AN INDEPENDENT NEWSPAPER
(Published every evening and Sunday)
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The Register-Guard's policy is the complete and impartial publication in its news pages of all news and statements on news. On this page, the editors of The Register-Guard offer their opinions on events of the day and matters of importance to the community, endeavoring to be candid but fair, and helpful in the development of constructive community policy.

A NEWSPAPER IS A CITIZEN OF ITS COMMUNITY.

DEATH OF CALVIN COOLIDGE.

IN the death of Calvin Coolidge, the nation is reminded that an era is passing. Out of the New England hills came Calvin Coolidge, that countryside of small towns and villages which has been the pattern for so much of American life. The Boston Back Bay and Harvard were not his New England. Not his was the rather ponderous culture represented by some of the Coolidge kin and by the Lowells and the Cabots and the Emersons and the Elliotts.

He was a character from a New England "Main Street" or any "Main Street." The type is familiar everywhere, but not many of the type rise to the summits of politics. As a rule, men rise to presidential status because of a happy combination of wealth and talents as in the case of the Roosevelts, and Taft, and occasionally through fame for learning and statecraft as in the case of Wilson, and more often through long and faithful service as handyman for some powerful political tong or group as in the case of McKinley and Harding.

Out of the New England town meeting sprang Calvin Coolidge and chance carried him to the White House. Fame and power did not change him. He never bothered to master the glad-hand technique of the Roosevelt tribe or the impressive front of the more pretentious statesmen. Dignity he had, of a modest kind. With the rigidity of New England granite he stood for certain peculiarly American ideas and ways of doing things. "Silent Cal," with his wry smile and his terse comments had the unique gift of remaining "one of the folks," by speaking in terms of accepted "common sense."

Not a great leader was Calvin Coolidge. It is being said by the critics that if he had been "a statesman" he might have prevented many of the woes he bequeathed to his successor. It is more likely that he was as much deceived or as ignorant of the economic symptoms as the man in the street or the leading figures in business and finance, but in his own way he did preach a gospel of thrift and simplicity which might have saved many ills had it not been mis-interpreted and mis-understood by a nation that had gone money mad. The nation chose to build the "Coolidge Prosperity" myth. He could not help it.

To a country that had been "fed up" on Big Talk of World Ideals and Millenial Dawns and Harding corruption, "Silent Cal" was a welcome relief. If Calvin Coolidge "did not choose" to guide the great social and economic changes which were in the making it was because he simply did not believe in them. He believed in things as they were and had been. He did not try to "kid" anybody. It was Coolidge rather than Hoover who represented "rugged (now ragged) individualism." "They hired the money, didn't they?" There you have Coolidge philosophy, precise.

An era is passing with the death of Calvin Coolidge. They are not making any more of his kind. His limited doctrines do not meet the needs of changing times, yet his simple virtues have earned for him an unique place in American hearts.

EDUCATION MUST GO ON.

OUT of Salem comes the somewhat disturbing report that the legislature may choose wholesale curtailment and abandonment of many state activities, including education, rather than face their constituents with sales taxes or more income taxes or new charges of any sort. Out of Washington in the same day, comes Herbert Hoover's warning to the American public that somehow, at any sacrifice, the work of public education must go on.

The Hoover warning deserves to be heeded. Tragic as is the tax situation in this and many other states, education must not be sacrificed in a sudden hysteria for economy. Many, many things can be sacrificed before we give up the great groundwork of public education which the grade schools, the high schools and the colleges and universities represent.

It is less than 100 years since American citizens were battling in the streets of Boston and Philadelphia for the privilege of common education of any sort. Not till after the Civil War was common education recognized as among the obligations of each citizen and the duties of the state. If there is any one institution to which we can pin our hopes for help with the problems which will confront the coming generations it is the structure of education.

Great economy there must be in education and in every other department of public work, but we cannot hope to solve our problems by trying to go back to the primitive. In every department of public business we have great loads of accumulated debt which will hamper us for years to come, but our tax problems are problems of adjustment rather than abandonment. We are still a rich nation and Oregon is still a rich and resourceful state.

