ROSEBURG NEWS-REVIEW

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ROSEBURG, OREGON, MONDAY, MAY 17, 1926.

MOTOR CAMPING.

Facts and figures presented in the current issue of the American Motorist, the official publication of the American Automobile Association, show for the first time the tremendous magnitude that motor camping is assuming in the outdoor life of the nation. According to these figures, motor campers alone spent more than one billion dollars during the 1925 touring season.

The American Motorist data shows that altogether 3,000,000 cars, containing 12,000,000 people, enjoyed motoring vacations "under canvas" during the last touring season. The average vacation of these campers was 33 days and the average amount of money expended by each camping party was $7.17 per day.

Thus the cost of maintenance alone of this army of wayfarers was $710,000,000. The average cost of camping equipment was $198 and as one-third of the camping cars were first times, they spent $198,000,000 on equipment, while the other two-thirds spent $58 each on outfit renewal, meaning an investment of $116,000,000—altogether a total expenditure of $1,024,000,000 by auto campers in one year.

Regarding allegations that this army of automobile campers is bad for the hotels and resorts that normally cater to motor tourist traffic, the Motorist says:

"The fact is that they are assets, directly or indirectly. The time has passed when a camper sets up his tent every night. In bad weather and periods of lassitude he flees into the hotel. Thirty-three per cent started out last year with the intention of obtaining meals or shelter during part of the time in hostelries.

"The real competitor to the hotel is not the camper. The biggest competitor, that is frequently overlooked, comes from the farmhouse and the gas station with the sign displayed, 'Tourist Accomodations Here.'"

President Coolidge, speaking to the congress of the Daughters of the American Revolution, held that crime, bad as it is, is not so serious a danger as lack of interest in citizenship. Only a small fraction of the people are fools enough to be criminals, but millions are foolish enough to go to sleep while dangers menace us in political channels. For every dollar that we lose through burglars and robbers, we lose many dollars in the United States because of the waste of pubic money. And we lose much more if the government is not alert to remedy the evils that menace the land. When a man or woman refrains from voting, he or she says in effect to the evils of modern society, "Go right on, I am too busy to trouble myself about you."

The United States treasury estimates indicate that the reduction of the national debt for the fiscal year ending June 30, should be about $750,000,000 to $800,000,000. This means that something over $30,000,000 more will be taken from the interest charge that the people have to pay next year on the war debt. The United States is much better off to get that sizable portion of its debt out of the way, than if the money had been spent, even on things that are much needed. Debt is a crushing burden that weighs down the individual, which slows up his footsteps and limits the distance he can travel, and nations likewise feel its hampering power in their march toward public welfare.

The recent award of the Pulitzer prizes for excellence in journalism, novel and play writing, etc., states that this honor is given to editorial utterances, for "clearness of style, moral purpose, sound reasoning, and power to influence public opinion in the right direction." The above is a fine test of editorial expression. Its true purpose is not to say smart things and work off personal prejudices, but to influence public opinion in the right way. The editorial writer who does not feel his responsibility to perform his work for the benefit of the community, is selling out whatever talent he has for too low a price.

Three big days—Thursday, Friday and Saturday. Something doing every minute at the Roseburg Strawberry Carnival. Bring your family to town—spend three days or more—and take in the sights. It will sure be worth while.

The Sunday closing measure already has a foundation for a lively issue. Whatever happens a large vote will be poled, which is mighty encouraging. Anything that tends to get the voters to the polls is worth while.

Down in this neck of the woods it is Stanfield and Steiwer. The balance of the boys on the primary ballot seem to be merely chores—when it comes to discussing the United States senatorial contest.

The primary contest will look like "thirty cents" compared to the war that will be waged in November. The mold is cast for some red-hot stuff when the regular election takes place.

Let's make Friday—May 21—a banner day for casting votes. Get an early start, mark your ballot first, then spend the balance of the day enjoying the carnival program.

What are we going to do with all the defeated candidates? Send 'em to the rock pile, or make law-enforcement officers out of them.

A lot of votes will be changed between now and next Friday evening. The eleventh hour stuff is in the making.

All together now. Let's put over a real carnival—with all the trimmings.

PRUNE PICKIN'S

By Bert G. Bates

GOOD EVENING FOLKS—

WOWIE!!!!
This is Carnival Week
And the dancin' gals,
Merry-go-round,
Ferris wheel,
Kewpie dolls
And snake charmers
Are here to
Edify and entertain—
WHOOPIE!!!!
Ain't we glad!

