

Jefferson High. By Myrle Brown.

Monday morning Wilbur Carl, mana-mer of the football team, awarded the orize of a football to the "live wire" selling the most tickets to the Columbia-Jefferson game. Ralph Thayer of room 89 received the prize. William Bolger spoke about the Food Show to be given at the Ics Hippodrome. November 10 was the date set for the high schools, All students g, as usual.

The Technical club held a meeting ast Tuesday and heard Mr. Cummings of the Oregon State Social Hygiene society. Mr. Mangold also spoke to members on the spirit of the club. The Naemphi club is preparing for the matinee dance to be given on November 17. The club has many post-ers throughout the building on which the date appears. This has aroused considerable interest among the stu-dents, all wondering what it means. The proceeds of this dance are to be The proceeds of this dance are put in the teachers' loan fund.

The Phi Delta Epsilon Debating soclety is preparing to initiate the new members very soon. Since the elec-tion is over President McKinney expects some work from the club. The debating team is also working very hard for its debate. This debate will be between Washington high and Jefferson high and will take place before Christmas.

Live Wires have 1200 tickets Jefferson football game, As this is to be the deciding game of the league s great deal of interest is sure to be many enthusiastic supporters. The Live Wires expect to have to order more tickets before the The football team added another

victory to its list by defeating Frankling high school last Wednesday. There will be only two more games for Jefferson to play. These are against Washington and Lincoln. The score of the Franklin game was rather small, but a big fight is expected; when the regulars get back together second team traveled to Vancouver last Thursday and played

The June '17 class candy sale was big success. The class realized \$34 on the sale. The girls had baskets of candy and went about the building selling it. This helped a great deal. as many students did not reach the first floor during the lunch period. An exhibit took place in the mechanical drawing room the first part of the week. Mr. Cummings had charge and every boy in school had a chance to take advantage of this. These exhibits are to take place in several of the high schools and all boys should

The Commercial club postponed its work, preparing plans for the various instructors in typewriting. meeting until next week on account of it being election week. Friday evening at the Food Show

Jefferson was well represented by the students. The Technical, February '17 at Lincoln high, has announced that class and June '17 class voted to attend the show in full numbers. Everybody had a good time.
The Rooters' club is out strong. most every noon they assemble in the

auditorium and practice. They even have had Chinese horns to help along. William Bolger is also coming along yells and songs. The Forum club has obtained for its next speaker Mr. Chamberlain.

the Dependable Spice company last week. All attending had a good time as well as an interesting trip.

class issue of The Spectrum. To wind up the meeting a straw vote was were more votes than students a vote produced. were more votes than students a vote was again taken preceded by speakers.
Mr. Carter spoke for Mr. Hughes.
Mr. Carter spoke for Mr. Hughes.
While Mr. McKinney spoke for Mr.
Wilson. This was followed by a Wilson. This was followed by a Lalah Stone, Isabelle Kidd, Eva Kidd, Wilson and speech from Miss Caudy for Mr. Hughes, and Miss Kenin for Mr. Wilson. A vote was then taken with Mr. Wilson 25 and Mr. Hughes 22. A A motion was then put up by Mr. Carter Miss Marsh, Miss Amos, Mr. Borleske to not put the result in the records, and Mr. Harlan as politics should not come in with

The class issue of The Spectrum is well under way. Miss Doolin and Mr. Hixon are working very hard and expect to have good results.

## Washington High. By Marjory Rood.

The automobile mechanics department, which has been such an inter-esting factor in the course of applied sciences in Washington, has been discontinued. It was not because the work has been unsatisfactory but under the present crowded conditions it has been deemed unsafe by the fire marshal. If Washington ever has more room the automobile mechanics depart-ment will be resumed.

Automobiles have been repaired by

the boys in this department for the practice and experience they would gain, no charge being made except for the material used in repairing. At times two or three machines have been

Tuesday morning a straw vote was taken in the school, Wilson received 693, Hughes 662, Benson 7 and Hanly The spirit so pervaded the school that at teachers' meeting that evening another straw vote was taken. The result here was also in Wilson's favor. Wilson 27, Hughes 23.

