

Timely Hints For Medford Tables

(By Ernest Rostel)
Coming from well kept dairy
milk and cream consumed
in Medford and southern Oregon
is approximately one-sixth,
by weight, of all food eaten by the
average family and is recognized
as of importance with that well
known staff of life, bread. A val-
uable food for adults and neces-
sary for the development of strong,
normal bodies of children, espe-
cially when combined with cereals
or green vegetables, the use of
milk, while always popular, in the
last few years has become more
popular in all classes.

It is necessary for a well balanced
diet, the household would find it
difficult to continue without the
use of milk.
The acid and pepsin of the gas-
tric juice, together working on the
milk, make a small part of it more
digestible, but most of the casein is
digested in the small intestine, a
dairyman explained yesterday.
Limes added to the milk to
stimulate its digestion for invalids
and infants in preventing the for-
mation of a tough curd.
Cooking also affects the digest-
ibility of milk and tends to have
an effect on its food value as well.

The curd of boiled milk is finer
and easier to digest than that of
either raw or pasteurized milk.
The best way to buy milk, of
course, is in the bottle. The best
temperature for keeping is not
over 50 degrees and if kept at that
temperature will remain sweet for
at least 12 hours and sometimes 24
hours. Health authorities advise
the use of the milk bottle as a
practice to use the bottle on a good
table for serving purposes.
In keeping with the food value
of milk and cream, comes butter,
constituting one of the most palat-
able and digestible fats of the hu-
man diet. It also has its special
food value. Butter milk, not so
popular as milk as a drink, is the
mildly acid liquid left after the fat
globules of milk have been churn-
ed into butter and removed. But-
ter milk is the only type
found on the Medford market and
is made by ripening pasteurized
skim milk with lactic acid cultures
broken up into fine particles just
as by churning. Butter milk, when
fresh or manufactured, has fuel
value of skim milk.
(To be continued.)

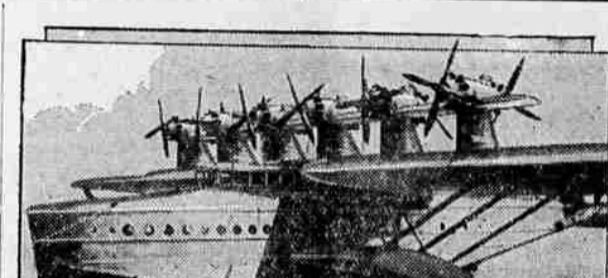
Americans Received at British Court



Frances S. Hutchinson (left) of Philadelphia, Katherine K. Tol (below, center) of New York, and Charlotte Dorrance (right) of Chatham, N. J., were among the American women presented in the general circle of the first royal court of the season in Buckingham palace, London. Presentations were made by Mrs. Charles G. Dawes (above, center), wife of the American ambassador to the court of St. James.

American May Pilot "DO-X" Across Sea

PHILADELPHIA—(AP)—An aviator who just missed going on one historic flight may take part in another.
We expect a good attendance as we are planning a picnic and we want the advice of all of the members.
Remember that you get credits for punctuality and attendance. Do not lose your credits. Splendid prizes will be given to those having the most credits, so get all you can.
We are anxious to see how many officers will have their parts well learned by the next meeting.
Remember the time, Saturday, May 24, at 2 p. m.



Clarence H. Schildhauer (lower), former navy flier, has been asked to pilot the German "DO-X" (top) on its trip across the Atlantic.

CLARENCE H. SCHILDHAUER, former navy flier, has been offered the chance to pilot the German "DO-X," world's largest heavier-than-air craft, on its projected trip across the Atlantic.
Back in 1925 he played an important role in the navy's attempt to conquer the Pacific ocean between the west coast and Hawaii by air.
A new ship, called the PN-9, was built and to Lieutenant Schildhauer was assigned the task of finding out if the ship could remain in the air long enough for the proposed flight.
With Lieut. J. R. Kyle, Jr., now dead, alternating at the controls, he piloted the plane to a world's seaplane endurance record of 28 hours and 36 minutes, a mark that stood for three years.
The navy provided two PN-9's and a heavier ship for the flight. Schildhauer was named second alternate pilot but the regular crews took their places for the journey.
One plane, in command of Commander John Rodgers, fell short of its goal and drifted for nine days at sea; the second PN-9 went down 499 miles from California; and the heavier ship never got under way.

News Notes of Pomona and Subordinate Grange Chapters Given by Official Reporters

Grange Calendar (For This Week)
Eagle Point, Tuesday, May 20, 8 p. m.
Lake Creek, Thursday, May 22, 8:30 p. m.
Jacksonville, Friday, May 23, 8 p. m.
Pomona Marketing Committee, Monday, May 26, 8 p. m.

Grange Motto
In essentials, unity;
In non-essentials, liberty;
In all things, charity.

