ed every day, afternoon and morning pt Sunday afternoon) at the Journal ing, Broadway and Kambili streets, and Co-Entered at the postoffice at Portland, Or., fransmission through the mails as seco

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Profound minds are the most likely to hink lightly of the resources of human mason, and it is the superficial thinker who is generally strongest in every kind of unbelief. —Sir Humphrey Davy.

AMERICA APPROVED

HE action of America in the break with Germany is unchallunged.

The neutral world has already proclaimed its approval. life will, if long continued, cause other governments to seriously majority of that body? consider, if not actually underake, a break.

The press of the neutral counthe attitude of the Washington

past. The policy of toleration and prosperity be conserved. forbearance was a sagacious polfingoes assailed, now bears fruit of the port commission. in the commendation of the world break of relations. .

the one hopeful sign in the gravest he was not a subscriber? situation America has faced since the war with Spain.

The tenor of expression is that no other course than a break was open to the United States. It is a splendid acknowledgment. It is a delightful contemplation for every American citizen to realize that freight are received and diswe waited, and endured and sacri- charged. ficed until all the world recogsition.

Whether or not we are to go mankind.

The Forest Grove Times has mercial development. been very abusive of The Journal because this paper has urged abandonment of delinquent tax publionly four and has been charging millions more to overcome natural for both nitrogen and potash. tax list rates far above its regu- obstacles and artificial barriers to lar advertising rates. It had a the movement of freight. good thing, and knew a good thing when it saw it. Graft always fights back when its soft snap is endangered.

A JUDGE'S DECISION

for the purpose of influencing city. to free election day from roor- ent population. backs issued too late for reply and from all activities that tended to

exercise influence on voters.

hould be controlled by every regniation that individuals must obey, he Journal has regularly held columns free from campaign mat- situation become as complicated Rome, perished from innutrition pay that. But when it came to payein's decision, it still believes cial development as in New York? that the individual is wronged Will permanent obstacles be alirained from doing.

decision and the unrestrained pracis to be deplered.

The newspapers, of all instrumentalities, should set a high ex- the going as well as the future; ample of respect for and obedience industry of Portland. to any law that tends to purify the ballot and make elections fair.

is doing well. Why tinker with on pulling down an activity that development menaced. is doing well?

WHY MR. KELLY?

HERE is a continuation of the effort at Salem to dislodge supersede him with George Kelly, teachers' salaries a year hence? all comprehension. majority of the commission. The what might or might not be adcommission's work as conducted visable then is merely guesswork. ities commission, in the lead of Mr. get a graft out of is "pork barrel by the majority of the body is That fact makes the board's action Corey, is endeavoring to have legislahighly commended on all sides. the subject of some wonderment. The body as at present consti-

tuted stands high in public confi-

dence.

The move at Salem is evidently an effort to change the policy and break down the plans of the majority. Is the legislature prepared to assume the responsibility of the body is highly successful? To what extent is a legislature, busied tax list cream. One of these papers with other important work, com- claims a circulation of about 1500, petent under the conflicting testimony of lobbyists, to intelligentthe commission should be discredited and its plans be reversed?

Should a minority in the legislature rule the majority? If not, should a minority in the Portland Brazil is said to be on the verge port commission rule the major- name of the place where his pataking the same step. Indis- ity? How can any member of the per is published be withheld from another of March last, where 14 kilocriminate sinking of the vessels of legislature vote to unseat Mr. publication. He is deterred from watt hours were used, of which 10 paid other neutrals with destruction of Tucker, who has been given a public expression of his honest 9 cents and four paid 7 cents. Now place on the commission by the convictions by the abuse which card these puzzling distinctions, not one

ries is unanimous and outspoken with the progress and future wel- tax publications. n approval of the American posi- fare of this city. It is the instru- But our friend makes a mistake. so forward the commerce and in- ing. dustry of the port that their prop-

It would be a direct attack upon tack the graft. There are many Press, on January 29, carried the state-The patience manifested by the welfare of Portland to permit such newspaper men in Oregon. the United States toward Ger- political intrigue to have a part in They are to be admired for their many, a patience that so many shaping the affairs or organization loyalty to the members of their an increase in wages. In reply to

or letter is unreliable because the a wrong. They are failing to fill Nolan of California revealed the fact When they come, the stock declines. Even Germany, by her action in delinquent may not get the letter the true function of a fearless that 20 per cent of the government After a decline of several points, he implied assurance that the United he cannot get a postal card or let- wherever found and is the uncom- ceive between \$720 and \$840 yearly, States is right in the demand for ter out of the postoffice, is he any promising foe of an unjust syssafety of life. The care exercised more likely to get his newspaper tem whatever it be. in saving the crew of the torpe- out of the postoffice? Even if The testimony against delin- of no avail. accede to American requirements sheriff, what chance of notifica- tion. It is without defenders exand in the midst of an indiscri- tion would he have if the delin- cept by its beneficiaries, and these

