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THEATERS

"Dynamite" Is Feature At State Theater

As Cecil B. De Mille has climbed the ladder of film success as a director, Jeanie MacPherson has climbed with him. This clever girl of Scotch-French ancestry has become the highest paid scenario writer in the industry as a result of thirty-eight screen plays she has written for Mr. De Mille. "Dynamite," Mr. De Mille's first talking picture for Metro-Goldwyn-Mayer, now at the State theater, is the last of a long series which includes such successes as "Joan the Woman," "The Cheat," "The Little American," "Male and Female," "Manslaughter," "The Ten Commandments," and "King of Kings." "Dynamite" is an M-G-M production.

Health Talks

VITAMINS

Thirty years ago it seemed that the biologic chemist had solved all the problems concerning the nature and composition of our foods.

The chemical constitution of fats, sugars, starches and proteins was determined with complete precision. On a basis of this the nutrition chemist then proceeded to attempt to feed animals on purified food principals, but lo and behold! contrary to his expectations the animals did not live on the purified chemical substances, even though these completely resembled natural foods.

As early as 1906 it became apparent that over and above the known chemical elements there were some other substances vital to life, the absence of which for a short period would cause serious illness and over a long period would cause death. The studies that followed have resulted in the discovery of what are today termed vitamins, or accessory food factors.

To date four vitamins have been discovered and carefully studied. They are termed vitamin A, vitamin B, vitamin C and vitamin D. These vitamins must be present in food, or else they result in such conditions as beri-beri, xerophthalmia (a disease of the eyes), rickets, scurvy, improper growth and stunted development.

Upon the discovery of these vitamins and their role in maintaining normal health growth, it was natural for scientists to seek the common foods wherein they might be found in plenty.

The search showed that vegetables, milk and eggs contain all of the essential vitamins, and that as a matter of fact one could live and grow properly on a diet made exclusively of these three food items.

Since such a diet would prove monotonous, however, the constructive conclusion has been that the omnivorous individual living on a diet which includes the three groups of foods—vegetables, milk, and eggs—and supplemented by the other common articles, is on the safest diet, that is, for those who want to be "strong, free from disease, and more nearly accurate in their mental and moral attitude."

MOSCOW PROPAGANDA IN PORTUGUESE COLONY

LISBON (AP)—The first hint of Communist activity in Portuguese Guinea has come from Jose Peixoto Carvalho, chief of the native services of the Colonial office.

In a statement this official said that propagandists, trained by the Third Internationale in Moscow, have been unusually active in the colony recently. Many of the emissaries came from French Guinea where they had been agitating for a native rising.

"It is the duty of the government," he said, "to check the pernicious influence of these firebrands by allowing the missionaries to spread the gospel in the back country from which they had been expelled by previous radical governments."

A life insurance statistician finds that scholars live longer than athletes. Maybe some of those athletes really do die for dear old Rutgers.

Rum runners dragging sleds covered with white sheets have been "ghost walking" across the ice of the Detroit river. It's a spirits' racket.

Sport Slants

by ALAN J. GOULD

The bidding among a number of colleges needing head football coaches for the services of Captain Lawrence M. (Biff) Jones of West Point is just so much waste of time and telegrams. Better results can be obtained by wiring to South Bend, where the names and addresses of any number of talented coaches, products of the Rockne system, can be obtained.

The Army, it seems, will not lose Biff Jones at all, nor will West Point miss him altogether. It is likely that only an intermission, required by military regulations, will be declared so far as his connection with the academy up the Hudson is concerned.

Jones is succeeded this year as head coach by a cavalryman who commanded a tank battalion in the war, Major Ralph Sasse, but Biff is slated to return to West Point as "graduate manager" of athletics after serving a year in the artillery school at Fort Sill, Oklahoma.

At about the same time it would not be surprising to see Christian Keener (Red) Cagle return to West Point as an assistant coach, perhaps eventually to take over the head coaching assignment after Sasse has completed his four-year term of office.

The Army will keenly miss Major Philip Fleming's guiding hand in athletics, if and when military regulations require his transfer elsewhere, but it could hardly do any better than install the genial and capable Jones in this post.

Although the Amateur Athletic Union did not disclose this information officially, it was no particular secret that the abrupt ban on an American campaign by the Polish runner Stanislaw Petkiewicz, ballyhooed as the conqueror of the great Nurmi, was due in part to his apparent management by Hugo Quist, one-time pilot of Nurmi.

Regardless of Mr. Quist's motives—and he has staunchly defended himself against any wrong-doing on the occasion of Nurmi's tour—the A. A. U. does not consider it all for the best to have amateur athletics, especially visitors, guided by men of professional promoting experience.

To forestall, therefore, the possibility of any aftermath of scandal such as followed the tours of Nurmi and Charley Hoff, the Norwegian pole vaulter, the A. A. U. decided to put the ban on the Polish barnstormer. The inference was that Petkiewicz's competitive motives were not issued as subject to the altruistic idea of sending American athletic and educational methods.

