ROSEBURG NEWS-REVIEW

Issued Daily Except Sunday by The News-Review Co., Inc.

Member of The Associated Press.

The Associated Press is exclusively entitled to the use for republication of all news dispatches credited to it or not otherwise credited in this paper and to all local news published herein. All rights of republication of special dispatches herein are also reserved.

B. W. BATES ..... President and Manager
BERT G. BATES ..... Secretary-Treasurer

Entered as second class matter May 17, 1920, at the post office at Roseburg, Oregon, under the Act of March 2, 1879.

SUBSCRIPTION RATES

Daily, per year, by mail	$4.00
Daily, six months, by mail	2.00
Daily, three months, by mail	1.00
Daily, single month, by mail	.50
Daily, by carrier, per month	.50
Weekly News-Review, by mail, per year	2.00

ROSEBURG, OREGON, SATURDAY, JANUARY 9, 1926.

WHY TAXES ARE HIGH.

Representative Martin B. Madden, chairman of the House Appropriations Committee, in an article in Nation's Business Magazine, has some pertinent things to say about the taxpayers who write their representatives in Congress to cut taxes and then telegraphs them to increase a "certain" appropriation. Here are some pungent epigrams from his article:

"While the business man is heart and soul for saving and tax reduction, apparently he is at the same time quite ready to urge appropriations for a purpose that may have a special appeal to him or his community.

"Congress cannot rely for information fully upon sources that would seem to be unquestionable. It is human nature that a man who is engaged in a certain line of work exaggerates its relative importance.

"The nation has no pocket book; it draws from the pocket books of the people.

"Let the chief of some minor bureau come before us with estimates; the moment he finds that we are cutting down what he thinks necessary telegrams go out to organizations and individuals over the entire country, and the next morning we will have a thousand telegrams urging us to grant this particular appropriation as it is 'vital to the welfare of our Government.'

"While the National Government is reducing its expenses, the city, the county and state governments are increasing theirs, so that the taxpayers are probably not paying less. The difficulty lies mainly with the people themselves; they continue to insist on government activities which ought not to be assumed; and they demand appropriations which ought not to be made.

"The people themselves should keep a watchful eye over their government officials; they should insist on proper economy; they should demand that no government activity be engaged in which is unnecessary.

In the long run the man who thinks he escapes the tax is the man who pays it."

—o—

A dispatch from Smith college, reports that 130 of these girls have volunteered to teach in the People's institute, an organization which does Americanization work and provides instruction for many who have been unable to obtain an education. This is a fine recognition of the obligation that rests upon people who have education and culture, to impart something of it to those who are looking for better opportunities. In every community that obligation exists. Those who are well educated and have had advantages owe something to those who have not. Many people have responded to this obligation by teaching in Sunday school classes, activity in club work, etc. If people have had superior advantages, they should not be satisfied to lock up their culture for their own enjoyment alone.

—o—

Reports from many American schools show steady increase in the number of students taking Latin and Greek. These subjects are supposed to be obsolete by some, yet people seem to want them. The reason is that they are the roots out of which our language has grown, and knowledge of them helps people to write and speak English more fluently. Words are the most wonderful tool that the skill of man has ever devised. A good writer is as fond of his words as a high class workman is of his keen edged tools. He likes to feel of them and know what can be done to sharpen their cutting edges, and also to know, through study of these old languages, how they have developed.

—o—

About now is the time of year when epidemics of influenza and grip are apt to start. It is a good time for people to watch out and ask themselves how far their own habits tend to make them subject to such infections. People who are shut up indoors about all the time run special risks. Their powers of resistance decline, and they are not able to throw off germs readily. And if people get a little sick, they do pretty well to stay at home for a few days, and avoid transmitting contagion to a lot of people.

WEEPING ALONE.

