

VACATION HEALTH SAFEGUARDS TOLD BY STATE BOARD

A list of instructions, aimed to make vacations healthy, as well as jolly, was released yesterday by the Oregon State Board of Health and submitted for publication by Medford physicians under the heading "Protect Yourself Against Vacation Infection."

They read, in part, as follows: An overdose of sunshine must be guarded against. Sunburn is not only painful, but frequently causes illness. Sun baths should be taken gradually until the body becomes accustomed to the sun's rays. Rest is essential and a short rest period during the day will do much to increase the benefits of the vacation season.

Precautions must be exercised in what you eat and drink. Remember that water which is clear and cold and looks and tastes well is not necessarily wholesome. All drinking water that comes from unprotected or questionable sources should be boiled. Likewise with the milk you drink be sure that it is kept clean, cool and covered. Boil all milk that comes from questionable sources. Avoid the possibility of consuming contaminated food and steer shy of the places that tolerate insanitary conditions and unkept utensils.

The hands should be washed with plenty of soap and water before handling or preparing food for the table. Vegetables and fruits should be washed before eating. All foods should be screened against flies. Always wash the hands before eating. Don't bathe or swim in streams polluted by sewage. Disease-causing germs are discharged from carriers and persons suffering with infectious diseases into the streams by the water-carriage system of sewage disposal. Make your swimming a real recreation by adopting the good rule of "safety first." Remember that water is not safe to swim in unless it is safe to drink. Pay particular attention to the location of the lake or stream and its drainage. In addition to having safe water, the swimmer should safeguard himself with respect to a number of other points. Never go in deep water unless you are a good swimmer. Do not go in bathing until two hours after eating. If overheated, cool off gradually before entering the water. Learn to swim so that you can enjoy it safely.

JACKSONVILLE GRANGE AND ROXY ANN ENJOY JOINT MEET PROGRAM
About 100 Grangers gathered at the Jacksonville Grange hall Friday evening when a joint meeting was held between the Jacksonville and Roxy Ann Granges. The Roxy Ann Grange conducted the meeting with Roscoe Roberts, master, presiding. A report was made concerning the action taken by the agricultural committee on a sack pool. C. C. Hoover reported that a good saving could be effected. Several appointments were made by Chester Wendt, master of the Jacksonville Grange, to fill vacancies caused by the resignation of the lecturer, C. C. Hoover and the chairman of the ways and means, Carl Niedermeyer. Miss Ruth Severance was appointed to act as lecturer for the summer and Mrs. Mabel Sims as chairman of the ways and means committee for the remainder of the year.

Henry Conger, who with Mrs. Conger attended the state Grange convention at Silverton as alternate representative, gave an interesting report of his trip and some of the important transactions at the convention. Roscoe Roberts, representative of the Roxy Ann Grange, supplemented Mr. Conger's report. At the close of the meeting an interesting program was presented by the lecturer, Woodrow Murphy. The following numbers were enjoyed: A song by two small boys, Tad and Dean Von Stein; a comedy in two acts with the following cast: Mildred and Cecil Reynolds, Ione and Biella Bates, Daisy and Orville Farrell and Herman Mitchell, all young people of the Roxy Ann Grange; duet number by Gerald and Nellie Murphy and two solo numbers by Frank Hansen.

Refreshments were served by Mr. and Mrs. Carl Niedermeyer, Mr. and Mrs. W. H. Arnold, Mr. and Mrs. Kenepeter, Mr. and Mrs. John Marsh and Mr. and Mrs. C. Langley. During the luncheon a gift was presented to Mrs. Rose, director of the play, by the cast and Herman Mitchell entertained with a vocal number. Wednesday, July 20, will be "red letter" day for the home economics club. Plans are under way for a real surprise party, announcements of which will be posted soon. All members are asked to keep this date free as they will not want to miss it.

