ROSEBURG NEWS-REVIEW

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ROSEBURG, OREGON, AUGUST 18, 1926.

PARENTS AND TEACHERS.

As the new school year will soon be beginning, the parents of school children are canvassing the question with interest and often with anxiety, as to what progress these youngsters will make during the coming 10 months. It was recently remarked, in a family where the children are brought up rather carefully, that these people made it their custom to entertain the teachers of their children each year at last once in their homes. They would invite them to some meal, have a pleasant social evening with them, perhaps take them to ride, so that they became thoroughly acquainted with them. The result was that they got a pretty good idea how those children were getting along in the schools, and could make suggestions to the children which would help them get along better, and avoid the faults that held them back. If the children were loafing, they knew it, and could warn them that they were getting themselves into trouble. It might be objected to such a plan, that if everyone did it, the teachers would be very much bored by having more invitations than they wanted to accept. But so many parents make no effort to get acquainted with their children's teachers, that there does not seem any great danger of any such difficulty. It is quite a problem to educate a family of children, or even a single child. If parents and teachers work along purely independent lines and never consult together, they are apt not to work for quite the same ends. A little more co-operation would often help very much. Some of the teachers who are away from home feel rather lonely, and wish for more friends, and a little social attention would be gratefully welcomed by such ones.

WHAT NEWSPAPER ADS DID.

It was only a few years ago that the retail stores in towns and the smaller cities did the bulk of their week's business on Saturday. While the other five business days might have paid expenses the merchant depended upon the Saturday sales for the major portion of his week's profit. Needless to say, the average merchant would have been exempt from excess profit taxes in those days, says an eastern exchange.

The newspaper is given credit for discovering the possibility of scattering the Saturday peak load over the six business days of the week and it was newspaper advertising which has achieved the present more equitable distribution of the week's business. Saturday is still the merchant's busy day, but now he is only a little less busy on the preceding five days.

This is only one of the many services performed for business by newspaper advertising. It is irrefutable that a great part of the increase in business experienced by the retail stores generally in recent years has been created by newspaper advertising. Newspaper advertising has been the "Aladdin's lamp" of the retail merchant. There are still isolated towns where one may see for himself what "might have been" the nation over if newspaper advertising had never been.

Rippling Rhymes
by Walt Mason

INVESTMENT.

I bought a lot some years ago, in Jimtown-by-the-Ditch; the man who sold it said, "By Joe, this deal will make you rich. The city's growing out this way, a boom is cutting ice, and you will soon behold the day when you can name your price. It grieves me much to sell this lot, it seems like burning kale; but creditors, incensed and hot, are hard upon my trail. So I must sacrifice this ground on which I hoped to build, that I may not be chased around by bailiffs, venom filled." It was a place of weeds and stones, triangular and steep; it set me back a thousand bones, and I believed it cheap. And all around it people came and built their handsome homes, fine dwellings made of brick and frame, with green and yellow domes. The lots nearby were in demand, some sold three times or twice, but my fine property was banned by all who had the price. "It is too steep," the buyers said, "it is too hard to find; it's useless arguments to shed, we've other lots in mind. It's only fit to pasture goats or some such vagrant band; we would not give a dozen groats for such a piece of land." Still, still I own that vacant lot, and view it through my tears, and paying taxes keeps me hot, as it has done for years. I've offered it to many gents, I've talked it dulcet tones, but I can't get as many cents as it has cost me bones. "This real estate," the wise men say, "buy lots the whole day long; it is the graft that's sure to pay, in this you can't go wrong." But even in so sure a thing one needs prophetic gift; will population this way swing, or will it from us drift? If one can answer to himself conundrums such as these, eh, let him blow his hoarded pelf for urban properties. Meanwhile if I could sell the lot that cost a thousand bucks, I'd buy a swamp and take a shot at raising Peking ducks.

FOUR IN HOSPITAL AFTER AUTO WRECK

LA GRANDE, Ore., Aug. 18.—Mr. and Mrs. Charles Cress and their son, Harry, 15, of Glendale, Calif., and Mrs. E. E. Newman of Boise, Idaho, are in a hospital here today suffering of injuries sustained when their car overturned about two miles east of La Grande about 1 o'clock. Stella Newman, 12, escaped injuries.

PRUNE PICKIN'S
By Bert G. Bates

GOOD EVENING FOLKS—

If this weather keeps up
The fair prune pickers
Will be pluckin' prunes
In their galoshes.