Nearly always I am cheerful, nearly always I am gay: when I find I'm growing tearful I pack up and move away. There are times when every voter feels some spasms of despair; he believes that he's the toter of a load too great to bear. If he's careless of the feelings of his nieces and his aunts, he puts up his grouchy spielings, and he cusses and he rants. He is dealing, without measure, in reviling, knock and roast, thereby spoiling all the pleasures of the ones who love him most. When I find my temper spoiling, showing symptoms of decay, all the peaceful waters roiling, I pack up and move away. I go streaking, in a panic, to the sylvan solitudes, where, among the trees titanic I indulge in bitter moods. There, amid the forest reaches all my grouchy thoughts I lisp; there I cuss the stately beeches, roast the hemlocks to a crisp. I inform the oaks and cedars I will write them up some time, so that wise and moral readers will regard them as a crime. And I tell the pines and larches they're too cheap for any use, talking till my larynx parches, spraying all things with abuse. So I work off my distemper, and go homeward with a smile, saying "sic," and also "semper—ever thus I conquer bile." Homeward to my aunts and nieces, to my nephews and my sire, all my grouches shot to pieces, smiling like a house afire!

PRUNE PICKIN'S

BY BERT G. BATES

GOOD EVENING FOLKS—
Today's news dispatches
State the price of
Coffins in Russia
Has raised—
We never knew they
Used 'em before
In that cold country—
We allus thot they
Buried 'em with a
Pile-driver.

✣ ✣ ✣

DUMBELL DORA THINKS
Strawberry rash is a new dessert.

✣ ✣ ✣

Henry Ford is urgin' folks to dance the old-fashioned dances and we hope the news doesn't trickle back to Detroit to the effect that Charley Lockwood is still fox trottin' regardless of Hank's edict.

✣ ✣ ✣

This is Satiddy night which, by the way, brings to mind that on this day of all days, one should scrub one's self in the bawth-tub, shouldn't one?

✣ ✣ ✣

The calendar epidemic is gradually slowin' down and soon we'll have 'em all down off the wall so's we can see the color of the kalsomine agin.

✣ ✣ ✣

Two of Mister Starmer's star boarders "signed off" yestiddy eve, while Sam'l's watch-dawg, Mister Leas was loadin' up his pipe for another drag. There is a feerce draught through the jail-house today as the result of the openin' which was made by the elimination of a few bricks. It is thought the two fellers broke out in some manner and an effort is bein' made to determine whether dynamite or a case-knife was used to effect their departure.

✣ ✣ ✣

On acct. of a dirty dig which this colyum broadcasted last night viz. the night cop we will hafta be in before the curfew dongs for a few nights till the storm blows over.

✣ ✣ ✣

We'll bet those New England fiddlers can't even rosin a bow for some of the horse-hair wielders in this county.

✣ ✣ ✣

The school girl complexion which so many of the gals are purchasin' these days can't be compared with the school marm complexion one finds on the coat lapels of the village eligibles durin' the week-end festivities.

✣ ✣ ✣

The town band flivvered to Oakland yestiddy eve and tooted vociferously, causin' the gobblers in that locality to rise up in indignation.

✣ ✣ ✣

We heard the other p. m. of a damsel who had to walk home six miles from an auto ride, which is one argument agin the enforcement of the local parkin' law.

✣ ✣ ✣

"I heerd of an erful auto accident today. It was the breakin' of a strand of beads in a feller's car just the day before his wife returned from a visit."

—o—

ENTERTAINMENT AND BAND CONCERT HELD AT OAKLAND FRIDAY

The entertainment, concert and dance given by the Douglas County Concert Band at Oakland last night was a well attended and very enjoyable event. A large crowd of Roseburg people accompanied the band while the Oakland people were well represented. The band played an excellent concert, specialty numbers being given by Mrs. Fred Strang who sang several soprano solos with band accompaniment, and by Miss Peggy Conlee, who gave an exhibition of the Charleston, with Miss Cordon at the piano. The concert was given in the Gobblers' hall, and was followed by a jitney dance. Proceeds of the dance went to the band to defray the expenses of the trip. Like entertainments will be held at Sutherlin and Riddle in the near future, according to present plans.

—o—

MOTORCYCLE CLUB FORMED AT MEETING HELD LAST NIGHT

A large number of the motorcycle riders of the county met at the motorcycle shop last night to perfect the organization of a motorcycle club. The organization is to be known as the Umpqua Motorcycle club. Darrell Carter was elected president; Ed. Wescott, secretary and treasurer and Leslie Carvalho, road captain. Last night's entertainment consisted of impromptu boxing matches, and other indoor sports. Plans are being made for summer sports and for an endurance run to be held in the near future. Refreshments were served at the close of last night's meeting.

