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Irene DeLosh, 325 South Holly St.—Phone 390-L or 75

The Ruby—July Birthstone—Attracts Health, Wealth and Love

By PAULINE

"The gleaming ruby should adorn All those who in July are born. For thus they'll be exempt and free From love's doubts and anxiety."

THE life force of the Sun is well represented in the warm, stimulating color of the ruby, the birthstone assigned to July, when the earth reaches its closest proximity to the Sun.

It is not surprising, therefore, to find it closely connected, in magic lore and legend of the past, with the Sun's virtues—benevolence, dignity, vitality and productivity.

In India it was said that the ruby, symbolical of the life force, was created first, and later man was created to possess it.

A ruby is supposed to be the precious stone, which, according to ancient legend, Abraham wore around his neck to preserve him from disease.

Leonardo, writing in the sixteenth century of the ruby, said that in addition to preserving bodily strength and health, it secured possessions to their rightful owner, reconciled quarrels and brought peace of mind and concord.

With other gems it shared the useful habit of turning pale in the face of evil or approaching misfortune.

Wolfgang Gabelchever, another sixteenth century writer, testified that, while traveling with his wife he suddenly became aware of the ruby ring which she had given him had darkened ominously.

Terrified at this omen of ill fortune, he took the ring from his finger and concealed it in his case.

"For within a few days my wife was seized by a dangerous illness which resulted in her death."

It is also recorded that the unhappy Spanish wife of Henry VIII, Catherine of Aragon, upon noticing a change of color in her ruby ring, foretold her own downfall. How-

ever, she was luckier than Henry's subsequent wives, for at least she was not beheaded. Incidentally, a ruby, which at this time enjoyed a wide reputation for attracting material love, was the favorite talisman worn by this remarkable king.

Rubies are found in Ceylon and Siam, but the finest ones come from the mines of Burma, where they are imbedded in volcanic rock of granite and limestone. Seldom is a ruby discovered weighing more than three carats. The few that exceed this weight are among the rarest of all precious stones, worth a fortune, and are scarcely ever permitted to get out of India. For so highly is the ruby regarded there that Indian potentates will pay far more for such a stone even than Americans. As a talisman for success, a particularly favored variety is the Star Ruby which exhibits a perfect star on its beautifully rounded surface.



Since the flower for July is the water lily, a good color scheme for a July birthday party would be red, green and white, with water lilies set or pasted against a ruby red background.

July Garden Notes

Some gardeners cannot seem to realize the importance of organic matter in the soil, and plenty of it, to insure good growing conditions, whether for the vegetable or flower gardens. Some have the idea that if a complete fertilizer is used regularly and liberally every year, that is sufficient. It is not, and land confined to that treatment may become unproductive.

Where crops are produced constantly, the soil should have a liberal supply of organic matter worked into it every year in addition to the applications of the fertilizer. The best organic material is stable manure. If this cannot be had, use some of the material offered under the name of humus or peat, peat moss, or leaves gathered in the autumn and piled up to decay. To this pile may be added lawn clippings, discarded portions of vegetables that are not diseased, weeds free from seeds, straw and similar material. A little sulphate of ammonia or nitrate of soda sprinkled over the pile will generate heat and hasten decay. This pile should be watched and if too much heat is generated, turn it over with a stable fork.

Grass sods piled upside down and left until decayed, make splendid soil.

Material of this kind turned under annually and complete fertilizer also used in reasonable amounts will produce good soil, and only good soil makes it possible to produce good gardens.

The gardener may believe that poor soil is good enough, but it is useless to attempt to fool nature. Well established trees may be benefited by applications of fertilizer. A good way to fertilize trees is to use a crowbar. Sink the bar a foot or two deep in a circle about the tree as far out as the branches extend. Put a handful of complete fertilizer in each hole and close it up. Make the holes about two feet apart. If the tree is large, two feet inside the first circle make another circle in the same manner and, for very large trees, make a third circle two feet inside the second. Unless it is about to rain, set the sprinkler working as soon as the fertilizer is applied.

