

When Christmas Comes



LOCAL NEWS

See Abdill for Shoe Repairing.

Miss Snyder spent the week end at her home in Salem.

Eat your Christmas dinner at the Tourist Cafe, McMinnville. Turkey 85c.

Mrs. T. A. Boulden and daughter Yuma, Arizona, where they expect to spend the winter.

Mrs. Benny Burch has just undergone a major operation in Salem and is reported as doing nicely.

Mrs. W. S. Hibbert and children Wilfred and Elizabeth were Portland shoppers Wednesday last.

Miss Mildred Westerfield, of McMinnville, Mrs. Harry Sherman and Mrs. Paul Londershausen motored to Salem Tuesday.

Mr. and Mrs. Jack Stillwell and children spent the day Saturday in Portland taking in the sights and doing some shopping.

Mr. and Mrs. V. M. Low, of Tigard, were visiting Mr. and Mrs. J. G. Park and other acquaintances here part of the day Sunday.

John L. Sherman is expected to spend the Christmas holidays in this city with his parents. He will arrive home Saturday probably.

Mrs. E. M. Persons, of Tacoma, was here in town a short time Saturday looking after her property and while here boosted the Tribune up a notch.

E. Demaray keeps getting closer to town and last Saturday he moved his family to his house keeping rooms over the Hibbert grocery store.

The types last week made us say Enos Willard had moved into the Hibbert house across the street from the Evangelical church, when it was intended to say the Hibbert house near the Community building.

J. M. Beal is to be complemented as the city's most active improvement committee of one. Over the week end he cleaned the concrete walk in front of his place of business to the bridge. It was almost impossible before.

The Evangelical Missionary society met Tuesday afternoon in the Evangelical church and elected the following officers for the coming year: pres., Mrs. L. A. Rossner, sec., Mrs. Clara Hadaway, treas., Miss Alice Woodworth.

The Oregon State Bankers Association has issued information throughout Ore. in an effort to help apprehend the murderer of Marian Parker, daughter of Perry Parker, Los Angeles banker. There is a reward of nearly \$100,000 now standing for his capture. The ransom notes given by the father are K 65016901 to 75 inclusive \$20 goldbacks.

FORGER OF CHECKS JAILED BY SHERIFF

Because two Whitsone youths had taken his license number when he purchased some hides from them last week, Charles F. (Jack) Burt, of Willamina, is now in jail awaiting the outcome of a long list of check forgeries among which are several local victims.

Sheriff Manning affected the arrest quite soon after complaints started to pour in from all points in the county where the man had purchased goods, representing himself as a second hand dealer.

Burt, who is only 27, said that he turned criminal because of hard times and inability to obtain work.

GRAND ISLAND

The "Onawa" Teacher's Club was delightfully entertained in the W. W. Humphry home Monday evening, as guests of Miss Edna Snyder and Miss Stella Gilmore, the Webfoot teachers. The ten teachers present were Mrs. Ezra Dixon, Mrs. Dale Fowler, Miss Gilmore, Miss Nyhart, Miss Prague, Miss Prime, Miss Snyder, Mrs. W. J. Versteeg, Miss Wagner and Miss Zulawinski, representing Fairview, Grand Island, Hopewell, Unionvale, Webfoot and Wheatland schools.

A short business meeting was held. The next meeting will be held in the Unionvale schoolhouse and they will rehearse the play to be given soon. An old fashioned spelling match will be given in the later part of January at the Fairvale school.

Light refreshments were served during the evening by the hostesses. J. A. Mothorn returned Monday after one week spent in Salem at the home of his sister, Mrs. J. N. Robertson.

Clarence Rockhill marketed a litter of seven-month old pigs Monday, weighing 210 pounds each. They were raised on alfalfa pasture and fattened on corn.

Alvin Rockhill, who attends Salem high school, spent the week end with his parents.

The program to be given under the auspices of the school and the Grand Island Improvement Club will be given Friday, Dec. 23. A cordial invitation is extended to the public.

The George Asher family were honored with a reception given by their neighbors at their home Saturday evening. The time was spent in visiting and getting acquainted with them. They recently moved here from Newberg. Light refreshments

SEVEN CARS MIX ON NEWBERG BRIDGE

Quite a bit of excitement was caused Sunday when J. C. Robinson and A. Magnuson, both of Portland, struck seven cars while crossing the Newberg bridge, south of Newberg. Only one lady was reported injured. Half a gallon of whiskey was found in their car. Robinson and Magnuson were taken before Justice of the Peace Churchill at Newberg Monday on a charge of driving while intoxicated and possession of liquor. Robinson, who was the driver, was fined \$100, and sentenced to sixty days in the county jail.

HEALTH IS BEAUTY

Haven't you ever looked at somebody and thought to yourself, "What is it that makes her so attractive? Her features aren't perfect, her hair isn't unusual nor her clothes costly?" Yet she has something that makes her lovely. That "something" is radiant health.

