

# CHILD'S EYEBALL MAY BE SAVED IS PHYSICIAN'S HOPE

Hope of keeping in its socket the right eye of little June Cook, seven-year-old daughter of Mr. and Mrs. Alva Cook of Gold Hill and avoiding serious deformities, feared when the eyeball was severed by a butcher knife several weeks ago, was reported today by Dr. J. J. Emmens, attending physician. The little girl was removed from the Sacred Heart hospital to her home several days ago. Examination of the eye, made Wednesday, revealed that it is in an even better condition than anticipated.

The little girl was playing with her sister, Maxine, a few years older than herself, when the accident, which robbed her of the sight of her right eye, occurred at the Cook home.

The sister was trying to remove some fudge from a pan in which it had stuck when the knife with which she was prying, slipped and gouged June in the right eye. The blade continued through the eyeball, cutting it completely in half.

The little girl was rushed to the hospital here and the physician called. The sight was obviously destroyed and it was feared that infection would set in, making it impossible to keep the eye within its socket. Since this has not happened up to this time, Dr. Emmens stated this afternoon, he feels that the eye can be left in its natural socket.

# SAM'L BRADLEY DIES ON RANCH

Samuel Walter Bradley, brother of T. A. Bradley, passed away at their homestead in the Applegate district on Thompson creek Monday evening at 8 p. m. He had been living with his brother for the past year.

Mr. Bradley was born at Bay City, Mich., June 28, 1865. He died very suddenly. A physician from Medford was summoned, and after walking three miles in the mountains to the homestead, was able to administer to him before he died. The remains were brought from the mountains by stretcher.

Funeral services will be conducted at the graveside in the Medford cemetery Saturday morning at 11:00 a. m., Rev. W. J. Howell officiating. Perl Funeral Home in charge.

# HISTORICAL PAGEANT HIGH SCHOOL TONIGHT

Mrs. W. M. Van Scoyoc is director of the music for the historical pageant, "Living Pages From George Washington's Diary," to be presented at the senior high school this evening. The minut will be played by a trio of violins and piano.

"Songs of Older Times" will accompany the tableaux and during the intermission the high school orchestra will play. Lovely Colonial costumes will provide color and beauty to the production, which will open at 8:15 o'clock.

# Dizney's Brother Passes In Dalles

H. T. Dizney of this city received a telegram this morning, stating that his only brother, John T. Dizney, had died at his home in The Dalles, Ore., at the age of eighty years. He is survived by his wife and six sons.

John Dizney visited in Medford about four years ago, when he represented his lodge at the I. O. O. F. grand lodge session conducted here.

# My Beauty Hint



**UNA MERKEL**  
Blondes have a problem because light hair shows every bit of dust and powder. They must shampoo oftener than brunets, and yet too many shampoos, I find, tend to dry the hair.

Between twice-monthly shampoos, I recommend a "dry cleansing." This is best done by dusting ordinary corn meal through the hair, rubbing the corn meal in thoroughly and then brushing it out with a stiff hair brush.

The dust and grime come out with the powdered meal, leaving the hair soft and healthy, without any drying effects.

**Portlanders Here**—With their addresses listed as Portland, the following were guests at the hotels here last night: B. B. Williams, R. C. McCracken, H. S. Lintner, A. H. Goodman, Mr. and Mrs. R. M. Tapscott, R. W. Cowlin, George L. Lipp, L. D. Hewitt, H. C. Zehrung, L. W. Scott, A. S. Munde, Mrs. C. A. Dolan, Mrs. Florence Dyer, D. C. Barkhurst, Leo R. Powell, F. J. Bapp, S. H. Cox, H. D. Haworth, L. T. Robinson, B. D. Wiltshire, C. H. Bowler, A. P. Lopresti, C. R. Martin, Frank N. Lantz, Art James, W. J. O'Connor, H. J. Blair, H. J. Trevelhorn, Jack Wykoff, B. S. Humes, V. T. Talbot, J. Skwin and John Laus, Jr.