Summer is the time to plant the beautiful *Hyacinthus candidus*, its natural season of rest. Cover the bulbs only an inch or two with soil. Once planted, the bulbs should not be disturbed. This, the Madonna Lily, is one of the oldest in cultivation. Plant as soon as dealers can supply the bulbs. For outdoor planting, use only bulbs produced in the north of France as they are more hardy than bulbs grown in the south.

Sow seeds of pansies during the first part of July for early flowering plants next season. Have a good supply of organic matter in the soil for pansies and keep the bed mulched lightly with peat moss when the plants are well above ground. Keep a supply of fresh young pansy plants coming along each year.

Roses may be propagated easily by layering the long branches during summer. Cut a slit longitudinally half way through the branch that is to be rooted, at the place where the root is to be formed. Make a cut an inch long. Lay the branch on the ground and cover the cut portion with sufficient earth to hold it permanently in place. Do not let the soil over the branch become dry. Roots will form at the cut portion and when well established, the plant may be cut from the parent and set out where it is to remain.

New Ceiling Treatment
Contrasting white ceilings are harsh, and many decorators have gone so far as to advocate design on them, too, claiming that they are part of the room, and should be treated as such. In small bedrooms with broken ceiling lines, and gables, where the walls are necessarily low, single scattered blossoms, on a light background, are delightful used on both walls and ceiling, and such a paper will bring an air of space and unity to the room.

Light, clear colors add to the feeling of space, whereas dark rich colors, with close designs being the walls nearest. Often this is desirable, especially in large libraries, or winter living rooms where extensive wall space and high ceilings make it difficult to create an inviting, home-like room. Red, gold, Royal blue, Chinese green and all shades of brown bring warmth and depth into a color scheme, but also absorb light, so they should be used only in sunny rooms, warns the American Home article. Yellow, apricot, rose-gold, light Nile green and, of course, white, add light to dark rooms, making them seem larger.

The Pioneer
The foreman of the busless refrigerator was the sealed fruit containing food, hung in the cool spring.

Now the Garden Blooms and Bears

The planning and planting have been done. The labor of plowing and spading is over. While you are cultivating, you are watching the weeds to pluck them out—deep, roots and all—wherever they show. You are spraying and dusting with insecticides and fungicides. Your garden hose and watering pot are close at hand.

The benefits gained through this intelligent and scientific gardening effort are health of body and satisfaction of soul. We have a few happy moments in life which appear unexpectably, but real happiness comes with planning and patience. Your garden is your "world within a world." When you walk and talk and sit and see in your garden, it gives back to you in joy and contentment more, much more, than you have put into it. You love it when the twilight shadows grow and when it glitters with the morning dew. With proper color planning it will brighten your days and the nooks and corners of your home from April to November. It will give to the family more its freshness and flavor, health and abundance.

If you have a garden, it may be improved in variety and productivity. If you haven't a garden, but have a piece of ground that will lend itself to planting, you will thrill to the joys of anticipation and realization. Your garden will be an example and inspiration to the passerby and to your neighbors. Practically speaking, smooth lawns, a well planned flower and vegetable garden, snuff your real estate value. They give you a standing in the community. But keeping your grass clipped to velvet smoothness is more than an obligation discharged, it is a gymnastic practice, hygiene for the eye, mental relaxation and even aesthetic pleasure. Your muscles are made supple, your sight is strengthened by contact with living green; your mind is relieved of its feverish tensions as the lawn mower sings its industrious song; your senses are charmed by fragrance of bruised grass, by beauty and emerald of bright impressions of flashing bird wings and emerald of blue patterned with serena of fleecy cloud.

Because you will not affront your neighbors, you cut your grass. Because you realize the part vitamins play in the conservation of health and happiness, you plant a garden. Because you love beauty, you raise your lawn with flowers and set vines where they will distill their perfume in air and shower. You are a good neighbor, a wise provider, an artist and a poet, an epicure in the best sense of the word, all because you have permitted nature to co-operate with you in that happiest of all adventures—the making and adorning of a home.

