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MEDFORD MAIL TRIBUNE, MEDFORD. OREGON, FRIDAY, APRIL 29, 1932.

MAYOR TESTS 10-CENT DIET

The only way Rolland B. Marvin, "fighting mayor" of Syracuse, could be sure a 10-centa-day welfare relief diet for the city's depen-dents contained the proper nourishment was to try it on himself and his family. They will take two weeks to complete the test. Here is the mayor breakfasting on teast, coffee, orange juice and butter substitute-total cost about 3 cents. Mrs. Marvin, at his side, prepared the meal.

Milk Forms Foundation EAGLE PT. GRANGE Most Economical Diet PLANS EXPLOITING

By the Bureau of Home Economics, U. S. Department of Agriculture, The most economical diet that can

be devised, says the Hureau of Home sconomics of ine U. S. Departments of Agriculture, is built around milk and grain foods. Milk, along with a com-bination of whole-grain and refined grain products, furnishes the chesp-est sources of energy, of building ma-terials, and of certain health-pro-toeting aubstances. This foundation, reinforced with potatoes or tomatoes, for example, citrus fruits or some other source of vitamin C, makes it possible to get along, if necessary, with less of some other foods that one might like. Milk furniances more kinds of nuitri-ents than any other one food. Therehe devised, says the Bureau of Home

milk can take it in other dairy prod-ucts, cooked or served with cereals and in soups, and cooked or served with vegetables, or in puddings. Milk is rich in protein, in minerals (calcium and phosphorus especially) and in vitamins. Because of this many-sided tood value, it is one of the cheapest foods. To most people milk means fresh whole milk, but evaporated to half its original bulk, an may be cheaper than fresh milk. It can be used instead of fresh milk. It can be used instead of freeh milk, sepecially in cooking, and aline it can be kept indefinitely if the can is unopened, it is a convenient and milk can, not be had. A "tail can" of evaporated milk, when diluted with an equid quantity of water, is equiv-alent in food value to a quart of FOR GIRLS' LEAGUE

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LOW COST MENU FOR ONE DAY HITCHARAS. Orange Rections, Blices or Julee Cerest cooked in Milk Coffee (adulte

Tonat Coffee (adulta Milk (children) Dinner.

Sausage Cakes Pried Apples Scalloped Potatoes Combread Milk for children

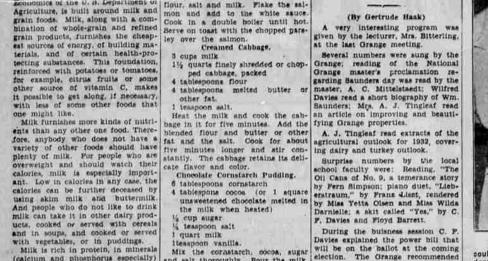
Supper. Cream of Vegetable Soup Crackers French Toast Sirup Milk for children

Milk for children Milk for chil

1/2 teaspoon salt 1 pound can salmon Toast

Toast Chopped paraley. Prepare a white sauce of the fat. flour, sait and milk. Flake the sait-mon and add to the white sauce. Cook in a double boiler until hot. Serve on toast with the chopped para-ley over the saiton.

i quari milk itesspoon vanilia. Mix the cornstarch, occoa, sugar and sait thoroughly. Pour the milk, which has been heated in a double boller, into this mixture. Return to the double boller, stir until thicken-ed, cover and cook for 20 minutes. Remove from the fire, beat well and add the vanilia. Pour into a wet



LOCAL PRODUCTS

(By Gertrude Haak)

Remove from the fire, beat well and campaign to encourage greater use add the vanilis. Pour into a wet of home grown products and a lesser uset of shipped in products received favorable consideration.

favorable consideration. May 5 was set aside as candidates' night, when all of the candidates of the county would be invited guests of the Grange. Frank Hansen pleased the audience

Climax CLIMAX, April 29.-(Spl.)-Meanra larnish and Durowather, mining nen of Portland, were here Friday on

Milroy Charley, who cut his foot badly some time ago, is now much

improved. Mr. and Mrs. A. J. Grissom visited

with two solos.

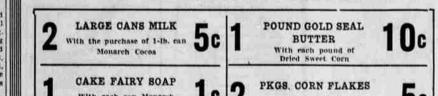
Mr. and Mrs. A. J. Grissom visited friends near Central Point Sunday. Mrs. L. H. Werts and daughters called on Mrs. N. Charley Friday. Meille Grissom was absent from school Wednesday on account of ill-

HELP IN COMEDY Through the co-operation of the faculty and student players this year's senior play to be presented May 6, is expected to be one of the best comedies to be put on by Med-ford high school. The comedy, in three acts, has to do with a wealthy business man and his extravagant family. The play, "Adam and Eva." written by those most successful English play-wrights. Bolton and Middleton, car-ries a succession of laughs and a maximum of entertainment.



Our store is the most interesting Food Shop in all Southern Oregon and Northern California. Stop in and look around. See the many new things in foods.

