

IODINE CONTENT IN LOGANBERRIES

The Highest Notch of All Foods; and This May Put Fruit on Map

Dr. Woods Hutchinson, once a citizen of Oregon and now one of the world's best known popular writers on medical and health subjects, and one of the best posted of them all, has an article in the Saturday Evening Post of last week, under the heading, "Please Pass the Iodine," which is likely to attract attention the world over.

And which will surely make the loganberry growers of the Salem district sit up and take notice.

Iodine for Goiters.
Dr. Hutchinson in his wonderful and interesting article shows that goiter prevails the world over in districts distant from the sea coast; where salt in its natural form, containing a trace of iodine, is absent or scarce. He shows that medical science has found that iodine is necessary for the cure of goiter; even that the use of iodine by mothers will prevent goiter in their children. He points out a number of ways in which the trace of iodine necessary for the prevention and cure of goiter may be supplied to the people generally: including putting a trace of it into the water supply twice a year for two weeks at a time; including also the refining of salt for public use so as not to leech out all the iodine which is found in all salt in a natural state. And including the eating of sea foods and fresh fruits and vegetables grown near the sea; not more than 50 to 200 miles away.

Loganberries Have Most
In one of his concluding paragraphs, Dr. Hutchinson says:

"This brings us to the final problem: How far can we hope to make good this iodine shortage by a careful selection of our foods and adjustment of our rations? The first thing, of course, is to find out what is the actual iodine content of our foods and how widely they differ. Careful analysis of a long list of foods from various parts of this country by McClelland, and in Switzerland by Fesselman, gave prompt and interesting response—interesting both because foods were found to differ enormously in their iodine content, some containing almost a hundred times as much as others, and because the group of iodine-rich foods is the very one with which we have become almost wearily familiar within the last five or ten years—the so-called vitamin group."

"Fruits, vegetables, sea foods and butter, for instance, contain from seventy-five to a hundred and fifty parts per million of iodine, as against five to fifteen parts in wheat, corn, beef, potatoes and skimmed milk, the highest notch of all, one hundred and sixty-five parts, being scored by loganberries. Not only the visit to the seacoast but the clam bake and the blueberry pie and the shore dinner generally are also abundantly justified from an iodine point of view. They are the grub that makes the goiter fly."

Walnut Crop Is Injured
By Near Zero Temperature

The walnut crop of 1925 appears to be badly injured, especially in the lowlands section of this county, according to County Horticultural Inspector Van Trump. Inspections made by the expert disclose the fact that between 80 and 90 per cent of the catkins, or male blossoms have been killed by the freeze in the lowlands, with the consequent forecast for a short crop this year. The reports, however, are based on investigations carried on over a small portion of the whole locality.

It is believed that the loganberry damage may be heavier than at first reported. It is also thought that the added freeze to the loganberry vines will cause many growers to plow up the vines, added to the uncertain market conditions of the past year and other factors.

Dr. Hutchinson says:
"This brings us to the final problem: How far can we hope to make good this iodine shortage by a careful selection of our foods and adjustment of our rations? The first thing, of course, is to find out what is the actual iodine content of our foods and how widely they differ. Careful analysis of a long list of foods from various parts of this country by McClelland, and in Switzerland by Fesselman, gave prompt and interesting response—interesting both because foods were found to differ enormously in their iodine content, some containing almost a hundred times as much as others, and because the group of iodine-rich foods is the very one with which we have become almost wearily familiar within the last five or ten years—the so-called vitamin group."

"Fruits, vegetables, sea foods and butter, for instance, contain from seventy-five to a hundred and fifty parts per million of iodine, as against five to fifteen parts in wheat, corn, beef, potatoes and skimmed milk, the highest notch of all, one hundred and sixty-five parts, being scored by loganberries. Not only the visit to the seacoast but the clam bake and the blueberry pie and the shore dinner generally are also abundantly justified from an iodine point of view. They are the grub that makes the goiter fly."

