PARENT-TEACHER NEWS

PHOTO BUSHNELL

Left to right—Mrs. E. E. Gore of Medford, who is an active worker for the re-establishment of the Ashland Normal school; R. E. Arne, superintendent of the Boy's and Girls' Aid Society, who will address the state convention of the Oregon Congress of Mothers; Mrs. Ida A. Kidder of Corvallis, who is one of the speakers at the state meeting of the Oregon Congress of Mothers.

"THE school teaching force of Oregon requires 1000 new recruits every year, yet our single state normal school is graduating only from 80 to 100 students every 12 months; where are we to get the other 900?" This is the very pertinent question asked by Mrs. E. E. Gore of Medford, one of the leading club women of southern Oregon, who spent several days last week in Portland in the interests of southern Oregon's effort to have the state normal school at Ashland reopened.

Mrs. Gore came up primarily to attend a meeting of the educational committee of the State Federation of Women's clubs and that committee in a special session held at Central library, went on record as unanimously indorsing the reopening of the normal. Mrs. Gore has just recently retired from the presidency of the Greater Medford club, the largest and most active woman's club in southern Oregon. She has for several years been a member of the Medford school board and is particularly active in every movement pertaining to the educational interests of the southern part of the state.

Continuing, Mrs. Gore said: "Does it not seem imperative that we do something to increase our output of teachers? While I am a believer in interchanging teachers, that is, getting some from outside states and at the same time sending some of ours to other states, we must depend on our own state, or at least we ought to depend upon it for the greater number of that 1000 which we need every year.

"The five southern Oregon counties have a large population—a large rural population—and we all know that the majority of our school teachers come from the country. Many of them are girls in moderate circumstances to whom a $25 railroad fare means a great deal and to whom the matter of living so far away from home as Monmouth would be a serious one. If the Ashland normal is reestablished these girls can go home on Friday, do their own sewing and laundry and bring back to town a goodly supply of eatables for the week.

"Oregon's only normal school, at Monmouth, is crowded to capacity. Wisconsin has normal schools, and besides those there are six centers where training for teaching is given. The matter of reopening the normal school at Ashland, is such an important one and yet it is such a simple one as it was closed only two years ago; there is the study hall, the men's dormitory, the women's dormitory, scientific laboratory and gymnasium, all well equipped, as the school was used for 14 years.

"The bill which we will vote on at the forthcoming election asks for a tax of one fortieth of a mill and if that bill passes we will not only have the Ashland school reopened but the school will be forever taken out of politics, and this I am sure will meet with the approval of all intelligent people."

Lectures on Care of Babies.

Arrangements have been completed for the first of a series of lectures to be given under the auspices of the Oregon Congress of Mothers on the study and care of babies. This part of the course will take up to the care of babies during the first year and will close the first of December. Other lectures will be arranged later. With the exception of the first lecture, which will be supplemented with demonstrations, the lectures will be given in room 551 Courthouse. Following are the dates, subjects and lecturers:

1—October 23, at 2:30 p. m., an illustrated lecture at Library hall, "Heredity and Eugenics," Dr. H. B. Torrey; 2—October 30, (this and the remaining lectures will be held at No. 560 Courthouse), "Prenatal Care and Hygiene," Dr. R. H. Ellis; demonstration by Miss Kuehle; 3—November 6, "General Care of Babies," talk and demonstration, Mrs. M. C. Eleanor; 4—November 13, "Breast-Feeding and Weaning," Dr. J. Bilderback; 5—November 20, "Patent Foods—Their Use and Abuse," Dr. F. J. Labbe; November 27, "Modified Milk," demonstration, Dr. R. G. Hall.

Kennedy Association.

The Kennedy parent-teacher association held a special meeting Tuesday evening. J. Lee Thompson, superintendent of playgrounds, was the principal speaker. He outlined the method of procedure for securing playground apparatus and described what he considered to be ideal apparatus for schoolgrounds. He assured the association that a set of apparatus was available next spring if they could prove their needs. Mr. Gary, principal of the school, was made chairman of a committee to wait on Commissioner Brewster. About 125 members attended the meeting.

Social Service Committee Is Active.

The social service committee of the parent-teacher associations held its first meeting October 9 for the purpose of organizing and discussing plans for the year. Mrs. C. W. Hayhurst was made general chairman for the year; Mrs. C. R. Hellyer, secretary, and Mrs. A. Bonham, treasurer. Mrs. W. A. Laidlaw, who was chairman of the committee last year, is leaving soon for San Diego, where she will reside.