PORTLAND PAYROLLS

N EW YORK city is the commercial metropolis of first purpose. magnitude in America. Here the largest tonnages of

When New York first realized hizes our forbearance and attests its commercial possibilities, little the dignity and justice of our po- consideration was given its freight have been installed with a full shut off. anticipation of New York's com-

graphical and topographical loca- Chile to be made into explosives. tion as a permanent center of industry.

position, the population increase though food is scarce and dear in UDGE GANTENBEIN has de- and the upbuilding of Portland this country. There has been some newspaper to publish matter unequalled in the history of the kelp wrack on the Pacific coast,

ful, under the corrupt practices server Portland has an industrial feed them. act, for an individual to do so. It and commercial status far beyond is clearly the purpose of the law the average conception of the pres-

A well directed effort to de- caused by the ruin of agriculture, about Thanksgiving time their house termine the basic facts controlling The Italian fields were farmed the industrial expansion of Port- ignorantly by slave labor for many their lives. The fire made a clean century the United States, the boasted

tion into fact. In spite of Judge Ganten- in the course of Portland commer-York?

this problem. Close cooperation It might be restored by utilizing tice of newspapers in filling their between the transportation lines, our waterpowers to make nitrates columns with campaign matter on rail and water, with the Port of from the air and kelp to produce election day will tend to under- Portland will be a necessary pre- potash. But the big trusts are mine the influence of the corrupt cedent. This can be brought about after the waterpowers and the Dupractices law, a consequence that through the medium of industrial Ponts want the kelp to make gunresearch and an organization qual- powder. Must the lower use bow ified to ascertain facts concerning to the higher? Without this cooperation and a

coordination of the facts the same serious blockade of physicial and pu The Portland port commission artificial barriers will be erected forever, and the acme of permait? Why pull down or take chances nept industrial and commercial

The glaring example of New York's failure to cope with the tor of The Journal-I notice that the stand it took against the publicaproblem should not pass without "galled jade" winces, from whom you tion of delinquent tax lists. I would profit to Portland.

Alfred Tucker from the Port in advance by the Portland school anyone not directly interested in a cold were using the ballot against such of Portland commission and board that it is going to raise bery in any county in the state is past such men every chance I get. Mr. Tucker is the choice of the Conditions change in a year, and

A NEWSPAPER TYRRANY

LETTER to The Journal from an up-state newspaper man has the following:

on the good fight you are making through The Journal in behalf of vetoing the plans and policies of the citizens of this state who are the commission at a time when financially unable to meet their grow up under cover of permitted extaxes. In this county, two papers published at the county seat get the while the other is said to have between 1000 and 1200. The population of the county is over 10,000. ly determine that the majority of I believe that if the tax list is to be abolished in Multnomah county, taxpayers in other portions of the state should have similar relief from the burden.

letter is used, his name and the other of February last year, where 12 some of the county seat newspa- in a thousand knowing what a kilowatt of buying stock in the hope that it The Port of Portland is an ac- pers are heaping upon The Jours hour is, there would be a flat rate, as will rise, which is the way of most tivity of tremendous importance. nal because of its efforts to se-

tion. The newspapers of the Unit- mentality that several hundred It is the same mistake that other two coadjutors, range respectively at ed States are a unit in affirming thousand people are relying on to up-state newspaper men are mak- \$590 and \$458 per horsepower per

They know that the delinquent The conditions attest the wis- erty values will be sustained, their advertising is wrong, but out of dom of the American course in the labor be kept employed and their deference to their county seat newspaper friends, dislike to at- Editor of The Journal-The United

> profession and to their up-state those federal employes, who certainly newspaper activity.