Nobody is truly beautiful unless clear shining eyes, a smooth complexion, a happy smile and a graceful carriage. Paint pot and lip sticks can never produce real nor lasting beauty.

It is not always an easy undertaking to have this beauty that will last. It takes wise living and sensible habits. Rest probably helps more women to be attractive than anything else. A tired body cannot stand erect, a fatigued expression is usually a worried unpleasant one and food eaten when a body is worn out will seldom be properly digested or sufficiently nourishing. After a difficult day at the office or in the home what a difference half an hour's (or better still an hour's) rest, flat on the back, will do to bring back renewed energy and a refreshed appearance! Lines of fatigue will disappear and by dinner time the features will be smoothed out and an inner calm will replace the former nervous irritability.

While the complete relaxation a woman may find at a beauty parlor will work wonders to restore her self confidence and her outward expression as well, she can never reap any permanent benefit from facial massages unless she also observes the rules of diet, rest and exercise.

Next in importance to rest comes diet. Whether one has too much fat or a scrawny thinness, with perseverance, a healthy medium can be attained by determined and scientific dieting. Of course, it is best never to acquire extra pounds but most people who say they "just can't lose no matter how much they diet," are really not systematically trying to reduce. A doctor should be consulted when it is necessary to take off superfluous pounds. There are certain foods perhaps that a finicky woman will not bother to eat, and they may be the very ones that will help her most in acquiring a correct weight and proper nourishment at the same time. For example, onions, carrots, as well as spinach, lettuce, and other leafy green vegetables are needed in the well-balanced diet. Plenty of fruit also is necessary, if the body is normal and will not make the scales go up.

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Shaving and Lost Tempers

There is a good reason why many men lose their temper when they shave. The nerves on the side of the face are linked closely to the anger centers of the brain, and disturbing them causes trouble. This is one fact brought out in a recent scientific study of shaving.

No Night Hunger

We can go eight or nine hours at night without feeling hungry, although if we ate we should want two or three meals, because we breathe slower, and less oxygen enters the body to consume our food and induce hunger. There is, too, the absence of exercise.

HEALTH HINTS

Instead of skipping breakfast or luncheon, or both, in the thought that one can then eat one big meal at night the sensible woman will eat often but lightly. She will always nobly turn away from the starchy foods such as potatoes and spaghetti, too much butter, candy, pastry and other sweets. She will eat not only for a good figure today but for one later in the maturer years. She will eat also for her future as well as her present health. A variety of diet, however, must be maintained and beware of eating daily the same foods lest you find yourself either sadly undernourished, or overweight and susceptible to serious illness. The present fad of being sylphlike should be especially frowned upon by growing girls. If they do not understand the reason why they must be well nourished, then their mothers should tell them that good food builds up resistance to diseases such as tuberculosis.

The third assistance in gaining beauty that lasts is exercise. This goes hand in hand with diet, for anyone who believes that starvation without exercise will go toward making a perfect figure is wrong. When fat is removed the muscles must be in good working condition. Have you ever seen reduced people with flabby skins? They have dropped off their pounds rapidly but have failed to keep themselves fit with exercise.

It may not be possible for the busy housewife to play tennis, golf or go swimming but she can do exercises in her room with windows open. Or possibly she can work in a garden, take walks, or romp with the children.

The exercise one gets in making beds, running up and down stairs, sweeping or doing the countless other active tasks necessary in the home will not be a substitute for exercise that is also a diversion. And when fresh air accompanies the exercise it will add just so much more in the way of rosy cheeks and greater energy.

All of us cannot receive prizes in the beauty contests, but we can all acquire the wholesome good looks that health gives.

To help make healthier Americans and teach them how to acquire the beauty that lasts the Oregon Tuberculosis Association and its affiliated associations are conducting their twentieth annual Christmas seal sale this month.

Thought of Today

He that does good for good's sake seeks neither praise nor reward, though sure of both at last.—William Penn.

Season's Greetings

Feeling a desire to express our appreciation of your friendship as well as your patronage throughout the year drawing to a close, we take this means of wishing you a Very Merry Christmas and Happy New Year.

Farmers Warehouse Co.

Phone RED 67 DAYTON, OREGON

CHRISTMAS SERVICES AT BAPTIST CHURCH

The Baptist Sunday School Christmas program will be held Sunday morning beginning at 10:15. The regular church service will be omitted in the morning.

In the evening several special musical numbers will be given at the regular church hour, 7:30. If not attending services elsewhere you are cordially invited to these services.

Prayer service will be omitted Thursday.

CITY OFFICIALS

Mayor..... W. S. Hibbert
Recorder..... W. T. H. Tucker
Treasurer..... J. E. Mellinger
City Marshal, Street and Water Commissioner..... T. A. Boulden
Councilmen—E. Demary, Paul Londershausen, James Penland, Iner Mortensen, James Wakefield and Frank Louis.
Regular meetings first Monday in each month.

WANTED — hear from owner Ranch for sale. State cash price, particulars, D. F. Bush, Minneapolis, Minn. J12

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E. F. Hearing, Manager