SPECIALS FOR SATURDAY



win, to each of whom a defnite pa-of the week's program is assigned. I.O.O.F. AND REBEKAH NATIONAL MUSIC WEEK Real Estate or Insurance-Leave is o Jones. Phone 796. LODGES OF VALLEY PLANS INTEREST MANY ENJOY JOINT MEETING SOUTHERN ORE. FOLK

Through the co-operation of the The festivities and exercises held in the I. O. O. F. hall Tuesday night civic organizations, service clubs, under the auspices of the Odd Fel- churches, radio, press and professionlows and Rebekahs of Medford, Ash-iand, Jacksonville, Central Point and Gold Hill were attended by a large crowd of the fraternities and their guests. There were representative ideigations from the neighboring towna. The dinner at 6:30 was quite an claborate feast of seven courses, well prepared and expeditionally served. Two aittings were necessary to as Two aittings were necessary to as towns to altings were necessary to as town at the seven courses, well prepared and expeditionally served. Two aittings were necessary to as towns for the sever courses, well prepared and expeditionally served. Two aittings were necessary to as towns to the programs of the sever be leading local musicians and will be entertaining in character. Among those contributing to the programs for the service clubs are al musicians, Medford's annual ob ows and Rebekahs of Medford, Ash-

commodate the crowd. After the re-past many indulged in card playing until the hour came for the other falle Carleton Strang, Roberta Ward part of the program Every number of the program was enthusiastically been were and the readings and musi-cal selections heartily encored. B Williams presided as master of singing organization, under the di-ceremonies and announced the foi-lowing numbers: Singing, "America." by the audi-ence.

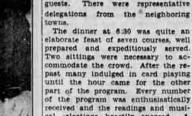
Associated Press Photo

Dot Clements Goes

To South America WILLOW SPRINGS, Ore. April 29. --(Spl.)--Dot Clements, son of Mr. and Mrs. A. H. Clements, left Mon-day for Columbia, S. C., where he has accepted a position as electric engineer with the South American Gold & Platinum Co. He expects to be gone about two years. Dot has been a student this year at the Uni-versity of Oregon and will finish his

versity of Oregon and will finish his course when he returns. Madison, Wis., capital of the state was chosen as the capital site wher there was not a house on the present location of the city.

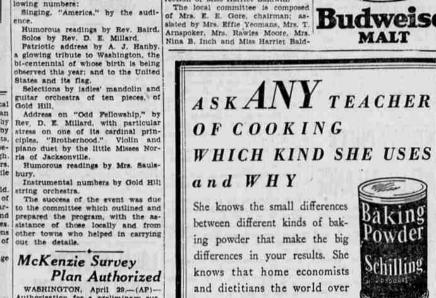
Indian deer hunters use bells when stalking deer, the animals being at-tracted by curiosity rather than



bury. Instrumental numbers by Gold Hill string orchestra. The success of the event was due to the committee which outlined and to the committee which outlined and prepared the program, with the as-sistance of those locally and from other towns who helped in carrying out the details.

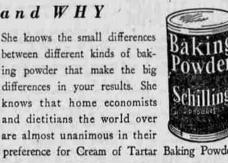
McKenzie Survey

Plan Authorized WASHINGTON, April 29.—(AP)— Authorization for a preliminary survey of the McKenzie river in Ore-gon looking toward a flood control plan was sought today in a bill in-iroduced by Senator McNary (R. Ora) Ore.)



preference for Cream of Tartar Baking Powder.





Scores

in the

Home

Budweiser

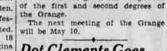
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西湖

Humorous readings by Mrs. Sauls

SCHOOL CHILDREN GIVE SCHOOL CHILDREN GIVE PROGRAM FOR GRANGE GATHERING IN PHOENIX PHOENIX, April 29-(8pl.)-The program at the Grange hall Tues-day was put on by school children under the guidance of Mrs. Golden, Mark Barrett brought brief mesages. Dress State Bandon Mr. and Mrs. Bar-tro Steadman Mr. And Mrs. Bar-Mr. Willets was given the obligations of Steadman Mr. And Mrs. Bar-Steadman Mr. And Mrs. Bar-Mr. Willets was given the obligations of Steadman Mr. And Mrs. Bar-Steadman Mr. And Mrs. Bar-Mr. Willets was given the obligations of Steadman Mr. And Mr. And Mrs. Bar-Steadman Mr. And Mr. And Mr. And Mr. And Mrs. Bar-Mr. Willets was given the obligations of Steadman Mr. And Mr. A

of the first and second degrees of



under the guidance of Mrs. Golden. teacher. Dances for the music fea-

tival at Ashland were well presented. The first dance was staged by 18

The first dance was staged by 16 girls: Irene Steadman, Georgina Coats, Mahel Hardesty, Jeanette Mo-Abee, Marie Lyona, Maxine Cobleigh. Frances Glover, Dona Montgomery, Evelyn Carpenter, Kathleen Carpen-ter, Virginia Haight, Natalle Wilcox, June Peebler, Pattey Thompson, Opal Unrue, Mary Jean Barnes, Marguer-te Handforkers Carpens Barger-



With each can Monarch Red Raspberries	2 With each qt. Jar Yolo Sweet Fickles 5C
CAKES WHITE WONDER SOAP With each can Vegetable salad	T PT. JAR BEST FOODS MAYONNAISE With each can Maine Blueberries
TTLE CREEK HEALTH FOOD	MANNING'S COFFEE
	Bakery Joe Doblmeier Y SPECIALS
Honey Cookies doz. 10c	Homemade Bread Malted Milk,
v Orleans Praline Cakes 35c	3 for 20c Shortcake Layers
Angel Food Cakes accolate or White, each 20c	7 inch 2 for 10c 8 inch 2 for 20c
164 Liberty	y Market E. R. Pech
"The Home of Good Meats-Gov SWIFT'S BEST S	vt. Inspected Swift & Co. Steer Beef" STEER BEEF and PORK e food value than fresh-killed meats-
abbits, 100 per cent Pork HEN	SATURDAY SPECIALS (ERS, 3 for \$1.00) NS, each 45c
Beef Hamburger with no LAME	STON BUTTS, lb. 10c MB STEW, lb. 5c LIAN SALAME, lb. 20c

