

PERSONS PAST 40 EAT TOO HEAVILY, DOCTOR COUNSELS

Victor Heiser, Noted Public Health Authority, Recommends Good Alfalfa Salad For Diet Of America.

By John E. Terrell (UP Staff Correspondent)
SAN FRANCISCO (UP)—Public Enemy No. 1 is not a gangster or gangster's son. He's something rather indescribable who goes by the name of O. Ver Eating. You've probably met up with him.

Dr. Victor G. Heiser, noted glaucing health officer, who has spent more than half a century battling diseases which could wipe out cities and armies with one infectious sweep, says that the habit of over-eating has created the greatest national crime wave America has ever known.

Dr. Heiser has chased typhus and malaria and plague all over the world. Now he's home to warn America that it has problems far greater to consider than epidemics. And he's telling the middle and old-age groups that while micro-organisms have been licked, nothing has been done to protect them from O. Ver Eating's swift attacks.

Warns Old People
"At last the gates have been opened and we are slowly discovering that a great percentage of our elders are digging their graves with their teeth," he said. "I don't think there's any question but that over-eating is the greatest national crime today. We continue to think in terms of pies and biscuits and use to make and forget that most of the middle and old age ailments are born of stomachs that are too full."

The doctor has no patience with dietary fads. Eating habits must be established during youth, and the whole problem is not only one of research, but of education, he argues.

"Scientists have to help school teachers and parents. The scientist should develop things like a good palatable alfalfa salad."

Found Salad In Africa
"That's right," said the doctor, "I returned from Africa and there I found during research in leprosy that alfalfa salads provide certain inorganic salts necessary to human well-being. Dieticians should devise some way of making this food palatable and we would have a great many more healthier and happier people."

Dr. Heiser is serious. He pointed out that English physicians in Africa and India have proved that diseases of old age may be cured by correct diets.

"We eat three times as much as we should. A little restraint and a balanced diet would bring health to countless ailing Americans."

Acquit Lumber Worker
EUGENE, Oct. 29.—(AP)—A circuit court jury acquitted Frank Radich, Cottage Grove lumber worker, yesterday of second degree murder charges in connection with the slaying of Harry Hanson. Radich testified he shot Hanson in self-defense.

Cleaned—Definitely
BARRINGTON, N. J.—Earl Shappell cleaned up his filling station. He gathered up all the loose paper, empty cartons and boxes and burned them. The place looked fine. Then he remembered \$102 in cash had been in one of the boxes consigned to the flames.

Pecan Carmel Rolls



Three rousing cheers will surely be in order at any table where these utterly delectable pecan rolls make an appearance. Nothing could be better as a Sunday morning treat and they are always a welcome adjunct to the light supper or luncheon. Any homemaker who undertakes such acceptable home-baking projects as this may be assured that the slight effort involved will "rate" her very highly with her family and friends. Once tried, this recipe will be repeated many times—by request.

- Pecan Carmel Rolls**
- 1 cup milk, scalded
 - 1/4 cup sugar
 - 1 1/2 teaspoons salt
 - 1-3 cup butter
 - 2 cakes compressed yeast
 - 4 cup lukewarm water
 - 2 eggs, beaten
 - 4 cups flour
 - Brown sugar
 - Pecans

thoroughly. Use enough flour to form a soft dough. Knead until smooth. Place in a greased bowl, cover, and let double in bulk. Punch down and let rise again until double in bulk. Roll out into a rectangular sheet about 1-4 to 1-3 inch thick. Spread with melted butter, brown sugar and chopped nuts. Roll jelly-roll fashion. Prepare a pan by melting in it three tablespoons butter and add brown sugar to a depth of 1/4 inch. Press pecan halves in the sugar. Cut rolls 1/2 to 3/4 inch thick. Place cut side down in pan. Cover and let double in bulk. Bake in moderately hot oven (375 degrees Fahrenheit) 25 minutes.

BUSEY IS COMMENDED BY SHIP COMMANDER FOR OFFERING BLOOD

A letter of commendation from his commanding officer on the cruiser Northampton has been placed in the naval service record of Allan R. Busey, Ernest M. West, recruiting officer here, was notified today. Allan is the son of Mr. and Mrs. Fred L. Busey of Talent and a graduate of Medford high school, class of 1936. The commendation came from A. S. Carpenter, commanding officer of the Northampton for Busey's "prompt response to a call for blood donors." He answered the call when a blood transfusion was required for Mrs. D. J. Cape whose husband is a gunnery mate first class on the Northampton. The ship is now at the Puget Sound navy yard in Bremerton, Wash.

"Your immediate response to this worthy cause reflects credit not only on yourself but on the command to which you are attached and the naval service," Carpenter said in the letter which becomes part of Busey's naval record.

Busey was accepted for navy enlistment by Mr. West on June 17, 1936. He passed his mental test with a grade of 99, highest recorded at the Medford station since it was opened in May, 1934.

He completed his preliminary training in San Diego, Cal., and then qualified for the navy's electrical school. He completed his electrical course with a grade of 3.96, highest rating obtainable being 4.00, records show. In a recent examination on his ship for fireman second class, he stood highest among the 20 men taking the test.

