

CLOSE FORESTS TO SMOKING ON FIRST OF JULY

Stringent Rules Announced By Regional Head—Fires Started By Carelessly Discarded Fag.

PORTLAND, Ore., June 27.—(AP)—C. J. Buck, regional forester, today issued a statement setting forth more stringent rules covering smoking in northwest national forests.

Under the new regulations, effective July 1, all national forest lands in Oregon and Washington are closed to smoking while traveling in timber, brush and grass areas except on paved and surfaced highways.

Buck said that when forest travelers wished to smoke it would be necessary to stop while smoking, and extinguish all lighted material before continuing. Forest service records, he said, show that many fires are started each year by campers, hunters and fishermen who carelessly lighted cigarettes.

The forester said that anyone who throws away lighted material in forest land or actually starts a fire in forest lands becomes liable to prosecution.

Western Talkie Coming to Rialto



Mat Moore and Dorothy Reiver in a scene from "The Call of the West," all talking Western, which comes to the Fox Rialto theater tomorrow.

County Health Department Activities and News

By Dr. B. C. Wilson, Health Officer

All About Milk.

(Courtesy Metropolitan Life Insurance Company.)

Milk is our best all-around food, the most perfect food we have. It is one of our cheapest foods, too, even at present prices. It is also one of our most popular foods. Without it the man at the soda fountain, for instance, could hardly do business. He makes it the chief ingredient in almost every drink he serves. Those who do no care for plain milk are often fond of ice cream, milk shakes, frosted chocolate, malted milk, eggnog, junket or milk soups. And grocers are now selling a number of malted cocoa preparations which require only the addition of milk to make drinks that are delicious. It is said that the vigor and success of a nation depend largely upon the quantity of milk it uses. In the United States we use something like 52,000,000,000 quarts of milk a year. This would make a lake large enough to float all the navies of the world.

Three-quarters of this milk is made into butter, cheese and other nutritious milk products. The quarter that remains is enough to supply each individual about half a pint a day. The daily amount of milk best suited to any individual naturally varies with the amount and kind of other food he takes. Speaking generally, however, the safe plan is to drink plenty of milk and use it freely in cooking.

Milk costs more than is used to

So do many other things, some of which affect the price of milk, such as cattle feed, farm labor, and transportation. But even so, milk is cheap in comparison with other foods. There is more energy in 25 cents worth of milk than in 25 cents worth of meat or eggs or fish; you need these other foods, too, but cutting down the milk bill is poor economy.

Milk should not be regarded as a beverage; it is a food. Sip it slowly; get the flavor out of it. Don't use it merely to quench thirst, and don't drink it down rapidly.

The gastric juice of the stomach causes the milk to curdle the instant you swallow it. Nature knows that fast eating may cause indigestion. She compels the nursing baby to take his milk slowly, whether it wants to or not.

The body requires foods that contain, in suitable quantities, each of the following elements: Proteins for body building and for the repair of wear and tear. Fats and sugars or starches to supply heat and energy. Vitamins to assist growth and to ward off diseases. Mineral salts, such as iron, phosphorus and lime, which are needed in the blood, the bones, the teeth and the tissues. Bulk and roughage—fibrous material to aid in the elimination of waste. Exercise all these elements, except the last, are found in milk.

Milk is suitable for grown people, as well as for children. Grown people can live for months on milk alone, although a worker at hard manual labor would have to drink many quarts each day to keep up his vitality and repair the wear and tear of his body. However, if the grown up uses at least a pint a day, in combination with other food, he is likely to secure an efficient and well-balanced ration.

While milk is a great help to men and women who want to keep strong, vigorous and youthful, it is especially valuable for the sick. One of the discoveries of our army hospitals was that the liberal use of milk hastened recovery of the wounded.

For growing children milk is an absolute necessity. Its proteins and its rich supply of certain vitamins promote growth.

If a child gets a quart of milk a day with fresh vegetables, fruits, some meat, eggs and cereals, he will have the necessary variety to give all the nourishment and vitamins he needs.

