ADEQUATE DIET WITH LOW COST IS CLASS ITEM

As the girls in the foods classes in the Medford high school acquire a knowledge of cookery, they also learn to balance the meals for the day and to feed a family nourishing food at a minimum cost. This is done on a percentage hasis in order to give a balanced diet.

balanced diet.

A plan is adopted similar to the following guide provided by the extension division of the home economics department of O. S. C. Guide for Weekly Market Order to Provide Adequate Diet at Minimum Cost.—Amount of Food for Five in Pamily, 2 Adults.

Vegetables.—
Tomatoes. No. 2 can, 5 cans.
Leafy vegetables, cabbage, greens, 5 pounds.

pounds.

*Potatoes. 20 pounds.
Other vegetables, carrots, onions, etc. 11 pounds.

Bread, Cercels and Legumes—
Bread (part whole wheat) or flour.
14 pounds.
Cercels (oatmest, wheat, rice, mac-

aroni), 5 pounds.
Flour (part whole wheat), 4 pounds.
Dried beans and peas, 1½ pounds.

'May be half fresh, half evaporated not sweetened, 21 quarts. Pnts-Butter, lard, salt pork, bacon, vege-table oil or other fats, 3 pounds.

Sugar, 3 pounds; sirup, 1 pint.

Sugar, 3 pounds; arup, 1 pint.

Eggs—
One down.
Cheese or Nuts—
One-half pound.
Lean Meat or Fish—
Not more than 6 pounds.

**Sheverages—
Coffee, for adults, ½ pound; Tea.
for adults, ½ pound.

Coffee, for adults, % pound; Tes, for adults, % pound.

"In communities where potatoes are easily obtained, the allowance may be increased and the amount of other vagetables (except tomatoes and leafy vagetables) reduced slightly.

!For the child of 12 years, at least seven pints of fresh milk (7 quarts dealrable)

desirable).
**Coffee and tea have no food value

"Coffce and tea have no food value but many people are so dependent upon them for satisfaction that it may be unwise to omit them. After the weekly order is worked out and the cost estimated, menu recipes of a minimum cost are then selected, such as the following:

Corn Chowder.

(Five generous servings, 18c.)
quart of diced raw potatoes
tough boiling water
tableapoons diced salt pork
outs canned corn

2 tablespoons chopped paraley or celery leaves
Boll the dieed potatoes in the pint of boiling water for 10 minutes; fry the sait pork and onion for about five minutes and add these and the corn to the potatoes; boil gently unstit the potatoes are done; add the milk, sait and pepper, bring the mixture to a boiling point and add paraley or celery leaves. Place two or three crackers in a hot soup dish and pour in the chowder.

Lamb Stew With Dumplings.

(Fire servings, cost 14c.)

34 pound lamb shoulder

14 oup flour

I onton

Wipe meat and out in small pieces; aprinkle with flour, salt and pepper; fry out some of the fat in a frying pan with water so that all may be saved and add to the meat; boil for a few minutes and then cook slowly until meat is tender; add carrole and conions to the stew the last haif-hour cooking and the potatoes the last 20 minutes before serving. Serve one deep platter full and curround with dumplings.

Dumplings.

(Serve fire, cost 6c.)

2 cups flour

Sumplings.

(Serve fire, cost 6c.)

Coughed all Night

Springfield, Oregon — "My arstem became weakened a few years ago, I lost with a fire point of the steady of the relation of the Presbyterian church to the American Indian. They now plan a study on friendship for China.

The play, "Neighbora," given at the Phoenix Grange Satunday night, entered in the county play contest, according to the decision of the judges, won first place in this district.

The play "Neighbora," given at the nights I would cough all night and in the morning I would be exhausted." wrote M. J. Webber of 759 A St. "Thru our family I was persuaded to take Dr. Pierce's Golden Medical Discovery. Before I had fluished one bottle I had no more cough and was soon enjoying real health." All druggists.

Wite to Dr. Pierce's Golden Medical Discovery. Before I had fluished one bottle I had no more cough and was soon enjoying real health." All druggists.

Wite to Dr. Pierce's Golden Medical Discovery. Before I had fluished one bottle I had no more cough and was soon enjoying real health." All druggists.

Wite to Dr. Pierce's Golden Medical Discovery. Before I had fluished one bottle in the final presentation of the plays at the Washington school, March 8.

N. Y., for free medical advice.

Salem May Send

SALEM, March 2.—(AP)—Plans are being formulated to send the national amplionable American Legion drum corps of Salem to Chicago for the world fair and for the next Legion

convention.

