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(Incorporated)
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WATCH AND PRAY—Watch therefore; for we know neither the day nor the hour wherein the Son of man cometh.—Matthew 25:13.



BEFORE THE MINE

MONDAY PROGRAMS
NBC: 7, In Danceland; 8, symphonies; 9, musical program; 10, 11, 12, Plantation Echoes; 10 to 11, 12, 13, hour.

CBS: 8, Blue Monday lambroise from KPRC; 10, Baron Waste and Lucius; 11 to 12, Buss McClellan and Mickey.

Portland
KGW-7, NBC; 9:20, features, dance music.

Tacoma
KVI-8, concert trio; 9, features and instrumental trio; 10, CBS; 10:10, Melody Boys orchestra; 11, CBS.

Spokane
KHQ-7, NBC; 9, features and dance music.

Salt Lake City
KSL-7, Amos and Andy; 7:15, features; 8 to 11, NBC.

Denver
KOA-7, Amos and Andy; 7:15, features; 8 to 11, NBC.

San Francisco
KFTC-8, CBS (Blue Monday lambroise); 10, CBS.

KPO-8, NBC; 10, dance music; 11, news.

Oakland
KLN-8, popular program.

KGO-8, NBC; 9:20, features, music.

Los Angeles
KNX-8, features; 9:20, featured artists; 10, dance music; 12 to 1, records.

KHJ-8, CBS; 10, dance music; 12 to 1, organist.

Seattle
KJR-8, record program.

KOMO-7, NBC; 9:30, features and dance music; 12, organ.

TUESDAY PROGRAMS
The National Broadcasting company program for Tuesday night follows: 8:30, popular orchestra music; 7, vaudeville hour; 8, Tales Never Told; 9 to 9:30, soloists and orchestra; 9:30, silent; 10, Spotlight Review; 11 to 12, Musical Musketiers.

The Columbia Broadcasting system program for Tuesday night follows: 8, Movie club; 10, Baron Waste and Lucius; 10:10 to 12, dance orchestra.

Portland
KGW 7:20 (K) 7, NBC; 8, Dough boys; 9, NBC; 9:30, studio; 10, concert; 11 to 12, NBC.

KOIN (940k) 8, orchestra; studio; 10 to 11, popular program.

Tacoma
KVI (760k) 7, silent; 8, CBS; 9, instrumental trio, solos; 10, CBS; 10:10, Melody Boys orchestra; 11 to 12, CBS.

Seattle
KJR (970k) 8, records.

KOMO (920k) 7, NBC; 10, concert; 11, news; 11:15, NBC; 12 to 12:30, organ.

Salt Lake City
KSL (1130k) 7, NBC; 8, instrumental quartet; 9, studio; 10, dance music.

San Francisco
KPRC (610k) 8, features; 10, CBS; 12 to 1, dance music.

KFO (880k) 8, music; 9:30, Salon orchestra; 9, NBC.

Los Angeles
KFI (640k) 8, features; 9, NBC program.

KNX (1050k) 8, Tom and Mule; 9, features; 10, dance music; 12 to 1, recordings.

KHJ (600k) 8, CBS; 9, dance band; 10 to 12, dance music.

Denver
KA (830k) 7, NBC and musical programs.

Oakland
KLN (880k) 8, dance orchestra; 9, pianist, tenor, accordionist and xylophonist; 10 to 11, dance music.

KGO (790k) 8, The Pilgrims; 9, NBC; 10, Schmitt and Watanabe; 10:20 to 12, NBC.

Spokane
KHQ (590k) 7, NBC; 9:30, Dough Boys; 10:15 to 12, NBC.

ary 2.5; speech 2.5; hearing 1.0; cardiac 1.0; crossed eyes 1.0; hernia .5; and discharging ear .5. It is evident from the above that the majority of children entering school are already seriously handicapped by physical defects urgently in need of correction and that they are preventable.

The examination of pupils in the elementary schools discloses that the defects develop and continue, and that additional ones are acquired, many of them unknown to the parents.

Failure to detect and to correct these defects engenders heavy penalties. For instance, slight dental caries rapidly progress to complete destruction and loss, or to conditions potentially capable of far-reaching extension of disease.

Defective hearing and vision may be progressive, and may in addition exert an unfavorable influence upon the nervous system and general health. Infected tonsils may be a source of extension of disease to ears, heart, kidneys, central nervous system and elsewhere.

Since the majority of parents are not specially trained in child guidance, child hygiene, dietetics, and in the diagnosis and treatment of disease, arrangements should be made by them with the family physician and dentist to make periodic physical examinations of their children.

