

THREE PRIZE WINNING ESSAYS FOR JACKSON COUNTY ENTRIES IN MILK CAMPAIGN CONTESTS

Great interest in the poster and essay contests carried on in Jackson county through Mrs. Mabel Mack, home demonstration agent, in cooperation with the program sponsored by Oregon State college to promote the consumption of milk, was expressed during the past week with announcement of the prize winners.

Judges in the essay contest, Mrs. Josephine P. Jones, Miss Carrie Clifford and Mrs. Marjorie Peck, reported the following winners:

- First-class district—
1. Theda Manchester, eighth grade, Ashland Junior high.
2. Mary Peterson, Ashland Junior high.

- Second-class district No. 5,
1. Jeanne Hamilton, district No. 5.

- Second-class district—
1. Katherine Lathrop, eighth grade, Central Point Junior high.
2. Alfred Priekshot, seventh grade, Central Point Junior high.
3. Maxine Croft, eighth grade, Central Point Junior high.

- Third-class district—
1. Tillie Rutzler, eighth grade, Meadows school, Beagle.
2. Hilda Rein, Reese Creek school.

3. Freya Rein, Reese Creek school.

4. Keith Hockersmith, Meadows school, Beagle.
5. Jeannette Joeker, Meadows school, Beagle.

The three first prize essays are published as follows:

The Value of Dairy Products An Educated Cow

(By Theda Manchester)
Johnny, with tin-cup in hand, listlessly crawled under the fence, with intentions of getting a drink at the spring near by. He had come from a large city to spend the summer, on his grandfather's farm in Oregon.

Looking up he became frightened. "A bear!"

"No, I am a cow, a friend to all children. Bring your cup, I will fill it with milk."

"Aw! milk comes in cans. This is real milk."

Encouraged by the friendly look in Bossy's eyes, Johnny cautiously went over and Bossy soon told him how to fill the cup.

"Yummmmm. That's good. Better than water!"

"Water is water, even we cows must drink it. For milk consists of many globules of fat in a water solution."

87.2 percent water,
3.7 percent fat,
3.9 percent casein,
4.9 percent milk sugar,
1 percent ash and albumin.

As a food value, it is nature's only specially made food. Best for man as it contains four classes of food material, protein, fat, carbohydrates and minerals. One quart of milk contains four ounces of nourishing material.

"What makes milk?"
"When my baby calf arrives, that gland or udder (where you are getting that milk) becomes active and the green grass I eat turns into blood. When it reaches the udder, the cells near the bloodstream, take out everything they need to make milk so it comes to either white, bluish, bluish white or yellowish, warm and everything in it for the growth of mankind and animals."

"Do just you cows have milk?"
"No, but milk from us cows is the one now in general use in the United States."

"Why does Grandpa keep so many?"
"This is a Dairy Farm. Dairy-ling is a 19th century growth. The annual estimated value of Dairy Products is \$100,000,000, SIXTY percent increase since 1907."

"It takes careful selection of my pads, clean stables, proper feed to make sanitary milk."

"Is milk good for anything else?"
"If kept in a cool place, milk globules rise to the surface and form cream, from cream butter is made, which supplies energy."

Lactic acid, which is healthy turns milk sour, this milk is used for cooking and to make Cottage Cheese. Cream cheese and other cheese are nutritious for they contain fat and protein."

"My, you're wise."
"We are not strong in arithmetic," said Bossy, "but we can add to the bank account of those who own us. We can subtract from the principal of their mortgage. We can multiply their chances for success. We can divide their cares and worries. We can give more interest to their work and we can discount their chances for loss."

"Johnny! Dinner."
"Coming, Grandpa."

"See you tonight," said Bossy. "Sure," replied Johnny as he downed his eighth cup and started to the house. "Milk is great, now for the Cottage Cheese."

—Theda Manchester,
8th Grade,
Ashland.

The Health Value of Dairy Products

Milk is the nearest approach to a perfect diet. It contains the four classes of food material in more nearly the proportions of a correct diet than any other single food. These food materials are protein, fat, carbohydrates, and mineral matter. A quart of milk contains four ounces of nourishing material, about the same as six ounces of bread or three-fourths of a pound of beef, but this does not mean they have the same value as food. Milk has practically no fat and meat practically no carbohydrates. Milk is rich in lime and contains easily digested iron. Children need milk for bone-building and also for the composition of teeth.

The vitamins A and B absolutely necessary for growth and development are found in milk. Vitamin A is also found in green leafy vegetables, yolks of eggs, and cod liver oil. Children who and fed latter substitutes because of the lower costs, are deprived of these essential vitamins A and B found in butter, and are unlikely to have this deficiency supplied in other foods. Vitamin A and B are not injured by pasteurization. Milk is pasteurized by heating to 155 degrees F., or 160 degrees F., at which point it is held for thirty minutes. This kills germs of scarlet fever, typhoid fever, and other serious diseases. Vitamin C is injured by pasteurization, but as its actual presence in milk is doubtful, this fact is not important.

Cream and butter, which are chiefly fat, supply energy. Butter is one of the most wholesome and most easily digested of all foods. Cheese, which contains both fat and protein (casein) supplies building material for the body as well as energy.

All children should have a quart of milk a day and adults one pint. This quantity may be used in the preparation of foods as well as taken as a beverage. All good feeders of livestock know that to produce greatest gains in the shortest time, at the least possible cost, a large proportion of milk should be used in the diet.