✣ ✣ ✣

DUMBELL DORA THINKS
An open car gathers no wimmen.

✣ ✣ ✣

A loyal man is Hiram Gray
Of Tinsmith's Union No. 8.
He died—and went above, they say—
St. Peter met him at the gate.

"Now here's your harp, your robe, and wings,"
But Hiram gravely shook his head.
"Before I take them golden things,
Show me the union mark," he said.

✣ ✣ ✣

She fell back into his arms. He looked down into her eyes and then their lips met. Suddenly she turned and spoke, "You know, Jack, that this is the first time that I have done anything like this."

"Certainly, Marie, but what an awful lot of experience you must have inherited!"

✣ ✣ ✣

This rainy weather certainly saves the Portland ball club a lotta grief.

✣ ✣ ✣

Met a bozo this week who's favorite topic is the weather. He certainly has been carryin' on a swell line of conversation this week.

✣ ✣ ✣

Lafe Perkins Sez:

"It's a bum watermelon that won't stand bein' plugged."

LINN COUNTY HOP AND PRUNE MEN FEAR RAIN

(Associated Press Leased Wire.)

ALBANY, Ore., Aug. 19.—Rain, which brought relief to Albany and vicinity after 58 days dry weather, was causing anxiety to hop growers and prune growers today. Heavy showers all last night and part of today threaten damage to crop if they continue.

KLAMATH FALLS, Aug. 18.—Intermittent sprinkles, too scant to register, have resulted in raised humidity and lessened fire danger in the forests here today. Lowering clouds give promise of a greater rainfall.

MEDFORD, Ore., Aug. 18.—Six hundredths of an inch of rain fell here yesterday afternoon and last night, according to official records, with intermittent light showers today.

State Press Comment

Not in Court Yet.

Twenty-five months ago indictments were returned in the District of Columbia charging Albert B. Fall, Harry F. Sinclair and Edward L. Doheny with bribery and conspiracy. To date not a single one of the defendants has been brought to trial before a jury. Not one word of evidence, John Billings Jr. points out in The Nation, has been taken as to their guilt or innocence, instead, there has been an endless chain of technical appeals, demurrers, special pleas and so on, until the public has almost forgotten the real names in the case.

There is a law in the District of Columbia which permits an immediate appeal from an interlocutory order in the local supreme court to the court of appeals. That has allowed the defense counsel to postpone a jury trial indefinitely. It would have permitted continued postponements had congress not come to the rescue and over the protests of prominent republicans in office, changed the law prohibiting such appeals from interlocutory orders. But defense counsel are quoted now as secretly boasting that the new law will give them opportunity for still further postponements by trying it out.

Meanwhile, Fall, Doheny and Sinclair are, in effect as free as the day they were indicted. In addition, the demurrers, the appeals and technical pleas are going on while the public resentment was at corruption in high places waxes and while witnesses are vanishing, or, perhaps, even dying.

Is there, or is there not, room for court reform in the United States? Is there, or is there not, room for such reform as should allow the government of the United States to set men charged with bribery and conspiracy before a jury of their peers?—Portland Journal.

Stone jars at Powell's.

DR. NERBAS
DENTIST
Painless Extraction
Gas When Desired
Pyorrhea Cured
Phone 452 Masonic Bldg.

FULLERTON PARK BECOMES A CITY OF TENTS

Southern Oregon Conference S. D. A. to Open Campmeeting.

IS ANNUAL SESSION

Leaders of Denominational Work From Abroad Will Be in Attendance.

Tomorrow evening the annual campmeeting of the Southern Oregon Conference of Seventh Day Adventists will convene at Fullerton Park, corner of Harvard and Umpqua avenues, West Roseburg, for a session extending over the period of August 19 to 28 inclusive. For the past week a group of men have been at work pitching tents and preparing the grounds for the services, and everything will be in readiness for the opening service at 7:45 p. m. The first address of the meetings will be delivered by Elder J. S. Rouse, of Eugene, president of the conference.

Campmeetings are annual affairs with the Adventist people throughout the entire North American division, and in each conference one or more of these meetings are held yearly. In the larger conferences more than one meeting of the kind may be held, and they are always largely attended by the constituency. In this conference, which comprises Lane, Douglas, Coos, Curry, Josephine, Jackson and Klamath counties, only one campmeeting is held, and Roseburg has quite often been selected as the most desirable place for the meeting of the constituency of the Southern Oregon Conference owing, to its central location. The last meeting of this kind held here by these people was two years ago.