Homes and farms and all kinds of tangible property have been given more than their share of taxes. They MUST be relieved. We MUST spread the burdens. Every person who is privileged to work and earn income MUST take his share of the load. We can solve all our problems by calm thinking, but there will be no safety in FLIGHT.

IF EDMUND BURKE WERE THERE

IF Edmund Burke were a member of Congress or even of the Oregon legislature, he would be pretty uncomfortable. So thinks our good friend the editor of The Albany Democrat-Herald. Burke was of a legislative race which had a tradition of personal responsibility. It was the fashion for the 18th century legislator to wrestle mightily with his own conscience and convictions till independent judgment had been obtained.

The Albany writer makes mourn that the fashion of truly independent thought in parliaments has waned. Full many a modern legislator bears the stamp of "independent," but that usually means only that he is not a party regular. He feels himself bound to please some group or faction of the electorate. His opinions, if he has any, are profoundly influenced by what the headlines show of popular trends.

The modern setup is largely responsible for the change. Within a few hours, the constituents at home know everything the representative in the legislature or in congress has said or done. The initiative and the referendum and the recall have added materially to the legislator's troubles. Take the matter of balancing the Oregon budget, for instance, the problem of the boys at Salem is not merely to find a plan, but guess what the public will do.

Yet there is an unusual opportunity for the legislators at Salem to assert themselves this time. The principal issue at Salem is one of business management. Expenses must be reduced as far as they can be reduced without unreasonable curtailment of service. Revenue must be found to pay the state's bill and keep its credit sound. For once the folks at home are not united on anything except the desire to see a businesslike plan.

There is an opportunity at Salem for an unusual amount of initiative and daring. We have the belief that the Oregon public will support those legislators who have the courage to strut forth and announce and defend a plan.

President Hoover has received 20 tons of personal mail since he's been in the White House. And still they say letters to the president don't carry any weight.

Next to paying his own income tax, one of the hardest things a fellow has to bear is seeing someone else get a $50,000 rebate from the government.

A whole new race of creatures, tracing their ancestry to man, will populate the earth 500,000,000 years from now, a scientist declares. Well, the pollywogs in the ooze didn't worry, why should we?

Football would be a better game if half of the rules were junked, says Gil Dobie, Cornell coach. And then if coaches could resist making changes every year in the 50 per cent they salvage, the fans would ask no more.

At any rate, as Mr. Hoover would attest, technocracy can't make a fish strike when it doesn't want to.

"Not taxation without representation," was Edmund Burke's famous cry. "Representation but no taxation," seems to be the modern version of it.

IN THE EDITOR'S MAIL BAG

A FRIEND SPEAKS UP

EUGENE, Ore.—(To the Editor)—It is indeed heartening to hear from idealists evaluating the acts of pragmatic souls. Everyone admires an idealist and his honest attempts to live up to his principles, and feels a pang of pity over his sacrificing successes. The idealist is the picture of tomorrow hung on the walls of today.

Miss Helene Davidson is to be commended upon her attempt to carry out her ideals and in her sincerity, but I don't agree with her characterizing our home newspaper as unmoral is quite correct. Apparently the editor felt somewhat the same way over the "charges," since he replied in true journalistic style with a morsel wit.

If one will examine the policies of most intelligently managed papers, one will find a sincere motive of uplift. Editors are as a rule in their younger days idealists with an appetite for brilliant wit. A few are gifted with a biting sarcasm directed against the status quo, but their experience molds them slowly and surely into the idea that pure idealism has its limitations. Thus they come to adopt a policy composite of practicalism and idealism. They learn that with their little tow-rope it takes time to start the masses on the road to enlightment. If one quick violent jerk was given, it would only result in a bro'zen paper. Another thing, too many wrongs corrected at the same time brings sorrow to the editor and the middle ages to the commonwealth. Too many problems started at the same time usually results in a dabbing at all and a solution of none. The wrath of advertisers usually slows down uplift, too. The game of running a paper is like trying to make a hat that will look good on all ladies and at the same time, all ladies will like it and think it to be an exclusive model.

