

### Salem High Will Give Schubert's "Rosamunde"

Since the centennial celebration of the great Franz Schubert's death there has been a marked development in appreciation of the composer's works that number among the most exquisite art songs we have. No one has written music as spontaneously as Schubert who, at his untimely death at 31 years of age, left nine symphonies, 600 songs and countless other compositions through-out all of which one feels his stirring, emotional appeal. The premier performance of Schubert's "Rosamunde" will be Friday evening, March 1, when the advanced chorus and orchestra of the Salem high school will present this opera under the direction of Lena Belle Taylor. This opera features many of Schubert's best-loved songs and includes the famous "Overture" and the delightful "Ballet Music."

### Mrs. Lapham Will Be in Charge of the Salem Performance and Elizabeth Waters Will Be the Leader in the Ballet.

Young vocalists who will be heard in solos will be Joan Evans, Hope Raymond, Lucile Downing, Homer Smith and Kenneth Abbott.

### T. A. Sees News Reel at Friday Meeting

The Pop-Court Parent Teachers' association met at the school Friday evening for supper and an interesting program given in the school rooms. F. Steelmacher of Albany gave a short talk and showed several reels of motion pictures from the Oregon state game and fish commission. Ben "Targett," deputy game warden, was also present. The next meeting of the association will be March 15.

### Military Ball Will Be Patriotic Affair

One of the events of the year will be celebrated in McMinnville when the officers of the National Guards of Oregon represented by units from Tillamook, Dallas, Hillsboro, and McMinnville open the doors of the McMinnville armory for the grand military ball of February 22.

The dance is in honor of Governor and Mrs. I. L. Patterson and Brigadier General and Mrs. George A. White. It is invitational and will represent the ranking officers of all Oregon, besides hosts of civilian friends of the National Guard officers.

### Mr. Stearns Celebrates 81st Anniversary

Mr. and Mrs. F. G. Stearns have had as their house guest this last week Dr. Ralph Stearns of Klamath Falls and Gerald Stearns of Lebanon who were here to help Mr. Stearns celebrate his 81st birthday anniversary the early part of the week. Owing to the inclement weather, the entire family could not be here to the reunion as it had been planned, but Mr. Stearns received greetings from all the members of his family who could not be present for the dinner which Mrs. Stearns had prepared for the occasion.

The women of the Missionary society of the Mill street Methodist church will meet for a sewing bee at the home of Mrs. L. Rudie 2145 State street. Miss Edna Holder, returned missionary from India, will speak to the women on the work in India while the women sew on jackets which Miss Holder plans to take back to India with her for the girls in the school where she will be stationed after the turlough she is now enjoying.

The Turner W. C. T. U. recognized Frances E. Willard memorial day with a silver tea at the home of Mrs. Jim Bones, Wednesday afternoon. An interesting program was given during the afternoon. The committee on arrangements included Mrs. C. Stanley, Mrs. Pearl Witzel, Mrs. Earl Prather, Mrs. G. Farris, and the Rev. Grace Diver.

Miss Elizabeth Waters appeared on the Lambda Chi Alpha fraternity program in Corvallis Saturday night. Miss Waters danced a Russian number accompanied by Miss Marguerite McDonald.

### Mrs. W. J. Entress Honors Miss Bennett

Mrs. W. J. Entress will be a Sunday afternoon hostess complimenting Miss Marie Bennett, state department president of the Daughters of Union Veterans, who is visiting in Salem today.

Mrs. Entress will hold open house to Salem Daughters of Veterans and friends of Miss Bennett from two to five o'clock at her home 1865 South Commercial street.

Mr. and Mrs. Wayne Barham honored the teachers of the Highland school at a Valentine bridge party Thursday evening.

The guests included Miss Marie Temple, Miss Marie Allen, Miss Gladys Paul, Miss Bertha Allen, Miss Fara Atwood, Miss Olive Caley, Miss Eva Beatty, Miss Lebell Bartlett, Mrs. Ida Andrews, and Mrs. Farrand.

Mrs. Albert Stettler entertained the Hayesville Woman's club Thursday afternoon at the home of her mother, Mrs. McAfee, who gave a demonstration on Jewish work and displayed some lovely bits of the work.