Loganberries Have Most
In one of his concluding paragraphs, Dr. Hutchinson says:

"This brings us to the final problem: How far can we hope to make good this iodine shortage by a careful selection of our foods and adjustment of our rations? The first thing, of course, is to find out what is the actual iodine content of our foods and how widely they differ. Careful analysis of a long list of foods from various parts of this country by McClelland, and in Switzerland by Fesselman, gave prompt and interesting response—interesting both because foods were found to differ enormously in their iodine content, some containing almost a hundred times as much as others, and because the group of iodine-rich foods is the very one with which we have become almost wearily familiar within the last five or ten years—the so-called vitamin group."

Walnut Crop Is Injured
By Near Zero Temperature

The walnut crop of 1925 appears to be badly injured, especially in the lowlands section of this county, according to County Horticultural Inspector Van Trump. Inspections made by the expert disclose the fact that between 80 and 90 per cent of the catkins, or male blossoms have been killed by the freeze in the lowlands, with the consequent forecast for a short crop this year. The reports, however, are based on investigations carried on over a small portion of the whole locality.

It is believed that the loganberry damage may be heavier than at first reported. It is also thought that the added freeze to the loganberry vines will cause many growers to plow up the vines, added to the uncertain market conditions of the past year and other factors.

FEW COPIES LEFT OF ELLA M' MUNN BOOK

Fulfilled its Mission, and a Second Edition May Be Printed Later

Words of appreciation for Ella McMunn's book, "Down on the Farm," are coming in every mail to her home on rural route 8, Salem, and while The Statesman's prediction that every book would be sold by New Year's day was not realized, it was pretty close to the mark, as there are but few copies remaining at Patton's book store.

Cooke Patton, writing for Patton Bros., says: "Every one spoke very highly of your writings, and hoped that something will turn up that you will write more stories and a larger book. We will be glad to get back of your books at any time."

Miss Eyre reviewed the book favorably before her large class in English at the Salem high school, and Miss Cornelia Marvin, state librarian, expresses her pleasure at being able to add it to the Oregon authors' section at the state library.

Yera Brady Shipman of Chicago, who wrote an appreciation of Miss McMunn on her recent trip west, announces that she plans to review the little sketches, and urges her to write others of like nature. (This appears in the Sunday Statesman.)

Molly Brunk, who sees good in everyone and potential greatness, whether it is there or not (merely as a reflection of her own generous soul), writes with boundless enthusiasm that fifteen minutes after she heard of the book she had bought one.

W. C. Dibble reviews the book in a letter, chapter by chapter, his keen and kindly criticism showing how perfectly he caught the underlying sentiment and spirit of the writer.

Dr. E. F. Pound showed his appreciation by buying a dozen copies, as did the Bush, Zieher and Nolan families.

Mrs. Frederick Lampert wrote: "To show my appreciation of your book, I enclose a check for \$20.

for which please send me an auto-graphed copy."

Mr. and Mrs. H. D. Trever expressed their pleasure in a few clever verses, inviting Miss McMunn and her mother to call at their studio for a portrait sitting, an invitation that was accepted.

The Oregon Magazine has asked for a series of sketches, to be illustrated by the clever pen of Murray Wade.

The United States National bank sent an appreciation through its president, David W. Eyre, so that the little book has fulfilled its mission.

It is possible that, some time soon, a second edition of "Down on the Farm" may be printed, in order to supply a wider demand. That is, in order to offer the book to a larger public. In the meantime, it is more than likely that all the remaining copies will be sold. They are going out every day; and it is not at all probable that any copies of the first edition will be left after a week or two more.

May Be Second Edition
It is possible that, some time soon, a second edition of "Down on the Farm" may be printed, in order to supply a wider demand. That is, in order to offer the book to a larger public. In the meantime, it is more than likely that all the remaining copies will be sold. They are going out every day; and it is not at all probable that any copies of the first edition will be left after a week or two more.

MASON AT STAYTON IN FIFTIETH YEAR

Dinner Given in Honor of W. H. Hobson After Installation of Officers

STAYTON, Jan. 5.—A public installation of officers in Santiam lodge No. 25, A. F. and A. M. was held in the lodge room on December 27. The following officers being installed:

W. M., W. H. Hobson; S. W., A. A. McKenzie; J. W., V. L. McCrosky; Secretary, Frank Blakeley; Treasurer, W. W. Elder; Chaplain, M. McFarland; S. D., T. L. Sanders; J. D., G. F. Korinek; Tyler, Roll Harold.

