ROSEBURG NEWS-REVIEW

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ROSEBURG, OREGON, TUESDAY, OCT. 5, 1926.

BEING A FRESHMAN.

Many young people have found it a trying experience to be a freshman in a high school, college, or any kind of educational institution. The young person feels rather scared through those first weeks. One studies considerably harder than ever before, and has the awful fear of getting thrown out, and having to give up the course or take the last year of work over again. Teachers hand out statements of this and that which must be done, and the freshman listens earnestly. Older students have often learned of ways by which one can cut corners and get by with the least possible work. But teachers do not feel that the least possible work is a desirable objective, and they give their instruction on the theory that students should try to get some real benefit. To the freshman the upper classmen appear very wise and sophisticated personages, and the new student hardly dares speak to a real senior. An upper classman who is a member of the football team is regarded as a superior being, before whom the freshman must prostrate himself in utter abasement. The tradition exists that freshmen are raw and exuberant specimens who need refining. The upper classmen, particularly the sophomores, always felt in the old days that it was their particular duty, in which they would be criminally negligent if they failed, to put the news boys through a severe hazing process with the purpose of removing this rawness. Modern educators frown upon the hazing process, as boys at the sophomore age need refining themselves, rather than attempting to educate those just below them. In reality the freshman boys and girls are very lovable. Their enthusiasm seems far preferable to the blase weariness which American youth so often acquires at a later date. One is glad that they frankly enjoy all these privileges, and that they show a willingness to work.

THE COST OF CARELESSNESS.

One week every year the propagandists turn loose upon the American public a flood of edifying oratory and publicity. They analyze the causes of the nation's annual fire loss of 20,000 human lives and property at more than $550,000,000; find these causes to be wholly or partly preventable and preach carefulness as a means of prevention.

"The greatest strictly preventable cause of destructive fires is matches—smoking," they say. "So let's all be careful with matches. Let's not throw smouldering cigarets and cigars where they might start a disastrous fire.

"Another constantly active fire-bug is spontaneous combustion. Let's thwart him by not allowing rubbish to collect where it might generate gases that will start fires. Let's clean up our basements and attics."

Year after year, this propaganda goes on—and year after year, the destruction increases. The most recent report of the National Board of Fire Underwriters shows that, of the ten chief causes of dwelling-house fires, eight caused more tremendous losses last year than the year before. Matches and smoking, for instance, caused a loss of $30,281,840 last year as against $29,045,007 in the previous period. Losses due to spontaneous combustion rose from $16,110,945 to $17,037,454 in a year, and so on.

Announcement that the Pickwick stage line will establish repair shops in Roseburg if conditions are satisfactory from the viewpoint of its requirements is an item of commercial interest to the city as a whole. It is to be hoped that such advantages as the concern desires for its investment will be found available here. Initial employment of three men would be a modest beginning, it is true, but the business of the company is growing rapidly and in due time a crew of considerable size would be maintained here. Every new investor from the outside in the local commercial field adds to the prestige of the city as a safe and sane place for working capital, and none would emphasize the fact stronger than a corporation engaged in interstate carrier service. Investments of outside capital have been heavy in Roseburg the past year and instrumental in adding materially to the city's wealth and population, offsetting to a greater extent than is perhaps realized, the temporary and immaterial decrease occasioned by railroad changes. Automobile stage lines and their related industry, oil service companies, have contributed in no small degree to our flourishing status, and of the former we would heartily welcome any that would further add to our permanent prosperity by the maintenance of repair shops.

It is rather wonderful the way the law of supply and demand works out to relieve economic difficulties. For instance, the average cost of rents has decreased six per cent in the past two years in 171 cities, according to the National Industrial Conference board. Two years ago the demand for homes was greater than the supply. That caused high rents, which led to increased activity in building, and now the supply has come nearer equalling the demand, and in some cases exceeds it. Also when prices are too low in anything, a good many people quit that line of business, and the supply falls off and corrects that situation. Thus in the main our economic troubles are cured by the operation of natural laws. But some care has to be taken to see that people do not combine to prevent those natural laws from working. But even if they do, they often defeat their own end by starting up new competition.

A school superintendent remarked recently, that he had less trouble with the children whose parents were recent immigrants, than he did with the children of native Americans. His idea was that the children of immigrants were brought up to obey, because their parents learned to fear the government in their former countries. But he thought that the native American families were so filled with notions of extreme freedom, applying even to the conduct of the children, that many of these youngsters would not obey school discipline. People might well ask themselves how far the work of their schools is hampered by the loose notions of family government that are so common now. If the parents can not control their children, how do they expect the schools are going to, and how much will such children learn in the school year of 1926-27?

