

MEDFORD MAIL TRIBUNE

Daily and Sunday
Published by
MEDFORD PRINTING CO.
25-27-29 N. Fir St. Phone 15

ROBERT W. RUIHL, Editor
R. HUMPHREY SMITH, Manager
An Independent Newspaper
Entered as second class matter at Medford, Oregon, under Act of March 3, 1879.

Subscription Rates
By Mail—In Advance
Daily, with Sunday, year.....\$7.50
Daily, with Sunday, month......75

Advertising Representatives
M. C. BICKENIN COMPANY
Offices in New York, Chicago, Detroit, San Francisco, Los Angeles, Seattle, Portland.

Ye Smudge Pot
(By Arthur Perry)

One of the Older Girls lost a shoe last eve in the theater. She removed it herself, as this is one of the leading feminine tricks to cool the heels during the heated period. She was very angry about it. In fact, the girl who found the shoes and returned it, was indirectly accused of having removed it in the first place. He received a dirty look for his pains, that made him pop out of his seat like a piece of toast escaping from an automatic toaster.

Voters of the state will be asked to enunciate what the Democratic party of Oregon needs. Next to votes, one would say they need a mother's loving care.

FINAL DEFINITE!
(Extra Mills Sentinel)
NOTICE—Will the party who picked up the Ford wire wheel rack and new tire, kindly return the wheel and keep the tire as a reward. It's the wheel that I want. Charles Kappler, Sr., Montague or Etola.

Marjorie Cole came home unexpectedly Tuesday, and hopes to be able to remain the rest of the month.—(Hills, Cal., Jottings.) Sneaking up on the old folks!

An old fashioned sunbonnet, starched stiffer than a running board, went down the Main Stem this morn.

Farmers throughout the nation have started to pray for rain. Prayers for rain generally fail to get results within 30 days of the time of the initial requests. In this neck of the woods, benedictions for rain should be filed late in August. Then if the supplications fail to bring moisture, the county fair will.

The Portland ball team attempting to play the national game at night, functions like the electric lights were kerosene lamps.

MAN, WOMAN, WED.—(Hillside Del Norte Triplicate.) Same old combination.

Scientists of the state are puzzled by the failure of the fish to swim up the Rogue, resulting in a low order of fishing hereabouts and well high wrecking the fishing industry. The way to shoos the fish up the picturesque waterway, is to give them an injection of the "Joseph policies," and they will start to run.

She kept her mouth open. Some said she had a tooth, and some said she was a UFO. co-ed trying to be blasé.

Hank Bates returned from the G. Hill region yesterday with a gash in his hind tire, that reminded your corr. of the time the razor slipped.

Poetry has broken out among the prisoners in the Klamath county jail.

UNADULTERATED WHANG-DOODLE!

All political campaigns are more or less bunk. But the approaching gubernatorial campaign in Oregon promises to be a record breaker in this direction. And the Independent portion of the campaign, unless all signs fail, will carry off the cut-glass nut bowl when it comes to what that uncompromising foe of the game of political flim-flam, George Nathan, calls "unadulterated whang-doodle."

Following the lead of the Portland Journal, the cheering section of the Julius Meier candidacy is already making the welkin ring, with cries of political jobery at the Republican state convention, maintaining that the "machine methods and secret ballot adopted by the committee were contrary to the letter and spirit of the direct primary law."

Now the only machine that functioned at this convention was the machine which these Meier supporters formed. The only machine there was the one assembled with such care on a certain richly upholstered floor of one of Portland's leading downtown hotels by the Meier for Governor club. It was this machine that, by its ultimatum, rendered the nomination of Metcham, Kay, or Hamilton, certain, and also rendered the launching of an independent candidate inevitable.

No one who knows anything about the inner working of this convention will question the truth of this statement.