✣ ✣ ✣

DUMBELL DORA THINKS
When a bridge partner says 'Cut the cards' she means to whack 'em in two with a pair of scissors.

✣ ✣ ✣

Yestiddy eve while ye ed. was flivverin' around the main stem we passed a church and we saw a group of gals waitin' for the first hymn to start and one of 'em was givin' a demonstration of the Charleston and it looks like we're gonna hafta put shackles on the gals on Sunday if the epidemic continues.

✣ ✣ ✣

There'll be plenty of strawberries for everyone this week and we hope no thunderstorm curdles the cream.

✣ ✣ ✣

A flock of Hawaiian singers are in the village with the carnival troupe and the damsels are hopin' the hay shortage here is not too acute.

✣ ✣ ✣

Wot'll we do with all the candidates cards after the votes are counted Friday? But wust of all, wot'll we do with the defeated fellers who will weep gallons of tears and cause us to don our hip boots, which we've been wearin' off and on ever since they started makin' campaign promises?

✣ ✣ ✣

The victims of the Satiddy night rasslin' match are recuperatin' today in an effort to get in shape for the three carnival nights at the armory when the catch-as-catch-can holds will be tested.

✣ ✣ ✣

The music teachers of Oregon will gather in the village next week for their convention and those of us who spent the earlier portion of our life countin' "one-an-two-an" realize what it means to keep a flock of piano-pounders entertained.

✣ ✣ ✣

The queen contest will come to a grand and glorious finish tomorry eve and we hope the crown'll fit the winner's dome.

✣ ✣ ✣

They're doilin' up the village in royal fashion for the carnival and a few of the more enthusiastic fellers are thinkin' about paintin' the main drag a lurid red.

✣ ✣ ✣

Now if ol' Jupe Pluvius will keep from gettin' his snoot wet we'll all have a heluva week and a good rest on Sunday.

✣ ✣ ✣

Lafe Perkins Sez:
"Many a feller who doesn't own an auto comes home with a tankful ever' now and then."

Sire your colt by Black Dupont, registered Percheron Stallion. Sure breeder. Douglas Park Stock Ranch Sutherlin.

KLINE SHOWS HERE FOR CARNIVAL WEEK

The carnival atmosphere began to be felt in Roseburg today as the Abner K. Kline shows began setting up their shows on the Catholic grounds, where they will be stationed for the week of the Strawberry Carnival. The shows arrived late last night from Medford, where they had a most successful engagement last week. Several of the attaches of the shows were with the company last season at the strawberry carnival here, and expressed themselves as being greatly pleased upon returning to this city.

Among the many attractions offered this season are the Dare-Devil Circus, where Lillian La France, the "Girl Who Flirts With Death" and "Reckless Chubby" ride miniature autos and motorcycles up and down and around a perpendicular wall. Then the Arkansas Minstrels hold sway in a large canvas theatre, presenting old time Southern melodies as well as the up-to-date Charleston dance as only the genuine colored folk know how to do. "Cyclone" Thompson, middleweight wrestler, will meet all comers at the athletic arena. He is hailed as the middleweight champion of Bulgaria. Al Ki Kume and his troupe of real Hawaiians, offer native songs, dances and music. Princess Violet, the midget pianist, holds receptions daily The Monkey Speedway and the one-eyed circus and other shows are also included. All of the riding devices are new and Manager Kline is providing particularly for the welfare of the youngsters by providing rides particularly designed for the Kiddies.

Prepare for the hot weather by taking Thompson Mineral Vapor Baths; better than the Hot Springs. Drugless Health Center. Phone 491.

PRE-SCHOOL CLINIC TO BE HELD HERE TUESDAY, MAY 25

A pre-school clinic will be held at the South Methodist church in Roseburg on Tuesday, May 25, between the hours of 10 a. m. and 4 p. m., according to an announcement made today by the Douglas County health unit. The clinic is particularly for children who are going to school next fall, but all children under the age of 7 years will be admitted for free examination. The clinic is for the purpose of giving a free examination to all children, in order that the parents may learn of any existing defects and may have them given proper attention before the children start to school. Such clinics are being held in various parts of the county anr are attracting a great deal of interest.

BARNES BARBER SHOP
Marcelling; all beauty work.
Marinello operator.
Phone 169-J.

IN BANKRUPTCY

In the District Court of the United States for the District of Oregon.

In the matter of J. J. Martin, Bankrupt.