MEN ARE SLAVES.

"I'd like to wear a stately beard," observed S. Stephen Stap; "I fain would have some whiskers smeared all up and down my map. For shaving is a job I cuss, it takes up too much time; to waste the golden moments thus is something like a crime. The sessions in the barber's chair, if turned to useful ends, would make a record rich and rare, of useful deeds, my friends. While I am having whiskers shorn, that do but grow again, I well might comfort those who mourn, and cheer despondent men. While barbers their keen weapons ply, around about my dome, I might be carrying a pie to some poor widow's home. I might be busy with the lads who in good works engage; I might be garnering the scads to comfort my old age. Oh, men of bold and dauntless hearts at intervals are found; they go about the streets and marts with whiskers by the pound. They do not heed the idle jests of trifling skates who jeer; their whiskers flowing on their breasts, they journey far and near. But most of us are trembling slaves, poor, feeble, spineless chaps; we spend our money for the shaves that standardize our maps. We know we'd have a nobler air, a far more kingly mien, if neatly landscaped fields of hair upon our mugs were seen. I reason thus; and I say, 'I'll let my spinach grow, and I defy the jeering jay who's always plagued me so.' The whiskerines begin to sprout, I walk the village pave, and everywhere I hear men shout, 'Go, buy yourself a shave!' They come and offer me the price, and beg I won't delay; 'Those rusty whiskers would suffice to queer the town,' they say. I stand it through a weary morn, then seek the barber's chair; when I emerge I have been shorn of all that sorrel hair."

Did You Ever Stop to Think

By Edson R. Waite, Secretary of the Shawnee, Oklahoma, Board of Commerce.

THAT you should help to make your home city a brighter spot for business. She possesses many winning advantages.

THAT you should get the boosting habit. Your city is worthy of your continuous service.

That "chewing the rag" gets you nowhere; it's the doing of things that counts.

That some cities have a lot of men who spend half their time finding fault with every bit of progressive work that is being done for their city. Stay away from that crowd! They will make your city an electric lighted graveyard if they have their way.

That cities are built by men who have a forward vision and who translate it with practical results.

That this kind of men are the ones who go ahead and day by day make the home city a better, busier city.

The progressive citizens of your city are pushing ahead with all their might and are gaining the goal of your city's ambitions. Join them and make their work easier!

Your city is recognized as not only a good city in which to live, but whose business concerns are good ones with which to do business.

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THE GUILTY SECRET

By Wickes Wamboldt

Not long ago a man sued his wife for divorce on the strength of some information which she had confided to him when they were first married. At that time he was very magnanimous; but four years later, when he met another woman whom he liked better, his magnanimity faded like a cheap shirt on a clothes line in the sun.

The best way to do is not to confide to anybody anything that one is not willing to have put in the newspapers—for it may get there. It is not wise to let love and friendship lead one too far in the matter of confidences, for the one who loves one now is one's friend this year may hate one and be one's enemy next year.

Anyway the ability to keep one's affairs to oneself is in the final analysis an ability of considerable ability. It shows a certain amount of strength of make-up.

Many a man is a wreck today because he could not keep something to himself that he should have kept to himself; and many a woman has lost out heavily because she confided something to somebody who wasn't worthy of her confidence.

An ugly secret gnawing at one's vitals is a disagreeable thing. Often it is a painful thing. It may be almost unendurable. It is a great relief to tell it to some one else and thus, in a measure, get some-one else to help carry it; but the relief turns out to have been dearly bought if that other person hands one over to the police four years later.

Sin should be atoned for, and if one has committed and offense he should pay the penalty. Sometimes the severest penalty one could pay is to keep the fact of one's sin locked up in one's breast and fight it out by oneself. Sometimes there could be no greater punishment than to have to stand alone in the secret chamber of one's inner consciousness and gaze at the thing that one has placed in there.

And sometimes mercy to the other person demands that one should keep one's secret.

But if one must tell somebody, there is always One to whom one can go who will give solace and comfort and take over the burden and never say anything to anybody about it.

Where Men Is Helpless

Cards Stacked Against Husbands In the Divorce Courts.