DR. NERBAS
DENTIST
Painless Extraction
Gas When Desired
Pyorrhea Cured
Phone 488 Masonic Bldg.

News-Review Readers Express Appreciation of New Year's Edition

UMPQUA CHIEFS RECOGNIZE EDITION

ROSEBURG, Ore., Jan. 6.—Editor News-Review: Whereas the Umpqua Chiefs ever mindful of the splendid newspaper and printing plant in our city, the News-Review, (a credit to any city in the state) and whereas we with the citizens in general of Roseburg and Douglas county, take great pride in the 1926 New Year's edition of the News-Review, recognizing it second to none in the state in this particular, and whereas the Umpqua Chiefs take especial pride in that the editor in chief and the associate editor are active members of this tribe of Umpqua Chiefs, therefore be it RESOLVED by the UMPQUA CHIEFS that we most heartily commend Chiefs Bates and Bates, for their highly successful efforts and sincerely congratulate them on their new year's edition, realizing as we do the great credit it brings to the editors and a most valuable help in the publicity of Roseburg and Douglas county.

O. M. BERRIE, Chief Umpqua.
L. B. MOORE, Secretary.

BEST OF ITS KIND

PORTLAND, Or., Jan. 4.—Editor News-Review: I congratulate you on your handsome and informative annual New Year's number of the News-Review. It is the best thing of its kind that I have seen and is of great interest to every Oregonian and particularly valuable as a means of acquainting eastern friends with the resources, opportunities and attractions of our state. I am saving for my scrapbook on Oregon the historical matter relative to Douglas county and southern Oregon.

RUFUS J. HOLMAN.

SPLENDID EDITION

WILBUR, Or., Jan 2—Editor News-Review: I wish to congratulate you and your co-workers on the splendid New Year edition of Douglas county, its history and resources.

MRS. GEO. W. SHORT.

UNUSUALLY ATTRACTIVE

OREGON STATE AGRICULTURAL COLLEGE, Corvallis, Or., Jan. 4.—Mr. B. W. Bates, and Bert G. Bates, Roseburg News-Review: Gentlemen: That special edition of the Roseburg News-Review was so unusually attractive that I am writing you to express my sincere congratulations. It certainly represents a journalistic achievement.

Anyone taking a look at that section of illustrations might be tempted to move to Roseburg immediately. This section—and all other sections of the paper, in fact—have received favorable comment by those who have seen them in the office.

With best wishes for a successful year, I am

Sincerely yours,
FRANK L. SNOW.

MOST EXCELLENT ISSUE

PORTLAND, Or., Jan. 4.—Editor News-Review: I want to acknowledge the most excellent issue of your New Years edition which so thoroughly describes your community and its resources. Roseburg is indeed to be congratulated upon having such an able paper to help it carry on in its development, and I feel sure that the News-Review has been a very important factor in the phenomenal growth that Roseburg has shown during these past years. I am going to attempt to go over this paper in a little more thorough manner at my first opportunity. In the meantime, I want to again congratulate you and wish you a very prosperous 1926.

Yours truly,
O. W. MIELKE.

SPLENDID ANNUAL EDITION.

ROSEBURG, Or., Jan. 6.—Editor News-Review: The Board of Directors of the Roseburg Chamber of Commerce wish to compliment the management of the Roseburg News-Review on the splendid annual edition. It is a credit to the city and to the management of the paper. Feeling that it offers the best publicity we urge Roseburg people to send copies to eastern friends. We have ordered a copy to be indexed and placed in our permanent files for reference on matters of fact pertaining to the resources of the county.

R. W. MARSTERS, Chairman,
Publicity, Advertisement and Entertainment Committee.
L. ANTLES, Secretary-Manager,
Roseburg Chamber of Commerce.

A CREDITABLE EFFORT.

MARSHFIELD, Ore., Jan. 4.—Editor News-Review: Spent an hour last evening in carefully going over your New Year's edition. It certainly is a most creditable effort—much more comprehensive than any New Year's issue I have seen, not excluding the Oregonian.

