

MOST WORRY DUE TO THREE CAUSES SAYS MRS. SWEET

Worries of humanity arise chiefly from three causes—worry over sickness, worry about love and worry over money, or rather lack of money, according to Viola Sweet in her lecture last evening before a still larger audience which completely filled St. Mark's Guild hall. The Mail Tribune is gratified at the very large attendance and interest shown in the series of free lectures.

One really has no cause for worry, Mrs. Sweet declared in analyzing this bad habit, because if one follows the rules of the game of life he will be able to attract people to him and make them hold him in high esteem, and in doing both of these he will be able to make a success of life in a financial way. In telling how to overcome worry, Mrs. Sweet showed how the decisive, energetic person did not have time to worry, but created conditions about him which gave no cause for worry.

"Best time to worry is at night when the memory is better and the imagination more vivid. To make use of this receptive and valuable period, one should have a pencil and a pad of paper at the bedside, so that every time one thinks of something to worry about he can write it down. At first the list will be enormous, but later it would grow smaller. The next morning these things written down can be accomplished. This is also one good cure for insomnia," Mrs. Sweet said.

Husbands, and how to deal with them, seems to be the biggest worry in life, judging from the questions that are handed to Mrs. Sweet. In answers tinged with wit, the speaker's main advice seems to be that one can accomplish more with others by taking inventory of themselves, and making their own lives fuller and richer. "If folks do not treat you right, it is generally your own fault, not theirs. Get busy on yourself and you will learn to live happily, not scrappily."

The subject of this evening's lecture will be "The Joy of Living." There will be no lectures Saturday or Sunday but they will be resumed Monday evening at 8 o'clock. The subject of Monday's discussion will be "The Subconscious Mind." All lectures are free and the public is cordially invited to attend. Additional chairs are being secured to take care of the crowds.

One Fatality
SALEM, Oct. 29.—(AP)—One fatality and 808 accidents were reported to the state industrial accident commission during the week ending yesterday. This was the best weekly accident record since last winter. Arthur Kibbe, Portland feller, was fatally injured October 20 at Yamhill.

Half the menus in London seem to be printed in French.

Meteorological Report

October 29, 1937.
Forecasts.
Medford and vicinity: Cloudy to night and Saturday; little change in temperature.
Oregon: Fair in east and cloudy in west portion, with rain on north coast tonight and on coast and in north-west portion Saturday; little change in temperature; gentle, variable wind off coast, becoming southerly.
Local Data.
Temperature a year ago today: Highest, 72; lowest, 28.
Total monthly precipitation, 1.41 inches. Excess for the month, 25 inch.
Total precipitation since September 1, 1937, 2.56 inches. Excess for the season, .88 inch.
Relative humidity at 5 p. m. yesterday, 45%; 5 a. m. today, 100%.
Sunrise tomorrow, 6:41.
Sunset tomorrow, 5:08.

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

CITY	High Temp	Lowest Temp	Wind	Weather
Boise	80	38	—	Clear
Boston	54	50	.83	Cloudy
Chicago	60	42	—	Clear
Denver	80	42	—	Clear
Eureka	70	56	—	Cloudy
Helena	78	40	—	Clear
Los Angeles	75	54	—	Cloudy
MEDFORD	75	48	—	Clear
New York	58	38	—	Clear
Omaha	75	48	—	Clear
Phoenix	94	52	—	Clear
Portland	68	50	.83	Cloudy
Reno	82	30	—	Clear
Roseburg	76	56	.16	Rain
Salt Lake	76	36	—	Clear
San Francisco	68	58	—	Cloudy
Seattle	62	44	.20	Clear
Spokane	66	48	.11	Rain
Washington, D.C.	60	48	—	Clear
Yakima	70	44	T.	Clear

JERSEY BREEDERS TO MEET IN LAKEVIEW

Jersey breeders of the Rogue River valley will meet at the farm of J. R. McCracken, Valleyview, Saturday, October 30, at 1:30 p. m. Ted Warren, field representative of the American Jersey Cattle club, will be present at this meeting to discuss subjects of interest to Jersey breeders.

The meeting is under auspices of the Rogue River Valley Jersey Breeders club and all farmers or others interested in Jerseys are invited to attend.

No Tow Car Needed
ALBION, N. Y.—John Coveny, 18, and Orrin Preat, 17, were out riding when their car crashed through a railing and came to rest dangling over Lawrence Starkweather's junk pile and auto graveyard. The two jumped to safety and made a deal with Starkweather.