FOOD AND POWDER

manufacturers is on a trip to the nation. California to look into the prospect of making potash handling facilities. This lack of out of sea kelp. This weed is foresight has cost the transporta- abundant at certain spots on the of the year requires that motor vefarther in an enterprise which we tion companies, both rail and Pacific shore and inasmuch as it hicles (except trucks) and street and abhor depends upon Germany, and water, an immense sum of money is rich in potast it has become in- interurban cars outside the congested meanwhile, every American is and even now this situation de- teresting to the munition trust. strengthened in his national faith mands improvement. In fact, no Potash, which is used in gunpow- forced against automobile drivers, but by the consciousness that our po- system can be devised now to com- der, has become something of a the streetcars, particularly Hawthorne sition has the commendation of pare with the system which might rarity since the German supply was avenue and Mount Scott cars, are run-

There was a story in the papers the other day that the United The city of Portland has already States government had ordered

We have not heard of our government's importing any nitrates Bingham clerkship. Since 1905, the year of the ex- to be used in producing food, al-

It is well known to economic happen to the freight handling tion. The "bold peasantry," which ure on

orous barbarians from the north. The same economists go on to them they could take \$50 or stand then the newspaper is licensed to lowed to block the lines of least tell us that exhaustion is proceed- a suit. Of course the old people do that which the individual is re- resistance as they have in New ing rapidly upon United States could not afford to resist an insursoils. The fertility which should ance company, so they had to ac-It thinks, moreover, that the There is but one selution for nourish yeomen is being dissipated. had been paying pates on. The mort-

chicken house or woodshed, lent them by a neighbor.

Letters From the People

[Communications sent to The Journal for pullication in this department should be writ-ten on only one side of the paper, should not exceed 300 words in length and must be acecumented by the name and s-idress sender. If the writer does not desire the name published be should so state.]

Charges for Electrical Current. Portland, Or., Jan. 31 .- To the Edi-Why the announcement so far distended maw of the Oregonian. How them, It's about time the people

There is another matter looming up which should be thoroughly ventilated. It aproves of anything that has a Corey, is endeavoring to have legisla-tion enacted which will prevent com-kneed as well as meatheaded paalready in the field to supply to the wrong side of everything. public utility requirements, which has capacity up to such requirement. It knocks out individual initiative. It might be tolerated if a proviso were contained in the law that where this privilege obtains the utility "must dis-I desire to congratulate you pose of its wares at rates no higher than may be produced and sold by that or any other means of marketing," lest an intolerant and arrogant monoply Such men are a menace to any city. action, Does Mr. Corey's proposed legislation cover this exception?

possibly 35,000 users of electric household lighting; and the companies dealing out this utility have a rate of 9-7-4 to exploit the people. A. ROONEY, cents per kilowatt hour for its use. At least 30,000 of these users use less than 20 kilowatt hours per month on an average and never get in the 4-cent rate at all. I have one bill in my hand covering last December, where 16 kilo-The writer requests that if the paid 9 cents and six paid 7 cents; anwhile a city owned utility would disin Tacoma, of a charge for the use of 20 kilowatt hours, and at a reasonable named rates prevailing here, and under annum-at least four times higher than they should be.

Government Employes' Pay. Hood River, Or., Jan. 31 .- To the ment that 5000 government employes in Washington had requested President Wilson to assist them in getting are in need of what they ask, the pres-Washington receive less while 5 per cent are paid from \$840 to whom he borrowed. It will certainly be a price at request of those underpaid government workers.

According to an investigation by the less than \$900 per year, but, neverthean investigation by the govern-ment declares he does, he certainly deserves even bigger pay than that in Washington, where house rent and common necessaries of life are so CLARENCE W. ISON.

Rapid Transit Matters.

Portland, Jan. 25 .- To the Editor of The Journal—The new traffic ordi-nance which went into effect the first district shall not exceed a speed of 20 ning beyond 25 miles an hour,

I also notice that about two weeks Potash is also an essential to ago a solicitor for the jitneys was aragriculture. It is one of the three rested for soliciting without a license, Not only the transportation Tundamental plant foods, the other Languth's court he decided that a companies but the city through a two being nitrogen and phosphorus, solicitor for either jitneys or streetpublic service commission com- Phosphorus is not used in explo- cars must have a license. This law is cations. The Times has been posed of the most efficient en- sives, but nitrogen is the base of not being enforced against the streetcar solicitors. I wonder when the printing the delinquent list five gineers of the country, have spent them all. So there is lively compe- powers that be will cease to make untimes when the law provides for millions and are planning to spend tition between food and gunpowder just discrimination in the enforcement of the laws.

A BELIEVER IN JUSTICE Insurance Losses.

Corvallis, Or., Feb. 2 .- To the Edour illustrious body of lawmaking lawyers have introduced 531 bills most of which are on a par with the firm basis of native ability. Why can't some broad minded man, if there is one among them, introduce a bill of few words and no jokers, that will make insurance companies pay the amount cided that it is lawful for a on a permanent basis has been talk of making fertilizer from the they insure for? Everybody knows that insurance companies will not but it is only talk. The potash in erty. And if they did, should not voters on election day, but unlaw- To the careful and scientific ob- the kelp is needed to kill men, not insurance companies be responsible as other people?

