

AUXILIARY OF LEGION MEETS

Thanksgiving Dance Planned
by Silverton Women;
Reports Received

SILVERTON, Ore., Nov. 7. — (Special.)—The auxiliary of the American Legion held its business meeting Monday night in its room at the Silverton armory. A very good attendance was reported.

Much business was transacted including introduction of the report from the child welfare committee. Mrs. A. J. Titus, chairman of this committee, asked all members to bring children's clothes for the children's homes. Mrs. Titus also asked that these be brought to her within the next two weeks. The membership committee reported three new members, the Misses Nellie and Letha Cavendar and Mrs. A. W. Simmons.

Dance Is Planned

The auxiliary also decided to give a dance Thanksgiving. The report from the last dance given by the auxiliary showed a net profit of \$61. so the motion carried to ask the same committee which had charge of this dance to also take charge of the Thanksgiving dance. Serving on this committee will be Mrs. L. G. McDonald, Mrs. Claire Jarvis, and Mrs. L. W. Austin.

The apron and food sale date was set for November 24 and will be held in the building formerly occupied by the Red and White between the Halvorsen service station and the Water street meat market. Mrs. Jay Morely and Mrs. C. M. Wray have charge of the apron, while Mrs. A. Gottenburg, Mrs. Clara Baltimore and Mrs. Legard have charge of the food sale.

Committee Named

Mrs. A. J. Titus was appointed chairman of the reception committee for new members and visitors at auxiliary meetings. The members also decided to buy a carpet for the auxiliary hall.

The next meeting will be held November 19 at which a pot luck supper for the auxiliary and Legion members and their families will be given. In charge of this arrangement are Mrs. Edwin Tinsley, Mrs. Paul Wray, Mrs. Otto Olsen, Mrs. Henry Johnson and Mrs. E. A. Sewell.

SUSPECT ARRESTED IN DOUBLE MURDER

DALLAS, Tex., Nov. 7.—(AP)—Arrest of a man they were seeking in Oklahoma was the lead on which police last night planned their hopes of solving the mysterious slaying of two young married women, clubbed to death at a lonely spot near Dallas Saturday night.

All clues, the investigators said, pointed toward this one man, who is said to have made threats against the life of Mrs. Beelo Lynch, 31, who, with Mrs. Cleo Lingo, 19, was beaten to death shortly after the two young women had been seen at a dance.

Jealously, officers said, was the probable motive of the crime, and they expressed the belief that the man they are seeking in Oklahoma picked up the girls in his automobile after the dance, drove them to the lonely spot where the bodies were found, clubbed one of them to death in a rage, and then struck the other down to seal her lips.

Why not make murder an instantaneous, legal proof of insanity and save all these expensive trials, gallows and electric chairs? New York Evening Post.

One of the strangest things in this world is why the self-made man employs college professors to make his sons.—Dallas News.

SAVE KIDNEYS EXAMINED BY YOUR DOCTOR

Take Salts to Wash Kidneys if
Back Pains You or
Bladder Bothers

Flush your kidneys by drinking a quart of water each day, also take salts occasionally, says a noted authority, who tells us that too much rich food forms acids which almost paralyze the kidneys in their efforts to expel it from the blood. They become sluggish and weaken; then you may suffer with a dull misery in the kidney region, sharp pains in the back or sick headache, dizziness, your stomach sours, tongue is coated, and when the weather is bad you have rheumatic twinges. The urine gets cloudy, full of sediment, the channels often get sore and irritated, obliging you to seek relief two or three times during the night.

To help neutralize these irritating acids, to help cleanse the kidneys and flush out the body's urinous waste, get four ounces of Jad Salts from any pharmacy here; take a tablespoonful in a glass of water before breakfast for a few days, and your kidneys may then act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and has been used for years to help flush and stimulate sluggish kidneys; also to neutralize acids in the system so they no longer irritate, thus often relieving bladder weakness.

Jad Salts is inexpensive; cannot injure and makes a delightful effervescent lithia-water drink.

SOCIETY MATRON STRIKES OIL



After personally heading crews of laborers in the oil fields of Wilbarger county, Texas, on six occasions without results, Mrs. Kerk Kelley, Wichita Falls society matron, has finally made her big strike and now \$1,000 worth of the golden sand is pouring up from her wells daily.