The following February '17 class members have been chosen to fill the cast of "Merely Mary Ann:"

Bob Cook—Launcelot, a composer, first quarter but was held down by so far unsuccessful,

Wayne Loder-Peter, in business for

William Banks-Herr Brahmson music publisher.

Frank Normandin-O'Gorman, Sunday journalist.
Ruth Worden-Mrs. Leadbeater, lodging

house keeper. Vincent-Rosie, her daughter, Beryl Vincent-Rosle, her daughter, Muriel McKinley-Lady Chaliner, a

poor peeress, Doris Sawtell-Mary Ann, merely. People to fill the parts of the Rev. Samuel Smedge, a country vicar; Lord Tettingham of the Automobile club;

amuel Smedge, a country of the Automobile club; aroline Countess of Foxwell; Lady Gladys Foxwell, Countess daughter, and Howard, a footman, have not been as close second.

An assembly was held in the new gymnasium building last week. The building is unfinished, but the carbanters cleared a space in the gymnature of the assembly. Mr.

Grout. As a method of inspiring ore interest he displayed the two ups that are offered. The first—sil-

ver, was from the Northwestern Automobile company for the best yelling. The yelling requirements were based more on technique than volume. One of the two required yells must spell

the school name.

The Neakahni society held a drams program last Wednesday. A report of the development of the English drama, were to wear the colors of his school Josephine Felts. A vocal solo was charge. Mr. Boyer had charge of the given by Grace Squires. Janet Daniel talked on "Everywoman." A critical report concluded the program.

Phrenos held an interesting new

member initiation program Friday. The program consisted of a mock wedding, Edith Robertson and Mary Mc-Claren, bride and groom; Minnie Pomeroy, poems of her own writing; recidust by Alice and Lillian Gohike; an ton; plano solo, Dorothy Ostrander; illustrated lecture by Corinne Hutchin-son, cartoons were drawn on the board by three blindfolded girls, Nona Becker, Opal Clark and Aaomi Bryan.

### Lincoln High. By Walter D. Schade.

Last Friday night was high school night at the Pure Food Show. Hundreds of students from all the high schools of the city were present, to Two cups were awarded: One for the school having the largest attendance for the Washington- in proportion to its enfollment, and one for the school giving the best yell. Lincoln was well represented by members of the February '17 class and the June '17 class attended in a body. and did much to arouse the interest of the under classmen.

The Shakespearean play, "Much Add About Nothing," which is to be given by the school, is causing much favorable comment. The members of the cast who have been rehearsing for several weeks have passed over the rough parts and are now drilling on auditorium on Friday, November 24. The February '17 class held a depresent wore their school clothes,

of the class will make the candy and 42.6 words a minute, errors not countsell it, while the boys and the audi- ing, and under the same rulings cer-Bodman, vice president of the class, Rogoway with 42.9 words. Miss Ophelia has charge of the sale. Plans for the February '17 Class Cardinal are progressing rapidly. A

editor. George L. Koehn, coach of debating the following students will probably represent Lincoln in the interscholastic debates: Scott Brown, Donald Harris, Raiph Holsman, Ernest Haycox, Raymond Kosssel, Ray Mar-tin and Donald Morse. With one more members and two alternatives.

The Home Economics club visited of Lincoln high were the guests of the and feels as though another year will last Portland Symphony orchestra. The be more favorable to the school. playhouse before an audience of near- ers to conduct their classes this week The February '17 class held a class of Lincoln. The program was well not to waste time some of the classes of Lincoln. The program was well not to waste time some of the classes of Dick Hastings, Lloyd Carter and the students of the classes of th Harlan Stansberry was appointed to by the students. At the close of the look after the class pictures for the program the students sang Keller's the commercial stenography class this American hymn.

The second issue of the regular decided upon. A vote was cast, Mr. Cardinal will be ready for distribution on November 17. No pains have been installed in the penmanship rooms and and tailored skirts and are now work. D Leigh with the negative. The de-Upon the argument that there spared to make this the best issue ever are now being used to demonstrate

Marie Canel, Elizabeth Tillson and Clara Nesvold. The patrons and patronesses were: Dr. and Mrs. Amos.