I wish to thank you for sending it to me, and also express the hope that the year 1926 will bring prosperity and contentment to you and your publication.

Sincerely yours,
CHARLES HALL.

MR. HERMANN PLEASED.

PORTLAND, Ore., Jan. 5.—Editor News-Review: I am still reading your January first edition and I will be engaged in so doing the balance of the week. I consider it better than the Metropolitan annuals. It treats of real truth—the facts. Each community correspondent gives honest testimony of his particular district. It is actual first hand information. I congratulate you.

Very truly yours,
SCHILLER B. HERMANN.

EXTRAORDINARY EDITION.

OREGON CITY, Ore., Jan. 5.—Editor News-Review: Let me congratulate you both upon your fine 52-page New Year edition. Section two is a new department and adds much to the paper of that date.

As busy as I am, I must take time to say that the edition is extraordinarily good and Douglas county ought to be—and no doubt is—proud of it.

With kindest regards, I am,
Yours sincerely,
E. E. BRODIE,
Editor Oregon City Morning Enterprise.

CREDIT TO METROPOLITAN DAILY

VANCOUVER, Wash., Jan. 6.—Roseburg News-Review: Gentlemen: Your January 1, 1926, edition would be a credit to a metropolitan daily. It is a wonderful showing and we wish to congratulate you in the highest degree.

Yours very truly,
B. T. McBAIN,
General Manager, Columbia River Paper Mills, Vancouver, Wash.

SPLENDID ANNUAL EDITION

ROSEBURG, Ore., Jan. 6.—Editor Roseburg News-Review: We wish to compliment you on the splendid annual edition of the News-Review. It certainly is a credit to the management and to the city of Roseburg and Douglas county, and undoubtedly will do more to advertise the community than has been accomplished through the efforts of organizations and independent advertising, and undoubtedly will be a medium of obtaining prospective settlers, not only for our local territory but for the whole state of Oregon.

Yours very truly,
THE CALIFORNIA OREGON POWER COMPANY,
By Thos. H. Ness, Division Mgr.

MANY ATTRACTIVE FEATURES

PORTLAND, Ore., Jan. 5.—Editor Roseburg News-Review: We are today in receipt of a copy of your New Years edition and wish to compliment the many attractive features you have used and the valuable detailed information given on your Roseburg country.

Assuring you of our appreciation of your courtesy and with best wishes for a most prosperous New Year, we are

Very truly yours,
HICKS-CHATTEN ENGRAVING COMPANY,
By Frank E. Andrews.

ENJOYED THE EDITION.

SALEM, Ore., Jan. 8.—Editor News-Review: I wish to congratulate the Roseburg News-Review upon the most excellent New Year's edition. It was the finest New Year's edition ever published in this country and you are to be commended highly for it. I enjoyed especially the pioneer section which contained such accurate accounts of the early settlement of Douglas county.

GEORGE M. BROWN,
Associate Justice of the Supreme Court of the State of Oregon.

ANOTHER BOUQUET

PORTLAND, Ore., Jan. 9.—Editor News-Review: I have seen a copy of the News Year's edition of the Roseburg News-Review. It is a very cosmopolitan achievement. I want a copy for my own leisurely persusal and to keep, as my home and interests are down there—in Garden Valley.

Very truly yours,
MRS. J. D. YOUNG.

RAY LIKED IT

TACOMA, Wash., Jan. 6.—Editor News-Review: The New Year edition of the Roseburg Review arrived and I certainly hasten to congratulate you on this edition.

It represents the words in Bill Weaver's ad. which said "A live hotel in a live town." You certainly have a live newspaper in a live town, in the Roseburg News-Review.

Yours Very truly,
RAY W. CLARK,
Mgr. Hotel Winthrop, Tacoma, Washington.

—o—

DOUGLAS GRILL IS OPENED WITH ROBERT KIDD MANAGER

The Douglas Grill which was closed upon attachment several weeks ago was reopened today under the management of Robert Kidd, former groceryman of this city. The stock and fixtures have been purchased by the Roseburg Development company which owns the Douglas Hotel in which the grill is located. Mr. Kidd has secured experienced help in the dining room and kitchen and will maintain a first class restaurant and lunch counter in the future. The place was reopened this morning and meals will be served at regular hours in the future.

