

### MINERALS IN DIET FOR BONES, BLOOD AND ACID BALANCE

Milk, Green Vegetables, Eggs, Lean Meats and Grains Supply Sufficient Mineral Human Machine

Some of the foods that go into a well-planned diet are there to supply the body's need for minerals—calcium, phosphorus, iron, and various other minerals. Some of these are needed in our food as materials for good bones and blood, and many more of them serve to regulate the processes that go on in the human body to keep it alive.

All these necessary food substances are available in the common, everyday articles of food grown on the farm and sold in the market, the bureau points out. But foods vary so much in their mineral content as well as in other food values—that there is one more reason why the meal-planner should make sure of providing a sufficient variety of foods in each day's menu.

In the ordinary sense of the word, the so-called "minerals" necessary in our food are not all mineral. Nutritionists use the word for convenience, however, to cover a group of such elements as sodium, potassium, calcium, magnesium, iron, copper, manganese, iodine, chlorine, phosphorus and sulphur all known to be indispensable to the human body.

Minerals are needed by the body for more than one purpose. Calcium and phosphorus are necessary as materials for good bones and teeth, iron is one of the necessary materials for good blood.

Some of these mineral compounds we can take, or see, or recognize in some other tangible way. Sodium chloride, or common salt, we recognize in tears. An iron compound gives the blood its color, and the clotting stops the flow of blood from a cut finger is due, in part, to the calcium in the blood.

Hydrochloric acid, composed of hydrogen and chlorine, is essential in the gastric juice, which does its work in the stomach. It is the mineral elements in our food that keeps some fluids acid—as the gastric juice, again—and keep others alkaline, the blood for example.

Some indispensable Certain minerals, then, are indispensable to the body, and therefore necessary in our food. And it is easy enough to get them if we have the right foods—the right variety of foods.

For calcium: The best sources are milk, cheese, leafy vegetables, and some sirups—molasses, sorghum and sugar-cane sirup.

For phosphorus: Lean meats, eggs, milk, whole grains, and beans or peas.

For iron: Egg yolks, lean meats (especially liver), oysters and shrimps, green leaves, beans or peas, dried fruits, molasses, sorghum and sugar-cane sirups, and whole grains.

Sea foods such as oysters, clams, lobsters, and shrimps, and the salt-water fish—cod, mackerel, bluefish, halibut, flounder, tuna, salmon, and many other salt-water food fish, are rich sources of iodine.

### BIRTHS

Born to Mr. and Mrs. E. F. Bingham of Medford, a boy weighing 7 pounds 10 ounces, at the Purucker Maternity home this morning.

Born to Mr. and Mrs. John Bohner of Central Point, a girl weighing 7 pounds 8 ounces, at the Purucker Maternity home on January 30.

### MARSHFIELD DRAFTING OCCUPATIONAL TAXES

MARSHFIELD, Ore., Feb. 7.—(AP)—Plans for a city occupational tax designed to reduce the levy on property are being worked out, City Attorney J. W. McInturf announced. He said the tax would provide additional revenue from public utilities now using streets and thoroughfares.

### 12 CINEMA STARS SWAP OF WIVES GAIN NOMINATION AS BEST OF YEAR NOW COMPLETE

Three, Gable, Tone and Laughton, Chosen for Work in 'Mutiny On the Bounty'; McLaglen Listed

By HENRY SUTHERLAND United Press Hollywood Correspondent

HOLLYWOOD, Cal., Feb. 7.—(UP)—Twelve motion pictures, four actors and six actresses were nominated for 1935 achievement awards, highest accolades in filmdom, by the Academy of Motion Picture Arts and Sciences last night.

Final selections representing choice of players, directors and technicians themselves, will be announced at a banquet here March 6, after the eighth annual balloting of the academy.

Mutiny Furnishes Trio Three actors from M-G-M's "Mutiny on the Bounty," and Victor McLaglen, star of RKO-Radio's production, "The Informer," were named candidates for the year's best performance by an actor award.

The three were Clark Gable, Franchot Tone and Charles Laughton. Laughton won academy selection for best performance of 1935 in the same role last December.

Six separate pictures were represented by candidates for the actresses' award. Nominees were Elisabeth Bergner, for "Escape Me Never" (British and Dominion); Claudette Colbert, for "Private Worlds" (Walter Wanger-Paramount); Bette Davis, for "Designing Women" (Warner Bros.); Katherine Hepburn, for "Alice Adams" (RKO-Radio); Miriam Hopkins, for "Becky Sharp" (Pioneer and RKO-Radio); Merle Oberon, for "The Dark Angel" (Samuel Goldwyn).