# Milk, Cod Liver Oil and Tomato Juice for Baby

By the Bureau of Home Economics, U. S. Department of Agriculture. With summer sunshine gone, the children's food becomes a matter of more importance than ever. The sunshine, when it could reach the children's bodies directly, protected them from rickets, a common disease of childhood. Winter sunshine is not strong enough for that in the north, and in cities, anywhere or at any season, the effects of the sunshine are weakened by smoke in the air, and by the shade of buildings and enclosures.

In winter, then, and probably all the year, say nutrition specialists, the baby's food should be supplemented by cod-liver oil twice a day, at least a teaspoonful each time. Better still, 3 or 4 teaspoonfuls a day if possible. Cod-liver oil, like sunshine, prevents rickets. It helps, also, to keep the baby free of infections. Protection of this kind is all the more necessary if the family food supply is low.

The baby's diet is planned, of course, to provide the foods that will keep him well and make him grow. That means, for one thing, bone-making foods, and milk is the best of these, says the Bureau of Home Economics of the U. S. Department of Agriculture, because of the calcium and phosphorus it contains. Milk is also the baby's best and cheapest source of the protein and fat he needs.

Next to milk, however, the most important item in the baby's winter diet is cod-liver oil. Milk and cod-liver oil supplement each other, and protect the child to some extent against the consequences of a lack of other foods. With cereals, they supply protein, fat, minerals, and all of the vitamins but one—vitamin C. To meet that deficiency, the baby needs tomato juice or orange juice—at least 2 teaspoonfuls a day—in which he gets vitamin A as well as vitamin C—though not enough vitamin A.

Cod-liver oil is an old and tried remedy, once regarded solely as a drug, but now considered also as a dietary supplement in certain vitamin deficiency disorders. It was in household use long before it was recognized by the medical profession, but doctors began to prescribe it more than 100 years ago, and for some of the same diseases, apparently, that are now attributed to a deficiency of vitamin A. It had also been prescribed, soon 1824, for rickets. But nobody knew why it worked.

At last came the vitamin discoveries, beginning about 20 years ago. Cod-liver oil was found to be rich in vitamin A, often called the anti-infection vitamin. For a time this was thought to be the only fat-soluble vitamin in cod-liver oil, but in 1922 another was found. This last was named vitamin D, and proved to be the substance essential to the prevention of rickets.

Vitamin A is found in milk fat—therefore the importance of whole milk and of butter for babies. It is found in liver. It is also found in oranges and tomatoes—hence the importance of orange juice and tomato juice for babies, in addition to their value for vitamin C. Vitamin D is abundant in the yolks of eggs and in various fish oils.

By taking cod-liver oil, the baby gets his vitamin D in his food. From sunshine he gets it through his skin. The human skin contains a substance called ergosterol. This substance, it is now known, is changed into vitamin D by the ultra-violet rays of the sun, and that reaction, it is believed, produces vitamin D in the skin.

Without vitamin D, the baby's bones will not develop properly, and he will have rickets—causing crooked legs, weak arms, contracted chest. Even when he has plenty of milk to provide the bone-making materials, the baby's body can not use those materials successfully without vitamin D. Thus babies who are well-fed in other respects may have rickets if they do not get vitamin D from some source. In winter, the cheapest source is cod-liver oil.

Some people still think of cod-liver oil as a medicine, but it is really a food. It acts as a food, whatever it may be called, therefore nutritionists advise all mothers, especially those whose food supply is low, to manage somehow to save out 15 to 25 cents each week throughout the winter to provide cod-liver oil for each child under two years old. To relief work-

# WIN LIVESTOCK JUDGING CONTEST



Minnesota's non-collegiate live stock judging team took first place among teams from 16 states at the International Livestock exposition in Chicago. Left to right: Clement Chase, coach; Duane Long, John Hulteen, Elmer Severson, all of Clear Brook, Minn. (Associated Press Photo)

## LOW-COST MENU FOR ONE DAY

- Breakfast: Hot Cereal with Raisins, Toast, Tomato Juice and Cod-Liver Oil for youngest child.
- Dinner: Beef Stew with Vegetables, Hot Biscuits, Jelly or Jam, Hot Tea (adults), Milk (children).
- Supper: Rice with Tomato-Cheese Sauce, Bread and Butter, Apple Pie. (made at noon).
- Milk for all.
- Cod-liver oil at bedtime (youngest children).