Diet and Health

By Lulu Hunt Peters M.D.
Author of "Diet and Health" and "Diet for Children"

MY Dear Peterizing Class:

Today ends the series on reducing weight. If you have been faithful, you have lost at least 10 pounds of your excess, and you are feeling and looking 100 per cent better. Snappy? Aside from your improved health, efficiency, disposition and appearance, you have established a more normal appetite and have been cured of your unnatural craving for large amounts of concentrated foods.

I am not going to desert you. I shall write frequently on reducing. There is probably nothing I can do as a Public Health Educator of more value. Meanwhile, heed these cautions:

Cautions

1. Unless you are under the personal supervision of a scientific

physician, don't lose more than two pounds a week after the first loss. If you lose more than that (after the shrinking-stomach period) you will not be supplying enough food to keep up your supply of vitamins, mineral salts and protein which must be as high as when you are not reducing; else you will lose your health with your fat.

2. After a loss of 30 to 40 pounds it may be wise to stop dieting a short time. Go back to your maintenance diet, say for a two or three pounds, due to water retention.

3. Don't take physics. If necessary, take bran, psyllium seeds granulated agar, or a little mineral oil. (Mineral oil makes a good mayonnaise—usual recipe. No calories.)

Don't take patent medicines (drugs) to reduce! You don't need to, and drugs are extremely dangerous unless you are under the supervision of a scientifically trained physician from a high standard college. (I am not in private practice. Sorry.)

4. Don't go on freak diets. They are unbalanced and will undermine your health. The advertised "reducing" breads are just as fattening as the ordinary breads. They will not reduce you unless you follow their dietetic rules!

5. Don't be discouraged if you sometimes register a gain, even after dieting well. It is probably due to a retention of water. Eat very little salt.

Begin to diet today! IT WON'T BE ANY EASIER TOMORROW! (Unless you begin today.)

My Most Embarrassing Moment

Many of the daily papers have a column called "My Most Embarrassing Moment." Let's have some fun. There are no people who have more embarrassing moments than fat folk.

Send me a brief account of yours. Sign a pen name if you like. For a starter, here is mine. (Of course you have di-

vised before this that one reason I know so much about this subject is that I have been a member of the F. F. F. (Friendly Fat Fraternity) myself.

Some years ago when I was about 50 pounds overweight (and prided myself that because I was tall and well proportioned I looked stately rather than fat), I was waiting on the third floor of an office building for the elevator to take me to the ninth floor. I pressed the button, and the car, which was rather full, stopped. No one got out, and I got in. The operator shut the door and pushed the lever of the car. No response. Back and forth he pushed. Pushed 'he back and forth. Car did not quiver.

A gracious, rather heavy gentleman said he would get out, and other gracious gentlemen volunteered to lighten the load. Did the car then go? It did not. By this time the occupants were smiling broadly with interested amusement. Blushing, but game, I said, with a wan smile, that I would get out. The car shot up. To the accompaniment of laugh does bespeak the vacant mind.

It was embarrassing, rather! But it was invaluable. Stately? Hardly! I reduced. Send in your embarrassing moment.

These real advantages— when you use, for light or heat, the new-day BURNBRITE KEROSENE



A DRASTIC improvement in manufacturing process has made this better kerosene possible. At no added cost you can now have a kerosene that offers these valued advantages:

1. Burnbrite has a clean, sweet odor.
2. Burnbrite burns with a clear, white flame.
3. Burnbrite does not char the wick.

At your neighborhood grocer's or the nearest red, green and cream service station you can get this new product. Try it confidently; you'll want to use it regularly.

Ask for the Burnbrite booklet. It gives you a score and more of valued uses for Burnbrite, with finer results than you have ever known. Read about the convincing lamp test—a standard lamp burning for from 60 to 65 hours on one filling of the fuel.

Sold wherever Associated products are sold.

ASSOCIATED OIL COMPANY

Refiners and Distributors of
Associated Gasoline • Associated Ethyl Gasoline
Cyclo Motor Oil and Greases

STROPPING IS ESSENTIAL TO THE PERFECT SHAVE

are all Barbers CRAZY?