State-wide aid will be solicited for the project. Local Legionnaires and others are raising a salary fund to bring Rudy Schultz of Portland here as a full-time instructor for the next even month.

Pender and body repairing. Prices

Severin Battery Service Medford Made Batterles 5-volt, 13-plate, 1 year guaran-tee, \$3.20

Recharge 50c. Our Make 25c 1522 N. Breerside Phone 300

Meteorological Report

March 2, 1933.
Forecasts.
Medford and vicinity: Unsettled onight and Friday. Occasional rain.

Normal temperature.

Oregon: Unsettled tonight and Friday. Occasional rains west portion.

Normal temperature.

Local Data. Lowest temperature this morning

Temperature a year ago today Highest, 51; lowest, 30. Total precipitation since Septem ber 1, 1932, 11.78 inches.

Relative humidity at 5 p. m. yes-terday, 49 per cent; 5 a. m. today 92

Sunset today, 6:02 p. m. Tomorrow; Sunrise, 6:43 a. m. Sunset. 6:03 p. m.

Observations Taken at 5 a. m., 120 Meridian Time.

। लिखा सारा जाना अ

City	aut 24 Bra	ast Night	owest Temp	recipitation	Venther
Boston	36	32	.76	Sno	77
Cheyenne	2000	22	11.00	Cle	
Chicago		32		Clo	
Eureka		50	.24	Clo	ady
Helena		28	T	Cle	ar
Los Angeles		44		Clo	udy
Medford		38	T	Rai	n
New Orleans		48		Clo	udy
New York 46	28	.06		Sno	w
Omaha	54	32	T	P. C	dy.
Phoenix	56	42	.10	Cle	ar
Reno	52	32		Cle	ar
Roseburg	56	42	418	Rat	n
Salt Lake	46	28		Cie	ar
San Francisco	58	50	T	Clo	
Seattle	50	36	.64	Rai	n
Spokane		32	.01		
Walla Walla	-	34	.01		
Washington, D.C.	40	32	T	Clo	udy

ELKS ELECT OFFICERS FOR YEAR AT MEETING

ear will be chean terest has been manifest an interest has been manifest and interest has been manifest and interest in the composed of the statement leads and the statement leads are statement leads and the statement leads are statement leads and the statement leads and the statement leads are statement leads and the statement leads and the statement leads are statement leads are statement leads and the statement leads are statement leads are statement leads and the statement leads are stat knight and Earl York for esteemed lecturing knight.

The office of secretary has developed competition this year with Erneat L. Scott conteating the intumbency of W. A. Frazier. Robert Norris is uncontested for the effice of treasurer as is N. S. Young for tiler. The vacancy on the board of trustees sees C. E. Gates nominated for re-election with H. N. 'Doe' Butter opposing him. The honorary post of alterrate delegate to the grand lodge finds T. E. Daniels, E. C. Jerome and Raiph Koozer on the C. Jerome and Ralph Koozer on the

that the result of the ballot will re-flect the wishes of the majority of the members.

Phoenix



INSULL INQUIRY MADE TO ORDER

(Continued from Page One)

ther U. S. Steel nor First National's Security Affiliate has been a howling linancial success in the last two

Samuel Seabury's beau geste in re-fusing a \$75,000 fee for investigating the city courts was more or less forced on him. The money would have had to come out of the city not the state—and after the city's agonized efforts to reduce its budget Mr. Seabury would have been on the spot if he had accepted payment.

The trust department of a large The trust department of a large ank recently got into a curlous jam. t started to sell out its clients' hold-ings in a certain corporation's pre-erred stock and advised sales in cases there it did not have full authority. One of the corporation's officers who also happened to be a director of the bank—found out about it and

of the bank—found out about it and raised so much Cain that the trust department had to cancel the advice and stop selling the stock. Since then the stock has dropped by 20 odd points and both bank of-ficials and clients are on the trust department's neck about it. Will the class in banking effouette.

Fern Valley

PERN VALLEY, March 2-(Spl.)dies Mary Hensler spent Wednesday

ith Helen Kantor. School children and teacher after half day at school on Washington's irthday enjoyed a picnic on Ferns

Mrs. Meyers, left for southern Call-fornia last week to visit relatives. Joe Kantor and Ben Rogers spent several days in Klamath Falls last

OF MEMBERS TONIGHT

week on business.

Mr. and Mrs. Claude Williams of Talent called on Mr. and Mrs. E. Messenger Sunday evening.

Dinner guests of Mr. and Mrs. E. Messenger Sunday evening.