Men have little chance of receiving a square deal in divorce proceedings these days, according to an article by Florabel Muir in this week's Liberty. "Wives take advantage of the fact that man puts up a poor showing in a battle with woman before an audience," she explains. "An ancient chivalry, still prevailing, puts the onus on the husband who, driven to desperation by his wife, gives her a sock on the nose. The sock may have been in reality little more than a tap, but when described by her attorney, accompanied by tears and means from the sockee, it becomes a haymaker.

"Martial crimes grow, in many cases, in proportion to the imagination of wives and their attorneys," the writer further explains. "A little push becomes a body blow. A wearied retort . . . becomes profanity tinged with cruel and inhuman treatment.

"Hideous mental suffering develops when Papa tells Mamma she ought to be sent to the booby hatch. Every little slip of this sort costs Papa some hard-earned jack, when he goes before the divorce court.

"Now, what chance has the husband against a combination of that character?" the writer asks. "Not any, and he soon realizes it. . . . The husband who flounces in the open against paying alimony becomes the target for all the cutting gibes of society.

"The alimony system," the writer contends, "tends on the form of punishment for misdeeds committed by the husband during the marital course, rather than that of a just form of sustenance for the dependent wife, as it was intended to do at its inception, around the year 1858."

CARS COLLIDE NEAR CANYONVILLE SUNDAY

W. K. Beals of Canyonville and C. Epperson of Myrtle Point, escaped injury Sunday afternoon when their cars collided about a mile south of Canyonville. As Mr. Beals was rounding a curve the sunlight, striking the windshield, blinded him, causing him to turn to the left side of the road and the two cars collided.

The front fenders of both cars were caught and slight damage was caused.

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

U. S. Asking Tolerance

Sunday Closing Laws Conflict With Modern Ideas.

Pointing out how the ideas of country people and city dwellers differ radically on such question as Prohibition and Sunday amusements, an editorial in this week's Liberty protests at the way in which the rural and small-town ideas revail over city ideas in so many things, especially in things political. Taking as a typical example the recent decision of Judge Edwin O. Lewis, in Philadelphia, that the Sesqui-Centennial Exposition may not keep open on Sunday if admission is charged, the editorial says:

"Probably four out of five persons in the present population of Philadelphia want the Exposition to be open Sundays in order that those who work on weekdays may visit it and enjoy the educational and instructive features. Perhaps four out of five Philadelphians in 1794, when the law under which Judge Lewis decided was passed, would have opposed the idea of opening anything save a church on Sunday.

"Times have changed. The population of our cities is not radically different from that of the country and small town. Yet the city resident generally wants to devote part at least, of his Sunday to relaxation and amusement. The small-town family and the farmers, as a rule, are against any Sunday sports or amusements.

"The difference of opinion regarding these things is a natural result of environment. We are of the opinion that each should decide for itself and that for either to attempt to foist its opinions on the other is a contravention of the rights guaranteed Americans under the Constitution."

CITY REVENUES INADEQUATE TO MEET EXPENSES

(Continued from page 1.)

financial condition at an adjourned meeting of the council, to be held next Monday night.

Will Revise Charter.

At the adjourned meeting there will also be presented a joint proposition from Recorder Whipple and City Attorney Carl E. Wimberly to undertake the good sized task of revising the entire city charter, not only to permit an increase in the tax levy but to alter certain other of its provisions which Mayor Houck declared were equally as much of a hindrance to the progress of municipal affairs. It is desired by the council to have the work of revision done for submission to the voters of the city in time to apply a higher tax levy for next year. The two attorneys were not prepared to make a definite promise in that respect last night, but their proposition to be made next Monday will state just what they will undertake and the price they will charge for their services. Mayor Houck advanced the opinion that $500 might cover the entire cost, but Attorney Wimberly replied that the greater part of that sum would be absorbed by stenographic work alone. It was the general opinion, however, that no reasonable sum would be too much for work so urgently needed and performed by attorneys intimately acquainted, as Wimberly and Whipple are, with the laws and ordinances of the municipality.

To Revise Drainage Plan.

