

POLITICAL ELDERS FIND SENATE GOOD PLACE FOR FINISH

Former Senator Gillett Good Example Well-Preserved Man—Glass of Virginia Is Power at Age of 75

By KIRK SIMPSON
WASHINGTON—There must be something about the senate which makes it the favored place for elderly men of long political careers to round out their active days. Age rarely withers nod does custom easily stale a senator.

Take former Senator Gillett of Massachusetts. He was in his eighties when he retired voluntarily, and seemingly hale and vigorous a man of his age was to be found. Some 40 years of political life had not worn him down physically. He was feared at golf, drove his own car and all that.

Trained On Battles
Or there is Carter Glass of Virginia, a power in the senate at 75, as forceful in debate, as unflinching in attendance as when he first came up to sit in the house 30 years ago. He has been in the thick of legislative fray for all but a year or two of that time when he served as post-war treasury secretary.

There is Senator Tom Walsh of Montana at 74, a hero of a grinding period of hard work in the oil lease investigation days as any legislator ever went through.

He is a frail looking man, but always among the present. And Walsh runs his own car still, stepping on the gas in youthful fashion at times.

Or again, consider the case of Senator Reed Smoot of Utah. Toward the close of his seventieth year he endured the first political defeat on a 30-year-war of his own to stay in the senate. He was "lame ducked" out in the democratic sweep, with his way of life to reshape at that late date. And he opened his seventy-first birthday with a round of golf on a crisp cold morning in preparation for the daily battle with the dry, practical aspects of government that always have interested him.

Consider Messrs. Borah, at 68, and Hiram Johnson, at 67. Was there ever a more fiery bit of debate than that they staged about the war-debt incidents of the Hoover-Laval conference? Time has not tamed them perceptibly. The senate seems to conserve the ginger of its members far beyond the normal span of undiminished activity among men.

Presidential Toll
By contrast look at the age at which Presidents and former Presidents have died. Including Calvin Coolidge, a dozen of the 29 men reached their three score and ten or beyond. John Adams' death at 90 being an astonishing contradiction of the general rule.

Since the war between the states only three former presidents, Hayes, Cleveland and Taft, have reached their seventies, and all three died virtually at that age.

TABLE ROCK PHONE ASSESSMENT SLICED

TABLE ROCK, Jan. 20.—(Spl.)—At the annual meeting of the shareholders of the Table Rock Telephone Co. held recently, the same officials were re-elected for the next year. The switchboard assessment was reduced \$1 and the maintenance assessment left as it was, which means that those owning telephone shares and using telephones will pay a total of \$7 a year for 24-hour service and a 5-cent toll charge to Medford.

Rhodes Tests Stump Students

WELLINGTON, N. Z. (AP)—For the first time since Cecil Rhodes established his famous fund, New Zealand will have no Rhodes scholar this year. The selection committee rejected five candidates.

LOOK OUT FOR THESE SYMPTOMS OF CONSTIPATION

Get Relief With Kellogg's ALL-BRAN

Headaches, loss of appetite and energy, sallow complexions, and sleeplessness are often warning signs of common constipation. Unless checked, constipation may impair health.

Today, you can get rid of common constipation by simply eating a delicious cereal. Laboratory tests show that Kellogg's ALL-BRAN provides "bulk" to exercise the intestines, and vitamin B to further aid regularity. ALL-BRAN is also a good source of blood-building iron.

Turnips Have Value in Figuring Low Cost Diet

By the Bureau of Home Economics, U. S. Department of Agriculture
FAMILY GOOD GUIDE TO LOW-COST BALANCED DIET
Every Meal—Milk for Children—Bread for All

Every day—
Cereal in porridge or pudding.
Potatoes.
Tomatoes (or oranges) for children.
A green or yellow vegetable.
A fruit or additional vegetable.
Milk for all.
Two to four times a week—
Tomatoes for all.
Dried beans for peas or epanuts.
Eggs (especially for children).
Lean meat, fish or poultry or cheese.

In providing a diet at low cost it is always a problem to find a sufficient variety of protective foods. In winter the choice among cheap vegetables other than potatoes is limited chiefly to cabbage, tomatoes, some greens, and some of the succulent roots. Of the roots, says the Bureau of Home Economics, the carrots and sweet potatoes are richest in protective value. Turnips, however, have a place because they are cheap, because they are a good source of vitamin C and a fair source of vitamin B, and because when served they are likely to be eaten in quantities sufficient to make their vitamin and mineral content an item worth considering in the low-cost diet. Yellow turnips furnish also some vitamin A.

Turnips, moreover, are two vegetables in one. Their roots provide winter fare, and their tops furnish greens which are available in southern areas of the United States nearly all the year. Turnip greens are among the richest of all vegetable foods in vitamins A, B and C, and in minerals, especially iron. Some va-

rieties of turnips are grown for their tops alone. Others are planted primarily to supply roots for winter eaters. Growers often leave some of these roots in the ground so that the green shoots may furnish greens in spring and summer.

