

The Official Weekly Newspaper of the United PURITY Stores

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Editorial Offices, Trade and Cottage Streets, Salem, Oregon

Make a Real Bid for Health

TRY making the maintenance of good health the primary pur- post during 1929 and you will be surprised to discover how far that adventure will carry.

Health for most of us can be won, but for some, effort is re- quired. Theodore Roosevelt, you will recall, so effectually built himself up, that the weak boy became internationally famous for his strenuous life.

Examine your habits for their effect on your physical well- being. If over eating, or lack of exercise, or excesses of any sort are denying you the happy exuberance of a healthy vigorous body you may feel impelled to rearrange your living so that another 12 months will find you physically better off.

Health is basic, but many a vigorous body houses an uneasy spirit. Ease of mind you must understand is essential to your health and happiness.

Beyond a certain point, more money has no necessary effect upon either health or happiness. Many men and women who en- joyed life on little, are wretched after they have much more.

Of course you want freedom from financial anxiety and wor- ry. Most healthy people who exercise a reasonable amount of prudence and who plan their expense to fit their income, can and do escape much worry which comes from debt and extravagance. But whether your income be large or small the problem of mak- ing both ends meet is much more a matter of character and com- mon sense than money. Money is power, and power is good or bad according to how it is used.

No conceivable amount of money alone, can buy health, hap- piness or contentment.

If you are able to do more than support your own, give some of your self to others who need help. Men and women reach dis- tinction when their horizons extend beyond their own affairs. That is one route toward ease of mind.

Another is by developing within ourselves resources of enter- tainment. Are you able to enjoy an evening at home? If you cannot you have something serious to think about. Ease of mind and health go to make the great essentials of the comfort which is worth pursuing.

Keep in mind such resolutions as lead you definitely to seek good health, ease of mind, and an easy, and comfortable relation- ship with your fellowmen.

Cooperative Marketing

FARMERS who are interested in improving rather than lament- ing their condition, will read with interest a recent article by Samuel Crowther on the history of cooperative marketing organ- izations.

Only those organizations, Crowther points out, which are based on theories which would work, have succeeded. He indi- cates that price-setting, with its consequent dangers of over-pro- duction, is always a risky procedure. Suppose the farmer were guaranteed a profit on wheat. It would not be long until all available land was in wheat. The same situation would prevail if prices on hogs were guaranteed or if cows were priced at \$100 a head without any operation of the law of supply and demand.

Orderly marketing, says Crowther, is far different than price-fixing. It makes possible crop distribution over a 12-month instead of a one-month period. It prevents glutting the trade at harvest and forcing down the price to the advantage of the specu- lar who corners supply and waits for the inevitable advance oc- casioned by demand.

Anyone treads on dangerous ground when agricultural relief is mentioned but any ground is dangerous and treacherous if it ignores the fact that theories must be sound if they are to be put into effective practice.

Birds and Winter

WANT to test the bigness of your heart?

Want to find out if you're selfish or charitable? Prove it by the way you treat the birds. For more than a week these feathered friends of the air have been cold and hungry because a mantle of snow has been put on their great natural table and it is impossible for them to get the food they normally would take.

Sympathetic and understanding friends of the birds have been remembering their plight and putting out the table crumbs to make life more happy for them. If birds could talk they would express their appreciation in words but because they can do bet- ter than talk, they'll burst into a spring time carol in just a few weeks.

Now is the time to prove one's sympathy, now is the time to show how much one cares for these neighbors, now is the time to make sure the rich choruses of the spring.

Feed the birds—today!

Sample of a Big One Our unmitigated falsehood for the day! We always feel when a motor bus about fifteen feet wide and ex- perencing more or less engine trouble is just ahead of us in the traffic that it has just as much right to the use of the street as we have.—Ohio State Journal.

Work for Science "Certain large tracts in the Rocky mountains have been set aside as "wilderness," to be preserved, un- touched by recreation or commercial- ization, for scientific study." And why not also segregate tracts else- where in the land for exclusive scien- tific study of human narrow-minded- ness? We could suggest a number of promising spots.—New Orleans Times- Picayune.

Quality! Melonut MARGARINE

A Pure Food Product At Your United Purity Store A Trial Will Convince You of Melonut Margarine's Superior Quality

LIVE STOCK

TIMELY HINTS FOR BUYING STALLION

Keep in Mind Importance of Pure Breeding.

