

RECREATION LEAGUE IS ASKING PROVISION FOR PHYSICAL EDUCATION

School Board is Asked to Appropriate \$25,000 for Purpose; Committees Chosen.

Portland public schools have no organized plan for physical education. The executive board of the Portland Recreation League called upon the school board yesterday by resolution to supply this lack by retaining in the budget for 1914 an item of \$25,000 proposed to meet the cost of organizing and maintaining a department of physical education.

"Physical development is as important to the welfare of children as mental development," was the expression of the league. Recreation, care of the body, medical examination and attention, games, play, are included in the proposed plan. The resolution is signed by the following officers of the league: Robert H. Strong, president; W. L. Brewster, Wells Gilbert, Mrs. Helen Ladd Corbett, Charles D. Mahaffey, O. M. Flummer, Richard Hart, Albert E. Doyle.

Yesterday's meeting of the league's officers, executive board and committee chairman was held at a luncheon in the Hotel Portland.

Offices in Journal Building. In accord with authority given at a recent organization meeting, Mrs. Stella Walker Durbin was elected executive secretary. She is the assistant secretary of the Playground and Recreation Association of America, and will hereafter divide her time between the two organizations. A suite of rooms on the third floor of the Journal building was officially selected as headquarters and offices. Duties of committees were submitted in outline form and approved. These, in brief, follow:

Boys' club section—A census of boys' clubs and boys of club age, to stimulate interest in organizations for mutual benefit.

Aquatic section—To program a plan for making river available for recreation purposes.

Music section—Will bring 5000 school children to hear of symphony orchestra rehearsals in Gipsy Smith auditorium, October 31. Father O'Hara has asked reservation for 500 children of parochial schools. First of a series of municipal concerts will be held in auditorium November 5.

Garden section—Will give particular attention to plan for cultivating vacant lots.

Girls' Club Section. Girls' club section—Will encourage out of doors life among girls, stimulate interest in club organization, take club census.

Festival section—Plan city wide celebrations of all important holidays, suggest programs for minor holidays, study pagentry with a view of reviving local traditions in celebrations, establish permanent wardrobe of festival costumes.

Art section—Further interest in art by bringing good exhibits from other cities, establish traveling exhibit for Oregon, arrange lectures in and personally conducted tours to the art museum.

Legislative committee—Will at once draft an ordinance closing certain streets during certain hours of play of children, will familiarize itself with recreation legislation in other states, and see what is needed by way of laws in Oregon.

Athletic section—Will encourage development of a system of athletics in public and private schools, and attempt to develop an altogether neglected athletic program in Portland.

Membership and finances—Will plan a campaign to secure members of all occupations and residences.

Social centers—Learn social center plans of other cities, aid in organizing social centers in Portland, especially in connection with the schools.

Mrs. Child at Eugene. Eugene, Or., Oct. 24.—Mrs. Eva Child, chairman of the board of supreme managers of the Royal Neighbors of America, and Mrs. Ruth L. McGrath, supervising deputy for the state of Oregon, visited the local organization of that order yesterday afternoon and last night.

Mrs. Child is on a tour of the Pacific coast, Eugene being the only point in the state outside of Portland which she is visiting. A reception was given by the Royal Neighbors of Eugene in her honor last night. Mrs. Child's home is at Hanover, Wis.

Kennebec Infested With Genus Hobo. Kennebec, Wash., Oct. 24.—Hobos have become such a nuisance in this section, and especially to residents along the river front and the railroad tracks, that the city council has appointed four special police officers to assist the regular force. The specialists are P. C. Hook, S. H. Parks, John Bachmann and Robert Schillmeier.

Many complaints have recently been made to the authorities concerning the presence of so many men along the river front, in the jungles, hay stacks and barns, who have little or no regard for the residents or their property. About 50 were reported as having been seen at one time recently.

Lifesaver Rescues Woman. San Francisco, Oct. 24.—An unidentified woman leaped into the water at Ocean Beach today and was saved from drowning by Carl Reiser, a lifesaver. The woman refused to make known her identity or give any reason for attempting suicide.

Roman Meal Bread. The ancient Roman soldiers, who ate no meat but who subsisted upon black bread, developed a strength of physique and a hardihood of nature which enabled them to exact tribute from every known nation, and to conquer the world.

A modern cereal food, over-refined, catering to the daintiness of appetite and weakening digestive powers, develops no such traits as were found in the Romans of old.