A visit to the camp ground revealed two or three score small tents, pitched in orderly rows, and in the center of the park is the big tent where the meetings will be held. The small tents are used by those from a distance attending the meetings. Then there are the Sabbath school tent, the book tent, where a great assortment of books are displayed, as well as magazines and leaflets dealing with religious and health questions. A great deal of attention is given the matter of healthful living by the Adventist people, and some of the biggest sanitariums and health centers in the United States are conducted by these people. Books and magazines written and edited by men of acknowledged authority in matters of food, sanitation and general health are published by the Adventists in their own mammoth printing houses, and given wide circulation both in Europe and America. It is with this class of literature that the book tent is stocked so that people attending may secure what they desire in that line of education.

A good attendance from all over the conference is expected at this campmeeting, and already the contingency is beginning to come in. Tomorrow will bring quite a lot of people, and by Friday afternoon the residence tents will be pretty well filled. It is expected by conference officials' President Rouse, Secretary Jones of Eugene, Elder Shurtmann, of Medford, and other of the conference men have been in the city most of the time for a week superintending the work of erecting tents, and express confidence that a good many will be present during the week or more the meeting will be in session.

There will be a number of prominent speakers present from various parts of the country, among the Elder R. R. Adams, president of the Inter-American division, with headquarters at Mexico City, Mexico. Elder Andross, a noted white traveler, has visited much lately in various parts of the world and is said to be a fascinating speaker; Elder H. T. Nichol, associate editor of the Review and Herald, Washington, D. C.; Elder Morris Lesher of Walla Walla, president of the North Pacific Union, and Elder Mead, Elder of Washington, D. C., are all the Rose Festival, Elder J. M. Cole, Victoria, and other. Special prayer meeting preceding the evening lecture will be a feature of the daily program that will appeal to many. Visitors from the city and country will be especially welcomed to all of the services, and the daily program outlined below, will afford instructive hours.

Forenoon

Rising bell	5:30
Morning watch	6:00 to 6:30
Breakfast	7:00 to 8:00
Worship, men's tent	8:15 to 8:30
Company meetings	8:30 to 9:00
Family devotion	8:30 to 9:00
Church lesson	9:30 to 10:30
Public Study	9:15 to 10:30
Junior and Children's meetings	9:15 to 10:30
Rest hour	10:45 to 11:30
Sermon	11:00 to 12:00

Afternoon and Evening

Dinner	12:15 to 1:15
Rest hour	1:15 to 2:15
Sermon	2:15 to 3:15
Junior's meeting	3:15 to 4:15
Junior and Children's meeting	3:15 to 4:15
Dept. Meetings	5:00 to 6:00
Young People's meetings	5:00 to 6:00
Supper	6:10 to 7:10
Song service	7:30 to 8:00
Preaching	8:00 to 9:00
Tearing Bell	9:30
Silence	9:45

BAD CHECK CHARGE BROUGHT AGAINST MAN AT YONCALLA

A man giving the name of H. G. Wohlschlegel was arrested at Yoncalla last night by Deputy Sheriff C. H. Daugherty and is being held for further investigation. He was arrested on a charge of passing worthless checks, but may be turned over to the government on a charge of embezzlement of an automobile.

The man drove into Yoncalla last night, the deputy sheriff states, and endeavored to cash a check in the sum of $8.50 at the Luther Daugherty garage. The garage owner was suspicious, and gave an excuse for not cashing the check and then notified his brother, the deputy sheriff. The latter traced Wohlschlegel to the Dale Cowan garage, where a check in the sum of $12.50 was given in exchange for work.

As soon as the check was handed to the garageman the officer began to question the man, whereupon Wohlschlegel made a dive for the drawer in which the check had been placed and tearing the drawer open seized the check and attempted to destroy it. He then started to run, but stopped when he was covered with a gun, whereupon he was seized by the garage owner and was trussed up by means of ropes and brought to Roseburg.

He is said to have admitted at the sheriff's office that he drove a car out of California in violation of the terms of a conditional sales contract. In the event he is wanted for embezzlement of the car he will be turned over either to the California authorities or to the government.