A poor old couple who live near cadence" of the Roman empire was and their furniture for \$200. Just into it. caught fire in the middle of the out, the leading democratic figure in night, and they barely escaped with the English-speaking world. In half Believing that a newspaper land will transform the concep- hundred years and finally lost so sweep. Not a board of the house much of their fertility that they of household goods was saved. The but England, the monarchical, the aris-Without direction what will could not support a rural popula- company brought contractors to figreplacing the house, lection day sacred and kept its facilities of Portland? Will the had made the pride and power of the money so they were oblight to the head. the money so they were obliged to and the empire fell before the vig- ing for the furniture they tried every dodge they knew. They wanted to settle for \$25 and finally told cept \$50 in lieu of the \$200 they

gage on the place took the \$800, so the old people had \$50 left to build them a new home. They have started them a little three room house out of some old lumber but have run out of material or money to buy it with and are left with no roof over their heads but an old shack, fit only for

I would suggest that newspapers giving news of a fire be to publish the amount of insurance on the property and the amount the parties receive in case of fire, so that the public may know which companies pay and which ones try to avoid payment. H. W. FIEDLER,

Disapproves Delinquent List. Vancouver, Wash., Feb. 1 .- To the Editor of The Journal-I think The Journal deserves great credit for the so unmercifully divorced a \$3000 to like to know what the good people \$4000 imposition against the tax de- of Oregon think of that bunch they linquent, from dropping into the wide sent to Salem to make laws for blooded grab can countenance this job- a class. I use my ballot against I notice the Oregonian approves

the publishing of the delinquent list. We are informed that the public util- rakeoff in it. Anything they don't petition against a utility corporation per in this country, always on the

G. W. LOUDEN.

Assails Exploiters. Portland, Jan. 29 .- To the Editor of The Journal - Dr. Puffer, the vocaional expert, hit the nail on the head get and not to produce is useless. He said the right thing in the right place. that comes up in the city, and always take sides with the big interests as Take the case of Portland. It has against the working classes. Portland will get no more industry or payrolls

Profiting When Stocks Fall.

while this class of men are allowed

The inquiry in Washington into the charge that news of the president's peace message was given to watt hours were used up, of which 10 stock speculators before it became generally known to the public, has led to many inquiries how a person prokilowatt hours were used, in which fits when he has advance information 10 paid 9 cents and two paid 7 cents; that a stock will go down. The answer is short selling.

Short selling is selling a stock that you do not own in the hope that you can buy it for delivery at less than you sold it for. It is the reverse amateur speculators.

No public body has more to do cure abandonment of delinquent rate based on horsepower at not over a sells it at 115 he has made 15 a If a man buys Steel at 100 and rental of \$100 per year. But the above share, minus broker's charges. If the stock declines and he sells he loses charges. A speculator who is sure that a

stock is going down, either because of 'inside information," or from reason. gives an order to his broker to sell. If the stock is, for example, General Motors, he tells his broker to sell that stock.

The broker tells his man on the floor of the exchange to sell General Motors. It is done. The speculator has sold something that he did not have. The broker then borrows General Motors from someone who lends stocks for an income. This stock is delivered to the buyer.

and the acknowledgment by manit is argued that notification of But in their friendship and Toyward labor. Late last summer an inwatches for the influences that he
watches for the influe will give an order to his broker to than \$720 per year, 10 per cent re- buy General Motors. The broker then delivers the stock to the man The speculator Representative Nolan so far has been which the stock was sold at and the which it was purchased, has made \$5 a share, minus the broker's charges.

In selling short a margin is minate submarine warfare to avoid quent list happened to be pub- are merely a few of the county United States government, a laborer quired, just as in buying stock. If the committing an overt act. It is lished in some newspaper to which seat newspapers, which have no cannot properly support a family on stock goes up several points after the right to submerge and penalize less, 35 per cent of the employes of will call for more margin. If the of the appetite and still reduce speculator has sold short the broker under a newspaper tyranny those the government in Washington receive speculator cannot put it up, or is untaxpayers who cannot get money less than the standard scale of wages willing to, the broker will buy the in time to pay their mounting proclaimed by the government. If the stock at the market price. The specucommon laborer requires \$900 per lator is then out the difference betaxes on the day set apart for that year outside of Washington, which tween the selling price and the purchase price, plus broker's charges. Selling short is practically the universal method used by professional speculators. It offers opportunity for larger and quicker profits usually NE of the DuPont munition much higher than in any other city in than actual buying of stocks, as stocks, like other material things, usually fall faster than they rise.