To the creditors of J. J. Martin, of Roseburg, in the county of Douglas, and district aforesaid, a bankrupt:

Notice is hereby given that on the 12th day of May, 1926, the said J. J. Martin was duly adjudicated bankrupt; and that the first meeting of his creditors will be held at the office of the undersigned referee in Roseburg, Oregon, on the 29th day May, 1926, at 11 o'clock in the forenoon, at which time the said creditors may attend, prove their claims, appoint a trustee, examine the bankrupt and transact such other business as may properly come before said meeting.

Dated May 15, 1926.

C. L. HAMILTON,
Referee in Bankruptcy

Rippling Rhymes

By Walt Mason

HOME BREW.

When first this prohibition made thirsty voters groan, it was the high ambition of man to brew his own. The statutes spelt effacement of barrooms far and near, but in his quiet basement a man might make his beer. He might, with incantations, like witches in "Macbeth," produce some liquid rations, all charged with sudden death. Between the nation's borders all men were buying hops, until their frenzied orders exhausted all the crops. And raisins were demanded for other scofflaw cheres, until the grocers handed the last pound in their stores. Then said the busy toilers, "The statutes are the bunk, since we can brew in boilers the goods we long have drunk." They fashioned drinks benumbing that caused them to expire, that burned out all their plumbing and set their shoes afire. And when they drank a beaker of their abnormal tea, it left them sicker, weaker, than anyone should be. And so this graft of brewing retained but small allure, and men drank liquid bluing and Thompson's spavin cure. Then, having tried out dozens of substitutes for rum, they murmured to their cousins, "These drinks are on the bum. Far better 'tis to totter in anguish to the mere, and drink twelve quarts of water, than lap up home made beer. Far better drink, like cattle, from streamlets damp and raw, than help the scofflaws battle against the Volstead law." Thus thousands quit their fooling and flouting Uncle Sam, and sipped the waters cooling that wash against the dam. As time goes on sane critters by legions will forsake the thirst for kickful bitters, and drink from pond and lake. Then, feeling fine and frisky, and prone to sing and smile, they'll think it strange that whiskey once seemed a thing worth while.

State Press Comment

Child Rearing Cost

According to a report of a New York life insurance company, the cost of rearing a child from birth to 18 years of age is $8,360. The cost of being born is $250; food $2500; clothing and shelter $3500; minor items of education $50; other schooling costs $1100; health service $248; recreation $130; insurance $45; sundries $570. That would indicate that the insurance company did not know much about the "minor" costs in education including lodge dues, subscriptions, solicitations, and senior circuses.—Corvallis Times.

Government Farm Aid.

Next week the three leading farm bills before Congress will have their final hearing before the House agricultural committee. These in brief are, the McNary-Haugen bill for government purchase and handling of surplus farm products; Secretary Jardine's plan for a loan of $100,000,000 to co-operative farmers' associations, and a third bill for the creation of a national marketing association financed by farmers. All these plans will be considered together in committee, and all go to the House, the first mentioned leading, with the others to be presented as amendments or substitutes if necessary.

As matters now look it will not be safe to count on the passage of any one of these bills in whole or in part; and for the reason that the farmers' representatives are not a unit in the support of any one of them, nor indeed of the principle of government aid to farmers. Moreover, the administration itself is shy of taking over any new task of dubious fortune.

To depend upon our already highly centralized, over-loaded government at Washington to carry to market all possible farm surplus and insure the farmer a good price therefor, is to put our eggs into an unproven basket of very wide mesh. When we make Washington our market master, and have given into its hands our year's profits, we have purchased the right to damn the administration if the market goes wrong. Any calamity, financial or political, can quickly be traced to a low market for farm produce. Any president with a weather eye will think seriously before holding a basket of eggs any one of which may at any time hatch out a bird of evil omen.

In the end and also at the beginning, the farmer's fortune is in his own hands, if he is assured an even chance for life along with the manufacturer and the merchant. The loudest cry for government aid to the farm comes from Iowa where lands are priced According to the Department of Agriculture, the farm lands of that state are priced at $250 an acre and are producing but a $30 crop annually; while the lands of Pennsylvania, worth $100 an acre, produce a $35 crop; those of Indiana, worth $100, yield $27; those of North Carolina, worth $62.50, yield $21; those of New York at $100, yield $25.

Farm lands must be assessed not at what they cost the excited buyer, but at what they may be depended on to yield year after year. When that is done the farm in good hands will usually pay well. But granting all this, the things the farmer must buy—speaking in averages—are now unfairly priced as compared with the things he must sell.—Portland Telegram.

Multiplying the Unfit.