A physician has now given to the world something new in Roman Meal, which is a scientifically balanced food composed of wheat, rye and flax. The flax, after being deodorized by a secret process, is called flaxseed. The combination of these cereals, which is coarsely ground for a purpose, is called Roman Meal, and the Log Cabin Baking Co. is now baking bread from this meal.

Roman Meal Bread is to be had at all grocers and delicatessen stores in Portland and vicinity, at 5c a loaf. If you cannot find it at your grocer's, ask him for a 2-lb. package of Roman Meal, which he will sell you for 25c, and bake the bread yourself. It is worth while.

Roman Meal may also be used for making gema, muffins, fruit rocks, cookies, Boston brown bread, etc. It contains all the proteins and carbohydrates and is the last word in modern "back to nature" foods.

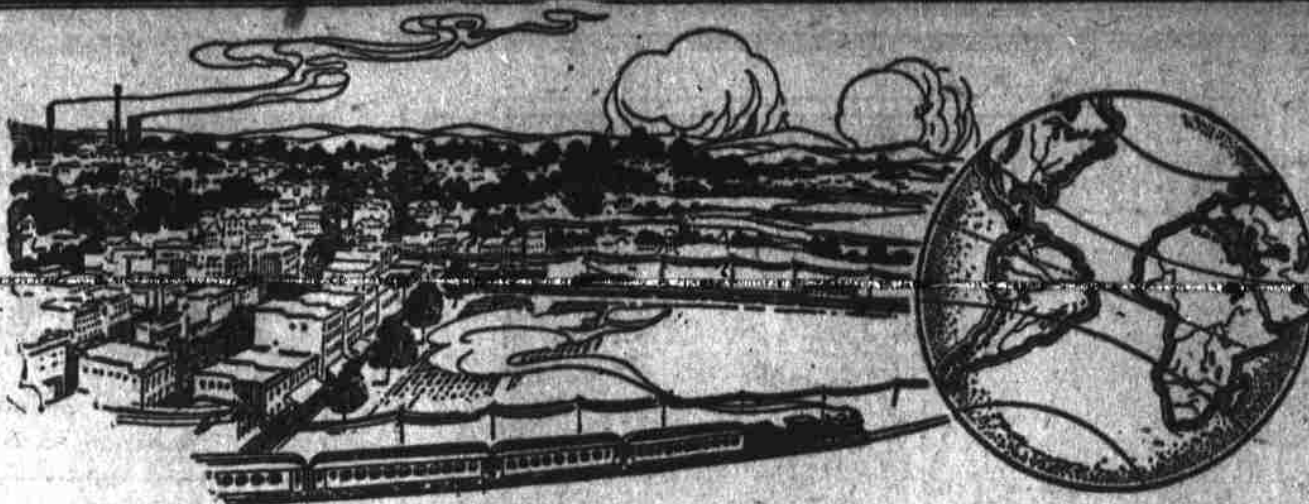
To Put On Flesh And Increase Weight. A Physician's Advice. Most thin people eat from four to six pounds of good solid fat-making food every day and still do not increase weight one ounce, while on the other hand many of the plump, chunky folks eat very lightly and keep gaining all the time. It's all a matter of what they eat. It's the nature of the individual. It isn't Nature's way.

Thin folks stay thin because their powers of assimilation are defective. They just absorb enough of the food they eat to maintain life and semblance of health and strength. Stuffing won't make them gain a single "ray there" pound. All the fat-producing elements of their food just stay in the intestines until they pass from the body as waste. What such people need is something that will prepare these fatty food elements so that their blood can absorb them and deposit them all about the body—something, too, that will multiply their red blood corpuscles and increase their blood's carrying power.

For such a condition I always recommend eating a Sargol tablet with every meal. Sargol is not, as some believe, a patented drug, but is a scientific combination of six of the most effective and powerful flesh-building elements known to chemistry. It is absolutely harmless, and it is absolutely effective. A single tablet eaten with each meal will have the effect of increasing the weight of a thin man or woman from three to five pounds a week. Sargol is sold by Woodard-Clarke Drug Co. and sold druggists everywhere on a positive guarantee of weight increase or money back.

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Very pleasant to use, very easy to apply—simply sprinkle a little on your hair each time before brushing it.

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A liquid shampoo to keep the hair clean, soft, smooth and beautiful. It gives an instantaneous rich, foaming lather, penetrating to every part of the hair and scalp. It is washed off just as quickly, the entire operation taking only a few moments.

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