SELECTIONS BY NEW COMPOSER TO BE PLAYED BY BAND

The usual weekly band concert will be held tomorrow night if weather permits, and the program offers some interesting numbers. The band this week is featuring some exceptionally fine new numbers by Joseph DeLuca, solo euphonium of Sousa's band. These selections are recent releases by a well known band music publishing house, and were used by Sousa on his last tour of this country. The program for Thursday night is as follows:

March, "The New President" ..... DeLuca
Overture, "Gypsy Queen" ..... King
Gavotte, "Intermezzo" ..... DeLuca
March, "The American Gentleman" ..... DeLuca
"First" Waltz ..... Durand
March, "The Shriner's Parade" ..... DeLuca

SISTER OF MRS. BINGER HERMANN DEAD AT EUGENE

EUGENE, Aug. 18.—Mrs. Sophia E. McKinney, early Oregon pioneer, died at the home of her daughter, Mrs. J. B. Parker of Dexter yesterday at an age of 84 years.

She is survived by three daughters and one son, Mrs. B. B. Van Winkle of Spanyville, Wash., Mrs. H. S. Knowlton of Seattle, Wash., Mrs. Parker of Dexter and W. F. McKinney of Portland.

She also leaves one sister, Mrs. Binger Hermann of Roseburg.

Mrs. McKinney came across the plains with an ox team in 1852. With her family she settled in Douglas county.

Funeral services will be held in the Methodist Episcopal church of Cottage Grove at 2 o'clock Thursday afternoon. Interment will be in McFarland cemetery. Acutch chapel is in charge of arrangements.

Mrs. McKinney was a member of the Methodist Episcopal church and the Rebekah lodge.

CONTRACT FOR NEW TYPE OF DIRIGIBLE AWARDED BY GOVT.

(Associated Press Leased Wire.)

WASHINGTON, Aug. 18.—The Metzell Development Company of Detroit today was given a contract for construction of a 200,000 cubic foot metal-clad navy dirigible, to be completed in 300 days.

The cost of the ship was fixed by officers at $2,000,000. The ship did not be produced now from the Detroit company whose officials had been the chief movers in the proposal that the government undertake experiments with metal-clad airships.

Congress also authorized construction of two navy dirigibles of six million cubic feet each but made no appropriations for these ships.

The metal clad ship is to be safer if sufficient size to test the theory of the builders that ships of this character will prove more efficient than the present Zeppelin types.

CREW COUPLE MARRIED

Clarence Tison of Drew and Katherine Borders of Canyonville were married yesterday afternoon at the office of County Judge George Shore in the county court house. Parents of the young couple were in attendance at the quiet ceremony, which took place at about 3 o'clock. Mr. and Mrs. Tison will make their home at Drew where Mr. Tison is engaged in farming.

Club to Have Picnic—

The Business and Professional Women's club will have a picnic and outdoor meeting at the clubhouse in Umpqua Park on Friday evening. The members will meet at 6:15 o'clock to go to the park.

JOHNSON FAILS TO ADMIT GUILT WHEN ARRAIGNED

(Associated Press Leased Wire.)

MINNEAPOLIS, Minn., Aug. 18.—A directed plea of not guilty was entered by Tom Johnson today to an indictment charging murder and his case was set for trial at the term of district court convening September 13. He recently surrendered at Seattle, Washington.

While Johnson previously had declared his intention of pleading guilty to the charge of murdering Leonard Erdahl here last December, he refused to plead today and District Judge Thomas H. Salmon directed a plea of not guilty.

The court then appointed L. L. Longbrake, public defender, as counsel for Johnson. Johnson was returned to his cell in the county jail and will be held without bail. The defense, it was said, may ask for his examination by a sanity commission by the time set for his trial.

The court room was jammed and long lines waited outside during the brief time Johnson was in court. He appeared nervous and his face was pale and drawn.

MARKET RATINGS

PORTLAND, Ore., Aug. 18.—This week will see the 1926 peach deal at its height with supplies liberal and prices the lowest in many seasons. Wholesale fruit and produce houses are encouraging their trade to impress upon the housewife the importance of getting canning supplies now while supplies and prices are right.

Oregon and Yakima peaches are now coming into the market in full force with the California deal well past the peak. California Elbertas are through, only a few of the fancy Pennsylvania Hales remain, and a few Salways and Muirs will finish up the season.

