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ROSEBURG, OREGON, SATURDAY, MARCH 6, 1926.

THE UNITED STATES AND ITS AUTOMOBILES.

There are about 26,000,000 automobiles in use in the world, and of these the United States has about 20,000,000. It is an astonishing reflection of the state of progress in this country, that we have more than three times as many of these machines as all the rest of the world put together. It is not surprising that these foreign peoples feel a little jealous of America, which has taken these long steps in the direction of comfort and efficiency, while the rest of the world is so largely compelled to travel on foot, or get along with the slower methods of horse transportation. A nation thus equipped with the facilities of rapid motion has a large advantage. It can do its work more readily and easily, its people have more happiness and contentment, and are not so likely to go in for revolutionary ideas. At the same time, the possession of so many cars may make some people too indolent and pleasure loving, and disinclined to settle down to the patient toil that is characteristic of the old world nations. Our automobiles will be a wonderful help in so far as they make our people brighter, healthier, and more wide awake, also as they link up the rural neighborhoods with the towns and abolish loneliness. But we must see to it that they do not make us soft and averse to effort. They have a certain democratic and levelling effect, in that a great many people of small incomes have become able to travel around the country, as only those of some means could do before. Also they level up the country and the city, breaking down those barriers of isolation that formerly restricted the back districts of the country. They are a wonderful facility of modern civilization, and rightly used they place a nation on a higher level of culture.

The older people often think the "good old days" were better. Elihu Root, former secretary of state, had his 81st birthday recently, and it was noted by his friends that he feels there has been in his time a marked advance in honesty and civic spirit in government affairs. In spite of the pessimistic views of some critics, the best informed people would agree with Mr. Root. Politicians who tried to put over the raw deals that were quietly accepted in former years, would find themselves snowed under now in Oregon or almost anywhere.



PRIVATE AND PUBLIC.

As I tell my aunts and nieces, in the privacy of home, age has not me all to pieces, I'm a wreck from heels to dome. From my daily walk returning, I sit down with weary sigh, and express a hopeless yearning for a quiet place to die. And the women flock around me, bringing cushions, pies and pills, sorry that the years have drowned me in a flood of grievous ills. Oh, they bring my carpet slippers, seat me in my padded chair, bring me lemonade in coppers, strive to ease my load of care. "No, I am not growing stronger," I inform these kindly groups; "I may last a little longer, but I'm billed to loop the loops. I have spasms everlasting, I have pains in knee and neck, every bearing, every casting, every pinion is a wreck." In my easy chair reclining, with its cushions fat and steep, I keep up a diurnal whining that makes all the women weep. When I'm through the village drilling people greet me, "Howdy do?" And I say, in accents thrilling, "I am strictly good as new. I was never feeling better in the days when I was young; age has placed on me no letter, and my withers are unwrung. I am but as happy skaters skimming bravely on the ice; bring along your agitators, I can whip them in a trice. Bring along your bo' constrictor and your rugged Russian bear, and you'll find I am the victor in a scrap beyond compare." Thus I brag how good I'm feeling when I walk the village street, but when in my cottage feeling I have colic in my feet; I have spasms that confound me, I have gripes that beat the band, and the women rally round me with a poultice in each hand.

STANFIELD BILL IS IMPORTANT TO DOUGLAS COUNTY

(Continued from Page 1.)

That measures be taken to secure to such counties the amount of such taxes, and:

No Cost to Government

Whereas this debt may be accompanied at no great cost by advancement by the United States government of a sum of money equivalent to the amount that would have been paid in taxes on said grant lands had the same remained in private ownership and the continuance of such payment in the future until such lands have been returned to taxation and the repayment to the United States government of such advancements from the moneys realized and to be realized from the sale of said reversioned lands; and

Whereas United States Senator Robert N. Stanfield, of Oregon, has introduced in the United States Congress Senate Bill No. 3255 substantially embodying the above provisions;

Now therefore, be it resolved by the Roseburg Chamber of Commerce that it is the sense of this chamber that United States Senator Stanfield, providing for compensation to the counties which have sustained the loss of taxes by reversion of title in the United States of the O. & C. R. H. company grant lands equivalent to

the loss of taxes resulting from such reversion should be supported by this chamber and by the citizens and taxpayers of the counties affected, and to it:

Further resolved that copies of this resolution be transmitted to the various chambers of commerce in the counties interested, to the members of the Oregon delegation in congress, and to the local press.

