

The Oregon Statesman

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SAY IT WITH PRUNES

When a patient wants to increase in weight, the doctor often advises more exercise. Then if another patient wants to reduce, the prescription is the same—take more exercise. Now why not substitute prunes for the formula—

For it is a fact that, from analysis, it is shown that the Italian prunes have the sweetness, as 40 per cent is sugar and 22 per cent other carbohydrates. This should be encouraging to the thin, skinny folks who want to put on flesh and not take Scott's Emulsion or cod liver oil.

But wait. Now for those a little overweight, the Oregon prunes are just the thing, as the chemical analysis shows that these very prunes contain 1.43 per cent acid and have quite a tartness. It doesn't take a very large per cent of acid to make any fruit acid, and this 1.43 per cent is going pretty strong on the acid proposition.

So there you have it: If you want to improve your health, eat Oregon prunes to reduce, and then to increase your weight, eat Oregon prunes.

The analysis proves it.

And then there is only 28 per cent moisture in prunes, and every housekeeper who is interested in protein and such things knows that any food that has only 28 per cent moisture is sure going some. Even a first class Porterhouse has a greater per cent of moisture than the Oregon prune. And in the days of old when a man drank beer to get fat, he was drinking 97 per cent water with the other three per cent malt and some other stuff that didn't count—

Unless he made a hog of himself and some one took the count.

So here's hooray for the Oregon prune! And here's hoping that during prune week, beginning Monday, February 14, every true hearted Oregonian will boost a home product by eating, extolling and talking prunes.

And like Senator LaFollette with his pocket full of apples passing them around most of the time, it wouldn't be a bad idea for true Oregonians to go and do likewise with prunes during the week beginning February 14.

It is becoming more patent every day, and it will continue to grow still more plain, that only one thing now stands in the way of the Salem district being not only the greatest fruit section in the United States, but also the most successful and solid district as such—and that is ample cold storage facilities. At least five private concerns engaged in the various forms of marketing fruit and fruit products, including the dehydration plant, which will put in cold storage this year, are now planning cold storage plants in Salem for their own use. However, even if Salem builds a municipal cold storage plant, which project is being considered, and plans for it being made, there will not be too much cold storage room; not enough, without outside help, in case the increase in tree and bush fruits and strawberries goes on as it has

been going—and there is no reason to suppose that the growth will not be still faster, with the proper marketing and manufacturing and shipping facilities keeping up with the growing of the fruits, or even a jump or two behind, as has been the case lately. Cold storage is the great requisite and the crying need.

A man who knows says that if the manufacturing of beer should come back in Oregon, there would not be a square foot of cold storage space available for that industry. All that was ever used for that purpose is now fully employed, and still there is not nearly enough. Which shows how rapidly Oregon is being built over on new and more substantial and more useful lines.

Are you eating prune bread?

The Japanese are both sensible and sensitive. They will stir up no war with the United States.

Spring may be a little slow in getting started. But it is on the way.

The prune bread idea is spreading fast. Good idea. Push it along.

Why not let Barney Baruch and Col. Bryan fight it out for the control of the Democratic party?

The movement for patronizing home industries cannot be made too strong. Make it strong enough, and there will be no unemployment in Oregon.

It is to be a prune week, instead of a prune day. That is better. Even a week is not enough for all the people of the United States to eat prunes. They should eat them every day in the year.

Tell the Salem slogan editor what you know about spinach. It is very important; prospectively one of our greatest industries. The whole world is eating more and more spinach.

Champ Clark is opposed to any increase in the present membership of the house. It is wonderful how the idea of a hard winter ahead of them warps the judgment of some men.

According to the straight tips of some of the politicians there will be about a hundred members of the Harding cabinet. Many will be called, but only ten chosen. Count 'em, ten.

There will be no inaugural ball, no banquet. Those attending the Harding inaugural will be expected to carry a "cold snack" along with them. A ham sandwich and a dill pickle are quite filling.

The inaugural address of President Harding will be heard at every army post in the United States and on every battleship in the navy, by special wireless telephone service now being installed. It will be the first time in the history of the United States that an attempt has been made to transmit the voice of the president to all parts of the country and to the battleships during an inaugural address. This is an age of wonders.

WHO HAS LUCIEN HEATH'S PHOTOGRAPH?

Secretary of State Sam A. Koser is attempting to get together the photographs of all the secretaries of state Oregon has had.