The Dalles Crawfords and Elbertas are plentiful and the first Hales from the non-irrigated districts of The Dalles came in today.

Most of The Dalles crop this year is running to small sizes but the J. H. Hales in today run around forty and are extra fancy. The 40's sold promptly at $1.50 but smaller sizes will be offered at $1 to $1.25 a box.

Fancy Yakima Elbertas are plentiful at 75 to 85 cents a box with The Dalles Elbertas at 65 to 75 cents. A few of The Dalles Muirs (small sizes) are offered at 65c with Crawfords at 75c.

The market is well supplied with cantaloupes and watermelons and prices are easier. Fancy pink pink meated casts such as Burrell Gems are offered at $2.50 for standard crates with small sizes and off quality stock as low as $2. Rocklords selling generally around $2. Klondike watermelons are now back to 2½ and 2½c a pound. Other varieties of watermelons at 1½ to 2c a pound. Wrapped and packed pear stock is quoted at $1.25 a box, but the bulk of the sales are in jumble packed stock at 60 to 75c a box.

All grades of eggs are higher on the local board today with the exception of undersized or pewee stock. Extras, firsts, mediums and receipts are a cent higher at 32c on the two top grades and 31 to 33c respectively on medium and undersized. Pewees remain at the 18c level.

The butter market is generally steady.

Poultry steady; heavy hens 23½ 26c; light 15@16c; springs, white 19@20c; do colored up to 23c; young white ducks 22@23c; colored 15@17c.

Potatoes still slow; rain expected to cause considerable second growth.

Onions, local $1.25; Walla Walla $1.15@1.25; potatoes $1.25@1.50 sack.

Nuts steady; old crop almost gone. Walnuts number 1, 16@21c lb; filberts nominal; almonds 20@21c; Brazil nuts nominal; Oregon chestnuts nominal; peanuts 9½ @10c.

Cascara bark steady 8c pound; Oregon grape root nominal.

Hops steady; old crop fine 1926 contracts 22@23c; 1925 contracts 23c.

PORTLAND, Ore., Aug. 18.—Wheat: Hard white, soft white, hard white, blue stem, Baart, Bluestem, soft white, western white, $1.27½; red Russian, northern spring $1.28; western red, $1.27.

IN BANKRUPTCY

In the District Court of the United States for the District of Oregon. In the matter of Chester H. Hendrick, Bankrupt.

To the creditors of Chester H. Hendrick, of Riddle, in the county of Douglas, and district aforesaid, a bankrupt:

Notice is hereby given that on the 17th day of August, 1926, the said Chester H. Hendrick 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 first day of September, 1926, at 10 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 at Roseburg, Oregon, this 18th day of August, 1926.

C. L. HAMILTON,
Referee in Bankruptcy.

Hundreds have put their O. K. on classified columns. They are the starting point of many people's success and prosperity.

BEAUTY CHATS
by Edna Kent Forbes

SHORT SKIRTS.

The short skirt for day-time or tailored dresses is here for some time. There is a tendency towards picturesque evening dresses with snugly fitted basque waists and long, full skirts, but this is an inevitable reaction against our plain and anything but picturesque day dresses. And even these fancy

The short skirt style is here to stay

frocks, to conform to the short skirt mode are often of transparent net or lace from the knees down.

Therefore, thin legs, unless of course they are positive spikes, are an advantage, for our short skirts are narrow and our general outlines as slim as we can make them. A pair of fat legs protruding from a short, tight skirt is one of the ugliest of modern sights. The narrowness of the skirt makes the legs look fatter than they actually are, and the whole figure looks curiously unbalanced, too tight at the top, too heavy from the knees down.

If your legs are too fat you can always reduce and so bring them into a better shape. Meantime you can wear skirts a little longer than the present fashion so as to hide the fattest part of the calves. Remember that the trying view is the back one; from the front or the side the legs may seem shapely even though plump, but from the back you will get only the bulging outline of the calves.

Wear your skirts an inch or two below the actual curve of the calf of the leg, then you will show only the slim, shapely part. With evening dresses or light chiffon afternoon frocks a band of, almost transparent net or lace will give you the actual length you need and the skirt will still look short. With the greater length, even though it is not apparent, you can have greater width, and this also will make large legs look thin.

If your legs are stout, you must be very careful of the color stockings you choose. Buy them as dark as possible and with as little pink in the shade as you can get.

