

The Oregon Statesman
 "No Favor Sways Us; No Fear Shall Awe"
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Alkaline and Acid Diet

By VERNON A. DOUGLAS, M. D.
 Marion County Department of Health

In health the body is in a condition of balance between alkaline and acid states. In the living body this balance is always slightly on the alkaline side. If the balance becomes too acid, the slightest degree, death occurs. The condition commonly called acidosis is really not due to an acid condition of the body but to a slight food alkalinity of the body.

The acids and alkalines of the body are naturally secured from the substances we ingest. They come from something of course. In the case of starvation, the tissues of the body itself are used up. Fat people in a condition of starvation develop acidosis because the excess fat which is normally consumed due to lack of carbohydrate leaves an acid "ash".

Citrus Reacts as Alkali
 Food substances have been classified as alkaline, acid, and neutral, not necessarily in reaction but in the type of ash which is left after the foods are "burned" in the body. Some foods, such as oranges or lemons, contain a small amount of free acid which makes them taste acid, although after they are burned an alkaline ash is left, which of course replenishes the natural alkalinity of the body. The free acid itself, depending upon the type, is changed into carbon dioxide and water, both of which are thrown off as waste products through lungs and kidneys.

The effects of an over-predominance of either acid or alkaline foods in the diet have been studied experimentally. It appears that a reduction in the alkalies of the body through over-consumption of acid foods may cause damage to blood vessels and kidneys, if the diet eating habits are continued over many years. This may partly explain why modern human beings whose diets are largely of the acid type are so subject to blood vessel, heart and kidney disease, while certain animals whose diets are always alkaline rarely suffer from these conditions.

Subsequent articles will deal with foods which are acid or alkaline. There is probably no subject more important in promoting health than diet.

What health problems have you? If the above article raises any question in your mind, write that question and send it either to The Statesman or the Marion County Department of Health. The article which appears in this column may be signed, but will not be used in any other way.

HERE'S HOW By EDSON

MOSQUITOES DON'T DRIVE PEOPLE CRAZY.
 THEY CURE INSANITY



BEATING THE CLOCK!
 Albert B. English, English Adline, Sprindell, 222 York Avenue, Westmoreland, Bldg., London, W. 14, England. See Charles W. Ross, 1100 Broadway, New York.

MALARIA MOSQUITOES ARE BRED BY U. S. PUBLIC HEALTH PHYSICIANS AND USED TO INOCULATE INDIVIDUAL PERSONS WITH THAT DISEASE—MANY COMPLETE CURES HAVE RESULTED.

To Present Further Evidence of Malaria, Full Experiments Plan to Place a 12-inch Annual Plate at the Edge of the Falls

Tomorrow: Silk Made From Castor-oil

"The Czarina's Rubies" By SIDNEY WARWICK

Chapter XXXI
 It was not until they were near Beggar's Court that Bill, wrestling with that elusive memory, was suddenly able to pin it down.

"We got it!" he broke out in a lowered voice to Jim as he drove. "It was when I was in America, some time ago—and I was shown over Sing-Sing prison."

"Sing Sing! You don't mean that this chap Isham was a prisoner?"

"That's just what I do mean. I forgot the details, but I'm pretty sure of one thing, Isham—only the name the governor gave the man couldn't have been Isham then or I'd have remembered it—was in for life. And almost certainly that meant for murder."

Jim Wynter looked startled.

"But if he was serving a life sentence—he began."

"How is it we find him here in this English village? That's what I'm wondering too—only I'll swear it's the same man. I remember that thin cynical face too clearly! Queer, when I thought of the man, I thought of Bill Grayson thoughtfully. "That we should find an ex-convict, probably a notorious ex-convict, sentenced for murder, living close to Beggar's Court after all that's happened a year later, I wonder what John Isham's real name is—and what brought him to this particular corner of Essex?"

They had turned in at the gates of Beggar's Court. Almost as the car drew up by the door they saw the figure of Sant, hatless, with a white excited face, running toward them from the direction of the strip of wood—

no other pollenizer.

"As own root (tipped or layered) trees, with suckers kept down, should be thrifty and in good bearing at over 100 years of age, the size of the trees shown herein (in the booklet) would indicate that in the long run we have all been planting too close." (Meaning all Oregon filbert growers.)