It is interesting to note what some of the world's best known men think of milk. When Lindy flew to Paris the first thing he asked for was milk. Milk gave Jack Dempsey the strength to be a world's champion. Gene Tunney whipped Dempsey and it was milk that did it. Babe Ruth is a

champion, at hitting home runs. He drinks milk.

Dr. Mary Swartz Rose, a nutrition expert, writes: "Half a pound of cheese will provide sufficient protein of the best quality for any average man for a day, and fully one-third of his total calories. The addition of a pound of whole-wheat bread and two pounds of fruit will result in a diet adequate for an adult in every respect and at a moderate outlay of money and effort."

"Bread is the staff of life, but bread and butter is a gold-headed cane."

—Katherine Lathrop,
Eighth Grade,
School District No. 6
Central Point, Ore.

Drink More Milk (By Tillie Rutzler)

Milk contains proteins, minerals, vitamins, fats, and sugar which all growing children and older people need.

Milk should be handled with care. It should be well covered in a cool place. Milk absorbs every flavor and odor that reaches it, such as tobacco, onions, and kerosene.

The solids of milk include proteins, fats, sugar and minerals all of which are used for building up and repairing the tissues and bones of the body.

Milk is the infants' special food. It makes their bodies strong and healthy and often prevents them from catching colds and getting other diseases. When a baby hasn't had enough milk it is very poor and weak. Babies live on milk until they are six months old.

Cheese, cream, and butter are all made from milk. If we didn't have milk we couldn't have cream cakes, and plea, ice cream, and other dainties which need milk or cream to make them good.

Milk hastens the recovery of sick people. When a person is sick the nurses give them custards, soups, warm milk and toast and other things which contain milk.

Adults should drink at least a pint of milk and children should drink a quart of milk each day. Therefore, let's drink more milk.

—Tillie Rutzler,
8th Grade,
Meadows School, Dist. 28
Beagle, Ore.

Brisbane's Today (Continued from page one)

(Continued from Page One)

ored everywhere, she is included among the saints.

A Gold Star Mother, aged 91 years, starts for Europe to visit the grave of her step-son, disdaining the offer of a nurse, perhaps because she comes from California, where you don't grow old.

She told the young officer who welcomed her to New York to show her the whole city before she went on the ship. He did.

She goes abroad for three reasons: To see her stepson's grave, to see Paris before she dies, and, said she, "to see if those French vintages are as good as they say."

That statement about the French vintages will be offensive to our authorities. The lady has sailed, or steps might have been taken to leave her home.

Prohibitionists will find comfort in the Pennsylvania election. Recent wet and dry polls seemed to indicate that the whole country is wet and longing for beer. Gifford Pinchot ran for governor of Pennsylvania as an ardent dry and won. There is a difference between straw votes and real votes.

The Literary Digest wet-dry poll discovers that 43 states are moderately wet, 5 dripping wet, 5 bone dry.

To repeal the prohibition amendment would require the votes of 26 states. If the attempt is ever made it will be seen that of those 43 "moist" states, half will vote against repeal.

New York investigates the shooting of an important building contractor, shot by racketeers in the building trade.

And New Jersey, nearby, wonders about a very respectable looking

corpse, nearly laid out by the side of a road. That corpse is supposed to represent a beer quarrel.

Classified advertising gets results.

A gold watch lost 70 years ago by John E. Prager of Halstead, Kan., has been found by a road grading crew. It was little damaged.

During the fiscal year of 1929 Los Angeles harbor ranked second to New York on tonnage of foreign exports, according to the federal shipping board.

BANG!

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Obituary

KYLE.—Robert Kyle passed away at his home, 59 Rose avenue, Saturday, May 24, 1930, at the age of 88 years. He was born near Belfast, Ireland, August 21, 1842. He came to the United States with his parents when he was three years old, on the ship Jamestown, being five weeks on the seas, on account of the stormy night.

They landed at New York in February 1846, moved to Albany, New York, and later to Rochester, New York, by the way of the Erie canal. His parents later moved to Geneseo, N. Y., where Mr. Kyle grew to manhood. He left Geneseo at the age of twenty-two years for Chicago, where he served as agent for the Rock Island railroad. Later he was telegraph operator for the C. B. & Q. railroad at Fowler, Ill. In 1870 he moved to Rose Creek township, Republic county, Kan., where he purchased a large tract of land from the government for \$1.25 per acre, the deed being signed by President U. S. Grant.

He made his home there until 1902, when he moved to Lebanon, Ore., later moving to Central Point, Ore., in 1906, where he made his home until 1925, when he moved to Medford, residing in this city until his death.

Mr. Kyle was a member of Central Point Lodge No. 135 A. F. & A. M., also a member of the Royal Arch Masons. Mr. Kyle was married to Vinnie Fisher Dec. 11, 1895, at Hebron, Neb., who survives him; and besides his wife he leaves to mourn his loss two sons, Elmer E. of Medford and Robert Floyd Kyle of Los Angeles, and three grandsons. The services are in charge of the Port Funeral Home and will be announced later.

Louisiana club women and girls preserved food products valued at \$369,108 in 1929.

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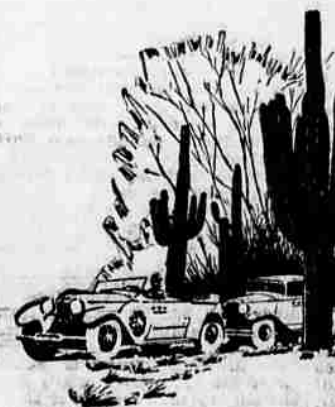
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