

MOVIE GOSSIP



HOUSE PETERS

He has the leading role in "The Storm." Matt Moore and Virginia Vall support this sterling actor, and this photoplay comes here heralded as a sensation.

OREGON

Matinee performances for Gloria Swanson in "Her Gilded Cage." Evening show, "The Storm," with House Peters.

LIBERTY

"The Sage Brush Trail," with Roy Stewart and some comedy.

GRAND

"Too Much Business," a comedy scream.

BIJOU

Bill Hart in "Square Deal Sanderson" and vaudeville.

It is reported that Jack Pickford and the girl that he married lately, Marilyn Miller, will appear together in a picture. His wife is quite a musical comedy favorite, but it remains to be seen whether she can register any great success on the silver sheet. Many of the legitimate stars have failed miserably, and we will wait

deal of histrionic skill in his picture.

Cecile DeMille, they say, is rather keen about doing "Romeo and Juliet" with Valentino as the famous lover and Beatrice Joy as Juliet. He wants Wallace Reid, Theodore Roberts and Thomas Meighan in the cast, and if Cecil's dreams are realized, this should make a hum-dinger of a feature.

Irene Castle had her collar-bone broken while enjoying a horseback ride recently.

Low: Sargent, the kid that made the Huckleberry Finn feature a couple of years ago, is being starred in comedy at Universal City.

Will Rogers will appear next in "The Legend of Sleepy Hollow," and no doubt he will be a scream as Ichabod Crane, the elongated schoolmaster.

Theda Bara is to return to the screen. Just what sort of a role she will play is not known, but the report is that she has signed up with some company for one production.

The dangers were great for Lilian Gish and Richard Barthelmess when they enacted the scenes in the snow and on the ice filled river for "Way Down East," which is the sensation of the amusement world. These scenes at each performance of the Griffith production cause people to exclaim with concern and there is no one who does not thrill as Barthelmess, as David, in the nick of time, saves Miss Gish, as Anna Moore, from an ice floe that a moment later tumbles over a high fall.

Little Mildred Davis, who has been the girl for four years opposite Harold Lloyd, is to be starred in features along the line of the productions made by Mr. Lloyd.

The same irrepressible good nature and vigorous enthusiasm which made him the idol of the range in his cowboy days, is making Hoot Gibson hosts of new friends among the theater-going public every time Universal releases another of his pictures. In "Trimmed," which comes to the Elgin theater Sunday, Gibson's contagious smile is still present. The role of Dale Garland, a returned war hero elected sheriff of a small western county, is a typical one for the film star. He can fight, he can ride, he can love; and he does all with a great

and our enthusiasm kept us going. It was not as bad for me as it was for Miss Gish, who had to go out in the cold and snow, in veritable blizzards, thinly clad. I wore a heavy fur coat, and I was not too warm. But she did not complain and even when her cheek was frozen, she was brave.

Elsie Ferguson will play in 10-11 pictures and on the speaking stage this winter. She is to appear in New York in "The Wheel," and she will also make pictures for Famous Players on Long Island.

"If Winter Comes" will be pictured, Mark Sabre is to be played by Perry Harnott and Ann Forrest will be Noma.

Marion Davies is a clever designer and makes many of her striking gowns and hats.

Harry Myers, the star of "A Connecticut Yankee," has gone to Vienna to play the lead in the film version of "Ivanhoe."

"Salome" was shown for the first time recently in New York. The screen's most versatile actress, Alla Nazimova, is starred, and it is said that it is the last film feature that she will make for some time, as her intentions are to return to the speaking stage, providing she can find a suitable play.

Viola Allen, who appeared in a number of big motion pictures a few years ago, was the original Glory Quayle in "The Christian." Another actress who is still in pictures and plays old lady parts succeeded Viola in the great Hall Cain success. She is Julia Stewart.

Wally Reid, May McAvoy and Agnes Ayres will have prominent parts in "Clarence," a big comedy success which is to be filmed. It went over big on the legitimate stage.

Lloyd Bacon, son of Fank Bacon who has made a phenomenal hit in "Lightnin'," the New York stage success, appears in "Square Deal Sanderson," William S. Hart's Aircraft picture, which is on view at the Elgin theater this week. The photoplay is one of Mr. Hart's best productions and has scored a decisive hit.

Four Prisoners Brought By Officers from Malheur

Four prisoners, committed to county, were brought to Salem Thursday by Sheriff Dick Noe and Deputies Hunt and Palmer and were dressed in at the penitentiary.

I. D. Harrison is sentenced to four years on a forgery charge, while Joe Sables, Harry Sherman and John McCall are each committed for three years for larceny not in a dwelling.

Coughs Disturb School Work
School teachers should give the same advice to children who have coughs as this Florida teacher. "I recommended Foley's Honey and Tar to the children in my school who had the 'flu' and good results came whenever it was used," writes Mrs. L. Armstrong, Okeechobee, Florida. Foley's Honey and Tar contains no opiates—ingredients printed on the wrapper. Stood the test of time serving three generations. Quickly relieves colds, coughs and croup, throat, chest and bronchial trouble. Sold everywhere. Adv.

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Food Fallacies May Result in Wrong Diet

By Winifred Stuart Gibbs Food Specialist

Certain ideas relating to food and diet have become fixed in that great reservoir of thought which we call the public mind, and a goodly percentage of these ideas are based on nothing more substantial than the opinions of a more or less mythical group, the members of which seem to be endowed with extraordinary knowledge.

