

LONGER LIFE SPAN MAY BE POSSIBLE BY ADRENAL FLUID

Scientists Hope New Discovery Will Double Work Capacity For Many—Dogs Respond To Extract

CHARLOTTESVILLE, Va., Nov. 22.—(AP)—University of Virginia scientists are working on a fluid which they hope may add ten years to the normal life span and double the working capacity of many individuals.

In an interview, Dr. S. W. Britton, professor of physiology, said the fluid, an extract of the adrenal cortex, probably is composed of two hormones—one of which is essential to life and the other necessary for sex functions.

Located in Kidneys The adrenal glands are located on the kidneys and have a sheath known as the cortex. Although this sheath represents only about one three-thousandth of the body weight, loss of it results in death unless the extract from animals is supplied.

At present work on the uses of adrenal cortex extract is still in the experimental stages. The fluid is expensive since the glands from 3,000 cattle yielded only about one gram of impure extract.

When it is injected into dogs, Dr. Britton said, their capacity to do physical work was increased many times. The animals were able to run on a treadmill for 16 to 18 hours and finished with no apparent fatigue.

Spreads Rat Growth When injected into rats, Dr. Britton said, it resulted in their reaching maturity in about one-fourth the normal time, and showed a marked effect on the extension of life.

The Virginia scientists have just been granted \$15,000 by Rockefeller Foundation to pursue their studies. They will attempt to isolate the pure extract in crystalline form and then to make it synthetically.

Possible uses, he suggested, are in bringing patients back to normal quickly from the shock of operations and in treating Addison's disease, with results from adrenal insufficiency.

CCC COOKS HEAR BAKING EXPERT

CAMP WIMER, Nov. 22.—(Sp1.)—Instructors in the Medford CCC district cooks and bakers' schools in current session here are receiving a course of instruction from G. A. Carlson, Fleischmann baking expert, covering bread and sweet goods making. The lecture course will continue until Saturday. The lecturer is baking expert for the Oregon, Washington, Idaho territory for Fleischmann.

The present district schools have a higher enrollment than any preceding ones. Twenty-five camps in the district sent three students each. The students get a thorough grounding in theory and actual supervised practice on the range. Every member of the military staff is a teacher in the district schools. The faculty of trained men also includes Wimer's tried cooks and bakers, John Seelye, Jack Junne and Vernon Smith, and Mess Sergeant Duke Guile.

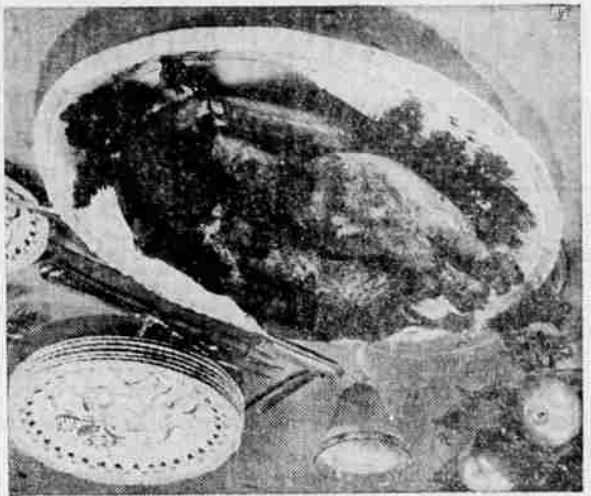
TWO KILLED BY CARS IN PORTLAND REGION PORTLAND, Ore., Nov. 22.—(AP)—Two persons were killed in traffic accidents in and near Portland yesterday. They were: Phillip A. Malloy, 70, Edgecliff, Ore., and Harry Woodham, 75, of Milwaukie. Both were struck when struck by cars.

Trout Planted. EUGENE, Ore., Nov. 22.—(AP)—E. W. Goff, superintendent of the McKenzie river hatchery, said 536,000 rainbow trout had been placed in the McKenzie river, 25,000 in the Willamette, 60,000 in the North Umpqua and 100,000 in Moshink lake.