He has either secured or is in the way of securing all of them excepting one. So far, he has not succeeded in finding a photograph of Lucien Heath, the first secretary under the state government, who served from 1859 to 1862; or any information leading him to any certainty of getting one.

Perhaps there may be some one among the many who will read these lines who is able to give Mr. Koser the clue he is seeking. If so, that person will confer a personal favor upon Mr. Koser, and at the same time he will be performing an act of historical importance.

SINGING RECIPROCITY.

Reciprocity has been proposed in Washington as a substitute for a straight protective tariff for the protection of American labor and American industry. The free traders of four and eight years ago are now talking reciprocal tariffs and favored nation clauses.

The big New York importers have directed Tammany congressmen to put reciprocity forward as a compromise measure between high and low tariffs and the Democratic press is suddenly looking upon reciprocity with favorable glances, after passing it coldly while the free traders were in possession of the federal government.

Chairman Fordney of the ways and means committee of the lower house, of which committee our Congressman Hawley is a member, looks with suspicion on this newly awakened interest in reciprocity. He has been a member of congress for a number of sessions and has taken part in some of the great tariff fights and he asserts that there is "nothing just as good" as a straight Republican tariff of the Dingley and McKinley type.

Reciprocity loomed up about 25 years ago. It was then used as a medium to encourage trade with the South American republics. At that time treaties were made by which their agricultural products were admitted to this country free of duty and by way of reciprocity our manufactured articles were admitted duty free by them. This arrangement served a good purpose in developing our South American trade; but it resulted in favored nation treaties between other countries which discriminated against American products.

Chairman Fordney is of the opinion that reciprocity treaties are no longer desirable. Conditions have changed since 1914. There is a demand among all free peoples that relations between nations shall rest upon a basis of equal justice. Expediency was considered 30 years ago as a sufficient reason for a favored nation treaty between two countries. But expediency is now regarded as a lowering of national honor and dignity.

Favored nation treaties generally make more enemies than friends. For the winning of the markets of one country is very likely to cause tariff walls to be constructed against us by three or four other countries. Reciprocity, like most other governmental policies, can be judged by the support it receives and the enemies it makes. Free traders, knowing that some form of protective tariff is certain to be enacted by the next Republican congress, are now singing the praises of favored nation treaties; while the proved friends of a protective tariff policy incline to the belief that the time for reciprocity treaties has passed.

WHY WORRY?

The following from an exchange gives a new slant to a matter which has worried many good people:

"Less than half the population of the United States is on farms and in rural villages under 2500. Ten years ago less than 46 per cent were in cities. Forty years ago the percentage of rural population was 70.5.

"All this has frightened some easily scared souls. They fear the overcrowding of cities and desolation of farm acres. They view with alarm and tremble with each rustling of the census leaf. But unduly so.

"There are not as many persons needed on the farms. Farm machinery has reduced the demand for human hands. One man with a tractor can, and does, do more than two with horses did.

"Probably the 1930 census will show less than 48.6 per cent on

FUTURE DATES.

February 3, Thursday — Duroe day, show and sale, state fair grounds. February 12, Saturday — Lincoln's birthday. February 14, Monday — Basketball, Willamette vs. University of Idaho, at Moscow. February 15 and 16, Tuesday and Wednesday — Basketball, Willamette vs. Whitman, at Walla Walla. February 17, Thursday — Basketball, Willamette vs. Walla Walla Y. M. C. A., at Walla Walla. February 18 and 19, Friday and Saturday — Basketball, Willamette vs. Gonzaga, at Spokane. February 22, Tuesday — Basketball, Willamette vs. Idaho, at Salem. February 23, Tuesday — Washington's birthday. February 24 and 25, Thursday and Friday — Basketball, Willamette vs. Whitman, at Salem. March 4 and 5, Friday and Saturday — Basketball, Willamette vs. U. of O., at Eugene. April 15, Friday — Baseball, Willamette vs. U. of O., at Salem. April 16, Saturday — Baseball, Willamette vs. U. of O., at Eugene. May 26, 27 and 28 — Baseball, Willamette vs. Whitman, at Walla Walla. October 1, Saturday (tentative) — Football, Willamette vs. O. A. C., at Corvallis. November 11, Friday (tentative) — Football, Willamette vs. Whitman, at Walla Walla. November 24, Thursday (tentative) — Thanksgiving day football Willamette vs. Multnomah, at Salem.

the farms. By then, no doubt, machinery will have done still more to reduce farm demand for human hands.