While I don't deny that there are a few editorials in the Guard which talk about the weather. In the main an attempt is honestly made to better mankind. Editors have their dreams of the millenium, their fancies, their prejudices, their proneness to overlook certain basic facts, their loyalties to progressive clubs, their wit and fire, and their human sympathy.

BLAYNE BREWER.

P. S.—I'd advise our friend, Mr. Reedy, to find out how many flatirons would be needed in his utopia.

AN EDITORIAL ON HEALTH

By DR. MORRIS FISHBEIN
(Editor, Journal of the American Medical Association, and of Hygeia, the Health Magazine.)

"WHEN a little baby who has been creeping about in his nursery or in his pen, reaches up his tiny hand and grasps some object to pull himself up on to his feet," says Dr. Royal S. Haynes, "he is performing an act of great significance, for he is assuming the erect posture which is characteristic of human beings."

Several weeks or months may pass after the child is first able to get up on its feet before it even attempts to take the first step, which usually means the transition from infancy to babyhood.

The muscles of the child and its nerves must learn to work together if it is to remain upright and move. Furthermore, they must develop strength sufficient to carry its weight and permit its balance.

Dr. Haynes points out that the old term, "posture," was commonly thought to refer only to the position of the body while still. The modern term, "body mechanics," is a better one because it gives the idea of the working of the human body as a sort of machine in action.

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For instance, the head must be held correctly if the jaws are to meet and the teeth are to bite as they should. The chest must be held correctly if the heart and the lungs are to perform their functions to the best advantage.

The feet must be right and the legs correct in their relationship to the feet if the child is to walk at all, let alone run, jump or dance.

Furthermore, the relative positions of the exterior portions of the body are significant in relationship to the positions of the internal organs such as the lungs, the heart, the liver and the intestines. The position of any one part of the body is likely to affect all the other parts.

A child that is overfed may have a strong forward curve to its back for a while to carry around its little stomach with its contents.

It is, of course, natural for little children to have rather large abdomens. However, these tend to become smaller in most cases, and the position in which the child stands and walks has a great deal to do with this change.

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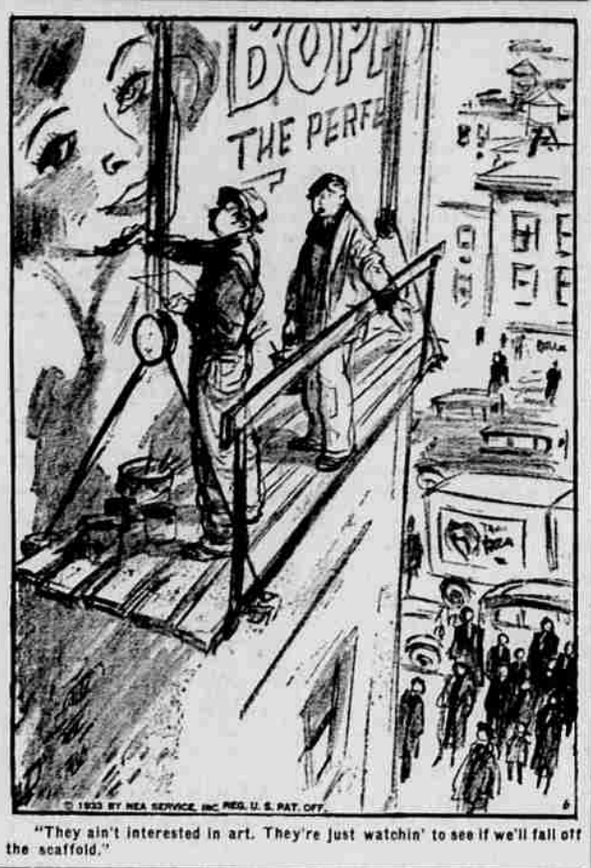
The development of straight legs for children is nowadays less of a problem than it was before mothers understood the necessity for sunlight and plenty of the vitamin that is available in good cod liver oil.