W. ROY BARNHILL.
(Editorial, People's Home Journal)

Step Out in Well-Kept Footwear

You've got to watch your step nowadays if you want to keep up with the latest footwear fashions. As each season brings forth fascinating new styles in shoes, the need for keeping them in tip-top condition becomes more and more apparent.

Different types of shoes need different treatment. Frequent brushing with a bristle brush supplemented by an occasional application of liquid dressing will keep suede shoes looking trim, while the heavier kinds of leather footwear require an occasional soap and water washing to remove spots and stains that a "shine" will not cover. A shoe manufacturer recently advanced the explanation that occasional washing is also necessary to prevent the surface cracks which sometimes develop in the latest starchy leather shoes from the effects of shoe polish on the leather. If the soapsuds are not rinsed off, he maintained, they will help to keep the leather soft and pliant.

This treatment is also recommended for patent leather shoes. Polishing with a soft woolen cloth to which a little vasoline or oil has been applied is the only additional care necessary. Many of the most attractive spring styles in light kid and reptile skin shoes are also washable. In washing, use casing and acetone as little as these shoes a soft cloth should be dipped in soapy warm water and wrung out well to prevent unnecessary moisture from soaking the leather.

The systematic use of shoe trees while shoes are not being worn will help to keep them in shape. It is also important to have the heels repaired frequently as nothing can make a good pair of shoes look shabby more quickly than run down heels.

Last Is Best
"Try all other methods first," writes a woman correspondent to Farm and Fireside, "but regard spanking as the last resource, the sovereign remedy."

Query—Should pictures be used in a room which is paneled?—Mrs. T. T.
Answer—Undoubtedly, no. When one feels that he must, then fit the picture into the right sized panel, hanging it flat against the wall, making the panel form another frame about the picture.

Query—Must draperies always cover the window casings?—Mrs. T. T.
Answer—No. If the casing is especially interesting, it is often advisable to fit the rods inside the casing and accent them as little as possible.

A Table For The Fourth



Gracefully patriotic is this table with its flower pieces of red poppies, white daisies and cornflowers blue, with its crossed flags and the gay tri-color baskets. Even the woven palm leaves in the cloth and linen damask seem to be asserting their independence by waving their fringes in salute to the red, white and blue.

Pointers for Parents

HEALTH AND PLEASURE
By ALICE JUDSON PEALE

Joseph's mother took scrupulously good care of him. His meals were intelligently planned with proper regard for calories and vitamins. His bedtime was inviolate; nothing was allowed to interfere with his daily nap. His cod liver oil, his orange juice and his sunshine were administered to him daily.

He should have been a perfect specimen of physical health. But he was not. He was underweight, his appetite was poor, he obviously lacked energy and vitality. He was taken from one doctor to another, but it seemed impossible to find physical reasons for his physical condition. Joseph's poor health was not to be remedied by schedules and diets. What he needed more than anything else was a daily ration of spiritual sunshine. His mother, who so conscientiously performed her duty, did it joyously. To her, motherhood was an unceasing flow of demands on her time and energy.

She was so busy doing things for him that she had neither the time nor the inclination to make friends with him. The physical and nervous tension under which she worked showed themselves in irritability and depression. Thus he was unhappy and his nervous system registered his unhappiness on his body.

It is impossible for a child to flourish in an atmosphere weighed down by the unhappiness and nervous irritability of his parents. Specialists who deal with children have come more and more to realize the importance of psychic factors in physical development. If children are to grow and gain in weight they need not only proper diet, rest and play, but a background of kindly cheerfulness and joy in living.

New Mixing Bowl Sets

Mixing bowl sets have more uses than the average housewife suspects. This does not refer to the ordinary yellow earthenware bowls of the past, but to the lovely pottery and glass creations which are decorative adjuncts to the modern kitchen.

A nest of bowls will serve primarily for mixing. Another use is the holding of left-overs in the ice box although there are special sets of bowls now designed for that purpose.

The up-to-date mixing bowl will not blush if used at the table to hold crisp lettuce leaves, and may even adorn the center of your board, filled with bright blossoms from the garden.

