

Diet and Health

By **Isaac M. Peters M.D.**

Diet and Health and Diet for Children

Answers to Mothers
God could not be everywhere; therefore He made mothers.—Jewish Proverb.

My little girl is eight years old and weighs over 100 pounds. She is tall and large-framed. She is a very healthy, happy and busy child and a good eater of all foods. I have Peterized myself and lost 15 pounds, so I know how to balance the diet, etc., and feel that my little girl is right-ly fed. She had her tonsils and adenoids removed when about three years old and has gained flesh since. Some hint at thyroid trouble. Do you think I have to fear that and to have her examined for it. Should she have swimming, skating and dancing, or would you let it go with just the regular exercises?
"ANXIOUS MOTHER."

Your little girl is probably overweight for the same reason that you were overweight, Mother, and that is that she is overeating for her needs. Yes, she should have swimming, skating and dancing, if she can, and increase her other physical exercises, too. Of course, it is always wise to have a check-up by a physician, occasionally, where there is any symptom of disease or not, so I would have her examined. With your experience in reducing your own weight, you will know how to reduce hers. It is important for a fat child to have her weight reduced, for overweight, as well as underweight, makes children more susceptible to diseases. Besides, the fat child is at a disadvantage with her playmates and may be made unhappy from their jibes.

It is very important in reducing children's weight that only candies and other sweets, starches and fats are limited, for the full quota of growth foods should be taken every day. The reducing pamphlet gives directions which may be applied to children.

Striae Gravidarum
"Since the birth of my baby, I was left with whitish lines on my abdomen. Will these marks ever disappear?"
MRS. C."

Striae known as striae gravidarum. (Striae means lines or stripes and gravidarum means pregnant.) They are due to stretching of the skin and thinning out of the under layer, with the formation of scar tissue. Once they have appeared, they will always remain.

These striae may appear after any great stretching of the skin—in heavy, pendulous breasts, for instance, from overweight, or from a large tumor.

Striae gravidarum can largely be prevented, according to McPheeters, by persistent daily massage of the abdomen, begun around the second or third months of pregnancy, with some lubricant, such as cocoa butter or oil. (It is the massage that is effective). Then the abdominal wall should be supported by a properly fitting support. It must not be tight, however, for wearing tight supports predisposes to the weakness of the abdominal wall.

Exercise of the trunk muscles, especially those that are taken lying on the back—by raising the legs, or the body—and walking on all fours, also strengthens the wall and helps to make an easier labor. Obstetricians are now hav-

ing their patients begin active exercise of the abdominal wall two days after labor, while the patient is still in bed. These are continued after the patient gets up, and are increased. They not only help prevent the relaxation of the abdominal wall, but they help the uterus to go down to its normal size and keep it in its normal position.

We have an article on abdominal exercises.

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.

MISS ANDERSON SOON TO FINISH NURSE WORK
SILVERTON, March 12.—(Special)—Miss Fern Anderson and a Portland friend motored to Silvertown on Sunday to spend the day with her grandparents, Mr. and Mrs. Manley Haskins of South First street. Miss Fern is graduating in May from Immanuel hospital, where she has been taking nurses training.

GAS FATAL TO THREE
MARIETTA, O., March 12.—(AP)—Three men were found dead in a bedroom here today apparently from the effects of fumes escaping from a gas stove.

Peter's Adventures

DEAR OLD DAD TURNS INTO AN ICE BIRD

Drake, at this point in his story, drooped his head and sniffed sadly.

"I shall never forget as long as I live how I came upon my poor father one winter's day. Mother was getting us children ready for

"Cold weather had driven the snails and water insects deep into the mud for warmth and father had to dig deep to get them. He had a hard time of it and on his last trip he stayed in the water too long—dear old dad—he was determined not to come back to us with empty beak. If only he had!

"Jack Frost caught sight of him digging in the shallows and told Ice and Ice crept upon father, and before he knew it had spread its trap. When at last father had dug out the snail and tried to wade back with it to shore he found he couldn't move his feet.

"Father struggled and struggled and quacked for help and all the neighbors went with us to try to get him out. It was no use! He was sealed tight in a cake of ice and we had to stand there and watch him turn into an Ice Bird without doing a thing to aid."

"How dreadful," exclaimed the boy, Drake nodded his head.

"Terrible," agreed he. "None of us ever got over it. And every one of us made up our minds that if we could possibly help it we would never let Ice catch us unawares. Neither do we trust Jack Frost—we know that as soon as he appears, trouble is soon to follow."