W. H. Hobson, who was installed as Master in the blue lodge, December 27, now occupies the chair for the 14th time, and is one of the oldest members in masonry in this section. Way back in 1874 Mr. Hobson, became associated with the order, taking out a membership with Pearl lodge No. 65, at Turner, Oregon, later becoming a charter member in the organization at Stayton.

The banquet given in his honor was the 50 anniversary of his membership with the order. Several members of the Turner lodge were present on the occasion, to do honor to a man who has been loyal to the order for half a century, and on behalf of the Turner lodge presented him with a gold pen, which was gracefully received and acknowledged by the honored guest.

Mr. Hobson is in his 79 year, is still hale and hearty and in all likelihood will serve his lodge as master, several more terms.

Uriah Whiting of Stayton, was also a member of Turner lodge at that time, and still holds membership with Stayton lodge, but on account of his advanced age of 91 years, seldom attends.

Stayton Resident Dies
After Paralytic Stroke

STAYTON, Jan. 2.—Mrs. Lucinda B. Miller who suffered a stroke of paralysis on Saturday of last week, died at her home in Stayton, at 8:30 o'clock New Year's night.

Mrs. Miller was 67 years of age and has resided in Stayton for the past 25 years. She is survived by two brothers and two sisters. John Smith of Sublimity, H. E. Smith of Portland, Mrs. Thompson and Mrs. Roxie Lake of Long Beach, Cal. All were at her bedside during her last hours except Mrs. Thompson who was also ill at her California home. Funeral services were held Saturday afternoon.

Prisoner in Stayton Jail
Saws Bars and Escapes

STAYTON, Jan. 5.—J. W. Ehrenreich of Albany, whose car went into the ditch near Stayton on Wednesday, and who was later picked up by Deputy Sheriff Henry Smith and landed in the city jail here, sawed his way to liberty sometime New Year's night and made a complete get away.

Ehrenreich in company with a woman was on their way to a dance at Gates when the accident occurred. Mr. Rich who rescued them from their plight, notified Deputy Smith that the car contained liquor, which was hidden in the undergrowth near the scene of the accident. The car, a Star coupe is still being held by Deputy Sheriff Smith.

Why Women Use This Simple Mixture
Women appreciate the QUICK action of simple buckthorn bark, magnesium sulph. c. p., glycerine, etc., as mixed in Adlerika. Because this is such an excellent intestinal evacuant it is wonderful for constipation—it often works in one hour and never gripes. Adlerika helps any case of gas on the stomach unless due to deep-seated causes. Often removes matter you never thought was in your system. J. C. Perry, Druggist, 116 S. Commercial St.

DEATH AND FUNERAL OF O. M. ELLIOTT

Was Superintendent of Salem Schools for a Period of Two Years

(In a private letter to a member of the Statesman force, Rev. James Elvin, now of Dickinson, North Dakota, formerly pastor of the First Congregational church of Salem, says: "I am sending sad news. Mr. Elliott, former superintendent of schools in Salem and later president of the Lewiston, Idaho, State normal, died recently. His daughter Enid is married and lives in Sidney, where we were closely associated with her and her husband. (Rev. Elvin went to Sidney, Montana, from Salem, and served as pastor of the Congregational church there, before being called to Dickinson.) I am sending you the account of the funeral, taken from the Sidney paper."

The following is the account from the Sidney paper:

Mrs. Dotson's Father Dies
Delbert D. Dotson returned Monday from Lewiston, Idaho, where he and Mrs. Dotson were called about two weeks ago by the serious illness of her father, Oliver M. Elliott, who died December 15. The funeral was held Wednesday afternoon. Mrs. Dotson remained to be with her folks until after Christmas.

Mr. Elliott was president of the Lewiston State normal and had served in that capacity since 1816 with splendid success, and in regard to his life the Lewiston Tribune says in part: Mr. Elliott was prominent in educational circles throughout the northwest and was in close educational work throughout the nation through his membership and identity with the National Education association. He had served on the committee formed of superintendents and normal school presidents, and was vice president of the Normal School Presidents of the United States, was an active member of the Inland Empire Teachers' as-

sociation and was prominent in the work of the Idaho Teachers' association.