When professional traders know that stocks are going down, they make money at the expense of amateur speculators, who buy them in the hope that they are going up.

A Democratic Dictator. From the San Prancisco Bulletin.

One of those easy comparisons by

which an attempt is made to translate a public man of one country into the language of another likens David Lloyd George to Roosevelt. In both there is abundant energy, in both a gift of speech making, in both the When the case was tried in Judge power to gain and hold the loyalty of crowds. But Lloyd George seems to have had-and maybe still has-more of the passions and prejudices of de-Roosevelt was always at home in drawing-rooms and always had more patience with aristocrats than with demagogues. There was more of Alexander Hamilton in him than of Andrew Jackson. But Lloyd George, while perfectly capable of making himself at home in drawingrooms or anywhere else on earth a guest at the Portland. itor of The Journal-I see by last where men are put to a test, hated the awakened to its strategic geo- many million tons of nitrates from Tuesday's Semi-Weekly Journal that cultured amenities by which social classes were distinguished, and scoffed at all distinctions not resting on a The things he said about the house of singly and collectively, were scandalous. He spoke for the new democracy which the war interrupted in the very act of seizing the government of England. His reforms were not taken ready-made from the hands of insure up to full value of prop- men who had interested him because they were personally charming, but were personal, crude and cutting. for the acts of their agents, the same realized their significance because he had known what poverty was. never dabbled with reform, but hurled historians that the so-called "de- me had their house insured for \$800 his whole personality passionately

Thus he was, when the war broke home of democracy, had not produced tocratic, the caste-ridden, had evolved Lloyd George. The future of democthis dictator at the head.

Another Good Point. From the Washington Star. "Don't you know that automobile of

yours is a joke?" "Yep," replied Mr. Chuggins, "That's the reason I selected it. It's a great at the Imperial. thing to have a motor car that makes eople laugh when they see it oming instead of getting mad." people

PERTINENT COMMENT AND NEWS IN BRIEF

SMALL CHANGE

The question, "Why is a neutral?" may get itself answered, after all. The solemn warning that he may fill a drunkard's grave nasn't any terrors for the sexton.

Villa and Carranza may settle it be tween themselves as to Pershing out of Mexico." Charlie Chaplin is said to be immensely popular in Siam — where the people probably think all Americans behave like that.

If the Colonel didn't have a tip, he surely had a hunch that answered the same purpose, when no decided to stay home from Polynesia. Does General Pershing write as

when he writes as he keeps still when he keeps still? If so, we may look for-ward to reading a bully story one of hese fine days. An exchange loftily sneers at an enthusiast who exults that "the world will be talked into peace." But the en-thusiast is right. The world is always

alked into peace after it has been shot nto pieces. Those who are responsible for providing the joiner work so much prized by diplomats might as well place an order at once for the biggest council

table ever built. And they might make it a rush order while they are about it. "Why shouldn't Boston be better after 49,609 neighborhood prayer meetings during Billy Sunday's campaign, with quires the Boston Globe. The answer is that it should be. As a test for the really devout, one prayer meeting has all the trail hitting in the world beaten a mile. In fact, if it were poswhen he said the man who lives to sible to promote the prayer meetings by a high wire fence, and was shot, get and not to produce is useless. He without the revival, the revival could The coyote was an exceptionally large be cut out altogether.

OREGON SIDELIGHTS

Another substantial building on Sixth treet, Grants Pass, the Courier says, place of ramshackle shacks, akes the marking further the spirit of progress

in the town. "And still they come; hardly a day passes but what another business firm is added to the long list of prosperous mercantile establishments in Astoria,

proudly boasts the Astorian. On February 9 the Thirty Year club at Amity will hold its annual reunion. Persons who have been 30 years in Oregon, and who have been residents of Amity are eligible to membership.

"Swat the mole and likewise the gopher," is a slogan that on the farms of that he is a big gain and human life the Williamette valley is likely, in the the menace to stock and human life the Williamette valley is likely, in the constituted by the ferocious timber inion of the Eugene Register, plant the "swat the fly" propaganda. An exceptionally large hog was brought to the Amity meat market last week, the Standard says. It was It weighed 485 pounds dressed farm

and 590 on foot.
"The country around here," Baker Herald, "is being blanketed with the 640 acre homestead filings so that there is little left for the person with a right who wants land, until many of the enthusiasts give up after they learn that they have to live on the land seven months a year for three years.