(The fact is, no one knows how old either a filbert or walnut tree, under Willamette valley conditions, will become, and still bear good crops; increasing crops, as the spread of limbs increases. They may so persist for several times 100 years.)

In the Dorris grove at Springfield a 25 year old Barcelona tree, with a spread of 30 feet, trunk diameter 17 inches, yielded at 15 years 60 pounds, and at 23 years over 100 pounds of nuts.

The Bits man believes that nut growing in the Willamette valley is to be a major factor in the future time filbert, walnut and chestnut groves (and perhaps other edible nut trees) will be general, clear up to the snow lines of our mountains, and that they will produce many millions in value annually of food supplies, besides saw timber for furniture making.

No other section of the world is as well adapted to the growing of edible nuts of high quality produced in the temperate zone. Oregon instead of California will become the leading walnut state. In filbert growing our section has what amounts to a franchise. No other part of the United States can compete with ours in the growing of high quality filberts on a commercial scale.

(The series, "what was a pioneer," will be resumed in this column within a few days.)

DE GLANE WINNER
 MONTREAL, Que., Sept. 29.—(AP)—Henri DeGlans, French wrestler, last night defeated Joe Malcevic, of Utica, N. Y., two falls to one in the feature bout at the Mount Royal arena.

The Missouri College Athletic union will use the Dickinson point system of determining the championship this fall.

"If I had to bet, I know which I'd bet on, Bill. After all, it would not have taken much in the way of a high explosive to do the trick—and who's to prove anything?"

The light of the waning afternoon was none too good and it was quite without result that they examined the heaped up debris for any sign that a blasting charge had been used. Probably this confusion of overthrown shattered masonry would have baffled even an expert eye.

The air within this enclosed place was full of an acrid tang from smoldering fire of damp dead leaves and garden rubbish not a dozen yards away in the grounds; the set of the wind was driving the smoke across the ruins. Had it been burning when he and Bill were here before? Wynter very much doubted it. And had there been a special reason for lighting that fire within the last half hour?

The drifting smoky fumes, as it struck Wynter significantly, with that deepening suspicion coloring all his thoughts, were searching enough to have disturbed for lighting that fire with a lingering scent of a spent explosive.

Guarded Secret
 If the collapse of the wall and been deliberately planned to attempt to shift all that weight of stuff. Why, some of those fragments alone must weigh pretty near a quarter of a ton!"

"But I thought you were so keen to follow up any clue?" said Wynter, a shade drily.

"So I am, keen as mustard," retorted Sant—"when there's a clue to follow. I'm a bit skeptical if there's even the ghost of one down there!"

And he shrugged his big shoulders with a short incredulous laugh.

"Oh, I know you have an idea that the man who kidnaped Serrera kept him a prisoner in these until they drove him away from Beggar's Court at two in the morning," Sant went on—"and that's possible, of course. But we know he can't be there now, and well, what are we going to find in an empty vault?"

(Continued Tomorrow)

Particularism

NOW the cry is "Manchuria for the Manchurians." It is an echo of Wilson's doctrine of the self-determination of peoples. What mischief this notion has wrought, the theory intended good, especially when couched in a catchphrase which Wilson could coin so deftly. It has split Europe into petty states, has revived the ambitions of racial groups in other continents. The result is a growth of particularism in politics and in business which runs counter to the whole process of civilization. For education, enlightenment, the radio, railroads, airplanes, multiplicity of wants, all tend toward the breakdown of national and local jealousies, prejudices, and frontiers.

Loyalty indeed does begin at home; but intelligence should not let it end there. How foolish it is to live insulated lives in a world where airplanes may span the globe in ten days and where radio messages may leap from the Bay of Whales to New York city! Neither men nor nations may live to themselves alone in this day and age. Yet we are witnessing the fresh growth of local intolerance and narrowness extending in matters of trade almost to the boycott. Tariffs have risen to absurd heights, effectively damming the flow of goods from one section and country to another. Petty states arise with glorified ambitions and claims for recognition.

