

## BALANCED LUNCH EMPHASIZED FOR SCHOOL CHILDREN

By Marian J. Farrell  
Home Demonstration Agent  
Teachers and leaders in industry as well as the nutritionist are urging Americans, young and old, to "eat a lunch that packs a punch." Schools in Jackson county are putting special emphasis on a well balanced hot lunch program, but not all children are able to take advantage of this program. In that case does the lunch you send to school provide the neces-

sary energy, vitamins and minerals that will keep your child alert and happy until dinner-time?  
The four point pattern for the carried lunch as explained in home economics mimeograph 1864 will help you plan "the lunch that packs a punch." This plan is based on the following four points: 1—one cup of milk in some form. 2—a vegetable or fruit or both. 3—whole grain or enriched bread or cereal products and 4—a food rich in protein. Does your lunch box provide a square meal every day?  
Anyone who has to pack a lunch will find this new bulletin on "The Carried Lunch" HE 1864, very helpful. It is available free of charge through the office of the Home Demonstration agent in the courthouse. Of particular help will be the 94 different combinations for sandwich filling that are listed, along with each of the other three points in providing a better carried lunch for children and adults.



600 other MONARCH FOODS—all just as Good

## MEDFORD INFANTRYMEN START BASIC TRAINING

Allen Pierce Collingwood, husband of Leatha Mae Collingwood of 439 North Front, and Claude Wesley Johnson, husband of Neva Emily Johnson, 402 West Clark street, both of Medford, have arrived at Camp Wolters, Tex., infantry replacement training center, to begin their basic training as infantrymen.

Closing time for Classified Ads 9 a. m. Too Late to Classify 12:30 p. m.

## TEAMSTER UNION CLAIMS CREDIT FOR 4TH TERM

Indianapolis, Dec. 1—(U.P.)—The A. F. L. teamsters' union took the credit today for being the largest single influence in the re-election of President Roosevelt and said that the C. I. O. political action committee "never contributed one dollar directly" to the Democratic campaign fund.  
"When the actual facts come out," John M. Gillespie, union secretary-treasurer, said in an article in the International Teamster, "it will be known that the teamsters' international union with its great influence in the American Federation of Labor was more responsible for the election of Mr. Roosevelt than any other influence in America."

In the article, entitled "Teamsters Swing National Election," Gillespie credited Daniel J. Tobin, head of the teamsters, with causing the 7,000,000 members of the A. F. L., 400,000 in the railroad brotherhoods and 600,000 members of John L. Lewis' united mine workers, to disregard their dislike for P. A. C. Chairman Sidney Hillman and swing behind the president.

## SCHOOL COOKS TO ATTEND MEETING

Cooks in the school lunch rooms throughout Jackson county will attend the first meeting of the school lunch institute on Saturday, December 2, at 9 a. m., according to Mrs. H. O. Colburn, chairman of the Jackson county nutrition council. The series of meetings sponsored by the nutrition council is designed to help cooks in planning, preparing and serving foods for school children.

Mrs. Una B. Inch, rural school supervisor, urges all school boards to make every effort to have their school cook attend this series to be held December 2 and 9. At the first meeting Walter Sutherland, sanitarian with the Public Health association, C. R. Bowman, county school superintendent; Mrs. Virginia Wait, home economics teacher, and Miss Marian Farrell, Jackson county home demonstration agent, will help the cooks with problems pertaining to sanitation menu preparation and food selection.  
Anyone interested in attend-

## Spencer Tracy In Sunday Show



Spencer Tracy figures the next move in his escape from the Nazi concentration camp in this scene from the stirring drama, "The Seventh Cross," with Signe Hasso, Hume Cronyn, Jessica Tandy and Agnes Moorehead. The film starts at the Craterian Sunday.

## Hilarious Role



Ann Sothern comes to the Rialto Sunday for three days in her latest hilarious picture, "Maise Goes to Reno," with John Hodiak, Tom Drake and Ava Gardner. Playing as the companion feature on the twin bill at the Rialto, "Rocket Man," stars Tom Neal in the lead with Jeanne Bates.

ing is welcome to the meeting and more information is available through the county school superintendent's office or the office of the home demonstration agent.