However, in addition to the vitamins and the cod liver oil, the baby should have opportunity to kick and squirm about even before it can stand erect. It is particularly important never to put too much strain on the child's bones, muscles, ligaments and joints. Don't prop the baby up before it seems to want to sit up.

If parents will watch their own posture and ask their admiring children to imitate them the effect is bound to be good.

SIDE GLANCES



"They ain't interested in art. They're just watchin' to see if we'll fall off the scaffold."

YOUR CHILDREN'S PROBLEMS
By OLIVE ROBERTS BARTON

"PUT on your rubbers, Mildred."

"What for, mother? It isn't wet outside."

"The ground is very cold and this is tricky weather."

"None of the girls wear them."

"Yes, they do. I have seen several. But anyway you have a cold and I'm not going to have you sick with pneumonia or flu. You're in good shape to catch almost anything now."

"Goodness me, mother. You're always thinking I'm going to be sick. I won't get sick."

"You thought that in the fall, too. I suppose you don't remember the bronchitis you had. I worked with you night and day and it was a close squeak enough. The doctor's bill for that spell isn't paid for yet, and I can't run the risk of any more sickness now."

Arguments

"Well, I don't catch cold through my feet. It's my coat. All the girls have fur collars on theirs, and mine's just plain. Besides it's too short."

"It's a good coat and if you'd wear that wool scarf I got you you would be warm enough."

"I hate that scarf—it's plaid, and I look like a hunk of cheese in it."

"Don't talk that way, Mildred. It was the best I could afford. It looks very pretty and smart; the trouble is you just get silly notions in your head."

"No sillier than you always being after me to wear overshoes. Just come and look out. There's the sun. See!"

Mrs. Brown went to the window, but held her argument.

"It just starts thawing and by four o'clock the ground will be oozing. Do please obey me, Mildred, and go and get your overshoes like a good child."

"There go Ruth and Louise. They haven't any on. And Ruth has just had grip," cried the little girl triumphantly. "Honestly, mother, I'll be the only one in school with them on. And they always get kicked around and lost. You remember I never did find the one to the last pair and Miss Adams and I hunted for days."

Her mother looked out again at the sun.

Mother Was Right

"Well—all right. But if you're sick don't ask me to take care of you. It's on your own head."

That night Mildred's face was flushed. She coughed in short, hacking jerks and her head ached. Again Mildred was in bed for a week—her overworked mother at the breaking point with worry and care.

What she should have done was not to argue about the rubbers. There are times when the only course is to give a command and let that be the end of it. When a child asks why the answer should come quickly and firmly, "Just because I say so."

Children usually get the best of an argument. Moreover, they get the argument habit.

There are times, of course, when it is only just to show a child the reason for a command. But this can be done without descending to argument. That is a lost cause from the beginning.

HINTS ON HOUSEHOLD ARTS
By SISTER MARY

THESE are the days when hearty luncheon dishes with a rich savoriness are most relished. The platter of thinly sliced cold meat, cool salad and water-like bread and butter sandwiches that is so quickly and easily prepared for the hot weather luncheon is not for these nippy winter days.

No busy home-maker likes to spend much time over the preparation of the noon meal. But at least one hot nourishing dish must be supplied for luncheon.

School children will derive much nourishment from hearty soups and the cook will spend but a few minutes in their making. In fact they are worked into the morning's schedule without noticing the time given to them.

Tomato Bean Soup

This soup is made with canned vegetables and is delicious.

One cup sliced onions, 4 tablespoons fat, 2 cups canned red kidney beans, 4 cups canned tomatoes, 1-8 teaspoon soda, 2 cups milk, 1 teaspoon salt, 2 teaspoons sugar, 1-4 teaspoon pepper, 3 tablespoons flour.

Unscorched bacon fat gives a good flavor to this soup, or butter is used. Melt fat, add onions and cook over a low fire until lightly browned. Add beans and tomatoes rubbed through a coarse sieve. Cover and simmer until beans are soft. Rub through sieve and add soda, salt, sugar and pepper. Stir flour to a smooth paste with a little cold milk and add remaining milk. Add to tomato mixture and cook until soup thickens, stirring constantly.