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Plan Thanksgiving Feast Early—It Saves Time and Lightens Task

By MRS. ALEXANDER GEORGE (Author of "Menus of the Day") Pumpkin pie, with its burnished brown tops and spicy fragrance... rich, red cranberry jelly... the tantalizing aroma of turkey done to a proper turn... mean success for the housewife when family or friends sit down to Thanksgiving dinner.



One phase of preparation of the Thanksgiving dinner which must not be neglected is presentation of the meal. The table decorations and arrangement need not be elaborate but attention to this detail will add much to the meal.

Forethought and detailed planning will save dollars and energy for the home makers who arrange this annual feast. Ingenuity is the fairy godmother of modern entertaining. The serving of appetizers in the living room as the first course gives the maidless hostess time to make those important last minute dinner preparations and to place the main course on the table while beverages and canapés are being enjoyed.

Turkey is traditional and usually preferred for this occasion, but other fowl or meat make satisfying substitutes. Much of the food can be prepared the day before, freeing the hostess to share the pleasures of Thanksgiving with family and guests.

Following are menu suggestions which may help:

- A Bounteous Repast Assorted Canapés Fruit Juices, Chilled Roast Turkey Chestnut Stuffing Candel Sweet Potatoes With Pecans Buttered Brussels Sprouts Giblet Gravy Spiced Apples Cranberry Sherbet Celery Olives Fruit Gelatin Dessert Topped With Ice Cream Coffee Cracked Nuts Mints Should the family or the budget demand a less elaborate repast, this one might be tried: Just a Family Affair Cranberry Juice Cocktail Stuffed Chicken Mashed Potatoes Buttered Broccoli Curant Jelly Reheated Rolls Head Lettuce 1000 Island Dressing Pumpkin Pie Cheese Coffee At no season is a game dinner more appropriate and this menu should find favor with any family. Asparagus and Celery Soup Waters Ripe Olives Roast Duck Wild Rice Stuffing Mashed Sweet Potatoes Escalloped Onions Cider Ice Biscuits Plum Jelly Horn of Plenty Salad Bread Sticks Fig Pudding Foamy Sauce Coffee A few recipes for items selected from these menus may give the busy housewife suggestions for a new way to present traditional dishes: Chestnut Stuffing 1 pound chestnuts, hopped. 1/2 pound salt pork. 3 tablespoons chopped onions. 1-3 cup diced celery. 2 tablespoons chopped parsley. 1 teaspoon poultry seasoning. 8 cups bread, crumbled. 1-3 cup butter, melted. 2 eggs, beaten.

Cook pork in frying pan until it has browned, add onions and celery, and simmer five minutes. Pour over rest of ingredients. Mix with fork. Stuff the fowl.

- Cranberry Juice Cocktail (Spicy and Refreshing) 8 cups berries. 6 cups water. 12 whole cloves. 1/4 cup bark cinnamon. 1/2 teaspoon salt. 1 1/2 cups sugar. 1-3 cup orange juice. 2 tablespoons lemon juice. Simmer 25 minutes berries, water and spices. Pour through fine strainer, add sugar and boil three minutes. Cool. Add rest of ingredients and chill. Fig Pudding 1/2 pound figs, chopped. 2 1/2 cups bread crumbs. 1/4 cup flour. 1 teaspoon cinnamon. 1/2 teaspoon cloves. 1/2 teaspoon salt. 1/2 cup sugar. 2 eggs. 1 cup milk. 1 teaspoon soda. Mix ingredients and half fill buttered mold. Seal tightly and steam 3 hours. Unmold and serve warm with sauce. Foamy Sauce 1 cup sugar. 2 tablespoons flour. 1/2 teaspoon salt. 1 cup water. 1-3 cup orange juice. 1 tablespoon lemon juice. 1/4 teaspoon grated orange rind. 1 tablespoon butter. 1 egg, beaten. Blend sugar with flour and salt.

FARMERS INCOME HIGHER ON COAST

PORTLAND, Ore., Nov. 22.—(AP)—Farm Income, Frank W. Peck, commissioner of the federal bank for co-operatives said, is higher throughout the country "but particularly on the Pacific coast."