IMPORTANT NOTICE

Notice to old soldiers and their widows of Mexican war, War of the Rebellion and Indian wars, of the State of Oregon, March is the month for you to put in your claim for exemption.

F. L. CALKINS, Assessor.

BACK FROM MOTOR TRIP TO SOUTHERN CALIF.

Mr. and Mrs. James Hutchings and Mr. and Mrs. Frank Poole, who have been spending the past month motoring in Southern California, returned last night to Roseburg. They visited in Glendora, California with Rev. and Mrs. C. H. Hill, former residents of Roseburg, and greatly enjoyed the brief stay in that vicinity. They went into Mexico, and were in Tia Juana at the height of the disturbance over the Petrol case. They made a trip around the great Salton sea and saw many interesting sights. On their way down they met much rainy weather, but coming back weather was warm and enjoyable.

PRUNE PICKINS

BY BERT & BATES

GOOD EVENING FOLKS—
Spring has come
As we saw Hub Quine
On the main drag
This noddin packin'
A wounded spadin' fork
Which was not a
Casualty from overwork
On the part of Hub
But rather a defect
In one of the prongs
Which bent slant-wise
When he happened to
Be leanin' too heavy
On same while meditatin' on
How the fish are bitin'
And the scarcity of
Worms this season.

DUMBELL DORA THINKS
Brice-brae is the capital of
Egypt.

SHE HAD THE SPEED

"The stenographer we require," ran the ad, "must be fast, absolutely accurate, and must have human intelligence. If you are not a crackerjack, don't bother us."

One of the answers wrote that she noted their requirements and went on: "Your advertisement appeals to me strongly—stronger than prepared mustard—as I have searched Europe, Airopo, Irope and Hoboken in quest of someone who could use by talents to advantage. Upon or day I have never found man, woman, or dictionaphone who could get first base on me, either fancy or catch-as-catch-can, write shorthand so fast that I have to use a specially prepared pencil with a platinum point and a water cooling attachment, a note pad made of asbestos, ruled with sulphuric acid and stitched with catgut. I run my out-out open at all speeds, and am in fact a crackerjack, double hydraulic welded, drop-forged and oil-tempered specimen of human lightning on a perfect thirty-six frame, ground to one-thousandth of an inch.

"If you would avail yourself of the opportunity of a lifetime, wire me, but unless you are fully prepared to pay the tariff for such service don't bother me, as I am so nervous I can stand still long enough to have my muscles fitted."

She got the job—Boston Transcript.

Bath nite agin folks!
This is the time of the week for the good brethren and sisters to trot out their dirty linen for an airing instead of commentin' on the yellowness of their neighbor's washin'.

This spring fever must be catchin' as when one feller in the sanctum yawned this p. m. the whole force was soon 'exposin' their molars to the sunlight.

On acct. of bein' unable to git the big fire engine started yestiddy a. m. when the dew was still on the grass, the fire ladies had to grab their persnickiety flippers and dash to the blaze. It's a good thing sometimes that the brave fire ladies can support a 40— it saves gas for the city.

Hi ho hum—
It's great to sit and sit and sit And watch the idle throngs Stroll by
On a sunny p. m.
Like this—
And oh to just be a Stubble-field jockey For one day
Get a sniff of the Fresh ozone far from The whirr of the Roarin' presses And the wisecracks of The village jokers.

"Business would be a darn sight better and the village a lot better off if a lotta the life insurance money could be collected and put in circulation through selective funerals."

Uncle's a laugh a second—
March 25th.

OREGON WILD LIFE FILMS DRAW BUD FROM GERMANY

(Associated Press Pressed Wire.)
PORTLAND, Ore., March 6.—The State Game Commission has received a request from Germany for an extended showing of some of its wild life films. A joint patronage agreement covering the Willamette and Clackamas rivers has been made by State Game Warden E. F. Averill and State Fish Warden E. L. Ballagay whereby the fish commission will patrol the Clackamas and the game commission will be responsible for the Willamette between St. Helens and the falls at Oregon City, each commission paying half the expense.

More than 14,000,000 eastern brook trout eggs have been taken during the season, about 4,000,000 more than the previous year's take.

BORN

VAN DEOD—To Mr. and Mrs. W. N. Van Deod of Roseburg at Mercy Hospital, Saturday, March 6, 1926, a son.

Wanted, poultry, eggs and veal. Valley Poultry & Produce Co.

DR. NERBAS DENTIST

Painless Extraction
Gas When Desired
Painless Cure
Phone 455—Maine Bldg.