Mr. Elliott was prominent in the fraternal and club life of Lewiston, being a member of the York rite bodies of Masonry, the Knights Templar and the Shrine. He was a member of the Knights of Pythias, the D. O. K. K., the Elks, and had held important offices in all these orders. He was a member of the Lewiston Commercial club, the Kiwanis club, the Outlook club and the Red Cross.

President Elliott was a gentleman of many fine qualities and during his long residence in Lewiston he had surrounded himself with many admirers and sincere friends. He possessed those qualities of charity and benevolence and a congenial disposition that endeared him to all who knew him.

He is survived by his widow, a son, Dana, of Spokane, and a daughter, Mrs. D. D. Dotson, of Sidney, Montana.

The funeral was conducted Wednesday afternoon at 2 o'clock at the Normal school auditorium, this service being restricted to the officers of the faculty and student body. At 3 o'clock a public service was conducted in the auditorium by the Rev. D. J. W. Somerville, of the Episcopal church, and Rev. Herbert Dukes of the Congregational church, of which Mr. Elliott was a member.

The remains were taken to Spokane for cremation.

Was Popular Here
Prof. O. M. Elliott was well known and popular here in Salem, as were the members of his family. He was superintendent of the Salem public schools during the years 1914 and 1915, and had been elected for 1916, when he was offered the superintendency of the State Normal school at Lewiston, Idaho, at more than double the salary he was receiving here. He was in love with Salem, but his duties to his family precluded his refusing to take the position in Idaho, which he filled with such signal success, just as he had done in his superintendency of the Salem public schools.

Texas man claims an oil stock swindler got his fortune. How quaint and old-fashioned.

Community Dinner Enjoyed At Stayton New Years Day

STAYTON, Jan. 5.—A community dinner was served at the Masonic hall New Year's day at noon by the members of the Christian church and their families. The event proved to be an enjoyable one and the spirit of good fellowship which prevailed seemed fitting as a starter for the new year.

Mr. Peebles of Seattle was a recent visitor here at the home of his sister, Mrs. J. T. Kearns. Miss Effie Lois Williams, one of the teachers in the Portland schools, is spending the mid-winter vacation with her sister, Miss Ella Williams, in Stayton.

Melford Allen arrived in Stayton Thursday morning for a few days' visit with his mother, Mrs. Mary Allen. Mr. Allen is engaged in the undertaking business in Springfield.

Among those coming from a distance to spend the holidays with Stayton relatives were Mrs. Katherine Davis of Vancouver, Wash., Miss Roxie Stayton of Portland and Mrs. Herbert Staab of Oregon City. The trio of women are daughters of Mrs. Elizabeth Stayton.

After a week pleasantly spent in visiting her parents and other friends, Mrs. June Barton left Sunday for her home in Seattle.

Mrs. Branson, who has made Stayton her home for the past year and a half, moved this week to Brownsville where her son Chester has employment with the Brownsville woolen mills.

Captain W. A. Platts visited here during the holidays with his brother, Herb Platts, and family. Capt. Platts came from Fort McKean, R. I., and will now be located at Fort Lawson, Seattle.

Dr. Paul Fehlen and wife, who have been residents of Stayton for the past 20 years, left the first of the week for California where they will make their home.

J. L. Quinn and wife have moved into their first street residence, which they recently purchased, and are now comfortably located. Mr. and Mrs. Quinn have been living in the old Cottage hotel which they recently sold to Lewis Arthur.

Dr. C. H. Brewer and wife went to Salem New Year's day and were dinner guests at the home of Mrs. Nellie Brewer.

Mrs. Roxie Lake arrived in Stayton from California Wednesday, being called here by the serious illness of her sister, Mrs. L. B. Miller.

Edwin Keech, a law student from U. of O., came over from Eugene to spend the holidays with his parents, Mayor George Keech and wife.

A watch party, sponsored by the girl reserves, was held at the Alva Smith home New Year's eve and proved to be an enjoyable affair.

There is music wherever there is harmony, order or proportion.

