ROSEBURG NEWS-REVIEW

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SATURDAY, NOVEMBER 7, 1925.

MIGRATION OF THE BIRDS.

One of the poetic sights of nature is to see the great flocks of birds heading for southern climates through the fall months.

Some think the birds have a prophetic faculty. Many of them went south early this year, which some say means a hard winter. But the majority of ornithologists would probably say that this meant merely that it was cold early in the fall. Sometimes a cold fall is followed by a warm winter. Anyway, the instinct by which the birds travel hundreds or thousands of miles and find warmth and food at the end of the road, is a marvel of nature.

Candidates for matrimony would have to take a physical and mental examination, according to a resolution offered the general convention of the Episcopal church by a leading surgeon. Many scientists and sociologists would favor such a proposition. And yet if such tests had always been applied, a large part of those now married would not have been permitted to enter that state. What would the people do who are refused the chance to marry under such a system? Probably there would be many unlawful unions, and a lot of children without legitimate parentage. This would interfere with proper training of children. However, it is probably true that some of the standards of marriage should be stricter, and those afflicted with certain diseases ought not to be allowed to marry.

THE PERFECT LAND.

What though the boosters, in their might, of modern Edens rave? There is no land of pure delight this side of Jordan's wave. We have to cross to Paradise to find that perfect shore where no man has to swat the flies, and pilgrims weep no more. In every human latitude there is some grievous flaw; in prairie land the blasts are rude, the rains are wet and raw. On tropic isles the dreamer thinks he might in peace repose, but there the rotting seaweed stinks, and chiggers bite his nose. I journeyed to a lovely land where sunshine is the boast, and there I found the people stand, a sad and grouchy host. "You should be happy as a queen," I said, "in such a place, and yet methinks a frown is seen upon each downcast face." They looked upon me through their tears, and murmured, in disgust, "It hasn't rained in seven years enough to lay the dust." The traveler from parts remote tells tales of human throngs, and everywhere the wailing note is heard throughout their songs. The Eskimo alone is glad, he does not weep or curse, although the weather's always bad, and daily growing worse. He doesn't credit rosy tales of lands where summer dwells, of babbling brooks and verdant vales, green leas and bosky dells. He thinks that snow is everywhere, with ice and frost and rime, so he's content and doesn't care to hunt a better clime.

GRANGE'S WORK GIVES CHICAGO FIRST DEFEAT

(Continued from page 1.)

Princeton and Harvard, principals in one of football's oldest rivalries, met in Palmer Memorial stadium today in the twenty-eighth renewal of their gridiron struggle. In 27 games played by the two colleges since the inaugural of the classic in 1877, the Tiger has emerged victorious 15 times while the Crimson has triumphed in 9 games. Three games have ended in ties.

A gray haze hung over the stadium today as the vanguard of an estimated crowd of 59,000 began to stream into the concrete horseshoe.

Play began when Pratt kicked off for Harvard. After a series of plays, in which Slagle and Dignan collaborated, the ball was in Princeton's possession on the Harvard 26-yard line. Dignan made 8 yards through center. A pass, Slagle to Caulkins, brought the ball to the Crimson 14-yard line. Dignan and Slagle took the ball to the two-yard line whence Slagle went over on the next play. Slagle kicked goal. Score, Princeton 7; Harvard 0.

Miller received Slagle's kick on his 10-yard line and gained 24 yards where his fumble enabled Princeton to recover. Dignan plunged 12 yards through center and Slagle put the ball directly in front of the Crimson goal posts. Slagle, from the Harvard 24-yard line drop kicked goal.

Miller kicked off for Harvard, Caulkins receiving on his 14-yard line. The ball changed from one side to the other and as Slagle intercepted a Harvard forward pass he raced to the 9-yard line w. re he was downed and the period ended.

As play was resumed, play: by Dignan and Slagle brought the ball to the two-yard line. Dignan went over on the next play. Slagle added the extra point, bringing Princeton's score to 17.

Slagle kicked off to Crosby who returned 22 yards. Punts and short runs took the ball to the Crimson 21-yard line. Coady punted and Caulkins was dropped as he caught the ball on Princeton's 49-yard line. An end run by Slagle, a pass and a yard through center by Slagle took the ball to Harvard's 43-yard line. Slagle punted out the goal line and the Crimson took the ball in play on its 20-yard line.