A remonstrance presented by the heirs of the Rast estate caused a switch in the plans to establish a lateral drain around the newly erected Creason building, at the convergence of Winchester and Nortr Jackson streets, North Roseburg. Originally it was proposed to allow the surplus water, in its course toward Deer Creek, to drop into an open ditch extending not only through the property of the remonstrants but through the land of August Schlemann as well. Objection to the plan was based on the fear of excess water during the rainy seasons and further on the contention that the only safeguard against the flooding of basements in the future was the maintenance of a pipe line, extending entirely from Winchester street to Deer creek, a distance estimated at 250 feet. The council decided to abolish the open ditch idea and substitute the pipe extension plan. City Engineer Eppstein was instructed to amend the specifications to provide for pipe of suitable capacity, and the street committee was requested to procure from the Rast estate heirs and Mr. Schlocmann the necessary rights of way.

Bridge In Poor Shape.

Engineer Eppstein, following up a report he made to the council over a year ago, pointed out the urgent need of repairs to the bridge spanning Deer creek. The decking and stringers were rotting, he said, and it was only a matter of time when a new bridge would have to be built. The decking especially had two very bad places, he said. The council felt like Mr. Eppstein, that a new bridge would have to be built soon, but Mayor Houck, mindful of the condition of the city's finances at the present time, advocated further repairs to make the bridge serviceable and safe until next spring anyway. Instructions were issued to the street commissioner to continue repairs to the structure from time to time as he observed their need.

Other Matters.

Stanley W. Taylor was awarded a contract for the paving of the unimproved portion of North Claire street, a distance of 226 feet, on a bid of $2,278.76, an excess of $57 over the city engineer's estimate. The only other bidder, E. R. Metzger, submitted a price of $2,717.54. The entire cost of the work falls on H. O. Pargeter, who owns all the property on both sides of the area involved.

Two petitions for lights on Chapman street, Laurelwood, were referred to the light committee. One from individual property owners asked for a light at the street's intersection with Madrone avenue. The other, presented by the school board, asked for lights on the street at four intersections.

The council accepted the resignation of H. C. Darby as a member of the city boxing commission. Mayor Houck announced that his successor would be appointed later.

A resolution directed G. W. Hoover, of Portland, to repair an iron sidewalk door in the rear of his business property opposite the city hall.

Following is a list of the bills audited and allowed:

Scott Bros., plumbing	$ 10.75
J. H. Sinniger, supplies	.75
Roseburg Cafeteria, meals	9.60
Pacific Tel. Co., telephone	3.15
Roseburg Plumbing & Heating Co., services	157.26
Page Lbr. Co., lumber	4.23
Douglas Co., road work	31.50
Churchill Hdw. Co., supplies	10.91
C. A. Lockwood Motor Co. services	2.25
Economy Grocery, supplies	.30
Marsters Drug Co., supplies	1.00
Klecker-Amort Co., supplies	11.35
Motor Shop Garage, service	3.47
News-Review, printing	1.00
Herman G. Althaus, repair	83.36
E. P. Croft, services	17.00
Den-Gerretsen Co., supplies	39.66
J. H. Sinniger, services	3.75
Rose Garage, supplies	6.00
Scott Bros., services	9.90
R. L. Whipple, Ins.	5.00
Macon G. Smith, services	1.00
A. S. Wallace, supplies	21.65
C. O. P. Co., water-lights	959.82
Ed Noah, blacksmithing	2.50
L. G. Devaney, supplies	0.95
E. E. Woodcock, blacksmithing	8.50
Vosburgh & Wiard, supplies	1.00
C. S. Heimline, P. O. box rent	3.00
Improvement Funds.	
Intercepting Sewer. (General)	
M. C. Bowker, engineering	30.00
Harry McCabe, engineering	2.00
Claude Crocker, engineering	2.00
H. L. Eppstein, Engineering and expenses	138.15
Claire Street,	
M. C. Bowker, Engineering	6.00
H. L. Eppstein, Engineering	8.00
South Stephens Street Sewer,	
H. L. Eppstein, Engineering	8.00

GAMBLING DEBT QUARREL PUTS 3 MEN IN HOSPITAL

(Associated Press Leased Wire.)

LA GRANDE, Ore., Oct. 4.—Five men are wounded and a sixth, who escaped, is believed to have been shot in an affray that occurred here yesterday afternoon, the result of an argument over the settling of some gambling debts, according to the police. Three of the wounded men, Nick Rukvina, Martin Yalich, and John Turpo, are in the hospital. Joe H. Pupill, shot through the arm, is in the city jail and Mike Supan, also shot through the arm, is at his home.

One of the three in the hospital was hit three times, bullets piercing his neck, left breast and left arm. His condition is the most serious.