Worried.—Take a daily warm bath to relieve the pores and those of the face will have less to do and shrink, therefore will not collect soil which is really what causes blackheads.

No one plucks the hairs of the brows any more, although there is no reason why you should not do so if you care to.

With fair skin, blue gray eyes, and light brown hair, your best colors will be blues of every shade, but particularly those darker than your eyes, also browns, and golden shades.

Tomorrow—Sunburn.

Efficient Housekeeping
By Laura A. Kirkman

NEW DISHES THIS WEEK

TOMORROW'S MENU

Breakfast
Berries
Cereal
Fried Eggs and Bacon
Toast Coffee

Luncheon
Mixed Vegetable Salad
Rolls
Cream Cheese Cookies
Sliced Peaches Iced Cocoa

Dinner
Beef Loaf
Tomato Catsup
Corn-on-the-Cob
Fruit Salad
Carmel Ice Cream Coffee

Beef Loaf: Have your butcher put two pounds of beef from the bottom round through his grinder. To this chopped beef add one beaten egg, one teaspoon of salt, five hand-chopped onions (each onion about the size of a large egg), one cup of cold, sweet milk, and one slice of white bread one inch thick, with crust removed, crumbled. After stirring well, pack the mixture into a pan measuring five by nine inches on the bottom, and bake from two to three hours in a hot oven. It should be crisp and brown on top when properly done. Serve hot or cold, with tomato catsup if liked.

As you will see from the above menu, this meat dish is not accompanied by the customary potatoes; for when corn or any other starchy dish containing bananas or tapioca, or a rice, macaroni or spaghetti dish) is served in a meal, potatoes are unnecessary—these other starchy foods are potato-substitutes. Sunday's dinner menu will also lack potatoes, for again corn-on-the-cob will be called for (the sensible family likes an abundance of the fresh vegetables in season, so twice a week is not too often to serve corn). Note too, when the end of the week comes, that Saturday night's dinner (a guest dinner menu, at the request of one of our column sisters) calls for a hot roast leg of lamb, which is served cold on Sunday; this plan of having the hot meat dish on Saturday is used in many households so that the housekeeper may go to church on Sunday, her mind at rest with the knowledge that she has a cold roast in her ice chest—and only corn to cook after church.

Wholewheat Muffins: (Requested by Mrs. A. A.) Put into a bowl one-eighth of a cup of granulated sugar, one egg yolk and one cup of cold, sweet milk. Beat well and then add one-half cup of ordinary bread flour sifted with two teaspoons of baking powder. Now stir into the mixture (without sifting, as wholewheat flour will not sift) one cup of wholewheat flour. Add two tablespoons of butter melted, then fold in the stiffly-whipped white of one egg. Grease a muffin pan and divide the batter into eight "wells." Bake 25 minutes in a hot oven. To bake 16 muffins, double this recipe.

Tomorrow—Answers to Inquiries.

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

SHINGLES, STIFF JOINTS, OVERWEIGHT AND EVERYTHING.

"About three years ago I had the severest case of shingles ever lived through, since which time there has developed in my finger joints a terrible soreness, stiffness and enlargement.

"I weigh 130 pounds and should weigh about 110. Ever since I can remember, I have had an abnormal appetite for sweets, and the starches are not far behind. This, I know, is disastrous. In the matter of these foods, particularly the sweets, I have no will power. I eat very little meat, not more than twice a week, and live mostly (aside from the tormenting sweets) upon vegetables and milk. I have a good appetite and enjoy my food, although I do not feel satisfied after eating. One thing I know: I do not drink enough water.

"I omitted mention that I have had severe stomach trouble for many years, and suffer a great deal from acidity. Of course, all this makes me extremely nervous and I shall appreciate it if you can suggest anything that will give me relief.—Miss L."

It would take some sized kit bag to pack up your troubles, wouldn't it, L.?

Although your stiff fingers came after your shingles, I don't believe they were caused by that. Probably the original undermined condition, most likely from the thing which you yourself acknowledge is disastrous— the over-eating of sweets and starches—plus some infection, was responsible for both of them.

There is a normal amount of sugar in the blood. On an unbalanced diet containing an excess of starches and sugars, there often is an abnormal amount. This eventually will express itself in some disturbance of the system, for it causes a lowered resistance to infections

(Continued on page 9)

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 names 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.