A special meeting of all chairmen will be held in Room G of Central library October 22, to complete plans for the year and it is urged that the attendance be large as all work for the year will be assigned. All contributions from the associations for the Christmas Ship must be sent to the editorial rooms of The Journal by October 23.

Creston Association.

The regular monthly meeting of the Creston Parent-Teacher association will be held Tuesday at 2:30. After an important business meeting there will be a good program. Mrs. F. S. Myers will talk on the Gary school system. The association will welcome any who are interested in this subject. Preparations are under way for a large meeting to be held the evening of Tuesday, November 17, in the assembly room of the school house. All residents of the Franklin High school district, with their friends, will be asked to attend this meeting, as the high school students will furnish the evening's entertainment.

Clinton Kelly Association.

The Clinton Kelly Parent-Teachers' association met Wednesday afternoon, when Dr. W. F. Ogburn and three students from Reed college discussed the issues before the voters.

Little Miss Helen Wagner played a piano solo and she and Leona Bowers gave a duet.

The next meeting of the association will be held on the evening of October 30, and will be in charge of the fathers. Dr. Luther R. Dyott, pastor of the First Congregational church, will give an address and a social hour will be enjoyed.

St. Johns Has Association.

Sixty-five women gathered Thursday afternoon in the high school building at St. Johns to organize a parent-teacher association. Mrs. G. L. Buland, president of the Hawthorne association, was present and addressed the meeting, afterward assisting in its organization. Mrs. Edmonson was made president and a full corps of officers was chosen. The entire 65 women joined the association.

The new association will hold a meeting Monday evening, October 26, at which time the fathers will be present and it is expected that the membership will be doubled. Competition for large attendance at the meetings of the association will be keen, as a beautiful picture has been offered for use in the room having the largest representation at each meeting. A growing plant is offered for the largest attendance of mothers. Meetings will be held one afternoon and one evening a month.

Fernwood Parent-Teachers.

The Fernwood Parent-Teacher association met Wednesday afternoon. The resignation of the president, Mrs. Cook, was read and accepted and Mrs. J. H. Bagley was elected to fill the vacancy.

There was a discussion concerning the feasibility of using the school building as a social center and for a university extension course of lectures under the auspices of the association. A committee was appointed to urge all patrons of the school to attend the next meeing, November 10, a 8 p. m. at which time Dr. Miriam Van Waters, superintendent of the detention home, will speak.

To Sew for the Christmas Ship.

Members of the Peninsula Parent-Teacher association will meet to sew for the Christmas Ship tomorrow. It will be an all day meeting and it is hoped all will attend to help in this worthy cause. For further particulars call Mrs. Bushnell, Woodlawn 383.

The women of the Glenhaven association and any others interested are urged to meet at the schoolhouse Tuesday afternoon to sew for the Christmas Ship. The material is furnished, but the women are asked to assist with their work. For particulars call up Mrs. MacGregor, Tabor 4417.

The Holman Parent-Teacher association and the Bancroft Heights club will meet Monday evening at the schoolhouse for a community sing, followed by a discussion of the measures to be voted on at the coming election led by Professor Arthur Evans Wood of Reed college.

Kerns Association to Meet.

The Kerns Parent-Teacher association will meet in the assembly room of the school house, Tuesday afternoon at 2:45. There will be a short program, followed by a business session. It is hoped there will be a full attendance.

Two French scientists have built the world's most powerful electromagnet, but it is so costly to operate that its use is limited to laboratory work.

PARENT-TEACHER ASSOCIATION DIRECTORY

Oregon Congress of Mothers.
Fifth floor, County Courthouse. President, Mrs. Aristene Felts. Phone Marshall 235.

Portland Parent-Teacher Association.
General meeting, first Thursday of each month, lecture room A of the public library at 2 p. m. President, Mrs. Martin Wagner, 339 East Thirty-fourth street. Telephone Tabor 839.

Ainsworth.
Third Wednesday afternoon of each month. President, Mrs. J. E. Davidson, 582 Clifton street. Telephone Marshall 832.

Arleta.
Fourth Friday of each month. President, Miss Ada McLaughlin, Arleta school. Telephone Tabor 66.

Buckman.
Third Thursday afternoon of each month. President, Mrs. P. G. Neeland, 7 East Twenty-second street, north. Telephone East 5785.

Capitol Hill.
Second Thursday evening and fourth Thursday afternoon. President, Mrs. H. E. Reeves, Box 195, Hillsdale, Or.

