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WE CANNOT BE A GREAT NATION WITHOUT MILK

(The Statesman is republishing below an editorial which appeared in this paper on June 1. The writer believes it is entirely appropriate in connection with this Salem Slogan issue on Great Cows—and perhaps it will do some readers good to read it over again.)

"How to Promote the Use of Milk" is the title of a brochure just issued by the Department of Agriculture. How to get it at the present prices would be more to the point."—Los Angeles Times.

The above flippant remark of a paragrapher calls for the rather startling heading.

Read it again: We cannot be a great nation without milk. And more milk.

Why? Because we would be under nourished and mal nourished without the free use of milk.

Dr. E. V. McCollum, formerly of the Wisconsin Experiment Station, and now of Johns Hopkins University, has recently started the world by publication of the results of exhaustive experiments in this field.

He has advanced the knowledge of scientific feeding of man and beast by a decade.

Chemistry had done much before these experiments.

It had worked out dietary tables on the basis of calories and proteins and fats.

But Dr. McCollum has shown that before we can anticipate results with exactness we must know what kinds of proteins and fats, as well as how much.

And he has definitely and conclusively proved that there is no substitute for the products of the dairy cow.

Children will not grow normally without milk.

Physical and mental and even moral stamina depends upon the use of milk.

The reason for the prevalent blindness in Oriental countries is the lack of milk; also beri-beri and pellagra are due to milkless diets. The young must have milk.

And any people who wish to achieve must have milk.

Science can find no substitute.

So, the United States must do one of two things, in order to maintain world leadership:

First, double or treble the number of cows.

Or, second, double or treble the average butterfat production of the present number of cows by proper breeding and feeding.

The latter may be done, as the reader may readily see.

Take the Jerseys, for instance.

A Jersey cow is eligible to registration on producing 250 to 300 pounds of butterfat in a year, owing to age.

Vive La France, the greatest Jersey cow in the world, at Marion, Marion county, Oregon, actually produced about 1040 pounds as a senior four year old. She is probably capable of producing 1200 pounds.

The common brindle cow produces around 150 pounds of butterfat in a year.

The reader can readily see from this that the butterfat of the United States could be doubled, trebled, or even quadrupled, and then some, by proper breeding and feeding.

That is, without any substantial increase in cost of feeds; just by knowing how, and care.

In one of the two ways, or by a combination of the two ways, the milk production of this country must be increased; must be doubled; trebled.

It is good citizenship to promote this.

It is along the line of efficiency.

Even of patriotism.

And it is good business. It will mean more silos; better barns; better cultivation; higher land values. Better roads, better schools, and a higher plane of country and city and village life will all follow.

No flippant matter, this.

And the wide awake people in all walks of life are fully aware of the great importance of the cow.

And, with Vive La France, the greatest Jersey cow in the world, Marion county, Oregon, stands in the lime light in this movement.

Western Oregon is bound to remain in the lime light in the dairy world, because there is a difference of a good many pounds of butterfat each year for the same effort here over and above the possibilities of nearly every other section of the United States.

Why?

Because it costs so much less to get the cow through the twelve months here than it does where the winter's cold and the summer's heat must be fought. The difference is at least 7 cents a pound of butterfat in our favor, according to good authority.

It is perhaps more.

So the beaten track of the dairy world is to the door of the Willamette valley dairymen. And it will remain so.

Harvey Scott, when he was editor of the Portland Oregonian, once wrote an able article that attracted wide attention; in which he proved to his own satisfaction and to the satisfaction of many of his readers that only the meat eaters were and were destined to be world conquerors; world leaders.

It has frequently been said that the degree of success of the various European nations in science, art, literature and politics runs parallel to their consumption of meat.

Dr. McCollum has shown that this was only a seeming truth; a half truth.

He has shown, after carefully analyzing the effectiveness of the combinations of foods employed in human nutrition, that the efficiency of a people can be predicted with a fair degree of accuracy from a knowledge of the degree to which they consume dairy products.

The use of meat and milk and its products will in nearly all cases

run more or less parallel, and Prof. McCollum asserts that it is the milk and butter and cheese, and not the meat, which has the good influence on the promotion of the virile qualities of the people.

Here is one of the concluding statements of Dr. McCollum, in summing up the results of very complete and exhaustive experimental investigations:

"Without the continued use of milk, not only for the feeding of our children, but in liberal amounts in cookery and as an adjunct to our diet, we cannot as a nation maintain the position as a world power to which we have arisen.

"The keeping of dairy animals was the greatest factor in the history of the development of man from a state of barbarism."

In conclusion, does the reader now think the words in the heading of this article are too strong?

