ROSEBURG NEWS-REVIEW

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ROSEBURG, OREGON, MONDAY, DECEMBER 27, 1926.

YOUTH AND THE DOLLAR.

The International Young Men's Christian association recently issued a questionnaire to 50,000 boys and young men in 38 countries, in the effort to discover the ideals of modern young men. The predominant purpose in the minds of these fellows was shown by the results of this questionnaire, to be the necessity of earning a living. On being asked what they would like to accomplish in the next 10 years, the majority made replies like these, as reported by the New York World: "To acquire economic independence," "to get a position and found a home," " to obtain a recognized success in commerce," "to obtain a good position in society," "to be a successful business man," "to attain money," "to get an economically safe position," "to secure money for a comfortable home." Preaching, teaching, medicine, and missionary work seem to have little appeal to these young men, and business positions, the law, and engineering seem the most popular professions. Idealists may say that these aims represent a falling off in fine spirit. Yet they show that the young men realize the necessity of work and of doing their share in the activity of the community. The main question is whether they went to earn their money honestly, whether they want to do their work fairly and honorably, or whether some of them expect to get along by smart tricks and clever ways of "putting things over." The desire to have one's share of the advantages of this world is not the highest objective. In the times when people lived in a simpler way, there were more who had very generous social aims, and wished to render service to the world. Let it be hoped that many young men will eventually learn that that motive brings perhaps the most permanent satisfaction.

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The English language congress held at philadelphia recently was told by Dr. Godfrey Dewey of Harvard, that by revising the alphabet, a billion dollars a year could be saved. Apparently he meant that would be the saving for all countries using our alphabet. He favored an alphabet of 24 consonants, 13 vowels, and four diphthongs, and a sign to indicate the word "the." Such a scheme should simplify spelling, writing, and printing, and make it easier to teach the language to foreigners and children. Spelling reformers have long attacked our spelling system as involving needless work. If every sound could be expressed by a letter, and if every word was then spelled as pronounced, the words would be shorter, less paper and less type would be required, and the labor of writing, type setting, etc., would be reduced. But it is a tremendous jolt to break away from ancient habits, and movements for spelling reform make slow progress.

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Several thousands of aliens have been waiting along the Canadian boundary line for an opportunity to evade the immigration laws, by slipping over the frontier during the heavy holiday travel. With 5000 to 6000 miles of Canadian and Mexican frontier, asteady stream of aliens must be crossing illegally all the time. It is an undesirable class of population, because those who break the laws getting in, may break the laws after they get in. Special encouragement should be given to officers and officials in states along the line, to keep a look out for such people, and examine the credentials of aliens to see whether they came in properly.

Rippling Rhymes
by Walt Mason

MARCHING ON.

When J. Midas Croesus died, and was to the churchyard borne, some men muttered on the side, when they were supposed to mourn, "Though his roll would choke a cow, though with coin his coffers reek, how much better is he now than the bum who died last week? Now the wealth he used to chase doesn't aid or comfort him; he is in no better case than his neighbor, Pauper Jim." Every time a rich man dies, having worn away his health, people like to moralize on futility of wealth. But J. Midas built and planned since the days of long ago; said he, "Punktown must expand, it must flourish, it must grow." He was building mighty mills while the men who had no vim sat upon their window sills throwing adjectives at him. He was building large hotels while the slothful knocked his game, hating him for wearing bells, scowling at his growing fame. Now we have a splendid town, of which all go-getters boast, we've a city whose renown has been borne from coast to coast. As we stand upon the hills and survey, with thankful gaze, all the smokestacks and the mills, old J. Midas gets the praise. All the signs of growth we find are upon J. Midas hinged; he was brave when others whined; he was strong when others cringed. In a hundred years from now, some great orator will say, wiping moisture from his brow, "We are gathered here today, to do honor to the man who made Punktown what she is, leader of the caravan that made Punktown rise and whiz!" Foolish is the man who wails that the strong one, when he's dead, is the same as one who fails, though a shaft stand overhead. All men honor goodly deeeds, all admire the strong and brave, and we'll always mow the weeds from that good old booster's grave.

PRUNE PICKIN'S
By BERT G. BATES

GOOD EVENING FOLKS—
Gosh dang, but its dern tuff
Havin' to dust off the ol' gossip
Foundry and git back to the grind
After a coupla days loafin' and then
It'll only be a few days until the Xmas
Bill collectors will be knocking at the door.

