

FIVE MEALS DAILY HELP EFFICIENCY, STUDY DISCLOSES

Production of Workers Is
Increased by Collation
in Morning, Afternoon—
Fatigue Due to Hunger

By H. H. Sherburne
(United Press Staff Correspondent)
NEW HAVEN, Conn. (UP)—"Eat,
drink, and be merry"—five times a
day, if need be, because, when you
feel tired you're not weary—you're
hungry! That is the advice of two
Yale authorities.

Have you lost your appetite? Is it
hard for you to start working in the
morning? Do you get grouchy toward
noon and around quitting time? Does
this happen even though you lead a
sensible, normal, healthy life and eat
well-balanced meals? Because, if it
does, your trouble may be nothing
but hunger.

These revolutionary statements, af-
fecting the cooking of countless dis-
ciples, chefs and housewives, and the
eating habits of millions, are ad-
vanced by Dr. Howard Haggard and
Dr. Leon A. Greenberg of the depart-
ment of applied physiology at Yale.
According to their studies, too much
emphasis has been placed on the
quality and quantity of food and too
little on the time intervals at which
it is eaten.

Three meals a day, and no eating
between them, long has been a hard
and fast dietary maxim in America.
It is taught to growing children. It
is a rule followed by factory workers,
farmers, professional people, young-
old and middle-aged alike. And when-
ever anyone breaks it with a bar of
candy or an ice cream soda, he or she
is likely to feel that the sharp edge
of appetite has been unduly dulled.

System Is American
Yet the custom of three meals a
day is almost strictly American. In
England, afternoon tea constitutes a
regular repast, and some people eat
two breakfasts—one when they get
up and one about 10 o'clock. In Ger-
many, two breakfasts are always in
order, as well as an afternoon lunch
and a raid on the pantry before re-
tiring.

While such practices are not un-
heard of in this country, the general
attitude seems to favor just three
meals. It is believed that a person
should eat only when hungry, that
the appetite should be the guide to
hunger, and that everyone should
permit the digestive system to rest.
The investigations of the two Yale
physiologists refute all these ideas.

The fact that the output of work-
ers in industrial operations is lower
in the later part of the morning and
of the afternoon, has been attributed
to fatigue, but the physiologists' re-
searches tend to show that the rise
and fall of muscular efficiency and
industrial output is correlated with
the frequency of meals. Such was the
conclusion of Dr. Haggard and Dr.
Greenberg as a result of experiments
conducted among factory employees
making rubber footwear. The physi-
ologists found that when a glass of
milk and six-ounces of cake were
served to the workers in the middle
of the morning and the afternoon,
their efficiency was greatly improved
and their dispositions considerably
brighter.

Fair Test Made.
The operation selected for the study
at the footwear factory was the sewing
together of the canvas parts of the
tope of tennis shoes, because it re-
quired virtually no mechanical de-
lays. The operation also represented,
as nearly as possible, a true measure
of the actual effort of the individual
operator, since a minimum hourly
rate was guaranteed regardless of
production, plus a production bonus
for all work over a certain amount.

The operators were divided into two
equal groups of 40 each, one serving
as the control group and the other as
the experimental group. They were
studied over a period of ten weeks.
The average hourly production for
the control group, eating three meals
a day, remained around 183.5 through-
out the ten weeks. The average hour-
ly production of the experimental
group, however, varied directly with

Everyday Cooking Miracles

BY VIRGINIA FRANCIS

Director, Hapgood Electric Cookery Institute

The business of learning the mul-
tiplication tables and the rivers of
Africa wouldn't be half the task that
it is if every young Junior could be
assured of finding cup cakes in his
lunch box once in a while. Boy, oh
boy, spicy applesauce cup cakes
frosted with maple flavored frost-
ing are something to look forward



School isn't "half bad" when lunch time gives promise of cup cakes like these.

to after a hard morning at school;
and they're something worth being
on the school luncheon menu—and
no one has been "put out" or
rushed. Here's the recipe for ap-
plesauce cup cakes. They are delicious
to eat any time, any place—at
school or at home.

Now, that the youngsters have be-
gun trekking back to school, lots
of lunch boxes are going along, too,
as well as hearty, appreciative ap-
petites for what's in them. And,
mothers, of course, are confronted
with the problem of what to put in
the lunch box each day! The popu-
larity and practicability of sand-
wiches isn't to be questioned; how-
ever, mothers are finding it a good
idea to tuck one hot dish or drink
into the lunch box each day. And
here is where the modern electric
range comes in.

Ready for the Lunch Box
In the Thrift Cooker of the
electric range delicious hot soups
and baked beans may be made over
night—to be ready for the thermos
bottle of the lunch box in the morn-
ing, as well as for the family's lunch
or dinner.

Absent oven cooking and one-
step baking also help waylay the
early morning breakfast getting and
lunch packing rush. Why, the entire
breakfast may be placed in the
electric oven the night before and
at breakfast time it will be piping
hot and deliciously baked.

