

EXPERTS SUBMIT DIET CHART FOR LIMITED INCOME

In line with the food conservation program under way here to provide products to the unemployed in exchange for labor during the coming winter, a diet chart, aimed to aid families with limited incomes in obtaining the proper foods, was submitted to the Mail Tribune today.

To provide families with an adequate diet at a minimum cost, the charts were prepared by Mrs. Jessamine C. Williams, head of the foods and nutrition department of Oregon State college, and Dr. Jessie Brodie, physician of Portland, both members of the state food committee.

Miss Claribel Nye, chairman of the state food committee, of the governor's relief council, issued the charts. The report, published in the Eugene Register-Guard with the charts, reads as follows:

"Depletion and low resistance to disease during these next months is inevitable," says Dr. Brodie, "if foods provided are insufficient in amount. It is important that limited money expenditures for food provide as fully as possible the elements of an adequate diet."

"In making up this weekly marketing list, we have endeavored to list only the most inexpensive foods," points out Mrs. Williams. Quantities and varieties are considered the minimum to maintain health.

Food quantities needed in one week for various sized families are listed. For instance, for a family of five, including two adults, the weekly diet, if adequate, will include the following amounts of foods:

Milk may be half fresh, half evaporated, not sweetened, 21 quarts. Vegetables—Tomatoes, 5 qt., or 5 No. 2 cans; leafy vegetables such as cabbage or greens, 5 lbs.; potatoes, 20 lbs.; other vegetables such as carrots and onions, 11 lbs.

Bread, cereals and legumes—Bread (part whole wheat) or flour, 14 lbs.; cereals such as oatmeal, wheat, rice, macaroni, 4 lbs.; flour (part whole wheat) 1/2, 4 lbs.; dried beans and peas, 1 1/2 lbs.

Fats—Butter, lard, salt pork, bacon, vegetable oil or other fats, 3 lbs. Sweet—Sugar, 3 lbs.; syrup, 1 pt.; eggs, 1 dozen; cheese or nuts, 1 1/2 lbs. Lean meat or fish—Not more than 6 lbs.; beverages—coffee, 1/2 lb.; tea, 1/4 lb.

Coffee and tea have no food value. It is pointed out, but since many people are dependent upon them for satisfaction it may seem unwise to omit them.

Milk is a prime requisite, according to these nutritionists, who indicate that for each child up to 12 years of age at least seven pints, preferably seven quarts, of fresh milk should be provided each week.

Feathering of autoists and residents along the Pacific Highway by auto traps and hitch-hikers, continued today according to reports to the state police. Profane insolence by hitch-hikers to motorists was reported as prevalent between Central Point and Gold Hill last evening, as the wanderers started on their hike after sundown.

Three transient autoists were arrested by state police yesterday at Grants Pass. The trio drove into a service station and ordered a tank full of gas. While the attendant was thus engaged, one of the men entered the store, and helped himself to cigarettes and a loaf of bread. When the attendant came to collect they drove off. They were arrested a short time later. One of the men, given the name of W. D. Green, had a complete set of narcotics and hypodermic needles in his possession. He is not a drug addict. State police think it was stolen from a doctor's office.

Many of the hitch-hikers are women, ranging from 16 to 60 years. W. D. Morris of the Table Rock district, reported that the first of the week, near Glendale, he passed two women. Later he learned from another autoist that they were 65 years old, and walking from Portland to Oakland, Calif. Included among the hitch-hikers are many young men of high school age, the authorities state.

Due to wide publicity to assaults on highway Samaritans, few, if any passenger car drivers give rides to hitch-hikers. Empty freight truck drivers are reported as kind-hearted, however.

Society and Clubs Edited by Eva Nealon

Music Association Board Has Meeting

An enthusiastic meeting, reviving thoughts of a winter of good music, was held last evening at the Chamber of Commerce building by members of the board of the Southern Oregon branch of the Civic Music association. Plans for bringing to Medford music lovers another group of artists during the coming opera season were discussed and plans for the membership campaign outlined. Drive for members will be started about October 3, it is planned, by officers of the southern Oregon branch.

Wm. F. Isaacs, president of the local association, presided at the meeting and guests attending from Ashland were: Miss Louise Woodruff, vice-president; Mrs. Ernest A. Woods, Mr. and Mrs. John H. Fuller, Miss Regine Johnson and Clarence Woods.

Carlins to Celebrate Fiftieth Anniversary

Mr. and Mrs. E. W. L. Carlin of Reddy avenue are making plans these days for celebration of their fiftieth wedding anniversary September 20. They will probably journey to Salem for the occasion. Mrs. Carlin stated this morning, to be guests of their son, John Carlin, and family. Several old friends will be invited to join them in observing their golden wedding day.