"If Ice doesn't hurry up close upon his heels Snow does, and that is just as bad. Snow delights in blinding us so we can't find our way and then leaves us to the

mercies of whatever prowler may be about."

Drake stopped talking and gazed at the sky. Peter, however, wanted to hear more.

"So when you woke up that night not long ago and found Jack Frost was having a party," he reminded the bird, "what did you do?"

"Took to our wings, I said," said Drake, sharply. "Dear me, I do wish my folks would hurry. They stopped off to see some relatives while I came on to visit an old Uncle and they were to meet me here this afternoon. I do hope nothing has happened to them."

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Luncheon Given Folk Attending Farm Conference

DALLAS, Mar. 12.—(Special)—All who attended the closing day of the Farm Week conference held in the county court room last week, were tendered a luncheon by the Dallas chamber of commerce and the Kiwanis club Friday.

The luncheon was held in the dining room of the Presbyterian church. There were 30 guests.

Youthful Forger Will Be Confined

SPokane, Mar. 12.—(AP)—Doyle McKee, who police said victimized many banks in Pacific coast cities by forgeries, was sentenced to the state reformatory for three years today. Papers found on McKee

indicated that through a forged letter of credit he had been able to pass worthless checks in Hamilton Falls, Ore., Longview, Wash., and Seattle, Wash., Oakland, and West Wood, Cal.

Woman Who Said She'd Tell About Hickman Jailed

LOS ANGELES, Mar. 12.—(AP)—An echo of the case of William Edward Hickman, who was hung at San Quentin prison for murdering 12-year-old Marion Parker, was heard in municipal court today. Mrs. Eugene McMillen Martin, who was arrested last October for writing letters inviting the parents of the slain girl to attend a public meeting at which she would "disclose the truth about the Hickman case," was found guilty on two counts of outraging public decency. She will be sentenced tomorrow.

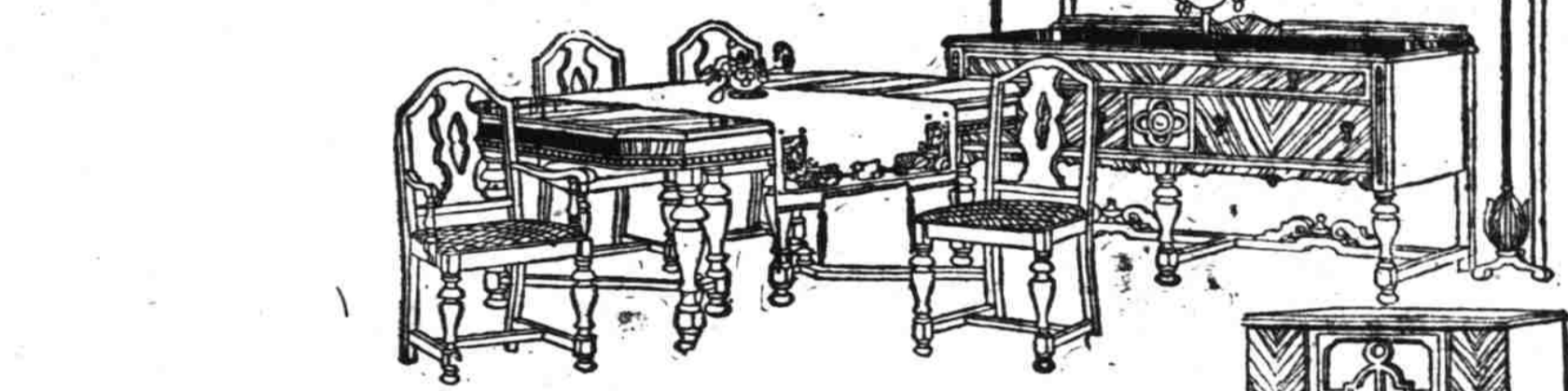
Al Christie's Yacht Defeats Rival at Races

LOS ANGELES, Mar. 12.—(AP)—In a thrilling battle of sails and seamanship in which neither craft gave any quarter or missed a trick on any part of the eleven and one-half mile race course in Los Angeles harbor, the Heather, owned by Al Christie, with Sterling Jeffers as skipper, won out by "a nose" over O. K. Hunsaker's Pirate, with Walter Hubbard, Jr., at the helm, in the third day's program of the national midwinter yacht meet.

invitations to many prominent film folk, cancelled the meeting as the result of police interference, but the officers had difficulty in dispersing the large crowd which had gathered at the hall doors to hear her.