Coady kicked to Caulkins, who ran the ball to Princeton's 27-yard line. A forward pass and a 30-yard run by Caulkins put Princeton on the 15-yard line. The Crimson defense was paralyzed by Princeton's aerial strategy. Another pass at the ball on the Crimsons three-yard line and Dignan crashed over the line for the third touchdown. Slagle, kicked goal, giving Princeton 24; Harvard 0.

Slagle kicked off and Crosby, receiving on his six yard line, advanced to the 31-yard line. Bridges replaced Slagle in the Tiger backfield. The ball was carried to the Tiger 42-yard line when Stafford replaced Captain Cheek in the Harvard backfield. Mosley replaced Coady. Ewing tried to kick goal from the 38-yard line but the ball rolled along the ground and Turner recovered on the Harvard 20-yard line just as the period ended.

Crosby kicked off to Caulkins, who ran the ball back to the Tiger 33-yard line. Bridges for Dignan and Ewing for Gilligan and Lea for Jeffers for Princeton. Slagle made an end run for nine yards. Another Tiger forward pass, Slagle to Lea took the ball to its own 42-yard line. A series of plays in which Mosely made a poor attempt to kick, ended with the Tigers two yards still to make on its last down. A Tiger attempt to pass was intercepted and the ball went to Harvard on its own 20-yard line.

The Crimson failed to gain appreciably. The Tiger got the ball and Bridges made first down, placing the ball on Harvard's 39-yard line. Crosby punted to the Tiger 42-yard line. A Tiger pass was incomplete. Briges took the ball to within a yard of mid-field. Then Slagle punted to Cheek, who placed the ball to within a yard of mid-field. Then Slagle punted to Cheek, who placed the ball on Harvard's 8-yard line. Standing behind his own goal, Coady faked a punt and passed the ball to Crosby for seven yards through the Tiger center. Harvard made it first down on its own 18-yard line.

A pass, Slagle to Bridges gave the Tigers six yards. Booth went in for Slagle and Dignan came back for Caulkins. A pass by Dignan was grounded and the Tigers had four yards to go on its last down with the ball on Harvard's 34-yard line. A Princeton pass was incomplete. Coady, for Harvard, punted but was blocked by Darby who picked up the ball and raced from the Crimson 24-yard line for Princeton's fourth touchdown. Ewing's kick was blocked.

A pass from Cheek to Sayles was incomplete. Coady booted over the goal line and the ball was put into play on the Princeton 20-yard line. The ball went to Harvard's 34-yard line on a penalty. On a fake formation Coady passed but the ball grounded and on the next play Coady punted over the Tiger goal line. Princeton's ball on its own 20-yard line. Three Princeton passes took the ball to Harvard's 32-yard line.

A series of punts and line plunges and Princeton had its first down on its own 36-yard line. Prendergrast ripped a hole through the Harvard center for 10 yards. Princeton was penalized 5 yards for off-side. Prendergrast made 12 yards through the Crimson line, Beares two and then four yards. Prendergast went around the end for 18, then made 13 yards straight through the line, carrying the ball to the Crimson 18-yard line. Beares got seven yards through the same hole. Prendergast made two more and the ball was on the 9-yard line.

Cure for Blisters

Blisters, caused by the shoe rubbing the foot, develop into a real painful ulcer if they are not properly treated, Mr. Mann of Anytown learned.

If pricked, some disinfectant should be applied immediately. The best way to let the water out is to pass a bit of vaseline thread through the blister.

When the blister is on the sole of the foot where the skin is thick, take a fine white thread and grease it well with borated or pure vaseline.

Thread a coarse needle and pass it through the blister from one end to the other. Cut the thread on each side and cover the spot with a bit of vaseline. Next day draw the thread out. The blister will be gone.

Blisters on the hand may be pricked with a needle and then covered with a layer of collodion one ounce, castor oil eight grains; soft turpentine eight grains. Two or three coats are required.

Names for Nautical Fare

The sailor resembles the quick order restaurant waiter in that he invariably has a pet name for articles of diet. Salt beef, that standby of the menu at sea, was known during the Nineteenth century as "junk," "old horse," "salt horse" or "salt junk." It was responsible, held one writer of sea stories, for the mahogany complexion of sailors, which was commonly attributed to a combination of rum and the weather. A stew answered to the name of "lobscouse," and was made of salt beef, biscuits and potatoes, seasoned highly with pepper. A dish of cold fish and potatoes was labeled "twice-laid," while a pudding of dried peas boiled in a cloth was welcomed by the sailors under the name of "dog's body." Ship biscuits were even then called "hardtack," while soft, white bread was christened "soft tack" or "soft tommy."