Four Films Nominated Pictures nominated for best production prize were: "Alice Adams" (RKO-Radio); "Broadway Melody of 1936" (M-G-M); "Ruggles of Red Gap" (Paramount); and "Top Hat" (RKO-Radio).

Three numbers were nominated for the best song (music and lyric) award as follows: "Cheek to Cheek," from "Top Hat," by Irving Berlin; "Lovely to Look At," from "Roberta" (RKO-Radio); Jerome Kern, music, and James McHugh, lyric; "Lullaby of Broadway," from "Gold Diggers of 1935" (Warner Brothers-First National); Harry Warren, music, and lyric by Al Dubin.

Three names were submitted for the directors' award, including John Ford for "The Informer," Henry Hathaway for "Lives of a Bengal Lancer," and Frank Lloyd for "Mutiny on the Bounty." Nominations were also made in six other classes, including original writing, adaptation writing, short subjects, assistant directors, sound recording and art directors.

YUMA, Ariz., Feb. 7.—(UP)—Dr. E. W. Burke, prominent Redlands, Cal., physician, was honeymooning in New York today with his bride who was once his neighbor and the wife of the man who married his first spouse.

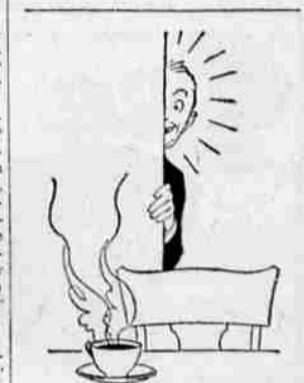
The "wife swapping" sequence was completed here a few days ago when Burke married the former Mrs. Harland Peyton.

Six months earlier, Peyton married the first Mrs. E. W. Burke. They now live in Spokane, Wash.

Until two years ago, the two families were neighbors in Redlands, where Burke is head of the Redlands Heights sanitarium. Then the Peytons were divorced and a few months later the Burkes followed suit, Mrs. Burke obtaining custody of their two small children. Six months ago, the first Mrs. Burke married Peyton and last week-end Burke and the first Mrs. Peyton came here to be married. Immediately after the ceremony, they left for New York.

Be correctly censored in an Artist Model by Ethelwyn B. Hoffmann

Use Mail Tribune want ads.



Wings of the Morning! Schilling Coffee in my cup starts my day sunny-side up!

Give your coffee pot a chance to do its delicious best. Give it the coffee it was intended to have—the Schilling Coffee specially prepared for it.

### Schilling Coffee

Two kinds. One for drip. One for percolator.

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by Buying these Specials.

Phone 20 FOR FREE DELIVERY Any Size Order

- Shortening, Superla, 4 lbs. . . . . 47c
- Cocoanut, lb. . . . . 19c
- Swans Down Cake Flour . . . . . 27c
- Calumet Bak. Pwdr., lb. can . . . 22c
- Starch Corn or Gloss 2 pkgs. . . . . 15c
- Amazo
- Corned Beef, can . . . . . 17c

### Cooked Food Sale Saturday

By Ladies of St. Ann's Altar Society of Catholic Church

### Economize with Troco

Save inside wrappers for valuable premiums

2 pounds 33c

### Schilling Coffees

Two kinds, percolator & drip. For a fragrant, full flavored cup of coffee use Schilling's.

1 lb. can 29c  
2 lb. can 55c

- SALMON, Columbia River, 7 1/2 oz. can 10c; 15 1/2 oz. can . . . . . 2 cans 25c
- Tuna Flakes, 2 cans . . . . . 25c
- Crab Meat, fcy. R. Club, can 29c All leg meat

### SAVE ON CANNED FOODS

- CORN, Fancy Royal Club Cream style, No. 2 can . . . 2 for 25c
- PEACHES, Del Monte Sliced or halves, No. 1 tall can 10c
- PEACHES, Del Monte, Sliced halves, No. 2 1/2 can 15c; 2 for 29c
- APRICOTS, Padre, No. 2 1/2 can . . . . . 2 for 25c
- TOMATO SOUP, Van Camps, lg. 22 oz. can . . . 10c
- TOMATOES, Bagley, lg. No. 2 1/2 can . . . . . 10c
- TOMATO JUICE, Grater Lake No. 2 1/2 can . . . . . 2 for 25c No. 1 can 3 for 25c

- Maxwell House Coffee, 1 lb. can 29c; 2 lbs. 55c
- Lime Rickey, Extra Special Brand, 3 bottles 25c
- Ginger Ale, Cliaquot Club . . . . . 2 bottles 25c
- Assorted Jellies, . . . . . 8 ounce glass 10c
- Raspberry Preserves, . . . . . lb. jar 15c; 2 for 27c
- Catsup, Monitor, large 12 ounce bottle . . . . . 10c
- Spaniola Sauce, full pint bottle . . . . . 14c
- Italian Prunes, 2 pound package . . . . . 13c
- Walnuts, . . . . . pound 19c; 2 pounds 35c