No chance for the mayonnaise to separate if you add the oil

a little at a Time

No chance for Hills Bros. Coffee to vary in flavor because it is roasted a few pounds at a time by the continuous process—Controlled Roasting. No bulk-roasting method can produce such flavor!

Fresh from the original vacuum pack. Easily opened with the key.

HILLS BROS COFFEE

Campbell Clothing Co.

On Main St. Near Front

Just Arrived

Some More Tweed Suits

Tailored for us By J. Capps & Sons

Special Straw Hats \$1.45

Priced Right \$35.00

Special For Saturday

Twenty-five suits \$25.00 to \$35.00 values \$19.50

Jantzen & Bradley Swimming Suits

We Give S. & H. Green Stamps

TALENT YOUTH FINDS C.M.T.C. GOOD TRAINING

TALENT, Ore., June 27.—(Special)—Mrs. G. L. Bullen receives very encouraging letters from her son Alvin, at the citizens' training camp at Vancouver, Wash. Alvin has been before the public all his life but writes he had never before met such fine, courteous, clean and generous men as the officers of this training camp.

The training is very strenuous with three and one-half hours of hard tramping daily, carrying a nine pound gun, but the entertaining and wonderful food make up for the hard work.

Every meal is like a banquet. Alvin is one of our finest Boy Scouts.

MANY FROM GOLD HILL ATTEND HEALTH MEET

GOLD HILL, Ore., June 27.—(Special)—At the Jackson County Health association meeting in Medford Friday, June 26, from this city were Miss Nellie Jacobs, Mrs. J. M. Lively, Mrs. W. H.

MRS. CRUM WINS ACCIDENT CLAIM FROM THE STATE

Information has been received in Medford that the state industrial accident commission has approved the claim of Mrs. O. O. Crum, arising from the death of her husband here last January as a result of injuries sustained while doing construction work a

year ago last May. Mrs. Crum's claim was pressed for attention by Attorney George Neilson and P. J. Newman of Medford.

The deceased was severely injured and languished at Portland for months in a hospital, suffering from a broken back. He was returned to Medford last December and died January 9. The accident commission claimed Crum died from pneumonia.

A hearing was held in Medford early this month when evidence was offered to disprove such claim. As a result, the commission has awarded Mrs. Crum \$20 pension per month for life and has also allowed eight dollars per month for her daughter. A claim of \$217 covering that period from

JEWISH EVANGELS AT FIRST BAPTIST

(Contributed)

Rev. W. H. Eaton of the First Baptist church, announced that David I. and Albert Rosoff, son and father, will fill his pulpit at both hours Sunday. These men who come from the south, are recognized by religious leaders of the nation as outstanding in their field. This will be their first appearance in Medford.

Albert, the father, 59 years of age, a vocalist of national reputation, who has appeared on the concert platform, and in the opera with the world's greatest voices, has dedicated his talents to the promulgation of religious work; he will sing gospel selections at both hours.

David, the son, a brilliant young attorney, bible student, and orator, will bring the message. These men have appeared in over 400 churches and have won the acclaim of no less men than Dr. George W. Truett of Dallas, Tex., Leo Scarborough and Y. Mullins. Their coming is a unique treat for those who are interested in the Jew's place in New Testament thought.

Hits the Bullseye of Value

The Fourth GOLDEN ARROW SPECIAL

6 DAYS only

Boys' Lastic-alls!

Mothers! Look!

84¢

Regular \$1.29 Value!

Whirr-rr... Thud!... The arrow's hit the bull's eye again! Chalk up another score! This time the BOYS are on the winning side. And oh what a winner they've picked!... Blue denim OVERALLS cut so smartly they make a lad look like nothing less than a dandy! Then the elastic gives them a slim trim look at the waist line, topped off by a buckle and leather buckle strap... You'll want a pair as well as the other fellows. Tell your mother about them and hurry down. Sizes 10 to 18.

These Are the Features!

- [1] Cling to waist and hips.
- [2] Practical, more attractive than ordinary overalls.
- [3] Made of strong 220 weight blue denim.
- [4] Bell bottoms.
- [5] Guaranteed to launder without defecting rubber.
- [6] Elastic top with snap buttons.

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117 South Central Phone 286 Medford, Oregon

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