## RECIPES

- Beef Stew with Vegetables.** 1 1/2 pounds beef, rump or round, 1/4 cup flour, 2 onions, chopped, 1 quart water, 3 cups diced potatoes, 2 cups diced carrots, salt, 2 tablespoons chopped parsley. Wipe the meat and cut it in inch cubes. Fry out the fat from the meat in a skillet and add the meat, which has been rolled in flour, and the onion. Cook and stir until the meat has browned. Put the beef in a saucepan, add the water, using some of the water to wash out the tasty particles left in the pan. Cover and simmer the meat until almost tender, then add the vegetables and cook until they are soft. Season with salt and sprinkle the top with parsley after it is placed in the serving dish.
- Rice with Tomato and Cheese Sauce.** 4 cups cooked rice, 1 No. 2 can tomatoes (2 cups), 1 slice onion, chopped fine, 2 tablespoons melted fat, 2 tablespoons flour, 1/4 to 1/2 pound sharp flavored cheese. Salt and pepper to season. While the rice is cooking simmer the tomatoes and onion for 10 minutes. Blend the fat and flour and stir into the tomatoes and cook until the sauce thickens. Shave the cheese, add to the tomato sauce and stir over low heat until the cheese melts. Add salt and pepper to taste. Serve the sauce not over the rice.

# CARRIES ALL-BRAN ON EVERY VOYAGE

## Seaman Finds This Delicious Cereal Relieves Constipation

Here is an unsolicited letter from Mr. Darragh:

"I have been going to sea for the past fourteen years. Every trip, I underwent severe headaches, nervousness, and sleeplessness. Tried all sorts of remedies, and received only temporary relief.

"So hearing about Kellogg's ALL-BRAN thought I would get a box, which I did. That was six months ago, haven't been without it at home, and when I go to sea a box of Kellogg's ALL-BRAN is always with me."—George D. Darragh, 1914 82nd Avenue, Oakland, California.

Tests show ALL-BRAN contains two things for common constipation: "Bulk" to exercise the intestines; vitamin B to help tone the intestinal tract. ALL-BRAN also supplies iron for the blood.

The "bulk" in ALL-BRAN is much like that of lettuce. Inside the body, it forms a soft mass, which gently clears the intestines of wastes.

How much pleasanter this is than taking pills and drugs—so often harmful. Two tablespoonfuls of ALL-BRAN daily will correct most types of constipation. If not relieved this way, see your doctor.

Serve as a cereal or use in cooking. Get the red-and-green package at your grocer's. Made by Kellogg in Battle Creek.

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**SUITS**  
ON SALE AT

65 21

3 Pieces for \$65

that give you everything and more the value for less delivered, it is

# Extra Money for Holiday Gift Buying

There's extra money right under your nose! That is, if you know how to find it. And if you don't know, we'll tell you. Turn your useless belongings into cash with a Mail Tribune want-ad. What's useless to you is useful to somebody else. What's valueless to you may still have intrinsic value. It's all a matter of getting in touch with the right person. You can do that best in the want-ad columns of the Mail Tribune.

# Look for BARGAINS in the - Want-Ads

**A** PARTMENTS . . . household help . . . used cars . . . radios . . . and hundreds of other everyday requirements are listed every day. A tremendous popular market for both buyer and seller.

And both buyer and seller profit, too, because the cost of inserting a want-ad in the Mail Tribune is so small. Here are the rates: Per word, first insertion: 2c (minimum 25c); each additional insertion, per word, 1c (minimum 10c); per line per month, with out copy changes, \$1.25.

"Everybody in Southern Oregon Reads The MAIL TRIBUNE"

Miss Ad-Taker Is at Your Service

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—She Will Help You Write a Classified Ad That Will GET RESULTS

—And You May "Charge It."

What is it about a cup of good coffee in the morning that fortifies the soul of a man—when it's good. So, make it with care.

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Select it with equal care. Fine coffee is worth looking for. Try

Wings of the morning!