State Press Comment

Growth of Christianity
The religious counter-revolution between the modernists and fundamentalists precipitates vague reports that the church-going population was in rapid decline. That the contrary is true is known by the millions of church members in the United States.

An eastern clergyman discloses that at the time of the American revolution there was only one Protestant Christian in Princeton university and two in Harvard university. Today nine-tenths of the university and college students of both sexes are members of some Christian church. Diminishing church rolls are almost unknown in the United States, while millions of dollars are expended annually for new church edifices in the cities, towns and rural sections of the country. Every denomination is annually reporting increased national memberships.

Evidence of the stability of the church in America may be found in the general financial status. There has been a decided increase in the salary standards of the ministry. Such findings are being maintained and more luxuriously furnished. A few years ago only the most exclusive city churches could afford paid choristers, pipe organs and skilled organists. Today these are not uncommon in the smaller towns and are customary in the smaller cities. Whatever the present ecclesiastical debate may have done for good or evil, it maintains that no detracted church church attendance.—La Grande Observer.

The Headlight Puzzle.
"Nothing short of a mathematician and a mechanic can pass judgment in whether or not headlights comply with this law."

This was the statement of Judge Hawkins in freeing defendants charged with improper lights. They proved, in most cases, that they had "complied" with the requirements of the law. Their lights, in many cases, had been properly adjusted. But they had been jarred out of focus through use, something that experts say is unavoidable with certain kinds of lights.

Yet, motorists are required to get a certificate showing that their lights have been adjusted. After that, they must be tested every week or two. In addition to the requirements of the light law there must be certificates of title, licenses to operate the car, and operator's licenses for the operator, and the certificates have to be produced to get licenses, and licenses to get certificates. Out of it all is a mass of law as to one of which, a judge says, "no man but a mathematician and a mechanic" can pass judgment on whether or not headlights comply with this law."

It was a great day for motorists when the legislature began piling regulations on the statute books. It is now a great day for officers, for courts and for automobile owners during the effort to enforce them.—Portland Journal.

Arundel, piano tuner. Phone 189-L.

LETTERS FROM THE PEOPLE

Northern Lights Pillars Of Hercules.

To the Editor:—The Unipqua Chiefs, delving deep in the past of forgotten centuries, invoke the spirit of Nakomis, who, with sunken cheeks and beary eyes appears before their surprised eyes, and exclaims, "My once Noble Warriors, but now only fit to mingle with the old women and dogs, you have had hearts. Your squaws do all the work and grace your council fires with their charm and beauty, and you, pointing her bony finger at her fallen idols, complain: "Polio me! With downcast features, they followed to the city limits on the North, halting at the signal pillars. "See," she cried, "You have forever barred yourselves from the happy hunting grounds on the North. Forever have you set the limits to your reservation, your concrete plans and sealings to the earth, neither rollers nor ball-bearing, that would enable the friendly tribe on the North to move them to include their reservation." The angry queen, waved her ancient wand three times, three times, and the one that returned empty handed, heavy hearted, and addressed him:

"Take your bow, Oh, Hiawatha, Take your arrows, Jasper-headed, And avenge thy Fathers' foes!"

Chief Loud Thunder, of The North.

Fancy bands are featured on spring hats for 1926. We are showing a fine line of men's hats, both for the older men and the young fellows. Hartha's of course.

PORTLAND BURGLARS LOOT WHILE FAMILY IS ABSENT

(Associated Press Pressed Wire.)
PORTLAND, Ore., March 6.—Burglars, working undisturbed while the family was at the opera, looted the home of Alexander G. Riddell, secretary-treasurer of the Liberty Coal and ice company and the Diamond Coal company, in the King's Heights district last night.

Police think the robbers used a car or truck to carry off the loot.

SENATORSHIP OF UNION COUNTY BOUGHT BY FIVE

(Associated Press Pressed Wire.)
LA GRANDE, Ore., March 6.—With but ten days elapsed since Bruce Dennis announced his removal to Portland, automatically forfeiting his seat in the state senate, five men are being mentioned as candidates for his position. Representative A. R. Hunter, Demo-

crat, of Union county, has definitely thrown his hat into the ring and Colon Eberhard and R. J. Green, La Grande attorneys, are expected to enter the race. A. T. Hill, president of the city commission here, and Daniel Boyd, of Enterprise, are being urged by friends to make the race.

R. J. Kitchen and Ed Wright, of La Grande, are both considering entering the primaries to succeed Mr. Hunter. Fred E. Kiddle may seek a seat in the senate representing Union, Umatilla and Morrow counties.

