagle Point on Saturday and later made a business trip to Medford.

Mrs. Carlos spent the week end

Sunday dinner guests at the J. F. Marion home in Butte Falls. Mr. Simons, the new tenant on the Martin place, was called enat 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 Sun-day at the Pat Smith home. Mrs. Ben Wurtz and brother, Frank Duniap, went to Butte Falls. Thursday was a red-letter day in the intermediate grades at the Berby school. Everyone had 100 per cent in spelling. Miss Burr, our rural supervisor, made an official visit to our school Tuesday morning. After luncheon to she went to Beates Creek school. Raymond Chambers went to Butte Falls Monday evening. Let me write your fire insurance. Cart Y. Tengwald, Hotel Holland. Phone 293. Itte Martin Sunday end to Beates Mrs. All addes gave a show-

There's No

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

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 controlan even roasting of every berry.

HILLS BROS COFFEE

COf 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

Every bit of the fragrant aroma and fullbodied flavor produced by this exclusive roasting process comes to you, for Hills Bros. Coffee is packed in vacuum. Ask for Hills Bros. Coffee by name and look for the Arab-Hills Bros.'

trade-mark, on

every can.

Hills & Bros

was awarded to Airs. Decree Au-sell and consolution 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 center-piece of early spring flowers, unique placecards and favora graced the table, the color scheme being yellow and green. Miss Venta Hall and Miss Ethelyn Root will entertain the club at its next meeting. Wirs, T. N. Parrett and her daughter, Mrs. Elliott Butler were guests at the E. S. Soverance home Tuesday afternoon. N. C. Smythe had the misfor-tune of kaving his hand hurt quite hadly with a buzz saw the first part of this week. Mrs. Otto Neidermeyer and two daughters Joyce and Charlotte CAMPBELL TELLS **DERBY SCHOLARS** OF STEEL MAKING