—o—

Cook with gas.

—o—

DAILY WEATHER REPORT

U. S. Weather Bureau, local office, Roseburg, Oregon, 24 hours ending 5 a. m.

Precipitation in Ins. & Hundredths

Highest temperature yesterday	44
Lowest temperature last night	35
Precipitation last 24 hours	0
Total precip. since 1st month	.72
Normal precip. for this month	5.70
Total precip. from Sept. 1, 1925, to date	10.27
Average precip. from Sept. 1 1877	15.49
Total deficiency from Sept. 1, 1925	5.24
Average precipitation for 46 wet seasons, (September to May inclusive)	31.48

Generally cloudy or foggy tonight and Sunday.

WM. BELL, Meteorologist.

State Press Comment

A SAFE RISK.

It is announced that out of loans aggregating $396,431.39, made to Oregon wheat farmers through special legislative action in 1925, $369,923.59 has already been paid, with interest totalling more than $10,000. Reports received by the Board of Control indicate that less than $5000 of these loans will be lost, and it is thought that this amount may be wiped out in the final accounting.

It is gratifying to note that the credit of our Oregon farmers is sound, and that their recovery has been rapid, even in the face of unusual losses such as were suffered in the frost bitten fields of Eastern Oregon in the record breaking cold of last winter. The temporary aid which enabled them to carry on, and continue their production, has proved an effective aid for the farmer and a wise investment for the state.

It is easily possible to overstrain the credit of municipalities in seeking funds for too ambitious "improvements." The village frog who would be a city ox has brought into questionable notoriety the finances of some Northwest communities. Loans for unnecessary luxuries are fundamentally unwise, but loans which assist an important industry trough a period of temporary embarrassment may bring lasting returns out of all proportion to the investment. This loan to the Eastern Oregon farmers is of the latter class, and its prompt repayment will encourage future extensions of such credit when emergency demands. — Portland Telegram.

Courage of Conviction.

On a chariot of acclaim, Rabbi Stephen S. Wise has ridden back into the chairmanship of the United Palestine five million drive, from which he resigned. By a vote of 71 to 1, the Zionists instructed their representatives on the executive committee to reject his resignation. Whatever quarrel some of his faith may have with him, Rabbi Wise is a great leader, a great Jew and a great man. His courageous declaration that Christ was a historical figure whom Jews might recognize as such, is the manifestation of the courage that has brought progress into the world.—Portland Journal.

Reducing Blood Pressure

A Portland inventor, Mr. Joe Pos, engineer, has produced an electrical apparatus that gives promise of correcting that hitherto stubborn ailment, abnormal blood pressure. A series of experiments covering months and performed by reputable physicians in this city has resulted in reducing the blood pressure when abnormally high, and raising it when low. While these cases have not yet established the certainty of the instrument's effectiveness, it has attracted the serious attention of physicians.

In the perfecting of this machine the inventor was in search of an instrument that could influence live organic matter so as to compel it to function in any certain desired way, as for example, to correct the action of the muscles controlling the circulatory system. If this instrument can do this, it gives some ground for the hope that it may be able to control any stubborn disease, as cancer or tuberculosis, by stimulating the natural bodily functions.

The inventor does not claim to hope that he can cure abnormal blood pressure by this instrument; but inasmuch as the good effects do last for some little time, it would seem to give hope that a way of control had been pointed out. Hope springs eternal in the breast of the afflicted; and hope is a good ingredient in any medicine or process of cure.—Portland Telegram.

In One Man's Lifetime.

Lucien Applegate, a resident of Oregon for more than 80 years, died at Klamath Falls Monday. No other names in early Oregon history stand out more prominently than the Applegates. Lucien was a son of Lindsay Applegate, who with his brother Jesse, crossed the plains in 1843. These brothers led what was known as the Applegate train and after fighting their way through hostile Indians while enroute, were frequently called on to straighten out Indian uprisings after reaching Oregon.