A set of four decorative bowls, with flat handles, in green, blue or yellow glass can be purchased for about \$4. Although they are not definitely guaranteed for this purpose, these bowls may be used to bake puddings and savory dishes in the oven.

To Keep Cheese Fresh

A practical new item for the ice chest is a cheese box made of white glass with a cover. There are ridges to support the cheese about one-half inch above the bottom of the jar. This is done so that the interstices between the ridges may be filled with a solution of vinegar and salt to keep the contents fresh.—From the June American Home.

BEAUTY in the HOME



Color On The Dutch Colonial House

By Lewis E. Welsh, Architect

TODAY, though we still derive a great part of our inspiration from early American designers, we are beginning to realize the value of color. Even bright color, on houses of almost every type. The only essential requirement is appropriateness—good taste.

In the construction of "Colonial" houses, wood usually plays the most important part. For the wooden house (as, indeed, often also on brick) modern paint gives the home-owner an unlimited opportunity for colorful effects.

The Dutch Colonial house illustrated offers an opportunity for the application of a color scheme which may be in a sense considered typical for this kind of home. By the use of contrast, with even the most conservative tints, there need be no danger of somberness or monotony. In this example, a trim of pure white effectively relieves the clear pearl gray on the large wall areas. Green blinds emphasize the windows as focal points for the eye and furnish a touch of brilliancy.

Today, objects of all sorts, from fountain pens to locomotives, are gleaming with color. The tendency is significant as illustrating a trend, and pleasing to architects, who see in color a help in making architectural designs more effective.

Outside and inside, modern finishes of various kinds—pains, varnishes, enamels—developed by scientific industry are unexcelled means to attain this decorative quality. The protective films they give are both lovely and durable and their colors cover practically the entire spectrum.

What is HOME without a GARDEN?

Biennials All Gardens Need



Canterbury Bells
Some gardeners are inclined to fight shy of biennials, which are plants that must be started fresh from seed every year to keep them in stock, as they bloom their second year and then die. Foxgloves and Canterbury bells are the commonest biennials, and two of the most beautiful subjects. While frequently grown together, they like soils of entirely different character to be at their best.

The Canterbury bell favors a lime soil, while the foxglove luxuriates in woodland plants, being naturally a woodchard plant. It is best to start these two biennials now to have big plants to store in cold frames for the winter, the only really safe way of being certain of having them, as they winter kill badly in many sections, being unable to stand winter wet, although perfectly hardy as far as cold is concerned.

Another biennial that because of its stately grace, long a favorite in English gardens, is the most beautiful subject. The stately spikes of light yellow and pure white bloom are beautiful as associates for the stately delphiniums. The mullins bloom for the greater part of the summer. Once you have them you always have them, as they are free seeders and their chief drawback is the necessity of being up myriads of young mullins each spring. However, they are an easily disposed of plant, as one sowing of the seed finishes them.

A mullin for the rock garden is a perennial. This is the Phoenician mullin which has dark green corrugated leaves lying flat on the ground and airy spikes of bloom no more than 18 inches high at most, in pinks, flesh and rosy purple tones. It is a plant for a shaded portion of the rock garden where its rosettes and graceful spikes are very ornamental.

The Sweet William is another biennial, although it is not so truly biennial in character as the foregoing plants, as often it will live for several seasons. It is best, however, to treat it as a biennial and raise fresh plants each year.

Fish Boiled in Milk
Any kind of white-headed fish may be used—sole, flounder, fluke, haddock, codfish or any other. Put about two pounds of fish in a buttered pan. Add a little salt and enough milk to just cover the fish. Bring to a boil, cover, and set off the stove for ten minutes. Remove fish to a platter, melt one spoonful of butter, stir in one tablespoonful of flour. Add dilute to broth in the pan from which the fish was taken. Boil slowly five minutes. Then add one-half cup cream and one tablespoonful sweet butter. Whip with a wire whip until melted. Season lightly with salt, strain, if necessary, and pour over the fish. Sprinkle with buttered toast and a sprig of parsley. This is an excellent nourishing dish for the invalid.

Do not dry wooden kitchen utensils over a stove, because the strong heat may crack them.