

Shopping in Mann's Air-Conditioned Store Refreshing Experience

MODERN MACHINE INSURES COMFORT IN ANY WEATHER

Newly Installed System Keeps Temperature 20 Degrees Below Heat of Streets During Summer

A visit to Mann's Department store is a refreshing experience since the installation of the American Blower company's splendid air conditioning system which maintains a temperature throughout the building twenty degrees cooler than the warm summer heat on the streets. This modern air cooler was sold and installed by the People's Electric company who secured the mechanical equipment from the Lorenz company, local distributors for American Blower.

Brill Metal Works had charge of sheet metal work for this innovation which has added so much to the comfort of southern Oregon shoppers. The Modern Plumbing and Sheet Metal company, another progressive Medford business firm, assisted in completing the air cooling system by doing the plumbing.

POMONA GRANGE PICNIC IS ENJOYED AT McLEOD DESPITE DAY'S HOT SUN

McLEOD, Aug. 14.—(Sp.)—The Pomona Grange picnic held at McLeod camp ground Sunday was attended by about 150 grangers from Central Point, Eagle Point, Sams Valley, Phoenix, Jacksonville, Gold Hill, Roxy Ann, Bellview, Live Oak and Upper Rogue.

The intense heat of the day failed to dampen enthusiasm for various athletic contests between the grange units. The girls and boys races were won by Betty and Billy Coburn of the Upper Rogue. Roy Martin of Jacksonville won the fat man's race. Miss Helen Hushes of Upper Rogue ably demonstrated to 19 or more contestants how a rolling pin should be thrown, while Mrs. Otto Niedermeyer of Jacksonville walked away from the ladies of the granges in the walking race.

The men's jumping contest was won by Roscoe Roberts of Roxy Ann. Men's 3-legged race was jointly won by Roxy Ann and Sams Valley. Betty West of Jacksonville won the young ladies' race and John Willson of Sams Valley carried off honors in the young men's race.

The hotly contested tug-of-war was won by the Upper Rogues, who also won the grand prize for winning most events.

A most interesting feature of the afternoon was the selling of the beautiful quilt made by the Upper Rogues. H. E. ladies, with Miss Rose of Roxy Ann the recipient.

E. D. Hong got the beautiful pillow made from surplus blocks of the quilt.

Mrs. O. C. Maust of Phoenix and Miss Erma Glass of Upper Rogue conducted the races, which were so thoroughly enjoyed by participants and audience alike.

Use Mail Tribune want ads.



The latest showings of fashionable outer apparel for the fall season reveal many interesting versions of the ensemble idea, combining a long and swagger, fur collared coat with a woolen frock of lighter weight, but in matching weave and color. Such costumes as the one sketched are especially smart for travel or town wear, yet equally desirable for college wardrobes. This model uses nubby tweed in olive green with tan flecks, the full-length coat of sweater type, featuring a rippled shawl collar of cross fox fur, while other details include

RELATION OF DIET TO WEIGHT SHOWN BY U. S. SCIENTISTS

Poundage Usually Indication State of Health — Foods Should Balance Amount of Energy Expended.

Weight is usually an indication of the state of health. People who weigh decidedly more or decidedly less than the average for their height and age, says the Bureau of Home Economics of the U. S. Department of Agriculture, should satisfy themselves that they are in best health as they are, or else do something to correct both health and weight. But they should not make any mistake in what they do about this. Unless the doctor has some special orders to fit the individual case, the right thing for both the overweight person and the underweight is to regulate the diet. And that means balance the amount of energy-giving foods they eat with the energy they expend.

To do this does not mean cutting out particular kinds of food in order to reduce, or adding certain kinds to gain weight. It means eating less of certain kinds if you are reducing. Or it means eating more of those, and perhaps of all kinds, if you want to increase your weight. In either case you should not—and to correct your weight you need not—stop eating any of the different classes of food that furnish the materials of a well-rounded diet. You should go on using milk and cheese, vegetables and fruits, bread and cereals, meat, fish, poultry or eggs, and even some fat and sugar. It takes all those different kinds of food to supply the proteins, minerals, and vitamins necessary for good health, and the calories or energy units required to keep the body actively on its job.

Check on Calories

But keep a check on the calories, for it is important not only to make sure of enough, but to stop short of too many. Your body needs only what it can use properly. The surplus usually goes to fat.