Aim
To elevate and educate the farmer.
Eagle Point Grange
Eagle Point Grange meets on Monday at 8 p. m. at the Daley hall. Every meeting is a live one of good entertainment and live discussions.
At this meeting the people's utility bill will be discussed by the legislative committee.
These discussions of the different referendum measures which will be on the ballot this fall should give members a pretty fair idea of the merit or demerit of the meas-
ures.
At each regular Grange meeting of these measures will be discussed by some member of the legislative committee who has given careful study.
A cordial invitation is given to all outside Grange members to attend our meetings. You are always welcome.

Eagle Point Juvenile
The Eagle Point Juvenile Grange will hold its regular meeting on Thursday evening of this month at 7 o'clock the Scouts drum and bugle corps will hold regular meetings at the Washington school building. They are being prepared for the Memorial day celebration as well as for the big scouts' field day on the last week of May.
The scouts drum and bugle corps organized two years ago by George Isaac. He is still active in leading the drummers while Mr. Isaac is in charge of the buglers.
There are many new pieces to be played by all members of the junior drum and bugle corps who are to appear at the Thursday evening rehearsals. There is plenty of room for all interested. Rehearsals right now is the requirement.
George Isaac says there have been 100 members in the past two years and everyone of these boys is expected to be on hand Thursday evening.

Scout Corps in Rehearsal Thursday Needs New Members
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Club to Train Filers
The local chapter of the International Association of Business and Professional Women will be formed here to help and familiarize members of the local chapter of the International Association of Business and Professional Women with the controls. Cost of learning to type will be lowered by this club, it is pointed out.

E. P. BRIDE-TO-BE IS HONORED BY SHOWER
EAGLE POINT, Ore., May 26.—(Special.) A surprise shower was held Thursday for Dorothy Wilhite high school student, who will be a bride of the summer. A basket, daintily covered with pink and green, was full of overflowing with useful articles, gifts of her school chums. Refreshments of ice cream and cake were served.
Those enjoying the occasion were Principal C. F. Davies, Miss Miller, Miss Aitken, Miss Barnette, Mrs. Grace Conner, Gladys Cowden, Mary Hannaford, Marguerite Marshall, Sybil Carter, Dorothy Coy, Dorothy Pearce, Elsie Wilhite, Freda Chambers, Ruth Fiele, Ernestine Dahlack, Alice Davis, Donna Brown, Margaret Brophy, Dorothy Davis, Norma Piele, Borch, Waddell, Mildred Cox, paired Bellows, Elsie Loveland and Dorothy Wilhite.

Snake River Route Abandonment Asked
WASHINGTON, May 20.—(AP)—Permission to abandon 25 miles of railroad from Robinson to Homestead on the Snake river was sought from the interstate commerce commission by the Oregon-Washington Railroad & Navigation company today. The application said the line was unprofitable and would require heavy expenditures to keep it in service.

Don't sleep nervous? take Lanlac
Lanlac
Lanlac
Lanlac

EAGLE POINT TEACHER GIVES CLASS A HOLIDAY
EAGLE POINT, Ore., May 26.—(Special.) Mrs. Royal Brown, teacher of the high school division of the Eagle Point Sunday school, gave a party in Brown's hall for all of the members, regardless of their church affiliations. Mrs. Brown's class also were guests. As refreshments were served, Mrs. Brown explained the meaning of the party and gave prizes. Dorothea Pearce won first prize for being in attendance almost every Sunday; Vernon Monina, second prize and Bill Davidson third.
Those present were Dorothea Pearce, Dorothy Coy, Sybil Carter, Sylvia Hankins, Alice Davis, Eleanor Thackmorton, Elsie Wilhite, Verona Davis, May Burdahl, Alice Walker, Vera Mathews, Francis Barnes, Lucile Coy, Dorothy Wilhite, Vernon Monina, Earl Wall, Tom Coy, Vance Pearce and Bill Davidson. The games were in charge of Miss Bart and Miss Aitken. Mrs. Mattie Brown and the hostess, Mrs. Royal Brown.

NORRIS RADIO DRAMA COPCO HOUR TONIGHT
Local followers of the popular Norris radio dramas will be pleased to hear of a clever new play to be presented by the Copco Players tonight. This new drama which will be given its premier broadcast over station KMED, is replete with homey domestic situations and comedy relief and promises an enjoyable hour for all who listen in. The cast of characters will include some of Medford's most capable dramatic stars and will be directed by Fletcher Fish. The Copco program will start promptly at 9 p. m.

SALEM AIRPORT FUNDS DECLARED IN MUDDLE
SALEM, Ore., May 20.—(AP)—At the Salem city council meeting last night, Alderman E. A. Rhoten, chairman of the committee on airports and aviation, told the council that the financial affairs of the city airport are in a muddle and the accounts "in the red." He said at the first of the year the port had \$5000. Since not a single bill, he said, has been presented to the committee, he could not tell where the money had gone.
Klamath Falls.—Quarters in Seaman's building, Ninth and Walnut, being remodeled for use of local unions.