Dinner guests of Mr. and Mrs. Endest Beer, Mr. and Mrs. Endest Beer, Mr. and Mrs. Endest Beer and title Miss Peggy Beer. Other guests of the afternoon were Mr. and Mrs. Endest Beer, Mrs. Joe Kantor and Children spent last week with Mrs. Kantor's sister. Mrs. Hongers in Medford.

Mrs. Hon Rogers in Medical Williams of Talent called on Mrs. End Rogers in Medical Williams of Talent called on Mrs. End Mrs. End Mrs. End Mrs. End Mrs. End Rogers in Medical Williams of Talent called on Mrs. End Mrs. End Mrs. End Rogers in Medical Williams of Talent called on Mrs. End Mrs. End Mrs. End Mrs. End Mrs. End Rogers in Medical Williams of Talent called on Mrs. End Mr

weck.
Mrs. Exra Messenger was in Medford Saturday on business.
Mr. and Mrs. O. C. Maust and Mr.
and Mrs. Vaughn Quackenbush were
guests of Mr. and Mrs. Ray Ward
Sunday.
Nicholas Dewit has atayed home
from school this week to help his
father overhaul their tractor.

Lost Weight . . .





THE HOTEL
MULTNOMAH
is Fortland's largest hotel,
located only 3 blocks from
the leading banks and
stores, yet out of the noisy
traffic. New modern furnitraffic. New modern furni-ture, new equipment, new decorations. . . Excellent dining room, cafeteria and coffee shop. Popular prices. Clarage across the street; attendants at the door . . . Lobby pipe organ concert every evening.

HOTEL MULTNOMAH PORTLAND, ORIGON

Broadcast Schedule 7:30-Eventide

8:30 to 8:35—Cross Cuts from Log o' the day.

8:05-Musical Clock B:15-A Peerless Parade.

0:00—Fashion Parade

0:30-Morning Comments.

12:00-Popularitis.

-Interlude

Will the class in banking etiquette

please say what a trust department is aupposed to do in these circum-stances?

Mrs. G. W. Stevens and daughter





NOTHING FINER IN HOTEL ACCOMMODATIONS



S1.30 DETACHED BATH

8:00-Rogue River Cowboys.

Salem Moonshine

Pair In Custody

SALEM, March 2 .- (AP)-A feder-

Lake Creek Grange

7:00-Modernistics

Friday. 8:00—Breakfast News, Mail Tribune

8:30—Shopping Guide., 9:00—Friendship Circle.

9:30—Today. 9:45—Ellow Mae Wilson and Doroth Reynolds. 10:00—U. S. Weather Forecast.

10:15-Homemakers' Bureau.

10:35—Morning Comments.
10:48—Morning Melody.
11:30—Radio School of Cookery
11:15—Traumerel.
11:30—Song and Comedy.
12:00—Mid-day Review. 12:30-News Plashes, Mail Tribune

2:00-Dance -Matines 3:00—Songa for Everyday.
3:30—Songa for Everyday.
3:35—Music from yesteryear.
4:00—Across the Seas to Hawaii.
4:30—Masterworks.

5:40—Ellow Mae Wilson. 5:45—News Digest, Mail Tribune. 6:00—Medford Theater Guide. 6:05—Steve Whipple's Orchestra. 6:35—Vignettes.

(Continued from Page One)

SALEM, March 2.—(AF)—A feder-al prohibition agent arrested Claude South, 44, and his son. Roy Claude South, 21, on charges of possession of mash and a still here yesterday at their home near the river front. A 25-gallon still and 450 gallons of prune and sugar mash were seized.

Play To Be Tonight LAKE CREEK, Mar. 2.—(8pl.)—A play given by Lake Creek Grange will be put on at the Grange hall tonight. This is one of the plays given by groups in the Recreation club. Forest Service will give a moving picture show at the Lake Creek Grange ball, March 6. This show will

eb both entertaining and educationa and is free. Everyone is invited.

Viola Corbin announces new Beauty Shop at Fountain Lodge, 326 W. Main. Phone 917-J. New low prices.

SUDDEN HEART ATTACK TAKES

and her Cuben mald and a porter

Mrs. Walsh was described as hysterical by Conductor Weatherspee.

LAKE CREEK, Mar. 2.—(Spl.) Mrs. J. R. Tyrrell of the Dead Indian Soda tertical by Conductor Weatherspee.

who said he reached the senator's side Medford.

who said he reached the senator's side at 7:02.

"The senator died while I held his hand," Weatherspee said, "Mrs. Walsh was hysterical. Dr. Richard J. Coatello was located on the train, but he arrived after the senator died."

Mrs. Walsh, who speaks little English, told Weatherspee her husband awakened about 6:30 a. m. and that he was "doubled up" in pain. She said she found Senator Walsh holding his stomach with his hands.

ing his stomach with his hands.