The first and only coyote seen or heard of in the Newberg valley in many years, it is reported in the Mc-Minnville News Reporter, was killed recently, one and one half miles east of Newberg by Walter Everest, a farmer. The animal was seen by some children as they started to school, who returned home and reported its presence. It was driven some children as they started to school, who returned home and re-ported its presence. It was driven into the corner of a field surrounded

THE CRISIS

From the Seattle Post-Intelligencer, Feb. 2 pose of Berlin's astounding course delphia Evening Ledger. His wife is The shadow of the Lusitania should or the effects of it is idle. Dire exnot rise to affect present day judgment, nor the futility of the strict accountability warning serve to minimize confidence in the immediate course to come. With the parting kind so wantonly attacked! That dogs?" he asked. "What do they give of the ways clearly in sight it is diplomatic maneuvers at Berlin find- em? Bones?" enough to know that America has ing echo at Washington may have been a patient, tolerant and long- had this startling denouement in suffering neutral and maintained re- view is altogether conceivable. By lations with Germany through hard putting herself on the defensive as ordeals at the heavy cost of national against the whole world possibly the brave man, anyhow. pride and prestige. done much by meddlesome and crimi- an easier way out of her war plight. in silks and jewels, enter a shooting nal activities in our domestic affairs The tragedy of nations will move gallery where a Tunisian was practo forfeit the friendship of this peace rapidly henceforth. loving land. Sufferance has supported our neutrality. Compensation in the avoidance of involvement in the war has been America's most explicit terms warned Germany

scant reward to date. But the time for temporizing is past. Affronts condoned with mild a deliberate purpose to subject Amerprotest heretofore will be impossi- ican ships to the same fate should ble of condonement hereafter. Ger- they visit European waters carrying many's submarine ultimatum-perthe amount of the decline plus broker's haps a dying defi-too vitally affects American rights. It ends the ted States must be kept. This counneutrality so patiently, if wisely, up- try cannot maintain even the preheld and calls for the assertion of text of friendship with a country an Americanism that will not be which set out to wage war upon its misunderstood anywhere on the globe, commerce and its ships and preresolutely for peace. But the Amer- of humanity. ica of George Washington, of Andrew Jackson and of Abraham Lincoln cannot tolerate a ruthless disregard of American rights, even if broken friendship across the seal and war be the alternative. Any overt act ensuing from Germany's ultimatum must imperatively create Relations between

even now.

or the effects of it is idle. Dire ex- more interested in dogs, and she began tremity perhaps best explains it. to talk of prize-winners of the local Surely as a desperate recourse only kennels. Across the dinner-table

this government solemnly and in the that a severance of diplomatic relations would follow the repetition of such an affront, Germany announces American commerce.

that Germany is an international out- belt, and strode away, humming a law, no longer to be recognized and song." treated as a civilized nation; no longrelations can be held.

would the world's sensibilities thus Alfred C., aged nine, was taking it all be shocked and the good-will of man- in. "Do they give prizes to the best Germany has distracted empire may hope to find once saw Raisuli, fat and magnificent At the time of the Sussex crime

Americans abhor war. They are pares to carry war beyond the pale to this challenge of Germany might you?" he said. well be a declaration by all of them

Of course the pledge of the Uni-

The answer of the neutral world

Speculation upon the impelling pur- measured in world history.

HOW TO BE HEALTHY by J. Keeley.

HEALTHFUL EATING TO RE- in fuel value and yet satisfy our \$900 yearly. But the investigation by has gained the difference between DUCE FAT.—The advice we get on cravings for food, which are largely the subject of eating is so filled dependent upon the contractions of pressing the natural suspicion that doed vessel in that instance is more likely to get his newspaper quent tax publications is piling shame and a disgrace if the president minus the broker's charges. If he some of the simple facts of eating need, we will be on the road to rewith detail and so profound that an empty stomach and not on bodily evidence of an intent even yet, to than a mailed notice from the up. It is under public condemna- and congress again fail to heed the sold at 135 and bought at 130, he which should govern every one are ducing our surplus fat. Among foods congress, Mr. Parker looked further, entirely lost sight of. Many persons of this class are chicken, lean meat, believe the best way to grow thin is fish not cooked in fat in moderate a copy of the Portland Semi-Weekly to starve oneself. While it is true portions, celery, spinach, sea kale, that overmuch fat may be caused by overeating, it is also true that rots, tomatoes, cabbage, Brussels showed that one J. T. Cook has a one may satisfy all normal demands sprouts, turnips and fruits. Potatoes, daughter in Monmouth and the latter weight. It is the kind of food we eat, rather than its volume, that determines our state.

There are fuel foods and body building foods. The chief fuel foods or carbonaceous foods are the fats. sugars and starches. When we eat require the excess goes to fat, for overweight is always due to a disturbance of the proper relation between the intake of food and the expenditure of energy.