In this country this particularistic feeling extends to unjustified extremes in the matter of patronage. Our "trade at home" campaigns are laudable; and certainly people owe their first loyalty to the community in which they live. But too often we fail to appreciate that when pushed to absurd lengths we may be injured. Thus Oregon cannot consume all the commodities which it produces. It must export lumber and wheat and fruits and wool and many other products. We suffer and complain when other states and countries erect barriers against Oregon products. The state depends upon exporting its surplus production; so it must purchase many goods from other states and countries to compensate for what it has shipped out. Yet there are many inconsistent enough to think they can export without importing,—seeking to eat their cake and keep it at the same time.

The war let loose a frenzy of "hundred percent" patriotism which in many cases has degenerated into narrow particularism, the foe of progress and development. People need to learn the distinction between loyalty and prejudice, between intelligent support of their fields of primary interest and a blinding intolerance which in the end inflicts self-injury rather than gain.

Eastern Oregon Protests

EASTERN Oregon is justified in showing alarm over the proposal to divert vast sums of the highway money into one or two roads from Portland to the sea. With great patience they have been waiting for the completion of some of their trunk lines such as the Fremont highway from Klamath Falls to Lakeview. In a resolution which commercial bodies in that section have adopted they say:

"We respectfully contend that the public welfare does not require that our enjoyment of that to which we are justly entitled should be postponed further in order to make it possible to construct a road of convenience and not of necessity from Portland to the sea."

We sympathize with these demands from eastern Oregon. That area must not be indefinitely neglected. The roads there planned are roads of necessity, not merely short cuts to save a few miles for speeding pleasure-seekers.

The Statesman persists in the opinion that the state should complete its original road program before adding any great trunk highways to the system for early construction, such as the road from Portland to the sea. And we shudder to think of issuing several millions in bonds to pay for such construction. So far as getting a big chunk of federal aid is concerned, the Bend Bulletin correctly points out that diverting this federal money to the Portland-beach road merely takes that much away from other roads already designated as federal aid roads.

Dean-Director Schoenfeld

AN APPOINTMENT of real interest to the farmers of Oregon is that of W. A. Schoenfeld of Portland to the combined offices of dean of the school of agriculture and director of the extension service of the Oregon State college. Dr. Schoenfeld has become well known in Oregon, having served for five years with the department of agriculture office in Portland and the last two years as regional representative of the federal farm board. He brings to his new work adequate preparation in scientific study, together with a great experience in the now extremely important field of farm marketing. The state will hope to receive from the new dean-director many years of constructive service to Oregon agriculture and general state welfare.

The state-makers who have been trying to coax Calvin Coolidge to run for president next year got a solar plexus blow this week when the ex-president declares in terms more positive than four years ago that "he does not choose to run". In a magazine article this week he makes perfectly plain his reasons for not seeking the office and indicates his desire for the renomination and reelection of President Hoover. Mr. Coolidge's success as a president was due in large measure to his political acumen; and his present decision is proof that he is immune to flattery and to vanity and that his yankee shrewdness is still functioning well.

Mogenson, S. F. newspaper representative, has a string of fancy horses out at the horse show. Mogle, who is well known to Oregon newspapermen, has named his "Comics," "Comic Strip," "Society News," and "Editorial Column." Reason: not enough coal being dug to keep up with the five-year plan. In this country people are encouraged to "burn more coal," eat more wheat, and wear out more trousers' seats.

We of this generation find giving of charity rather a new experience. Almsgiving however is very, very old. In fourteenth century England knights carried an "awmery" from the wrist. This was a silken purse containing coins to give to the poor. Beggary is an ancient custom which modern industrialism has pretty well done away with save in periods of business reversals.

The St. Louis Cardinals and Philadelphia Athletics meet again in the world series, starting Thursday. As usual in this part of the country the fans are giving their moral support to the Cards and asking their money on Connie Mack.

Yesterdays
 ... Of Old Salem
 Town Talks from the Statesman of Earlier Days

September 20, 1906

A serious smashup was averted yesterday, when a delivery team became frightened, broke loose from a hitching post and went dashing madly onto Court street, making straight for the front of the Annex saloon. An unidentified lad grabbed the rein of the near horse and hung on until he swung the team around, as it got upon the sidewalk with the wagon.

HAVANA.—American intervention in Cuba will be an accomplished feat soon. President Roosevelt's peace commissioners have withheld their hands until the last hope has disappeared. A force of 30 marines, by order of Secretary Taft, has landed from the battleship Louisiana and mounted guard over the treasury building.