Moslem's Holy Period

The Ramadana is the ninth month of the Moslem year, observed as a fast in commemoration of the first revelation received by Mohammed. It commences with the new moon of the ninth month of the year and ends on the day preceding the great festival of Bairam. From dawn to sunset of each day during this period the strictest abstinence is enjoined, all eating, drinking, bathing, smoking and other bodily pleasures—even swallowing one's saliva—being forbidden. At night, however, the satisfaction of the most necessary desires is permitted. As the Mohammedan year is lunar, consisting of 354 days, 21 hours, it follows that in the course of 33 years the Ramadan passes through all the seasons. It is said that the fast of the Ramadan is much less strictly observed now than in former times.

Rose Dining Room

Sunday Duck Dinner $1.00

Sunday, November 8 4:30 to 8 p.m.

SCOTTISH RITE

Monday, November 9th, 7:30 p. m. Work in the 13th and 14th degrees. Refreshments.

M. E. COOPER.

Navy Men Have New Paymaster

Captain Charles Morris, new paymaster-general of the navy, has been given the rank of rear-Admiral.

Expected to Be Next Premier of Jugo-Slavia

M. Anta Radojevic, minister of communications, is now looked upon as the probable successor to Pashitch as premier of Jugo-Slavia. During the war Radojevic worked in France building railways for the allies. His wife is English.

Ask Hero Medal for Noted Pianist

A Carnegie hero medal is being sought for John Powell, distinguished pianist and composer, who nearly lost his life in rescuing Miss Virginia Shepherd from drowning in Mountain Lake, Virginia. The girl, who is the stepdaughter of James Branch Cabell, famous author, and Powell are shown.

Cook with gas.

CONTRIBUTORS TO COMMUNITY CHEST

Following is a list of new contributors to the Community Chest fund. Any errors noted by those subscribing to the fund, should be immediately reported to the committee in order that proper credit may be given. In the previously published list the Lockwood Motor company was credited with a donation of $25 which should heve been $75. Recent pledges are as follows:

A. Mahoney, $4; T. B. Endicott, $12; Everybody's Exchange, $5; O. F. Reibel, $5; Geo. Hash, $12; Marster's Drug Co., $25; R. T. Slater, $5; W. W. Peter, $5; L. Antles, $20; Maxine Creglow, $5; Fisher's Store, $50; Clas. Chowler, $12; Cass Street Market, $15; J. H. Bernier, $12; Clark and Clark, $10; Cass Street News Stand, $12; Dr. S. L. DeLapp, $15; Douglas Ice & Storage Co., $25; O. Klinke, $10; T. D. Roland, $8; J. M. Miller, $3.50; John E. Flurry, $15; J. O. Watson, $20; Rev. W. L. McCullagh, $1; Satiff's Auto Wrecking House, 10; Rev. H. L. Caldwell, $10; Wells and Chase, $30; Joe Murphy, $10; Mrs. Troxel, $3.50; Mrs. Maine, $1; Mrs. Campbell, $1; Mrs. Parsa $1; Mrs. Gilbert, $1; Frank Louris, $20; Wm. Van Buren, $5; Frank Enroe, $1; Lawrence Sharp, $1.50; Joe Blosser, $1; Clara Russell, $1; Margaret Dawes, $1; Bea Wooden, $2; Vesta Cozad, $2; Roy Young, $1; Harry Duey, $3; Chin Joy, $1; Lee Sang, 1; Loun Fang, $1; Mrs. H. H. Hidinger, $1; Vosburg & Wiard, $18; Terminal Restaurant, $20; Umpqua Battery Station, $10; Storey Iles, $18; Umpqua Hotel, $50; E. E. Woodcock, $10; Union Garage, $5; A. J. Young, $20; Twentieth Century Grocery, $20; T. W. Wixon, $10; Charley Clough, $1.00; Good's Barber Shop, $5; J. W. Perkins, $5; J. Ellen Perkins, $10; S. L. Calkins, $12; C. S. Coberly, $5; West Side Grocery, $2.50; Rev. H. E. Mow, $12; Scott Bros., $10; Rev. Jos. Knotts, $20; E. H. Hutham and wife, $2; Chas. Stanton, $5; Geo. P. Creglam, $2; W. D. Wiley and wife, $1; Dr. H. R. Nerbas, $36; Roseburg Furniture Co., $30; Oregon Rooming House, $7.50; Alvo Fox, $2.50; Mrs. M. Schindler, $5; Mrs. M. E. Pearce, $5; Mrs. A. Dabney, $5; [illegible]burg Sanitary Market, $10; Ha[illegible] Toggery, $20; D. E. Gleman, [illegible]50; Margaret Carr, $1.50; Mrs. J. A. Carraway, $2; Joe Deeds, $5; Skaggs Store, $15; Florence Snedeker, $2; Florence Thompson, $2; Verna Carothers, $2; Fern Scott, $2; Myth Henderson, $2; Elsie W. Reynolds, $2; Arline Parleigh, $2; Enid Waterman, $2; Elizabeth Parrott, $2; J. M. Lane $1; Dale Strange and wife, $5; Harry Fletcher, $2.50; Ellen Crabtree, $1; Peoples Supply Co., 36; La Verne Hawn, $5; News-Review Co., $75; L. J. Reizenstein, $5; M. M. Miller, $5; Victor Miller, $2; Floyd Stephens, $2; Jas. O. Arthur, $10; L. V. Bostwick, $5; E. G. Randolph, $2; Palace of Sweets, 15; Roseburg Plumbing and Heating Co., $15; Gertrude Rost, $2; Noah E. Hatfield, $1; Gerald Geddes, $3; Roseburg Rock Co., $15; August Heck, $25; L. A. Petty, $10; Roseburg Lumber Co., $30; Looper & McNeil, $5; Jas. Miller, $1; W. N. Pendergrass, $1; Page Lumber Co., $25; The Rose, $15; Bess Wharton, $5; M. Fickle, $1; Powell Furniture Co., $10; G. E. Gross, $2; Pullman Cigar Store, $15; Carl Ohman, $1; J. O. Newland, $45; Kenneth Dunham, $2.50; C. B. Hill, $2.50; Wm. M. Chalmers, $5; O. M. Berrie, $20; Stanley Baney, $5; D. J. Gowler, 5; Jas. I. Love, $10; S. N. Young, $10; G. H. Kliblon, $5; Spencer's A Mans Shop, $12.50; Imperial Cleaners, $12.50; Miss Lorene Conly, $0.35; L. B. Moore, $10; Moore's Music Store, $5; Roseburg Cleaners, $12; Ott's Music Store, $25; Millsap Auto Top Shop, $5; Roseburg Poultry Market, $24; A. Salzman, $5; W. D. Montgomery, $2; Ernest Unrath, $25; Chas. Heatner, 1; Wm. Carstens, $1; D. S. Freidland, $1; John A. Harris, $1; Edwin Verrell, $1; C. V. Reddin, $2.50; Foster Butner, $10; S. G. Delphine, $1; Chas. Poirot, $1; W. C. Parslow, $12; Russell Llattott, $5; Leon P. Wilson, $2; I. T. Whitney, $5; J. A. Peterson, $5; O. A. Jorgenson, $5; O. N. Wallace, 5; Albert Minturn, $2.50; Stevens Street Store, $10; John Decker, $1; Roseburg Hotel, $5; G. M. Mangen, $1; Dee Howard, $3; C. E. Sabin, $5; C. W. McAllister, $5; A. H. Perrin, $5; H. N. Greybill, $5; Wm. Hoeft, 5; Roseburg Garage, $30; Wm. Fisher, $5; John Gspald, $5; R. F. Pelleteon, $2.50; C. Ferrier, $2; J. J. Ferrell, $5; Mrs. A. B. Reed, $0.50; Rice & Orcutt, $20; Chrysler Agency, $2.50; R. W. Eaton, $2.50; Antonio Mighoretta, $5; H. E. Coleman, $2; Roy Hufham, $15; Robert Lee Hickson, 10; McKean, Darby and Baldwin, $20; J. M. Judd, $25; A. T. Lawrence, $30; Kearney's Groceteria, $24; P. J. Hohl, $20; C. W. Lawson, 5; Geo. E. Houck, $45; D. H. Morgan, $20; French Transfer, $20; Roseburg Cafeteria, $20; Irvin Brunn, $18; Kurtz Transfer Co., $10; S. L. Kidder, $24; Hugh Harrison, $10; Lennox Furniture Co., $16; Highway Service Co., $20; Klecker-Amort Co., $25; Marsters Bros., $7.50; Dr. M. E. Cooper, $20; Roy Yount, $20; A. J. Lilburn & Son, $15; First State & Savings Bank, $60; Oregon Auto Transportation Co., $20; Grand Hotel, $30; Harry Hagel, $1; Mill Street Store, $10; Dr. Don R. Gibbs, $12; Geo. Jones, $10; Joe Householder, $4; Otto Goettel, $10; Hall & Young, $20; Nathan Fullerton, $40; Maddox & Wetherel, $25.