The fact must be realized that the defects of teeth, eyes, ears, nose, throat, heart, intestinal tract, nervous system and other organs do frequently and constantly occur among children from birth, and need expert attention at the earliest possible moment.

A semi-annual physical examination beginning in infancy will prevent many handicaps in growth and development, and detect and correct defects at a period when they are more easily eradicated and cause less serious damage.

PRIZE NURSES
BELIZE, British Honduras (AP)—The organization known as the Black Cross Nurses of British Honduras, composed of negro women, has again been praised by the government for its work among both white and black residents.

HIT THIRD DEGREE
MANILA (AP)—Two bills making confessions and admissions obtained from prisoners inadmissible in court, have been introduced in the insular legislature. They are aimed at "third degree" methods by the police.

REAL GOLD MINE
LIMOGES, France (AP)—A real gold mine has been found near this city. It has a vein two feet wide which grows richer as it descends. Geologists assert much gold lies in French soil but hitherto work has been confined to old Roman mines which yielded only about 250 grains, Troy weight, to the ton of ore.

PAINTINGS STOLEN
LEIPZIG (AP)—Several paintings, including works of Rubens, Federbach and Tischbein and valued at \$12,000, were stolen from a local art gallery.

DESSERTS THAT A MAN WILL LIKE

Try This Rhubarb Cobbler
Recommended Especially for Men

Put a deep pudding dish with 1 quart rhubarb. Add 1 cup sugar, 4 tablespoons of flour, 1/2 cup water. Cook 4 minutes in one of the above. Place small round pieces of biscuits on top of the rhubarb and bake in a hot oven (450° F.) 20 to 22 minutes.

Rhubarb is now in the market practically all the year, and so many people, especially men, are fond of appetizing and satisfying rhubarb desserts.

An old cooking secret, recently rediscovered, is of importance to every woman—hence also to every man and every child. Food scientists teach that vegetables are one of the three essential foods. Children and adults must eat plenty of vegetables. A dash of sugar added to the vegetables while they are cooking in little water works wonders with the vegetable flavors. It does not make them taste sweet. It makes these healthful foods so fresh, bright and delicious that people will eat enough of them. Serve at least two vegetables daily.

The sugar in making stewed fruits delicious and in making appetizing milk desserts. Fruits and milk are the other two essential foods. Use a dash of sugar in preparing meat dishes and in making better gravies and sauces. A little sugar is the friend of good cookery. Good food promotes good health. The Sugar Institute.

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—a specialist from the Colonial Dames Laboratories in Hollywood will be here all this week to give you free facials. Almond oil, almond meal and other natural beauty builders are used in making the delightful Colonial Dames Preparations. Miss Celestine Barrie is here to show you what they can do for your skin.

Make Your Appointment Early

Stop at the Toilet Goods—or phone—and make your appointment for a free facial. You will be surprised and delighted with the result. These facials are purely for the purpose of showing you a better, more satisfactory way to make-up. You are not obliged to buy.

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If it is of platinum and set in diamonds, who cares a whoop whether or not it keeps time?

The greener they are the more harshly they condemn the show in order to appear sophisticated.

Highways were safe in the days of horse sense. Apparently the sense was credited to the right individual.

If you wish to know how explorers feel when frozen in the ice, tell a woman she looks fine in spite of her age.

cover has been unmoved by Harry Sinclair's plea for pardon on account of ill health. He no doubt thinks that there can be a very healthy place with three squares a day. He is not a fan of early-to-rise rules. Now Sinclair says he is out on legal grounds, because what he did is not forbidden by any law or statute. Maybe not, but we are sure of one thing—he did something that got him into jail.

One of the most spectacular sights on Saturday at the Round-Up was the covered wagon train and Indian column winding across the skyline down the hills into the town. Two things contributed to mar the picture as far as being true to the old west is concerned. An automobile was parked in the wheat stubble a third of the way down the hill, and an airplane soared above the covered wagons and Indian riders as they moved majestically into view. Although not planned as a part of the picture, these modern means of transportation served to draw a sharp contrast between the old and the new—emphasizing, as words cannot do, the change that has taken place in the Northwest in three-quarters of a century. We live in a great age—and seventy-five years from now our descendants will view our 1929 mode of life with the same interest and unfamiliarity with which we look upon the ways of 1850.

INAPPROPRIATE NAMES

To the government it is important that a place should be known by one name—properly spelled—and that it should not be called by any other. So important is it that there is a board at Washington which does for rivers, caps, lakes, mountains, islands and towns what Adam is recorded to have done for the animal kingdom in the Garden of Eden: give them names.

