COL. WATERBURY TELLS KIWANIANS OF HEALTH RULES

Col. Preston B. Waterbury, who worked out a physical training program for the army ground services which has been adopted by the entire United States army, explained the program to Kiwanis club members at the regular meeting Wednesday noon at the Holland hotel. Col. Waterbury, who is being retired after 35 years of service, has purchased property near Ashland.

The officer explained that while acting as umpire during maneuvers of the national guard in 1933, it became apparent to him that men participating "could not take it." "They couldn't march, they couldn't sleep on the ground, they were bothered constantly by colds and they hung around the pop stand," the officer said. He decided at that time that in order to build up an army, this country had to embark upon a rigorous physical training program.

Starting at that time, the officer began to formulate a physical fitness program to develop strength, aggressiveness, team work among the men, confidence, endurance and basic skills, he delcared. In connection with basic skills, Col. Waterbury pointed out that 83 per cent of the men were unable to keep on top of the water for three minutes, and added that a man who couldn't swim in the water was like a man who couldn't walk on land.

Col. Waterbury said that every good soldier, as well as every good citizen, should observe the following rules: sleep eight hours in a well ventilated room, get plenty of fresh air and all the sunlight possible, exercise for at least on hour every day out of doors, be cleanly, drink several glasses of water daily, eat the right kind and amount of food, work, and learn to like it, have a good posture and good mental habits.

The officer closed by saying that "every good soldier and citizen, in order to be successful, must be imbued with the thought that it is up to him to do his work, what ever it may be."

Other guests at the meeting were Roger W. Crum, T. L. Goodwin, Ken Wise and J. D. Niles.

RED CROSS SHIPS 3763 ARTICLES

Red Cross shipments were heavy in November from the Jackson county chapter, according to Mrs. Fred Rankin, chapter executive secretary who reports 3,763 articles made or donated by Jackson county volunteers left the shipping rooms.

Mrs. Belle Schenck, chairman of senior production, lists three shipments to military and navy hospitals. Two shipments containing 530 bedside bags, 95 pairs of slippers, 82 pairs of pajamas, 17 complete baby layettes, 83 knitted articles and 445 unfilled kit bags. One shipment contained 320 filled kit bags for use of servicemen embarking for overseas with occupation forces. This makes a total of 1,490 articles sent out by freight and express.

Miss Vera Humphrey, chairman of Junior Red Cross production reports 1818 recreational and comfort articles shipped to hospitals, 200 birthday cards, 500 Christmas cards, 150 menu covers for navy, 82 games and 10 miscellaneous articles. Shipments for reufgee children included—60 gift boxes filled with usable school and comfort supplies and 48 stuffed toys for babies.

For Thanksgiving, 7 posters, 412 tray favors, and 356 menu covers were sent to Camp White naval hospital.

Camp and hospital committee, Mrs. Leonard Carpenter, chairman, reports the first shipment of 455 gifts for Christmas on the high seas.

MOBILE X-RAY ALL SIGNED UP

There are enough definite appointments made to fill Monday and Tuesday with X-raying, Mrs. Dwight Findley, Jackson county chairman of the mass X-ray program, now underway here, reported yesterday. Mrs. Findley made the announcement to protect those people who may come to the courthouse expecting a chest X-ray only to find the time all filled. There were 373 people X-rayed by the Oregon Tuberculosis association technicians Friday and 200 people turned away. This brings the total number X-rayed in Jackson county through the Public Health asociation project to 1423.

Knowing the disappointment realized by those unable to obtain their free X-rays, Mrs. Findley said that the committee would do everything possible to speed the return to this section of the mobile X-ray unit. This is, of course, just its first visit to Jackson county. It will come again.

Assisting the technicians Friday were Mrs. Glen Fabrick, Mrs. Kenneth Denman, Mrs. Bernie Hughes, Mrs. Richard Watson, Mrs. Ruth Bauer, Mrs. I. E. Staples and Mrs. Findley.

Monday they will be aided by Mrs. Wm. McAllister, Mrs. Hughes, Mrs. Walter Graff, Mrs. Charles Bottjer, Mrs. Burdette Dodge and Mrs. Findley.

Wednesday the mobile X-ray will continue to Ashland to spend two days.

Closing time for Classified Ads 8:30 a. m.—Too Late to Classify 12:15 p. m

Too Late to Classify

WANTED—To rent, 2-bedroom house. Permanent. Phone 5312, 8 til 5.

FOR SALE—Baby crib with mattress, like new, $7.00. Mahogany glass top coffee table, $4.50. Phone 4086.

WILL PAY cash for good used Spinet of Baby Grand piano. Must be reasonable. Tribune, Box 4192.

WANTED — Goodell-Pratt mitre in good condition. Phone 7493.

