

MEXICAN STREET IN MINIATURE IS WORK OF PUPILS

"Our Street in Cuernavaca," as described by Elizabeth Morrow in an article in the American Mercury, is reproduced in miniature in the quaint and colorful Mexican scene displayed at the Chamber of Commerce this week as art project of the Jackson school sixth grade, directed by Jeanne Laidley.

In keeping with the story, the street runs from "a pink church on a hill to a pink sunset on a mountain." The tall sprays of purple-blue salvia and pink pentstemon, bright clumps of red bonardia, and great yellow weeds—all are there. And so is the little gray burro, ridden by Indians on the road. Figures with their rapiers covering shoulders, and broad-brimmed hats shading their eyes, have been copied by the children from the imagery inspired by Miss Morrow's pen.

A tiled fountain is in the center of the scene. Pots of geraniums and orange trees appear in tiny replicas. And the patio, with arched entrance, lined with oleanders and palms, has been reconstructed in true proportions.

In the distance, the blue foothills, Miss Morrow designates as guards of the street, the sixth graders have visualized and molded to create a sense of space.

The project is just one of a group exhibited by Miss Louise Hollenback, supervisor of art in the Medford schools. All are sixth grade projects and each school in the system is represented.

An Alaskan village, which acquaints the public with the people of the north, their habits, and the plant life which surround them, is included in the display as the project of the Washington school class, taught by Alice Cromar.

The miniature village, inhabited by Indians and Eskimos, was constructed as a geography project, following extensive research work by the pupils. Houses, totem poles, clothing and trees are in keeping with information gleaned from books on Alaska.

A puppet show, interpreting the beloved fairy tale, "Jack and the Beanstalk," made and operated for the entertainment of a recent audience by the Roosevelt sixth graders, under the instruction of Eleanor Curry, is shown in another window of the Chamber of Commerce building.

All characters are represented and "they work," the many strings extending from their bodies, are shown as proof.

Posters, advertising Medford and emphasizing the need for kindness to animals, are shown. Soap carvings from the Lincoln and other schools with sponge animals and drawings by the primary grades, are also included in the display of achievements in the art department, attractively arranged for public inspection by Miss Hollenback.

UMPOUA JETTY BILL HITS SNAG

PORTLAND, April 8.—(AP)—A special Washington, D. C. dispatch to the Journal said Acting Secretary of War Payne has advised Senator Hiram Johnson, chairman of the senate commerce committee, that the department is opposed to Senator McNary's bill to authorize appropriation of \$700,000 for the South Umpqua river jetty, which has been approved by army engineers.

"The project is meritorious," says Payne, according to the dispatch, "but should wait its turn in the next river and harbor bill."

PLANNING OPERATION MANKIN PLACER MINE

APPLIGATE, April 8.—(Special)—Charles H. Brown of San Diego, Cal., has taken an option on the Mankin placer mine. Mr. Brown is now at San Diego and will return here about May 1 with machinery to prospect the land which extends along Poor-man's creek for about two miles. This will be done by Tom Hull of Medford and if prospecting proves valuable Mr. Brown will mine the property on a royalty basis.

Don't Compare Beck's Butternut with ordinary bread

Bread and Cereals Base Cheapest Balanced Diet

By the Bureau of Home Economics, U. S. Department of Agriculture

"Some like it hot, some like it cold, some like it in the pot nine days old." Mother Goose was talking about pea porridge, but the rhyme may go for oatmeal porridge this time, if not taken too literally. The point is that however you take your cereals, whether as porridge, oatmeal gruel, hominy grits, or cornmeal mush, or whether as bread, muffins, or toast, add milk and you have the basis of a low-cost balanced diet. To keep your food costs down to the lowest limit, build your diet on this basis, says the Bureau of Home Economics of the U. S. Department of Agriculture. The other necessary kinds of food—vegetables, fruits, meats—can be used in smaller quantities if you start with plenty of the grain foods and milk.

The low-cost diet begins with bread and cereals because these are cheap forms of energy-giving or fuel foods (which are necessary to keep the body warm and give it power to work) and because they also contain body-building substances. These values come chiefly from the starch and protein contained in the grains and grain products. Whole wheat, brown rice and whole-ground cornmeal contain some minerals and vitamins besides, because they contain parts of the grain usually lost in milling, and it is these parts, chiefly, which contain the minerals and vitamins.

In all but the most exceptional circumstances, and almost everywhere, the grain crops furnish the cheapest energy-giving food, and bread or breadstuffs are the largest single item in the low-cost food supply. For all their importance, however, neither the "staff of life" nor any other grain product will by itself sustain you. And although milk, which is also cheap because it furnishes several other kinds of food in one—is the best single supplement to the grain foods, even this combination must not be considered complete, for it lacks certain vitamins and minerals which only vegetables and fruits can be depended upon to supply.