The body may be compared to an tissue. Fat cells do no work. To ach and fruits. Avoid fat ing food for the body, but boyond Drink sparingly of water at meals. that they are free passengers which our bodies carry through life,

Body building foods, proteins, are used for repair and growth. Many foods like codfish, lean beef, chicken and veal, are poor in fat, but high in protein. If, therefore, we eat a class of foods that are not too rich No. 1.

Prima Donna at Portland.

B. R. McDonald of Vancouver, B.

lettuce, string beans, cucumbers, carbread, cereals and all starchy vegetables are fattening, but potatoes are quite bulky, and, if other carbonaccous foods are not taken freely, they should not be denied the stout man. Foods to avoid: Sugars, fats,

milk as a beverage, salmon, lobster, "Twas England!" more of this class of foods than we crabs, sardines, herring, mackerei, pork and goose, fat meats, nuts, butter, cream, olive oil, pastry. Certain foods which are eaten

carelessly have an enormous fuel value, while others with a low fuel If a locomotive is fed more value are quite satisfying to hunger fuel than it requires to pull its load, If you are too fat, limit the butter He sent the excess of steam is relieved by and sugar, potatoes, cereals and the safety valve or the engine bursts. starchy vegetables in your menu and The heavens re-echoed with angels So, too, the eating of too much fuel introduce such foods as lettuce, tofood results in an increase of fatty matoes, turnips, celery, carrots, spinmeats To settle the trouble without delay. an extent they are useful in stor- and too much even of lean meat. But be temperate even in fat reduction. To completely withdraw all carbohydrates (starch and sugar) is dangerous. Try a moderate but defi-

nite reduction of fats, cereals, bread, pastry and sugar and water to scale. Tomorrow-Fighting Consumption-

PERSONAL MENTION O. R. West is registered at the Nor

Haruko Onuki, Japanese prima donna, headliner at the Orpheum, is rival at the Oregon. Dr. Phil J. Keizer, a North Bend Dalles is at the Imperial. physician, is at the Imperial.

is a guest at the Portland. H. L. Strong is a Canby visitor at Carlton. the Carlton. August Mayer is registered at Perkins from The Dalles. Swan Benson, Newberg railroad con-Mr. and Mrs. R. E. Robertson of tractor, is at the Multnomah. E. D. Cusick, member of the state

Mr. and Mrs. G. V. Hazelton of Grants Pass are guests at the Nor-Lot R. Pearce, Salem hardware man, is at the Imperial. Mrs. J. C. Allen of Salem is at the

Mr. and Mrs. T. F. McCord are Sa

H. M. Jones and W. L. Haskell,

em arrivals at the Perkins.

senate and Albany banker, is at the

Cherry Grove lumbermen, are at the Multnomah G. H. Vaughn, a logging man Gray's Harbor, Wash., is at the Oregon, with Mrs. Vaughn. They register from Chicago.

Washington

E. E. Corbin, Seattle attorney, is at the Nortonia. S. S. Jennings is registered at the Muitnomah from North Bend. Frank J. Miller of Salem, member o the state public service commission, is James E. Hackett is a Pendleton

Blaine, Wash., are guests at the Carl

tonia from San Francisco.

Walter Fargher is a Dufur visitor at the Cornelius. G. C. Williams in an Aberdeen ar-Rev. Father A. Bronsgeest of The

Alex Phillips is a St. Helens visitor at the Washington. C. L. Crandall of Albany, is at the Lieutenant-Colonel F. M. Caldwell. S. A., is at the Multnomah.

Juneau, ard guests at the Portland. Mrs. W. H. Marrison of Crescent City, Cal., is a guest at the Cornelius. H. B. Fossas and Charles Quackenbush of Juneau, Alaska, are at the Multnomah. James Channing is a Baker visito at the Washington.

M. R. Pomeroy is an Astoria visito

It Was Not Her Fault. Prom the Christian Herald, Dr. Black—I suppose, Mrs. Brown

that you have given the medicine ac cording to directions? Mrs. Brown-Well, doctah, I done my bes'; you said give Pete one o Hans Hanke, wel known pianist, is dese heah pills three times a day at the Portland with Mrs. Hanke, ontil gone, but I done run out o' pills yistaday, an' he hain't gone yit.

> "Mamma, I want a dark breakfast." "Dark breakfast. What do you mean,

Rag Tag and Bobtail

Stories From Everywhere

iTo this column all readers of the Journal are invited to contribute original matter—in story, in verse or in philosophical observation—or striking quotations, from any source, Contributions of exceptional merit will be paid for at the editor's appraisal.)