### RAISINS

1 lb. packages 2 FOR 15c

- Syrup, Melrose Cane and Maple, gallon can 79c
- Toilet Paper, Red Feather . . . . . 6 for 25c
- Scotts . . . . . 3 for 22c

### SOAP SPECIALS

Peet's Large Package 35c, with 2 Giant Crystal White Soap Free SUPER SUDS, 3 packages 29c with 1 package FREE

Oxydol FREE with 4 giant bars P & G . . . . . 19c

Palm Olive Toilet Soap . . . . . 4 bars 19c

Quality Produce We feature nothing except the finest produce on the market and our assortment is complete.

(Genuine) Calavos Medium size 4 for 25c Recipes Free	Bananas Very fancy 4 lb. 25c	Lettuce Extra large 2 for 9c	ONIONS SWEET SPANISH U. S. No. 1, good keepers. Onions always go up in the Spring. Lay in a supply at this exceptionally low price. 10 lbs. 19c 100 lbs. \$1.60
CELERY, Ghula Vista long white 15c, 2 for 29c	ORANGES—Fancy Southern Navels, 176 size . . . . . 2 dozen 39c	POTATOES—U. S. No. 1 These are fresh stock. Quality guaranteed. 50 lb. bag 79c	CARROTS, TURNIPS, RADISHES and GREEN ONIONS . . . . . 4 bun. 10c

## CITY MEAT MARKET

121 North Central—Phone 324 FREE DELIVERY Any Size Order

### Quality Is Always Important In Selecting Meats

City Meat Market Meats are of superior quality and if it were possible to sell meats of equal quality at lower prices, we would be the first to do so.

- Bacon . . . lb. 30c Swift's Premium
- Sliced Bacon lb. 40c
- Victory Dog Foods, 4 cans . . 25c
- Rib Boiling Beef, lb. . . . . 10c
- Pure Lard, 2 lbs. . . . . 30c

ALSO FANCY HENS, RABBITS, AND FRYERS

### HOME OWNED AND OPERATED PEERLESS MARKET

USE YOUR DOLLAR IT COSTS NO MORE CALL 603 12-14 N. BARTLETT ST.

## BUSINESS IS GOOD

There are many reasons, such as: Quality Meats at Low Prices, the Best of Service and a Large Stock and Display to make it easy for you to choose any cut you may desire.

### THE ORIGINAL LOW PRICE MARKET

- Roast Beef Good Shldr. Cuts lb. 10c
- Rump Roast . . . lb. 16c Boned and Tied, no waste
- Mince Meat . 2 lbs. 15c Kerr's High Quality
- Bacon Squares . lb. 21c Lean, Sugar Cured Jewels
- Beef Cubes . 2 lbs. 25c Boneless, Lean and Tender
- Pure Lard . . 2 lbs. 29c Home Rendered
- VEAL STEAK or ROAST, shoulder cut, lb. 12 1/2c
- Bacon Backs . . lb. 25c Nice and Lean Sugar Cured Any size piece
- Sirloin Steak . . lb. 15c Tender Beef. A real value

### Render Tea & Coffee Co.

24 N. Bartlett, next door to Peerless

## FRESH ROASTED COFFEE

- DeLuxe, lb. 33c. 2 lbs. 65c
- Royal, lb. 29c. 2 lbs. 55c
- Breakfast Cheer, lb. 26c. . . . . 2 lbs. 50c
- Superior, lb. 23c. 2 lbs. 45c
- Brazilian, lb. 18c. 2 lbs. 35c

WE ARE EQUIPPED TO GRIND COFFEE CORRECTLY FOR YOUR SILEX

TEA—Assam blend Orange Pekoe . . . . . lb. 50c  
Fresh Roasted PEANUTS . . . . . lb. 15c

- Top Sirloin . . . lb. 25c New York Cuts, no waste
- Swiss Steaks . lb. 17 1/2c
- Hamburger . 2 lbs. 19c Fresh Ground, no cereal
- Tomato Juice 15 oz tin 3 for 25c
- Smoked Pork Sausage lb. 22c Country Style
- Tune in KMED every evening from 7:00 to 7:15 for the latest news
- Fresh Carrots . . . . ea. 9c LARGE MARKET BUNCHES
- Bunch Vegetables . . bunch 2c TURNIPS—RADISHES—ONIONS
- Large Cauliflower . . . ea. 8c SNOW WHITE HEADS
- Fancy Tomatoes . 2 lbs. 25c RIPE—RED—FIRM