Don't worry about your weight, however, say the nutritionists, unless you are more than 5 per cent above or below the average for your height and age, as worked out by the insurance companies. Variation less than that may be accounted for by body build, for big-boned people naturally weigh more than small-boned people of the same height. But when the scales run more than 5 per cent off the average, the time has come to do something, and probably it is something about your diet.

If you find you should correct your diet, weigh yourself every day to see what is happening, as you go along, but don't try to gain or lose too rapidly. One or two pounds a week is enough. And above all, don't take anything to reduce. Much illness is caused that way. You can reduce safely if you content yourself with fewer and smaller servings of fats and starchy foods. If you are underweight, reverse these directions and eat more, especially of the fat-producing foods.

Points to Remember

Here are points to keep in mind about the different kinds of food when correcting your weight:

Milk plays an important role in both the reducing and the fattening diet. Don't get the idea that you can't use milk and reduce. You can't afford not to use it in some form. Just keep the calories low by drinking skim milk and butter-milk, eating cottage cheese, and using very little cream and butter.

For a fattening diet, help yourself liberally to whole milk, use plenty of butter, cream and whole-milk cheese. Drink afternoon or bed-time "milk shakes" with egg or fruit juice, and use things cooked in milk or served with cream sauce diet.

Bread and cereals, whether white or dark, are among the high-calorie foods. So it is a question of the quantity you use. Use cold or hot breads as you like, but use hot breads carefully if you are reducing, for they tempt you to use too much butter.



Flared and swagger lines are strongly endorsed in new coat styles of sporty character, some showing gradual increase of width from shoulder to hem, others following straighter lines to the hips and flaring noticeably at the bottom from low placed fulness. Sleeve armholes are wide and roomy with raglan shoulders much featured, while sleeve outlines display fulness 'twixt elbow and wrist in most cases. Checks have, by far, the leading preference in sports modes, being shown in many versions, plain checks and over checks, crossbars and plaids, bounds' tooth and shadow effects in hairy fleeces and nubby tweeds.

Two and three contrasting color combinations predominate such as beige with brown, red with brown, light green with dark green, pink with gray, brown, yellow and mauve or yellow, blue and beige. The very swagger seven eights length, fur collared coat sketched above is particularly suited to college wardrobes or for women who prefer a utility coat of spectator type. It is of fine checked woolly surfaced fabric in brown and beige with a pouch collar of beaver. The raglan styled sleeves show low placed fulness with fitted cuffs and the two patch pockets are large and roomy. One brown button fastens this coat at the throat.

To keep down the calories in your breakfast cereal, use it with milk. For a fattening diet, use more bread, more biscuits or muffins at a meal, with butter. And use cereal with cream and sugar.

Vegetables and fruits are important for their food value, no matter whether you want to reduce or to gain. But you choose them according to their calorie value, and you regulate the size of the servings. That is to say, if you are reducing, you lean heavily on the low-calorie vegetables and fruits, such as cabbage, squash, leafy greens of all kinds, melons and the juicy fruits. If you want to gain weight, eat more of the high-calorie vegetables and fruits, such as potatoes, sweet potatoes, beans, peas, avocados, bananas, olives, prunes, figs, and raisins.

Remember, however, that all vegetables and fruits can be fattening if served with rich sauce.

Nuts Fattening

Nuts are a concentrated food, rich in fat and protein. If you are reducing do not use them if you have meat, fish, eggs, or cheese, that day. For a fattening diet, add nuts to your meal, unless they overtax your digestive system.

Fats and sweets of all kinds, if you are reducing, must be kept down to a minimum. Pure fats yield 2 1/2 times as many calories as sugar or starch. If you are too fat, go light on butter, cream, salad dressings, and meat drippings, on fruits containing a good deal of fat, like olives and avocado pears, and dishes prepared with fat, such as pastry and rich gravies. A little butter and cream, however, are allowed even in a reducing diet, because they are valuable sources of vitamin A.

Sugar and all other sweets are fattening. For dessert, if reducing, depend on fruits, lightly sweetened if at all. Most prepared desserts contain too much sugar, and often too much fat also, to be suitable for the person who wants to lose weight.

On the other hand, to gain weight, season liberally with fats and sugar; enjoy rich gravies and desserts, and add a little jelly or marmalade, plenty of salad dressing, and some candy and nuts now and then to a diet already well-balanced.