NOTICE

I, C. W. Lawson, am moving my business, known as the Oak St. Garage to Stephens St., in the Hugh Harrison Bldg., 2 doors north of Standard Oil station. My new location will be known as Lawson's Garage and Machine Shop.

SUNDAY AT THE — CHURCHES —

First Church of Christ, Scientist — Regular Service are held Sunday morning at 11 o'clock. This meeting inclued testimonies of healing. Sunday School convenes each Sunday morning at 9:45. All pupils from the age of 4 to 20 years may be admitted. The Reading Room side entrance to the church is open daily from 2 to 4 p. m., except Sundays and holidays. Here all authorized Christian Science literature may be read, borrowed or purchased. The public is cordially invited to attend the services and visit the Reading Room. Subject Sunday's lessop: "Adam and Fallen Man."

NOTICE

Party who took rim and tire from the Ford roadster Saturday night at Long's Hall, is known. If he will return it to me at Wilbur, Oregon, nothing will be said, otherwise he will be prosecuted.

B. H. BATES.

Coming Sunday
HOOT GIBSON
"CALGARY STAMPEDE"

Coming TO LIBERTY
SUN.-MON.-TUES.
The Greatest Newspaper Picture Ever Made
"The Last Edition"

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Physical Perfection! Health! Life!

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CHIROPRACTIC—Assures you a Strong Spine. Other natural methods lending valuable HEALTH SERVICE are, Electro-Therapy, Electronic, Radiant Light, Vapor Baths, Massage, Corrective Eating and Exercise, all for the good of your Health.

Come in any time and talk over your HEALTH PROBLEM with us.

Consultation Costs You Nothing

DRUGLESS HEALTH CENTER

Dr. Harrison Folk, 327 W. Cass St. Dr. Catherine McNeil, Phone 491

BEAUTY CHATS by EDNA KENT FORBES

BRUSHES AND COMBS

If you want to be good looking you must take proper care of yourself, and to do that you must have the right sort of tools to work with. You cannot, for instance, have thick, glossy, richly colored hair if you do not wash it and brush it and comb it frequently. You must then use the best shampoo soaps, strong to be cleaning and anticeptic, but not strong enough to dry out the natural oils in the scalp. You must have a comb with a coarse and a fine section, or else two combs (one fine, one coarse) with smooth, teeth, since broken ones will split the hair and tear it out, and you must have a really first class hair brush.

The hair brush is most important. These days of bobs and shingles, the hair is rarely brushed, because it is so easily and quickly kept in place with a comb. But brushing is almost vital to good hair health, for the bristles give the scalp a gentle stimulating massage that cannot be had any other way. Besides, the brush cleanses the hair, draws the oil into each hair shaft and makes it glossy.

The brush should have thick, long, stiff bristles. Some varieties have bristles of particularly stiff wire or hair, thinly spaced for easy washing. The only trouble with these is that they cannot clean the hair like thick bristles, they cannot catch and remove the tiny particles of dust and lint that are bound to lodge in any head of hair. Some brushes are made of little bunches of split horn, these have the advantage of stiffness and long wear. But they are not as cleansing either, as hair bristles. I find an ideal combination in horn and bristle. And every brush should be washed once a week in hot water with a lather of soap.

Sufferer: If the circulation is perfect chilblains will not start, so it is well to massage and exercise the feet so as to improve the circulation. The old remedy of thrusting the feet into snow,

Your must have the right sort of brushes.

or rubbing them with pieces of ice, had a sound reason for it quickened the circulation. Going from one temperature extreme to another has the same effect, and will be found to give relief in any but extreme cases of chilblains.

Mary Jane: — Frequent combing is needed to keep bobbed hair in order as the slightest thing disarranges it.