Installation of Officers Will Be Held on Wednesday

The Veterans of Foreign Wars are to meet at the WOW hall Wednesday evening instead of the IOOF as previously announced, for the installation of officers. Special representatives from Portland Post of the order are to be present to conduct the installation of Col. Carl Abrams as commander of the Salem post.

A program for the members has been arranged for the occasion and a good turnout is anticipated. A big feed is promised.

Makes Autos Go 49 Miles on One Gallon of Gas

SIoux FALLS, S. Dak.—James A. May of 1257 Lacotah Bldg., has perfected an amazing new device that cuts down gas consumption, removes all carbon, prevents spark plug trouble and overheating. Many cars have made over 49 miles on a gallon. Any one can install it in five minutes. Mr. May wants agents, and is offering to send one free to one auto owner in each locality. Write him today.—Adv.

WE PAY CASH FOR YOUR FURNITURE AND TOOLS

Capital Hardware & Furniture Co. Best Prices Paid 225 N. Com'l St. Phone 347

THE BRUNSWICK RADIOLA PHONOGRAPH and RADIO IN ONE

offers the music of today, tomorrow—yesterday. The music of the air or, at the turn of a lever, world's finest recorded music. It offers a Radio infinitely improved and clarified by the famous Brunswick Method of Reproduction.

Let us demonstrate this amazingly versatile machine for you at our store or in your home. It will be a pleasure to show you its simplicity, to demonstrate its beauty of reception and reproduction—to explain our new plan of easy payments. Come in soon—why not today?



The Brunswick Radiola Super-Heterodyne
Some Remarkable Features

- Requires no outside antenna—no ground wires. You can move it from room to room—plays wherever you place it.
- Amazing selectivity permitting you to "cut out" what you don't want to hear and pick out instantly what you do. Consider what this means in big centers.
- Combines the superlative in radio with the superlative in phonographic reproduction—a radio and a phonograph in one.

CONVENIENT PLAN OF PAYMENTS: We will gladly arrange for a Brunswick Radiola to be delivered for a small initial payment, the balance in equal monthly amounts to suit your convenience. Ask about our plan.

Room Size Brussels RUGS
SPECIAL \$10.95
Tapestry Brussels Rugs in a wide selection of desirable patterns. Colors to harmonize with any home decorative scheme; browns, blues, tans, taupes, etc., 9x12 feet and 9x13 10-ft sizes. You must see these Rugs to fully appreciate their real value.

Room Size Axminster RUGS
SPECIAL \$26.95
The Rugs in this lot are sold as irregulars on account of slight imperfections which in no way detract from their real value. High-class 9x12 foot size. Attractive colorings. These sell in the regular way at \$37.50. Special \$26.95.





TODAY THE NEW HUPMOBILE EIGHT IS TO BE UNVEILED

Today the eagerly-awaited Hupmobile Eight will be revealed for the first time at our salesrooms. Hupmobile invites your immediate comparison between the performance of its new Eight, and all other eight-cylinder cars and all superior sixes.

For Hupmobile has here produced an Eight with all the sound qualities of endurance and reliability which have made Hupmobile famous the world over—

A car which now brings within reach of the average American family, for the first time, every eight-cylinder advantage for which buyers in the past willingly paid hundreds of dollars more.

The Hupmobile Eight possesses superiorities of its own, over and above the super-abilities of the eight-cylinder principle, which unquestionably single it out as a new leader among American eights.

In many important respects the Hupmobile Eight far outdistances anything hitherto accomplished in eight-cylinder engineering in America.

It produces more power per cubic inch of piston displacement than anything which has preceded it. Its performance is so smooth and symmetrical that there is not even a murmur of "roughness" at any speed.

More than any other fine car, it combines compactness for handling and parking with roominess for riding comfort. It records an average gasoline economy heretofore unequaled among eights. It has beauty of design, finish and equipment not excelled within \$1,000 of its price; and its own price is less than that of many sixes.

We venture to predict that the men and women who drive the Hupmobile Eight, in their own way and at their own pace, will never again be satisfied with any car that falls short of its amazing abilities.




HUPMOBILE EIGHT

The price of the New Hupmobile Eight is undoubtedly the most attraction ever placed on such a car. We are now ready to give out complete price information when you come in to see the car.

Kirkwood Motor Co.
246 State. Phone 311