Chapman.
First Tuesday afternoon of each month. President, Mrs. T. C. Burke, 1014 Thurman street. Telephone Marshall 5339.

Clinton Kelly.
Second Wednesday afternoon of each month. President, Mrs. Charles W. Jones, 545 East Twenty-seventh street. Telephone Sellwood 511.

Cough.
President, Mrs. H. H. O'Reilly, 257 North Twenty-second street. Telephone Main 2757.

Creston.
President, Mrs. Gertrude Ober.

Eliot.
Second Thursday afternoon of each month. President, T. W. Vreeland, 210 Graham avenue. Telephone Main 3358.

Fernwood.
First Thursday afternoon of each month. President, Mrs. J. H. Bagley, 452 East Twenty-fourth street, north. Phone East 4747.

Failing.
Last Thursday afternoon of each month. President, Mrs. B. F. Jones, 804½ Front street. Telephone Marshall 3197.

Fernwood.
First Thursday afternoon of each month. President, Mrs. F. R. Cook, 430 East Fortieth street, north. Telephone Tabor 2319 and C-2007.

Fulton Park.
President, Mrs. Jennie Richardson.

Glencoe.
Second Friday afternoon of each month. President, Mrs. W. F. Prier, 1342 Base Line road. Telephone B-3332.

Gregory Heights.
Third Wednesday afternoon of each month. President, Mrs. Mary E. Killam, 697 East Eightieth street, north.

Glenhaven.
First Tuesday of each month. President, Mrs. J. H. McGregor, 2101 Tillamook street. Phone Tabor 4417.

Hawthorne.
President, Mrs. G. L. Buland, 606 Maple street. Telephone 5210.

Highland.
Second Friday afternoon of each month. President, Mrs. Thomas G. Greene, 337 Jessup street. Telephone C-1204.

Holladay.
Second Friday afternoon of each month. President, Mrs. Lawrence Holbrook, 474 East Broadway. Telephone East 1949.

Holman.
First Tuesday afternoon of each month. President, Mrs. C. M. McKay, 208 Bancroft avenue. Telephone Marshall 820.

Hudson.
Second and fourth Thursday afternoons of each month. President, Mrs. W. S. Smallwood, 1936 East Taylor street. Telephone Tabor 5067.

Irvington.
Second Wednesday of each month. President, Mrs. E. G. Titus, East Seventeenth and Tillamook streets. Telephone East 4761.

Kennedy.
First Wednesday afternoon of each month. President, Mrs. Herbert W. Bushnell, 1192 East Thirty-second street, north. Telephone Woodlawn 383.

Kenton.
Third Wednesday afternoon of each month. President, Mrs. C. F. Nichols, Kenton station. Telephone Woodlawn 926.

Kerns.
Third Tuesday afternoon of each month. President, Mrs. Alva Lee Stephens, 763 East Couch street. Telephone B-2250.

Ladd.
Second Thursday afternoon of each month. President, Mrs. L. T. Newton, 267 Eleventh street. Telephone Main 7602.

Lents.
Third Friday afternoon of each month. President, Mrs. Otto Katzky, Main street, Lents. Telephone Tabor 2823.

Llewellyn.
Last Thursday afternoon of each month. President, Mrs. George H. Crawford, 1433 East Nineteenth street. Telephone Sellwood 846.

Montavilla.
Second Tuesday afternoon of each month. President, Mrs. H. M. Sherwood, 1923 East Irving street. Telephone Tabor 5826.

Mount Tabor.
Second Thursday afternoon of each month. President, Mrs. J. M. Short, 438 East Fifty-second street. Telephone Tabor 120.

Ockley Green.
Second Tuesday afternoon of each month. President, Mrs. Marshall N. Dana, 1125 Albina avenue. Telephone Woodlawn 3104.

Portsmouth.
Second Friday afternoon of each month. President, Mrs. Alice White 1760 Portsmouth avenue. Telephone Columbia 486.

Peninsula.
Second Tuesday in each month, at 2:30. President, Mrs. Herbert W. Foster, 1537 Curtis avenue. Phone Woodlawn 1693.

Richmond.
Second Friday afternoon of each month. President, Mrs. J. F. Chapman, 1031 Division street. Telephone Tabor 2551.

Rose City Park.
Third Tuesday afternoon of each month. President, Mrs. L. V. Rawlings, Forty-fifth and Brazee streets. Telephone Tabor 2022.