DUMBELL DORA THINKS

It's embarrassin' to give the boy friend a pair of sleeve holders one Christmus and then have him give 'em back the next in the shape of a pair of garters.

Now that Xmas is over lets go through all the ol' suits of clothes in the closet to see if we left a stray nickel in the pants pockets anywhere.

Ye ed. spent a mightie merrie evenin' yestiddy p. m. at the Joe Denn manor where we played until a late hour with Little Junior's toys, breakin' four mechandical devices, losin' a dozen marbles down the heat register and playin' havoc with the plasterin' in a fierce game of quoits. Now we know why parents buy their youngsters toys.

Hevin' help the poor bozo who bought his presents on the installment plan.

Just when a feller gits sos he can look the bleary eyed world in the face along comes New Years and a flock of busted resolutions.

While traversin' the main stem today we met a local character whose chin was hangin' down to his knee cap. He was puncturin' the air with a windy argyment about how orful times were, etc., etc., and after we'd listened to his rantin' and ravin' for a few minutes we shoved the individual aside and walked on fer fear we'd become inoculated with the deadly poison. We hear a lot about pessimists and their ilk, but we have yet to hear anything very good of them—even from their own relations. Instead of spreadin' gloom, lets stick the chin out and get to work. Remember—Business is as good as you make it and who wants to slip his shekels to a bird who is continually squawkin'.

The firemen staged their annyul ball Satiddy night and aside from wearin' their badges and Sunday suits they had practically nothin' else on fer the evenin'.

We met a damsel the other p. m. who had a swell line and she wasn't a washerwoman either.

Again we call your attention to the turkey hash season which is upon us in full blast. We'll be glad when it fin'lly gits down to cream of turkey soup.

After Maw has watched little Willyum sock her favorite pictures she can't help feelin' sorry that Pop bought him that bow and arrow.

The feller who has a command of the English language is the one who knows when to keep his mouth shut.

Life is just an everlasting struggle to keep money comin' in and teeth and hair from fallin' out.

The reason so many of us make New Year resolutions and then smash 'em is because we love to kid ourselves into believin' we've got will power.

Some of the best Xmas carols we heard were sung in an alley to the tune of "Sweet Adeline."

LAFE PERKINS SEZ—

"Honesty gits a severe test when the mistake in change is in your favor."

The Persecuting Attorney

By Wickes Wamboldt

Thre is one man in these United States whom I have wanted to kick. Every time I picked up a newspaper and saw reference to th affairs of a foolish small-town preacher and a misguided janitor's lady I wanted to kick that man.

He was the special prosecuting attorney in the Hall-Mills case. His boorish behavior toward those on the witness stand seemed to me almost to overshadow the tragedy.

The prosecuting attorney, or any other kind of attorney, who takes advantage of his position to browbeat, bulidoze and maltreat folks on the witness stand has always aroused my ire. For the examinion lawyer to deal with witnesses in terms of sneers, taunts, sarcasms and insults has always impressed me as the height of unmanliness and cruelty. The witness is at a complete disadvantage. Usually he is scared half to death to start with, and it is pretty rough play to stand him up before a crowded court room and slap his jaws, pull his nose and spit in his face just because he can't help himself.

I have always felt that that sort of lawyer was made of the stuff that used to put fire to the witches and screws to the heretics. He is the material of which the savage is made who gouges out the eyes of the captive and strips living flesh from his quivering body. Nipping pieces of meat from a man's frame with red hot pinchers is not much worse, if any, than some of the treatment that some of the lawyers give some of the witnesses. I could never understand how they got away with it. I could never understand why a judge would prmit it. I could never understand why someone did not hammer such a lawyer to a juicy pulp. Somtimes that is done, but the instances are remarkably few.

I do not believe the snapping, snarling, sneering examiner gets the best results. Inhuman treatment of the witnesses gets the wrong reaction from the public and the jury. It is human nature to want to decide against sych a lawyer. I believe that the vicious battering that Evelyn Nesbitt Thaw received on the witness stand was in a large measure responsible for the fact that Harry did not go to the electric chair.

Abusing a person always arouses sympathy for that person and his side. Once I saw a local newspaper elect an undesirable citizen to the mayorality by attacking him so viciously that public sympathy was aroused for him; never would he have secured the office had the opposition to him been expressed more courteously.

