

ROUGHAGE IS ESSENTIAL IN REDUCING DIETS

Kellogg's ALL-BRAN Is Ideal Roughage

If you are following a reducing diet, it is doubly important that you take a regular amount of roughage into the system daily. Most reducing diets do not contain a sufficient amount of roughage. The result is constipation—chief of both health and beauty.

Kellogg's ALL-BRAN is recommended by many doctors and dietitians because it contains the bulk necessary to insure proper elimination.

Also, because it contains the iron needed to help prevent anemia—another danger in reducing diets. ALL-BRAN is not fattening. Its bulk sweeps the system clean of poisonous wastes—helping to promote glorious health and beauty.

A popular way to eat Kellogg's ALL-BRAN is soaked in fruit juice. Try it! It is delicious with milk or cream. Sprinkle it over cereals, salads and soups. It adds flavor to cooked foods and is equally effective. Your grocer has Kellogg's ALL-BRAN. It is served in restaurants, hotels and dining-cars. Made by Kellogg in Battle Creek.



HILLS BROS COFFEE

its rare flavor to the principle you follow in making mayonnaise

You add the oil a little at a time to prevent the mayonnaise from separating. Hills Bros. roast their coffee a few pounds at a time to prevent variation in flavor. That's why this patented, continuous process is called Controlled Roasting. No bulk-roasting process can produce such a rich, delicious flavor.



Free from the original vacuum pack. Easily opened with the key. Look for the Arab on the can.



200 EXTRA MILES

RECENT 3000 mile highway run brought out following facts about MOTORITE, the new motor oil for high compression cars.

1. Water consumption 1442 miles per quart.
2. Dilution only 1.4%.
3. Oil Did Not Thin. Viscosity remained constant.
4. Examination of cylinders showed complete absence of carbon forming particles.
5. Oil consumption 1216 miles per gallon... 216 extra miles of lubrication.

MOTORITE costs only 25c a quart. Try it NOW at any UNION Station.

Tune in Union Oil Radio Program every evening between 5:30 and 5:45 over station KEX.

MOTORITE

Women's Hose \$1.00 pair. Silk from top to toe with French Heel. The Jockey.

JOHN H. LOCK Painting—Decorating. Fine Interior Work a Specialty. Phone 118.

EXCURSION RATES TO LOS ANGELES OFFERED BY S. P.

Complying with requests covering a period of several weeks for an excursion to San Francisco and Los Angeles, A. S. Rosenbaum, district agent, Southern Pacific Lines for southern Oregon, this morning announced excursion rates to San Francisco and Los Angeles on Friday, July 18th. The round trip rate from Medford to San Francisco and return, ten-day limit, will be \$10.50, from Medford to Los Angeles and return, 12-day limit, \$20.50. From Ashland to San Francisco and return, 10-day limit \$10; to Los Angeles and return, 12-day limit, \$20.00. This is the first time such a low rate has been granted to Los Angeles. Full particulars may be had from the Southern Pacific passenger office or the district office, 205 Medford National Bank building, phone 34 or 209.

COPCO MEN VIEW ELECTRIC EXHIBIT

An interesting display of electric line equipment was presented here yesterday by H. H. Manny and J. Kenney of Hubbard & Co., manufacturers of power line equipment, of Pittsburgh, Pa. The display, which is transported about the country on a large motor truck, was brought here by John Kenney, who has traveled over 50,000 miles with the exhibit. It has been shown to power companies, telephone concerns and other public utilities all over the United States. The display was inspected by members of the Copco organization, the truck being parked at the Copco warehouse. The exhibit left for Grants Pass and will then be taken by Mr. Kenney to Marshfield. In connection with the showing of the exhibit here the following electrical representatives spent the day in Medford: H. H. Manny, northwest sales manager for Hubbard & Co.; M. H. Nichols of the Graybar Co., and H. H. Cole of the General Electric Supply Co.

JACKSONVILLE FAMILY REUNION IS ENJOYED

JACKSONVILLE, Ore., July 11.—(Sp.)—Mr. and Mrs. W. H. Bunch of this city experienced a very pleasant surprise by the arrival of their son, Claude C. Bunch, fourth-year student in the College of Medical Evangelists of Loma Linda, Cal., and his wife, Ada Mae, dietitian at the Glendale sanitarium, and their daughter, Louise, on June 26. A few days later their oldest son, Walter H., and bride of a few days also arrived from Cottage Place, Wash. After a few days' visiting together all went to Myrtle Point to visit with Mr. and Mrs. W. H. Bunch, daughter Minnie, and Mrs. Dr. L. L. Summerlin. A son in southern California and a daughter in Portland were the only members of the family not present in this two weeks' reunion.