The next meeting of the club will be at the home of Mrs. Stoops February 28. Flower seeds and bulbs will be exchanged at this meeting.

Mr. and Mrs. Ralf Miller of Portland, and daughters Jean and Maryanna, were guests of Mr. Miller's sister, Mrs. A. J. Rahn, Saturday. Mr. Miller was then on his way to Denver on a business trip. Mr. Miller and daughters returned to Portland Saturday evening.

Miss Elizabeth Waters and George Birrell, clever young adagio team, of the White's School of the Dance, will be featured at the breakfast club at the Portland hotel, Tuesday morning. A very unique part of this appearance is that it will be broadcasted step by step over KGW. The time set is between 8 and 9 o'clock.

## Diet and Health

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

**Tonsils Alarm Clocks?**  
NURSE once told me that the tonsils are an alarm clock to tell when the system is out of order. Is it so? If it is, isn't it harmful to take them out? Can one shrink them by gargling with any solution, or will they have to be removed if they are bad? If removed, will this change the singing or speaking voice?  
"I have a boy 8 1/2 years old who worries me considerably. He had great trouble with tonsillitis and bronchitis until we had his tonsils removed, two years ago, but now he still gets swollen and inflamed throat and has a very high fever at times. He is very thin and I have to coax him to eat."

The nurse's description of the tonsils as an alarm clock is not

Senator Jay Upton will speak before the joint meeting of the Hal Hibbard Camp, No. 5, U. S. W. V. and the Auxiliary Monday evening at 7 o'clock. A banquet will be served, followed by a program of orchestra music and everything that would serve to make the evening enjoyable. All comrades and members of the Auxiliary are asked to be present.

Comrades of Albany, Woodburn, and Silverton have been invited to participate.

John Seymour is in charge of the lunch and Ludwick Michelson is arranging the program for the evening.

Mrs. J. J. Newmyer, wife of the late G. A. R. Post Command or Newmyer has been a Salem visitor during the last week, visiting in the homes of Mr. and Mrs. F. G. Stearns and Mr. and Mrs. Will Newmyer.

A true one, Mrs. R. The tonsils are lymph tissue and if healthy they do stop infections from the throat from going deeper. But if they are themselves diseased they are about the worst purveyors of poisons that the body possesses.

It occasionally happens even with the best of surgeons that in removing the tonsils, little remnants remain and these apparently can cause just as much trouble as the original tonsils. I suggest you take your boy to a throat specialist and have his throat examined again.

Of course, if he is not eating correctly, this will keep him run-down so that his throat is more susceptible and it may be that the throat trouble is the cause of his lack of appetite. Does your boy have at least three glasses of milk a day, two cups of fruit and vegetables, part of them raw, some meat, or fish, or eggs, besides his breads and cereals? Is he an excess sweet eater? It would be a good idea for him to have cod liver oil. But you should see your physician about this.

No, the removal of the tonsils does not ordinarily affect the voice.

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### Finds a Way to Stop Attacks of Fits

Reports are received of an amazing treatment that epileptic state has proved successful in stopping their attacks. R. Lepso, Apt. 107, 895 Island Ave., Milwaukee, Wis., has been supplying sufferers with this treatment. He now wishes to reach all those who have not been helped and to do so is making the startling offer of a generous treatment free to all sufferers. Anyone afflicted should write for this free treatment at once, giving age.—Adv.

Mrs. B.—No, it is not normal for the breasts to be secreting milk four years after the baby is born, so you should see your physician.

As you say the milk does not appear unless you squeeze the breasts. It is quite probable that because you do this to see if milk is there, you are stimulating the glands so that they continue to secrete. Continuous stimulation will cause them to keep secreting. In some of the old countries and among the unenlightened, mothers nurse their babies until they are five or six years old.

Until you can see your physician, just let your breasts entirely alone, and resist the temptation to see if any milk is there.

Mrs. C.—Your age of 44 is not a bar to your having a child, if

you have the right care. You should not allow this to worry you. The fact that you had children when you were younger shows you are capable of bearing them.

