

CONSTIPATION BRINGS MANY ILLS



Did you know that constipation often brings despondency? Poison spreads through the system. You feel pop. Headaches become frequent. No wonder you have the "blues."

Yet constipation can be overcome by having sufficient roughage in your diet. A pleasant way to obtain this roughage is through eating Kellogg's All-Bran.

You will enjoy this delicious cereal. And how much better for you than taking habit-forming laxatives.

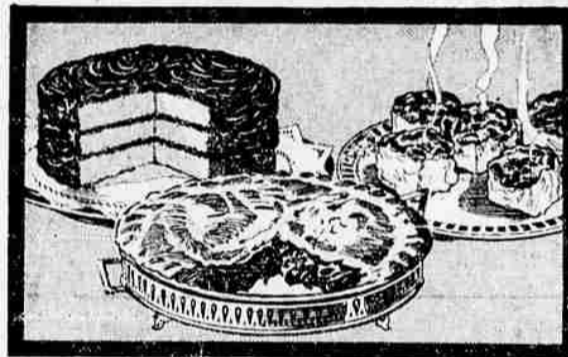
Two tablespoonsful of All-Bran, eaten daily, will relieve and prevent both temporary and recurring constipation.

All-Bran also contains needed iron to build up the blood. At all grocers. Made by Kellogg in Battle Creek.



Toledo — Creamery Package Plant resumed operations recently after installing new machinery.

This Fine ALL-PURPOSE FLOUR



improves all home baking

Not just your cakes, or your crullers, your pies or your popovers—but everything you bake!

And no wonder! The unvarying quality of Sperry Drifted Snow Flour gives richest flavor, most delicate texture, airy lightness, snowy whiteness every time. "It is the ideal type of all-purpose flour", say leading cooking authorities. Its unvarying quality has made Drifted Snow the largest selling flour in the West. Try it!



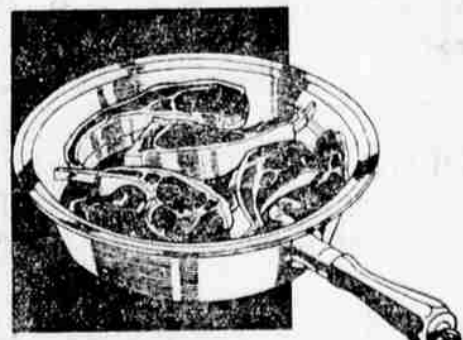
Tune in on "Sperry Smiles" program over the N.B.C. every Tuesday, Thursday and Saturday evening at 8:45—KFSD, KECA, KGO, KGW, KOMO, KHO.

SPERRY DRIFTED SNOW FLOUR

Liberty Meat Market

"Home of Good Meats"

The secret of getting good meats for your table is in buying from butchers who know meats and where to get them. Try our meats for proof.



- SWIFT'S STEER BEEF BEEF TENDERLOIN PORK TENDERLOIN CHOICE VEAL VEAL LOAF CHOICE ROASTS FAT HENS BROOKFIELD EGGS BROOKFIELD BUTTER SWISS CHEESE

FRESH FISH OLYMPIC OYSTERS—EASTERN OYSTERS CRAB

Swift's Government Inspected Beef—Swift's Best Cor. Main and Holly

Phone 164

LONG ISOLATION IN CRATER PARK ENDED FOR PAIR

Having completed their stock inventory of Crater Lake national park property, a task on which they have been engaged since the closing of the park in the latter part of September, Gordon Warner and Rudolph Leucke of the park's storekeeper's department, were to arrive in the city this afternoon from the bleak snow wastes of the national park with the books containing that inventory, and will remain in the city for a vacation of several days and to enjoy some good home cooking.

The boys were to have come out of the park, where they had been making their headquarters at government camp, over the deep snow as far as Union creek by 3 o'clock this afternoon, at which place they would be met by an automobile sent up from Medford by Superintendent Solinsky to bring them to the city.

It rained hard all day yesterday in Crater Lake national park, following a six-inch fall of snow the day before over the 10 inches of fresh snow that had fallen the previous week, and it was presumed here that it probably snowed at the national park last night and today. The rain of yesterday packed up further water content for valley irrigation next spring and summer.

Their visit from the Crater Lake isolation and snow will be a well-earned one for Rudolph and Gordon, as for months past they have been doing their own cooking, living on pork and beans, and ham and eggs or bacon and eggs or vice versa.

While the two were supposed to take turns at doing the cooking it is a good bet for Medford people who know Gordon well to chance all their financial means on a bet that Rudolph was recently bogged by his partner into all the dishing and besides doing all the dishwashing—that is if the boys ever washed the dishes.

On their return to duty at the park Rudolph and Gordon will take up the task of rearranging the stock on the shelves of the warehouse, throw out food for the park's birds and other livestock, and between times study out formulas to do away with mosquitos in the park during the first of next season.

While in the city Mr. Warner will make a further study of the captured German cannon souvenir in the city park, which in former years was wont to change its location on Halloween nights to somewhere on the property of the high school.

"Reducing" Proves Unusual Laugh Hit

A comedy of errors in a beauty show, "Reducing," now at the Fox theater, permits Marie Dressler and Polly Moran to have as much fun with the overweight name as they did with the one they had on Wall Street in "Caught Short."