LEGION NEEDS 25 MORE MEMBERS BY JULY 14

An appeal for more paid-up members has been issued by the local post officials of the American Legion. Over 25 more members are needed to put Medford post "over the top" before the state convention, and all names must be in by the next post meeting, July 14th. To go to the convention with the present showing would mean a severe setback for Medford's reputation and it is hoped that the quota will be made before next Monday. Every loyal Legionnaire is urged to mail his dues to Finance Officer C. T. Baker or Adjutant Chaney at once.

No substitutes—the peak in quality



Anheuser-Busch Budweiser Barley-Malt Syrup. LIGHT OR DARK. RICH IN BODY. NOT BITTER.

GOLD STRIKE IN STERLING ZONE NOT CONFIRMED

Rumors current in Medford that a large gold strike had been made in the region of the Sterling mine were carefully investigated by The Mail Tribune yesterday afternoon, with no resulting reports of confirmation. A local rancher said he had heard of a man making a strike Wednesday that must have been over \$100,000 as a wheelbarrow was used to transport it, but he knew nothing definite. Several Jacksonville residents, when questioned, were unable to throw any light on the matter, outside of having heard that a miner, named Brant, had made a small strike in the hills above the city, but even this rumor remained unconfirmed. As a result, the reports were taken with a grain of salt and regarded as another of those periodical stories that make their appearance to enliven interest of miners and prospectors, always searching for that big strike which they hope to find.

CELEBRATE 4TH IN EVANS VALLEY

EVANS VALLEY, Ore., July 11.—(Special)—Fourth of July was fittingly celebrated by this valley with various forms of amusements and picnics. Probably the largest gathering was that of the Neumann family and friends at the forks of Evans creek with about fifty people participating. Games and cards and plenty of ice cream furnished the amusement with a well loaded table of good things to eat at lunch time. Everyone reported an excellent time. The Dick Richman, John Ray and Claud Burkhardt families celebrated with a three-day camping trip at Salt creek on the left fork of Evans creek. Fishing was enjoyed by the young folks. Mr. and Mrs. Clyde Galbreath and son and Mr. Galbreath's folks of Rogue River, enjoyed a picnic in Riverside park in Grants Pass on the Fourth. The Bill Moore family picnicked and celebrated in Ashland park Thursday and enjoyed the fire works and dancing in the evening. Mr. and Mrs. Vern Orr and sons and Frank Orr spent the Fourth in Klamath Falls. They reported a fine time.

CREWS SISTERS ON AIR FOR COPCO ON TUESDAY

The Crews sisters, talented young musicians of this city, will be heard on the radio, next Tuesday evening, July 15, appearing before the KMED microphone during the regular Copco hour, from 9 to 10 o'clock in a popular program of vocal and instrumental selections. Last Tuesday's Copco radio offering, which featured Dorothy and Austin Frazier, popular "blues" artists, and Sam Carey, baritone, proved a decided success.

BRADLEY SPEAKS AT COPCO FORUM

The regular weekly luncheon meeting of the Copco forum, held at the Hotel Medford Thursday, was attended by a good crowd of Copco employees and guests. There being no scheduled speaker, T. G. Bradley, general superintendent of the company, gave an interesting account of his recent trip through the insulator factory of the Hubbard Line Material Co. at Oakland, Cal. Guests present included A. J. Rosenauer, western district auditor for Exley Engineering and Management corporation; M. H. Nichols of the Graybar Co. of Portland, and Verne Hawn of Roseburg.

EVANS VALLEY MAN INJURED BY SHOVEL

EVANS VALLEY, Ore., July 11.—(Sp.)—Earl Oden, son of Mr. and Mrs. Tom Oden, was quite badly hurt a few days ago and is now in the hospital in Portland. He was crushed under the arm of a broken steam shovel which fell on him and he sustained a fractured back and shoulder. From the hospital he writes that he has had one operation so far, more being probable, and that his back may be all right but he would likely be crippled permanently. Earl had been driving a truck over at Klamath for some time past.

PORTLAND TOURISTS HAD WRONG LICENSE

PENDLETON, July 11.—(Sp.)—Thelma Pickett, 17, Florence Sleight, 18, and Earl Torson, 20, all Portland, are held for possible automobile theft. They are said to have been on route to Kansas. License plates on Torson's car are said to have been removed from another.

IF you think Wesson Oil is too expensive for frying, price the 4-Pint Can.