"They say" is often the mystic formula used to induce credulous persons to partake of raw food, of "food" that is good for the nerves, of special preparations warranted to make the eaters thereof both strong and successful, or of any other pabulum that chances to interest the individual at the moment.

Now one of the edicts for years put forth by "they" (the bad grammar seems to be essential in order to point the moral, even although it may not adorn the tale!) is that "if you eat plenty of calories you are bound to come out all right."

True, this particular fallacy is gradually giving way to newer ones, for "they" make it a point to be timely, yet the idea is still somewhat prevalent. So it is worth while to call attention to the fact that the carotid story but the A B C of the nutrition tale.

For example, "they," or we, may get sufficient calories of measures of mere energy from cabbages, but in the process we might acquire appendicitis or something equally unpleasant! To what end shall we store up a fund of energy or driving power for our bodies if these same bodies have soft bones, flabby muscles or thin blood? The answer is that special foods are needed to build bones, muscles of blood and no one food will do it alone, if eaten in sufficient quantities may furnish the calories of energy, always at the expense of the digestion and of all round bodily development.

Mistakes About Vitamins
Then, "they" are deeply concerned over vitamins. If one may credit current chatter vitamins are supposed to be mysterious but tangible substances easily isolated and observed. The contrary is true.

Until the experts have advanced to more definite conclusions about vitamins it is enough for us to make sure that we are including in our family dietary fresh milk, fresh butter, fresh fruits and fresh vegetables. These are the foods which guard against the so-called "deficiency diseases" and the question as to which food contains which vitamins is not for us to decide. The physiological chemists will do this for us and they will further comfort us by telling us what foods to substitute for these vitamins rich foods in an emergency, which food will supply the vitamins of butter-fat when our butter supply is cut off, or where we may turn for the vegetable vitamins in cold weather or whether anything can take the place of fresh milk.

Your state college will give you information on this subject, or, if you care to send your questions to the Food Page we shall be glad to help in clearing up any confusion you may have on the subject of vitamins.

Another ideal that will bear scrutiny is that "natural" foods are the only safe diet. Dr. Funk and other experts have proven that science can enrich foods beyond their natural content, as for example when Funk found that margarin plus cod liver oil to be richer in vitamins than butter.

Still another notion is that one must not eat oranges and drink milk at the same meal. Young children, invalids or any one requiring a strictly simplified diet would do better if he refrained from making this combination, for the same reason that any combination of foods is undesirable in cases where the digestive system is able to cope with but one food at a time. The average healthy citizen, however, going about his every-day affairs need have no fear that his breakfast orange will quarrel with the

BONUS BONDS NOW TOTAL LARGE SUM

Aggregate of Fifteen Million Dollars Issued—Equal Amount to Come

With the sale of \$5,000,000 state soldier bonus and loan bonds to John E. Price & Co., of Seattle, the state aid commission for ex-service men has issued a total of \$15,000,000 in bonds under the state soldier bonus and loan act. It is expected that the funds received from the latest sale will be sufficient to take care of all loans until next February or March, when another issue will be offered.

The latest issue was at a price of \$100.195. Of this total amount 4,400,000 bears interest at the rate of 4 1/2 per cent and 600,000 at the rate of 4 per cent. The net cost to the state on the entire issue will be 4.2188 per cent. The bonus commission considers itself fortunate again in making an extremely good sale, this being the best offer that has been received for state bonds in several years.

The first issue of bonus bonds carried an interest rate of 4 1/2 per cent and brought \$1,001.79, making a net rate of 4.485.

Other bidders for this block were Ralph Schneelock & Co., of Portland, bidding a net rate of 4.247 per cent; Lumbermen's Trust Company of Portland, bidding 4.349 per cent and A. M. Wright of Portland, bidding 4.34 per cent with an alternative bid of 4.39 per cent.

Each of these bidders was associated with large eastern financial houses.

The bonds will be delivered about October 2. It is expected that the funds received from the sale will be sufficient to take care of all loans until next February or March at which time another issue will be offered.

cream on his breakfast cereal.

These are but types of the popular fallacies about food but they will serve to drive home the point.

Before adopting any food or diet system consult a dietitian or other food specialist and find out exactly what the food in question or the system will do for you and where it fits into a well rounded plan for adequate nourishment.

WHOLESALE PRICES

That's what we are selling at our regular prices for these choice Meats are lower than others' "specials." For Saturday we offer:

Good Beef to Boil 5c lb.	Tender Beef Steak 10c lb.
Choice Roasts of Beef 10c	Fancy Sirloin Steak 15c lb.
Delicious Round Steak 15c lb.	Freshly Ground Sausage 10c lb.
Freshly Ground Hamburger 3 lbs. 25c	Best Creamery Butter 45c
Umeco 25c lb.	Just Arrived A Fresh Shipment of Finnan Haddie

The Oyster Season is now open—Strictly fresh Eastern and Olympia Oysters, Butter Clams, Little-necks, etc.

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A drama of the lonely North woods—two strong men, a beautiful girl—and storm-bound till spring.

"You Know How 'Tis"

HER GILDED CAGE with GLORIA SWANSON Closes with Today's Matinee

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