The Carlins have lived in Medford for the past 21 years and have a host of friends in the valley. Before coming to Medford they lived in the grain section of the Dakotas for 26 years and are both natives of the state of Maine.

Visits Nephews During Stop Here

Mrs. Amy Phillips, en route to her home in Seattle from a vacation trip south, stopped in Medford last evening to visit her nephew and family, Mr. and Mrs. A. F. Stennett.

During the evening, Mr. and Mrs. L. E. Stennett of Phoenix, and Mr. and Mrs. William F. Stennett and daughter, Mabel, of Ashland called. The Messrs. Stennetts are also Mrs. Phillips' nephews.

Horseback Riders Take Trip Tonight

Medford's group of folk who prefer horseback riding to other sports, will enjoy another party this evening, Mrs. Grace Voss, one of the most enthusiastic members of the crowd, reported this morning. The riders will start at 6:30 and have not announced their choice of bridle paths for the evening.

Miss Field Leaves To Visit Friends

Miss Barbara Field left Monday morning for San Francisco and Oakland, where she will be guest for two weeks of relatives and friends.

Mrs. Clark Hostess At Theater Party

Mrs. Josephine Clark entertained with a theater party at the Holly Saturday afternoon for the pleasure of her grand daughter, Miss Roberta Alexander, who is visiting here from San Francisco.

Games and refreshments were enjoyed later at the Clark home on West Fourth street.

Guests for the occasion were Misses Frances Benson, Rhea Anderson, Hilma Wall, Mr. and Mrs. Frank Anderson and the honor guest, Miss Alexander.

F. O. E. and Auxiliary Will Meet Friday

The F. O. E. and auxiliary will meet Friday night, August 26 at 8 o'clock. After the business meeting, the Eagles will entertain their families and friends with an old-fashioned spelling bee. The auxiliary members are asked to bring either sandwiches or cake which will be sold to help finance the auxiliary picnic.

Guest at Lindsey Home

Mrs. T. N. Mauritz of Ganado, Tex., arrived in Medford on the Shasta today from San Jose to be the guest of Mr. and Mrs. D. O. Lindsey, daughters Miss Alta and Miss Lois, and Mrs. L. C. Lindsey, at their home on Lutzer lane. Mrs. Mauritz is Mr. Lindsey's elster.

Mrs. Wilson Entertains Informally Tuesday

Mrs. Helen Holt Wilson was hostess Tuesday at a small bridge party at her home. One table was in play during the evening, guests being Misses Jane McQuat and Dee Scheffel and Mrs. Dorothy Torrey.

Leave to Accompany Mrs. Newman Home

Attorney Frank J. Newman and son Benton left this morning for Portland to join Mrs. Newman, who will return home with them this week. She has been visiting her daughter, Mrs. Spencer Alexander, for the past two weeks.

Brophy's Return From Bay City

Mr. and Mrs. Leland Brophy returned yesterday from San Francisco, where they have been visiting for the past week.

Mrs. Hoots and Son Leave for South

Mrs. Vale Hoots and son, Vernon, are leaving today for Fresno, Cal., where they plan to spend two weeks.

Entertain For Daughter

Mr. and Mrs. H. A. Warner of Chestnut street entertained twelve little girls last evening at their home, in honor of their daughter, Catherine.

RELIEF CANNING OPENS TUESDAY; NEED DONATIONS

The canning kitchen of the Jackson county unemployment relief council will not be reopened for work Friday, as previously announced, it was reported this morning, since tomatoes are not ripe for canning. Work will be resumed next Tuesday at the Army, and the committee members are very anxious to obtain more fruits and vegetables.

The response from contributors during the past several weeks has been far below the expectations of the women's division. The need for fruit to be canned and for fruits and vegetables already canned, is constantly growing, and the workers wish to impress all residents of the county with the necessity for preparing for winter while products are still available. A jar of beans, a pound of fruit, given today, may keep some local child from suffering next winter, when a hot lunch will be much needed, it was pointed out this morning in an appeal to people of the county to share their products, canned or uncanned, with the jobless.

Anyone with products to be donated is asked to call Mrs. O. B. Morrow, recently appointed by Mrs. Donald Clark as manager of the canning kitchen. Mrs. Morrow's number is 1129-K.

Many people are willing to pick and to can the fruit and vegetables of the shares, it was also stated this morning. Women are constantly calling and announcing their willingness to conserve food at otherwise aid the program of preparation for winter, if products can be obtained. However small the contribution of food, it will be appreciated, leaders of the women's division repeated today.

Murder Suspects' Trial in October

LA GRANDE, Ore., Aug. 25.—(AP)—Trial of Fred Moore and Jack Newman, 23-year-old transients charged with the murder of E. L. Smith, Union Pacific Railroad detective, will not be held until the October term of circuit court, officers said today.