LEGION COMMANDER CANDIDATE BOBS UP
LA GRANDE, Ore., July 13.—(AP)—Hugh E. Brady, district vice commander of the Oregon American Legion, announced his candidacy for the position of state departmental commander at a meeting of the La Grande post last night. Brady, a local attorney, is a former district commander and also is serving his third term as a member of the state executive committee of the American Legion.

Heppner—Contract let for new city water well.

MOTHER'S FINGER INTRIGUES BABY



Marylyn, daughter of Dr. and Mrs. Franklin Thorpe, seems to be more interested in her mother than in the photographers in Honolulu who took her first picture. If you didn't know it, Mrs. Thorpe is Mary Astor of the movies.

BONUS SEEKERS TO CONTINUE ON SPOT

PITTSBURGH, July 14.—(AP)—Walter W. Waters, commander of the war veterans camped in Washington, says funds available from a private source will enable the vets to remain in the capital indefinitely. In an interview last night, Waters disclosed a cantonment sufficient to care for the 20,000 bonus seekers would be set up on private property soon, through the funds properly so fit.

Haystack Moved By Freak Storm

LA GRANDE, Ore., July 13.—(AP)—With all this talk of trade and barter in Wallowa county, even the elements felt it was incumbent to take a hand. During a freak windstorm at Lostine, Ore., two tons of hay were lifted from a stack on the Floyd Hammack field and set down in the Wayne field, a short distance away.

EXTEND PROTECTION VOLUNTEER FIREMEN

SALEM, Ore., July 13.—(AP)—Chas. T. Early, chairman of the state industrial accident commission, announced today that the commission has made a rate on volunteer firemen effective August 1 that would give them full protection outside the city limits within a radius of five miles, when on duty. This coverage will be available to all towns desiring it.

Phoenix Juveniles To Meet Saturday

PHOENIX, July 13.—(Sp1)—The juvenile circle meeting will be held at the hall Saturday afternoon and all juveniles are urged to be present, as plans are being made for various parts of the program in which they will participate on Sunday at the picnic in Ashland. Woodburn—Mary Mattley and Esther Hettinger purchased hotel here.

ZANE GREY'S SON AND PARTY VISIT AT DIAMOND LAKE

DIAMOND LAKE, July 13.—(Sp1)—Registration during the first half of July has showed a satisfying increase over June. As usual at this season there are many from San Francisco. Among them Mr. and Mrs. Sidney B. Sargent who are spending their sixth annual vacation of six weeks at the lake; Mr. and Mrs. F. R. Weinman, son and daughter. Here for their eighth consecutive season. Also Mr. and Mrs. Harry W. Glensor and daughter. Mr. Glensor, who holds the post of American counselor for Latvia in San Francisco, states that this is his third trip to the lake. Another family which has made Diamond Lake vacation headquarters for several years past is that of E. Paul Ford of San Diego. Mr. Ford leaves his two speed boats at the lake the year around.

Bomer Grey, son of Zane Grey, and party were at the lodge this week. Mr. Grey stated that he would return with more of his party for some fishing later. Fish, after the longest period of sluggishness known in the history of the lake, have begun biting again. And the game warden stationed here reports that he has checked several limits during the past three days. Also that practically everyone who went out was getting some fish. Recent registrations from Medford include: L. B. Scheffel, E. J. Lesch, J. A. Perry and wife, who had as their guests Mr. and Mrs. L. A. Dillingham of San Diego, Calif.; Mr. and Mrs. G. W. Phetteplace; Mr. and Mrs. A. O. Myers, Central Point, who had as their guests Mr. and Mrs. W. J. Clement of Benicia, Calif.

FREE METHODISTS SLASH EXPENSES

PORTLAND, Ore., July 13.—(AP)—By an overwhelming vote the Oregon Free Methodist annual conference today voted to reduce its overhead by eliminating one district elder, and ordered the three districts in the conference to be supervised by one traveling elder.

The Rev. A. C. Archer of Portland was elected district elder. There will be no change in the districts, Portland, Salem and Roseburg. It is understood that with but one elder the churches will not be visited quarterly as has been the rule with two supervisors.