The Meier machine wanted one of these men named, for they figured that this vote gathering battletory of machine politics, defiance of the sacred Oregon system, and throw the rascals out, would work against ANY ONE of them. There is also, no doubt that of the three, the Meier machine preferred Phil Metcham, and the story of how this was accomplished will be written one of these days, and be a valuable contribution to the historical archives of successful political manipulation in this state.

In other words, we have the edifying spectacle of the only machine that functioned at this state committee gathering, seeking support from the people on an ANTI-machine platform. And to add a little spice to the fare, we also have Jack Peare of Union County, who as a delegate to this convention took the floor in FAVOR of a secret ballot, signing this call for Julius Meier, which so seathingly CONDEMNNS it! Certainly it is to laugh.

Another point. The Meier war dancers proclaim the secret ballot at this convention (which, by the way, the rules and regulations of the convention demanded) was a violation of the letter and spirit of the direct primary. This sounds good, and the Meier board of strategy may be quite correct in its belief that the rank and file, vaguely resentful and eager for a change, will swallow it. But this claim is just as much "unadulterated whang-doodle" as the rest of the Independent ticket's pot-pourri of hoocy.

For just how long has the secret ballot been a violation of the letter and spirit of the direct primary? Isn't the secret ballot the very corner stone of the direct primary, and the foundation of popular government?

Of course it is. Why was the secret ballot introduced into this country,—to prevent the very thing that the Meierophiles profess to so righteously abhor,—i. e. political manipulation and machine control!

Imagine what the direct primary would be without the secret ballot—it wouldn't be worth the paper it is written on. Without the secret ballot, this country would go back where it was a century ago with the machine—SOME machine—controlling every election in this country from the precinct up.

For what we call the "machine" is simply a minority organization of self-seeking politicians, trying to attain certain definite selfish ends. If it were not a minority,—if it had a majority,—no machine would be needed, the higher-ups could merely call an election and let Nature take its course.

But the machine only represents a minority. Therefore, to accomplish its ends it must secure a majority or plurality vote. How can this best be done? Look over the history of Tammany Hall and you will quickly see. First by organizing the voters and second by COERCING them.

Before the secret ballot, coercion was the never failing magic wand of boss domination. The boss not only knew how every individual SAID he would vote, but after election, knew how every one of them DID VOTE. And the individual who refused to vote as the boss ordered or, more important, said he would vote that way, and then broke his word—well, if he suffered nothing more destructive to his material and physical welfare than a bash in the jaw, he was lucky.

It was because of this boss control that the secret ballot was introduced and, unless we are greatly mistaken, the late George Joseph, who these present waiters against the secret ballot revere so highly, was one of the leaders in the fight to secure such a ballot.

MAIL TRIBUNE DAILY CROSS-WORD PUZZLE

Solution of Saturday's Puzzle
ACROSS: 1. Mass dirty, 2. Soles, 3. Concoctation, 4. Tardy, 5. Linger, 6. Metal fastener, 7. Newspaper principle, 8. Frigate the way, 9. Frong, 10. Royal seat, 11. Backgrounds, 12. Part of a church, 13. Tall curtain, 14. Frong, 15. Most exposed and desolate, 16. Negative, 17. Parent, 18. English author, 19. Transmittal, 20. Total, 21. Vainly into, 22. Platitudes, 23. Kind of rubber, 24. Crown up boys, 25. Trouser, 26. Swoot, 27. Sweet naker, 28. In square, 29. meters, 30. Before, 31. Slippers, 32. French city, 33. Italian coin, 34. Snakes, 35. Foot attachments, 36. Twelve Jew, 37. ish month, 38. Word of love, 39. Word of warning, 40. known man, 41. Prains, 42. Anglo-Saxon slave, 43. French city, 44. Excitations, 45. "ant", 46. Points of anchors, 47. Rock, 48. Ovale, 49. DOWN, 50. Long cat, 51. Impression, 52. Roman road, 53. Fruit drink, 54. Depart, 55. Tear on a seam, 56. Word of lamentation, 57. Part of the mouth, 58. Part of the mouth, 59. Fruit, 60. Walk pompously, 61. Percolate, 62. Other, 63. Alone, 64. Wings, 65. Ballo, 66. Outballding, 67. Japanese coin, 68. Compass solat

Personal Health Service
By William Brady, M. D.