Collapsed on Berth.

The senator rose from his berth in his drawing-room and crossed over to his wife's berth and there collapsed, face down, Mrs. Walsh said.

A nearo porter was called and he very Sunday quests of Mr.

peared to be dying.

Weatherspee said he reached the senator's side in a few minutes, felt his pulse and that death came while he held his hand.

Dr. Costello had reached the drawing-room by this time and, as the train rolled into Wilson, Dr. M. A. Pittman was called to attend Mrs. Walsh who has in a highly nervous. Proves Great Boon

Lake Creek

To Pile Sufferers Walsh, who has in a highly nervou

ther day from any pain, soreness or distress arising from Hemorrholds or Piles, now that a Doctor's prescrip-tion, known to druggists as MOAVA SUPPOSITORIES, can be obtained for a moderate price—50 cents. You'll be amazed to see how quickly they act even in long standing cases. Heath's Drug Store and all good druggists will supply you on the money back if dissatisfied plan.

Mr. and Mrs. Gold Zundel were dinner gueste at the Frank Farlow home, Thursday evening.

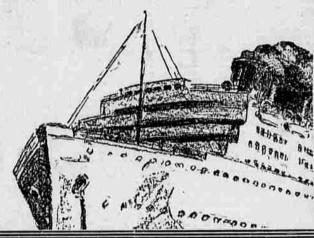
5 year olds Saturday I p. m.

BALLROOM CLASS

Opens to Public, Fri. 8 p. m. pleasant, easy way to learn to dance and get acquainted. To enroll call 710

KAY HOTEL HOLLAND

American Legion Dance Saturday Night, Oriental Gardens WINNER TO BE ANNOUNCED AT MIDNIGHT!



FRIDAY and

SATURDAY LAST 2 DAYS

For Southern Oregon People to Select

2nd PRIZE!

DELIGHTFUL

Seattle to San Francisco

Second prize winner will be given a splendld trip from Seattle to San Francisco wift all expenses paid from Med-ford and return. Special entertainment throughout the trip and luxurious boat accommodations.

The Lucky Girl Who Will Win a Trip to HAWAII

How's this for a prize! A glorious cruise to Hawaii-luxurious accommodations on board ship and in the Royal Hawaiian Hotel, overlooking romantic Waikiki Beach. This is truly a dream trip-one well worth some real effort on the part of contestants during the next three weeks,

The second prize trip, too, is a wonderful one-A train trip to Seattle, then by steamer to Victoria, B. C., thence to San Francisco and return-six days at

In the Merchants' Tribune Popularity Election

These Merchants Give 100 Votes with Each \$1.00 Cash Purchase or Paid on Account

sea and delightful stop-overs!

BURELSON'S STORE PEOPLE'S ELECTRIC STORE LAWRENCE'S JEWELRY PIERCE-ALLEN MOTOR CO. LARRY SCHADE, JEWELER JARMIN & WOODS DRUG STORE J. VERNE SHANGLE STUDIOS MURRAY BEAUTY SHOP ARMSTRONG MOTORS, Inc. WITHAM SUPER SERVICE CAMPBELL CLOTHING CO. THE HOME GROCERY THE BAND BOX & SHOE BOX ADRIENNE'S SWEM'S GIFT SHOP MEDFORD DOMESTIC LAUNDRY HEATH'S DRUG STORE

MARSH'S GROCERY COLONIAL BAKERY, Inc. MEDFORD FURN. & HDW. CO. GARDNER DRUG STORE, Inc. THE PEASLEYS MUTUAL MILL & SEED CO., Inc. LEE'S MEN'S SHOP VALENTINE'S CAFE MEDFORD FLOWER SHOP MONTGOMERY WARD & CO. DEVOE'S & HUSON'S WHAT-NOT MEDFORD SERVICE STATION PRUITT'S MELODY SHOP VALLEY FUEL COMPANY AMERICAN LAUNDRY LEWIS SUPER SERVICE STATION FRANKLIN'S CAFE

FARMERS & FRUITGROW'S BANK HUBBARD BROS., Inc. THE BOOTERY PORTER LUMBER CO. CENTRAL MKT. & STAR MKT. ECONOMY LUMBER CO. CINDERELLA SHOP TEXACO STA., CHET LEONARD WEEKS & ORR FRANKLIN'S GROCERY BIG PINES LUMBER CO. VAL J. FISCHER SERVICE STA. PALMER ELECTRIC STORE PHIPPS AUTO PARK SERVICE LEONARD ELECTRIC MAIL TRIBUNE DR. I. H. GOVE, DENTIST