National Guard Bulletin Board
Camp Clatsop will soon be the home of the two Medford National Guard companies. The troops will leave Medford at 5 p. m., Tuesday, June 19, and will be away from their home state about 16 days.
Company A, 188th Infantry, will be up to strength by that time and all men of the ages from 18 to 45, who wish to join, should make application for enlistment as soon as possible, as first come first served.
Headquarters company, third battalion, is at present in need of two first-class radio operators or any young man at least 21 years of age who wishes to learn to operate the radio.
Sergeant Robinson of the airways communications service will not be able to attend the camp because of government duty at Medford station. Corporal Hubbard has been promoted to sergeant to fill Robinson's place. Private Standwood has been promoted to corporal to fill the vacancy as vice corporal.

Private Yaunza will soon take the examination for radio corporal under Sergeant Hubbard. Private Anderson is in California, but is expected to be back by camp time to attend the outfit.
Sergeants Turner and Hart are in position to handle their work this year better than the last camp, as the last camp was Headquarters company's first experience in the ways of National Guard camps.

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Colored furniture is not a new fad

THE VOGUE for painted furniture goes far back into history. Decorated furniture has always been popular and in good taste. Now, FLEX—the modern, easy-brushing, quick-drying color finish, makes it possible for any one to indulge in this artistic type of home decoration.
It requires no great amount of skill to use FLEX. It flows on evenly and can be brushed in any direction without showing a lap or a brush-mark. You can use FLEX on wood, metal, composition materials or anything else, and it will form a hard, flexible finish that has a soft, velvety luster.
FLEX is not an enamel, neither is it a lacquer. It has all the good qualities of both with none of their disadvantages. FLEX dries quickly and is impervious to water, wind, rain or wear. That is why FLEX is so suitable for finishing automobiles. FLEX colors are bright and cheerful. With the twenty colors you can obtain any shade or tint that you may want. Once you get acquainted with FLEX you'll find lots of things about the house that you will want to refinish.
FLEX is sold by over 1800 paint, hardware and department stores throughout the West. Your dealer's name is probably among those listed below:



- ASHLAND—M. C. Lininger & Son.
- ASHLAND—Jordan Sash & Cabinet Works.
- GOLD HILL—Gold Hill Hardware Co.
- GRANTS PASS—W. G. Thrasher.
- MEDFORD—Hubbard Bros.

GENERAL PAINT CORPORATION

Also manufacturers of QUICK-STEP—the modern, quick-drying finish for floors, 100% PURE PAINT, and a complete line of enamels, lacquers and protective coatings for industry.

- San Francisco
- Los Angeles
- Portland
- Seattle
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- Tulsa

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FREE The remarkably practical Color-Visualizer—a new, unique home decoration service that helps you pick out the exact color combinations you want. Mail the coupon now.

GENERAL PAINT CORPORATION, Portland, Ore.
Please send me without obligation the FREE Color-Visualizer.

Name _____
Address _____

- Glendale.—Harvey Hardware Co. opened associate Marshall-Wells store here.
- Seaside.—Elliott Transfer Co. purchased Tagg Transfer Co.'s business in this place.
- Roseburg.—Retail shoe department of Perrin Shoe store purchased by Sidney Teisler.
- Vernonia.—Plans proposed for construction of short cut road from this city to Clatsop beaches.
- Seaside.—Varsity Sandwich Shop completely remodeled, refurbished and redecorated.
- Lime.—Oregon Portland Cement company's plant here undergoing extensive improvements.

PRICES SMASHED

CHRYSLER "77"

SAVE \$200 to \$350

Effective at once, prices of current Chrysler "77" models are reduced \$200 to \$350—the greatest price slash in all Chrysler history.
Other current Chrysler models—"70", "66" and Chrysler Six—are being continued unchanged.
Here is the greatest bargain ever offered in brand-new motor cars. At \$200 to \$350 off, the supply will not last long. Act now. Your present car will be accepted in trade. Chrysler's liberal financing facilities are available.
This price reduction is occasioned by the fact that Chrysler will introduce—sometime in mid-summer—a new model to take the place of the present Chrysler "77".

J. J. OSENBRUGGE
128 So. Riverside Phone 1109

Look for the label on the wrapper and the stamp on the rind—Frye's "DELICIOUS" BRAND HAM—a safe guide to good ham. And you certainly can't mistake the savory Frye flavor. Chosen from the finest of selected young grain-fed porkers and cured by the mild, sweet, exclusive Frye process.

3c will bring you Frye's "Meat Guide" containing 187 recipes. Address Frye and Company, Portland

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