FRYING SIZE

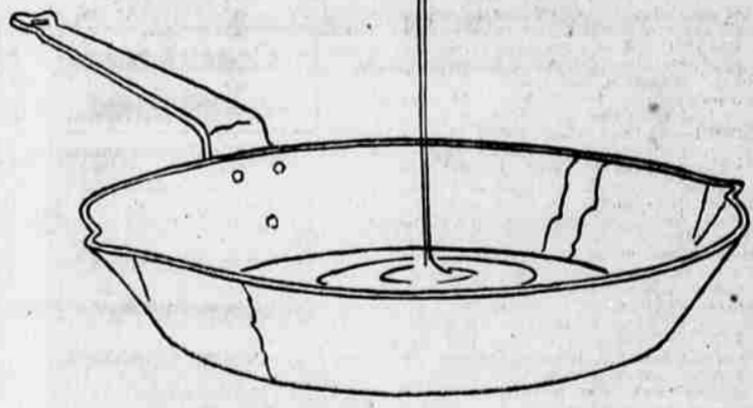


Turn the Spout Hold the Can by the Ring Tilt Lightly and Pour

IF YOU have considered this fine salad oil just a bit of a luxury for every day frying, try the 4-Pint Frying Size Can. In this size it's surprising how little it costs.

Wesson Oil is even more important in frying than it is in baking or any other cooking. For you eat fried things to get the taste of the crisp, light crust, made by the oil you use for frying. You want to eat it. That's the reason you like fried foods. And nothing can be too good to add to this delicate flavor . . . to its golden-brown color and to its tastiness.

Perhaps you have found how much better things taste when fried with Wesson Oil. You have wished you could afford to use it every day . . . You can! Compare prices. Try the 4-Pint Frying Size Can of Wesson Oil. Bought in this size, the finest costs surprisingly little.



Wesson Oil comes to you protected and sealed in an air-tight container. It's sure to be fresh and pure. It's worthwhile to get the familiar green-and-white Wesson Oil Can always.

SUPREME COURT WORKS OVERTIME BEFORE HOLIDAY

SALEM, Ore., July 11.—(Sp.)—Pauline Downing, Stella Downing and Jane Chilson, Lane county women, are unable to recover from the Lane County State & Savings bank, insolvent, of Florence, money that was invested for them by Henry L. Bergman, former president of the bank, the supreme court held yesterday. Bergman is to be released from the penitentiary this month by commutation of sentence. He is serving time for misappropriating the bank funds. The court denied a writ of mandamus requiring M. T. Hoy, master fish warden, to issue a license allowing Katherine L. Gile to operate fish traps on the Columbia river. The court departed from custom in handing down opinions on Thursday to clear its desks before the vacation season. No cases pertaining to Jackson county were decided. Classified advertising gets results.

In Western Talkie



Richard Arlen, featured in Zane Grey's "The Border Legion"—all talking outdoor westerns with Jack Holt, which is now playing at the Fox-Criterion theater. Ireland Lakes Masfield. Selection of John Masfield as poet laureate of England has met with approval in Ireland. He is well known in Dublin and his work is probably better read there than that of any other English poet of the century. His "Sea Ballads" are especially popular in Ireland. "Mr. Masfield has written several delightful things about Ireland, which show his affection for the sister island," remarks one Irish critic.

Buick Salesman Medford Ranks First in Contest

Ralph Gill, Buick salesman for the Scherer Motor company, made a record during April and May to be proud of, winning first place in the sale of new Buicks in the state in the sale of ten days to the factory in Flint, Mich., with all expense paid. Mr. Gill left Portland last night in company with three other winners and Mr. Sanders, of the Howard Auto company of Portland, distributors for Oregon. Winning this honor is a tribute to the salesmanship of Mr. Gill and another evidence of the popularity of Buick cars.

STAGE DRIVERS MUST YIELD FOR TOURISTS

SALEM, Ore., July 11.—(Sp.)—Vacationists who drive automobiles are in a hurry. They have only a short time in which to make as much distance as possible. Often they are forgetful of traffic dangers. Therefore, Oregon Stage drivers, by orders from headquarters, are going to make concessions to them that legally may not be required.

Keep Cool this summer with home-made iced Drinks

Sweetened to taste with Sugar

Think of the variety of beverages you can make with tea, coffee, chocolate, lemons and other fruits. When chilled with ice and sweetened with sugar you couldn't ask for more refreshing and taste-pleasing hot-weather drinks. You can also make sparkling punches by adding carbonated bottled beverages to the fruit juices. These bottled drinks are always pure and delicious because they are made under most exacting standards. It pays to keep them on hand. Cool drinks sweetened with sugar belong in the summer diet. They satisfy thirst and invigorate the system. A flavored milk drink in the late afternoon overcomes fatigue and causes one to eat the evening meal with calm enjoyment. The Sugar institute.

"Refresh yourself with a flavored drink"