March of Clearance

Dining Room Suites



Berkey & Gay and Other Well Known Brands Included

The arrival of new spring shipments will find us crowded for display room, so we are offering some very fine Dining Room Suites at this time, at prices far below the regular values.

Nine Piece Dining Suite

By Berkey & Gay
\$660 Wellington Suite, beautifully decorated in oils, large exposed surfaces in finely matched veneer panels of American Walnut; eight foot extension Table; 66 inch Buffet; 36x60 China Closet with decorated doors; Five Dining Chairs; One Arm Chair, all chair seats covered in fine Tapestry \$420.00

Eight Piece Dining Suite

By Berkey & Gay
\$407.50 Elizabethan Suite, large pedestal style suite in combinations of Walnut and other fine woods, drawer fronts in finest walnut buris. Eight foot extension Table; 66 inch Buffet; Five Dining Chairs, One Arm Chair, all chair seats covered with Tapestry \$303.00

Just a Few of the Remarkable Reductions

All the following Suites consist of Buffet, Extension Table, Five Dining Chairs and Arm Chair, all suites finished in Walnut.

- \$202.50 Eight Piece Dining Suite.....\$151.50
- \$199.00 Eight Piece Dining Suite.....\$149.75
- \$135.00 Eight Piece Dining Suite.....\$112.50
- \$148.50 Eight Piece Dining Suite.....\$109.50
- \$176.50 Eight Piece Dining Suite.....\$133.50
- \$224.25 Eight Piece Dining Suite.....\$137.50

SPECIAL OFFERINGS IN OUR RUG DEPARTMENT

Many fine rugs to select from, in all sizes, and in all makes of rugs, Axminsters, Wiltons, Fibre Rugs, Ovals, Rags Rugs and Runners, be sure to visit this department before making a final selection.

Spring Draperies
Cretonne, a regular 50c value now selling for 30c the yard. And many other bargains.

C.S. Hamilton

FURNITURE CO.

340 Court St.

Fibre Furniture
Three Piece Fibre Suite, consisting of a Davenport, Chair and Rocker with full spring seat and cretonne upholstery. Now \$67.50



For Quick Disposal Odds and Ends

NOTE—We cannot buy again to sell at these prices. Not every size in every shade but every pair perfect.

- Odds and ends in Gordon V line silk hose with self toned shadow clox.....\$1.79
- An exceptional value are these Cadet, Gordon, Granite and Onyx Pointex hose of pure thread silk. They are full fashioned and come in service and chiffon weights. Many light spring shades are included in the lot but not all sizes in each shade\$1.29
- Infants' mercerized rayon hose in the light shades. A very special number in odds and ends17c
- THREE PAIR FOR 50c
- Three quarter and full length and half sox, all silk, silk or silk and rayon. Sizes for all kiddies in the group but not every size in every number.....35c
- THREE FOR \$1.00
- Kiddies full length silk and rayon in the spring shades, odd sizes and numbers to clean out49c
- Three quarter and full length all silk hose for kiddies. Whites and tans, while they remain49c
- Kiddies' full length mercerized lisle ribbed hose35c
- THREE PAIR FOR \$1.00

GLOVES TOO!

And while we're cleaning house we are going to put an end to some odd numbers of gloves that will fit into many ladies' spring wardrobe necessities.

- \$1.09 will buy a pair of genuine lamb skin, full pique seams, light and dark shades. There are about twenty-five pair—We'll make a clean slate of it for—per pair.....\$1.00
- \$1.95 will buy a pair of cape skin, or kid gloves, pique or out seams in dress and sport styles. About twenty pair of these to clean up.....\$1.95
- Light spring shades and ONLY.....\$1.95
- \$2.95 will buy a pair of French kid or slip-on pigskin gloves. These are odds and ends and we do not have every size in each shade.....\$2.95
- We will clean them out at.....



"Quality Merchandise" "Popular Prices"

STOMACH YOUNG AND SWEET



Every bite of food you eat MUST be digested, and the waste matter eliminated. That's sure. If your stomach is sluggish and old, from the excessive acids which keep eating away the gastric juices, you must dissolve them, or you never will be free from indigestion, sour risings, bloating and drowsiness after you eat.

Get a package of Pape's Diapapin from your nearest drug store and chew one of the tablets after meals. Instantly the distress is relieved, it dissolves the acids, sweetens the stomach and you will have an appetite again like you had when a child.

All drug stores have Pape's Diapapin. More than 50 million packages are used a year.