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latterfield; her daughter, Anita Page, and her two mischievous sons, Billy Taylor and Jay Ward, the latter the cute mascot of the American Legion at the recent convention. Laughs continue to mount when Marie goes into the sister's beauty parlor. These laughs are drawn together in a compact story of love episodes between two interesting young couples—Anita Page and William Haskett, Sally Eilers and William ("Buster") Collier, Jr.

Life-Like Doll Is Prize Award



This beautiful doll, the capital prize in the merchandise contest now being conducted by Medford merchants in conjunction with the Fox theatres in this city, is almost human. It sings and talks like a regular baby and will be the proud possession of the little Medford child who scores the most merchandise votes before Saturday, February 28th.

A fine boys' bicycle and scores of other prizes will also be awarded to Medford kiddies entering this contest, according to Mr. Mauck who is conducting the novel contest.

Society

Mrs. Collins Hostess At Kate Party. Mrs. Kate M. Collins was hostess at a delightful bridge party Wednesday evening, given in honor of Mrs. E. L. Laughlin of Mitchell, Ore., who has been visiting her daughter, Mrs. Chester N. Cummings.

There were two tables in play and prize for high score was awarded Mrs. W. S. Bolger and the consolation prize went to Mrs. Tim Duley.

Those present were Mrs. Laughlin, honor guest, Mrs. Tim Duley, Mrs. W. S. Bolger, Mrs. Chester Cummings, Mrs. H. Brown Foster, Miss Vera Humphrey, Mrs. Vera Plymale, Mrs. T. E. Knuchsted and the hostess.

Poverty Party Enjoyed Thursday. A Poverty Party was enjoyed yesterday afternoon by 27 members of the Alpha Delta club at the home of Mrs. E. N. Stoben, 711 East Jackson street. Members wore costumes indicative of poverty, which were quite amusing.

A short business meeting was conducted. Refreshments were served by the committee in charge, including Meadness Roy Goff, W. R. East, P. H. Saunders and the hostess, Mrs. Helen Chrysothemum Circle To Meet Monday.

Alons Club Enjoys Cards Thursday Evening. Mrs. Malbie Daily and Mrs. Roland Hubbard were joint hostesses last evening at Mrs. Daily's home, Hillcrest orchards, to members of the Alons club. Cards were enjoyed with four tables in play. Prize for high score at bridge was awarded Mrs. Warren Butler and low Mrs. W. S. Bolger.

Mrs. Mills to Visit in Portland. Mrs. Thos. H. Mills plans to leave Medford Sunday for Portland, where she will be guest for a week of her parents, Mr. and Mrs. Harry Beckwith, and the Mills.

Woman in the Shoe—Maxine Jester, Nellie Gohens, Mary Ellen Calhoun, Jean Howell, Lorraine Jester, Helen Blackburn, Margaret Prout.

Accompanist—Mrs. C. R. Duor, Mrs. J. W. Antle.

D. A. R. Program Announced. William chapter D. A. R. of Cascadia will broadcast over KOAC each Friday evening at 8:15, a program which will be of vital interest to all daughters.

card party will be the leading feature of the evening. The newly elected officers will act as the entertainment committee.

Later in the evening refreshments will be served. A cordial invitation to attend the party is extended to the public.

Novel Party Planned By Epworth League. A party replete with novel ideas will be held at the First M. E. church at 8 o'clock Friday evening by the members of the Epworth League.

Leola Van Der Mark, social chairman, plans to conduct a miniature school with an excellent teacher in charge and all pleasures of school days will be enjoyed.

Good refreshments will be served.

Colds TO RELIEVE—Start thorough bowel action and rid your system of poisonous waste as soon as you notice the first sign of a cold. Just take NATURE'S REMEDY—DR. FOLIO'S—and be sure of prompt, easy and pleasant results. It is more thorough in action and far more effective than ordinary laxatives. Try it. The All-Vegetable Laxative.

25% OFF ALL RAINCOATS Caps \$1.95. Buy another for 5c The Men's Shop Next to Rialto Theatre

SAFEWAY STORES DISTRIBUTION WITHOUT WASTE

You Can Use the BUYING POWER of 4000 Stores and Markets. Saturday and Monday Savings

- SUGAR, pure cane fine granulated. 10 pounds 51c. MARGARINE, Crux Brand, the quality margarine. 4 pounds 49c. PANCAKE FLOUR, Sperry's. Makes golden brown cakes or waffles. Large pkg. 19c. 9 8-10 pound bag 49c.

Max-I-Mum Syrup is made for quality and flavor to insure its goodness, and the price is low. We invite comparison of quality. 2 1/2-lb. can 43c. 5-lb. can 79c.

- MILK—All brands, at a Safeway Saving. 3 cans 23c. COCOA, pure rich ground cocoa, full strength. 2 pounds 15c. BREAD—Safeway Twin 1 1/2-pound loaf. White or Whole Wheat. 3 loaves 25c.

- OATS Mother's, with the aluminum or china premium. Large package 33c. MATCHES, the new Highway Brand. A new and better match. 6 box carton 15c.

- Oranges Small, sweet & juicy 4 doz. 29c. Fancy large sweet. Dozen 28c. Lettuce Large, sweet, crisp. Ice packed. 2 heads 11c. Potatoes Klamath, U. S. No. 2 50 lbs. 49c. 100 lbs. 95c.



WHITE KING SOAP FOR EVERY HOUSEHOLD USE