Ellen Anderson and Esther Erickschool affairs. But this motion was son were hostesses for a daintily prepostponed until next meeting, by a motion to adjourn before a vote could be taken.

Pared luncheon last Tuesday. Covers were laid for the following: Shannon Pettinger, Miss Bleeg, Nellie Nelson. Miss Smith, Miss Downs, Caroline Anderson, Hildur Carlsen, Miss Greene,

Miss Rogers and Mrs. Erickson. The Tologian Debating society held an election of officers last Thursday afternoon. The following officers were elected: Donald Harris, president; Donald Morse, vice president; James Hamilton, secretary; Lloyd Helme, assistant secretary; Russell Colwell, reasurer; John Chalmers, sargeant at

arms, and Ira Berkey, editor.
The officers of the Philos Debating society for the remainder of the term are: Lucille Burton, president; Mary Bullock, vice president; Evelyn Capell, secretary; Mildred Nichol, assistant secretary; Salina Barnell, treasurer; Esther Bodman, sergeant at arms, and

Marjorie Schoeneck, editor. Last Thursday afternoon the Adelphian Debating society held a very interesting meeting. An excellent program and an impromptu debate were the features of the meeting. The program was as follows: 'Shakespeare, gram was as follows: "Shakespeare, Bacon and the Great Unknown," by Emerson Duncan, and "Was Shakes-peare a Barber!" by Dorothy Corbett.

## Franklin High

By Veva Elwell. The fastest and hardest game of the season was played last Wednesday on Multnomah field, when Jefferson beat first quarter but was held down by

Franklin after that. The first meeting of the Dramatic club was held last Tuesday, Miss Laber acting as faculty adviser. The following officers were elected: Everett Barbur, president; Helen Dustan, vice-president; Katherine McKensie, Joy Bodley and Genevieve Spriggs, ex-

ecutive officers.

The club will give a program at each meeting with a large play later in the term.

The meeting of the "Goggles," the

girls' debating society, was postponed

decided upon. Dick, a canary, not definitely been chosen, either.

The June '1s class has chosen the penters cleared a space in the gymnapenters cleared a space in the gymnasium room for the assembly. Mr. siass party. A committee consisting of George Black and Robert Vial was appointed to confer with Professor Herdman concerning the plan where Herdman concerning the plan where the party may be given. No further arrangements have been made.

Wednesday morning the topic of High School Night" at the Pure Food spirit, and Helen Dustan talked on the topic of spirit, and Helen Dustan talked on the topic of spirit, and Helen Dustan talked on the topic of spirit, and Helen Dustan talked on the topic of spirit, and Helen Dustan talked on the topic of spirit, and Helen Dustan talked on the topic of the to

An arm band sale was held in the halls Wednesday noon before the Jef-ferson-Franklin game. The Mandolin club met Friday to be given work for the term.

The orchestra was entertained at the rehearsal of the Portland Sym-Boys and Girls' Glee club will sing at the Laurelhurst Congregational church today. Vesper services will be held in the evening at 5 o'clock. Mr. Alder-man will give an illustrated lecture. A meeting was held Friday for the purpose of forming a science club, the

purpose of which is to investigate Mr. Bymhold and the boys of the manual training department met Friday to organize a club. A committee was appointed to form a constitution. The club is for social purposes and is open to only boys of that department. The name of the club has not been

decided upon as yet.

The "Pep club" held a meeting Tuesday morning, at which a commit-tee was appointed to help arrange for the food fete at the Ice Hippodrome. The committee consisted of George Powell, Mora Williams and Everett

Work has begun on 'The Pirate of Penzance" by the Boys' and Girls' Glee club. This is the first musical production of the kind attempted in sny of the Portland high schools. The left wing of the main building

is nearly completed. It is expected that classes will be held there for the The new adjustable seats have been received and are being put in the rooms to replace the chairs now in use. The new physics room is being fitted with tables and cupboards this week. F. A. Narramore visited the building on Thursday and inspected the work under proces of construction.