Cleveland received more popular votes, in the presidential election of 1888, than did Harrison, who carried the electoral college and consequently became president.

## Narcotic Violator Gets Twenty Years

San Francisco, Dec. 1—(U.P.)—Salvatore (Sam) Mauerli, Santa Cruz beach concessionaire convicted of transporting narcotics, was sentenced to 20 years in prison and ordered to pay a \$10,000 fine today by Federal Judge Louis Goodman who termed him a contributor to "human misery and degradation."  
It was the stiffest penalty ever imposed in San Francisco on a narcotics law violator.

## NOTICE TO CREDITORS

In the County Court of the State of Oregon for the County of Jackson.  
In the Matter of the Estate of Sophronia Sanborn, deceased.  
NOTICE IS HEREBY GIVEN that I have been duly and regularly appointed administrator of the above entitled estate under and by virtue of an order of the County Court of Jackson County, Oregon, duly made, rendered and entered upon November 6th, 1944, and all creditors having claims against said deceased are hereby notified to present the same duly verified to me at the office of my attorney, George M. Roberts, 201-5 U. S. National Bank Bldg., Medford, Oregon, within six months from the date of this notice.  
Dated at Medford, Oregon, this 8th day of November, 1944.  
CHARLES KELL,  
Administrator of the Estate of Sophronia Sanborn, deceased.

## NOTICE

Notice is hereby given, that on Tuesday the 7th day of November, 1944, at a General Election held on that day, in the Applegate Precinct in Jackson County, Oregon, the Measure to determine whether or not stock should be allowed to run at large in that portion of the Applegate precinct described as follows: Beginning at the intersection of the west line of Section 6, Township 38 South, Range 4 West, Willamette Meridian, and the center of the Applegate River; thence southeasterly along the thread of the stream of said Applegate River to a point on the southeasterly right of way line of the Medford-Provoit Secondary State Highway, said point being approximately 500 feet east and 1150 feet south of the northwest corner of Section 22, Township 38 South, Range 4 West; thence following the southerly and westerly right of way line of the Medford-Provoit Secondary State Highway in a westerly and northwesterly direction to an intersection with the west line of Section 6, Township 38 South, Range 4 West; thence north along the west boundary of said Section 6 to the point of beginning.  
was voted upon. A majority vote was cast against stock running at large, and all persons are hereby notified that it shall be unlawful for stock to run at large in that portion of the Applegate precinct described above, after sixty days from the date of this notice, under penalty of a fine of not less than ten,

(\$10.00), dollars, or more than one hundred, (\$100.00), dollars. Dated this 16th day of November, 1944.  
G. R. CARTER,  
County Clerk.

Notice of Final Settlement  
In the County Court of the State of Oregon for Jackson County.  
In the Matter of the Estate of A. E. REAMES, also known as ALFRED EVAN REAMES, Deceased.  
The undersigned has filed in the County Court of Jackson County, Oregon, the final account of her administration of the above estate, and said Court has fixed the 2nd day of January, 1945, at the hour of ten o'clock in the forenoon of that day, at the County Court Room in the Jackson County Court House, at Medford, Oregon, as the time and place for the settlement of said estate. All persons interested in said estate are hereby notified and required to

make or file their objections to said final account, if any they have, on or before the time aforesaid fixed for the hearing and settlement thereof. Date of this notice and the first publication thereof is December 1, 1944.  
LILLIAN L. REAMES,  
Executrix.  
O. H. BENGTON,  
Attorney for Executrix.