Police Chief A. C. Haynes believes that two revolvers were used although only one was found. He believes that Papill and the man who escaped fired the shots.

NOTICE

The Oregon Rose Thimble club will meet at the home of Mrs. O. F. Troxel, 837 Miller St., Wednesday, Oct. 6th.

BULL MOOSE VISITS RANCHERS AT SMITH RIVER

The big bull moose which has been residing at Westlake has taken up new stamping grounds and is now visiting at the Smith river ranches, according to the reports from that region, says the Port Umpqua Courier. The first visit was made at the Noah Blake ranch. Later reports coming from Ralph Pyritz that the animal had visited there.

Sunday the bull moose was a caller at the Hanson ranch, where the animal entered the orchard and made a meal upon apples.

Residents who have seen the moose report that he has a splendid spread of horns and makes a pretty sight as he comes from the forest. Oscar Hanson reports that when the moose came from the forest the large spread of horns were entwined with blackberry vines and ferns.

Last week the animal was reported as swimming a lake to the settlement of Westlake and disported himself before the residents and visitors there, posing for a number of pictures.

The animal has been receiving much publicity lately because of the visits to the camps of hunters, and his attacks upon buildings and automobiles in the process of sharpening his horns.

$2.50 PHOTO FREE

One 8x10 Ivora mat finished photo of yourself free with every order of $6 or over to the early Christmas customers from Oct. 1st to November 10th. Your friends can buy anything you can give them except your photo. A good photo is highly appreciated as a present. Our prices range from $4 per dozen up. Satisfaction is our motto. C. W. Clark, Cass St. Roseburg Nat'l. Bank Bldg. Phone 231.

LEGION MEETING

Regular semi-monthly meeting of Umpqua Post No. 16, at Legion club rooms Tuesday evening at 8. All members try to be present.

ANSWERED LETTERS

Nella Bell—For poor circulation the most valuable general aid I know is to stand erect before an open window, and pushing down hard with the arms from the shoulders as though trying to stretch the hands to the floor, take a sharp, deep breath pulling in briskly from the diaphragm and lifting the chest. Hold this breath while you count seven, and slowly exhale while you count 14. Repeat this three times. It is helpful also to fix the mind upon something very pleasant or inspiring while the breath is being held. This exercise can be taken three times a day if desired.

For nervousness and sleeplessness try this exercise before retiring: Lie flat on back on bed or couch, without pillow. Slowly raise leg about three feet from bed; then allow to drop heavily, of its own weight. Repeat this nine times, with each leg and each arm. Then raise head, neck and tip of shoulders as high as possible from couch, keeping body flat, and allowing head to drop back as above described. Repeat nine times. Then flex the knees, and supporting the weight on the feet and shoulders, raise the trunk of the body as high as possible, letting fall back heavily to couch. Repeat nine times.

You should not feel light after this exercise, but should feel your body heavy upon the couch. Rest in this state of absolute relaxation and freedom from tension, and refuse to think anything but thoughts of happiness during this period of delightful refreshment.

Indulge in this exercise whenever you feel tired or depressed. It brings peace to an overworked, high strung organism.

Desperate: Your permissible "wildness" can be overcome by keeping the back hair clipped short as heretofore while allowing the side hair to grow until it can be arranged in the back, when the trying stage of the back "fringe" can be safely concealed, and your "bob" will be no more.

I. L. Y.—Keep the arm pits shaved, use talcum liberally, and never wear tight bands anywhere on the body. Use this formula: Epsom salts—3 ounces, wheat bran—one-half pint, water—two quarts. Mix, let stand overnight, strain, add four ounces of bay rum. Use freely; it won't, and shouldn't stop all perspiration, some is healthy, but it will prevent excessive perspiring and it will neutralize odors.

Ether—An acid condition of the blood is most quickly overcome by partaking of such natural acids as are contained in lemons, organes, grape fruit and tomatoes. It would be helpful to adopt an acid diet each morning until the blood stream is cleansed, taking a glassful of the juice of oranges or tomatoes (either fresh or canned), strained, or alternating these, every two hours. If this is not practicable, one-quarter glassful of lemon juice and three parts water; the juice of two or three oranges and of one lemon; the tomato juice; or a glassful of mixed grape fruit and pineapple juice, or of either one; any of these fruit juices sweetened, if desired, with a teaspoonful of honey (never with sugar); taken from 15 to 30 minutes before breakfast, is very helpful, and a valuable daily conditioner.