Whenever the vituperative examiner comes to my attention, I am able to appreciate the feelings of a certain barber condemned to die. The judge asked him if he had anything to say before sentence was passed. The barber slanted his eyes and replied significantly: "Yes, your Honor, I should like to have the prosecuting attorney."

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Adrian Fisher has arrived from northern California to spend the holidays visiting his parents, Mr. and Mrs. W. H. Fisher.

Abe Martin

A man's as ole as he feels, an' a woman's as ole as she looks—when she first gits up in th' mornin'. A barrel o' Chicago beer costs $3 an' sells fer $60, so it's goin' t' be purty hard t' git machine gun operators t' work fer any less if we ever go t' war.

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Your Boy and Your Girl

BY ARTHUR DEAN, SC. D.
The Parent Counsellor

Dr. Dean will answer all signed letters pertaining to parents' problems with their boys and girls. Writers' names are never printed. Only questions of general interest answered in this column, but all letters will be answered by mail if written in ink and a stamp, self-addressed envelope is enclosed. Address Arthur Dean, in care of The News-Review.

NO INCOME TAX ON READING

Should children be forbidden to read what they choose or should they be allowed to follow their inclinations? Will we have them read trash or force them to read only substantial books? Do we believe in these cut down "Told to Children" books or should they read the book as it was originally written? Can children read a book with any profit when some of the ideas and many of the words pass over their heads?

"What is one man's meat is anothers poison," is the old saying and it applies to books as well as other things. No single rule can be laid down. Nor in fact any rules with reference to children's reading.

Whenever my mother caught me reading, as a boy, a paper covered book it was promptly burned with the remark, "I've told you never to read a dime novel." To this day I have never reasoned out whether it was the dime or the novel to which she objected. She never questioned E. P. Roe's novels whose namly-panbyism I devoured like molasses cookies. They had cloth covers.

Sundays I stole into the attic and read hair-raising tales of murder, revenge, robbery, beautiful girls and dastardly villains, dark and hidden secrets and diabolical plots. Many a night in accord with my favorite hair-standing story of "Murder at the Inn," I imagined my bed was being lowered to the room below where, as at the inn, wholesale robbery and bloodshed would take place. And yet this story was my favorite.

But Dickens, Scott, Cooper, Balzac, Tolstoi, Dumas, Hugo and other noted authors of that day soon claimed me. These books were in "sets" and of course in mother's eye they had her O. K. She had no prejudice against my reading anything except the "dime novel." I went through the ages of adventure of trash, of romance, of wishy-washy love, of biographies, of historical fiction, of Jules Verne's "Science" up to and including composing original love sonnets to the blue-eyed Daisy of adoleescent affection.

I didn't understand all that I read and didn't read all that I could have understood. Perhaps, very likely, it is just as well. For Christmas I got predigested "Made books but thank fortune the rest of the year offered straight fare.

I pity the child who is not interested in any form of reading I pity the home that has no books except a mailing house catalogue. I am sorry for the child that possesses no library card and for a home that has no interest in current events as daily discussed in a good newspaper. My heart goes out to the boy or girl who hears nothing at home but evil gossip, cheap scandal, bickering and dirty talk.

But such homes are few and when they do exist my list of books for children to read will never reach them, as members of such never read this daily column. Gladly will I send without cost beyond a self-addressed stamped return envelope, if you will address a letter to me, care of this newspaper, a list of two hundred splendid books arranged by years for children between the ages of five and sixteen years. Your free public library has most of them.

QUESTIONS AND ANSWERS
An Old Question.

I am 19 years old. I have a boy friend of whom I think a lot. I think he likes me but we have never gone together, we are just friends. My mother thinks he is a good boy but my father objects. My friend has often wanted to take me to dances but would not go as my father objects and I very seldom go to dances. He has never asked me to go since he found my father objects to him. He is good looking and very polite. He works steadily and hard and gets good pay.

I have never gone with but three fellows but since going with this young man I don't care for any other. Should I go with him or should I do as my father says? (G. E.)

Answer.—The eternal conflict! The father does not recognize that girls of today like to go out as much as the girls of yesterday. He forgets that he once went with girls and he certainly could not have gone with them if their parents had objected. You are old enough to have the privileges of young womanhood. Not the least of these privileges is to have a father who trusts you to do what is right. Of course your father may have something against the young man but as I understand it he would be against your keeping company with any young man.