In buying a stallion one should keep in mind the importance of pure breed- ing, soundness, individual excellence, potency, and the reliability of the party from whom purchased.

It should be remembered that pure breeding is important in a breeding sire as it means that his type has been fixed by a long line of ancestors of similar type, and that he will there- fore transmit his qualities with more certainty than the grand sire. It is well to keep in mind also that there are certain families within every breed that stand out because of their su- perior excellence, and that such fam- ilies are especially desirable.

It is a good safeguard to have a horse examined and certified sound by a competent and reliable veterinarian before buying. If this is not possible, a guarantee should be secured that the horse will pass the requirements of the stallion registration board, and payment should be withheld until a license has been secured.

A horse may be pure bred and sound, and yet an undesirable individual. A horse which would not himself be a high-priced gelding if castrated can hardly be expected to sire high-priced geldings.

In buying, a guarantee should be se- cured that the horse will prove a 50 per cent foal getter, under conditions with which you can comply, and that failing to do so the purchase price will be refunded in cash. Remember that such a guarantee is of little value unless given by a responsible party.

Before buying a stallion it is well to inform yourself as to the reliability of the party with whom you expect to deal. There are plenty of reliable breeders and dealers from whom good stallions can be secured and they are worthy of your patronage. There are also men in the business of selling stallions who are not reliable and it is well to avoid them.

The color and markings should be carefully examined to see that they correspond with those called for in the pedigree. The age as shown by his teeth should also be checked with the date of foaling.—Bulletin No. 7, Minnesota Stallion Registration Board.

When Ewe Disowns Lamb Stanchion Comes Handy

Occasionally a young ewe, and even an older one that is in poor con- dition with a scant milk supply, will not own her lamb. A little patience on the part of the shepherd will usually bring favorable results. The ewe will have to be held for the lamb to

suckle and when the milk flow starts she will usually take to the lamb. If the ewe becomes ferocious and fights the little one she should be confined in a stanchion, made by driving two panels into the ground and wiring them at the top. In this way she cannot injure the lamb and it will suck in spite of her efforts.

If the ewe has more milk than the lamb will take she should be milked out clean at least once a day for sev- eral days. The first milk appearing within the udder is intended to be consumed only at the beginning of the lamb's life, and if retained in the udder for a number of days it is likely to sicken the lamb.

In case a lamb dies and the mother has lots of milk it is often advisable to put the twin lamb of another ewe with her. The best way to do this is to skin the dead lamb, pulling the legs out like stripping off a stocking, sprinkling a little salt over the inside, and then fastening the skin on the twin lamb that is to be transferred. The ewe will generally by its scent accept it as her own. Often by sprinkling some of the ewe's milk over a lamb, and by rubbing some of the secretion about the udder on the lamb, she will adopt it.

Nearby and Yonder....