Under primitive human conditions the lack-wit, the physically limp, the mentally queer and the idiot die because they cannot fight their way along with the physically and mentally fit. The criminally obsessed also die because they make enemies that will not abide them. Only the physically and mentally fit survive.

Under a high Christian civilization the warped and the witless are taken upon the backs of the normal and given freedom to propagate their kind according to their own weak or wicked wills. It is a proved fact that the subnormal are reproducing their kind more rapidly than are the normal. Such a process unchecked, has but one end — a world full of physical, mental and moral failures. Just now in Oregon there is before the public eye an outstanding example of the logical result of such a process. A half-witted mother in a state asylum with her fifteenth babe; the father insane and an exconvict; the fourteen children feeble minded and delinquent, all in state institutions as a burden upon the taxpayers. The reason why such a monstrous human mess as this has been permitted to accumulate, is that the law upon the Oregon statute books regarding it is not competent to prevent it. The people of this state have not yet come to militantly believe that the feeble minded and the criminally bent have no inalienable right to bring forth more feeble minded and more criminally bent.

In our greater cities psychiatric laboratories have been established in connection with the police departments that study the mentally partments that study the mentally of every case coming before those departments. Invariably the verdict of those laboratories is that the criminal repeaters are unbalanced and should be restrained for life; and in any case rendered incapable of reproducing their kind. We must come to this if ever we make democracy safe for mankind. — Portland Telegram.

Motor License Revenues

Some of our candidates whose mental processes run mainly to seizing upon any sort of an espousal that they think will appeal to a class of voters, are discovering that they posses a fearless conviction in favor of cutting the license cost for used automobiles. There is no basis in equity for such an idea. The whole theory of our automobile licensing system is that each car shall pay in accordance to its use of the highways, on the basis of weight. The age or value of the car has nothing to do with the question. Old cars wear out the roads just the same as new ones of corresponding weight do.

This basic theory of our automobile licensing schedule is sound in the main. An obvious fault is its assumption that all cars of equal weight make equal theoretical use of the roads. That assumption is, of course, completely set at naught by the facts, for whereas one car of a given weight may be driven 7,000 miles a year, another of equal weight may be driven 50,000 miles within the same period, with correspondingly increased wear to the roads. The most practical plan for adjusting this inequality would be to lower the licenses to a nominal schedule sufficient to provide for their administration, but get the bulk of highway revenues from an increased tax on gasoline, taking care that the increase is sufficient to offset the license decrease and provide amply for the highway programme and sinking fund as already laid out.

The heavier the car the more gasoline it uses, and the more a car travels the more gasoline it uses. Thus to get the bulk of highway revenues from the gasoline tax would insure that every car would be paying its just share in proportion to its use of the roads. If our candidates are looking for an opportunity to do something in the interests of justice to the whole motoring public, here is their opportunity.—Eugene Guard.

PIED PIPER OF JAZZ IS COMING

A modern Pied Piper will invade Roseburg on Tuesday night, May 25, at the Roseburg armory. He is a good pied Piper who comes to charm with tingling rhythm and all the latest fads and foibles of modern syncopation. Herb Wiedoeft and his famous Brunswick recording orchestra from the Cinderella Roof of Los Angeles.

They say jazz originated in the south among the negroes. Wiedoeft says this may or may not be true. "Perhaps the negro had a better conception of wierd harmonies than anyone else at that time but the real evolution of jazz music or 'the modern construction of instrumentation' as we know it now, began with a different idea in music, just like any new discovery. 'Rhythmic jazz,' syncopation or whatever you care to call it, came into the popularity which it now has attained through the foresight and ingenuity of those few who had the artistic idea of elevating and perfecting dance music." Wiedoeft who has been in all stages of the music business, such as grand opera, symphony music, concert, band and solo work, gives much of the credit to Paul Whiteman for the development of jazz. On the other hand, Whiteman claims that Wiedoeft has done much for dance music as any American leader.

At any rate, anyone who has followed dance music since the era of blatant, noisy jazz to its present delightful and tuneful perfection will admit that both Whiteman Wiedoeft are genuine artists.

Wiedoeft and his orchestra are nationally known to the radio, phonograph and dance fans and every summer they leave the beautiful Cinderella Roof in Los Angeles for a tour of the eastern centers. This year before going east Mr. Wiedoeft decided to play a goodly portion of the Pacific coast first. It is this decision that brings this celebrated orchestra to us on Tuesday, May 25, and it is your only chance to dance and hear them.

I will not be responsible for any bills contracted by anyone except myself after this date.