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WEDDED 61 YEARS.

(Associated Press Leased Wire.)

EUGENE, Ore., Dec. 27. —Mr. and Mrs. H. R. Godard celebrated their 61st wedding anniversary at their home in Cottage Grove on Christmas day. A family reunion was held for the occasion. Mr. Godard is 86 years of age, and Mrs. Godard is 79.

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MARKETS

(Associated Press Leased Wire.)

PORTLAND, Ore., Dec. 27.—The usual post-holiday lull prevails in the local produce markets today after the big rush of Christmas week. Most wholesale houses report a fairly heavy Christmas business although nothing like a record week. The poultry deal was the outstanding feature of the produce trade this year. Practically all lines maintained a firm tone throughout the week. Turkeys cleaned up at 45 to 46 cents, the ruling prices during the holiday rush. There were some sales of fancy lots that went at 47 cents and then there were sales of quantity lots down to 43 and 44 cents. Most of the top birds went to the retail at about 45 cents. Chickens, too, cleaned up at steady prices although some late arrivals of scalded stock were carried over.

Country dressed meats were not neglected entirely and prices were fairly well maintained throughout most of the week. Top calves and hogs moved out at the 16 cent level with occasional sales a half cent higher. Today the market is nominally steady at Friday's close.

Demand for a new commodity is being built up in this market. This year there was a noticeable call for dressed suckling pigs and dealers were scampering to obtain lots for their trade. This delicacy, roasted whole for the holiday meal, retails around 75 cents a pound for little pigs under 15 pounds.

The butter market is steady with no session of the exchange since last Thursday. Butterfat is firm at the recent advance. Prices in the country range from 52 to 53 cents and from 54 to 55 cents for fats delivered Portland.

Fresh egg market is quiet with a generally steady tone.

PORTLAND, Dec. 27. — U. S. Department of Agriculture: Destinations Southern California shipments December 19, and 21, Dec. 19; Kansas City 5; Philadelphia 2; Cincinnati 1 — Total 8. Dec. 20, Chicago 1; Total 1. Dec. 21, Philadelphia 2; Kansas City 1 — Total 3.

Shipping point information Dec. 21: (Los Angeles, Calif., and nearby points: 64 degree, maximum, 48 degree minimum temperature past 24 hours to 6 p. m., rained during the day. Demand moderate, market steady. Carlots f. o. b. cash track: pony crates 9s, 12s. Half Early Pearl $1.10@1.15.

Today's Markets — Sales to Jobbers.

Chicago: 33 degrees cloudy. 5 California arrived. 24 cars on the track. Supplies liberal. Demand and trading moderate, market firm on good stock. California 9s and 12s, best $2.00 @ $2.25; generally good quality and condition mostly around $1.75, ordinary $1.25@1.50.

New York: 35 degrees cloudy. 4 California arrived. Supplies are limited; Demand moderate, market steady on good stock. California crates generally good quality and condition $2.25 @ $2.50, fair quality $1.50@$2.00; poorer low, as $1.00.

PORTLAND, Ore., Dec. 27.—Eggs steady; current receipts 36c; fresh mediums 33c; fresh standard firsts 36c; fresh standard extras 38c; undersized 29c.

Butter steady; extra cubes city 49c; standard 47c; prime firsts 45c; firsts 41c; prints 52c; cartons 53c.

Milk steady. Best churning cream 51@52c net shippers' track in zone 1. Cream delivered Portland 54@55c. Raw milk (4 per cent) $2.60 cwt., f. o. b. Portland.(

Poultry nominally steady; heavy hens 24c; light 18½@19c; springs 21@22c; broilers 26@28c; Pekin white ducks 26c; colored 20@21c; turkeys, live 35c; dressed 45@46c.

Potatoes quiet, $1.25@1.40.

Onions quiet, $1.25@1.40.

Onions quiet, $1.60@1.75.

Nuts steady, quiet. Walnuts 27@35c; filberts 19@20c; almonds 22@25c; Brazil nuts 14@16c; Oregon chestnuts 17½@20c; peanuts 11@14c.

Cascara bark nominal, 8c; Oregon grape root nominal.

Hops quiet, 3 year contracts 20@21c; 1925fuggles 25c; clusters 21@23c.