STORE ROBBERS FORCE VICTIMS TO VIEW LOOTING

(Associated Press Pressed Wire.)
KLAMATH FALLS, Ore., Mar. 6.—Two robbers in a small touring car last night combined kidnapping and robbery and escaped with \$350 in cash and \$150 in checks belonging to the Sprague River Merchandise company at Sprague River, 40 miles east of here, on the Klamath Indian reservation.

John Wann, part owner of the store, was held up by the men while on his way home at 9:30. He was forced to return with them to the store and open the safe.

J. Tudor, clerk, who with his wife lived in the store building, heard the noise and investigated, his wife accompanying him. Both were forced to watch while the bandits made Wann open the safe.

Wann and Mr. and Mrs. Tudor were then taken in the robbers' car to a point four miles from the store and dumped out. There is no trace of the fugitives.

MOVIE NOTES

Antlers Theatre

A galaxy of famous screen stars twinkle through the many interesting scenes of "Under Western Stars," an all-Indian production, which is now being shown at the Antlers theatre commencing tonight.

Northern Lights is cast in the leading male role, and in a most unusual role for him, it plays the part of a wealthy banker, who then changes to the role of a teacher, and faces with the best of the cowboys of the great "wild west" the screen version of "The Gold Rush," now at the Majestic theatre, they didn't expect to be taken to Hollywood for the rest of the picture. But their action was so spontaneous and colorful that Frank Borzage decided it couldn't be duplicated in Hollywood, so down they came, some 200 miles, by special motor.

Some difficulty was encountered in getting the two together again, for Kerville is one of the original mining towns of California and the majority of the male population is of the roaming type, coming in town only long enough for supplies or their next venture into the hills or desert.

Antlers Theatre

At last, the world's foremost comedian, Charlie Chaplin, has launched his greatest comedy, "The Gold Rush," on the sea of popular fancy. Announcement is made by Manager Goetz of the Antlers theatre, that he has paid the record price for any photoplay ever shown in Roseburg and that the celebrated star's new United Artists Corporation picture comes here next Thursday, Friday and Saturday.

For sixteen months, Charlie Chaplin worked on this production. During that time he was practically a hermit—reclusive to all, save his studio associates. Only the vaguest announcements of progress on "The Gold Rush" came from his studio.

Liberty Theatre

A woman of beauty and charm; an actress of amazing facility and power!

Such is the description many critics of stage and screen have applied to Natacha Rambova, (Mrs. Rudolph Valentino), one of Hollywood's most exquisite women who is today a star of the screen in her own right.

Mrs. Valentino will be presented in her first big starring vehicle, "When Love Grows Cold," at the Liberty theatre on Sunday for an engagement of three days. The engagement is noteworthy in that it marks the debut of this famous young woman as a full-fledged star as well as signaling the first presentation of a story from the pen of Laura Jean Libbey, whose work has a following of millions ten years ago.

"When Love Grows Cold," is distinguished furthermore, by the fact that it was directed by Harry Hoyt, who created "The Lost World" and other big attractions of the last two seasons.

WOMAN MAY RUN ON G. O. P. IN OREGON

(Associated Press Pressed Wire.)
PORTLAND, Ore., March 6.—Two women are planning to enter the race for the governorship of Oregon in the May primaries.

Mrs. E. E. Campbell, an attorney, formerly of Omaha Neb., said today she was working on a platform on which she is considering running for the Republican gubernatorial nomination. She was active in politics in Nebraska before coming to Oregon.

Mrs. Louise Palmer Weber this week announced she would seek the Democratic nomination.

Governor Walter M. Pierce is to seek re-nomination on the Democratic ticket. Candidates on the Republican ticket include L. L. Patterson, Jay Upton, state senators, and W. A. Carter, Portland attorney.

GERMANY'S PLAY FOR ADVANTAGE IS CHECK TO LEAGUE

Enemies Unwittingly Give Her Power Balance by Asking Poland to Come in Also.

(Associated Press Pressed Wire.)
GENEVA, March 6.—"For the first time in the history of the League of Nations, Great Britain and France can do nothing. All the cards are in the hands of Germany."

This statement was made today by a personage in summing up the turmoil over the reconstruction of the council of the league, which is to come up at the sessions beginning next Monday and which has caused the greatest crisis in the Geneva institution since its birth.

This may be said to portray the present situation in the scramble for permanent seats in the council. It means that Germany, even before entering the league, has won the first skirmish in what is known here as her great peace offensive to be conducted through the instrumentality of the league.