FOR SALE—Pr. of white ice skates, size 6. 540 Edwards. Phone 2332.

WANTED—To buy from owner, 3-bedroom home, close to downtown Medford, preferably in Washington school district. Must have possession before Jan. 5. Call 5727 after 5:30.

FOR SALE—Electric mangle, guitar, zither, ukulele, cider mill, incubator. Phone 6962.

FOR SALE—Saxophone. Clyde Jones, 2nd house left on Thomas Rd., off Stewart Ave.

RUMMAGE SALE
Degree of Honor, Dec. 4 and 5, Tuesday and Wednesday, will be held at 409 E. Main, Walt's Radio Shop at 9 a. m.

FOR SALE — Woodstock typewriter, A-1 condition. Phone 4762.

WANTED—Pickup, ½ or ¾-ton. Prefer Chevrolet or International. Must be in good mechanical condition. Phone 4660.

TO RENT—Large pleasant furn. room for woman adjoining both. Ph. 5174.

FOR SALE—1 bed davenport, 1 bunk bedroom set complete, 1 single iron bed complete, 1 dresser, 4 chairs, 1 50-foot hose, 1 garden plow, 1 hoe, 1 rake. Alvin Robertson, Morrow Road, Rt. 3, Box 86.

$3,000—Nice little clover ranch, 6½ acres, one acre fruit, four-room home, city water. Lots of out-buildings, ¼ mile from Medford. Terms and possession now. Harry Long, Real Estate, 1258 So. Riverside. Ph. 5922.

FOR SALE—One 40-gal. electric water heater. Phone 4649, Sunday.

FOR SALE — 1945 Cushman scooter, automatic clutch. Easy to drive. $215.00. 346 Lozier Lane.

ACCORDION STUDIO—1211 W. Main on Saturdays. Get out your accordion. Learn to play. Mrs. Glenn Clymers.

FOR SALE — Pre-war day bed and pad. Can be extended to full size bed. Steel frame for roll-a-way bed. Phone 2589, 608 S. Newtown.

FOR SALE—Electric iron, toaster, bed lamp and curling iron. Camera, bathroom scales, vacuum bottle. 112 Elm.

LET US HELP U COME TO EARTH
$5500—Very neat 4-room modern home, enclosed service porch, laundry trays, electric water heater, separate rental cabins, garage, lawn, shade.

$6300—3 acres, some irrigation, near school, store, highway, 6-room modern house, 4-stancheon barn, garage, woodshed, hen house, fruit, lawn, shade, city water. Terms.

$7500—Fine 7-room modern home, insulated cooler, service porch, garage, barn 26x20, hen house, workshop, 4 acres rich bottom land, fine lawn, shrubs, cement walks, all built since 1941. Some hay, electric water heater, wood, close town. Early possession.

$8000—If you want a lovely home up in the hills be sure to see this. 160 acres heavily wooded, some pasture, good road. Fine modern plastered 8-room home, hardwood floors, furnace, attic, cement basement, excellent condition, large hen house, 3 garages, woodshed, spring water, hunting, fishing.

$15,750—280 acres, 50 cultivated, some free irrigation, 8-room modern plastered house, service porch, laundry trays, 50-ton barn, greenhouse 15x100, all planted, pressure well, creek springs, free range, 9 head stock, electricity.

TED GUETZLAFF AGENCY
Phone 3709
N. Pacific Highway, past Big Y

FOR SALE—Dining room table and 5 chairs, 307 N. Ivy.

FOR SALE—Body fir wood, delivered; also oak. Ivan Myers, Central Point. Phone 111-XX after 6 p. m.

FOR SALE or TRADE—1937 Ford coupe in good shape for older car and cash. Clyde Jones, 2nd house on left on Thomas Rd. off Stewart Ave.

$11,500—We offer for sale a very attractive east side home, consisting of large living room, fireplace, dining room, two nice size bedrooms, bath, modern kitchen, oak floors throughout, basement, new oil furnace. All in the very best of condition. Double garage, corner lot, possession in 15 days.

Also

$7875—Furnished duplex, 4 rooms and bath on one side, five rooms and bath on the other side, garages, located ½ block from city park, very good income property in good condition.

Also

$6650—Duplex, two 4-room apts., with bath, excellent condition, income $93 per month.

Also

$6500—Six rooms and bath, fire place, garage, paved st., good location.

Also

$10,000—One of the good sub-irrigated farms, with 38 acres under cultivation, alfalfa, grain, very good five-room modern home with basement, furnace, fireplace, laundry room, fruit room, barn, garage, hen house, family orchard, two acres fine D'Anjou pear orchard. Immediate possession.