KENNEDY TO PLAY IN EAGLES SHOW

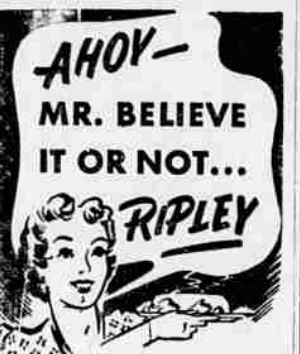
Noel Kennedy, English actor, will be one of the performers in the variety show to be presented in the Medford senior high school auditorium on November 16 by Crater Lake series of the Fraternal Order of Eagles. It was announced today.

Kennedy is a seasoned actor of the stage, screen and radio in the United States and England. In this country he has appeared in pictures produced by Warner Brothers and Universal, his latest film being "The Prince and the Pauper." He has taken part in numerous stage and radio productions in the east.

In the Eagles variety show Kennedy will give a number of readings. Many other acts by professional and amateur talent will be included in the vaudeville program, lodge officers said.

Stamped
PHILADELPHIA, Pa.—Franklin H. Price, chief librarian of the free library, says there's hardly a question he can't find the answer to but he had to admit defeat, he said, when a woman demanded on her rights as a taxpayer that he tell her the name of the unknown soldier buried in Washington.

Edward Braddock, British general, led an expedition against Fort Duquesne in the French and Indian war in 1755. He was mortally wounded and died shortly afterwards.



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Porter Fril-Lets, of course! 100% A1 Durum Semolina—fresh eggs—little wavy frills that keep their shape in cooking—That's the 6 1/2 minute way to a tasty quickly prepared dinner!
Wrapped in cellophane—at your grocer's.



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Pacific Brand. They are at their best at this time of year..... 2 Quarts \$1.00

Pork Sausage..... 2 Lbs. 39c | Ground Beef, pure..... 2 Lbs. 35c

POT ROAST

Steer Beef, chuck cuts..... Lb. 17 1/2c

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Steer Beef..... Lb. 25c

BONELESS HAMS

No bone or waste—a good buy in smoked meat..... Half or Whole Lb. 35c

BACON SQUARES

Armour's For seasoning or frying..... Lb. 25c

SLICED BACON

Broken sliced..... Lb. 35c

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|---|--|
| Tea
Canterbury, Black..... 1/4 Lb. 28c | Oxydol
Large Package..... 22c |
| Raisins
New Crop, Seedless..... 4 Lbs. 29c | Big Peet
Laundry Soap..... 3 Bars 10c |
| Rice
Fancy, Blue Rose..... 5 Lbs. 29c | Pancake Flour
Fishers..... 9-Lb. Bag 49c |
| Syrup
Sleepy Hollow..... Qts. 39c | Crisco
Shortening..... 3-Lb. Can 47c |
| Corn
Butter Kernel, Whole Grain, No. 2..... 2 Cans 27c | Snowdrift
Shortening..... 3-Lb. Can 47c |
| Cleanser
Sunbrite..... 3 Cans for 10c | Formay
Shortening..... 3-Lb. Can 47c |
| Margarine
Dinner Bell..... 3 Lbs. 29c | Jewel
Shortening..... 3-Lb. Can 47c |
| Sugar
Brown..... 3 Lbs. 19c | Walnuts
Fancy Franquettes..... 3 Lbs. 35c |
| Baking Powder
K. C..... 50-Oz. 29c | Dog Food
Pard..... 3 Cans 25c |
| Rinso
Large Package..... 22c | Vanilla
Schilling's, Pure..... 3-Oz. Bottle 19c |

CORN FLAKES Albers 3 Pkgs. 13c

GRAPEFRUIT

Fancy Texas Pink. If you have never tried these delicious new Pink Grapefruit, there's a surprise in store for you. Try them. Large size.

ea. 10c - 6 for 55c

BANANAS 4 lbs. for 15c

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POTATOES U. S. No. 2..... 25 Lbs. 25c

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GRAPEFRUIT Arizona Seedless, 80 Size..... 4 for 23c

SWEET SPUDS Smooth Jerseys..... 4 Lbs. 14c

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Barrell \$5.69

COFFEE

AIRWAY Ground fresh for your own method of brewing..... 6 Lbs. \$1.00

NOB HILL Highest quality package coffee..... 2 Lbs. 45c

EDWARDS Try this high grade vacuum packed coffee..... 2 Lbs. 49c
If it doesn't please, your money refunded.



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