## High School of Commerce. By Ernest Peterson.

this week was the assembly held Tuesday morning. At this time six will be produced in the high school students were awarded prizes for their Rebecca Solko was awarded a pennant lightful party last Saturday night. for making 34.1 words a minute for 10 The feature of the event was that all minutes with a minimum of five errors, and Miss Edith Wilkinson a pen-The February '17 class have decided nant for making 28 words a minute to sell candy at the performance of under the same rules. Miss Arline Much Ado About Nothing." The girls Herriott won a certificate for making ence are to be the purchasers. Esther difficates were also won by Miss Bessie Goodman with 45 words and Miss Gilberta Bridgwater with 44.7 words. The pennants and certificates were staff of over 25 students are hard at presented by F. N. Haroun, one of the

After this presentation a school penand Elsa Armstrong is associate nant was given to Robert Barger for making the first touchdown for Com-

Following this two debates were held on measures on the ballot, after which the students were given sample ballots and an election held. The results showed Mr. Wilson as winner. Mr. Alderson of the faculty an-nounced that he would give the school member to be chosen, this will be a pennant that won the game between eight in all, a negative team of three Commerce and James John. Commembers, an affirmative team of three merce lost the game and the pennant. but the school is proud of the showing Last Friday morning the students the team has made in its initial year

Mr. Vejar gave his first lecture to

week. He will give his second lecture Monday evening after school. fancy writing.

The Hakanaki Camp Fire girls gave a well attended skating party at the Oaks rink last Friday night. The cided to visit the food show at the

A BUSY SCHOOL ON WHEELS

A school on wheels is operated by the Southern Pacific, where construction work is under way. As the work progresses so does the car and in it daily sessions are attended by the boys and girls

ver, gold lined, was put up by Feldenheimer for the school which had tice.

An arm band sale was held in the commerce was pleased with the anfaculty had been elected county school n the school Mr. Alderson only lost

four votes. to improve the fire drill if it is possible. The school is now cleared in 40 to 46 seconds. If the exit doors were nearer the inside stairs it is thought that at least 10 seconds better time could be made,

## James John High.

By Clarice Wilson, The Agassiz club was the name adopted by the new science organization at a meeting, Monday, F. D. Curtiss, the chairman of a committee for drawing up a constitution, presented the constitution prepared, which was accepted with several amendments. After discussion a piedge was formulated and the following officers were elected: Fred Saterlee, president; Russell Drinker, vice-president; Ethel Hufford, secretary; Donald MacGreg-or, reporter, and F. D. Curtis, L. N. Strong and Miss Dorothea Clinton,

faculty advisers.

The football team received the hearty cheers of their comrades at Wednesday morning's assembly for the victory they won from Commerce High. The final score, 7 to 0, would have been much higher in James John's favor if it had not been for a little bad luck. The school looks for a good game with Vancouver Saturday.

The last football game in the league

for James John is scheduled with Franklin for Tuesday., The art class designed a costume for the yell leaders to wear at the Pure Food Show Friday night. The domestic art classes, besides making this costume, made orange and black caps for the girls and boys, which they sold for 5 cents each.

At assembly Thursday numerous yells were practiced for this event and the following Indian yell submitted by F. D. Curtiss was received with high

Klata Mika tum tum? Hias cloas! Hias cloas! Klata milsa tum tum? Hlas cloas! Um! Nowid'ka! The meaning of this yell is How is your heart? How is your heart? Very strong! Very strong! How is your heart? Very strong, um!

A schedule of points in the honor system has been completely worked out. To win honor a student must win not less than two (and may not count more than 12) in at least four of the following classifications: Scholarship, journalism, athletics, dramatics and debate, music, major offices and minor offices.

The idea of this system is to recognize all forms of talent in the school and to encourage other activities besides athletics. To become an honor member the June '17 class must win 13 points, the June '18 class 20 points, June '19, 25 points, February '20, 28 points, and June '20 must win 80 points. In this manner a chance is given to upper classmen as well as the reshmen of becoming honor members. Points may be annulled by faculty rote, for discreditable work or conduct, or additional points may be granted for special service, by faculty vote. A keen interest is being shown in this plan by the student body, and Miller and Weinstein are both exthere will be, no doubt, a laudable perienced men. Miller was on the nega-

## Benson Polytechnic (Girls) By Winifred Peterson.

ing on wool school dresses. In the art room designs are being made for work on third term dresses. Special attention is given to adapting cided to visit the food show at the the dress to each particular girl with Ice Palace and compete for the prizes regard to proportions and style. Such

These are drawn to scale by each

These are drawn to scale by each girl for her own dress. The pupils are making original designs for the ornamentation of the dresses in wool and silk embroldery which calls for careful study of color schemes.