Sellwood.
Second Wednesday afternoon of each month. President, Mrs. E. J. Elkin, 626 Tenino avenue. Telephone Sellwood 1750.

Shattuck.
First Tuesday afternoon of each month. President, Mrs. J. F. Kelly, 615 Fifth street. Telephone Marshall 3447.

Shaver.
First Tuesday at 3 o'clock. President, Mrs. R. E. Green, 774 Michigan street.

South Mount Tabor.
Second Friday afternoon of each month. President, Mrs. Frederick J. Glass, 6909 Thirtieth avenue, S. E. Telephone Tabor 3784.

Stephens.
First Wednesday afternoon of each month. Vice President, Mrs. M. M. Hall, 604 Elliott avenue. Telephone Sellwood 2080.

Sunnyside.
Second Thursday afternoon of each month. President, Mrs. R. E. Bondurant, 330 East Thirty-fourth street. Telephone Tabor 839.

Thompson.
First Thursday afternoon of each month. President, Mrs. W. K. Agden, 966 Michigan avenue. Phone Woodlawn 1419.

Terwilliger.
Third Thursday afternoon of each month. President, Mrs. Maude Van Deusen, 1531 Virginia street. Telephone Marshall 1464.

Thomsen.
President, Mrs. James Rogers, 738 Albina avenue.

Vernon.
First Tuesday afternoon and third Wednesday evening of each month. President, Mrs. M. M. Chittenden, 1121 East Thirty-ninth street, north. Telephone C-1878.

Woodlawn.
Third Friday at 3 o'clock. President, Mrs. W. W. Williams, 1403 Rodney avenue. Telephone Woodlawn 907.

Woodmere.
President, Mrs. Ella Decrevel, Milwaukie, Or., Route 2, Box 286.

Woodstock.
Third Friday afternoon of each month. President, Mrs. E. H. Ingham, 1181 Herald avenue. Telephone Sellwood 1351.

CONGRESS OF MOTHERS WILL CONVENE HERE

Plans Perfected for Annual State Meeting in City October 27-30.

Extensive preparations are being made for the forthcoming convention of the Oregon Congress of Mothers and Parent-Teacher associations, which will take place in this city October 27 to 30 inclusive. The sessions will be held in Library hall and the social events in connection with the convention will take place at Hotel Benson. The general subject of the convention is: "To Improve Conditions Under Which Children Live." Mrs. Aristene Felts, president of the congress, and the several vice presidents, will preside at the various sessions.

Following is the program in full:

10 a. m., Tuesday, Ex-Board meets in room 550, court house.

Tuesday Evening, October 27.

8:00 p. m., call to order by the president; invocation, Dr. A. A. Morrison; welcome from the city, Judge John H. Stevenson; greetings from Portland council of Parent-Teacher associations, Mrs. Martin Wagner; greetings from Portland public schools, Superintendent L. R. Alderman; response, Mrs. George T. Gerlinger, Dallas, Or.; vocal selections, Miss Nona Lawler; president's address, Mrs. Aristene N. Felts; reception.

Wednesday Morning.

8.30 to 9:30, registration of delegates; 9:30 call to order; invocation, Rev. John H. Boyd; 9:45, report of credential committee; 10:00 election of officers; election of delegates to national convention; 11:00 reports of state officers; announcements.

Wednesday Afternoon.

Mrs. Hugh J. Fitzpatrick, presiding; 1:00 president's conference; 2:00 vocal selections, John Claire Monteith; 2:15 "The Proper Literature for Children," Mrs. Ida D. Kidder, Corvallis, Or.; discussion; 3:00 "Educational Country Clubs," Mrs. H. F. McCormack, Eugene, Or.; discussion, led by Mrs. Ivy Davidson, West Springfield, Or..

Thursday Morning.

9.00 call to order; invocation, Rev. W. B. Hinson; report of Parent-Teacher associations for state; 10:15 reports of state departments and standing committees; announcements.

Afternoon Session.

Mrs. C. M. Collier, of Eugene, presiding; 1:30 call to order; vocal selection, Mrs. Henry Metzger; "Back to the Home," Mrs. Runo Arne, Boys' and Girls' Aid society; 2:30 vocal selections, Miss Ada Allice Tuttle; "The Boy Problem in Cities and Small Towns," Prof. Irving E. Vining, Ashland, Or.; address, Dr. Miriam Van Waters.

Friday Morning.

9:00 call to order; invocation, Rev. Dyott; 9:15 revision of the constitution; 11:00 resolutions; invitation for next convention; unfinished business.

Friday Afternoon.