Acids and starches, of course, should never appear at the one meal, as a combination of these generates poisonous acids in the system.

Tomorrow — A Hair Tonic.

GUEST SANDWICHES

TOMORROW'S MENU

Breakfast
Prunes
Cereal
Boiled Eggs Toast
Coffee

Luncheon
Griddlecakes Sirup
Left-Over Apple Sauce
Cookies
Cocoa

Dinner
Celery
Macaroni-Hamburg Dish
Baked Potatoes
Carrots
Sliced Cucumbers
Chocolate Pudding Coffee

We all wish at times, that we could invent some wonderful new dishes to serve our guests after a late afternoon "four" of bridge, or after that simple musical evening, or after our "crowd" returns home with us from a "movie". Yet, the time-honored cup of hot coffee, the sandwich, and the inevitable cake, cannot be improved upon, can they, when it comes to serving our friends what they really like? So let us be original with our sandwiches. And let us choose a light one where a light one is needed, and a nourishing one, when our guests are really hungry.

For After the Movies: Tomato Catsup-Egg Sandwiches: Mash six hard-boiled eggs and stir in one tablespoon of tomato catsup. Season with one-eighth teaspoon of salt and a mere dash of pepper and add a very little Mayonnaise dressing—just enough to make a paste which "spreads right." This recipe makes one dozen sandwiches, using crustless slice of wholewheat, toastered bread, cut in triangles. Hot cocoa (previously prepared, with the sandwiches) and iced cup cakes complete the light yet satisfying little repast.

For Bridge Refreshments: Ginger-Cheese Sandwiches—are delicate and "just go to the spot." Put crystalized ginger through your food chopper, then measure it, by tablespoonfuls. For every rounded tablespoon of ginger add one ten-cent cream cheese (that is, about one-half cup of cream cheese) Mix well, adding a very little sweet cream or top-milk to make the right consistency for spreading on thin crustless slices of graham bread. Serve with hot coffee (or grapejuice in the new little "footed wear" grapejuice glasses) and fancy cakes.

For Sunday Suppers: Lobster Sandwiches: Turn a small sized can of lobster meat into a bowl, add three or four hard-boiled eggs chopped finely by hand, and stir in enough mayonnaise salad dressing to make the right consistency to spread. Serve on crustless buttered slices of white bread.

For an Evening Party: (Dance, Bridge, Musical, etcetera). As people are generally rather hungry at the end of an evening, a salad is ideal to serve along with a sandwich, hot cocoa, and cakes. If a chicken salad is chosen the sandwich should be light and dainty, such as the following: Peach Sandwiches: Drain the juice from canned peaches and put the peaches through the food chopper. Measure by cupfuls. To each cupful add one-half cup of canned marshmallow-paste (or merely melt marshmallow candies in the top of your double boiler over hot water) Blend well before spreading on slices of white bread.

Tomorrow — Fancywork Problems

LOST—NO REWARD OFFERED

"Lost—somewhere between December 8, 1925 and August 1, 1926—70 pounds of perfectly good (?) fat. No reward offered! It's gone forever!

"On December 8 I weighed 224 pounds. By following your instructions on reducing, I weighed 154 the following August. Oh, Doctor, I shall never be fat again, never, never! Every one says I look years younger. I am 34 and when I was fat I looked 44; and since I've reduced, I've had the nerve to bob my hair. Am I foolish?

"Will you please tell me about 'reducing' breads? I have been eating a certain type for more than a year. It is not said to be reducing. It is only claimed to be calorie-less. I have believed it to be that, for I think I would have gone over my calorie allowance of it counted the same as white bread, for I ate six to eight slices each day.

"I am sending photos of myself—before and after. Will you please return them, for I keep the 'fat' one for proof that I really was fat, once. Gratefully yours.—Mrs. S."

224! And now 154! You certainly must look like a different person, Mrs. S, and I know your improvement in health must be as great as that in your looks, altho you didn't mention it. But perhaps at 34 you had not yet begun to experience ill health. You can congratulate yourself that you reduced your weight before it came on you for you certainly were pointed towards a lot of undesirable complications—diabetes, heart disease, apoplexy, stomach disorders, gallstones and whatnot. I'm sure, too, that you'll never allow yourself to get fat again, for you now have a knowledge of food values and are not eating blindly.

The "reducing" breads that have been analyzed so far have been found to be nothing but coarse whole grain and bran breads, excellent for constipation — though

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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.