Dainty Vender of Red Cross Christmas Seals Showing \$25,000 Stamp She Sold



Everybody is helping the campaign to pile up receipts from the sale of Red Cross Christmas Seals. This photograph shows Miss Peggie Shaw, who, so she might do her bit, lost some of her beauty sleep after a night's work on a New York theatre stage displaying a \$25,000 Red Cross stamp she had just sold to Allan Ryan. Many theatrical people had been aiding the daily drives in the Wall street district.

BITS FOR BREAKFAST

The glorious Oregon mist.

If it keeps on as it has started, we will have a green Christmas.

It was Mark Twain who said that everybody complained at the weather but nobody ever did anything about it.

The world, if it is to be a virile, progressive world, must have more milk. And Salem has the chance to become the world's greatest milk center, for which nature intended it.

The discovery that men and women to be four-sided people, with good bodies and active minds, must have milk, is a new discovery. But no discovery ever made has been more fully demonstrated by actual experiments.

O'd Willamette must and will have a better Waller hall than ever.

It will still be Waller hall, and it will look like Waller hall of old from the outside. But it will be a brand new Waller hall on the inside, with facilities and conveniences and beauties up to date.

Two or three more days of the glorious Oregon mist, and we will forget our snow troubles.

PAVILION AT FAIR FALLS

Cold Weather Does Thousands of Dollars in Damage at Dallas

DALLAS, Or., Dec. 17.—(Special to The Statesman)—The Dallas high and the city public schools have closed down for two weeks owing to the extremely cold weather which has put the heating system in the public school out of commission and has caused damage at the high school. The schools opened Monday morning but were immediately dismissed until Monday, December 29.

The cold weather of the past week has wrought probably several thousands of dollars worth of damage to property in Dallas. In some of the homes water pipes and hot water tanks have frozen and then broken. Many of the homes have been without water for several days and are forced to carry it from the neighboring houses.

The heavy weight of the snow has caused several of the buildings to collapse. The big pavilion at the fair grounds went down early in the week and since that time other roofs have either fallen in or have been seriously damaged. In the business district the snow from the stores has been thrown into the streets, causing in some places piles of snow several feet deep.

Dallas has experienced the coldest weather in its history, the mercury dropping to 25 degrees below zero. Snow is so deep in the rural districts that the mail carriers have been unable to make a mail delivery for several days.

Teachers Gather Here for State Examinations

The state teachers examinations opened yesterday morning at 9 o'clock, Marion county teachers meeting in the house of representatives. The examinations are prepared by the state and are given at each county seat. The applicants are given examinations that, if passed successfully, entitle them to permits to teach from one year to life. Those taken yesterday were mostly for one year permits and none for life. The applicants are listed below:

One Year Applicants.—Eva Randall, Salem; Agnes M. Arnold, Aumsville; P. Beryl McLaughlin, Aumsville; Ruth B. Weaver, Salem; Edna Jennison, Turner; Mrs. R. G. Matthews, Salem; Alison French, Salem; Lillie S. Larson, Silverton; Irene Forsythe, Woodburn; Thelma A. Nation, Mill City; Rosella A. Richardson, Silverton; Alma E. Halvorsen, Gervais; Mrs. E. J. Massey, Salem; Fay J. Hudson, Hubbard; Georgia M. Bewley, Salem; Layna Anderson, Salem; Myrtle Peiker, Woodburn; Elta Lois Plett, Salem; Esther Bass, Salem; Lillian Bruegger, Salem; Clara J. Larson, Silverton; Ethel Sammons, Salem; Edna B. Gruber, Salem; Loretta H. Farris, Turner; Blanche Stine, Silverton; Hannah Marina Olson, Silverton; Mattie Neely, Mouth; Nellie Bostrack, Redne;

Charlotte A. Fischhauser, Lillian M. Tishhauser.
Five Year Applicants.—Phenton Grobabe, Salem; Anna Antle, Silverton.

Annual School Census Completed by Hartwell

C. C. Hartwell who was employed to take the annual school census, and who worked on that employment from October 1 to November 25, has completed the task and found a total of 4208 persons of school age in the Salem district. School ages are from 4 to 21 years.

The report shows a total of 2076 boys and 2132 girls. The total is larger than since 1916 when 4298 were reported. The number of boys is larger than since the same year when 2143 were listed and the number of girls is larger than since 1917 when 2175 were reported.

Comparative figures for the last seven years follow:

Year	Boys	Girls	Total
1913	2342	2406	4748
1914	2295	2414	4709
1915	2146	2384	4530
1916	2143	2255	4398
1917	1999	2175	4174
1918	1964	2055	4019
1919	2076	2132	4208

WAS RESTLESS WITH PAIN

E. W. Kitt, R. F. D. 2, Box 9, Shorters, Ala., writes: "I took Foley's Kidney Pills as I was restless at night with pains in my back and side, and they did me good. I can truthfully say Foley Kidney Pills is the medicine for kidney trouble." They relieve rheumatic pains, stiff, swollen joints, lameness, soreness, J. C. Perry.