Council of Portland Parent-Teacher associations; 12:00 luncheon, Mrs. Martin Wagner, presiding; 1:30 vocal selection, Homer Maris; address, Superintendent L. R. Alderman; annual report of Portland council P. T. A., Mrs. F. S. Meyers; soprano solo, Mrs. Fred Olson; School and Home, Miss Hallie Thomas, president Grade Teachers' association; report of social service committee, Mrs. W. A. Laidlaw; selections, Mrs. Helen Miller Senn; "Girls' Trade School," Mrs. A. Alexander; "New Work," Mrs. W. J. Hawkins; school lunches.

Saturday Afternoon.

The executive board will meet for a social and business session at the home of Mrs. William F. Fiebig, 326 East Twenty-fifth street, south.

Women Will Open Smith Headquarters

Preparing to make an active campaign in behalf of their candidate, the local women's Smith for Governor club will open headquarters tomorrow in parlor C of the Hotel Portland, immediately adjoining the Broadway entrance. The headquarters are on the ground floor and easy of access from the street. Mrs. John Nissen, president of the club, will be in charge. All women interested in Dr. Smith's candidacy are invited to call.

It is the plan to distribute literature in behalf of Dr. Smith and to organize women workers for the "law enforcement candidate" in every part of the city. The club numbers nearly 200 members, among them some of the most prominent women of the city, and it is confidently expected that with headquarters of its own, the club will be a most potent factor in carrying Portland and Multnomah county for Dr. Smith.

Health and Human Machine

7—Facts Concerning Osteopathy.

By H. P. Bloxham, D. O.

It has been impossible in these short articles to discuss the various diseases presented with anything approaching thoroughness; at the same time there has been enough evidence given to prove that any disarrangement of the body structure, especially the spinal column and adjacent tissues, must cause irritation to the delicate nerves in the area involved.

These nerves supply the various organs and tissues of the body and also regulate their blood supply; consequently when any abnormal position of one or more vertebrae and associated contraction of tissues disturbs these nerves, the organ involved receives an unnatural amount of blood and nerve energy, which always must result in disease.

If we persist in underfeeding a boy, and also continually subject him to annoying influences and nervous irritations, that boy before very long will become ill. If drugs be given to his already weakened and nervous body, would they remove the cause and make him well? Does it seem reasonable to expect it?

Not one person in a thousand would think so for an instant, and all would agree that they might even make him worse.

They would suggest that the boy be given the proper amount of food and that the constant irritations be removed; then he would grow strong and well, and function as boys usually do function.

Now in place of the boy, let us substitute merely a part of him, say for instance his stomach, and impose the same conditions upon it.

Why should we not be as commonsensed and reasonable with the stomach as we were with the boy, and remove the cause that is interfering with its normal blood and nerve supply? In the vast majority of cases, there are faulty conditions in the midthoracic region of the spine that directly affect the nerves to the stomach and alter its blood supply.

There will be tenderness in this part of the spine, although the patient may be unaware of it himself; and correction of the lesion will permit natural conditions to exist and the trouble will disappear.

Sciatic Rheumatism.

The condition known as sciatic rheumatism has always been misunderstood and misnamed by the old school. It is not rheumatism but a neuritis or irritation of the great sciatic nerve often brought about by a strain or tilting of the pelvic bones.

The great sciatic nerve (composed of millions of nerve fibres) is as thick as the little finger, and passes through the pelvic bones on either side, supplying the thigh, knee joint, leg and foot.

The only possible way to cure this distressing trouble in cases as described above is to correct the malposition of the pelvic bones, and so remove the irritation from this important nerve.

No form of medical treatment, including electricity and massaging, can control this painful condition, as there is a mechanical obstruction to be removed and bones properly adjusted.

In women, a disturbed pelvis may have even more severe results. By affecting certain nerve centers, the blood and nerve supply to the uterus is demoralized causing in time menstrual disorders, misplacements and their accompanying symptoms. Certain cases of goitre are influenced by this condition also, there being a very close nervous connection between the uterus and the thyroid gland (location of goitre). This will be better understood when it is noticed that a goitre frequently enlarges during a period.

Cartarrhal Deafness.

Catarrhal deafness is caused by a catarrhal exudate filling the eustachian tube, and thus excluding air from passing into the middle ear. Dr. John Edwards of St. Louis, an osteopathic physician, who has been specializing along this line for some time, found that by manipulating carefully the lower end of the tube, the exudate could be expelled and air once more allowed to enter the middle ear.