September 20, 1921

CHICAGO.—If the 186,000 members of the Brotherhood of Railway Trainmen, more than 90 per cent of whom have voted to strike, are supported in their demands by the grievance committee, a strike will be ordered.

BAKERSFIELD.—The striking oil workers in the Kern county oil fields will not recede from their demand that the government be accepted as a third and arbitrating party to any wage agreements the men may make with their employers.

Standing room for 300 persons was filled at the horse show last night and many were turned away. An estimated crowd of 37,000 attended the fair yesterday, Portland day.

LOS ANGELES.—One hundred and twenty tramps seized a train 60 miles from here and forced the train crew to bring them to the city. Fifty-six of them were arrested in the freight yards on their arrival here.

Group Sees Aggrios Win Over Colorado; Comeys Gets Fish

PERRYDALE, Sept. 29.—Mr. and Mrs. Robt. Mitchell, Roberta, Mrs. Orville Kurtz, Willard Mitchell and Russel Sheldon attended the O. S. C.—Colorado football game in Portland Saturday.

Mr. and Mrs. J. E. Houk and Marie and Peggy drove to Corvallis Sunday to visit Viola, who is attending O. S. C.

Mr. and Mrs. O. E. Kurtz and Mr. and Mrs. Martin Van Gross attended the state fair Monday.

Andrew Campbell and Felix Comeys were fishing on the St. Lewis river Sunday. Felix caught one 15 pound salmon.

BITS for BREAKFAST
 By R. J. HENDRICKS

Our filbert industry nestor:
 One of the definitions of the noun nestor given by Webster is "an old man preeminent for wisdom." George A. Dorris is not yet an old man, though some years have passed since he was graduated from the classical department of the University of Oregon; perhaps as many as 45 years.

But this nestor of our filbert industry is "preeminent for wisdom" in the field of filbert growing. Geo. A. and Ben F. Dorris is now the firm name, Ben, a World War veteran, being president of the filbert growers and nursery are at Springfield, Oregon.

They published a revised booklet, entitled "Filbert Nursery Stock Grown by the Ship System" and they have a booth, as usual, in the main pavilion at the state fair, near the northeast corner. Every man attending the fair who is in any way interested in the filbert industry should visit it; and most of them do.

The last page of that booklet, under the heading, "A Prophecy Fulfilled," reads:

"Following about a dozen trees planted by Mr. A. A. Quauberg of Vancouver, Washington, I believe the next 300 in the northwest were planted by me.

"Twenty years ago, of the few people who know filberts were being grown here, not to exceed half a dozen had reason to hope that it would eventually become an important minor industry. I was one of them. At the 1914 meeting of the Oregon State Horticultural society I delivered the first address on filberts ever delivered in the northwest and aside from some possible local reference in some newspaper (if such a reference was made), think it was the first time the public was reminded of the possibilities of filbert culture.

"Based on the previous record of my groves which I gave in that address, I had the temerity to say: 'I BELIEVE THE FUTURE IN TIME THE FILBERT GROVES OF THE WILLAMETTE VALLEY WILL RIVAL THE FAMOUS GROVES OF NAPLES, SICILY OR TERRAGONA.'

"Justified by the prevalent opinion that the hope then voiced was only a pipe dream, I continued to spread the good news through many addresses and newspaper articles, some of which were given much publicity. In later years I was ably seconded by others of the same opinion and due to our united efforts it is now conceded that instead of a pipe dream it has become a reality that as fine filbert groves as there are in the world are now in the Willamette valley—a dream come true. Geo. A. Dorris."

Early this newspaper joined Oregon's filbert industry nestor and Burbank, Chas. L. McNary, Dorris himself, member of the United States senate, published a series of articles on filbert growing in The Statesman, and he became and still continues a leading grower of filberts.

In its slogan columns, year after year, Mr. Dorris appeared with solicited articles on the progress of the industry, thus helping to give wise direction to it, most of which was regarded with appreciation and followed by most farmers throughout the valley who went into the filbert growing.

Such wise direction, however, is still needed by some old filbert growers, who have made mistakes and failed to correct them, as Mr. Dorris himself made them, as he acknowledged, but corrected them. It is needed by all who are about to put out new groves. So there are printed below some brief excerpts from the revised Dorris booklet being distributed from the booth in the state fair pavilion this week:

"No known spot on earth is more ideal for the production of the filbert than that part of the northwest lying west of the Cascade mountains.

