

MEDFORD MAIL TRIBUNE

Daily, Sunday, Weekly
Published by the MEDFORD PRINTING CO.
18-21-22 St. N. E. Medford, Ore. Phone 14

Subscription Rates
By Mail—In Advance
Daily, with Sunday, year.....\$7.50
Daily, with Sunday, month.....\$1.00

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Official paper of the City of Medford
Official paper of Jackson County.
Second class postage paid at Medford, Oregon, Oct. 1, 1925, 4433.

Advertising Representatives
M. C. MOGENSEN & COMPANY
Office in New York, Chicago, Boston, San Francisco, Los Angeles, Seattle, Portland

Ye Smudge Pot
By Arthur Perry

The war of China vs. Russia has been called off, and it is a fine thing for humanity, as battles were scheduled at Paganranchnaya and Hagovesschenky.

BEATING BEHIND PLEA FOR GETTING DIVORCE—(Herald in Salem Capital Journal). Cruel and inhuman and painful, and justifiable grounds. The plaintiff was notified.

The president went fishing 894-urday, as set forth in the press dispatches with the shy and patient observation, "taking his work along." This procedure is a relic of the Coolidge era, who was "too busy" to watch an eclipse of the sun, and was always rushing "back to his desk." It is hoped that Mr. Hoover does not become obsessed with industry and unable to go home place without having his picture taken peering by Mr. Coolidge, however, could go fishing, and without "taking his work along."

The children are retarding the bare female legs, faster than Old Sol can brown 'em.

Edward Hickman Hawk was arraigned this morning before Judge Owl, charged with the kidnapping and murder of little Dolie Leghorn.

The telephone company is going to put its poles where the present ones are from the highway. Therefore, the poles will have to jump twice to take the right of way from 4th.

Results are beginning to accrue from the editorial casting of the defunct Portland ball team.

While oil is being fed to babies, Carrots are also good for babies.

Plans are afoot to hitch up a Community sing, and a jubilee, with a program, and try and get a road via Williams to the Redwood highway.

July is well upon its way, and not a fall hat in sight.

YOU MEAN SCHEMPTIOUS! (Portland Evening Oregonian)
A croquet game was played yesterday, in which Huston and Dix overcame their rivals, Phelps and Humphries. These gentlemen are becoming quite notorious in this form of evening sport.

The situation in Arkansas, where the sisters are being nabbed for bootlegging, is worse than suspected. "Some of them smoke cigarettes," blazed an Arkansas judge Saturday, in explaining they would receive no mercy. The fact that the sister of the South, is apt to get in its fine work and punish the weaker sex for smoking, instead of peddling.

C. Yens Tenavall has returned from Klamath Falls, where he was forced to lead a parade, in a uniform.

Henry Marsh, our wide-awake grocer, has a stuffed turkey in his east window. In another month the critter would be shot for a deer. In his west window, Henry has dumped a cartoon of nigger-toots. The writer stole two of them, and believes it or not, neither one was rotten. As a general rule a stolen nut is full of worms.

THE ENRAGED SCRIBE
Truly the heart of the community had centered in the splendid achievement to build a community social center. In this excellent social community structure, its people interior appointments, and elaborate furnishings in splendid ruin. Nothing remains but the splendid, unmovable spirit, which built so mightily remains, which neither could be discouraged nor dismayed, but rises to resolute front. The answer, a larger, more comprehensive and serviceable community social center as a lasting tribute to an unquenchable community spirit, purpose and aim.—(Montague Messenger.)

ONTARIO JUNIORS WILL PLAY PORTLAND TEAM
BAKER, Ore., July 22—(P)—The Ontario American Legion Junior baseball team yesterday defeated Milton, 10 to 2, and will meet Portland in the semi-final for the right to play for the state championship at Salem in August.

CONGRESSMAN SINNOTT

THE striking characteristic of former Congressman Sinnott, who passed away Saturday, was an absolute genuineness. He was neither an extremely brilliant, nor an extremely clever, man; but he was an exceptionally honest, conscientious and reliable one.

He was a very successful politician not because he employed the arts of the politician, but because he understood human nature, and had faith in it. He never tried to please everyone, he never tried to straddle an important issue when it was presented; but his faith in the essential fairness and common-sense of the people was such that he never allowed himself to be swayed, from what he regarded as his duty, by political alarms his friends so often sounded.

In other words, Nick Sinnott was always himself, and always on the job, trying in his earnest, conscientious fashion, to do what he regarded as best for his constituents and the state of Oregon. He exemplified above all that excellent advice from Hamlet:

"This above all: to thine own self be true,
And it must follow, as the night the day,
'Thou canst not then be false to any man."