Should Mother wish to stir up
some cup cakes before sending

the number of meals taken. In ad-
dition, the workers voluntarily stated
that they felt less tired on those days
when they had five instead of the
customary three meals.

The physiologists point out that it
is not frequent meals, but large meals
that put a burden on digestion. That
leazy-feeling and the difficulty in con-
centration that follow large meals are
due to the diversion of the blood sup-
ply from the brain to the work of
digestion. These effects do not fol-
low small meals taken at frequent
intervals.

Kind Important.
The chief disadvantage in frequent
eating lies in a possibly unwise choice
of food for the smaller meals, as there
is a tendency to eat such foods as
sandwiches, candy, pastry and soft
crisps, with the result that the diet
becomes unbalanced. Consequently
in aiding supplementary meals, care
should be taken to select foods with
a view to supporting the balance of
the general diet, the physiologists ad-
vise. Although milk and cake were
given to the factory workers in the
experiment, the experimenters them-
selves would have preferred a salad
vegetable in place of the cake, and
soup or stew as a change from the
milk occasionally.

As a result of the investigation,
Haggard and Greenberg conclude that
"the practice common in this country
of eating the day's supply of food in
three installments does not give the
greatest efficiency, vigor and freedom
from distraction of which the indi-
vidual is capable. Five meals a day
yield the maximum of efficiency."

Sardine Creek

SARDINE CREEK, Sept. 4.—(Sp.)
—School opened Monday, August 31
at the Alderbrook school with a
good attendance. Mrs. Irene John-
son of Gold Hill is in charge.

Mrs. Ralph Dusenberry is rapidly
recovering from an operation recent-
ly undergone in the Community hos-
pital in Medford for the removal of
her tonsils.

Howard Dunlap, who was in a
Medford hospital for a week with
acute bronchitis, has so far recovered
as to be able to return to his work
at the Modoc orchards.

S. A. Dusenberry, John Smith and
George Smith, have been hauling
cull pears from the packing houses
to feed hogs and cattle.

Mr. and Mrs. Bergman and son
Junior, who have been visiting here
for sometime with the Taylors and
Fienes, visited several days last week
in Portland, accompanied by Mrs.
Mabel Taylor. The Bergmans left the
first of the week for their home in
Tonopah, Nev.

Strike Continues

PORTLAND, Ore., Sept. 4.—(AP)—
The teamsters' and warehousemen's
strike went into its third day at the
Blumauer-Frank Wholesale Drug Co.
today with little indication of a set-
tlement. Pickets continued to patrol
the plant. One was arrested on a
charge of assault and battery. Others
were prevented by police from ham-
pering the progress of a truck to a
loading platform.

AUTO LOANS AND REFINANCING
W. E. Thomas, 45 S. Central.

YES, THIS FOOD ENDS YOUR CONSTIPATION

Look out for those half-sick days,
when you feel listless, headachy,
out-of-sorts. Your trouble may be
constipation. The real cause of
common constipation is too little
"bulk" in meals. Your system
misses its regular exercise.

Get this needed "bulk" in a deli-
cious cereal: Kellogg's ALL-BRAN.
Within the body, its "bulk" absorbs
moisture, forms a soft mass, gently
sponges out the system.

Why keep on feeling bad when
you can feel good? Millions of
people use ALL-BRAN. Tests prove
it's safe and effective. ALL-BRAN is
guaranteed. Try it a week. If not
satisfactory, your money will be
refunded by the Kellogg Company.

Two tablespoons daily are usu-
ally sufficient. Serve as a cereal,
with milk or cream, or cook into
recipes. Remember, ALL-BRAN also
supplies vitamin B and iron.

Certainly you'd rather eat a food
than take pills and drugs. Buy
ALL-BRAN at your grocer's. Made
by Kellogg in Battle Creek.

Jelly Filled Bismarks

A delicatessen delight that is al-
ways in season, made from a
raised sweet dough generously
filled with jelly and sprinkled
with powdered sugar . . . just
the thing for that Labor Day
picnic.

19c Dozen

Featured Saturday at
All Good Food Stores or

Beck's
BEST BAKERIES

Save Time, Mess and
Fuss in Mixing Drinks



with this
PERFECT
MIXING SYRUP

8-oz. Can M. C. P. Pure Lemon Juice
1/4-Cup of Sugar
2 Teaspoons M. C. P. Lime-Lemon "Aid"

Mix these thoroughly, stirring well to dissolve sugar. This
perfect mixing syrup keeps indefinitely in refrigerator, in
covered glass jar, ready for easy use when wanted.
M. C. P. Lemon Juice is the natural, pure juice of Cali-
fornia lemons, conveniently canned. M. C. P.
Lime-Lemon "Aid" adds the pure "top"
flavor and bouquet of fresh lemons and lemons.