The deafness is caused by the air being more or less absorbed in the middle ear, resulting in a disturbance of air pressure.

At the national convention recently held at Philadelphia, Dr. Edwards secured a remarkable result, among others, in an old lady who had been deaf for 12 years. Instructions had to be shouted to her before the manipulation, but afterwards she distinctly heard his watch ticking. There are of course other causes of deafness, but many cases that have been given up as hopeless may be relieved if not cured by osteopathy.

Catarrh.

This is another common but distressing condition. It is the result of a congestion of blood in the mucous membrame, usually caused by a faulty relation of the vertebrae of the neck region.

This engorgement of blood results in an overproduction of mucous by the secreting cells. There are certain drugs that will give temporary relief, but until the cause is removed the symptoms will return.

To attempt to keep a stagnant pond clean by merely removing the scum would be waste of time, for more scum would rise; the only way would be to let in a stream of pure water, create circulation, and remove the stagnant condition. Osteopathic physicians treat this trouble in a similar manner, by removing the obstructing cause and allowing a free circulation of blood in the mucous membrane that will carry away all waste products.

The same conditions exist in practically all diseases, namely, a disturbed blood and nerve supply, caused by irritation to the various nerve centers through faulty body structure, usually lesions of the spinal vertebrae and ribs, with contracted muscles and thickened ligaments. This has been proved, beyond all doubt, by exhaustive scientific experiments upon hundreds of animals in the Osteopathic Research institute at Chicago.

Educational Requirements.

Osteopathy is not limited in its scope, but is a broad system of healing based upon scientific facts, and requiring an education as thorough and as extensive as that given to medical physicians.

Osteopathic colleges are as complete as the medical, even major surgery being taught; materia medica, however, is replaced by osteopathic diagnosis and technique, as it is not needed by the osteopathic physician.

The osteopathic college at Kirksville, Mo., has more students than any other medical college in America, and the Los Angeles college of osteopathic physicians and surgeons has more students than all of the other medical colleges of the Pacific coast combined.

This will give some idea of the extent of the profession that has in 25 years grown to be the second largest of all the medical schools, in spite of their most bitter opposition.

However, like all good things, it has its limitations, which under other names use the main discovery of Dr. Still in various crude forms.

That they do sometimes obtain results is owing to the fact that they also work upon the spinal column, where the important nerve centers are; but there is always danger from their lack of education, as many disorders would be greatly aggravated by severe method of treatment.

Before an osteopathic physician is able to practice he now, like the medical student, has to take a four years' course at a recognized college, after which he must pass a state board examination before he can obtain his license. The class of practitioners referred to above, have merely a short term college or correspondence course, they are not required by law to pass any state board examination as to their fitness, nor is it necessary for them even to have a license in order to practice. Thus the vast difference in education can be seen. Osteopathy is regulated by law in practically all the states of America and in Canada, and osteopathic physicians, both by education and ability, rank equally with their medical brothers. They sign birth and death certificates and also attend confinement cases.

Osteopathic physicians do not pretend to cure every case of disease; but by their knowing the location of the various nerve centers and their ability to regulate the blood and nerve supply to any organ through these nerve centers it can be readily seen that they can control the vast majority of diseases. Where the trouble is caused by spinal and other structural disturbances, they of course correct the faulty condition, allowing nature to perfect the cure. Osteopathic treatments are neither severe not embarrassing, and are as suitable for delicate women and children as for strong men.

Twenty-five years ago Dr. A. T. Still first gave his discovery of the structural cause of disease to the world, and he was scorned by the majority of people as being a crank, save a few loyal followers. Today his teachings have been scientifically proved to be correct, and his small band of students have grown into a large and influential profession, recognized by law and recruited from seven large and splendid appointed colleges.

The future of osteopathy is not only bright, but with it rests and to it is entrusted to a large extent, the welfare of the human race.

We have but scratched the surface of its wonderful possibilities and truths, and many sects of honor await future investigators.

YOUR HOROSCOPE

By W. F. Adams.
(Adams Astrological School.)

Katherine M. P.—You failed to state sex of parties; this is necessary.

Horace Seymore—You must send birth dates, otherwise I am unable to do anything for you.

N. E. M.—Between the spring and late summer of 1916, at the latest. Yet at the present period very possibly, but there are many interferences apparent that may interfere. Yes; travels are foreseen in the future years.

Dey Ettec Walker—Yes, and no. There will be a change made between now and spring. Some sides of the change are favorable, some not. Generally, though, in the end the change will come out all right.

