

Health

By Lulu Hunt Peters M.D.

Author of

"Diet and Health" and-"Diet for Children"

Keep In Touch With Doctor

While on Reducing Diet

Society News and Club Affairs Dietand OLIVE M. DOAK, Society Editor =

## PPost - Christmas TOTS CROSS SEAS TO JOIN FATHER Thursday Bridge L:Luncheon For

### Octogons

The Octagon club met with Mrs. Otto Hoppes on Thursday for 1 b'clock luncheon and bridge. Timy sachet bags with name cards attached marked the places for the guests. Cotoniaster and red candles in silver holders centered the table where covers were laid for ten. After the luncheon an erchange of delayed Christmas gifts and bridge completed the afternoon. This party had been planned during the holidays but filness had prevented the plans being carried out.

High score for the afternoon was won by Mrs. Lester Newman and second high by Mrs. Richard Meyer. Mrs. Albert Gragg and Mrs. J. H. Brady assisted Mrs. Hoppes.

Club members present were Mfs. Lester Newman, Mrs. James Jennings, Mrs. Richard Meyer. Mrs. Albert Gragg, Mrs. Lester Pearmine, Mrs. J. H., Brady, Mrs. Paul Burris, Mrs. E. H. Kennedy. Mrs. Otto Hoppes. Mrs. Carl Fisher was a special guest.

# A Afternoon Party Is Attractive Affair

Mrs. William Brown entertainad her club at her apartment in the Royal Court, with an attractive afternoon of bridge. Three i tables were in play during the af-"ternoon. High score went to Mrs. Pussel Bonesteele and Mrs. Ed. win Armstrong.

At the close of playing Mrs. It: Brown was assisted in serving by Mrs. Kenneth Perry, and Mrs. William Gosser.

Members present were Mrs. R. D Woodrow, Mrs. Kenneth Per- Junior Business Girls P. J. Walton of Dallas, Mrs. Ralph Plan for Conference Campbell, Mrs. J. A. Johnson Mrs. C. M. Charlton, Mrs. Howard Mrs. Russell Bonesteele.

### Tano Club Enjoy Dinner Watch Party

PUIT (Plantin th) 1171111111 1世的代码 a chatter Carlans and Þ

After five years apart from their father, Frank Wolanin, Anna, seven, and Veronica, eight, have arrived at Youngstown, O., from Poland, in time to join him for the holidays. He planned bringing the children and their mother to the United States, but the mother died in Poland and the girls had to cross the ocean alone.

### Distinguished Guest Present for Meeting

The Junior Business girls met The Y. W. C. A. will have as a Huisey, Mrs. A. W. Glutch, and Thursday night in the dining room guest for its board meeting Tues- 12:15-12:30-Novelties. Thursday night in the dining room guest for its board meeting Tues-of the Y. W. C. A. building for their bi-monthly dinner and busi-ness meeting. After dinner was Y. W. C. A. organization. ness meeting. After dinner was Y. W. C. A. organization.

over a business session was pre- At this meeting plans will be 6:35-6:15-News items. sided over by the president, Miss laid for the coiming finance pro- 8:00-9:00-Enchanters Male quartet, when I awake at night I could organ. Members of the Tano club were Betty Elofson. The subject of gram which is being planned. Af- State Program from San cry with pain and I can scarcely

Members of the Tano club were entertained at the home of Mr. and Mrs. R. C. Hunter Monday evening. A turkey dinner was served. Covers were laid for eight, Following the dinner "500" oc-toupled the evening which finished with a watch party. Following the darar "500" oc-toupled the evening which finished with a watch party. Following the darar "500" oc-toupled the evening which finished with a watch party. Following the darar "500" oc-toupled the evening which finished with a watch party. Following the darar "500" oc-toupled the evening which finished with a watch party. Following the darar "500" oc-toupled the evening which finished with a watch party. Following the darar "500" oc-toupled the evening which finished with a watch party. Following the darar "500" oc-toupled the evening which finished with a watch party.

Club Given Luncheon

Mrs. W. J. Liljequist entertained the Thursday bridge club at her home' on South Winter The Prize Winner for This Yearstreet Thursday afternoon, Lunchcon was served at 1 o'clock after which three tables of bridge occupied the attention of the guests for a pleasant afternoon.