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On JEWELRY CAMERAS and MUSICAL INSTRUMENTS Used and underecimed jewelry at great sa'ings  
**PEOPLES LOAN CO.**  
223 1/2 E. Main Street  
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While There Is Still a Wide Selection of Fine Gift Merchandise



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- Individually Boxed Christmas Cards—A Gift as well as a Christmas message.... \$1.00
- Pipes—Kaywoodie, Sterncrest, Royal Duke ..... \$3.50, \$5.00, \$7.50
- Bill Folds—For men and women—\$1.50 to \$9.00
- Zipper Coin Purses ..... \$1.00
- Nail Clippers ..... 98c
- Wrisley Soaps ..... 50c and \$1.00
- Fancy Boxed Stationery ..... \$1.00 to \$3.00



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ABBOTT  
**Vita-Kaps**  
Improved  
Bottle of 100  
**\$2.96**

**Unicap 100 FOR VITAMINS 29¢**

Bottle of 25 \$ .89  
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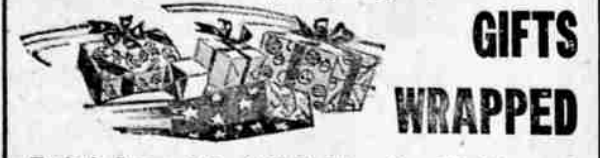
**Vacagen Tablets**  
Oral "Cold" Vaccine  
Tablets, Mulford  
20's—\$1.35

**SUCRETS**  
Antiseptic Lozenges for  
That Irritated Throat  
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**INKMAKER PENS**  
Smartly Streamlined..... **\$8.75**

The INKMAKER Pen generates lustrous, quick-drying ink from a concentrated Ink Battery. Simply add water when ink runs low. One Ink Battery writes for months. An extra "spare" Battery is concealed in the pen. So you are assured of a continuous ink supply at all times. These pens will be wrapped for overseas mailing or for points in this country—the weight is but 3 ounces, all packed for safe mailing, so first class postage is not expensive!



Taylor's Penny-Wise Will Be Pleased to Gift Wrap and Mail Christmas Packages Purchased by Service Personnel

**TAYLOR'S PENNY-WISE DRUGS**

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Our prices are the Fair Trade Minimum. We carry a full line of Nationally Advertised Pharmaceuticals and Drug Sundries.



**SAFER FIRST QUALITY Riverside**

6.00-16 size **14<sup>85</sup>**  
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Provides More Protection Than Pre-war Riversides!  
Yes, the GRS Riverside is a safer tire! It provides 12% more protection against ruptures—the most common cause of blow-outs! It's long-wearing, too—giving complete satisfaction to its hundreds of thousands of new owners! Good reasons why you should bring your ration order to Wards.

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4.75/5.00-19	2.45	10.95	
5.25/5.50-18	2.65	12.25	
5.25/5.50-17	2.75	13.75	
		6.00-16	\$2.95 \$14.85
		6.25/6.50-16	3.55 17.75
		7.00-15	3.45 19.65
		7.00-16	3.65 19.95

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**A GIFT BOX of Luscious Red DELICIOUS APPLES!**  
**A LIMITED NUMBER! ORDER NOW!**

What handsome gift boxes these are! From 30 to 50 big, juicy, luscious Red Delicious Apples, grown right here at Wing Orchards. Individually wrapped, nestled in red and white cellophane—special pads and liners to protect them in shipment. Packed in neat wooden boxes with colorful gift labels giving the names of donor and receiver. Shipped express prepaid anywhere in U.S.A. **\$6.00**

Also standard wrapped and packaged extra fancy large Red Delicious boxes—weight about 54 lbs. Now at Medford Ice and Storage plant, only **\$4.**

**APPLES**  
We've had so many calls for these big Red, Snappy Juicy Delicious Apples we've packed a limited quantity for local shipment, nestled in red and white cellophane. These are 1st Prize State Fair Apples! Delivered price per box... **\$4.75 DELIVERED**

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There's no fuss or bother—just mail or 'phone your order and ALL wrapping and shipping details will be carefully handled. Let us play Santa Claus for you with Red Apples at Christmastime.  
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**Standard Gift Box GREEN NEWTOWN PIPPIN APPLES**  
Contains 100 to 125 individually wrapped, long keeping, green Newtown Pippin Apples, unexcelled for baking, sauce, and eating out of hand. In prime condition for use in March and April. Approximate shipping weight, 50 lbs. Shipped in Standard Box only **\$5.75**  
Each Box Carries Attractive Holiday Label Showing Donor's Name — Order Now — Supply Limited

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