

William Riddell Leaving On Trip to New Zealand

MUNMOUTH, Ore., Nov. 22.—(Special)—W. Riddell, Jr., well known Romney Marsh sheep breeder of Polk county, will leave Monday, November 26, for San Francisco, to sail November 28 on the royal mail liner Makura for New Zealand, in quest of Romney sheep.

In 1904 Mr. Riddell imported from England the first Romneys ever brought to the Pacific coast, and, according to Mark Havinhill, secretary of the American Romney Breeders' association, Mr. Riddell was the first importer of Romneys into America. His original importation consisted of 4 ewes and a ram, which he exhibited in this country, and created national interest among sheep breeders.

Not altogether satisfied with this flock nucleus, Mr. Riddell imported from New Zealand in 1907, eleven ewes and a ram, selected for him by David Evans, a Welsh shepherd. This constituted the real foundation of his flock.

Fifteen years ago he sold 40 Romneys to R. E. Harvey of Alberta Province; these being the first Romney sheep shipped out of the United States to another country. The beginnings of other individual flocks throughout Washington, Oregon and California were mainly derived from breeding stock which originated in Mr. Riddell's flock. He ships many rams annually for cross breeding into Utah, Colorado and other Rocky mountain states. He has exhibited Romneys at innumerable fairs, including the San Francisco exposition; Lewis and Clark Centennial at Portland; Alaska-Yukon-Pacific exposition at Seattle; and at every Pacific International Stock show held in Portland, also Oregon State fair.

The Romney is a very ancient breed of sheep which was inhabiting the marshes of Romney, England, when the Romans invaded the land. No one knows whence these sheep first came. Through the centuries, they have reproduced a distinctive type, and because of their hardy, prolific traits, English emigrants established them in New Zealand where they have long superseded all other breeds. In the Argentine and in Australia, where a peculiar footrot decimated the sheep alarmingly, the Romneys thrived outstandingly, and by cross breeding them with Merinos developed a rugged Romney-Merino type which produces wool said to be among the finest in the world.

Overcomes Obstacles
Mr. Riddell has known all the discouragements which the pioneer of any unusual enterprise encounters. He has made some expensive importations which proved unsatisfactory and highly unprofitable. His father and brothers, William Riddell and Sons, known throughout the west as breeders of Lincoln and Cotswold sheep and Angora goats, did not for many years share his enthusiasm about Romneys. But he persisted in his undertaking, and has become nationally noted for his successful introduction of this breed of sheep which is characterized by its heavy shearing qualities of medium length, fine staple wool, and for excellent mutton.

Trip Long Planned
The trip to New Zealand this fall comes as the culmination of a cherished dream—the fruition of a quarter century's devotion to one project. Mr. Riddell had planned to go there in 1916, but could not obtain a passport be-

cause of the war. Since then business affairs precluded his going. He will spend 6 weeks in New Zealand, selecting Romneys to add new blood to his own flock, and for many other breeders, including the following: W. R. Russ, Eureka, Cal.; A. H. Craven and McCaleb Brothers, Monmouth; Orville Doerfler, Salem; and D. N. Gould, Hydenville, Cal.

Diet and Health

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

Backslidings
I ONCE lost 47 pounds by Pe-

terizing, but am ashamed to say I have gained back 21 pounds. Am starting all over again and am going to lose at least 50 pounds.

MRS. E. You evidently went back to the same food habits you had before you reduced. Mrs. E., or you would not have gained. I cannot emphasize strongly enough the importance of sticking to the educating diet long enough to change the food tastes. If you persist, you can learn to really prefer some fruit rather than pies, cakes, puddings or ice cream for dessert, to feel no sense of loss when no bread is taken with a full meal, to really like food better without a lot of rich gravies and sauces, etc., and to wonder how you ever cared so much about candy.

By acquiring such food tastes you have automatically cut out 500 to 1000 calories a day. After you have acquired these habits, you can cease counting your calories, although it's fun to do this anyway.

Try to get at least two miles of brisk walking every day and five to ten minutes of setting-up exercises. These exercises and the walk, as well as the new food habits are things you should keep up for the rest of your life.

Have you our pamphlet on reducing and gaining? If not, observe the column rules and it will be sent you. Ask also for the article on the Atonic Abdominal Wall.

Editor's Note—Dr. Peters cannot diagnose, nor give personal advice. Your questions, if of general interest, will be answered in the column. In turn, Requests for articles must be accompanied by a fully self-addressed, stamped envelope and 2 cents in coin for each article, to cover cost of printing and handling. For the pamphlet on reducing and gaining, 10 cents in coin, with fully self-addressed, stamped envelope, must be enclosed. Address Dr. Peters, in care of this paper.

Tomorrow: Answers to Mothers.

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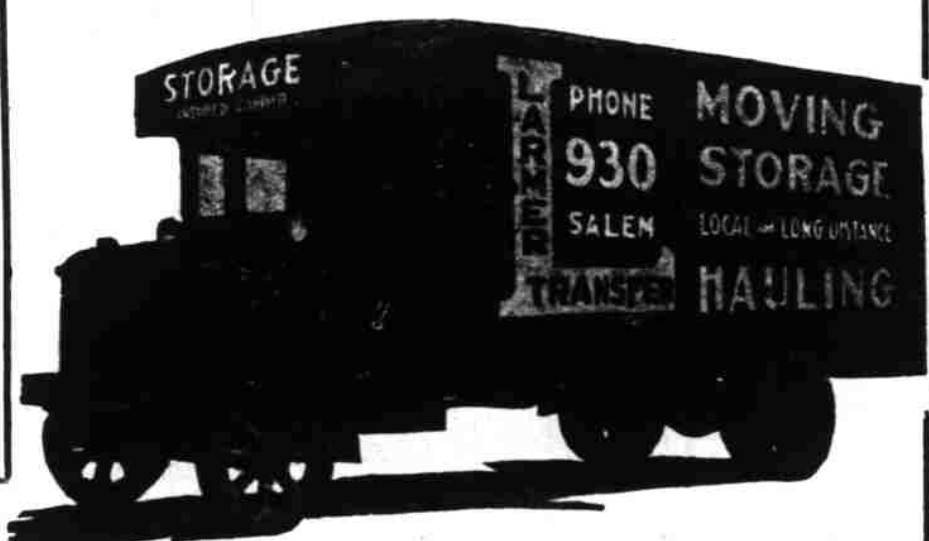
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