Members of the club present were Mrs. L. P. Aldrich, Mrs. R. C. Hunter, Mrs. George W. Johnson. Mrs. Charles Knowland, Mrs. P. J. Meany, Mrs. A. E. Huckstein, Jr., Mrs. C. F. Patton, Mrs. C. F.

Event

Listen In

SATURDAY

45-8:00-News Items

12:00-12:15

Mrs. Homer Smith and her sis-ter, Mrs. Le Furgy were joint hostesses for an attractive lunch-eon with covers laid for 16 Sugests Friday afternoon at the home of Mrs. Smith on North Summer street. Not see the bands of the part of Mrs. Smith on North Summer street. Not see the bands of the bands of the part of the to have such a tremendous reduc-tion. Not see the bands of the bands of the part of the to have such a tremendous reduc-tion.

Following the luncheon four I wish you would write us again tables of bridge were enjoyed dur- and give us some details: Does ing the afternoon. Prizes were overweight "run" in your family. given for high score at each table, your height and physical activ-Church school 9:30 a. m., H. E. Barrett,

Will you do that for us, please? The instructions which Mrs. A. followed can be obtained by fol-lowing column rules. Will you do that for us, please? 'Tarry With Me, O My Savior'-Bald-"Tarry With Me, O My Savior'-Bald-"instructions which Mrs. A. solution of the series of

night. During the day I keep go-ing and do not notice it much, but by Stevenson. Mrs. W. A. Denton at the



EVANGELISTIC FULL GOSPEL TABERNACLE CASTLE UNITED BRETHREN

CASTLE UNITED EXERTINGS
Communion Sunday Bible school 10
a. m. A. E. Bradfield, Supt. The first
Thirteenth and Ferry streets, block
of the Bible enigmas will be presented
Keep your resolution to attend Sunday
school. Morning worship 11 a. m. Sermon subject. 'The Lord's Supper.' All
members are expected to be present for
this communion service. Junior C. E.
2:30 p. m. Senior C. E. 6:30 p. m. Miss
Earle V Jennison, pastor. Zenio, Serial music, pastor: special music, wednesday evening, prayer meeting begin-

this communion service. Junior C. T. urday night, Young people's 2:30 p. m. Senior C. E. 6:30 p. m. Miss Carman Kuhn is the leader. Evening wor ship 7:30. Sermon subject. "Needed Spiritual Equipment." WAYSIDE MISSION

 While on Reducing

 Prize Winner for This Year-12S Pounds Lost

 AM the mother of three chil-dren. I am 27 years old and sometime ago weighed 233 pounds. I lost at the rate of low o pounds a week, 2 by fol-low in g your
 The services will be as the main the charmist at 1 a.m. will sing Cristian, Miss. An institution extended is will be Miss Gertrude Aldrich of Pass Drom MEMORIAL
 Active pas. Starting Studay at 2:30 or the Starti

Mrs. C. F. Patton, Mrs, C. F. Glese, Mrs. Frank Loose and Mrs. Clyde Johnson. Mrs. E. C. Goodwin was a guest for the afternoon and won high score. Mrs. L. P. Aldrich will be the hostess for the next meeting fueral set. Bridge Luncheon Is Eniovable Mrs. I. Will never be able to re-by you for what you have done

God bless you. MRS. A."

We have had reports of losses s bigh as 136 and 137 nounds

Ities; how low a caloric intake you worship 11 o'clock. Communion service

KNIGHT MEMORIAL CONGREGA. TIONAL

Nineteenth and Ferry streets. H. C. sing seri Stover, manister. The church school Places!" mets at 10 s. m. C. C. Harris, superin-T. H. Te UNITARIAN CHURCH "Recently I had my urine test-ed and it was reported O. K., yet my back, across the kidneys, is very sore, Across my hips the ache is almost unbearable. But only at night. During the day I keep go-Lord' by the choir.