We have an article on the diet during pregnancy and nursing and a list of books on pre and post-natal care which you may have.

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.



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## Peter's Adventures

### FATHER MAKES THE SPLINTERS FLY

Father strikes me with those great wings of his I will not be able to go down-hunting tomorrow," whispered little Fear-No-Harm. "I wish I hadn't made any noise. Run away boy, quick. Even if he beats me I will not tell him which way you went."

"You're a dear little chap," said Peter, under his breath, bending down and putting his faithful friend upon the back. "But don't you worry. Father Partridge isn't going to hurt me or you, either. See, he isn't even glancing this way. Whatever has made him so angry it is not you. I don't believe that he even heard you cheep.

drubbing that he flapped his wings, and if Peter had not clapped his hands over the birdling's beak the youngster would have scooped out loud with delight. As it was he changed his chirping into a whisper.

"That's right, biff, bang, bink! Hit that old stump again. Whew! Just see the splinters fly. Say, boy, if getting mad makes one have such fun I wish I was father. Ooh! What is he going to do next?"

## Next: "One Lone Drummer Makes Noise Enough for a Band."

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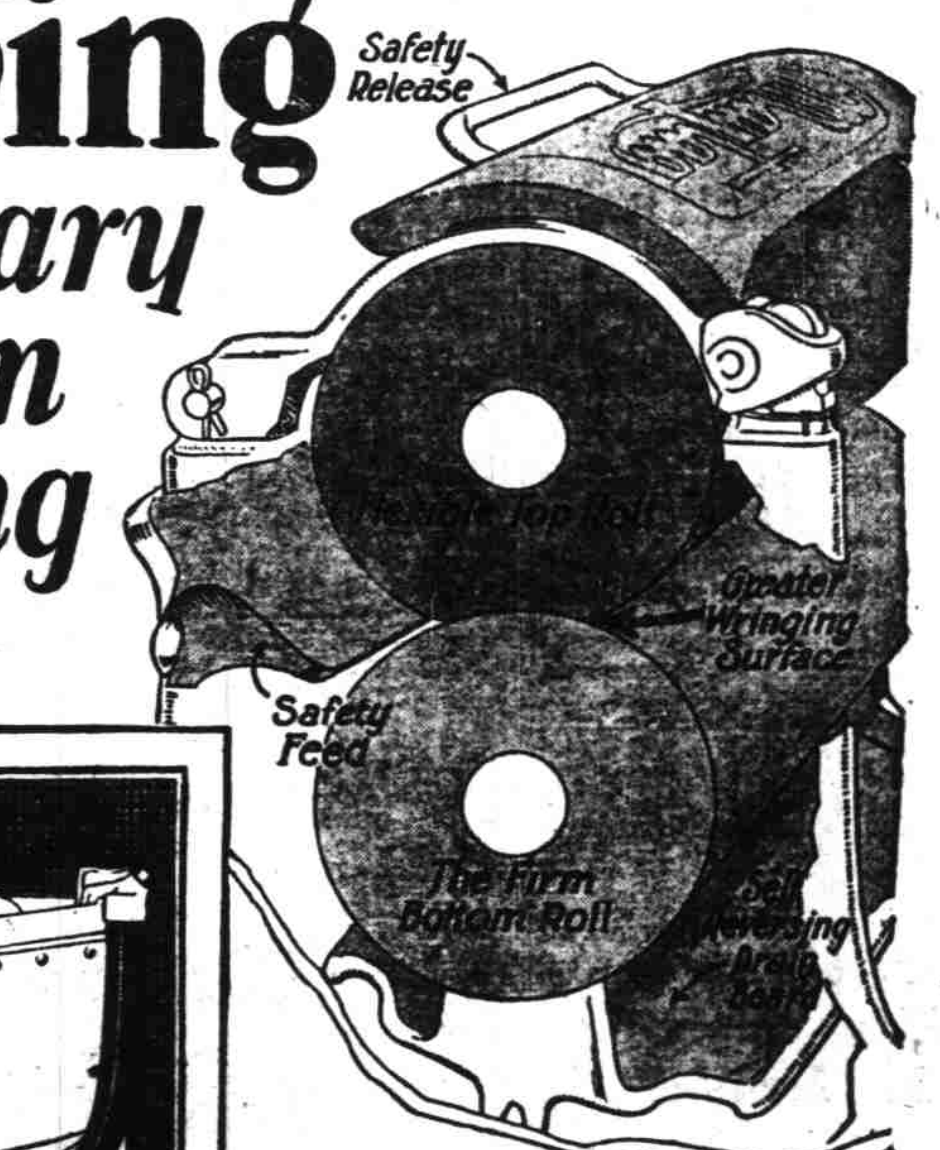
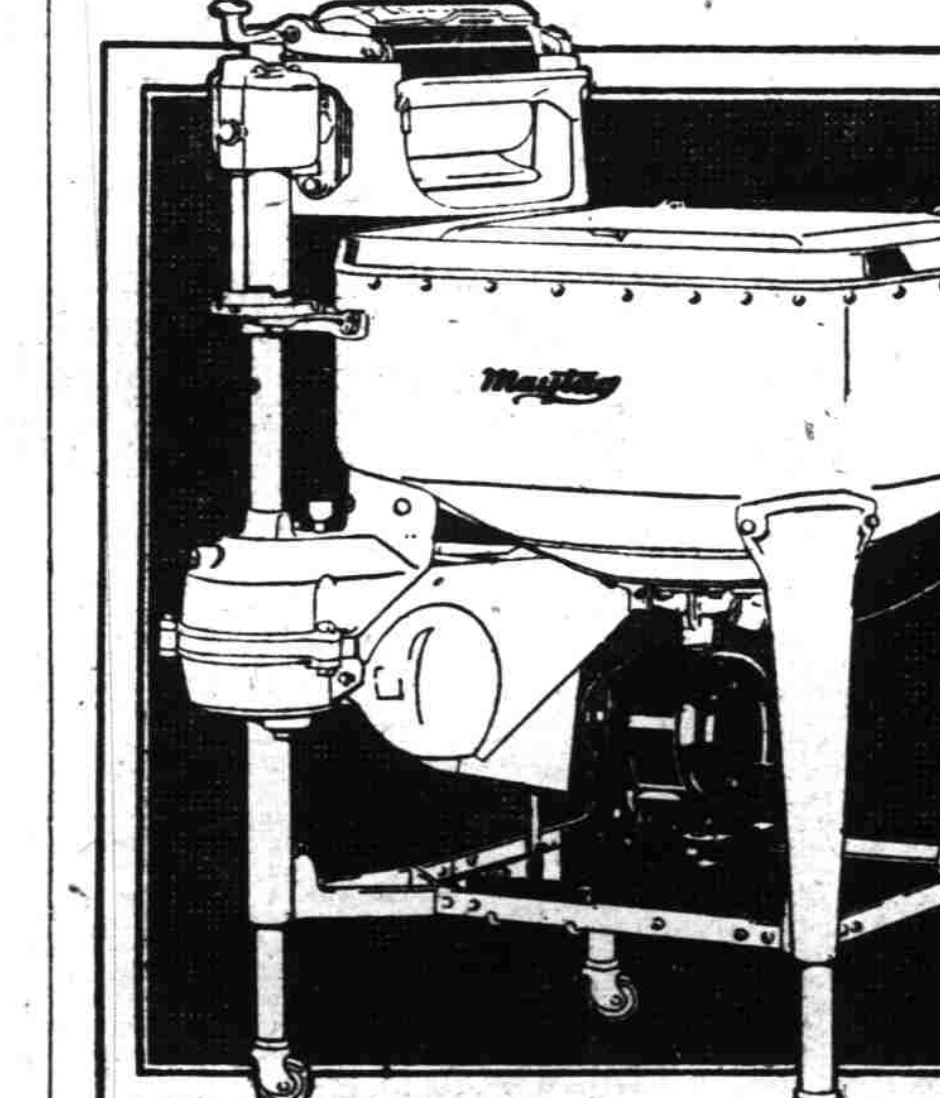
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