Real Salts o' the Sea Are U. S. Marine Boys

"It's great to be a sailor on the land and a soldier on the sea."

Sergeant J. L. Henry of the United States marine corps recruiting office, State and Commercial streets, rustled some crisp, official-looking papers on his desk and went on:

"I have here a report from the strangest ship in the world.

"It is located on the dry shores of Parris Island, South Carolina, and is manned by soldiers of the sea, who are learning to be sailors on land. Its name is the good ship United States Marine Corps Seagoing Depot.

"The new depot was recently established for the instruction of marine recruits who are to serve at sea. And it is some school.

"Not even the saltiest of tars has anything on the marine who finishes his course. He is even wise to the time honored jests of the sea. He is taught that there are no such things as hammock ladders, green and red oil for the port and starboard lights or keys to anchor watch.

"From the time the recruit arrives at the depot until he leaves for salpboard in his trim, blue uniform he hears nothing but nautical language.

"He sleeps in a hammock swung in approved navy style. In the morning 'Jimmy Legs' swaggers through the barracks—which is called a 'compartment'—yelling 'A-a-a-all h-hands show a leg. Hit th' deck.'

"The marine never says 'shut up,' but always, 'pipe down.' His meals are cooked in a 'galley,' not a kitchen. One end of the barracks is 'forward,' the other 'aft.' One side 'port' the other 'starboard.' (Kitchen police are 'jacks o' the dust,' and the company clerk is a 'yeoman.' He goes 'ashore' when he leaves the barracks, and when he is too ill for duty he is 'on the binnacle list.' When he goes before the commanding officer, he says he is going 'to the mast.'

"His instructors teach him to knot an dsplce and to row and sail small boats. He learns how to handle five-inch guns and anti-aircraft batteries at sea. He must qualify as a signalman.

"And all this after he has been 'oroughly trained in matters purely military. So you see, 'soldiers and 'sailors too' is not mere recruiting slogan."

Big Class of Dokies It Put Through at Dallas

DALLAS, Or., Dec. 17.—(Special to The Statesman)—Dallas was the scene of a large gathering of lodge-men Saturday night when the Knights of Khorassan initiated a class of 85 (vros into the mystery of the order. The work was put on by the degree team of Abd-uhl-Atef temple No. 117 of Portland who, accompanied by some 50 members of the order, arrived in the city several hours late.

Owing to the deep snow the usual parade preceding the initiatory ceremonies was postponed, but what was lacking in that line was made up during the initiatory ceremonies. Candidates from several of the cities

To Fortify The System Against Colds, Grip and Influenza

Take "Laxative Bromo Quinine Tablets"

Be sure you get the Genuine Look for this signature

E. W. Groves on the box. 30c

Help for All Sorts of Eyes



Eyes differ considerably in appearance, but vary infinitely more in power. Many people have striking or attractive eyes, but very few have perfect sight. Faults of vision are usually do to improper shape of the eyeball.

LONG EYES

That is, eyes which are too long from back to front; are the cause of what is popularly known as "Short Sight." The eye is so long that the clear image doesn't reach the sensitive back of the eyeball, called the retina.

SHORT EYES

Are exactly opposite to the above, and cause "Long Sight," the retina being too close to the front for distinct vision.

FLAT EYES

Is a simple description of a very intricate defect. It arises from the eyeball being rather flat in some part of its front surface, and the trouble is known as "Astigmatism," giving good sight only in parts of the eye.

OLD EYES

That is, over forty years of age, begin to suffer from hardening of the lens which in youth is quite flexible. The result is some loss of power for adapting the sight to near work.

Our glasses through our scientific examination are fitted to correct abnormal eye conditions.

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Eyesight Specialist
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near Dallas came through the snow and cold to take the degree, one member riding 15 miles on horseback to take the trip across the "hot sands."

Luncheon was served the candidates and visitors by the Pythian Sisters.

Marmion lodge No. 96, Knights of Pythias, of Dallas, now has the largest membership of Dokkies in the Portland temple of all orders outside the city, practically every member of the order belonging.

TOO LATE TO CLASSIFY
WANTED—TO RENT PIANO. Phone 1295.

WANTED—GIRL FOR GENERAL housework. Must assume responsibility. Good home. Phone 1295 or address 666 Ferry.



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GLASSES

Don't buy them over a counter like you would a pair of gloves. You may succeed in selecting glasses that aid your vision for the time being, yet may prove most injurious in the end.

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