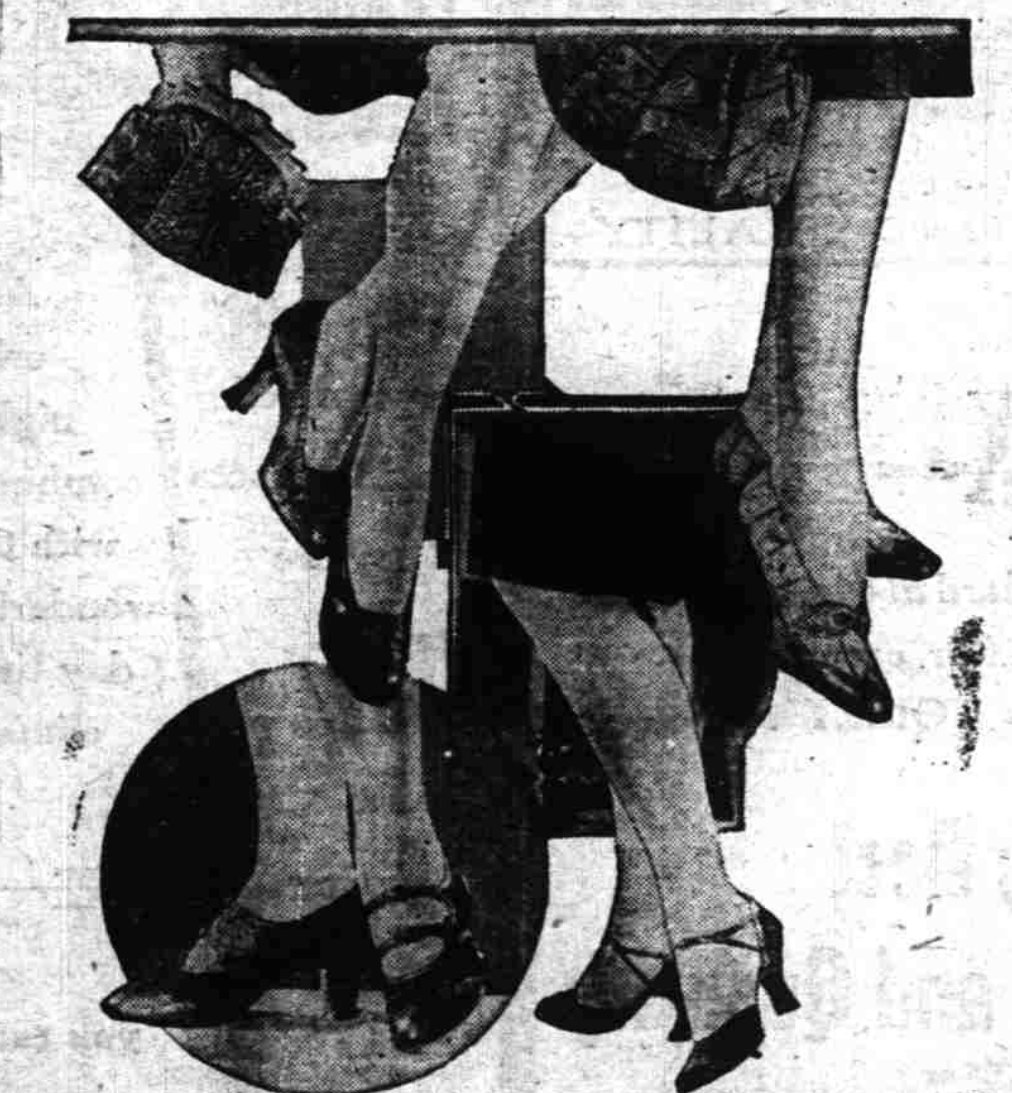
A Canine Cemetery THE village of Hartsdale, some twenty miles north of New York city, boasts a cemetery for dogs—the first in America, established in 1896. This resting place for departed aris- tocrats of dogdom comprises about five acres, is laid out in winding walks, planted with shrub- and trees and contains several hundred inter- ments.

Single plots measuring two by three feet, sell for \$24; the operating com- pany will furnish caskets at prices ranging from \$10 to \$25; cement vaults may be purchased if desired, prices varying from \$75 to \$150; in- terment charges range from \$2 to \$5. Many beautiful monuments—some quite unique, others carrying a photo- graph of the departed dog, many quite expensive, one is said to have cost \$1,800—dot the grounds.

Judging from the inscriptions on these monuments, many much-loved pets rest here in peace. One reads, "Ah Sin, Puppy, died June, 1924. He traveled 60,000 miles with his Master and Mammy"; another, "Our Skipple, died April 23, 1910—born a dog, lived like a gentleman, died beloved"; an- other, "Collie—12 years—Clinker X. He was born in the purple and a gen- tleman"; still, another, "Rastus—the smartest, most lovable monkey that lived."

The central stone, topped by the fig- ure of a dog in striking pose, is de- corated to the memory of the War Dog and was erected by popular subscrip- tion by dog lovers, for valiant service rendered during the World war.

DAYTIME SHOES WHICH FORM BASIS FOR A PERFECT WINTER WARDROBE



IT IS all very well to talk about shoes to match every costume, but it is far more clever and takes greater ingenuity to select shoes that are smart and appropriate with several different ensembles. For the woman of average income this shoe problem becomes increasingly difficult as each new season brings forth greater variety in color and material.

The four shoes pictured are sug- gested as a safe choice for the ward- robe of the woman who does not wish to buy models for every costume.

First in the picture is a tailored pump with solid leather "high-low" heel. It is of the type known as town and country—as smart for mornings in town as for the weekend in the country. It is in brown tweed trimmed with catkins to match, and the pouch bag is in the same mate- rial. These accessories may be worn with tweed costumes, leather coats and knitted ensembles as well as suits and coats in plain woolsens.