BRAZIL REVOLT IS BOTTLED UP

RIO DE JANEIRO, July 13.—(AP)—The Brazilian government today had bottled the Sao Paulo revolt within the borders of that state and it proceeded immediately to follow up its advantage by mobilizing men, money and munitions to complete the task of putting the rebellion down.

Confidence was expressed this would be accomplished soon. A credit of \$1,500,000 was decreed to meet the expense of the campaign. There was a feeling in some quarters, however, that unless the rebels, who have constituted themselves the "constitutional army," are disposed to arbitrate the trouble may continue several weeks.

The Dalles—Wasco Grain Growers completed first unit of new warehouse few miles upriver from here.



are now at their best for Jelly or Jam

Full of juice, rich in flavor, the cherries now on the market are low-priced and just right to make firm, sparkling jelly, without a chance of failure by using Pen-Jel. It adds to the ripe cherry juice what Nature left out—Pectin.

Easy Cup-for-Cup Method

No complicated book of recipes necessary... simply follow easy directions on the package... just one recipe for all fruits.



Liberty Food Store

Liberty Bldg. "The Home of Pure Foods" W. Main St. Alexander Grocery Inc. Phone 143 FREE DELIVERY E. F. ALEXANDER, Gen. Mgr.

If you happen to be one who is looking for Cheap Foods at Low Prices, our store will probably have no appeal for you. But if you want the Best Food at Reasonable Prices plus Intelligent Service, you will enjoy trading with us. You will find a friendly atmosphere here which most people enjoy.

SATURDAY SPECIALS

Pabst Malt Syrup Extra Special Per can only 49c	FORMAY The shortening supreme 3-lb. can 49c 1 can Free with each 3-lb. can.
All 5c bars candy.....	2 for 5c
Pint Bottle Clorox.....	9c
Tip Top Coffee.....	Lb. 17c
Campbell's Pork and Beans, medium can.....	4 for 19c
Full Qt. Bottle Concord Grape Juice.....	39c
Large Can Sweet Corn, No. 2.....	3 for 29c
Large Can Oval Sardines.....	3 for 19c
Liberty White Laundry Soap.....	10 cakes 19c
Del Ray Tomato Juice.....	3 for 25c
Qt. Jar Yolo Sweet Pickles.....	29c
3 Extra 10c Large Cakes Toilet Soap and a 15c Towel, all for.....	25c

Model Bakery Joe Doblmeier

Why Have a Special Price for Saturday? We Have These Specials Every Day!
RAISED DO-NUTS Doz. 15c CINNAMON ROLLS DAFFODIL CAKES Doz. 20c and 30c
8-IN. COVERED PIES Each 20c SANDWICH BUNS Doz. 15c HOMEMADE BREAD 3 for 20c

Liberty Market E. R. Pech

"The Home of Good Meats—Govt. Inspected Swift & Co. Steer Beef"
STEER BEEF I have the best beef this side of Portland. Come in and convince yourself. Once a customer, always a customer!
BEEF PORK VEAL LAMB SPECIAL HENS Each 40c
Choice Fryers and Rabbits

More Style! More Quality! More Value! Dollars do Double Duty at the M. M. DEPT. STORE'S JULY CLEARANCE

With Many Summer Days Still Ahead... This Mid-Summer Event Affords An Unusual Opportunity to Supply Immediate Needs at Savings

Latest Fashions in SILK FROCKS
\$3.95 .. and .. \$5.00

Women's Spring Coats 1/2 Price

SILKS!
SILK WASHABLE CREPE Ideal for Sports frocks. In white and wanted pastels. Yard \$1.29
\$1.95 ROUGH SPORT CREPE 36-inch. Heavy quality. Beautiful array of Summer colors. Yard 79c
SILK CHIFFON \$1.95. 40-inch. In beautiful patterns and effective color combinations. 98c