Ruth—That a marriage is very imminent is clearly evident. With it, though, a number of embarrassments are foreseen. I doubt that you marry at the time when you plan or expect. The last of the year is a favorable time. You will not avoid attachments; your nature is seeking such, and incidentally subject to many "hard knocks" in this connection.

Mrs. X. J. X. M.—There are many things in your domestic affairs that are adverse to your desires and wishes, and at present a decided change is in the forming that threatens a rupture of these relations. The future years are good. You are confronted by evil conditions, yet not near so bad as some persons. If you will assume mastery of your affairs, you will in a great measure subdue them, or attack them from a different angle that you have.

S. S. J.—Mrs. Adri—There is a relationship evident between you two, assuming a favorable turn at present. There are many things in common between you, and generally favorable issues will come from said relationship now and later.

Eula Travis—Between now and early spring your trouble assumes a different aspect. Indications point to a marriage. At that you will marry twice if married within the next year or two, as you undoubtedly will. But I do not foresee any ill effects as far as you are personally concerned as the result of such alliances.

H. & C.—There are many things in common between, and again there are not. You are both approaching a distinct turn in your affairs that assumes distinct character and shape by another year. Financial matters then are favorable, but avoid lawsuits, etc., also partnership deals. Avoid disputes and arguments in your immediate circle, as the results would be revolutionary and arbitrary. From this period on until spring better feelings and prospects appear.

G. Aileen—Your questions are best answered by yourself, or, rather, should be. You love this girl chum better than the man, therefore you would not be happy married to a man you do not care for, as eventually separation would follow. At that you are not satisfied wih your evident regard for your girl chum. You unconsciously are seeking something you know not what. It is the unsatisfied longing for affection that your own sex cannot give or fulfill; therefore encourage the attentions of a man you could care for and be happy.

B. Frank X.—I am glad that my forecast in the case you mentioned did good and was a help to the young people, and thereby thank you for your kind letter. In this chart you just sent me the young man has a very versatile temperament, and has abilities for many things; I suggest a professional or scientific course, as he evidences a temperament suited for such more than along commercial lines. He shows an amount of musical or astistic ability. His disposition in some respects handicaps him, being, I should judge, either too sensitive or impulsive.

J. M. Anxious—His horoscope is not the best for gains through business at present. You are foolish to place money in anybody's hands for investment without security, unless you are willing to take, and can afford to take chances. While his intentions may be honorable, he has an evil aspect for trouble and disappointment. As long as you have entered this deal, you had better see it through as you had hoped for.

Are You Entertaining Halloween?

See Our New Showing of Halloween Table Favors and Decorations, Novelties, Games and Ornaments.

ORDER YOUR Holiday Engraving EARLY

Engraving Dept. Second Floor

Gill's

The J. K. Gill Co., Third & Alder

Booksellers, Stationers and Complete Office Outfitters

Examine your skin closely

See if the pores have become large and clogged; if it has lost its smoothness; if it has grown colorless.

These conditions of the skin are natural results of the constant strain imposed upon it by the conditions we now live under. Every now and then the skin needs refreshing.

How to refresh your skin

Wash your face with care and take plenty of time to do it. Lather freely with Woodbury's Facial Soap and rub in gently till the skin is softened and the pores open. Then rinse several times in very cold water, or better still, rub with a *lump of ice*.

Woodbury's Facial Soap is the work of an authority on the skin and its needs. This treatment with Woodbury's cleanses the pores, then closes them and brings the blood to the surface. You feel the difference the first time you use it—a promise of that lovelier complexion which the steady use of Woodbury's always brings.

Woodbury's Facial Soap costs 25c a cake. No one hesitates at the price *after their first cake.*

Do this today—Now! Tear out the illustration of the cake below and put it in your purse as a reminder to get Woodbury's. Tear out the cake now. Take it to your druggist or toilet counter today. Begin tonight to get the benefits of this facial soap. For sale by dealers everywhere.

Woodbury's Facial Soap

The Andrew Jergens Company
Spring Grove Avenue
Cincinnati, O.

SOCIETY'S DEMANDS OVERTAX THE AVERAGE WOMAN

To those who become nervous, tired and irritable, an immediate relief is offered in the famous Battle Creek Electric Light and Massage treatment. Try one and the result will be a revelation. Graduate masseuse in attendance.