Crop specialization and co-operative marketing put the coast on top, he told the Oregon co-operative council.

He said farmers' co-operatives and buying groups now have 2,000,000 members—"one-third of all the farmers in the country." Of the total farm income of \$5,000,000,000 last year, about \$1,250,000,000 probably was handled by co-operatives.

MEDFORDITES TAX AVERAGES \$14.82, BONDS COST \$5.48

Seaside Most Expensive City in State For Taxpayer—Toledo Cheapest—Ashland Park Costly.

SALEM, Ore., Nov. 22.—(UP)—If you live in Medford you paid \$14.82 apiece in taxes for 1935 and an additional \$5.48 in principal and interest on bonds, according to a tabulation prepared by State Treasurer Holman.

Seaside is the most expensive city for a taxpayer to live in, its levy being \$75.69 per capita—more than three times as much as the next highest city, North Bend, with \$23.03. Bond principal and interest take \$59.26 per capita in Seaside, too.

Cheapest city in the tax line is Toledo, at \$6.19 per capita. The survey covered all cities of 1000 or more population.

When it comes to paying principal and interest on bonds, residents of Vernonia get off easiest, putting up only 46 cents each.

Burns, Forest Grove and Rainier are the only other cities besides Seaside levying more than \$10 per person.

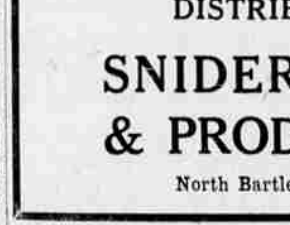
Percentages of total budget items going for general city expenses range from 2.02 per cent for Salem to 0.69 per cent for La Grande. Percentage of 28.25 for The Dalles was not considered accurate.

Of the cities budgeting for building maintenance and repairing, Coquille led with 2.94 per cent of its total budget devoted to that purpose.

Work for All

PENDLETON, Ore., Nov. 22.—(AP)—J. K. Thompson, WPA supervisor, said every employable person certified by relief rolls in district 1 would be at work today in 11 Oregon counties. He said 993 labor requisitions had been issued. Counties include Grant, Wheeler, Sherman, Malheur, Gilliam, Umatilla, Union, Wallowa, Baker, Morrow and Harney.

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Legal expense costs range from 4.66 per cent in Vernonia to 42 per cent in Seaside. North Bend spends the least for a police department—2.63 per cent of the budget—and Portland and Lakeview the most, each 14.41. Fire department and hydrant expenses are heaviest in Salem at 23.38 per cent and lowest in Seaside at 1.39. Portland is second high with 19.54 per cent.

Engineering receives the smallest percentage in Tillamook, 0.8, and the most in Hillsboro, 8.12. Budget items for charities and hospital expense range from 21 per cent in Salem to 9.48 in North Bend.

Costs of maintaining streets and bridges are highest in The Dalles at 21.71 per cent, and lowest in Seaside at 1.52.

Lighting expenses, governed considerably by the area of the cities and by variations in rates, range from 2.74 per cent in Burns to 16.32 in Albany.

Burns spends most, 14.32 per cent, for sewer repairs and maintenance, and Baker, 0.7 per cent, and Klamath Falls, 18 per cent, the least.

Ashland leads on parks and playgrounds with 8.20 per cent, and North Bend is at the bottom with 10 per cent.

Library maintenance percentages range from 0.1 per cent in Portland, where the central library is county-owned, to La Grande with 9.25.

Airports take from 65 per cent in Salem to 1.90 per cent in Medford, not counting charges for principal or interest on airport bonds.

Bond principal takes from 5.59 per cent in Vernonia to 54.46 in Seaside. Bond interest percentages range from 69 in Dallas to 37.88 per cent of the budget in Burns.

Retirement of warrants and interest brought levels of from 23 per cent in Tillamook to 28.20 per cent of the McMinnville budget.

Miscellaneous expenses ranged from 38 per cent in Toledo to 28.29 in North Bend.

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