People who live on a diet too largely composed of grain foods have the so-called "deficiency" diseases—like pellagra in this country, in sections where they eat little else except cornbread, fat meat, and molasses; and like beriberi in oriental countries where polished rice is the principal food. The addition of milk or eggs or lean meat or fish, or tomatoes will prevent pellagra; and brown rice substituted for polished rice, will prevent beriberi. This is true because these foods supply the particular substances needed to prevent these diseases. But a balanced diet requires also vegetables or fruits.

The housewife has her difficulties in meal planning, of course, when she must depend largely on bread and cereals. How shall the mother of a family of five serve 30 pounds of breadstuffs and cereals in a week, in a sufficient variety of ways to make the meals appetizing? It takes the imagination, perhaps, but here are some suggestions.

Whole wheat, rice, bread crumbs or noodles are among the important "makings" of soups or chowders—these is a whole wheat chowder which is very nutritious and very good. Then there are combinations of beef and whole wheat; scalloped liver and whole wheat; liver and rice; whole wheat, fish and tomato; whole wheat and pork; brown rice, plain, or served with tomatoes, or with cheese, or with both; Spanish or Mexican rice, or a pilau of rice or whole wheat; green peppers stuffed with rice; macaroni or spaghetti with cooked ham, with cheese, or with tomatoes and cheese; noodles or dumplings with meat—any of these makes a substantial main dish for dinner. Whole wheat, rice, noodles, macaroni or spaghetti are all good "meat extenders"—that is, they help out if you haven't enough meat for a whole meal, and they are useful with leftovers.

For lunch or supper, fried mush or oatmeal cookies fill a useful place. And for dessert at either meal there are such possibilities as suet pudding, bread pudding (eggs are cheap now), apple dumpling or other fruit dumpling when fruit is cheap—as apples are.

Then, of course, there are the breakfast cereals, and the breads for

every meal. Home made biscuits, wheat cakes, and muffins will consume a considerable portion of the week's allowance of wheat flour; corn cakes, corn pone, corn dodgers, spoon bread, Indian pudding and brown bread are made from cornmeal. And now when eggs are cheap, French toast is another possibility. The grain foods are cheapest, of course, when bought in bulk rather than in package. Whole grain wheat, and also cracked or ground wheat, can be bought at feed stores. Whole grain wheat should be sorted and washed carefully, and soaked overnight (1 1/2 cups of water to each cup of wheat) before cooking. It can be cooked over direct heat or in a double boiler.

The Bureau of Home Economics will furnish, on request, a number of whole wheat recipes, and other low-cost recipes for using the cereal foods in appetizing combinations.

MENU FOR ONE DAY

- Breakfast: 1 tablespoon chopped parsley, Oatmeal, Toast, Coffee (adults), Milk (children)
Dinner: Whole Wheat and Beef, Spring Greens, Toast, Butter, Canned Pineapple, Milk for All, Supper: Split Pea Soup, Fried or Glazed Sweet Potatoes, Mixed Relish, Bread, Butter, Milk for Children

RECIPES

Whole Wheat Chowder: 2 cups sliced carrots, 1 pint boiling water, 1/2 cup sliced salt pork, 4 tablespoons chopped onion, 1 tablespoon flour, 1 pint milk, 2 cups cooked whole wheat, 1 teaspoon salt, Pepper, 1 tablespoon chopped barley. Cook the carrots in the boiling water until tender. Fry the salt pork until crisp, remove it from the fat, 1 tablespoon chopped barley, and cook the onions in the fat. Stir in the flour and cook a few minutes longer. Mix all ingredients in the upper part of a double boiler, stir until well blended, and cook about 10 minutes.

Mexican Rice

1 cup salt pork or bacon, diced, 2 large onions, sliced, 1 1/2 teaspoons salt, 2 cups tomato, 1 cup chili sauce, 2 cups hot water, 1/2 teaspoon chili powder. Cook the salt pork or bacon in a large frying pan until crisp. Remove from the fat; add the onion, brown it in the fat, and remove. Wash the rice and drain it thoroughly. Place it in the fat, stirring until it is a golden brown; then add the salt, tomato, chili sauce and water. Cover and cook until the rice has absorbed all the liquid and is tender, adding a little more water if necessary. Season with the chili powder, add the salt pork or bacon, and serve hot.

Ham and Macaroni

Add chopped cooked ham to a thin white sauce, mix with cooked macaroni, season to taste, and serve hot.

MATTER OF EMPHASIS 1932

"We know, for we know that women are re-discovering that good clothes are sound economy... that they look better... that at this spring's prices are far better value than clothes of lesser quality!"

ETHELWYN B. HOFFMANN'S has been built on the policy of quality at fair prices.

WARD WEEK FOR WISE SHOPPERS OPENS SATURDAY

In an attempt to endorse and harmonize with the various prosperity and anti-hoarding drives throughout the country, Montgomery Ward and Company will open tomorrow its low price prosperity event, known as Ward week. It was stated today by I. F. Andros, manager of the local Ward store.

"Public education by newspapers and magazines to encourage wise spending, and low prices on quality merchandise in Ward's prosperity event, assure me that our many local friends will benefit during Ward week," commented the local manager.