More formal in character because it has a leather-covered rather than a solid leather heel is the suede shoe-trap shown below to the left in either brown or black trimmed with match- ing catkins. It might be well to men- tion, however, that the solid leather heel is definitely "in" again, and is

made two lifts higher than it used to be, as quite a distinguishing mark. This suede model takes the place of the tweed shoe in the wardrobe of the woman who does not need a "special" shoe. It is not suitable for every oc- casion, lacking the swagger sports lines of the tweed styles and the ex- tremely formal effect of the model with higher heel. It should be worn, however, with brown or black fur coats, and is smart with cloth coats in the new winter colors.

Glazed python is second only to suede in shoe fashion, and the pump and matching bag pictured above to the right feature these leathers to advantage. This pump, asymmetric in line, supplements the suede models with high heels, and because of its material is even more the model for dress wear than the latter.

The new elegance characteristic of this season's styles creates the need for such shoes as the suede model with narrow strap, which concludes this group. It comes in dark blue, black, brown or bottle green suede with strappings and insets of match- ing leard. These suede models are perfect complements to flat crepe and velvet-afternoon frocks, and look well with coats of fur or cloth.

Little Band-Wagon Journeys

By L. T. MERRILL

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4.—The "Era of Good Feeling"

AMERICAN political leaders at the beginning of the Nineteenth cen- tury were duly impressed by the di- lemmas of 1800, in which Thomas Jef- ferson and Aaron Burr, of the Jef- fersonian Republican party, had re- ceived an equal number of votes for Pres- ident. The tied contest had been thrown into the house of representa- tives. There the opposing Federalist party, having a majority, threatened for a time to elect Burr rather than Jefferson, although the latter had been clearly intended for President and the former for vice president by their own party.

This dilemma arose under the early system which required each member of the electoral college to cast two votes, each for different men, but without distinction as to which man was desired for President and which for vice president.

In 1803, during President Jef- ferson's first term, recurrence of such a deadlock as nearly had kept him out of the White House and had thrown the country into great con- fusion was definitely forestalled. Congress submitted to the states the Twelfth amendment to the Federal Constitution, under which each member of the electoral college was to cast one vote for President and one for vice president. Duly ratified by the states, the amendment went into effect in 1804, in time for the elec- tion of that year.

Thus threatening difficulties in the way of orderly elections were removed. But methods of nominating candidates, for which no means had been provided or suggested in the Constitu- tion, continued to be a matter of slow evolution.

The first stage in the development—nominations by caucuses in congress—was a natural one. Absence of quick means of communication made con- gress the only deliberative body that adequately could represent popular opinion.

Jeffersonian Republicans had frowned on caucus nominations when they first were made by the Federalist party, but these squeamish scruples soon were abandoned and the Repub- licans formally held a caucus to re- nominate Jefferson in 1804.

In 1805, however, definite ob- jection within the party was raised against the caucus that nominated James Madison of Virginia to suc- ceed Jefferson. Strangely enough, George Clinton of New York, picked by the caucus to be Madison's run- ning mate, protested against the meth- od of his own nomination to be vice president.

DeWitt Clinton of New York, when he saw that he could not get the caucus nomination, broke away from the Jeffersonian Republican party in 1812; and was nominated by a fusion state convention of Republicans and Fed- eralists in New York. Practically all the other nominations in the first fifth of the century were made by caucus. It remained for doughty Gen. Andrew Jackson to vitalize the opposition to Presidential nominating caucuses that their final abandonment was accomplished.

Meantime the "Virginia dynasty" of Presidents—Jefferson, Madison and Monroe—succeeded in getting elected with but little opposition. The Fed- eralist party was but a shell, which in some elections did not even take the trouble to put up Presidential candidates.

President Monroe, as the last figure of the "Virginia dynasty," managed to please both Federalists and Rep- ublicans so well that he was wholly unopposed for re-election in 1820.

But for a single vote cast by a New Hampshire elector for John Adams' son, John Quincy Adams, Monroe would have shared Wash- ington's unique distinction of a unan- imous election to the Presidency. Some historians have professed to find in the New Hampshire elector's vote for John Quincy Adams the preclara motive of depriving Monroe of this dis- tinction of unanimous election, which the New Hampshire man believed should rightly be Washington's alone.