The senior girls are making silk dresses. One of the dresses is a blue and pink marquisette and is made up in a very charming design.

The freshman class has decided upon gray and American beauty red as its class colors.

The first term sewing class of room

The first term sewing class of room three has finished its fourth garment for the term. These were placed upon exhibition in the school and the girls in the advanced classes were permitted to grade them.

The third and fourth term English classes are having class debates con-nected with the work of the civics The fourth termers are now preparing on the subject of restricted immigration and the other class on

the eight hour law. The Alumni association school met Thursday evening in reom F of the Central library and elected officers for the coming year.

## Benson Polytechnic (Boys') By Donald McClung.

The interest of the schools is now centered upon the new Benson Poly-technic school, the cornerstone of which will be laid during the early part of this week, probably Tuesday. Students are planning to take a prominent part is the celebration, and a rousing time is assured. The Benson Tech band will make its first public appearance of the season and will try to prove to the people of Portland that it is the best school organi-

sation of its kind in the city.

The "Poly Tech," student publication of the school, is on the press and will be issued about the middle of this-The "Poly Tech" hopes to set itself as a standard for school papers and to prove that it is a publication that is different from the usual school magazines.

Gymnasium students are getting s chance to learn a few points about wrestling under the expert coaching of Leon Fabre, gymnasium instructor, as a new mat has recently arrived and been put to use. Interest is also being taken in jumping, and, of course, basketball, as the season for that popular game is now approaching.

Thursday afternoon an assembly was held in the Armory. This is the first time that all students have been together in a single assembly for about one year. There was talking on school spirit by Mr. Cleveland, and the school was then led in several yells by William Peck and Herbert Leonard. At the assembly all were urged to turn out and win the trophies being put up at the local exhibition being held at the Ice Hippodrome, for the largest attendance of students and the best yells.

## University and College News

Events of Note.

Reed College. Reed college speakers for the annual intercollegiate debate with the University of Washington have been chosen as follows: Affirmative, to debate at Reed, Glenn Kleinau and Lloyd Habberly; and negative, to de-bate in Seattle, Horace Miller and Sain Weinstein. These men were chosen by President William T, Foster, Professor Norman F. Celeman and Robert D. Leigh. Tryouts have been in the form of interclass debates.

year, and Weinstein was on the affirmative team which wen at Portland. The subject of the debate this year is the abolishment of intercollegiate The third term sewing classes have athletics. President Foster will work bate is scheduled for December 14, which is a month earlier than either of the first two years of the debates Baby home. between the two institutions. Jack Levin and Kocheng Chung have been chosen as alternates for the teams.

Two short plays by American authors were acted at the monthly meeting of the college Drama club in the men's social room last Friday evening. Middleton's "The Man Masterful" and Goodman's "The Winged Bear" were presented. Short talks were also given on each of the plays as well as a com-

Robert D. Leigh will be the vesper speaker in the college chapel this afternoon at 4 o'clock. The public is invited to the service.

Oregon Agricultural College. Corvallis, Or., Nov. 11.-W, F Woodward, senior member of the Port. land drug firm of Woodard-Clarke, spoke on the revival of the American merchant marine before the school of commerce, on Tuesday of this week. 'We haven't the delivery wagon to deliver our goods to the world," said he, "and there is great need of a re-vival of the ship-building industry of the United States." It was claimed by the speaker that we are paying the price of our neglect to provide bottoms—in dollars, strenth and resources. Decrease in the carrying power of the world due to the war is causing rapid rises in transportation charges, those for wheat being four or five times as high as formerly, "The wise and far-sighted cooperation of the state and the merchant is neces sary to building a strong merchant marine in the United States," he de-

R. D. Hetzel, director of extension, left for Washington, D. C., the first of the week to confer with officers of the federal states relation service on cooperative work in Oregon. He will also speak before some of the agricultural associations holding metings at the capital city this winter.