Cattle steady to 50c higher: calves 275. Steers, good $8.35@8.65; medium $7.50@8.35; common $6.25@7.50; canners and cutter steers $5.50@6.25; helfers, good $7.25@77.60; emmon and medium $5.00@7.25; cows, good $6.25@$7.25; common and medium $4.75@6.25; low cutters and cutter $2.00@4.75; bulls, good (yearlings excluded) $5.000@6.00; cutters and medium (canners and bolgnas $4.00@5.00; calves,medium to choce milk feds excluded) $7.50@9.00; culls anc dommon $6.00@7.50; vealers, medium and choice $9.50@m11.50; culls and common $7.00@9.50.

Hogs 40 to 50c higher. Heavyweight (250 to 350 lbs.) medium good and choice $11.00@12.00; mediumweight (200 to 250 lbs.) common, medium, good and choice $11.75@12.75; lightweights 160 to 200 lbs.)common, medium, good and choice $12.75@13.00, light lights (130 to 160 lbs.) common, meedium, good and choice $12.50@13.00; packing hoghs rough and smooth) $10.00@11.00; slaughter pigs (90 to 130 lbs.) medium, good and choice $12.00@12.75; feeder and stocker (70 to 130 lbs) medium, good and choice $11.00@12.50; (Soft or oily hogs and roasting pigs excluded in above quotations.)

Sheep nominally steady. Lambs, medium to choice $10.00@12.00; culls and common $8.00@10.00; yearling wethers, medium to choice $8.00@70.50; ewes, common to choice $4.00@6.50; culls $2.00@4.

Outside quotations based on best Mt. Adams, eastern Oregon and similar type lambs. Few valley lambs selling above $11.00.

BEAUTY CHATS

COLOR

We have periods when we eliminate all gaiety of color from our clothes and our houses, and periods when we reduce everything to watered out pastel tints. As the moment, bright colors are allowed by fashion, you can tell the difference between this and sevtral years ago, by the brilliancy of any large crowd of people — either at a football game, or in a theatre, or at a large dance. The soberness of the mens' clothes cannot drown the vividness of the women's.

Which is as it should be. If color can add attractiveness to life, let us have as much of it as is good for us. Not too much — once, along about the '80's and '9's of the last century, red wall paper was thought gay. Actually, it is so depressing that it is the worst thing possible for the eyes and the nerves.

You must learn to use color. This winter, black is beginning to some in, but allreds from orange to Chanel and several tones deeper are second favorites. And even if a desire to be the top of the fashion, or a feeling of economy, makes you wear black, relieve this with color too.

Choose one dominant color for wear the year round—and three or four contrasting colors. A brunette, for instance, would look well with beige as a chief color, and red, brown, orange, pale yellow, and either rose or green (according to her complexion!) for combination and contrast. A blonde could have gray as a chief color, or else deep blue, and yellow, green, rose, and French blue as contrast. The thing to remember is, that the contrasting colors must also harmonize with each other so the accessories like vestees and ties, hats, pins, flowers, handbags, handkerchiefs, etc., go well together.

Remember this, color and line are the essentials in dressing, the material is secondary in importance. Color can bring out, or ruin, the prettiness of your eyes by the way.

Worried. — You have probably parched your skin by using too much peroxide on it, but it will be all right again in a short time if you just let ti recover naturally. Continue to use the cleansing

Learn how to use color

cream and the ice rubs as you have been doing.

Jeanette E. — You can mix the henna powder with the laundry bluing and use it with the lather when shampooing, or just rinse the hair with very deep blue water after you have completed the henna treatment.

Tomorrow—Answered Letters

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

CROCHETED TABLE RUNNER

TOMORROW'S MENU

Breakfast
Stewed Dried Peaches
Cereal
Scrambled Eggs — Toast
Coffee

Luncheon
Vegetable Soup
Wholewheat Bread
Peanut Butter
Left Over Cole Slaw
Cookies — Tea

Dinner
Cream of Pea Soup
Pan Fish
Potatoes — Beets
Lettuce Salad
Mince Pie — Coffee

The following directions for a Crocheted Table Runner have been contributed by "Mrs. A. L.":—"Provide two strips of hemstitched linen material, each four and one-half inches wide, to be sewed onto either side of the center crocheted strip. Two spools (one-half pound each) of double A crochet cotton. Row One: Ch 20. Catch back in fourth st, from hook with D. C. D. C. in next st. on Ch. * two Ch, skip two, three D. C. in next three sts., two Ch, skip two, three D. C. in next three sts. Repeat from *, having five O. M. and six C. M. Turn.