In league circles the opinion prevails that Germany's former enemies committed a tactical error in launching Poland's claim for a permanent seat under conditions which it made appear that there is a pact, calculated to undermine the effects of the Locarno accords and in violation of the tacit agreement at Locarno that when Germany came into the league council she would come in alone.

If the league is to remain truly international and not shrink to a purely European institution, it is recognized that Latin-America, with 39 members in the organization, must have a fair proportion of seats in the council and that if the council is enlarged Latin-America's two seats must be increased.

Only two seats, those held by Spain and Belgium, are really non-permanent seats, open for all candidates, for the league undoubtedly will always allocate one non-permanent seat to the little entente, another to the Nordic-Scandinavian group and two to Latin-America.

Spray with a new Hardie or Myers sprayer. You will need a good outfit this year because the time for spraying will be short and other work pressing. Wharton Bros.

PATHE FILM CO. MAN IS HERE

Paul Gray, publicity representative of Pathe, was a business visitor in Roseburg this week. Mr. Gray is completing a long journey which has taken him into every state of the union.

A new day has dawned in the production of the short subjects for the screen, and the two-reel comedy is rapidly occupying a headline position with the main feature on the bill.

Many theatres are today playing an all short-subject bill, an experiment that has proved highly successful and is a conclusive argument for the short subjects, he said.

Pathe is the largest producer of short subjects in the motion picture industry and include in their output the Harry Langdon comedies, Charlie Chase comedies, Our Gang comedies, Ralph Lewis comedies, Mack Sennett comedies, Alice Day comedies, Ben Turpin comedies, Grantland Rice comedies, Pathé Review and Acrop's Fabrics. They also distribute the feature plays starring Rex and the starring pictures of Harold Lloyd, up to and including "The Freshman."

The trend of comedy production is at present on the eve of a new precedent, the results of which are awaited with interest by the theatre public. Hal Roach, well known producer of comedies, has undertaken the production of a series of star comedies, in which he has employed the services of prominent picture stars to appear in comedies with a real plot and real humor to take the place of the time-worn slapstick. Among the stars whom Mr. Roach has signed are: Lionel Barrymore, Stuart Holmes, Elaine Hammerstein, May McAvoy, Mabel Normand, Gertrude Astor, Ethel Clayton, Theda Bara, Mildred Harris and several others.

Mr. Gray states that these comedies are to be released with a pretentious exploitation campaign that will definitely establish them as a feature of the motion picture program in the theatre where they are playing.

BEAUTY CHATS

ANSWERS TO CORRESPONDENTS

It sounds ridiculous to say "Keep a beauty shelf in your kitchen." Yet if every housewife had certain simple beauty aids within reach as soon as she finished her work, she would use them when she needed them—at the end of her kitchen work, that is—whereas, she won't take the time to go up to her bedroom or bathroom to find the bleach of the cream or powder, and then down again to go on with her work.

The beauty aids are not hard to find, most of them are already in the kitchen, I merely suggest keeping them in a separate spot for convenience. For hands dried by too much laundry work or dishwashing, a little lard kept clean and fresh in an old cream jar. A level teaspoonful of powdered camphor mixed with a four ounce jar of lard not only takes away the disagreeable odor, it helps keep the skin fresh and white and soft.

Or you can make up a good formula by adding two ounces of tincture of benzoin to eight ounces of glycerine and two of rose water. Rub this on the hands after you have washed them with soap and water, and let the lotion dry in.

Keep a little powdered borax in a box, this is to soften hard water. Keep half a lemon handy, to take stains from the nails and fingers, and keep a small pointed nail file and an orange wood stick on the beauty shelf too, to keep the nails clean and the cuticle pushed back, as soon as you've finished your kitchen work. Keep a cake of good toilet soap handy also, and a soft bath towel, and that is all you need. It isn't a long list—but you have something to blot the stains off things to keep the nails looking neat, something to supply the hands with oil after kitchen work has dried them. You need only two more things—a pair of loose rubber gloves to pull on when you wash clothes or dishes and a pair of canvas ones when you clean silver or dust.

Mrs. Katherine J.—Omit soap from your shampoo for a time, or until your white hair has lost its yellowish cast. Some people can never use soap on white hair, so instead of soap keep the hair and scalp clean in other ways. One way is with bay rum, or a mixture of half alcohol and water, or with gasoline. The latter is hardly a choice as it is not really a safe thing to handle. It is imperative that there is no fire in the house when using gasoline. It is also very trying to the hair.