As a result Oregon has never had a representative at Washington who was more universally respected and liked than Congressman Sinnott. His standing in Eastern Oregon, and his place in the affections of the entire state, were strikingly demonstrated during the Klan furor, when, in spite of being a Catholic, he rode the turbulent seas of religious intolerance without a quiver and while the Klan made practically all their political opponents run for cover, they never made Nick Sinnott retreat an inch.

The people liked "Nick" and had faith in him. In a sense they liked him because he liked them; they had faith in him, because he had faith in them.

Congressman Sinnott's career demonstrates that an absolute honesty with all that the term implies, is still the most valuable asset any public man can have.

PITY THE POOR FOGARTYS!

AND now Papa Fogarty demands half a million dollars from former Champion Tunney for the alienation of his wife's affections.

Mrs. Fogarty wants \$500,000 for Gene to mend her broken heart; and Mr. Fogarty wants the same amount to mend his.

Well, well—hearts seem to come high in the Fogarty family! Here is a million dollars for two hearts, which the romantic Mr. Fogarty claims beat as one, until the iniquitous Mr. Tunney came on the horizon.

What a pathetic situation for such a home-loving couple! To have one half-million dollar heart in a family broken would seem bad enough,—but two!—angels and ministers of grace defend us!

BUT we trust Mr. and Mrs. Fogarty will not lose hope completely. Even if they don't get the full million, they may find in a few years that their romance was not as completely shattered as they feared. In fact, the county court records are full of cases where loving couples have separated—some even been divorced—and then found the trouble all due to some misunderstanding, and had returned to each other's arms or been re-married.

Are Mr. and Mrs. Fogarty certain they cannot do this? Where hearts are of such a superior quality, the chances of an eventual reunion would seem to be excellent.

And then, million or no million, wouldn't everything be idyllic once more? For after all the AFFECTIONS are what count as both Mr. and Mrs. Fogarty have so eloquently stated in their respective petitions!

MOTHER KILLED, THREE CONVICTS TOT INJURED BY MADDENED BULL SLAIN IN BREAK DANNEMORA PEN

BELLEVEILLE, Ont., July 22—(P)—Mrs. Irvin Reid, 23, farmer's wife, in Limerick township, has been killed by a bull.

She had gone into a field to milk cows, when the bull, recently purchased by her husband, dashed across the field and caught her with his horns, tossing her in the air and going her when she fell.

Severely injured, she ran to a tree, which she and her little child climbed. A limb snapped, flung them to the ground. The blow rendered Mrs. Reid unconscious.

Both were found shortly afterwards when the walls of the child attracted notice of neighbors. A physician took 24 stitches in Mrs. Reid's body. She died later of hemorrhage.

DANNEMORA, N. Y., July 22—(P)—Three convicts, two of them serving life sentences, were shot and killed during a riot of 1300 inmates of Clinton prison here today. Warden Harris M. Kaiser said in a statement issued after the riot had been quelled and the prisoners had marched back to their cells early this afternoon. A score of inmates were in the prison square of inmates were in the prison hospital being treated for gunshot wounds inflicted by armed guards during the revolt.

Operate on Chancellor
HEIDELBERG, Germany, July 22—(P)—Chancellor Mueller passed a satisfactory night, considering the gravity of the operation yesterday on his gall bladder. His condition today was very grave.

MUTT AND JEFF—We've Seen Better Ones

THE EIGHTEEN-DAY DIET IS SWEEPING THE COUNTRY! IT WAS STARTED BY ETHEL BARRYMORE! THIS REDUCING FORMULA HAS GONE OVER BIG ESPECIALLY IN HOLLYWOOD.

Personal Health Service
By WILLIAM BRADY, M. D.

Special letters pertaining to personal health and hygiene, not to disease diagnosis or treatment, will be answered by Dr. Brady if a stamped, self-addressed envelope is enclosed. Letters should be brief and written in ink. Owing to the large number of letters received, only a few can be answered here. No reply can be made to queries not conforming to instructions. Address Dr. William Brady, in care of this newspaper.

IS FRUIT OR MEAT THE THING TO EAT WHEN ONE MUST COPE WITH SUMMER HEAT?

Is a body any warmer on a hot and humid day than on a nice cool winter day? Not measurably. The thermometer will usually show that the body temperature is the same, whether one feels cool or oppressively overheated. The feeling of comfort or discomfort depends rather upon the efficiency of the heat regulating mechanism, especially the means for the dissipation or loss of heat from the body, than upon the heat produced by the body from the oxidation of food or tissue fuel.