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Vegetable Chowder

One-third cup lentils, three cups water, 9 roots salsify, 3 medium sized potatoes, 1 onion, 1 1-2 cups milk, 2 tablespoons butter, 1-2 teaspoon celery salt, 1 egg, 3 tablespoons cold water, salt, pepper.

Soak lentils over night. Drain and put into sauce pan with water. Scrape salsify, cut in slices and add to lentils. Pare potatoes and cut into dice and add to mixture with onion finely minced. Cover sauce pan and cook one hour. Season with salt, pepper and celery salt and add milk, butter and egg beaten with 3 tablespoons cold water. Cook and stir until egg is set. Pour over split water-crackers to serve.

Local Men Attend Roseburg Meeting

Eugene business men left the Eugene chapaer of commerce building at 4 o'clock Friday afternoon, bound for Roseburg where they will be special guests of the Roseburg chamber of commerce at their annual meeting Friday evening.

The meeting starts with a banquet at 6:30 o'clock and the Eugene delegation is scheduled to furnish part of the entertainment. The Poole quartet will sing and Dr. W. E. Buchanan, Jr., will present his "Dr. Quack's lecture."

The Eugene delegation is attending as a gesture of good will toward the peple of Douglas county in appreciation of their support in the November election.

Mosby Creek News

MOSBY CREEK, Jan. 6.—(Special)—Mr. and Mrs. James Lancaster of Drain visited last week at the Bert Lancaster home.

Mr. and Mrs. Lonny Farmer of Enumclaw, Wash., visited at the Finley Whipps home last week. They are talking of moving back to Cottage Grove in the near future.

A large crowd enjoyed the New Year's dance Saturday night at the Bert Lancaster home.

Dot Bailey of Lynx Hollow spent the week-end with her sister, Mrs. Clif Allen.

The water in the river was higher this week than it has been for a number of years.

Mr. and Mrs. Albert Lancaster and children and Mrs. C. G. Rozine were dinner guests Sunday at the George Foster home at Thornton Corners.

Mr. and Mrs. Clarence Kirk and family were New Year's guests at the Ralph Kirk home at Curtin.

GAMES SCHEDULED

The Baptist first and second basketball teams will tangle with the St. Mary's teams on the Baptist floor Monday night. The second stringers will meet at 7 o'clock and the first team at 8.

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NEW WEEK'S EVENTS ARE LISTED

A. A. U. W. Plans For Luncheon Saturday

By MARIAN LOWRY

ANNOUNCEMENTS are being made of several more events planned for the coming week.

On Saturday next, Jan. 14, will be held the monthly luncheon and program for the American Association of University Women at the Osburn hotel at twelve-fifteen o'clock. Dr. Howard R. Taylor, of the university psychology department to give the talk.

The local chapter of the Music Teachers' association is to meet Monday noon at the Osburn hotel for its January meeting. Miss June Saunders to be the speaker.

Among other clubs meeting during the week are Home Science, Domestic Art, and Eastside Neighborhood club, all on Monday, and the Delphian club on Thursday.

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THIMBLE CLUB

Mrs. R. M. Pratt entertained for the Thimble club on Thursday. The group met for a one o'clock covered dish luncheon. Mrs. Albert McMurphey, member of the group who is spending the winter in California, was at the meeting. In two weeks, Mrs. Frederic S. Dunn is to entertain for the club.

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WEDNESDAY GROUP

Miss Anne Whiteaker entertained on Wednesday for the meeting of the Wednesday Bridge club. Mrs. Frank N. McAlister was a special guest. In two weeks, Mrs. Lucy Abrams is to entertain for the club.

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ORIENTAL ART CLASS

The Oriental Art class held its meeting Thursday morning. Mrs. Jessie M. Honeyman gave a paper on the architecture of India, illustrating with slides. The group will meet again the coming Thursday morning at nine forty-five o'clock, the place and program to be announced later.