Roseburg, May 13, 1926.

AMOS STANLEY.

CAPTAIN SAVES LEAKING LINER, PREVENTS PANIC

(Associated Press Leased Wire.)

MIAMI, Fla., May 17.—Having a passenger cargo of 280 persons safely ashore the Clyde line steamer Seneca today was riding easily at anchor a mile off Miami Bar, listing slightly to starboard, following springing of a leak Saturday night enroute to New York from here.

The origin of the leak is clouded in mystery, but the Seneca's crew believes she strayed a propeller blade in the bed of the harbor as she passed out Saturday. The leak was not discovered until she was 17 miles north of Miami Bar when the apprehension of Captain B. W. Leek was aroused.

Quietly turning back the ship, Captain Leek made for Miami and it was not until the lights of Miami Beach appeared that the passengers had any intimation of their danger. Captain Leek then asked them to don life preservers and prepare for boat drill.

The passengers were taken off the ship in tugs Sunday.

BOY BATHES AFTER EATING LUNCH AND DROWNING RESULTS

(Associated Press Leased Wire.)

PENDLETON, May 17.—Wallace Adams, 16, of Adams, Oregon, was drowned Saturday at Bingham Springs, while in bathing, according to advices reaching here today. He entered the water soon after eating lunch and was missed 15 minutes later. Efforts to resuscitate him failed.

DR. NERBAS
DENTIST
Painless Extraction
Gas When Desired
Pyorrhea Cured
Phone 422 Masonic Bldg.

BEAUTY CHATS

by Edna Kent Forbes

INEXPENSIVE FORMULAS

Although most of the beauty preparations in the really good shops are very expensive, there are so many cheap substitutes that I wonder why women spend so much money for these quite unnecessary luxuries. Today I propose to give the formulas for some of these substitutes.

You cannot buy a really good nail bleach for less than 50 cents, and then usually it is so drying that you must go to the bother to putting on cold cream and washing it off to make your nails look really nice. Yet there is nothing better than plain lemon juice which can be kept in a small corked bottle and rubbed around the nails and under them with an orangewood stick wrapped in cotton wool. Peroxide of hydrogen is also effective but you must remember to keep it in a dark bottle, tightly corked, or it will lose all its virtue.

Nail creams and cuticle removers are also expensive, being half a dollar and upward for a small amount. The best thing I have found for daily use is a combination which I make myself of fine powdered pumice and either petroleum oil or cold cream made into a stiff paste. It costs practically nothing, and I rub it around the edges of the nails every morning with an orangewood stick having a rubber "hoof" at one end.

Skin astringents are most expensive of all. In one shop I paid $3.50 for a bottle containing about an ounce of some highly praised product. Yet one of the best astringents can be made in a few minutes at home by adding tincture of benzoin to plain water until a thick looking milk solution is obtained. This should be applied by wetting a small wad of absorbent cotton and rubbing it over the face when it has been washed and dried.

P. F.—Powdered Egyptian henna is what you should get to tint the grey hairs. It comes in small packages with just enough in them for a shampoo. Mix the powder with the lather for the shampoo and let it stay on your hair for about 20 minutes—of course, the ends will be very warm or hot as you can stand it.

Proceed then as with any other method of shampooing. The grey hairs will be tinted so they do not show and your natural shade will not be affected. You may experiment with the length of time needed as coarse hair takes a longer time to tint than the finer kind does.

Two High SchoolGirls—Your very oily hair and the pimples probably come from the same cause, which is imperfect elimination. Possibly you are not taking as much exercise as you should to counteract the hours of study indoors. This and eating irregularly, especially too many sweets, would overtax the digestion so that the skin would be hurt by it.

Efficient Housekeeping

By Laura A. Kirkman

TOMORROW'S MENU

Breakfast
Oranges
Cereal
Griddlecakes — Sirup
Toast — Coffee

Dinner
Fricasseed Fowl with Drop-Dumplings
Potatoes — Asparagus
Lettuce
Pineapple Sherbet — Coffee

Supper
Vegetable Salad
Devilled Eggs
Pimiento-Cheese Sandwiches
Berries — Cake
Iced Tea

Bride: "My sister and I live fairly near together and we both buy the same kind of silverware, glassware and china, so that when either of us wants to entertain a crowd she can just borrow the other's things. Thought other poor, young married folk might find a helpful hint in this scheme."

Mrs. R. L.: "Please tell your readers that when they make an apple pie they will find the flavor much better if they do not pare the apples—merely slice them thinly with the skins on."