"Twenty-five per cent of all United States currency is being hoarded, and Wards' intend to coax idle dollars back into circulation by putting the lowest prices on the best grades of merchandise," was the statement of Mr. Andros.

More than 500 stores have planned for months to secure the latest merchandise for this annual event, explained the local manager. "Yet the recent campaigns for the return of prosperity have made us revise all our prices with a downward sweep. In order to give everybody an honest desire to spend, and spend wisely."

Authentic reports on the selling prices of various lines of merchandise show that the public dollar is worth more than in several decades, according to information received at the local store. "Ward's price tags, for instance, show that on seventy items the retail prices at Ward's range as low as 40 per cent under the previous lowest prices recorded last fall," was commented by Mr. Andros.

The Ladies' Home Journal has provided copies of its "Save and Spend" campaign for distribution to the visitors at the local store during Ward week. The local manager has made preparations for additional salespeople to help with the merchandise that is arriving daily for the property event.

When you think of a new dress, think of the Band Box Exclusive styles and lovely materials at a great saving to you. \$4.95 to \$14.95—our low prices. THE BAND BOX.

One secret of getting ahead. Includes image of a man and text about health and success.

You need good health to succeed. Many a man has seen his chances go because he was too sick to keep pace with competition. Often his poor health was due to constipation.

This ailment frequently causes headaches, loss of energy, sleeplessness. It takes the "punch" out of your day's work.

Try eating Kellogg's ALL-BRAN. Science shows this delicious cereal supplies "bulk" to exercise the intestines, and Vitamin B to tone the intestinal tract. Also iron for the blood.

The "bulk" in ALL-BRAN is much like that of lettuce. How much safer than using pills and drugs—so often habit-forming.

Two tablespoonfuls daily will correct most types of constipation. If your intestinal trouble is not relieved this way, see your doctor.

In the red-and-green package. At all grocers. Made by Kellogg in Battle Creek.

HELPS KEEP YOU FIT

RELIABLE CASH GROCERY

W. A. HOLLOWAY, Owner FREE PARKING LOT 117 No. Central WE HAVE PASSED THE BUCK

For weeks certain salesmen have been telling us that we did not give proper attention and courtesy to our customers, that the ladies especially resented being left to wander or wonder alone thru the store, that they were virtually lost in a huge stock of good things to eat.

Del Monte Products. Early Garden Peas, No. 2's... 3 cans 49c. Grape Fruit (full sections) No. 2's... 3 cans 39c. Whole Kernel Golden Bantam Corn, 10 1/2 oz... 3 cans 44c. Sliced Pineapple (fancy slices) No. 2 1/2... 3 cans 49c. Melba Peaches, No. 2 1/2, 3 cans 53c; Tomato Juice, No. 1 tall, 3 cans 25c.

Schillings Products. Coffee lb. 35c. Wings of the Morning Tea—black or green, 4 oz. 20c. Baking Powder, 12 oz. 32c. Ladino Cheese lb. 19c. Best Foods Products. Mayonnaise or Spread Full Pint 25c. Bread and Butter Pickles Regular 20c size 2 for 29c.

JELLO FREE Molds and Recipe Books 6 packages — 4 molds and 1 book 6 pkgs. 45c. Baker's Cocoa and FREE Recipe Book 19c. Maxwell House Coffee, FREE cups hot coffee, lb. 33c. Grape Nut Flakes, 2 pkgs. 19c. Swans Down Cake Flour, pkg. 25c.

Loose - Wiles Biscuit Co. 69c — Sunshine Special — 69c. 29c Cookie Deal. 1-lb. pkg. Marshmallow Dixie Cookies, 35c value, and 1/2-lb. pkg. Sunshine Hydrox Cookies FREE.

Swift & Co. Products. Jewel Shortening 4-lb. pail 44c; 8 lb. 84c. Swift's Premium Sliced Bacon, pkg. 15c. Swift's Brookfield Cheese 1/2-lb. pkg. 2 for 29c. Albers & Carnation Products. Instant Tapioca 10c ea.; 3 for 25c. Carnation Wheat or Oat Flakes, lg. pkg. 19c. Pearl of Wheat 19c; Flapjack flour 19c. Carnation Milk, 3 large cans 20c.

Mission Bell Toilet Soap, bar 5c. White Eagle Soap, 10 bars 25c. 49 lbs. Anchor Flour \$1.13

FRESH FRUIT AND PRODUCE. Local Rhubarb 3 lbs. 18c. Fancy Local Spinach 3 lbs. 10c. Fancy Green Onions, 3 bu. 9c. Fancy Carrots bunch 5c. Fancy Artichokes each 5c. Fancy Green Peas 3 lbs. 25c. Asparagus 2 lbs. 15c. Local Radishes 3 for 10c. Sun Kist Lemons, 360 size dozen 19c. Sunkist Brand Oranges 2 dozen 39c. Arizona Grapefruit 7 for 25c.

Phone 20 4 FREE DELIVERIES DAILY at 8, 9:30, 1:30, 3:30. 117 N. Central Phone your order early for better delivery service.

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