"If you want to play safe, plant only the best strain, Barcelona. All the world's best varieties have been tried out in the northwest and not one of them can compare with it as a money maker."

The world over, the Barcelona stands unchallenged at the head. "From the growers' standpoint the Barcelona is immeasurably the best filbert to grow. For such reason alone, with all other varieties to choose from, it is the only commercial variety we raise or will recommend.

"Plant tipped trees. They form the most perfect heads. They are the best filbert to grow. They are conceded the best—they are THE ONLY KIND WE RAISE.

"We prefer the Daviana as a pollenizer.

"The Daviana is the most beautiful of all filbert trees. It is a large vigorous growing tree bearing a light crop of nuts but an enormous amount of pollen, the virility of which is proven by the large crops and small percentages of the Barcelonas, pollenated by it.

"In our later plantings we use

Demonstrating Hot Water System at Fair Grounds

Don't fail to see the Gaines Retarding Valve Co., demonstrating car for domestic hot water systems, located across from the Agricultural Bldg., at the State Fairgrounds and have a talk with Mr. Gaines, the greatest authority on hot water systems in the country. The Gaines retarding valve invented by Mr. Gaines is so constructed that it does not allow the cold water to enter the tank, while drawing off hot water, and cooling off the supply of hot water already on hand, thereby giving you a continuous supply of hot water. The valve does not allow the cold water to rush through the coil while drawing off hot water and disturb the heating plant, thereby pulling down your fire and changing the temperature of your oven. It costs money to heat water. The valve checks the flow of cold water through the coil not allowing the temperature of your fire to change. The Gaines retarding valve is the key to all circulating hot water systems and is the most economical way of getting a continuous supply of hot water on the market today. It is the greatest improvement on Hot water circulating systems ever invented and is guaranteed to do just what we claim of it if installed in your range boiler according to directions.

The Gaines retarding valve is a new invention and is absolutely a necessity to anyone using a circulating system: first—because it gives you a continuous supply of hot water; two—because it cuts down the fuel bill; three—because it does not allow the hot water to back up to the water meter and ruin the disks. Property owners have to pay for the installation of new meters; four—because it is cheaper to install a Gaines retarding valve in putting in a new system than the old way. The Gaines valve enables you to clean your cells of sediment by opening drain faucet at bottom of tank. The hot water reverses through the coil from top of tank cleaning it thoroughly.

We invite plumbers and the best engineers to investigate this proposition, look over our demonstrating plant, ask questions and be convinced, by the best authority in hot water systems in the country.

Have a Gaines retarding valve installed in your range boiler and your troubles as far as hot water is concerned are ended.

Respectfully yours,
 The Gaines Retarding Valve Co.,
 631 Alleghany Street,
 Portland, Oregon.

Enjoy Dodge Brothers---
 Dependability of Construction along with Outstanding Appearance - Performance

4th in the Sale of Trucks
 5th in Sale of Pass. Cars
 —from Sept. Issue Automotive Trade Mag.

PLYMOUTH

The Car of the Hour
 —everyone will tell you to try out the New Plymouth

Bonesteel Motor Co.
 Let us display the car at your door
 474 S. Com'l Phone 4444

On Guard!

FIRE PREVENTION WEEK OCTOBER 4th, '10

Thoughtful people throughout the United States will again observe Fire Prevention Week, as suggested by the President in his annual proclamation.

This year October 4th ushers it in. Commercial, civic, social and other organizations will hold appropriate meetings. Millions of school children will take part.

You can make a definite contribution to Fire Prevention Week by increasing your efforts to safeguard your own home and business.

STOCK FIRE INSURANCE
 has always been an active factor in Fire Prevention Week—through the National Board of Fire Underwriters and other organizations, and through its local agency in all states.

THE NATIONAL BOARD OF FIRE UNDERWRITERS
 85 John Street, NEW YORK

CHICAGO, 222 West Adams Street
 A National Organization of Stock Fire Insurance Companies Established in 1866
 These Companies are represented by Capable Agents in your community

The purpose of Fire Prevention Week is not only to reduce the fire waste, but to save human lives. In doing that, further reductions in the average cost of insurance will be justified—a cost that has consistently declined for many years.