PHONE MAIN 4014

ELECTRO-HYDROPATHIC INSTITUTE

THIRD FLOOR EMPRESS THEATRE BUILDING

Magnificent Hair Easy to Obtain Quickly—Some Astonishing Beauty Secrets

Many Months of Precious Time Have Now Been Eliminated in the Acquirement of Beauty, Says Valeska Suratt, America's Famous Self-Made Beauty-Actress.

By Miss Valeska Suratt.

IF YOU could actually see a difference of two or three inches in the growth of your hair in a few weeks' time and detect a superb improvement in its vigor and silky appearance you would perhaps wonder whether a miracle had not been suddenly performed. Changes of this kind are so infrequent that most women do not believe them possible, yet the fact remains that if the proper means are employed they are more likely to occur than not. The proper means, of course, are the controlling factor. Mere hair tonics, which are commonly sold in prepared form and ready to use, are so often weak in power and in ingredients that it is remarkable how much of them are sold at all. If you would obtain a really beautiful head of hair quickly and with little trouble, just make up yourself at home in a few minutes, a mixture of one ounce of beta-quinol with one-half a pint of alcohol and half a pint of water (or use a full pint of bay rum if you wish instead of the water and alcohol) and apply this liberally. The result will soon be apparent. Hair will stop falling, dandruff will disappear and the hair will grow with remarkable rapidity. It is in fact a hair-forcer. The hair roots quickly take on new life and vigor, and naturally enough, when this occurs, almost any hair trouble is bound to cease. This formula makes over a pint of this unequaled hair-grower, and costs much less than a hair tonic, and besides it is far more effective.

"A Difference of Several Inches a Month, Has Resulted From This Excellent Formula."

* * *

PHILLIPPA G. T.—Superfluous hair on a woman is a hideous thing. Many women hesitate to use depilatories because the ordinary preparations sold for this purpose injure the skin and leave a spot where applied, simply because the hair is literally burned off. The way to do is to use simple sulfo solution, which is the only thing known that will simply dissolve away the hair and leave the skin soft, white and smooth. In this way no one can ever tell you used anything for removing hair. Simple sulfo solution can be obtained at any drug store. It never fails to destroy all hair light and coarse, with the utmost rapidity and thoroughness, and it never injures the most sensitive skin or leaves a mark.

* * *

MRS. S. T. O.—Only one cream is necessary to beautify the skin and bring it to a condition of incomparable loveliness in a short time. A few days' use will prove its results. Make up a mixture of one tablespoonful of glycerine and one ounce of zintone in a pint of water. This makes a satiny cream which is to be used very liberally every day. This makes over a pint of cream, which is many times more than you ordinarily pay for prepared creams, which do not give the desired results. You will soon find that every red spot, freckle and blemish will disappear and leave the skin pure and clear as a lily.

* * *

MISS T. N.—Here is a wrinkle-removing formula which has already become famous because of its quick action in rendering the skin plump and vigorous and thereby eliminating all traces and lines of age. Mix two tablespoonfuls of glycerine and two ounces of teptol in a half pint of water. The result is a beautiful cream of wonderful absorbent qualities. Big and little wrinkles, crow's feet and looseness of flesh disappear in a remarkably short time. The difference in the appearance of age will be quite startling.

* * *

EVELINA D.—Development of the bust is very often possible. There is no absolute assurance of this, however. There is danger in the use of vacuum cups, pumps and the like. The following mixture is safe and has been very successful. To half a pint of hot water, add half a cup of sugar and two ounces of ruetone, with which any druggist will supply you. Dissolve thoroughly and take two teaspoonfuls after meals and on retiring.

* * *

MISS FONDLY—Do not pinch out blackheads. You can remove them without fail in a few minutes by sprinkling some peroxin on a hot, wet sponge and rubbing this on the blackheads. Then look in the mirror and see the difference. This is the only article I know that will really remove blackheads, and do it almost instantly.

* * *

JANET T. D.—You probably don't realize that dandruff may now be dissolved away completely. This is not done with soap, because the alkali does not permit of it. But if you will dissolve a teaspoonful of eggol in half a cup of hot water and use as a head wash, you will be surprised at its splendid results. You can secure from your druggist at small cost enough eggol to make over a dozen of these shampoos.

* * *

MISS WASTING—Hydrolized talc is a remarkable thing for excessive perspiration of the arm-pits. Use it liberally and you will find that you will suffer no longer from the extreme wetness under the arms, your dress shields and arm-pits will be fresh and dry and you will have no more gowns ruined by perspiration. Hydrolized talc can be obtained at any drug store. It also destroys perspiration and body odors completely.