Cut Portions to Reduce

Meat, Fish, Poultry and Eggs furnish most of our protein requirement.

SMALL COUNTIES UNABLE GET PWA FUNDS—STEIWER

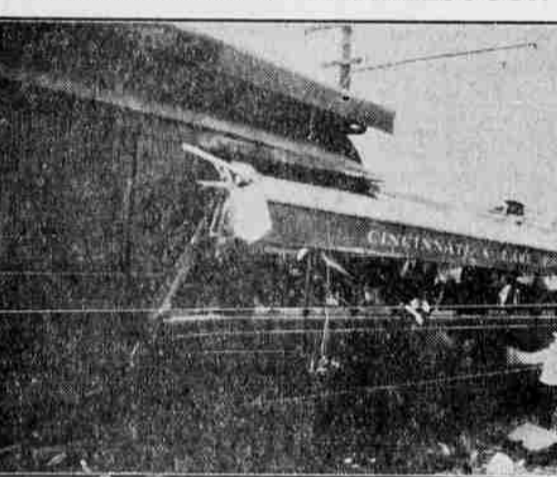
Oregon Senator Claims Lack of Engineers and Architects Causing Discrimination in Fund Allocation

WASHINGTON, Aug. 14.—(AP) Senator Frederick Steiwer, Portland, Ore., Republican, today charged that small counties, unable to employ engineers or architects, were being discriminated against in the allocation of public works funds. In a letter to Harry L. Hopkins, works progress administrator, Steiwer said numerous projects, designed to remove approximately 1,200 persons from the direct relief rolls in Columbia county, Oregon, were given no consideration because the county has no county engineer or architect. The Oregon senator asked Hopkins to give the matter his personal attention. Columbia Case Cited

the planning committee for Columbia county, Oregon, where there are 1,200 persons upon relief, has outlined a number of projects that would transfer from relief rolls to work persons in serious distress; that several of these projects would be self-liquidating, including a hospital, a dock, a swimming pool, municipal tennis courts, sidewalks and street improvements. There also is a project for the survey of 50,000 acres of logged-off land owned by the county, with a view to development of part of the area for grazing and the remainder for replanting with trees; also a road to be constructed between Columbia county's two principal towns, St. Helens and Vernonia, that would employ 300 workers.

Should Give Aid "Columbia county has made application to the works progress administration for the consideration of these projects," the senator wrote, "but that consideration has been withheld because this county has no county engineer or architect. It would seem to me that in such a situation, the county being unable to maintain the services of such officials, that the requisite technical assistance should be afforded to pass upon the merits of the proposed projects. Doubtless other counties are in the same situation, and it would seem most unfortunate if meritorious undertakings, which would promote the transfer of persons on relief to work relief in such counties, should be barred from serious consideration by your administration for such a reason."

HEADON TRAIN WRECK KILLS FOUR



Four persons were killed and a score were injured, many seriously, when a work car and a passenger trolley of the Cincinnati and Lake Erie Traction line collided headon near Springfield, O. Note one of the dead, a woman, in a window of the passenger car. (Associated Press Photo)

American Indians Showing Increase

BERKELEY, Cal. — (UP) — The American Indian is far from being a vanishing race—there are 26,000,000 full blooded Amerindians now living. The United States, however, has but 322,000 of them, or approximately one per cent. More than 96 per cent of the number live south of the Mexican border, according to E. W. Gifford, University of California extension division lecturer.

Centers of highest culture of the race, he added, was NOT in the United States, but in Mexico, Central America and South America.

Parisienne Puts Feathers in Hair

LONGCHAMP, France — (AP) — Yvonne Vallee, former wife of Maurice Chevalier, wore "dusty pink" feathers thrust at intervals in her black hair at the night racing meet here. The feathers matched the slipper which she wore with a blue violet crepe frock trimmed in "dusty pink." A big cape of silver foxes completed her costume.

Stalactites occur in the interior of the lava caves found in Hawaii and Samoa.

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—to Mann's on the opening of their beautiful, new store. We are glad to have had a part in the completion of this store in installing the air conditioning system which will make a visit to Mann's a real pleasure. . . Be sure to attend Mann's opening Thursday evening. —People's Electric Store.

Peoples Electric Store

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