CHRISTIAN AND MISSIONARY ALLIANCE

High and Center streets. D. J. Howe, master Res. 765 N. Cottage. Mr. and pastor. Res. 765 N. Cottage. Mr. and Mrs. Clayton E. Jackson, assistants. Res. 967 N. Fifth street, Bible school 9:45 a. m. Sunday morning the "Men's Eible Class" will have the election of officers for the new year. They are also looking forward to having 100 men present at the data matter. ming at 7:30.

p. m., prayer meeting and Bibl

FIRST CHRISTIAN CHURCH

study. Cha S. Liberty.

with Munite Beckett, leader; senior G. E. 6:30 p.m. Evening service, 7:30 p.m. Subject: "Two Judgment Seats," Spe-cial singing. Prayer meeting Thursday 7:30 p.m. All are welcome to our ser-

m. by Bishop Bishop Zah-the evening. Wited. Revival Law 13 br the

### FIRST BAPTIST

Corner Marion and Liberty streets, obert L. Payne, pastor, Fred Broer, cobert L. Sunday school Supt. and director of mu sic. Louize Findley, organist. Sunday school 9:45 with classes for all who at tend. Morning preaching service 11 o'clock. Sermon topic, 'What Beptist Believe,' also sermonette for children. Three Baptist young people's unions meeting at 0:30 p. m. Sevening preach-ing service 7 o'clock. Topic, "The Other Side of Solomon." The ordinance of Fifteenth and Mill streets. Patrik N. Side of Solomon." The ordinance of Dahlin, pastor. Morning worship 11 Paptism will be administered at the even of clock. Sermon topic: "How Christ ning service. Splendid special music by Won Through." Church school 9.45 s.m. the church eboir at both services. Prayer

### LESLIE MEMOBIAL CHURCH

Methodist Episcopal Church services 11 a. m. and 7:30 Church services it a. m. and rise p. m. Morning sermon by the pastor. "The Dollar Mark of Sin." Anthem by the choir "Holy. Haly!" (Heyser). Eve-sing sermon by Ormal Trick on "First Places!" There will be a solo by Mrs. T. H. Temple at each service. The de-certments of the Sunday school assemble. In Lesite nail, Katherine Farie, leader and Leale league in Live Wire room. S. Darlow Johnson, leader, at 6:30. Dis-russion topic for both groupe in "Some Problems in a Changing Social Order." This church is on S. Commercial street at

### Darlow Johnson, pastor, 344 Myers St., Phone 2764.



Eat Fruits and Vegetables -

**Properly Flavored** 

The papers are full of statements and theories about constipationone of the plagues of civilized

people. What are the facts? A

famous food biologist was asked to

He went on to emphasize how

KEX-254 Meters, 1180 Kilocycles :45-7:46 a. m.- Vim, Vigor a Vitality. Vigor and est 9:00-9:00-Golden Hour orchestra. 9:00-9:30-Better homes hour. 9:15-10:00-Morning devotional ser lowing column rules. . . .

vice. 11:00-12:00 p. m.--Revelliers. m .- Time, bookman and

Will hold services at Fraternal Temple. this Sunday evening, Jan. 6. at 7:30 o clock. Mrs. Lulu Mittlesteadt of Port-land will lecture in trance. "Messages. FIRST PRESBYTERIAN Public invited.

MILL STREET METHODIST 

or in charge.

with a watch party.

Members of the club present Plans for this conference were Hawkins, Mrs. Frank Erixon, Mrs. 3 were Mr. and Mrs. C. F. Patton. placed in the hands of the pro-Mr. and Mrs. R. C. Hunter, Mr. gram and publicity committee and Mrs. Rev. Sanford. 3:00-4:00-Market reports. KOIN-319 Meters, 940 Kilocy. 11:45-12:00 m.-Louise Webber. and Mrs. Charles Knowland, and week to map out the program or

Ma and Mrs. R. C. Hunter.

bers and a few friends of the each month in the dining room of Pringle-Pleasant Point social club. the Y. W. C. A. Covers for 40 were laid. Follow-

ting the dinner a short business Student Line Party program numbers were given. For Albert Spaulding Mary Alice Jones and Waldo

Ctarke each gave readings, Vir- The students of Mrs. Henry Lee giata Coates played a plano sele will enjoy a matinee line party at and the audience enjoyed some the Capitol theatre this afternoon community singing. Four tables of to hear Albert Spaulding, noted "500" were in play the remain- American violinist. Mrs. Don Miles will be assistant hostess i der'of the afternoon. Guests for the affair were Mrs. with Mrs. Lee.