Blurred 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. Brief and written in ink. Try to the large number of letters received only a few can be answered here. No reply can be made. Queries not conforming to instructions. Address Dr. William Brady in care of The Mail Tribune.

ULCER? YES, SIR, IT HAPPENS IN ONE CASE OF TEN OF INDIGESTION

No matter whose plan of diet the duodenal ulcer patient elects to follow, the food must contain an adequate amount of vitamins, particularly A, B, and C. So it is well for such patients, and for many others with claims of recurring or chronic indigestion, to know what the best sources of these vitamins are.

Nearly all special diets that have proved of real value in the treatment of ulcer in stomach or intestine, allow liberal rations of fats or oils. The famous Sippy diet, for instance, calls for 1 1/2 ounces of top milk or cream to be fed hourly to the patient, from 7 a. m. up to about 10 p. m. Physiologically all fats or oils tend to inhibit or diminish the secretion of hydrochloric acid in the stomach and to prolong the stay of food in the stomach. In most gastric or duodenal ulcer cases there is an excessive hydrochloric acid secretion and a too hurried propulsion of the digesting food mass or chyme into the intestine beyond. These reasons, as well as high nutritive value, make fats and oils a valuable part of the diet. But there is still another reason for the liberal use of top milk, cream and butter, as well as yolk of egg, in the diet of the ulcer patient. These foods carry most of the vitamin A required by man.

In an earlier talk about peptic ulcer I explained that local infection is the direct cause of the trouble, as we believe today. Then there are contributing factors, mainly faults in our eating habits but likewise deficiencies in our food. People who receive adequate amounts of vitamin A, Vitamin B, and vitamin C seldom or never have peptic ulcer. People who live largely on white flour bread, white potatoes, white rice, lean meats, sugars, manufactured food products, tea, coffee, soft drinks, candy and cake, are very subject to the disease.

Here, then, are the principal or most valuable items of diet containing the necessary vitamins. Of course, if you are already suffering with peptic ulcer you must not venture to partake of all of these foods without your own doctor's consent, but if you are in doubt or if you wish to fortify yourself against the tendency to such trouble, pray sit down and try some of these vitamins.

Good Sources of Vitamin A
Butter, cream, top milk or rich whole milk, egg yolk, spinach, water cross, lettuce, celery leaves, turnip tops, beet leaves, radish tops, carrots, sweet potatoes, yellow corn (not white corn), orange juice, liver, kidneys and sweetbread. Vitamin A is essential in building up the immunity against infection, especially respiratory infection, but also gastrointestinal infection.

Good Sources of Vitamin B
Vitamin B is abundant in potatoes and other common vegetables, both root and leafy vegetables, and in most fresh fruits, and in the natural or whole cereals, peas, beans, liver and kidneys. Yeast contains considerable vitamin B but is not an economical carrier compared with these foods. Commercial canned foods retain most of their vitamin B for long periods. Vitamin B is essential to maintain the vigor of digestive organs.

Good Sources of Vitamin C
Fresh fruits or fruit juices, tomatoes (fresh or commercially canned (not home canned) carrots, raw cabbage, lettuce, bananas, oranges, grapefruit, apples, peaches, pears, pure raw milk (not pasteurized), fresh or canned tomato juice where oranges are not available.

Butter and egg yolk happen to be the best food sources of vitamin D also. In general it is probably well that all the vitamins be provided in the diet, in one way or another, to hasten the cure.

QUESTIONS AND ANSWERS
Hygiene of Teeth
Our club is studying hygiene of the teeth. We would be grate

Do You Remember?

TEN YEARS AGO TODAY
(From files of the Mail Tribune.)
August 4, 1920.
Chamber of Commerce urges traffic regulations and strict enforcement thereof.