Mrs. C. S.: "Some time ago one of our Column Sisters wrote asking how to take grease spots from a rug. You advised the use of gasoline. Now, before the age of automobiles, gasoline might have been successful—but today! At least that gasoline which we get from the filling station is full of grease itself. Here is how I take grease from carpets: If the spot was made by spilling kerosene, a sure remedy is rye flour; get the rye flour at a shop where they do their own baking, and just sprinkle it plentifully over the grease spot and let lie there for two or three days, then brush it off with a whisk broom and apply again if the grease has not disappeared entirely. But if the spot was caused by cooking grease, sprinkle flour on it, place a clean piece of store paper over the flour, and run a fairly hot iron over the paper. This process may have to be repeated two or three times, but it will be successful eventually."

A Reader: "I recently read, in our column, the bride's question about making cooked icing. If Bride will just put a pinch of baking powder in her icing after beating the cooked sirup into the egg white, she will find that her frosting will never harden."

Fond of Fancywork: "Someone in the column mentioned Afghan Stitch recently. Here are my directions: Afghan Stitch: Chain as many stitches as are required, turn skip one stitch, draw a loop through each stitch on chain till all the stitches of chain are on hook. First Row of Afghan Stitch: Over, and draw through one loop, * over, draw through two loops, repeat from * till there is one loop on hook. Second Row of Afghan Stitch: Draw a loop through each upright stitch till all loops are on hook. (The first and second rows crocheted alternately are always counted as one complete row of the Afghan stitch.) To increase, draw a loop through ch. St. between the two upright sts. when making second row. To decrease, draw through three sts. insead of two sts., as in the first row. To bind off, * insert hook in next upright st., over, and draw through upright st. and loop on hook, repeat from *."

Diet and Health

By Lulu Hunt Peters, M.D.

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

ANSWERS TO CORRESPONDENTS

Superfluous Hair.

B.—From all I have read and heard there is no permanent cure for superfluous hair except the electric needle. The X-Ray are not without danger, even in the hands of a competent physician, and are especially dangerous when given by inexperienced operators. Aside from danger, they are not effective in removing the hairs, according to several skin specialists.

Cause—In some cases of superfluous hair, there is known to be some disorder of the internal glands, and effective treatment directed against this disorder will remove the superfluous hair. Other cases may be a racial or family trait and so are inheritable.

Jackson, in his textbook on Skin Diseases, says that he believes face creams do not affect the growth of hairs. However, he has noticed that there will be extra growth of hair on parts that have been poulticed for some time, so that heat and moisture apparently have some growth-stimulating effect.

If there are only a few hairs, they can be clipped as they grow or else pulled out by the root, either singly or by depilatories. Getting it out by the root, of course, keeps the hair off longer than clipping or shaving. Either method probably coarsens the hair somewhat but it it the lesser of two evils.

For coarse hairs that are far apart, Long advises the use of the electric needle. If there are both coarse and fine hairs that are conspicuous, the combination of the electric needle and the depilatory can be used. Most standard depilatories on the market are dependable. If you wish to have one put up, the following is one I have taken from a standard textbook on skin diseases:

Depilatory (for External Use Only)

3 drams each of sulphide of barium, oxide of zinc, oxide of starch.

Mix with warm water to a paste that will not run. Spread on the part and leave until it begins to burn a little. It may have to be moistened once during this period. Scrape off and wash. Then apply a soothing cream.

Notice the formula is for external use only.

No Babies.

Mrs. H. writes that she is very unhappy. She is 20 years old, has been married for three years and has not had a child. She is troubled with constipation and is taking some patent olive oil tablets and one other well advertised woman's medicine. As it is hard for her to get green vegetables, her diet consists of soft boiled eggs, potatoes, meat and bread, with very little milk, butter or cream.

There are numerous causes for

(Continued on page six.)

My Dear Followers:

When sending for material which we offer you, please remember to enclose a stamped, self-addressed envelope bearing your full name and address. The pamphlet on reducing and gaining is the only one for which you must enclose ten cents in stamps extra. Address your letters to me in care of this paper. Make them as brief as possible, not over 200 words, and type or write them legibly with ink. Please sign your name as evidence of good faith—we will not use it in any way. Remember it is impossible for me to diagnose for you or to answer you personally. I appreciate very much the beautiful letters you send me and regret it is impossible to give you individual advice. The questions you ask will be answered in the column as soon as possible, if they are of general interest. Don't forget the stamped, self-addressed envelope if you expect me to send you the information I have offered.