The excessive cost of handling grain by the sack method and the desirability of changing to the hulk system will be the subject of a convention of grain growers to be held at the college during Farmers' and Homemakers' week, January 2 to 6. A number of shippers and transportation specialists of Portland and elsewhere have promised to attend and take part in the proceedings.

A series of extension lectures on electrical engineering will be given by Professor R. H. Dearborn, of the colege, before the Association of Electrical Workers of Portland, The subject will be of general as well as technical importance, and will be selected by members of the association. The first lecture is scheduled for December 8. Dr. W. J. Kerr, president of the col lege, will deliver an address on "Agencles for Agricultural Advancement before the General Association og Agri



CHINESE STUDENTS REACH AMERICA

More than 200 Chinese boys and girls have recently arrived in this country to attend various universities throughout the land. Later they will return to China and spread the gospel of our institutions in their country. The photopraph shows two parties of the ambitious students, one of girls and one of boys, that recently arrived in San Francisco.

neets at Baltimore November 12 to human being. 18. President Kerr will give one of the special evening lectures, speaking cupy the busiest of minds, for a jocund on the evening of the 15th. On this diversion is tonic to overwrought trip he will attend the meeting of the thinkers. American Association of Agricultural Colleges and Experiment Stations at Washington, and confer with officers of the United States department of agriculture on matters of interest to of inspiration, admiration and avoca-

The Classical club met at the home of Dr. Kelley Rees last Wednesday evening. The speakers were Missos Levandeur Chiunard, Helen Uhlman, Elizabeth Knight, Mary Townsend, Adelaide Wilson and Virginia Mac-Kensie.

Miss Ruth Leanord read a paper or "Fertilization" at the meeting of the Biology club at the home of Dr. Harry 3. Torrey last Wednesday evening. The women of the junior and freshmen classes met also last Wednesday to sew bonnets for the babies at tho

Diet Observations. There is a Hindu proverb which

says, "Rice is good, but lentils are my

life," In early days in the New England states the woodcutter, who set out for a day's work in the woods in winter, almost always took with him "bean porridge"-beans that had been cooked to the consistency of a thick mush and then frozen in bowls. In each bowl had been placed a string, which served to lift out the contents. In the dietary studies made in consection with the nutrition investigntions of the office of experiment sta-tions of the United States department of agriculture and the earlier works from which this inquiry developed cal-culations were made showing that tak-ing the average of some 14 studies with professional men of varied in-comes and living in different regions, dried legumes constituted 6 per cent of the total food and furnished 2.1 per

be in your profession of bricklaying collecting fares on a streetcar, medi cine, law, drugs, engineering or any other line of work, if you are without a hobby, a favorite occupation outside of business, a pet pastime or some means of occupying your mind when

# Mildly and Healthfully

Mary T. Goldman's Gray Hair Color Restorer is the original preparation for safely and quickly restoring the natural colortogray. faded and bleached hair in a few days. Leaves the hair clean, fluffy and natural. Free Trial Package and special

comb. Test it on a lock of hair. This test will prove more than anything we could say in an advertisement. Write now and be sure to tell the original color before it turned gray. Was it black, dark brown, medium brown or light brown? Regular \$1.00 size at your druggist's, or I will fill your order direct. Clever imitators, not being able to imitate the preparation itself, have copied our labels almost word for word. To be safe and sure, remember the name.

A little hobby should at times oc-

To see the idle rich revel in all-day fishing parties means nothing, but to behold the president of the United you from becoming "set" in your ways. States at a game of golf is a source It keeps you from becoming mossy tion, even to the most idle of crea-

In every boy's life he passes through a stage of stamp collecting, selling masters of men always have some little-cent soap to purchase a football. collecting transfers and other objects of interest to his boyish mind. Nine times in ten he goes right back to that

cultural Societies of Maryland, which it is "off duty" you are a pretty sad stamp collecting, tramping or hiking, fiddling, sailing or motor boating or hydroplaning, raising chickens, skunks, snakes or apples, collecting rare books, pictures, pottery or art works, collecting thumb prints, autographs or

fossils. and mean and sour. Like a piece of reachinery that needs rest at times,

Carpet Beater.