"Model man" residing in No. 1000, implores Mail Tribune to find his wife.
Walla Walla. — Convict umpire, serving life term, killed by convict player when decision questioned.

Party of local fishermen leave to examine conditions at mouth of Rogue.
Miss Susanne Hommes named county school superintendent, asking to resignation of G. W. Ayer.

TWENTY YEARS AGO TODAY
(From files of the Mail Tribune.)
August 4, 1910.
Mose L. Alford has taken his family and hied away to the hills for a few days. He says he intends to bag the limit of deer.

Gold Ray dam fishway is completed.
Police court fines for the month of July total \$135.19.

Twenty-eight miles in all parts of city offered to Uncle Sam for Medford's new Federal building.
To handle the rush of the fruit shipping season, 29 extra cars are hauled to the city by the Southern Pacific.

Arrangements are underway for the moving of the ball park to the east side of Bear creek, opposite the Natatorium.

SUNDOWN STORIES

By Mary Graham Bonner
The Little Black Clock, with his wonderful magic, had turned the time backward, and he was allowing John and Peggy to watch a boy whose dream it was to become an engineer.

The Clock was also able to take the children a great or short distances, and he was able to bring them back home so they could have as much sleep as ever.

And he was so wonderful that he could take them on an adventure they had had the evening before and it was as though they had never left at all.

Now he was turning the time slowly ahead so they could see the little boy, who wanted to be an engineer, grow up and become an engineer.

They saw how hard he had to struggle, how little he had, how poor he was, and now they had asked the Little Black Clock to tell them his name.

"His name," the Little Black Clock answered, "is George Stephenson, and though he is not the first inventor to build a locomotive, you will see that he is the first to build a steam railroad, for up to now horses have done so much more work."

The children went with the Little Black Clock and saw the funniest little railroad they had ever seen in all their lives.

There were twelve cars with coal in them and one car in which there were a few passengers. People had come from all around to look at the railroad. They were so interested in it that they didn't notice the two children. Nor did they notice the Little Black Clock.

They wore such funny, old-fashioned clothing too, and many of them were laughing.

"It will never go. It will blow up. It's not safe. It's dangerous to travel that way."

And George Stephenson, the boy who had begun by caring for the cows, was saying that in the future mail and many, many passengers, and freight would all go by railway lines, and the people—almost all of them—thought he was very nearly crazy.

Correct this sentence: "I'll marry when I find the right kind of girl," said he, "but I won't let one fool me."

Tomorrow—"Their Ride."

Classified advertising gets results.

By BUD FISHER

MUTT AND JEFF—Can This True Story Be False?

THESE TRUE LOVE STORIES IN THE NEWSPAPERS ARE BREAKING MY HEART. OH, OH, OH—LISTEN TO THIS
"THEY SHE MET A CHAMPION FLAGPOLE SITTER—BUT GOT A DIVORCE WHEN HE CLAIMED A WIFE'S PLACE WAS BY HER HUSBAND'S SIDE—"
"IS THAT A CONTINUED STORY, MUTT?"
"YES, IT CONTINUED TO GET WORSE! (SNIFF)"

"SHE WAS A HOSTESS IN A DANCE HALL AT TEN CENTS A DANCE—HE LOVED HER BUT HE WAS TRYING TO BREAK THE WORLD'S RECORD FOR NOT WORKING—BOO—HOO HOO!"
"OH, BOO HOO HOO!"
"WAH-HH!"

"CORRECT THIS SENTENCE: 'I'D MARRY HIM,' SAID THE CHORUS GIRL. 'IF HE DIDN'T HAVE A SHIRT ON HIS BACK.'"
"OTTO OF ROADSIDE GARAGE MAN: 'ANY GOOD THING I CAN DO, LET ME DO HIM NOW, FOR HE WILL NOT PASS THIS WAY AGAIN.'"

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