Matangaret Sealy, Mr. and Mrs. Guests for this affair are Jen-L.W. Potter, Mrs. J. M. Robert- ny and Joan Simmons, Barbara woon, Miss Grace Robertson, Mr. Viesko, Norma Jean Gilbertson. a and Mrs. Frank Clarke and chil- Jeannette Archart, Dorothy and indoen Waldo and Billy, Mr. and Ray Martin, Donald Chapel, Parsy Minst John Yates, Mrs. O. T. Sealey Rose, Iola Luchey. Carrie Wiland Joe, Mr. and Mrs. E. S. Coates liamson, Helen Engel, Wilma-Harris and Fern, Mrs. George Ad- Chase, Frances and Helen Chrisa canes. Mr. E. Clarke and George acade Everette, Mr. and Mrs. W. J. B Bomes and Marie and Johnnie, Mr. a cande Mrs. Ed Gupton of Tillamook, Millia and Mrs. J. W. Keys. Mr. Van Millia and Mr. J. W. Keys. M Mraand Mrs. J. W. Keys, Mr. Van-derbilt, Harold Dickey, and Ma- Book, Thimble Club

bet and Virgil Harrison. will be with Mrs. O. T. Sealey on t the 10th of this month.

Word has just been received by Mins Maude Covington of the mar- was spent with refreshments intage of Miss Constance Clark to served to Mrs. Charles Adams. Major Lath Burton Row, U. S. A. Mrs. Ross Danrell, Mrs. E. A. The marriage took place at Scho. Sommers, Mrs. L. F. Brown, Mrs. (Medd barracks, Hawaii, December Ray Lacy, and Mrs. Fred Kubin. 284.

Miss Clark was for some time hostess with serving. in charge of the children's section The next meeting will be with oof the Salem Public library, Over Mrs. Ross Danrell on January 17 as year ago she left this position a and Salem to take a like position gan which led to the marriage.

head, South Dakota."

in a recital at Nelson Hall to-in Salem. the students and the interested tenfd.

Melen Hope Rodolf has accept- hospital in Portland. and a temporary position with the Cie Dium, Washington paper. Her friends and acquaintances will be children Wilds and Bobby of day authorized Dr. G. C. Bellininterested to know that she has Junction City, Oregon, were the ger, superintendent of the Oregon insteadd some stories.

.............. Women's Social Calendar Saturday

Woman's Relief Corps' potluck dinner at noon at Milwill be held in the stiernoon. .

Gatlin, 1809 Chemeketa . ley No. 3, Order of the Rainbow probably will be ready for oc-

and Mrs. William Liljequist, Mr. who will meet Thursday of next and Mrs. Rex Sanford. Miss Maguire will address this group during the luncheon hour.

This interesting club of girls is PRINGLE—Mr. and Mrs. Ho-mer Harrison entertained with 3 New Year's dinner for the mem-bers and a faw friends of the

Mrs. Lester Pearmine and little 2 daughter Jane, is in Southern

latives.

Dorothea Vinton

Is Married To Gilbert Dickson Gilbert Dickson Gilbert Dickson

NORTH HOWELL. Ore., Jan. 4 (Special)-Miss Dorothea Mae Vinton became the bride of Gilbert Dickson Sunday afternoon at 2 o'clock at the North Howell church, the Rev. Charles Corby arand Virginia, Mr. and Mrs. Clif- holyce Wirtz, Barbara Kurtz, officiating. Miss Margaret Jones toferd Jones and Mary Alice, Mar- Anita Savage, Odell Peden, Laura was maid of honor and Roy Dunn garet and Allem, Mr. and Mrs. Gaskill, Della Locke, Marion attended the bridegroom. Miss Lorraine Fletcher played the wed-

A reception at the home of the bride's parents followed the cere-mony. About 50 friends and rela-

tives were present. Visitors at the R. O. Dunn home The next meeting of this club Have Business Meeting a Duan and two daughters, Mrs. on New Year's day were Mrs. Vel-S. M. Baughman and son Martin.