Housewives the country over will be same age in another form when he is interested in the marketing of a newly long past the 'teen age. When his invented machine to beat rugs and carmature mind needs must have some pets. The fabric to be cleaned is laid form of diversion he seeks the art of on the ground. The machine runs golf, tennis, fishing, hunting, photo- over it on wheels. Flails, operated by graphy, oriental rug study, coin and turning a crank, beat the carpet.

## "In a Few Minutes, Away Go Blackheads

"You Never Saw Anything Like It, Girls, and Here Are Some Other Beauty Secrets Just as Wonderful," Says Valeska Suratt.

By Valoska Suratt.

HONESTLY, it gives me the "fidg-ets" every time I hear of, or see, anyone trying to pinch out blackheads. You can squeeze out a large one once in a while and there's no damage to the skin, but when you try to squeeze out the thousands of little ones that are so firmly imbedded in the skin that you have to discour dried legumes constituted a per cent of the total food and furnished 2.1 per cent of the total protein of the dieta's small amount when their high food value is considered.

In studies of the food eaten by Maine lumbermen it was found that baked beans furnished 20 to 23 per cent of the total protein and 10 to 14 per cent of the total energy of the diet.

In the case of professional men, mechanics and farmers the total amount of dry legumes used was small, and in view of the high food value, palatability and low cost of this class of foods it might have been increased profitably.

Have You a Hobby?

No matter how interested you may be in your profession of bricklaying.

ANSWERS TO QUESTIONS. MISS DOUBLE M.—Your hair ought to stop right away from falling if you will use my hair formula. This has certainly stirred up things among my friends. Every one who has tried it says it is perfectly astounding how it makes hair grow and stops hair falling. Get one ounce of beta-quinoi from your druggist and mix it with half a pint of water and half a pint of alcohol. If you prefer, use a full pint of bey rum instead of water and alcohol. Use this every day and your dream of long, silky, beautiful hair will come true.

MIES HAPPY.—I knew that hair formula would make your hair grow fast. Now about the dandruff. You know soap and the common shampoos you buy all have alkali. That hurts hair and never stops dandruff. Try a teaspoonful of eggol in half a cup of water and use as a head-wash. It dissolves away all scale, grease and dandruff. It's wonderful for that. Eggol will cost twenty-five cents—enough to make about twelve shampoos. There's nothing as good.

MISS M. G. H.—One, two, three, That's almost as fast and as easy as my superfluous hair formula gets rid of superfluous hairs. You never saw anything like it in your life. Just moisten the hairs with sulfo solution and see them shrivel and dissolve away. I wouldn't use the burners and so-called superfluous hair femovers sold for anything! They burn, redden and trritate the skin badly. This is

MRS. B. D. S.—It makes me happy every time I give this wrinkle formula. It does so many wonderful things. You'll hardly have a wrinkle in your face after a few days' use of this cream, which you make yourself at home in a few minutes. Two counces of eptoi, one tablespoonful of glycerine in half a pint of water. There you are. Your skin will get plump and you'll be asking yourself not how old, but how young you look.

. . . MISS MUDDY—Instead of their calling you "muddy," they'll call you "lily," Mark my word. And that'll be quick, too. My complexion cream is what my friends call the "modern miracie." It clears up a complexion in a wonderful way. It's simple and economical. Nothing equals it on earth that I know. One ounce of sintons and two tablespoonfuls of glycerine, both mixed in a pint of water, makes up the cream. Apply once a day at least. All muddiness, spots and freckles vanish like magic.

ANNETTE G.—Well it just hap-pened your druggist didn't have just then the eggol for the head-wash and for removing dandruff. Whenever this happens, send the twenty-five cents to "Secretary to Valeska Suratt, Thomp-son Bidg., Chicago," and it will be sent to you at once.

MISS JANIS T.—One might as well buy chalk as any of the face powders so commonly sold. It's a "fright." I'll say nobody can get as good a face powder on earth as what I have had made for myself after my own formula. It's so fine it's like silk and is invisible. It has no chalkiness whatever. It is being sold now for fifty cents in drug stores as "Valeska Suratt Face Powder," in flesh white and brunette tints.