PRESCRIPTION TO AID FARMS GIVEN

Fourteen Points in Plan Advanced By Assistant Agriculture Secretary

WASHINGTON (AP)—A plan for the benefit of agriculture comprising 14 points has been advanced by R. W. Dunlap, assistant secretary of agriculture.

He describes it as "a prescription made up of 14 ingredients, all of which are possible to obtain without very great cost to the taxpayer," but he warns that it is not a "quack remedy" for immediate cure of agriculture's many ills.

His 14 points are:

"Cease opening new lands for agricultural purposes, either by taking water off or putting it on or in any other way.

"Encourage, through federal appropriation, further agricultural research.

"Find new uses for agricultural products.

"Discover, if possible, use for many of those agricultural products now wasted.

"Give more study to the use of commercial fertilizers and other soil applications.

"More attention to the cure and prevention of disease among livestock and plants.

"Better quarantine service to prevent introduction from foreign countries of diseased or infested plants and animals.

"Much more attention to farm machinery.

"The federal government should give all the help possible in solving the farmer's marketing problems—not with the idea of requiring the consumer to pay more for his food, but rather with the idea of helping the farmer get a larger portion of the consumer's dollar than he is now receiving.

"Assist in teaching the farmer to produce not more products, but to produce more economically. The government should preserve the American market for the American farmer. This can be done in only one way—by a proper tariff.

"An adjustment of taxes.

"Marginal or submarginal lands upon which people may now be living, endeavoring to eke out an existence, might be purchased by the federal government and put into forests or used for grazing or left idle until additional land is needed to provide food for our people.

"Relieve forest lands and cut-over lands, from which no revenue is derived, from taxation or place a very nominal tax on such land until the owner begins to harvest his timber, at which time a proper tax may be collected.

"Increase internal water transportation facilities, thereby reducing the cost of marketing farm products."

BIG NEWS

VICKSBURG, Miss., (AP)—How it feels to find yourself rich unexpectedly could be told by William Blaney, 43-year-old former aviator. He received first notice of a $63,000 legacy from an article in a local newspaper.

FIRE LURES CITY FATHERS

JACKSONVILLE, Fla. (AP)—They never get past the age where a fire fails to thrill them. The deliberations of the South Jacksonville city council were interrupted while the commissioners ran to a small garage blaze.

SIMPLE DIET

BELFAST, Ireland (AP)—John Slater, 93-year-old patient at the Derry infirmary, convalescing after an operation, gives his recipe for longevity—potatoes, porridge and sour milk formed his diet for more than 40 years.

FOWL WISDOM

LAKELAND, Fla. (AP) — A crowing rooster which disturbed residents proved to be a pet bantam of a boy who had taught it to flop its wings and crow whenever he demanded.

Work has begun on a 27-story church building in San Francisco. The ground floor will contain a Methodist church; the other floors, offices.

In Indian Fight

NEA Washington Bureau

Senator W. B. Pine, new United States senator from Oklahoma, has stepped into the Indian affairs controversy with a bang. Commissioner Burke, named in the Jackson Barnett scandal, charged that Senator Pine was engaged in a conspiracy to destroy Burke and the Indian Bureau. The battle rages over the question of who shall hold the Indians' purse strings.

OUT OUR WAY By Williams

HEALTH

MANY MISTAKEN IDEAS ABOUT OVERWEIGHT

By Thelma Tubbs, Dietitian Peter Bent Brigham Hospital Boston, Massachusetts

The absence of curves in the modern silhouette of fashion has led to a general craze of dieting for overweight. The disadvantages and dangers of being overweight have been talked about so commonly that there has been a deluge of fads and fancies for dieting. In any gathering of people, especially women, sooner or later the conversation turns to diets. The success of various treatments is loudly proclaimed, some giving loyal support to a "pineapple and lamb chop diet," and others vigorously supporting "starvation."

The use of pills for reduction of weight is probably one of the most dangerous quacks procedures that must be downed during this period of zeal on the part of the American people to acquire slender figures. Bath salts for the same purpose are fakes, pure and simple. Encouragement to dieting most certainly should be given people who are really obese, since obesity is definitely a health problem many times linked with disease. The majority of people who develop diabetes in middle age are overweight.

There are many mistaken ideas about being overweight, but many reliable tables showing average weight for people of a given sex, age and height have been worked out. It is pretty generally conceded that a person is not really obese unless he is ten per cent over the amount indicated on one of these tables. Furthermore, it is safer, up to the age of thirty, for him to be a few pounds above this average weight than to be underweight. During middle and old age, however, it is undoubtedly better to be nearly at or perhaps a few pounds under this indicated weight.

Granted, therefore, the problem of being truly obese, what is the best thing to do? First, by all means consult a physician, and under his guidance start a sensible diet for reduction of weight. Regulating the diet to lose weight does not necessarily mean a starvation period, but it does mean that the diet should be composed of foods that will not only reduce the total body weight but will also sustain the health and vigor of the body at the same time. A well-balanced day's menu of three meals can be planned consisting of vegetables, fruits, lean meats and a limited amount of potato, bread, butter and milk, allowing enough food each day so that the daily work can be carried on without effort. Some foods such as heavy desserts, rich candies, cream, butter and oil tend to aid storage of body fat, so these should be either eliminated or at least regulated as to amount, according to the directions of the physician in charge.