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KOZY KORNER CLUB

The Kozy Korner club was entertained Thursday by Mrs. P. J. Bartle and Mrs. W. B. Neal at the home of the former. Fourteen members were present and one guest, Mrs. L. L. Lewis. On the first Thursday of February, Mrs. Elmer Baker is to entertain for the group.

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BOARD MEETS

The executive board of the American Association of University Women met Friday afternoon at the home of the president, Mrs. Wallace Potter.

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MUSIC GROUP

Mu Phi Epsilon, women's honorary music society, held its meeting, Thursday evening at the home of the president, Mrs. W. Harold Chapman. The next business meeting comes on the first Thursday of February.

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HOSTS FOR CLUB

Dr. and Mrs. Will E. Moxley entertained for the Wednesday dinner and contract club. In two weeks, Mr. and Mrs. Lynn S. McCready will entertain the group.

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TEACUP MEETS

Mrs. David M. Graham was hostess for the meeting of the Teacup club on Friday afternoon. Mrs. Wilson H. Jewett was a special guest.

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LEAGUE POSTPONED

The meeting of the Welfare League planned for Friday morning, was postponed until next Friday morning, January 13.

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HOSTESS FOR CLUB

Mrs. R. L. Moon entertained on Wednesday for the Jolly Eight club. Mrs. Walter Hantke was a special guest. The next meeting will come in two weeks.

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TEAM TO MEET

The drill team of the Eugene camp, Royal Neighbors of America, is to meet Saturday afternoon at two o'clock at the Moose hall.

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ENTERTAINS CLUB

Mrs. B. H. Will entertained for the monthly meeting of the Royal Neighbor club of Gitchell camp, Royal Neighbors of America Thursday afternoon and fourteen members were present. Plans were made to have a one o'clock covered dish luncheon at the home of Mrs. Charles Hastings on February 2.

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CLUB MEETS

Mrs. C. W. Iddings entertained Friday afternoon for the Alegria club.

Calendar

Friday

7:30 p. m. — B. N. S. club meeting at the home of Mrs. E. A. Mace.

8 p. m.—Installation of new officers for Evangeline chapter, O. E. S., Masonic temple.

8 p. m.—Meeting of Gitchell camp, R. N. A. at Eagles hall.

Saturday

2 p. m.—Drill team of Eugene camp, R. N. A., meeting at Moose hall.

Fortnightly Club

Three speakers were on the program for the meeting of the Eugene Fortnightly club, Thursday afternoon at the Osburn hotel. They were Rev. Clay E. Palmer, Dr. Nelson L. Bossing, and Rev. Cecil F. Ristow. The three discussed the general morals since the war, as well as factors influencing morals, mentioning leaders in the new trends, books, and other factors. Memorials were read to the late Mrs. Prince L. Campbell and the late Mrs. Idaho Campbell, both members of the club. Contributions were made to the scholarship fund of the State Federation of Women's Clubs with which the group is affiliated. The next meeting will come on the third Thursday of the month.

L. O. E. Party

Ten tables of cards were in play for the semi-monthly party of the Ladies of the Elks on Thursday afternoon. Mrs. Roy Forncrook, Mrs. E. E. Cook, and Mrs. Mark Johnson won honors at cards. Mrs. James Pearson, Mrs. Henry Pape, and Mrs. Howard Dixon were in charge for the afternoon. The group will not meet for a luncheon next time, January 19, but only for cards. Mrs. I. D. Larimer will be hostess in the card room.

Card Party

The Alumni association of St. Mary's Catholic school sponsored a party Thursday evening at St. Mary's hall. Thirteen tables of cards were in play. Charles Hoffman, Rose Nairs, and Helen Brunner were in charge.

School Territory Transfer Sought

Transfer of school territory from the Upper Mabel district to the Mabel district is asked in a petition brought to the county school office by J. W. Kinnan, official of the Upper Mabel district.

The petition will be acted upon at the February meeting of the boundary board.

Was Your Basement Flooded?
A wet motor will burn up. Phone LIGHTNING, 1316. We will gladly advise you BEFORE you start your washing machine and SAVE you unnecessary EXPENSE.