A year before the Whitman massacre, the Applegate brothers opened up a new route to Oregon by which emigrants leaving Fort Hall proceded by way of Nevada to Klamath Lake and the Rogue River valley and Southern Oregon. As this route was through the Modoc country, the Indians took heavy toll from the emigrants, and the Applegates and their neighbors were kept busy protecting settlers from the warlike reds. Both of the Applegates played a prominent part in the peace negotiations, by which the Modocs and the Klamaths, ceded their lands in 1864, and while Captain Jack and his turbulent band with the Canby massacre, nine years later, wrote a bloody chapter in Oregon history, the country had been made reasonably safe for the white man and the government had taken over the task of protecting the settlers.

Lucien Applegate was a boy of five, when the Whitman massacre drew the attention of the Nation to this far away land and in his 80 years in Oregon not only witnessed, but was an active participant in many of the stirring incidents attendant on the transformation of a wilderness into a commonwealth. Surrounded by all of the conveniences and luxuries of modern civilization, it now seems difficult to imagine that one man's lifetime has spanned the period between this civilization and the coming of the white man into this untamed and unsettled domain.

The Applegates were a splendid race of men of a sturdy valiant type that has left its impress on Oregon history. The name will not soon be forgotten.—The Portland Telegram.

—o—

Studebaker builds no year models.

BEAUTY CHATS

by EDNA KENT FORBES

ARM MASSAGE

It is a great pity when the arms are allowed to become shapeless, for fat or thin, it is possible to have them nicely formed. Exercise and massage will do it, unless the body is hopelessly over or underweight.

You can, if you wish to go to the expense, take a course of treatments in massage. If you don't, there are various not-so-expert ways of rubbing the arms which have almost as good an effect. Begin at the wrist of the left arm and with the other hand, squeeze the arm between the four fingers and the palm of the hand. Go the length of the arm from wrist to shoulder and back several times, squeezing firmly each time, and turning the left arm so it is massaged all over. Repeat with the left hand and the right arm.

Now rub. Hold one arm between thumb and all four fingers, and rub briskly up and down from elbow to wrist and from elbow to shoulder. Then use the four fingers of one hand to massage the other arm, holding them close together in a line, and working them in a rotary motion over the skin.

The motions are pretty much the same for fat arms or thin, only with fat arms you work hard, to scatter the flesh, with thin ones, more gently, as you merely want to stimulate. And now another important treatment: scrubbing the arms.

Buy a good stiff flesh or bath brush. Every day scrub the arms very thoroughly and very briskly with the brush, hot water and mild castile or oatmeal soap. This is a form of massage and a very stimulating one, but better for the complexion than the shape of the arms.

The rest of your treatment is exercise. There are simple arrangements of weights and pulleys sold in athletic departments and even toy stores. They are not expensive and which take up no room. These exercises are splendid for the arms.

Frank D. F.—The danger of enlarged pores is that they always encourage blackheads to form. However, you can prevent this condition if you take extra care to free your pores every night of all accumulated soil. The best way is to form the habit of taking a full warm bath every day, or night if you prefer; then, as an extra precaution, clear the pores of your face before retiring by using a cleansing cream, or by scrubbing, and close the pores afterward by a generous rinsing with very cold water.

Tomorrow—The Woman Traveler.

Efficient Housekeeping

BY Laura A. Kirkman

WE'RE GOING TO REDUCE

Reducing Lesson No. 1

There's one little resolution those of us who are overweight always make on the New Year, and that is, that we are going to reduce.

Now why do we want to reduce? There are two classes of us: first, those of us who are ill and have a sneaking idea that more than two-thirds of our troubles are caused by our excess weight, and the unbalanced diet that has brought the excess weight upon us; and second, those of us who are healthy as hors s—O, well, except for the shortness of breath, inability to walk any distance or to take any exercises, and occasional funny feelings around the heart—but who hate the sight of ourselves; we can't get anything to fit us ready-made except umbreilas; and we know we look like walking advertisements of a Dutch delicatessen store, and that we add no beauty to the landscape.

Of course we realize we are thoroughly disliked when we bulk allotted spaces on to our neighbors in the theatres, streets cars, churches, etcetera, and we dislike being disliked—oh, terribly. And then, through the public health education that is fairly well disseminated now, we know that we may be headed for many serious disorders which may shuff out our sweet lives before we have had our share of this world's fun.