Also

$16,000—15 acres finest valley land, all cultivated, located on Ross Lane, with good six-room modern home, barn, garage, etc. Fine shade, shrubs, flowers. This is a high-class small farm located in the very best farming district in the valley.

ELMER HERRIED, Exclusive Agent
44 N. Riverside. Dial 3367 or 3172

FOR SALE—2 houses. Two-bedroom house, $4,500. Three-bedroom house, $6,500. Seen afternoons only. Ph. 5639, 532 No. Grape St.

FURNITURE FOR SALE—714 W. 10th. Dresser, bed complete inner spring mattress, over-stuffed Chesterfield and chair, ice box, dressing table, dresser, chest of drawers, other miscellaneous articles.

FOR SALE—2 acres, Lozier Lane, 3-room house. Box 328, C. E. Nord.

FOX TERRIER pups for sale at Pound, Lozier Lane. Phone 2962.

FOR SALE—Fur coat, natural skunk, stroller. Size 14, like new. Sacrifice. Phone 3776.

FOR SALE—1928 Chev. 1-ton truck, 1 horse cultivator, small electric range, fruit jars, misc. Spring St., Box 132, W. H. Rucker.

WANTED TO BUY—Model A, mechanically good. Body condition im. material. Worrell, Rt. 2, Box 161, across from Howard school, rear house.

FOR FURNITURE repairing and upholstering phone 2908, 216 Wabash.

FOR SALE—By owner, 3 acres, Bear Creek garden soil. Close in. Tribune, Box 4153.

FOR SALE—Good wood range, excellent con., Congoleum rug, 9x12, new curtain material, lovely aqua suit, size 14, skirts, size 14, young men's slacks, roller skates. 202 Elm St. Forenoons.

FOR SALE—14x16 Rain Tarp, corner lavatory, 4-50-21 tubes, 2 kitchen chairs, 3 leather-seat rocking chairs. 908 N. Riverside and not 906.

WHEN you spend your dollar you want the best it will buy; (we've had 30 years experience), so, when you have your upholstered furniture repaired dial 2911. B. M. Upholstery.

FOR SALE

REAL ESTATE MORTGAGE
on
257-Acre Rogue River Ranch

Amount of Mortgage $1,500
Interest Rate 10% per Annum
Terms $180 every 6 Months
This mortgage is subject to a Federal Land Bank and Commissioner Loan of $4,800
This ranch just sold for $12,600, selling price of mortgage face value plus accrued interest.

SEE W. E. THOMAS
45 South Central

"THE GEM COTTAGE now has a completely new stock of distinctive Agate Jewelry and is open seven days a week from 9:00 a. m. to 6:00 p. m. We know that you will find here Christmas gifts to be treasured always. 21 miles north of Medford on Highway 99."

POSITION WANTED—Would like interview with firm desiring services of experienced automative shop or service supervisor; includes any or all of its depts. Also know parts as used on industrial or farm equipt. Capable handling various crew personnel. Am man with a family and best of reference. Write Box 4189, Mail Tribune.

FOR SALE—Used davenport, dresser, round oak ext. table, Gen. Elec. washing machine, portable baby bassinette, 4-burner gas range, lower oven, wood heater, 2 standard hot water tanks, full size mattress, dozen good fruit jars. 131 S. Grape St.

FOR SALE—Commercial fishing boat, equipped with line pullers, steel gear, ready to fish, only $3,150. Cant beat this buy. 967 I St., Crescent City, Calif.

WANTED—To buy, Pickup; not older than '35. 219 Grape St.

FOR SALE—Saddle horse and saddle. Good for children. Box 13, Jacksonville.

FOR SALE—1935 Plymouth coach, cheap. Call after 6 p. m., cabin No. 5, 1746 No. Riverside.

FOR SALE—2 pre-war bicycles, 1 typewriter, 1 pair roller skates, 2 new ¼ h.p. motor. Box 94, Spring St.

TWO-WHEEL Trailer with spare wheel and tire, RCA radio. Columbus Avenue, south of Stewart, Rt. 1, Box 125-B. Lester Igo.

FURNISHED, pleasant, quiet room for business woman or nurse. References desired. Call between 12 and 1 p. m. and 5 and 6 p. m. Phone 7371, 103 S. Orange.

NOTICE — Wanted an old Bean or Hardy spray rig. Phone 6561.

$10,000—32 acres Bear Creek land, 14 in alfalfa. Modern 6-room home.

$16,000—102 acres, 50 in cultivation, 6-room house, 2 barns, stock and equipment, on 99.

$4000—120 acres at Butte Falls, 50 in cultivation, creek, no buildings.

$6000—Duplex, 3 rooms on each side, in good shape, rentals $50.

L. J. REED, Broker
27 N. Central

FOR SALE—Chinese Oriental rugs, two 9x12, one 3x6, Nichols, one 6x9 Fetly. Tribune, Box 4184.