Three Hostesses For Group On Thursday

The Re-Active club, organization of wives of members of the Active service club, met at the home of Mrs. Sam C. Bond for a dessert bridge party Thursday afternoon. Mrs. Norval Armes and Mrs. Blair Alderman were assistant hostesses.

Those present for the afternoon were Mrs. John B. Bell Jr., Mrs. Stuart Bowie, Mrs. W. E. Buchanan Jr., Mrs. Frank Fassett, Mrs. Donald R. Husband, Mrs. Wade Kerr, Mrs. T. A. McKenzie, Mrs. L. L. Meisel, Mrs. Phil Nordling, Mrs. Paul Price, Mrs. Darle Seymour, Mrs. George Wilhelm, Mrs. Wallace Wintler, Mrs. E. A. Hansen, Mrs. L. W. Rowling, the three hostesses, Mrs. Bond, Mrs. Armes and Mrs. Alderman, and Mrs. Julia M. Spence as a special guest.

The next meeting of the group comes on the first Thursday of February.

Many Are Assisted By League

Members of the Welfare League report a busy day at their sewing project Thursday in their headquarters in the Tiffany building. A large number of people were served.

The stock of old clothing is greatly depleted, however, and more is desired to give out to the numerous needy who call for help at the League room. Among specialty items clothing needs are men's work shirts. Clothing of all kinds for men, women and children, is needed. Those having contributions are asked to telephone Mrs. John Stark Evans at 2414-[illegible] or they may bring it to the room.

The League gave out four baby layettes Thursday and is in need for more clothing for babies.

The sixth grade from Edison school turned over two tied comforts with nursery rhymes on them to give to needy families. One comfort was blue, the other in pink.

The sewing room will be open again next Thursday from nine until five o'clock to give out old clothing and help make over clothes.

Aid Elects

Election of officers was held at the meeting of the United Lutheran Ladies' Aid society Thursday afternoon and Mrs. William Petersen was named president; Mrs. G. E. Heberg, vice-president; Mrs. Kate Freeman, secretary, Mrs. Clarence Hansen, financial secretary; Mrs. William Anderson, treasurer. Mrs. Edwin Wellman was hostess for the business meeting and social. Year reports were given from various committees. In two weeks the society will hold a joint meeting with the Missionary society at the home of Mrs. L. H. Jessen.

Altar Society

The Altar society of St. Mary's Catholic church held its meeting Thursday afternoon at St. Joseph hall. Plans were made to give a card party on the coming Thursday afternoon, January 12. Committees for this event will be announced later by Mrs. Frank X. Schaefers, president.

Mothers Meet

The Kappa Kappa Gamma Mothers' club met Thursday afternoon at the chapter house for tea, and to talk over plans to help the active chapter. The next meeting will come on the first Thursday in February at the home of Mrs. S. D. Allen. The membership is entertaining the club alphabetically.

Ph. S. E. Stevens for piano tuning

How to Guard against the
FLU

Every Register-Guard reader is urged to heed these precautions.

The flu epidemic has reached this community. The health authorities are doing their part, but every individual must be on guard.

Keep the family medicine chest supplied with the sensible aids to health; any sickness weakens the system and lowers your resistance to germs.

Every household should have at least one hot water bag, in good condition, or an electric pad; and a fever thermometer. Sleep in airy rooms, with ample covering. Avoid an overheated house during the day; dress warmly when you go out. Beware of over-crowded cars, poorly ventilated public meeting places, stuffy telephone booths. Flu is contagious! Breathe through the nose. Keep the system alkaline, the bowels in good order; Phillips' Milk of Magnesia will help you do both. If you have any symptom of a cold, take Bayer Aspirin according to directions. Don't lose even five minutes! Genuine Bayer Aspirin can't harm you, but a common cold is dangerous at a time like this.

Eat plain foods, get enough rest, and don't over-do. Take these extra precautions to keep in sound physical condition, so your system will have normal resistance against germs.

At any sign of actual flu, call a doctor at once. Do not try to treat yourself for influenza!