No first-rate literary Chinese book would be intelligible if read aloud exactly as it is written, for colloquial expressions of speech have no equivalent in Chinese characters.

CAMERA DEVOTEES FORM MOVIE CLUB

Medford Movie club was organized last night with H. D. Kem as president. Other officers elected were M. W. Taylor, vice-president, and A. H. Miller, secretary-treasurer.

The organization meeting was held in the basement dining room of the Hotel Medford with 19 attending. It was to meet in the Hotel Medford at 7:30 p. m. on the first Wednesday of each month.

Purpose of the club is primarily educational. It was explained. Entertainment also will be an aim. It was added.

Eligible for membership is anyone seriously interested in taking motion pictures, either as a professional or an amateur, officers said. Women will be admitted only as associate members. It was decided.

At each monthly meeting it is planned to hold a clinical review of pictures taken by members, to inspect new camera equipment and to conduct technical discussions. Representatives of large eastern manufacturing companies who happen to be here on business will be invited to address the meetings, officers related.

The basis of Chinese social organization is a closely knit and highly organized family.

Filter, Replaced.
PORTLAND, Ore., Oct. 29.—(AP)—Repaired and reconstructed at a cost of between \$400,000 and \$500,000 following a Columbia river collision, the ex-Italian motorship Feltrine, now the Cleveland, weighed anchor for a trial voyage today.

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Chocolate Fudge CAKE ICING

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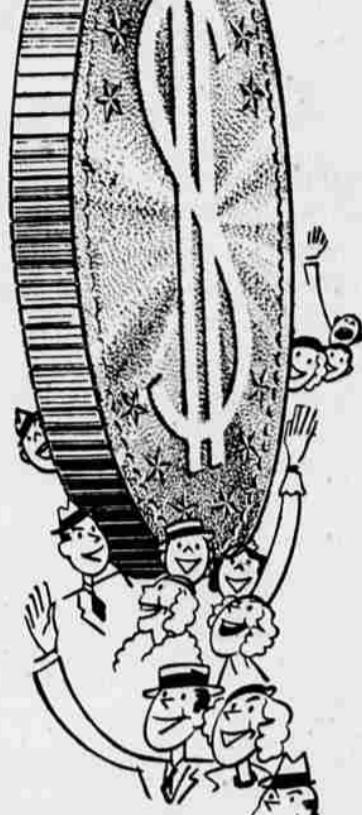


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TOMORROW—DOLLAR DAY SPECIALS

- | | |
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| SUGAR
19 lbs.
\$1.00
100 lbs.
\$5.29 | MILK
14 tall cans
Libby's or Peter Pan
\$1.00
PER CASE-48 tall cans
\$3.45 |
|-----------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|

- CRISCO** 3 lb. pail 59c
6 lb. pail \$1.15
- OK SOAP 25 LARGE BARS \$1.00**
- RAISINS NEW CROP 16 lbs. \$1.00**

- RICE** Extra fine quality, whole grain 20 lbs. **\$1.00**

- TOMATOES** Josephine brand, extra selected 11 cans **\$1.00**

- CORN** Fine quality Golden Bantam Garden brand 11 cans **\$1.00**

- PEAS** Meco brand—A real Dollar Value 11 cans **\$1.00**

- IVORY SOAP** Medium Bars **3 bars 17c**
1 Medium Washing Powder FREE

- BEANS** New crop, white navy or Red Mex. 20 lbs. **\$1.00**

- POTATOES** No. 2's 50 lbs. **39c**

- HALLOWEEN JELLY BEANS** lb. **15c**
OLD FASHIONED CHOCOLATES lb. **10c**

LUMAN'S Bakery Specials
SATURDAY ONLY

GOBLIN CAKE

the cake you've been hearing about on all sides for the past week. An unusual Betty Crocker creation of rich chocolate and tangy orange cake—gay, festive Halloween colors both inside and out. A delicious and out-of-the-ordinary cake—just the thing to make your Halloween table complete. You'll never forget the flavor or goodness of this cake—be sure and try one.

EACH 59c

- FRUITS & VEGETABLES**
SATURDAY ONLY
- SWEET POTATOES** 5 lb. **19c**
 - CELERY** large crisp stalks ea. **10c**
 - CABBAGE** local crisp solid lb. **2c**
 - SQUASH** sweet potato lb. **2c**
 - LOCAL SPINACH** 4 lb. **19c**
 - GRAPEFRUIT** med. size 4 for **19c**

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Gives rich new flavor to cooking



Cream of Corn Soup

- 2 cups chopped corn
- 1 cup water
- 2 slices onion
- 1 teaspoon sugar
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 3 tablespoons butter
- 3 tablespoons flour
- 1 1/2 cups Borden's Evaporated Milk
- 2 1/4 cups water or white stock

Simmer corn with water, slices of onion, sugar and half of salt and pepper, until very soft. Force through pure sieve. Melt butter in double boiler. Add flour and remainder of salt and pepper. Blend thoroughly. Add Borden's Evaporated Milk and water slowly, stirring until mixture thickens. Cook 10 minutes longer, stirring occasionally. Blend corn mixture with cream sauce. Reheat. Garnish with paprika and tomatoes or pap-corn. Servon 8.

Borden's IRRADIATED **Milk**

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