The diet should be given as strict attention in the case of obesity as medication in the treatment of disease. Impatience for results on the part of the person dieting is a common characteristic. The desire to lose quick and without a great deal of trouble seems to be uppermost in his mind. An average loss of two pounds a week is a very safe and satisfactory amount. The first few weeks are difficult and take an unlimited amount of will-power, but when results begin to show and the diet is thoroughly understood, eating becomes a secondary thing and the mind turns to the enjoyment of other phases of life.

LOS ANGELES, Feb. 1 (AP)—Walter Hagen, noted golf professional, and British open champion, filed suit for divorce in superior court here, alleging that his wife had deserted him.

Alienists testified that a college boy who killed a man in a holdup was suffering from an inferiority complex. Oh, well, all right!

Congresswomen War Against Old Time-Worn Phrase

WASHINGTON (AP) — Seven women will sit in the seventy-first congress.

From Ruth Hanna McCormick, daughter of Mark Hanna, who has been in politics all her life, to Mrs. Ruth Pratt, widow and mother of five children, the seven have declared war on that time-worn old phrase, "the woman in politics." They feel that they were elected to represent the citizens of their respective states, not the feminine voters alone.

The women members of the new congress which will convene this spring, if President-elect Hoover calls an extra session, or next December in the regular order of events, are: Mrs. Mary Teresa Norton, democrat, New Jersey; Mrs. Edith Nourse Rogers, republican, Massachusetts; Mrs. Katherine Langley, republican, Kentucky; Mrs. Florence P. Kahn, republican, California; Mrs. Ruth Hanna McCormick, republican, Illinois; Mrs. Ruth Bryan Owen, democrat, Florida and Mrs. Ruth Pratt, republican, New York.

Two of the women, Mrs. Rogers and Mrs. Kahn, are widows of ex-congressmen, and one, Mrs. Langley, is the wife of Ex-Congressman Langley. She was elected in 1926. Her husband at the time was serving a two year prison sentence in the Atlanta federal prison after his conviction on charges of conspiracy to violate the prohibition law.

Mrs. Langley was re-elected in November for another term. Mrs. Rogers is the widow of the late John Jacob Rogers and was elected to fill the vacancy when he died. Mrs. Kahn is the widow of the late Julius Kahn and was elected under the same circumstances as Mrs. Rogers.

Mrs. Pratt, widow of John T. Pratt, is the first woman to be elected to the house of representatives from New York state. Mrs. Ruth Hanna McCormick is the widow of the late Senator Medill McCormick of Illinois. Mrs. Ruth Bryan Owen is the daughter of William Jennings Bryan.

"....I'll wager he'd welcome a steaming cup of Golden West right now!"

1929

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Snow flakes, light, flaky and oven-crisp, are a complement to the crisp green lettuce of the salad. You can absolutely depend upon their freshness and quality.

They taste *oven-crisp*—and they are! Packed warm from the ovens, in one of six big plants near your home, Snow Flakes are wax-wrapped to retain their tempting flakiness — instantly sealed in sanitary cartons—triply protected against moisture. As a further safeguard, they are sold under a definite "Guarantee of Freshness." Pacific Coast Biscuit Company, Los Angeles, San Francisco, Portland, Seattle, Tacoma, Spokane.

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Corn Maximum Golden Sweet. High quality. 3 CANS 49c

Pork & Beans Libby's medium size tins. 3 FOR 29c

Jell-Well The famous American dessert. 2 PKGS. 15c

Coffee Maximum brand. Roasted in our own plant. 2-LB. TIN $1.05

Soap Chips Quick Naptha. Each package contains coupon on dishes. 2 FOR 49c

Bacon Carsten's Washington brand. Dry cure. Fancy light weight. Lb. 29c

Butter Fancy creamery. Made from the very best cream. 2-LB. ROLL 92c

Pancrust The better vegetable shortening. 4-LB. PAIL 85c

Tomatoes Highway brand. No. 2½ can. 6 FOR 65c

Macaroni Golden Age 3 LGE. PKGS. 29c

Cheese Long Horns. Full creams. Best for family use. Pound 29c

Honey Fancy combs. 2 FOR 35c

Prunes Grown in Oregon. 6-LB. BAG 49c

Flour Oregon Beauty brand. Best for all purposes. 49-LB. BAG ..... $1.79 BBL. (4 bags) $6.98

Oleomargarine Crux. Our own brand. 4 LBS. 69c

Our Fruit and Vegetable Department

Oranges Very sweet. Medium size. 2 DOZ. FOR 69c

Grape Fruit Florida sweets. Large 54 size. 2 FOR 23c

Bananas Firm Ripe Fruit. 4 LBS. 35c

Lettuce Large fresh solid heads. 3 FOR 25c

Carrots California bunch. 3 LGE. BNCHS. 25c

Potatoes Fine quality Netted Gems. 100-LB. BAG 89c

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