Woman Hurt When Car Strikes Horse

PORTLAND, Aug. 25.—(AP)—Mrs. Edward Beugger of Gresham suffered head and face cuts last night when her husband's automobile crashed into a 1200-pound horse on Powell Boulevard, killing the animal. Ruegger said the horse stepped from the side of the highway into the path of the machine.

Film Star's 'Find'



Wynn Wayne, young "blues" singer of Los Angeles, is a discovery of Blanche Sweet's. She is appearing in a stage show with the movie star. (Associated Press Photo)

PAIR TAKE WING FOR 3150-MILE NORWAY FLIGHT

hoped that the empty gas tanks would keep the ship afloat at least until the motor could be cut loose with a hack saw they carried in the event they were forced down over the ocean.

With the weight of the motor gone, they thought they would be able to stay above water for some time. Provisions included sandwiches, two and one-half gallons of water, a quart of milk and a pint of coffee. Concentrated food tablets were taken in the event of an emergency.

Hubert Huntington, navigator of the flight, stayed behind at Barre, Vt., to direct the fliers. It was Huntington who gave the final O. K. on the weather this morning. Huntington has charted the position of all ships along the Green Mountain Boy's route and he planned to communicate with the vessels by radio should Lee and Bochkon fail to be sighted at specific points. Lee acted as pilot-commander and Bochkon as co-pilot.

PASSENGER KICKED HIM, SAYS CABMAN; SUES FOR \$5768

Suit was filed in the circuit court this morning by Dexter Duane against W. O. Cooksey and the Piggly Wiggly Company of Oregon for \$5,768 alleged damages arising out of an altercation between Cooksey, local manager of the Piggly Wiggly company, and Duane, a driver for the Yellow Cab company.

Dexter, through his attorneys, Geo. M. Roberts and William McAllister, seeks \$2500 general damages, \$2500 punitive damages, \$300 hospital costs and \$468 for loss of wages.

Dexter alleges that at the direction of Cooksey he took him on a trip around Medford and the bill amounted to \$1. Cooksey, the complaint cites, held this sum prohibitive and threw a 50-cent piece on the seat and returned to the store.

The Piggly Wiggly is named as a defendant on the grounds that the alleged assault occurred in its place of business.

AMELIA IS FIRST WOMAN TO SPAN COUNTRY IN HOP

(Continued from Page One)

"She had carried a vacuum bottle of water on the flight, she explained, but it became so hot she could not drink it.

After a drink Mrs. Putnam talked of her flight. "If I had the weather I had on my first attempt (referring to the transcontinental flight in which she was forced down at Columbus by a faulty oil line), I would have broken the record."

En route to Newark, Mrs. Putnam's food consisted of what she called "good old tomato juice." The sandwich and the bottle of cocoa, which she carried at her husband's insistence, were not touched, she revealed.

She explained why she probably had not been sighted often in the flight when she said, "I flew at 10,000 feet altitude most of the way."

Later she said that she would go to the Cleveland air races on Labor day as a member of the contest committee.

Mrs. Putnam said that she made the first 1,000 miles of her flight at an average speed of 125 miles per hour. Favoring winds boosted her average hourly speed for the last 2,000 miles of the trip to 160. In the vicinity of Texas she ran into thunder showers, she stated.

PETIT JURY CALL PLANNED SEPT. 19

Present plans indicate the calling of the petit jury Monday, September 19, for disposition of a number of a number of criminal and civil matters pending. This date will give a chance for the court to get settled in its new quarters in the new court house. Jurors will be given due notice of time for appearance.

A regular term of the petit jury will be called for the fourth Monday in October, and a new grand jury drawn two weeks previous, as provided by state law.

Among the cases scheduled for early trial is that of F. A. Bates, the aged Gold Hill district miner, indicted by the last grand jury on a charge of "threatening to commit a felony." Bates has been considerably in the news the past six months.

A number of routine and equity matters are now pending before Circuit Judge H. D. Norton and they will probably be called as soon as the new courtroom is ready.

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"It's toasted" That package of mild Luckies

"If a man write a better book, preach a better sermon, or make a better mouse-trap than his neighbor, tho he build his house in the woods, the world will make a beaten path to his door."—RALPH WALDO EMERSON. Does not this explain the world-wide acceptance and approval of Lucky Strike?



Insane Killer Takes Own Life

BIG TIMBER, Mont., Aug. 25.—(AP)—The body of Sam Regland, 25, farm hand, who shot and killed Frank Whitely, Big Timber under sheriff and seriously wounded Sheriff Ed Brannin near here last night, was found today with a bullet wound through the heart, near the place where he ambushed the officers. Officers said Regland apparently was unbalanced mentally, and had taken his own life.

Mrs. Snider Gives Party, Rogue River

This evening, Mrs. Maude Snider will be hostess to the 28 employees and their families of the Snider Dairy, at a picnic dinner and party at her summer cabin on Rogue river.