Tomorrow— Answered Letters

Efficient Housekeeping

BY Laura A. Kirkman

NEW DISHES THIS WEEK

TOMORROW'S MENU

Breakfast
Grapefruit
Cereal
Omelet Toast
Coffee

Luncheon
Meat-Stuffed Peppers
Wholewheat Bread
Celery
Jam Cookies Tea

Dinner
Ham-Vegetable Casserole
Cheese-Rice Croquettes
Fruit Salad
Indian Pudding Sauce
Coffee

Ham-Vegetable Casserole: Quarter one medium-sized head of cabbage and cut each quarter in chunks. Place this in a buttered casserole (or any baking dish which has a cover) and add one-half cup of washed but uncooked rice, one cup of diced raw turnip, five large onions peeled and sliced, two cups of raw diced carrots, two cups of diced celery, and a quart can of tomatoes. Make a hole in the center of this mixture and in it place the hock end of a ham (skin removed). Add a small muslin bag filled with six whole cloves, six peppercorns, one teaspoon of celery seed, and a piece of a bay leaf. Cover all with boiling water, put on cover, and slip the dish into a moderate oven to bake for three hours. Serve in the same dish.

Cheese-Rice Croquettes: Wash one-half cup of the brown or uncoated rice, then put it in a small saucepan with one cup of boiling water, cover, and let cook till the rice has absorbed the water. Now add one cup of sweet, scalded milk, again cover, and let boil gently till the rice is soft. Take from range, add two beaten egg-yolks, a pinch of salt, two teaspoons of butter; and one-half cup of finely-chopped mild American cheese. Stir well, shape into small cones, roll these in raw egg, then in fine dry breadcrumbs, and fry in deep, smoking-hot fat till a golden brown. Drain a minute on crumpled brown paper before serving.

Candied Sweet Potatoes: Boil sweet potatoes in their skins till tender, then rub off the skins, slice each potato lengthwise, and place in a buttered pan. Cover with bits of butter, sprinkle thickly wih brown sugar and lightly with a little ground cinnamon, and slip the dish into a hot oven to bake till a rich brown. Serve hot.

Wholewheat Muffins: Beat together one-eighth of a cup of granulated sugar, one egg-yolk and one cup of white bread flour sifted with two teaspoons of baking powder, then add one cup of wholewheat flour. Last, stir in two tablespoons of melted butter and fold in one stiffly-whipped egg-white. Bake in greased muffin pans for 25 minutes in a hot oven.

Tomorrow—Answers to Inquiries.

Diet and Health

By Lulu Hunt Peters, M.D.

Author of "Diet and Health" and "Diet for Children"

REDUCING DURING PREGNANCY AND NURSING

If a woman is overweight during pregnacy and the nursing period is it safe for her to reduce?

Yes, it is not only safe but safer than not to. The thought that a woman must eat enough for two during pregnancy and nursing is responsible for a great deal of overweight, and worse than that, is responsible for illness and even deaths.

Eclampsia or convulsions of pregnancy, is in many instances undoubtedly caused by the poisons arising from overeating plus the infiltration of fat in the tissues. We base our conclusions that his is so on the following facts:

1. Overweight, full blooded women are more frequently affected with eclampsia than others.

2. There is less eclampsia in the summer when more fruits and vegetables and less concentrated foots are eaten than in the winer, and here is less eclampsia in the south than in the North for the same reason.

3. Obstetricians in Germany reported that during the war, when food was not so plentiful, there was a great lessening of the cases of eclampsia.

Obstetricians are now watching the weight of their patients as carefully as they watch the urine, blood pressure and other things. When there is an abnormal increase in weight the patients' diets are immediately restricted.

There is very little growth of the fetus during the first five months of pregnancy and no increase, or at the most, a very slight increase, in the food intake by the mother is necessary for the growing babe up to this time. After this about one-fifth more than the normal diet should be taken unless the physical activities are lessened. In that case a smaller increase will suffice.

A 15 to 20 pound increase in weight during pregnancy is sufficient to allow the baby, fluids, membranes, etcetera. The frame of the baby is more or less determined by heredity but the amount of fat on the baby can, to a great extent, be controlled by the mother inasmuch as the same foods that fatten the mother will fatten the baby. Surplus weigh on the mother and babe causes more difficult labor by narrowing the birth passages and increasing the size of the baby. Occasionally, in an over-fat mother, just the reverse will happen—a puny baby will result.

If a woman is overweight she is going to be benefitted by reducing her weight both during pregnancy and nursing. The first five or six moths the diet can be restricted enough to lose weight, and the last three or four months, if the weight

(Continued on page 7.)