Of the three essential food materials, the fats or oils yield the greatest amount of heat. The sugars and starches and the nitrogenous materials, such as albumen, lean meat, cheese, are virtually equal in heat producing value. Thus, an ounce of carbohydrate (any sugar or starch) yields approximately 116 calories, and an ounce of any protein (albumen or nitrogenous material) yields exactly the same number of calories; whereas an ounce of pure animal or vegetable fat or oil yields 244 calories.

So far as diet is concerned, appetite tends to regulate the quantity of fats and oils in hot weather; one naturally has little desire for such foods in hot weather, but the art of cooking and the legerdemain of the beverage dispenser and confectioner generally nullify appetite, and nearly all overeating or over indulgence is accordingly in the delectable carbohydrates.

There is a strong popular belief that it is better to eat little meat on a hot day. This seems to have some solid foundation, for protein material when consumed in excess, increases metabolism more than fat or carbohydrate does, and is somewhat of a stimulant. Nutrition students call this stimulating action of certain food materials specific dynamic action, and it is greatest from proteins; fats combine dynamic action of all foodstuffs. It is probably this specific dynamic or stimulating action of much meat that accounts for the excessive perspiration of persons who eat meat freely in hot weather. It doesn't make much difference whether the meat is eaten hot or cold.

Each fruit and fresh vegetable, especially green relatives of salad vegetables, are ideal hot weather foods. To convert your diet of berries into ideal cool weather food you have only to drown the berries in cream and disguise them well with sugar; or if they're cranberries, take a generous slice of turkey, or some such rife on the side, —or the turkey method the latter gives the warmer result.

In hot weather it is better to take a light mid-day lunch, if any, and have the principal meal of the day in the cool of the evening, for the sedentary individual a cracker lunch of crackers and milk, the milk sipped leisurely and the crackers chewed more so, or lettuce, cheese or tomato sandwich with tea or coffee and a bit of fruit.

Another popular notion is not so sound. As a rule the more cool water one drinks the less one is troubled by excessive heat or perspiration. People who purposely avoid drinking much cold water are most likely to experience discomfort from hot weather. So it is a sensible rule to increase the daily water allowance materially when hot weather comes. This is not only natural but healthful.

QUESTIONS AND ANSWERS Tuberculous Conversation.

I work in a tuberculosis hospital, and as I go about my work I can't help talking more or less with patients on the floor. Is there any danger of catching the disease in this way?—Mrs. P. L. W.

Answer.—In the average well conducted tuberculosis hospital you are probably in less danger of catching tuberculosis than you would be anywhere else. That is because the patients know how to be careful and considerate. Learning how to be careful is one of the advantages of a hospital in such a disease, for anyone with tuberculosis, if one with active tuberculosis of the lung (presumably giving off tubercle bacilli) talks with

mouth uncovered, the conversational spray may carry the tubercle bacilli. The spray range is less than five feet in ordinary conversation. So if you are five feet or more away from the patient, you are out of range and out of possible danger of infection during such conversation.

When is a Nurse a Lady?
...and I had quite a severe attack of what a lady who is a nurse said was acute indignation.—Mrs. M. C.

Answer.—If a nurse is a lady she'll say she doesn't know what such an attack is—she'll shift the responsibility of diagnosis and prognosis to the physician.

Talking Back to the Sergeant.
I eat a raw onion nearly every day with my meals. I had an argument with my superior officer. I say they're healthy and he says they are not. Kindly settle this.—P. G.

Answer.—If one likes onion it is healthful enough. (Copyright John F. Dille Co.)

Brisbane's Today
(Continued from Page One.)

Germany's new boat, Bremen, is breaking all sea records, taking the ocean record from the British. That will mean work for British shipyards.

Mussolini was at work already on Italian ships to be sent to the Bremen, not waiting for the test.

The old lady who thought she could mop up the ocean would admire New York's Police Commissioner Whelan. He closed fifteen speakeasies early Saturday morning leaving about 31,955 speakeasies still doing business in New York City, according to police figures.

The fifteen closed will reopen elsewhere today or tomorrow.