It is regrettable that there was not a geographic board on hand to christen every mountain or hill, every body of water, every island or isthmus, when discovered, and every village, town and city in its infancy. Countless geographic names convince one that those responsible for them had either too little or too much imagination. Propriety, plainly, was not an objective nor a determining factor among these pioneer christeners.

While they are loath to make a change now there are hundreds of communities which "if they had it to do over again," would adopt a different name from that established. While voting against changing a name "surrounded by so many fine old traditions," these villagers confess their "rose" would smell sweeter by another name.

After the geographic board finishes naming newly charted Alaskan mountain peaks and islands, why not give it authority to sit as a rechristening board to make another shuffle of the geographic labels? How can one take maps and census reports seriously so long as they contain so many laughter-provoking names? And isn't it immoral to continue this deception and misrepresentation worked by misfit geographical names?

TRY
W. K. GILBERT CO.
FIRST

Health Talks

MAJORITY OF CHILDREN ENTERING SCHOOL FOUND HANDICAPPED PHYSICALLY
By W. C. Fowler, M. D.,
Health Officer, District of Columbia

Of 1701 kindergarten and first-grade pupils examined by school medical inspectors in the District of Columbia public schools during the year 1927-8, 93.1 per cent were found to have physical defects, with an average of 2.3 defects per pupil.

The outstanding defects were tooth 61.0 per cent, tonsils 45.6, enlarged glands 25.1, nutrition 23.3, defective nasal breathing 18.5, vision 18.8, anemia 9.9, nasal catarrh 8.3, skin 4.7, orthopedic 2.8, nervous system 2.5, pulmonary 2.5.

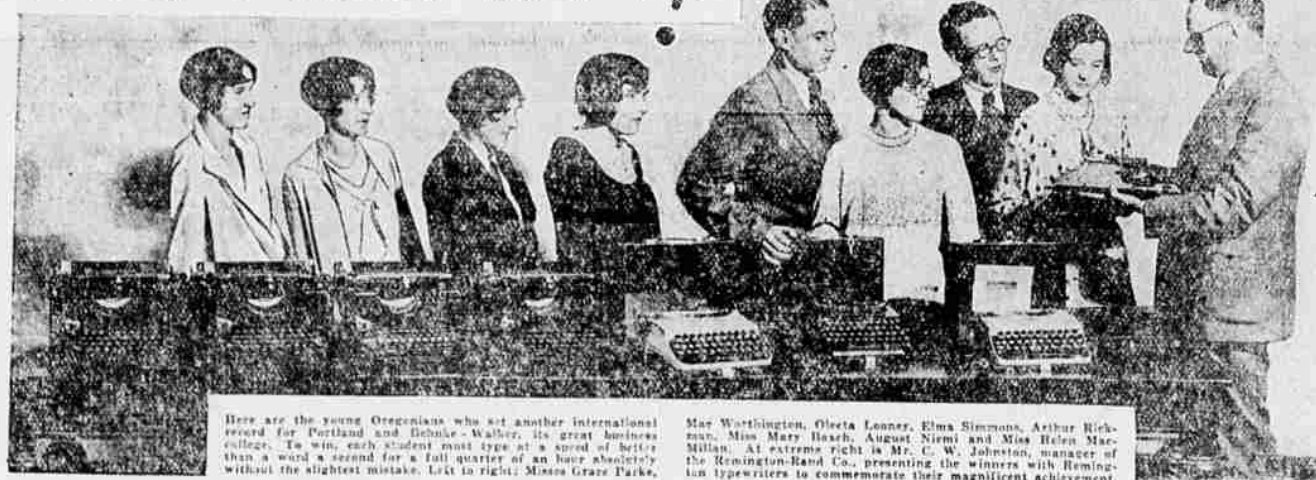
WOMAN SICK THREE YEARS

Helped By Lydia E. Pinkham's Vegetable Compound

Little Rock, Ark.—"I was sick for three years after my last baby came. I could hardly walk and could not eat nor sleep as I should because I was so nervous. I took seven bottles of the Vegetable Compound and used that number of bottles of Lydia E. Pinkham's Vegetable Compound. I am feeling just fine. I have a large family and do the work for all. Your Compound made me a well woman, and I have a happy home now. I always try to keep a bottle in the house and I tell everyone about it." Mrs. R. A. ANAYES, R. F. D. 3, Box 65, Little Rock, Arkansas.



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