Many women with very beautiful silver hair, the sort that has shined to it, owe it to the alcohol and water shampoo. If you care to try this, you may find that your hair will be more attractive than it was before it took on this cast. The druggist will denature the alcohol for you with a few drops of something that will not be injurious to your hair, and it will be quite legal to sell it that way.

Tomorrow—Where You Don't See

Efficient Housekeeping

EASY ENTERTAINING

ing them meals or refreshments which require labor preparation. I have a friend who often asks me to her house on Sunday afternoon. She has a radio with a loud speaker and she, I, and her family enjoy listening to a concert or other entertainment right up to six o'clock because my many work is cooking—leaving my recipes she will not allow me to help her get the supper. But at least she uses me the honor of serving only such dishes as can be whisked onto the table in a few minutes, thus enabling her to spend as much time as possible in my company. Of course she sets her table before I come for the evening meal, she also prepares her sandwiches, salads and a cold dessert in the morning and keeps these fresh and chilled in the refrigerator, until needed. At supper time she slips out into the kitchen and in a few moments I hear the electric percolator bubbling on the dining table, and she serves a delicate omelet. And it seems only five minutes before she reappears between the living room portieres and announces supper.

It is better, in the madhouse home, to serve little and give your guests the impression that you are not wearing yourself out for them, than to serve much and make them uncomfortable by taking an hour or more to prepare it. Our grandmothers would have felt themselves lacking in hospitality unless their board was fairly "groaning" with delicious foods. But we of today aim at simplicity and time-and-labor-savers. Easy entertaining enables us to do more entertaining than we could if we wore ourselves out with heavy preparations.

Diet and Health

By Lulu Hunt Peters, M.D.
Author of "Diet and Health" and "Diet for Children"

HINTS FOR HOUSEWIVES

Coated Tongue.
C.—In normal health the mouth is continuously bathed by the alkaline saliva which has bactericidal properties; that is, it kills off bacteria. Those of us who keep our mouths open too much and more or less dry out the saliva, may be subject to coated tongue even though we are not in ill health, for the tongue forms an ideal incubation ground for yeasts, molds and other micro-organisms that abound in the air. This applies especially to those who sleep all night with their mouths open. (Any obstruction in the nose, or throat which causes mouth breathing should be attended to for it will cause worse troubles than coated tongue.)

In conditions of ill health from any cause, whether the mouth is open or not, because the saliva has more or less lost its germicidal power. However not so much significance is placed on the condition of the tongue as a diagnostic symptom as formerly. One of my professors used to say that a coated tongue was largely an indication that food wasn't masticated thoroughly. Most people notice that when they drink milk their tongues become coated. That is not to be considered a bad symptom at all, in this case.

The tongue should be washed, as well as the teeth, twice a day, and if there is a coating, it should be gently removed with a tongue scraper. There are little bone scrapers that you can get at the drugstore, or you can use a piece of whalebone or a spoon—anything that isn't too sharp. Washing the mouth and tongue and teeth very thoroughly before retiring, and keeping the mouth shut during the night should prevent more than the normal coating in the morning. A coated tongue naturally may

give a bad breath, and if it is due to ill health, intestinal or otherwise, you must remedy this, before you can expect relief.

"I am 62 years old and am five feet tall. At the time I went for your reducing instructions, I weighed 165 pounds. I haven't weighed myself since, but I know I've reduced quite a lot, for when I came to put on some clothes I hadn't worn since the year before, my dresses were so large I had to alter them. "Pretending" is the surest, safest and most effective way to reduce, and it made me feel and look so much better, that I don't know how to thank you enough. I can walk for miles now and not tire a bit.—Mrs. E."

Now here is Mrs. E., 62 years old, with enough ambition and will power to reduce? And see what results she has gotten. Doesn't it put to shame some of you younger people who are postponing reduction?

I'll wager you enjoyed altering those dresses, Mrs. E.

For five feet in height, you should weigh about 110. Get down to that, but do it very slowly. At your age, not more than three or four pounds a month.

Evidently you haven't a scale of your own. If you can afford to invest in a good bathroom scale, you ought to do so. One who has a tendency to overweight must always watch it. We all should weigh ourselves at least once a week, and if there is more than three or four pounds variation, it should be attended to then. Naturally, it is much easier to gain or lose a small amount.

Thanks ever so much for writing, Mrs. E.

Those of you who need it had (Continued on page 7.)