The North Howell school reop. The Book and Thimble club ened after the holiday vacation. met Thursday for a business meet-

ing with Mrs. Fred Kubin. After the business session a social hour Bishops Sale To Be Heralded On Radio Sunday Eve Mrs. E. A. Sommers assisted the

will be broadcast Sunday evening and no candy; third, ample cloth- coin, with fully self-addressed. Mr. and Mrs. T. S. MacKenzie (Hewaif and here the romance be- Seattle, Washington, with Mr. and announcement by William Paulus, of exercise in the open air and no of this paper. advertising manager of the store. overexertion; fifth, proper elimin-Mrs. F. W. Fitze of Coeur d'Alene,

Announcement of the wedding came from Mrs. Row's parents in Christmas holidays with Mr. and has been used by local stores for warm water before breakfast; Tyler, Druggist, Mrs. E. D. MacKenzie. They re- advertising.

turned from Seattle by way of Paulus said the announcement being careful not to sneeze or Kelso. Washington, where they would take the form of a musijorie Walker will present their spent New Year's day with Dr. cal program. Radio was selected i jorie Walker will present their and Mrs. A. N. Pearson. Mr. and to supplement an extensive adver-astalents in plano an dstage craft Mrs. Fitze will visit for a few days tising campaign which will appear in local newspapers this weekend.

the students and the interested Friends of Mrs. H. M Deacon will Board Authorizes

pes for New Year's.

turned to her home after having Inspection Trip spent some months in the Coffey

The state board of centrol Fri-Dr. and Mrs. W. W. Hicks and guests of Mr. and Mrs. Otto Hop- tuberculosis hospital, and Carle Abrams, secretary of the board, to inspect a number of similar in-

• Mr. and Mrs. E. C. Goodwin stitutions located in western • were among those of Salem who Washington. Thepurpose of the elebrated the New Year out of inspection, is to determine the · town. They were guests at the kind of equipment best suited to " lot's hall, All G. A. R. men. " town. They were guests, at the kind of equipment best suited to " are invited. Joint installation " Gus H. Walther home in Portland. the new state tuberculosis hos-Will be held in the atternoon. • B. A. R. with Mrs. Russell • The Chadwick Chapter Assemb- The Dalles. The new pospital

Mrs. Milton Meyers, Mrs. H. M. 2:00-3:00-Matinee program. Hawkins, Mrs. Frank Erixon, Mrs. 3:00-4:00-Market reports. KOIN-319 Meters, 940 Ellocycles

ney disease. But it is not a symp-tom of kidney disease at all, as this Sunday. Charles E. Ward, minister, the examination of your urine has titian 12:00-12:30 p. m .- Agricultural pro

gram. 2:00-4:00-News and music. 15-6:00-Topsy-Turvy Times.

·00-2 ·00-Farmers' hour 2:00-2:20-Stock market reports. 5:00-6:00-Orchestra concert

:00-6:00—Orchestra concert NBC New York studios. California for a few weeks where 6:00-6:30-Concert trio. she is visiting with friends and re- 6:30-7:00-New York automobile

gram. :00-8:00-Dance frolle from New

York. 8:00-9:00—From KOMO, Seattle. 9:00-10:00—"Golden Legenda," NBC. 10:00-12:00—"The Big Show," NBC. NBC—5-6 p. m., National orchestra: 7-8, National dance hour; 8-9, Car-

feature; 9, radio ant; 3:30, reature; 10-12, dance orchestra; 12-1, dance hour; 1-2 Midnight Express. COMO—Seattle (326), 6, music: 7. NBC; 8, Little Symphony and mixed quartet; 9, orchestra; 10, news; 10:-KOMO-

15-12:30, concert. HJ-Los Angeles (353), 6, organ: 6:45, world news: 7, 8, orchestra; 9, them. This can be done by some oth-er member of the family if you cannot go to your physician Merrymakers; 10-12, dance orches

tra. KXL—Oakland (341), 6, concert trio: 7, news; 7:30, Bagdadiane; 8, or-gan; 8:30, song recital; 9, dance cannot go to your physician. Put a support, such as a small

Dr. Edward Lee Russell, pedia-

sixth, have colds treated properly.

cough without using handkerchief.