"Those who fear that desertion of farms means food famines in the future forget that the moment when such a thing may be possible that moment there'll be a rising tide of back-to-the-landers. Then farm wages will mount so high that city jobs will lose much of their attraction. In the long run men find their way to where they are most needed. Just now, it seems, more are needed in factories than in fields. Until the reverse is true, why worry about the matter? Why, indeed, when one remembers that when 51.4 per cent of the population were in cities the other 48.6 produced that fine 1920 crop, so much food that America will have to export and a surplus beside!"

SCOTLAND STUBBORN.

It is announced that there are still 8291 pieces where strong liquors are sold in Scotland. The efforts to breed a bone-dry Scot have thus far proved unavailing. In the recent elections out of 580 districts voting on various forms of regulation and prohibition 523 voted for no change. The number of saloons banished was hardly 100. The surprise was that the Scottish women, who have but recently been given the vote, cast their ballots for the saloon. It is evident that the efforts to make Great Britain dry land by popular vote will be even more difficult since the women have been given the ballot. The example of the United States seems to work the other way across the pond. That must be what they call reverse English.

RICH GIVING.

Young Rockefeller has given a million dollars to Herbert Hoover's fund for feeding the world's starving children. The fact that this gift can be made without sacrifice on the part of the Rockefeller does not reduce its splendid value in the great work. In a task of such immensity the big gifts count double and count fast. When the average gift is a dollar here is the solicitation of a million men at one swoop.

A DECIDED HIT



MISS LEONE WARMAN

Prima donna with My Hawaiian Butterfly Company of 14 people, including a beauty chorus of seven singing and dancing girls with a capable cast of principals created a decidedly favorable impression last night at the High theater. Two more performances, today, matinee and tonight, (adv.)

SUCCESS OR FAILURE

—Success or failure depends first upon personal efficiency. —Personal efficiency is the average of mind and body capabilities. —Chief among the bodily functions is that of vision. —Remember—Poor vision always costs more than good vision. —Obey that impulse and have your vision examined today.

MORRIS OPTICAL CO. Eyesight Specialists 204-211 Salem Bank of Commerce Building SALEM, OREGON

BITS FOR BREAKFAST

First day of February.

This is the month of the birthdays of Washington and Lincoln.

And March is the month when a new administration at Washington will begin to function—

Committed to the progressive development of this country, along constructive lines—with our feet on the ground, but our ambitions hitched to the stars.

Week after next will be prune week, when every true American will be full of prunes.

Having started the use of prunes instead of raisins in the making of bread, now some one up at Eugene has put the prune forward as a substitute for the raisin in the home brew industry. Who can say what heights and what depths may be reached now by the lowly prune?

The Bolsheviks are now beginning to enforce a 12-hour day in Russia. There are a lot of American newspaper workers who have it, without being Bolshevik.

The Bits for Breakfast man hopes soon to have good reports from the meeting of the ways and means committee of the house at Washington last Friday, when the flax and hemp schedules were under consideration, and when Salem was well represented.

A wife sued her husband for cruelty and she claims he threw a clock at her. This is another way of passing the time.

A census of 30,553,509 is indicated in Brazil. But, of course, this does not include the nuts.

When you see a man dodging into a doorway it doesn't always mean that he has urgent business inside. Possibly his garters are threatening to come down.

"NOW-A-DAYS" says the Good Judge



A man can get a heap more satisfaction from a small chew of this class of tobacco, than he ever could get from a big chew of the old kind. He finds it costs less, too. The good tobacco taste lasts so much longer he doesn't need to have a fresh chew nearly as often. Any man who uses the Real Tobacco Chew will tell you that.

W-B CUT is a long fine-cut tobacco RIGHT CUT is a short-cut tobacco

Painless Parker and His Name

Advertisement for Painless Parker dental system, featuring a portrait of Dr. E. R. Parker and text describing the painless dental procedure.

Large advertisement for New Victor Records for February, listing various records and artists, and including an advertisement for H.L. Stiff Furniture Co.

Advertisement for United States National Bank, featuring a building illustration and text about the unemployment problem.

Large advertisement for J.C. Penney Co., featuring the company logo and text about nationwide institutions.