Consider the turnip also, says the bureau, because it is one of the vegetables that is eaten raw.

A vegetable eaten raw contributes all of its minerals and vitamins. Raw turnip salad, then, or salad strips of turnip alone, served instead of a stalk of celery, is a very cheap way to add protective food values to a meal, through the minerals and especially the vitamin C in raw turnips. When the turnips are cooked, some of vitamin C will be lost, and care is needed in cooking and serving to preserve other vitamin mineral values. Vitamin A, however, is not readily destroyed by heat; therefore, more of this vitamin is retained in the cooked vegetable.

Yellow-fleshed turnips, rather than white, furnish vitamin A. And yellow turnips are plentiful in many parts of this country. Some kinds are called just "yellow turnips," others are yellow rutabagas, or "swedes," so called from their Scandinavian origin.

Turnips are close relatives of the cabbage—belong indeed, to the same genus, Brassica. They are close to the radishes, also, their many varieties shading almost into the same radish varieties. There are turnips of many colors, among them black, green, purple, and even red, as well as white and yellow. Common varieties, however, are the globular white, the purple-top white, the yellow, and the rutabaga yellow and white.

Many varieties of turnips are native to the Old World, and have been cultivated since very ancient days. In the time of King Henry VIII of England, history records "turnips were

used baked or roasted in ashes, and the young shoots were used as a salad and as a spinach." Turnip kraut is an Old World dish that is familiar to many people in this country today, and turnips are one of the makings of a New England boiled dinner, a stew, or a vegetable soup, any of which may be a balanced meal in itself, partly by reason of the mineral and vitamin value of the turnips.

The art in cooking turnips (and the science, too) is to use as little water as possible, cook no longer than is necessary to make the turnips tender, and use an uncovered cooking vessel. The cooking time can be shortened if the turnips are sliced, or otherwise cut up. Follow these directions to retain maximum food value, and avoid a "strong" flavor.

LOW-COST MENU FOR ONE DAY
Breakfast
Rice and Raisins with Top Milk
Whole Wheat Toast
Tomato Juice for youngest child
Coffee (adults) Milk (children)
Dinner
Savory Vegetable Stew
Bread and Butter
Pineapple and Lettuce Salad
Tea (adults) Milk (children)
Supper
Sausage and Hot Cakes
Cocoa

RECIPES
Quick Turnip Soup
1 quart milk.
1 onion, cut in half.
1 tablespoon flour.
2 tablespoons melted fat.
2 cups grated raw turnip.
1 teaspoon salt.
Heat the milk in a double boiler with the onion, add the flour and fat, which have been well blended, then the turnip and salt. Cook until the turnip is tender, or for about 10 minutes, and remove the onion. Sprinkle chopped parsley over the soup just before serving.
Savory Vegetable Stew
2 cups diced salt pork.
4 cups diced rutabaga turnip.
2 small onions.
4 cups diced potato.

1 teaspoon sage.
4 cups hot water.
1 teaspoon salt.
1/2 teaspoon pepper.
Fry the diced salt pork until crisp. Remove the pork and some of the fat from the skillet and brown the onion and turnip in the remaining fat. Add the potato, salt, sage and water. Cover and simmer until the vegetables are tender. Remove the cover and cook until the stew has thickened somewhat. Add the crisped salt pork, pepper and more salt if needed. Serve with crisp toast.

Turnips in Salad
For salads with turnips sliced or sliced the following combinations are suggested: Raw turnips and apples; raw turnips and raw carrots; raw turnips and onions; cooked peas and carrots and raw turnips; cooked potatoes and raw turnips.

EAGLE PT. SUNDAY SERVICE ANNOUNCED

EAGLE POINT, Jan. 20.—(Special) Rev. J. S. Smith announces that Sunday school service at the Presbyterian church will be held each Sunday at 10 a. m., followed by church service at 11 o'clock. The theme of the church service on Sunday, January 22, is "Challenge to Follow Christ." The Lord's Supper will be observed. Everyone is welcome and urged to attend.

Regular dance every Saturday night. K. of P. Hall. New orchestra.

CUTS COSTS OF COLDS

In extensive clinical tests, the new Vicks Plan for better Control of Colds cut the number, duration and costs of colds in half! How you can follow Vicks Colds-Control Plan is fully explained in each Vicks package.

VICKS
Nasal Drops
Vicks VapoRub
for BETTER CONTROL OF COLDS

BOLD SMUGGLERS CROSS GERMANY'S BELGIAN FRONTIER

COLOGNE.—(AP)—With the advent of winter and no letup in unemployment, smuggling is growing on a 150-mile section of the German frontier touching Belgium and Holland.

Tobacco, coffee, sugar and bread-stuffs are cheaper across the border. Contraband traffic in them centers at the point where the three countries converge, just west of Aachen. An army of 1100 customs officers, equipped with fast cars, motorcycles and fierce mastiffs, patrols roads and bypaths. But professional smugglers know every inch of the land and often use armored lorries to crash the line, defying bullets.