We know, for instance, that the authorities on diabetes state that 75 percent of the diabetics are overweight before coming down with the disease. We know that hardening of the arteries with its attendant high blood pressure and possibie apoplexy, is caused in many cases by overeating, which also results in overweight. We know that certain forms of heart disease, kidney disease, liver disease, many intestinal, nerve, and glandular troubles are also caused by overeating which also results in overweight.

I'm going to help you carry out your New Year's resolution to reduce, for I know as a public health educator, that I can do more in prevention of disease and in the promotion of health by teaching how to reduce excess weight and how to maintain normal weight, than I can by other means. So I am starting another reducing campaign, as I do at the beginning of each year. We have many new readers who need this instruction, and among the old-timers there are more than a few backsliders. These are the ones I want to reach. The alumni who have stayed reduced can stand on the side lines and cheer us on. They will be interested, I know, for once having belonged to the F. F. F. (Friendly Fat Fraternity) one never loses interest in the great game.

Now, because I know your will power is weak, I will give you something that will strengthen it. I want you to sign the following pledge and pin it on your dresser where you will be confronted by it all week long. It will help you.

The F. F. F. Pledge.

Whereas, I am overweight and I realize that by reducing I can improve my health, efficiency and happiness, and

Whereas, I am one of the units of a great public, and the improvement of the health of its units means the improvement of the health of this great public, and

Whereas, I realize my responsibility in the improvement of the public health,

Therefore, I join Dr. Peters' Watch-Your-Weight Class, and I promise I shall follow her directions insofar as is within my power. I shall play the game and do my part. I shall neither cheat nor squeal. I Promise.

(Signed) .....

Tomorrow—Normal Weight and Cause of Overweight.

Diet and Health

By Lulu Hunt Peters, M.D.

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

KEEPING OUR FURNITURE POLISHED

TOMORROW'S MENU.

Breakfast.
Apples
Cereal
Fried Eggs Toast
Coffee

Dinner
Clear Soup
Broiled Rump Steak
Mashed Potatoes Spinach
Celery
Lemon Meringue Pie
Coffee

Supper
Baked Creamed Shrimps
Cheese Sandwiches
Vegetable Salad
Cake Preserves Tea

From time to time I receive an S. O. S. from an inexperienced housekeeper asking me how she shall clean her smudgy-looking furniture. Such a query does not need to be accompanied with the confession that the writer has neglected her furniture for some time.

If only the housekeeper can find time to go over her furniture every day with an oiled duster, she will be saved the nuisance of having its wood reach the "smudgy" condition which means heavy cleaning. I make my own dustless dusters and use them daily, applying a little polish once a month. This is how I make them:

Home-Made Dustless Duster: Into a quart-size preserve jar put one tablespoon of any good liquid furniture polish; add one tablespoon of kerosene oil and one tablespoon of either paraffin oil or typewriter oil. Shake the jar till its inside is coated, then invert in a saucer till the surplus liquid has drained out. Slip a square of black cheese cloth (or a piece of velveteen) into the jar at once, put on glass top, and let stand three days, during which time the fabric will become impregnated with the oil substance which adhered to the jar-sides when you drained out the surplus liquid.

After the three-day period in the jar, the duster is ready to use. Shake it well after using each time, but do not wash till it reaches the stage when it will no longer retain dust; then it is time to souse it up and down in hot, soapy water, rinse in clean hot water, and dry, after which it may again be impregnated with the oil substance in a jar, as directed above.

Such a duster as this both cleans and polishes. If you want a duster which merely cleans without polishing (to use for furniture which, through neglect has reached the smudgy stage), saturate a square of black cheesecloth in kerosene oil and hang it in the open air till it no longer feels wet to the touch. It is then ready to use.

In the monthly application of furniture polish, I take care not to pour too much of the liquid on the soft cloth. For the object in using a polish is to return to the wood finish the small amount of oil which it has lost by evaporation. Too lavish an application of polish cannot be absorbed by the wood fibres, and therefore merely stands on the surface to catch the dust.