Why Are Some Wolf Stories? T SOMETIMES happens that the tales in circulation about the terrors of the mountain wilds are originated for a very worthy purpose, says the Pendleton East Oregonian. Recently, while in Tacoma, E. F. Averill, predatory animal inspector, was by a city friend, who has the idea that he is a big game sportsman, of constituted by the ferocious wolves in the mountains of Mount Rainier park. It is dangerous for men to go in those parts unarmed, said the urban nimrod. For proof of his statements, the latter advised Mr. Averill to write to Ben Longmire of Brogan Or., who was formerly a paid hunter in the park. It being Mr. Averill's bugines to check up such reports, he did write to Mr. Longmire and this morning recelved an answer couched in the language of a typical backwoodsman. Mr. Longmire prefaces his letter by stating that timber wolves are very scarce in the park and have done no damage for eight or nine years. "It sometimes becomes necessary," me to tell some of these city hunters who hire me for a guide stories about ferocious wolves and cougral. It keeps them from going far from camp and making me hunt for them," says, and this simple explanation Mr.

Cute Kid Stuff.

Averill intends sending on to his friend

in Tacoma.

Caspar Carpenter of Germantown was discussing the recent automobile

The Bad Man of Morocco. "Raisuli, who is giving the allies trouble," said a globe-trotter, "is

ticing. The Tunisian was an excellent shot. He broke glass balls, rang bells splintered pipe-stems, and penetrated bull's eyes without number. At each shot a polite murmur of applause arose, The man was puffed up with triumph. "Raisuli exclaimed in a loud voice, In a duel this gentleman wouldn't shoot so well.' 'We'll see about that,' growned

the Tunislan, and he challenged Raisuli, and ten minutes later they were on the field. "They were to fight at twelve paces, each to fire one shot. Lots were drawn as to who should shoot first, and Raisuli lost. He took his stand before

the Tunisian calmly and the latter lifted his weapon, took careful aim, and - missed. "Raisuli smiled. 'What did I tell "And he thrust his pistol in his

Tracing the Pork. The duties of a first class and up-President and country may well to-date postmaster these days, ob-Washington and Berlin are ruptured be thoughtful. It is a serious issue, serves the Monmouth Herald, require a serious moment, as moments are all around ability, not the least being no little skill as a detective. Postmaster Parker recently received a sack which apparently had contents that were valuable. There was no address on the sack, so the postmaster ripped it open for further information. The content was a fine roast of pork. Supthis was probably Monmouth's portion of the article said to be plentiful in The inner wrapping of the pork was Journal and bore the address label of J. T. Cook, Further investigation was expecting a roast of pork. The Cooks and the pork are now united,

but they came mighty close to being separated.

Kings Versus Peoples.

Who started the war?" the world we hear the Germans say "Twas Germany!" the ailies quickly "The war was forced on us, And Wilson, adjusting his glasses with care, Sought all the big words anent the to tears! cheers, And Ford in his Peace Ship sailed

war was begun,
Regardless of wind and weather,
Was to seize all the kings and czars and things And crack all their heads together "When will the war end?" the world "We're ready to duit now," each ruler "When our enemy agrees to do thus and so; For we've got them well whipped, as you very well know."
Wilson the Wise, puts on his Then glass eyes— beautiful phrases he paints in What the skies And Henry the Great, in his ship of

state.

What should have been done ere

Makes ready to launch on a certain date. What should have been done, ere the war was begun, Regardless of wind and weather, Was to seize all the kings and czars and things And crack all their heads together! For if they want war, then why don't they fight?
To do their own battle would surely be right. But each to his army a message sends: "We're winning the day, my comrades and friends. Go to it my heartles! the victory's our

Then he burries away, to sit on his Or tucks himself up in his own little Though the old world is gory with dying and dead Though our president lacketh no art in his words.

And Henry can make the most cute little tinlizzies.

What should have been done ere the war was begun,
Regardless of wind and weather,
Was to seize all the kings and czars

and things And knock all their heads together! -Pearl Sherrod. Uncle Jeff Snow Says: "If the grown-ups haint got no more

sense than to fight it out in Europe mebby it's all right for 'em to fight till they learn somethin'; but starvin' and killin' of babies and children in their fights and military doin's is what makes me creep. Then there's the women, 'Pears like the women and babies gits the worst of it pushes t'other million 'round.

Didn't Like It. From the Boston Transcript

"Why, last night you told Mary to visitor at the Perkins.

give me a light supper and I didn't all the time, no matter which me Mr. and Mrs. H. L. Hughes of like it."

pushes tother million 'round.