In six months 35,000 persons have been arrested for smuggling in this section. Goods confiscated included 6,000,000 cigarettes, 60 tons of tobacco, 66 tons of coffee, 103 tons of sugar, 251 tons of breadstuffs, 208 automobiles, 62 motorcycles and 2,700 bicycles.

Dickens Rattle To Vanish
BARNARD CASTLE, England (AP)—The little clockshop at Amen Corner, made famous in Dickens' tale, "Master Humphrey's Clock," is soon to be razed. Dickens stayed here in 1838 to

get local color for "Nicholas Nickleby."

Secure from Jarmin & Woods or your druggist one ounce of Parmitin (Double Strength). Take this home and add 1/2 pint hot water and a little sugar. A tablespoonful four times a day should stop distressing catarrhal head noises, improve hearing, make breathing easier and dry up mucous discharge. All catarrh sufferers need Parmitin.

Catarrhal Deafness Can Be Relieved

Persons suffering from catarrhal deafness or head noises due to catarrh will be glad to know that this distressing affliction can usually be successfully treated at home by an internal medicine that in many instances has effected relief after other treatments have failed.

SAFEWAY STORES

DISTRIBUTION WITHOUT WASTE

ORANGES

Sweet, Juicy Navels from the Heart of the Orange Groves. See our Displays of Small, Medium, and Large Sizes. Large 216's

dozen **13c**

Additional Saturday and Mon. Savings

COFFEE Always Fresh. Roasted Quality Coffee at a Low Price. Lb. Pkg.	22c
FLOUR Safe Way Highest Quality Hardwheat Flour. Market is Advancing. 49 Lb. Bag	\$1.09
Brooms Exceptional Value. Kitchen Quality. Each	29c
Cleanser Crystal White. Cleans Quickly. 3 Cans	10c

Canned Foods Sale

Large Cans Van Camps Hominy, Franco-American Spagetti, Large Cans Pumpkin, Large Cans Tomatoes, White or Golden Bantam Corn or Maximum Sardines.

Any 3 Items For **25c**

Walnuts Oregon Fancy Soft Shells Lb.	17c	Dates Golden Hollows 2 lb. Fresh Stock	15c
FRUITS and VEGETABLES		Formay The Perfect Shortening by Swift. The price is low 3 Lb. Can	45c
Grapefruit Fancy Arizona 3 for	10c	Matches Favorite—a light in every match. 6 Box Otn.	19c
Cabbage Sweet, Crisp. Lb.	2 1/2c	Peanut Butter Max-i-mum Extra Quality. Lb.	9c
Spuds U. S. No. 2 Klamath Gems. 50 lb. bag	33c	Post Toasties Fresh and Crisp. 2 Pkgs.	15c
		Salad Dressing Best Food. 12 oz. Jar Gold Medal	10c

FREE YO-YO

Genuine "DUNCAN" MUSICAL YO-YO—35¢ VALUE METAL—CAN'T BE BOUGHT IN STORES—FREE IN EACH PACKAGE OF

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THE NEW DELICIOUS QUICK COOKING OAT & WHEAT BASE

LGE PKG **23c**

PLAN NOW TO ATTEND THE SAFEWAY HOMEMAKERS BUREAU COOKING SCHOOL
Rialto Theater, Feb. 1, 2, 3

NEARER and NEARER

...comes the SAFEWAY STORES HOMEMAKERS' BUREAU

COURSE in "KITCHENEERING"

more than a COOKING SCHOOL



Mrs. Marion Rogers Spencer and Miss Helen Brown, Chief Kitcheneers, will personally conduct the three days of this unique COOKING SCHOOL February 1-2-3 at the Fox Rialto

Old man Aladdin himself couldn't hold a candle (or a lamp) to the modern magic of Kitcheneering. And Aladdin, being a man, would have thrown away his lamp and humbly offered his ring could he have been fed by the present-day Kitcheneer!

A real Kitcheneer is one of those up-to-the-moment women who have added to their store of kitchen knowledge under the skilled instruction of the Safeway Stores Homemakers' Bureau.

You've heard Julia Lee Wright in her weekly radio programs. Now hear one of her personal representatives in three glorious days of recipe revelations—which will be especially revealing to your three-meals-a-day guests, your family, and also with some party ideas thrown in for good measure.

Baking, broiling, frying, roasting, Salads, sandwiches and toasting, Demonstrating operations In the modern kitchen way, Many new things you'll be hearing In this Course in Kitcheneering, Plan ahead and make arrangements To be present every day.

THE SAFEWAY STORES HOMEMAKERS' BUREAU COURSE IN "KITCHENEERING"

SAFEWAY QUALITY MEATS

OYSTERS qt. 35c	Sugar Cured PICNICS lb. 9 1/2c
VEGETABLE SHORTENING 6 lbs. 45c	FANCY BACK BACON lb. 12 1/2c
BOILING BEEF lb. 5 1/2c	Fresh Dressed HENS Each 45c

33 No. Central. TWO STORES Main and Holly