Row Two: Ch five, three D. C. in first O. M., * Ch two, three D. C. in next O. M., repeat from * to end of row. Turn. Row Three. Ch three, two D. C. in first O. M., * two Ch, three D. C. in next O. M. and repeat from * to end of row. Turn. Now repeat second and third rows till you have 17 rows. The circle is started at the end of the seventeenth row with chain 15, Sg. C in top at side of C. M in thirteenth raw, Ch two, Sg. C at bottom of same C. M. Turn.

Row Eighteen: Eighteen double crochet over 15 Ch. Second and Third rows are repeated all through the work and there will be no more instructions for this work. Row Nineteen: Three D. C. in three D. C., * two Ch, three D. C. in three D. C. and repeat from * around circle, Sg. C in top at side of C. M. Turn. Each row of circle is fastened to previous work, the same as in seventeenth and nineteenth rows.

Row Twenty: * Ch. four, two D. C. in first space, two Ch, two D. C. in same space, repeat from * around circle, four Ch, one D. C. in third D. C., two Ch. Row Twenty-One: * Ch five, two D. C. over two Ch, two Ch, two D. C. over same Ch, repeat from *, five Ch, and join to previous work. Row Twenty-Two: * Ch four, one Sg. C over four and five stitch chains of twentieth and twenty-first rows. Four Ch, three D. C. over two Ch, two Ch, three D. C. over same two Ch, and repeat from * around circle. Join, turn.

Row Twenty-three: * Ch ten, one Sg. C over two Ch, ten Ch, one Sg. C over two Ch, ten Ch, and repeat from *. Join, turn. Row Twenty-four: * Twelve D. C. over ten Ch, repeat from * around circle. Row Twenty-five: One D. C. in first D. C., * one Ch, skip one, one D. C. in next D. C., repeat from *, one Ch, join. Turn. (Remainder of these directions will appear tomorrow).

Tomorrow—Crocheted Table Runner, (Continued).

Efficient Housekeeping
Conducted by Laura A. Kirkman

BIG DINNER GAININGS AND WRINKLES

You remember S., age 58, who wrote that he had lost 35 pounds, and while he felt very much better, his wife didn't like his face because it was more wrinkled than it was before he reduced? He also stated that he could gain four or five pounds by eating large Saturday and Sunday dinners.

I want to enlarge a bit upon the looking drawn and more wrinkled while reducing, and also take up the question of rapid gains such as S. complained of.

As I told you, you really should reduce, if you need to, before the skin becomes inelastic. The time of loss of elasticity will depend on the natural texture and condition of the skin, but usually by the age of 404 to 45 it can be expected. When this elasticity is still present, it will make the skin follow the loss of fat. After that age, then one has to reduce more gradually, and pay more attention to the facial treatment — massage, ice rubs, etc. It's always a good plan to go to a facial parlor and have a treatment or two to learn the modern methods.

There is this point I want you to remember: that it is not uncommon at all to look more drawn and wrinkled while reducing, no matter what your age, and you have to harden yourself to the adverse comments of your friends and relatives. Your feeling so much better will make it easier for you. And remember that no matter how you look while undereating to reduce (if you are dieting scientifically, after you are down to normal and get on to your maintenance diet, your face will plump up sufficiently so that you will look all right again. You remember the minister's wife who wrote that she had a continuous warfare with all her friends and relatives while reducing her 50 pounds of excess, because she looked to sad in the face? But she had faith in my statements—as I have made them to you, and she did not let them discourage her. She ended her letter by saying that now when she goes out with her daughter, her friends inquire: "Which is the daughter?" And then she added: "Let me whisper to you, Doctor, that my husband can now get his arm around my waist!"

Aside from these very pleasing consequences, she was also so much improved in health that she was able to get around and help her husband in his duties, where before she had been almost helpless.

Now about that gain of three or four pounds on one dinner. Not a few people who diet satisfactorily all week and reduce a pound or more, will, undo all their good work and then some in one meal! The four or five pounds' gain is not all fat, of course; the larger share of it is due to a retention of water which your system holds to keep the blood and tissue fluid, (lymph) in its normal concentration. Those of you who feel you

(Continued on page five.)

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 training 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.