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CHRISTMAS CARDS—Fine assortment in boxes. Francis Cockran. 417 J. St. Phone 3368.

BUBBLES — BUBBLES — BUBBLES the latest rage—we have them! SIMS BROS.

SEVERAL THOUSAND BULBS
TULIPS, mixed, best varieties
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COME IN AND SEE THEM AT
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"Your WORLD BICYCLE store"

FOR SALE—33 model Chrysler 6 sedan, completely overhauled, perfect mechanical condition at a bargain price, under OPA ceiling. L. C. Taylor Co., 112 S. Riverside. Phone 2965.

FOR SALE—Gas range, new. Phone 2693, 115 No. Ivy.

1938 DODGE DeLuxe sedan, small mileage, perfect mechanical condition, good rubber, under OPA ceiling. L. C. Taylor Co., 112 So. Riverside. Phone 2965.

FOR SALE—Chopped alfalfa hay. Second cutting. Monarch Seed & Feed Co.

FOR SALE—New 2 unit milking machine, never used, guaranteed satisfactory; many in use throughout the valley. Will take one or two cows in trade or young stock. Phone 2965, ask for Mr. Peterman. L. C. Taylor Co.

WANTED—Electric train in good condition. Phone 6431.

WANTED TO RENT—2 or 3 bedroom house unfurnished Phone 6415

CHILDREN'S flannel sleepers and pajamas, coat and legging sets and handmade infants wear. Cottage Specialty Shop, 414 Arcadia.

FOR SALE—Peat Mull, straw, cedar shavings for poultry litter. Monarch Seed & Feed Co.

FOR SALE—That good hulless white popcorn. Monarch Seed & Feed Co.

BULL SERVICE at your place. Registered Herefords. Phone 6933. Harry E. Miller.

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SPECIALS in cold wave for one week. All permanents a specialty. Ada's Beauty Salon, 120 N. Central. Phone 2684.

BICYCLE SEATS—just arrived—with genuine LEATHER tops. SIMS BROS.

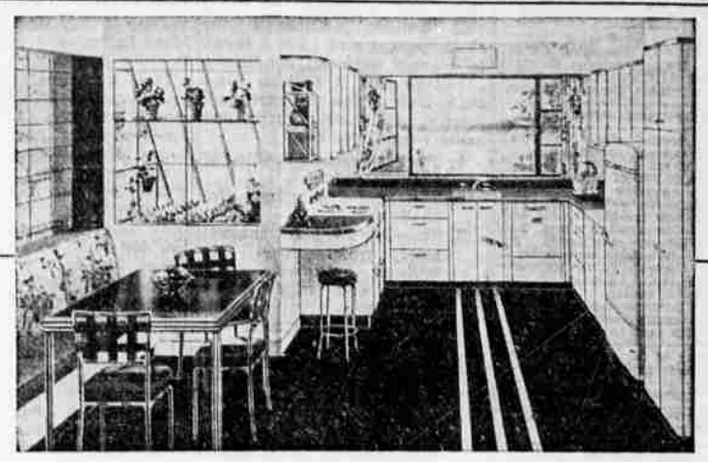
FOR SALE—English walnuts, large size, hard shell. Will deliver 50 lbs. or more within city limits, 15c per lb. Morris Ranch, Table Rock, Rt. 1, Central Point.

FOR SALE—Soil Sulphur, put it on now. Monarch Seed & Feed Co.

BUBBLES & BUBBLE BLOWERS—get them at SIMS BROS.

WANTED—Local couple with small daughter and puppy would like to rent one or two bedroom house. Phone Mrs. A. B. Gunter, 6381.

CHRISTMAS TREES, white and Douglas fir, on sale now 65c and up. Payless Market, 233 S. Riverside, opposite Firestone.



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EAST JACKSON AND BESSIE
Is Holding Services in the
NEW AUDITORIUM
EVERY NIGHT and ALL DAY SUNDAY

Dist. Supt. Rev. and Mrs. Roy E. Morgan are conducting revival services at 7:30 p. m. to continue nightly until Dec. 9th. Miss Imogene Canary, Dist. Y. P. Pres., of Vancouver, Wash., is in charge of young people's work.

The Morgans as well as Miss Canary will render vocal numbers at every service.

A cordial invitation to attend the services is extended the public.

D. D. Phillips, Pastor

Evangelist Arthur E. Goble

Coming Sermon Topics
By
Evangelist Arthur Goble

Sunday, 7:30—"The Treasures of Darkness"
Tues. 7:30—"Gifts from Above"
Wed. 7:30—"Immorality"
Thur. 7:30—"Only Believe"
"Divine Healing"
Fri. 7:30—"The Epistle of Jude"
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