Tested Recipe.)

spread chopped green pep-pers which have been mixed with lemon mayonnaise, Butter the next slice and

spread with a mayonnaios and chopped pimente mix-ture, flavored with a little

chili sauce. The third slice may be of graham bread, buttered and spread with chopped egg yolk and may-onnaise mixed. Cover with

a minimum.

pillow, at the hollow of your back at night.

Send for our article on the Atonie Abdominal Wall which outlines the Tummy Ten exercises. Dear E .--- I'm sorry I cannot TO CURB FLU GERN Dear E.—I'm sorry I cannot diagnose your troubles. Only a physician who examined you could tion of Harry F. Sinclair, the oil

do that.

Get a spool of adhesive tape (two or three inches wide) and cut off three or four lengths long enough to pass across the back from the front of one hip to the front of the other. Have them ap-plied one at a time, tightly, and overlapping, while standing. On top of the straps you can ap-ply hot water bags or electrisheat; and massage can be given through them. JASON LEE MEMORIAL METHODIST CHURCH North Winter at Jefferson. Harry E. North Warse at Je

620 State street. Revival meetings be ginning Thursday evening continuing all this week and next week every evening at 7:45. Brother Lowe, evangetist in charge. Everyone welcome. J. M. Smith, pastor. Res. 680 S. 12th.,

CHRIST LUTHERAN

Th State and Eighteenth streets. Rev. A. L. Heine, pastor. German ser-vices at 9:45, English at 11. Sunday achool at 9:40. Luther league Devo-tional meeting at 7:30 p. m. The Missee tional meeting at 7:30 p. m. The Missee Martha and Erna Batterman leaders of discussions.

SOUTH SALEM FRIENDS Corner S. Commercial and Washington streets. Sunday services: 10 a. m. Sun-day school, Mrs. Marguerite P. Elliott,

man, for contempt of the senate "In League with the Lord." 6:80 p. m naval leases investigating commit. Christian Endeavor Prayer Meeting: 7:30 Evening worship and sermon. Thursday,



Daughter of Mrs. Casherine Lamuth Box 72, Mohawk, Michigan

Daughter of Mrs. Eva Wood Howe 1006 South H. Street, Danville, Ill.

"I praise Lydia E. Pinkham's "After my daughter grew into womanhood she began to VegetableCompound for what feel rundown and weak and a it has done for my fourteenfriend asked me to get her year-old daughter as well as for your medicine. She took Lydia me. It has helped her growth E, Pinkham's Vegetable Com-pound and Lydia E. Pink-ham's Herb Medicine. Her well. She has gone to school nerves are better, her appetite every day since beginning the is good, she is in good spirits medicine. I will continue to and able to work every day. We recommend the Vegetable Compound to other girls and to their mothers."-Mrs. Cath-erine Lamuth. erine Lamuthi

LAYER SANDWICHES arranged for Thursday by J. F. (Mrs. Mary Morton's Daily Tyler, proprietor of Tyler's drug Test these the next time you want to serve sandwiches at an afternoon or evening party. Take a sand-wich loaf of bread and cut it in slices lengthwise, removing the crusts. On the first slice, after buttering it,

trician with the Marion county not diagnose, nor give personal questions. The case was set for

child health demonstration, ad- advice. Your questions, if of gen- argument on February 18.