If Primo Carnera, the Italian heavyweight giant, had come to these shores to join the sideshow of a circus, he hardly would receive more than a paragraph or two of passing mention, yet his arrival as a pugilist arouses columns of ballyhoo that will do him no particular harm nor boxing fandom, perhaps any particular good.

MENUS

By Sister Mary

The salads given here are particularly suitable for the winter months. They are all appetizing and easily made.

* * *

Asparagus Salad

Asparagus salad is excellent to prepare for unexpected guests. Asparagus is always regarded as a delicacy whether it be canned or fresh. Prepared with a tart dressing the canned variety is most acceptable in salad form.

Put canned asparagus into a large, flat strainer and dip into a big pan of cold water, taking care not to break the heads. Drain thoroughly. Arrange in neat piles on a bed of lettuce. Cut narrow across each pile as if it were a band holding the stalks together. Serve with French dressing or mayonnaise.

* * *

Cheese ball salad makes a good luncheon salad or a dinner salad served as a separate course. The cheese and nut combination is too heavy to accompany meat, but is piquant enough to afford a pleasant contrast and add zest to the sweet course.

One package Neufchatel or Philadelphia cream cheese, 2 tablespoons finely chopped nuts, 2 tablespoons minced olives, 2 tablespoons minced pimento, cream, lettuce, French dressing.

Work cheese to a smooth paste with cream. Work in nuts, olives and pimento, adding cream if necessary. Form into small balls and put in a cold place to chill and become firm. Arrange on lettuce and sprinkle with paprika. Serve with French dressing. Accompany with crisp, toasted crackers.

* * *

Lima Bean Salad

Lima bean salad is hearty and is suitable for luncheon or supper. Canned or carefully cooked dried lima beans can be used.

One cup canned lima beans, 1-2 cup diced celery, 1 teaspoon minced onion, 2 tablespoons minced green pepper, 4 tablespoons grated cheese, French dressing.

Mix beans, celery, pepper and onion with dressing. Arrange in neat mounds on a bed of lettuce. Sprinkle with grated cheese and tip with a dash of paprika. A well-colored cheese such as Edam adds to the attractiveness of the salad.

* * *

Grapefruit Salad

The following grapefruit salad is served in green pepper cups. This makes it an exceptionally good salad for a plate luncheon.

Two sweet green peppers, 1 cup drained grapefruit pulp, 1-2 cup minced celery, 2 tablespoons nut meats, 1 slice onion.

Cut peppers in halves lengthwise. Remove seeds and white fiber. Remove pulp from grapefruit and drain. Use juice in the French dressing with less lemon juice than usual. Rub bowl in which salad is to be mixed with slice of onion. Mix grapefruit, celery and nuts with French dressing. Fill peppers with mixture and sprinkle with paprika. Serve well-chilled.

Most people who hide their lights under a bushel these days stand around ballyhooing the bushel and charging for guesses as to what's under it.

A New Jersey farm hand hung to the tail of an airplane during an eight-minute flight. The first aerial passenger we have heard of riding the rods.

Astrologer
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Connections are made at The Dalles to and from Prineville, Bend, Klamath Falls and all Central Oregon Points.

Connections are made at Portland to and from Tacoma, Seattle, Vancouver, B. C., and Way Points North and Salem, Corvallis, Eugene, Roseburg, Medford, Sacramento, San Francisco, Los Angeles and all Way Points South.

Connections are made at Salt Lake City to and from Denver, Omaha, Kansas City, St. Louis, Chicago, New York and all Eastern Cities.

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—FOR—		One Way	Round Trip
Pendleton	9:20 a. m.; 1:00 p. m.; 6:50 p. m.	$2.25	$3.40
Walla Walla	9:20 a. m.; 1:00 p. m.	3.75	5.65
Lewiston	9:20 a. m.; 1:00 p. m.	7.25	10.90
Spokane	9:20 a. m.	8.75	13.15
Yakima	9:20 a. m.	7.30	12.65
Portland	9:20 a. m.; 6:50 p. m.	8.00	12.05
Baker	10:10 a. m.; 3:30 p. m.; 8:25 p. m.	1.80	2.70
Boise	10:10 a. m.	7.10	10.65
Salt Lake City	10:10 a. m.	19.15	31.90

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FRECKLES AND HIS FRIENDS

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By Blosser

Professional Directory

This directory is especially handy for the newcomer or for the out-of-town reader who may want the name and address of some professional man. It has been carefully prepared and will prove to be a ready aid to any reader in obtaining prompt professional service.

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Office over Glass Drugs. Office phone, Main 15; residence phone, Main 55.

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Physician and Surgeon
Office and Hospital over the Tiffin.
Tel. Main 675

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