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IMITATIONS"

M.C.P.
Natural LEMON JUICE
and
LIME-LEMON "AID"
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GROceries

SPECIALS
SATURDAY!



STORE

Save steps . . . save time . . . save money . . . Do all
your food buying at this big Food Department Store.
Remember, this ad does not tell the whole story . . .
There are many specials not advertised today . . . So
come here for your week-end supply and enjoy the
savings. As usual we'll be looking for you.

GINGER SNAPS fresh 2 lbs. 25c

SUNBRITE CLEANSER 3 cans 13c

SARDINES IGA Brand lg. oval tins 3 for 25c

MACARONI 3 lb. pkg. 19c

MILK

Peter Pan, Libby's,
Tea Cup, Morning,
IGA or Oregon.

4 TALL
CANS

29c

Case of 48 cans
\$3.45



MEAT SPECIALS FOR SATURDAY

A Fine Assortment of Cold Lunch Meats and Pickles

R.I.R. Hens choice fat lb. 20c

Choice Fryers, R. I. R. lb. 25c

Country Style Sausage lb. 15c

Shortening . . . 3 lb. 35c

Lard Home Rendered 3 lbs. 39c

Pot Roasts choice beef lb. 12 1/2c

Prime Rib Roasts ^{Boned and Tied} lb. 20c

T-Bone Steaks choice lb. 20c

Sirloin Steaks choice lb. 20c

Fresh Side of Pork lb. 20c

Hamburger fresh ground 2 lb. 25c

Picnic Shoulders ^{Nice and Lean} lb. 23c

FLOUR

PRICES ARE
STILL LOW!

**HARVEST
KING**

Every sack guaranteed
49 lb. sack

\$1.45

Kitchen
Queen

49 lb. bag

\$1.45

Klamath
Bouquet

49 lb. bag

\$1.35

MOON BRAND — Montana
hardwheat flour,
49 lb. bag \$1.45

CORN FLAKES IGA 2 FOR 15c

NUT MARGARINE 2 lbs. 25c

COFFEE

Hills Bros. or Monarch

2 pound tins . . . 55c

Red A Coffee, 1 lb. . . 17c

Red A Coffee, 3 lbs. . . 49c

Ground the way you like it.

Potatoes

LOCAL—NEW

10 pounds for . . . 29c

25 pounds for . . . 70c

JEWEL SHORTENING ^{Pure Vegetable} 4 lb. pkg. 59c

TOMATO JUICE Knights local 3 tall cans 25c

CATSUP Ruby Brand . med. size Ea. 10c

FIG BARS fresh . . . 2 lbs. 25c



"CAMAY IS MY FAVORITE BEAUTY AID"

Take a bride's advice. Guard your complexion
with Camay. See how gentle, soothing, and
thoroughly cleansing Camay is.

TRY **Camay** 3 cakes
SATURDAY 15c

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AT

LOWEST

PRICES

MIRACLE WHIP

KRAFT'S

Kraft's Miracle Whip Salad
Dressing or Sandwich Spread

Quart Jars . . . 39c

Pint Jars . . . 25c

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CORNER MAIN AND GRAPE
PHONE 164 WE DELIVER

"Home of Good Meats. Swift's Gov't Inspected Meats"



CHEER UP!

Your children will bring home better
grades if they eat nourishing foods . . .
And especially the right kind of Meats.
You can always get the best at the
Liberty.

Buy your Meats here Saturday to
last through Monday . . .

BEEF PORK

VEAL LAMB

Shoulder Lamb, lb. . . . 20c

Boned and rolled

Oriole Bacon, lb. . . . 35c

Half or whole

Prime Rib Roast Beef, lb. . . 25c

Fancy Hens, Fryers, Squabs, Fish
Fine Assortment of Lunch Meats

LUMAN'S Bakery Specials SATURDAY

Labor Day Week-End Specials

Don't forget to stock up enough bakery items for a
double holiday. You can find just the things you
need right here where you do the rest of your food
shopping.

PECAN ROCKS—DATEDROPS—HERMITS 25c

DATE OATMEAL COOKIES and PLAIN 19c

Also: We have a large assortment of Sandwich Breads
and Buns for picnics and parties.

LUMAN'S Fruits & Vegetables SATURDAY

We Have Some Extra Fancy Local PEACHES

Buy your Peaches for Canning now — the supply is limited.

Fine Cooking Apples . . . 6 lbs. for 25c

Grapes, fine for eating . 3 lbs. for 25c

Cantaloupes, locals . . . 7 for 25c

Bananas per lb. 5c

Fresh Local Tomatoes . 3 lbs. for 10c

New String Beans, per lb. 5c

Cabbage, New Spring lb. 3c

Local Bunch Vegetables . . 3 for 10c

Oranges, med. size doz. 25c

Dry Onions 3 lbs. for 10c