What is believed to be the first

(Grand Opera, Cor. Court & High Streets) 8. S. 9:45 a.m. Preaching 10:50 a.m. and 7:80 p.m.

time could be saved A new lease for one year was

Friday morning, stressing six the column, in turn. Requests for Sinclair had appealed his case points that persons should know articles must be accompanied by had recently asked the highest to keep the influenza epidemic at a fully self-addressed, stamped en- tribunal to give its instructions on velope and 2 cents in coin for each five questions of law. The five-They are: first, long hours of article, to cover cost of printing question case was set for argu-A radio announcement of Bis- sleep, at least 10, in the open air: and handling. For the pamphlet on ment on Monday. hop's annual Two-for-One sale second, nutritieus, wholesome food reducing and gaining, 10 cents in

Signs New Lease Dealer Displays

the shown, in your case.
You have some muscle and lig-ament strain which may be pri-marily caused by a lowered resist.
The AMEBICAN LUTHERAN Church atreet between Chemeketa and Center street. The Rev. P. W. Eriksen, ance from absorption from some infection, either from the tonsils or teeth or from the intestinal tract, etc., and it is probable that you don't get enough exercise of the back muscles. I would have an examination to see if you are nor-mal and then I would advise your taking up the Tummy Ten exer-cless, balancing your dist, and, un-til the strain is overcome, have your back strapped.
THE AMEBICAN LUTHERAN Church atreet between Chemeketa and Center street. The Rev. P. W. Eriksen, ing sermon at 11 s. m. At 7:30, and the intermediate league and the intermediate league meet in the street. Phone 1876W.
GLAD TIDINGS MISSION
Street. Phone 1876W.
GLAD TIDINGS MISSION
Battor, C. S. Johnson, Services 3 and 7:30 or social meeting.
Here the streat is overcome, have your back strapped.
Get a string up the Tummy Ten exer-cless street.
Here the meeting.
Here the strain is overcome, have your back strapped.
Here the strain is overcome, have
Here the meeting.
Here the strain is overcome, have
Here the meeting.
Here the strain is overcome, have
Here the meeting.
Here the train the termediate the stress the stress

JASON LEE MEMORIAT.

BE EYED CLOSELY

WASHINGTON, Jan. 4 .--- (AP)

The supreme court announced

state the case and he summed it up in these few words: "At least 90% of constipation is due to a lack of roughage in the diet. Eat bran, ereals, and fruits and vegetables entist which is a branch of The Mother Church, The First Church of Ghrist, Sci both raw and cooked." nuch more pleasant it is to est

huch more pleasant it is to est hese healthful foods provided their delightful tastes and flavors are developed by the use of sugar. He spoke of how hard it is to get chil-dren to eat cereals, so beneficial in

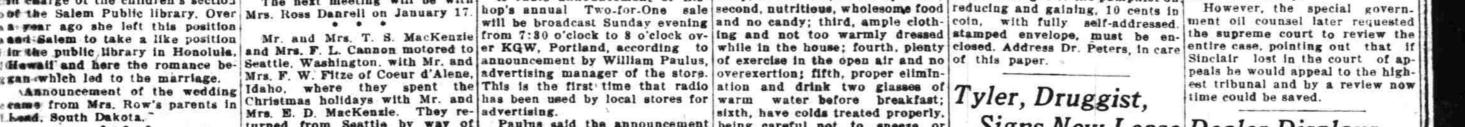
their diet, unless they are properly sweetened. He asked us to reme ber how many healthful fruits

would be unpleasant to the taste without softening the fruit acids and developing their remarkable flavors with sugar.

We should put it down as a safe rule of health that all human burnes living in the civilized world today need plenty of fruit and vegetable iber in their daily diet. Sugar, by making nearly all such diets pleas-int to taste and easy to eat, is the one dependable aid to the eating of roughage.

There is no substitute for surar in the normal diet. Sugar is Nu-ure's ideal flavor for healthful foods. Eat the things you need and enjoy them. The Sugar Institute

adv.



Editor's Note: Dr. Peters can- tee in refusing to answer certain

store, when he continued his sirplane tire stock ever carried in present arrangement for renting Salem is now on display in the the Oddom building on south Frank Doolittle tire store on Commercial street. Tyler had pre- Chemeketa and Commercial viously announced that he would streets. Doolittle has purchased close out his stock and leave the the tires in a range of sizes. They location, but changed his plans are smooth tread, resembling tires when a satisfactory arrangement used for autos a decade ago. The was made for renewing his present sizes are somewhat smaller than lease.

those used by cars.

B. Y. P. U. 6:30 p.m.

Plane Tire Stock