MAIL TRIBUNE DAILY CROSS-WORD PUZZLE

Solution to Saturday's Puzzle
ACROSS
1. Not sleeping
2. Legume
3. Proprietor
4. Kind of lily
5. Sphers
6. Dictionary
7. Came in
8. Luxurious
9. The earth as a goddess
10. Every one
11. Nuisance
12. Sound of a dove
13. Prepared
14. Pig-sty
15. Toward
16. Grings forth
17. Young
18. Poverty
19. Citrus fruits
20. Lilt with a love
21. Suffering
22. Walking-stick
23. Testify
24. At home
25. One of the Hebrides
26. Islands
27. Choice
28. Miss
29. Identical of
30. Cuddle
41. Droop
42. Metric lard measure
43. Draw
44. Exclamation
45. Suffering
46. Nurturing
47. Kitchen utensil

Crossword puzzle grid with letters filled in. Includes words like FED, EER, BID, LETO, GNU, ATOM, ENOS, ORDER, BE, ANNE, ADD, ABA, NE, ESPY, GRIN, SLEIGHT, LOONS, SPAG, SIAM, SNAGS, TOPSAIL, LOCO, REPS, NI, ART, TOR, SILO, IM, NOVEL, OVEN, NAPE, ETAR, RATS, LIT, RED, ENS.

Do You Remember?

TEN YEARS AGO TODAY
(From files of the Mail Tribune.)
July 22, 1919.
Local hotel girls return to work; strike called off.

J. J. Buchter returns from Elks convention at Astoria City and reports he shook hands with the new heavyweight champion, Jack Dempsey.

Mercury still keeps above 100, the maximum yesterday being 101 1/2.

Local federal employment bureau closed because of lack of funds.

Smudge: "The anti-union worker who told congressmen departed with John Harborycon, got hold of a strong cup of coffee."

Ida Tardell speaks at Ashland Chautauqua on the peace treaty.

Twenty Years Ago Today
(From files of the Mail Tribune.)
July 22, 1909.
John B. Allen issues bulletin showing marvelous resources of new P. & E. railroad.

Oregon (rewards Ryndolts) buys 250 acres of land of L. C. Coleman, adjoining famous Hibbert orchard for \$22,000.

C. M. Purvis of Chicago buys 150 acres of the old Poole place of John Root for \$15,000.

Butte Falls: Everybody welcomes the railroad, and the most kindly feeling exists among the people, excepting a small class who have never been known to be other than "knockers" and opposed to all progress. This class is fast being pushed back and the country will be blessed when they are either dead or driven away.

J. W. Opp announces he will soon open up the famous Opp mine at Jacksonville.

District Attorney H. F. Mulkey receives letters charging saloons in Medford selling liquor to minors and after legal closing hours.

Aerial Mailman

Through the courtesy of the Boeing companies, the Mail Tribune is able to give an intimate glimpse of some of the men who maintain the airplane schedules through Medford.

A. K. Humphries
The air executive is the new type of ex-pilot and wartime aviator. Under this classification comes A. K. Humphries, now president of the Boeing System, which is made up of Boeing Air Transport, Inc. and Pacific Air Transport.

Mr. Humphries inflated at the first call for volunteers in the World War, and went overseas with the Third "Foreign" Detachment of American Army Aviators. He served as a first lieutenant in Italy and France, completing a course of aerial combat at Issoudun, and received various special commissions. After the Armistice, he served on the American peace commission (war reparations committee) in Italy, and in 1919 was detailed to the Balkan States and Hungary with the American Relief Commission.

When Vern C. Grest was awarded the Seattle-Los Angeles air mail contract in 1925, Humphries became vice president and general manager of this pioneer Pacific Coast air mail, express and passenger line. January 1, 1927 the line became a Boeing-operated mail and the equipment, which had done yeoman service during the pioneer days, was replaced with the present fleet of Boeing four-engine passenger planes. The ninety horsepower engines of earlier days have been replaced by 225 horsepower "Hornets."

Mail Tribune ads are read by 20,000 people every day.

The Rex Cafe

THE PLACE TO EAT
Good Food — Good Service

Pantorium EYE WORKS

612 AND HOLLY STS. PHONE 244
A COMPLETE CLEANING AND DYEING SERVICE

Advertisement for Aspirin and Pantorium Eye Works. Includes text: "MOST people depend on Bayer Aspirin to make short work of headaches, but did you know it's just as effective in the worse pains from neuralgia or neuritis? Rheumatic pains, too. Don't suffer when Bayer Aspirin can bring complete comfort without delay, and without harm; it does not affect the heart. In every package of genuine Bayer Aspirin are proven directions with which everyone should be familiar, for they can spare much needless suffering." Also includes Pantorium Eye Works logo and address: "612 AND HOLLY STS. PHONE 244. A COMPLETE CLEANING AND DYEING SERVICE."