Is stropping a playful gesture
to amuse you?
Or has the new Valet AutoStrop Razor
proved that there is a fundamental
reason for stropping?

YES, all barbers are insane . . . so are other millions of men . . . if stropping a blade to sharpen it is useless.

But you know that every barber throughout the entire world knows that he must strop before he shaves. An unstropped edge is like a row of needles. It pulls and tears the skin.

There is one razor and only one which automatically insures a stropped blade for every shave—The Valet AutoStrop Razor.

The Million Dollar Model is the result of 21 years

of research and the expenditure of a million dollars in experiments. Everywhere men are adopting it because of its new-day improvements.

Perfectly balanced and self-adjusting, its friendly angle fits the face and cuts through the stiffest beard with smooth precision. With the Valette-processed blade it is a marvel of shaving ease.

Blades are inserted or removed simply by pressing a button. Blades are locked in firm, non-flexible grip that eliminates vibration and pull. New type guard lets you use the full shaving edge. And—fundamentally important—the exclusive self-stropping feature keeps the blade edge super-sharp. No need to remove blade to strop or clean it.

Weigh these facts. You know barbers haven't been wrong for 2,000 years in stropping. Why experiment with your face?

Give a Valet AutoStrop Razor a fair trial. You'll quickly learn to like it—then you'll never go back to an unstropped blade.

Beautifully finished models complete with blades and an improved strop in handsome cases at \$1.00 to \$25.00.

New million dollar VALET Auto-Strop RAZOR

REG. U.S. PAT. OFF.

AutoStrop Safety Razor Company, Inc., 656 First Avenue, New York City

J.C. PENNEY CO.

160 NORTH LIBERTY

Modes for a Modern Miss

Shoes She Will Choose for Daytime Hours or For
Informal Party Wear

The modern footwear mode for street wear is not only lovely in line, color and pattern, but is completely comfortable to wear. Our Street Shoes are designed to preserve the natural curve of the instep and the gracefulness of the arch.



This smart Tan Oxford can be worn the year 'round with sport clothes. Rubber topped heels.

\$3.98



If you stand on your feet all day, slip into this easy Black Kid One-step and note how soon foot-fatigue disappears.

\$3.98



A party-going shoe for a Small Miss: Patent, with Black Lizard Grain Trim, and medium heel.

\$2.98



Smartly buckled slipper for the Younger Miss. All Patent with gay trim. Rounded toes and rubber topped heel.

\$2.98



A light and airy One-step with wide, buckled strap in glistering Black Patent.

\$3.98



No one would guess that this stylish One-step had so many comfort features. In All Patent, or Black Kid.

\$3.98

Smart Footwear Modes

For the Younger Miss Who Demands Style
With Plenty of Growing Room



Children's school Oxfords are so charming today as, for example this Gun Metal Oxford with Black Patent trim.

12 to 2 \$2.79

8 1/2 to 4 1/2 \$2.49



This stylish Oxford for the Younger Miss has a half double sole for longer wear, yet is as stylish as can be. Patent, Gun Metal or Tan.

\$2.98



The "Almost Grown-up" will like this Patent One-step with rubber-topped heel and out-sole motif.

\$2.98



Our Children's Shoes are built over special lasts to give plenty of room for still growing feet. The tough, sturdy leather used in our soles gives miles and miles of wear.



This charming last is always in good taste thru its simplicity of style. All Patent.

\$3.98

Shoe Style For the Younger Miss



This shoe for the Growing Girl is built along natural lines, yet has the style of a grown-up model. Rubber top heel.

\$3.98

All Patent Everyday Shoes



A practical shoe for everyday wear in All Patent with walking heel. The price makes it an unusually good value.

\$2.98

Busy Feet Need Good Shoes



Feet that trol about all day need shoes with plenty of room for growing toes. This dainty model has style and built-in comfort, for the Growing Girl.

\$2.98



There are no seams or bells to hurt her tender little feet in this Stiletto. A double sole sole for longer wear.

\$2.98



Nothing is smarter for a Young Girl than a simple Oxford with correct low heel, Tan with embossed trim.

12-2 \$2.79
8 1/2-11 1/2 2.49
5 1/2-8 1.98



You want your Little Girl to have as pretty shoes as her little friends, and you can easily afford this dainty All Patent shoe.

\$1.39