Here's an Outstanding HOSIERY EVENT
Full fashioned pure silk hosiery 59c
Full fashioned pure silk hosiery 79c
Full fashioned pure silk hosiery \$1.00 Heavy service weights—all shades

75c NOVELTY EYELET BATISTE A fine sheer fabric for Summer frocks. All light shades. Yard 59c
50c MESH In various weights and weaves. In prints. Yard 39c
COTTON PRINTS Here is a fabric that is especially well suited for Summer frocks. In small and large patterns. Yard 19c
VOILE Very desirable quality for dresses and curtains. Past colors. Yard 19c

McCall Patterns Make Home Sewing Easy

You Can't Afford to Pass Up these Low Shoe Prices

Women's Summer FOOTWEAR

Here are all the wanted styles in beige and black footwear. Whether your taste be for sports or formal wear, we have a full assortment in all sizes.

\$7.85 values in beige low shoes now \$4.95
\$4.45 values in beige pumps now going at \$3.45
One lot going on sale at \$2.95

MILLINERY SALE
Flattering Hats for Mid-Summer Wear!
EVERY HAT REDUCED! to less than HALF PRICE! for final sale—Come Early Tomorrow
Adellee Millinery Shop (MAIN FLOOR)
Medford's only Department Store giving the added discount of S. and H. Green Saving Stamps

Lightweight Pajamas for Hot Nights
They are made in the popular middy style, in solid and novelty materials. Buy several at this price. **\$1.00**

Attractive Dress SHIRTS 65c
Fine broadcloth shirts in all colors, full sized 14 1/2 to 17.

MEN'S DRESS SHOES \$3.45 to \$4.95
WORK SHOES \$1.98 to \$3.45

Merchandise at Savings Far Below Usually Attractive Prices—Buy Now and Save

BASEMENT BARGAINS

Medford's lowest priced Bargain department, where you serve yourself and save. Everything marked in plain figures.

Shoes for All the Family

\$4.45 Men's Tan Oxfords \$1.98
This is a final closeout of light tan oxfords. Extra quality, all sizes
\$3.50 Men's Two-tone Oxfords \$2.45
Sport style, two-tone oxfords for men. All sizes
Boys' Work Shoes \$1.59 to \$2.98
All leather shoes for boys, that will wear. Big values
Children's Shoes For Less, \$1.00 - \$1.49 - \$1.98
Why pay more when you can save on every pair you buy in the M. M. Basement. Put your children's feet in our shoes.

WOMEN'S SHOES CHEAP

\$4.45 Low heel black or tan Oxfords \$1.98
No other bargains like these. The saving is all yours.
\$3.45 Sport Oxfords \$2.45
Extra quality fine fitting sport Oxfords at a time just when you need them.
\$1.25 Beach Pajamas 98c
Fast Colored, novelty Pajamas in all sizes, very special
75c Ruffle Curtains 49c
Five piece curtain sets. Fine quality
10c Bundle Prints
Mill end remnants for quilts. Assorted patterns and lengths. Put up in bundles at this very low price. Some pieces in these bundles long enough to use for other purposes. Only 300 bundles to sell.

35c Rayon Prints 29c
Yardage prints in rayon make beautiful dresses.
Percale Prints 10c and 12c
Values up to 20c
\$1.29 Beach Sandals 98c
Women's colored Beach Sandals. Red, Orange, Green, Blue, White.
Children's Sun Suits 25c
2 to 6 years
Men's Broadcloth Shirts 59c
Special, 2 for \$1.00. All sizes, roomy cut. Equal to many regular \$1.00 shirts.
Broadcloth Shorts 29c
Simplicity Dress Patterns 15c
The new modern Dress Pattern at a new Low Price

Attractive Dress SHIRTS 65c
Fine broadcloth shirts in all colors, full sized 14 1/2 to 17.

MEN'S DRESS SHOES \$3.45 to \$4.95
WORK SHOES \$1.98 to \$3.45