With Monroe, the last of the men who had participated directly in the Revolution and the founding of the Republic passed from executive con- trol. Monroe's administration because of its political peace and harmony was called the "era of good feeling."

But new forces were stirring to end this tranquility. The tariff, internal improvements, and the issue of slavery that prominently emerged with- out the Missouri compromise of 1820, were appearing to disrupt the harmony and create new partisan alignments. An ambitious younger generation of politicians had appeared on the scene to take sides on the new issues. They were laying their plans for the succession to the Presi- dency many months before Monroe cast off his executive responsibilities.

The turmoil of the Jacksonian era and the memorable struggles for Democrats and Whigs were just ahead, to be begun with another in- decisive election contest that had to be resolved again, amid considerable partisan bitterness, by the lower house of congress.

Incidentally, in this election con- test of 1824, "King Caucus" was destined to be permanently dethroned.

Underwater Terrors THE average weight of the Ameri- can submarines ranges from 600 to 800 tons. The thickness of the sides is from one-quarter of an inch to one-half an inch, depending upon the type of submarine.

"CONQUEST"

BASED ON THE CANDLE IN THE WIND By MARY IMLAY TAYLOR

Copyright 1928, Warner Bros. Pictures Inc. "CONQUEST," starring Monte Blue, is a Warner Bros. picturization of this novel.

Arthur Faunce, an explorer, has just returned from an expedition, headed by Simon Overton, to the South Pole, where, according to re- ports, Overton died. Faunce, Overton's greatest friend, receives the honors which would have been Overton's had he lived. Both Faunce and Overton loved Diane, daughter of Judge Harford, although neither had ever disclosed his love for the girl. Faunce is being entertained at a dinner given by the judge. Dean Price of the theological seminary, of Mapleton, his wife and daughter, Fanny, and Doctor Sam Gerry are present.

Dean laughed. "Send him off to play billiards with your father. I've got to take my girls home. I've got an engagement for seven o'clock tomor- row morning, and I need rest."

As he spoke, Mrs. Price came up and bestowed a fluttering kiss upon Diane's cheek. Fanny was still blushing and confused. She had been talking to Faunce, and her blue eyes shone like two radiant aquamarines.

"He's so splendid, Dr. isn't he!" she whispered, as her cousin fastened her cloak for her. "And his eyes—there's something won- derful about them. They haunt you!"

Diane assented, leaning farther back in her corner. At the moment she could not quite command her voice. Overton's face seemed to rise before her as she had seen it last—manly and tender and kind- led with high hope. How could she think of it veiled in the mist and chill of a frozen death, like a light suddenly quenched in a tem- pest, or a star receding into the clouds of the infinite?

"Wasn't it touching, mama, the way Faunce couldn't even speak of Overton's death?" Fanny was say- ing.

"It's perfectly natural, dear. Your

father heard that Faunce risked his life in trying to bring Overton's body back, and was almost dead himself when he reached the cache."

"It was the blizzard that over- whelmed them," supplemented Diane's rich, melancholy voice from the shadow. "They had pushed far ahead, they had reached the far- thest south, and then—Overton died. It seems terrible to think that the rescue ship was so near all the while. They had only to strug- gle a while longer only to keep life in them for four days more."

"Their ship was completely crushed in the ice, wasn't it?" Fanny asked softly, clasping her hands around her knee and gazing into the fire. "If it hadn't been for that—"

"He would have been saved, yes!" Diane drew a long breath. Her mind was deeply absorbed in thought. She realized that the great opportunity had come to Faunce like a legacy from the dead. She re- membered his emotion at the men- tion of Overton, the feeling tribute that he had paid to his friend, and the spirit, once kindled, but modest, that had breathed through many of his previous utterances.

He had loved Overton. Their friendship was well known, and he had been faithful to the end. Even now he did not withhold the last- words that belonged to his leader; he only accepted them because there was no one left to dispute his claim.

She knew, too, that he had shown his ability, his power to command in an emergency. He had returned a far different man from the uncer- tain youth who had set out two years before. Something in this, and in the optimism he had shown in the midst of disaster, touched her imagination.

If he had been more vainglorious, more eager to take the glory of the great work achieved by the expedi- tion, she would have hated him. But his tone when he had begged them not to speak of Overton's death, the tribute he paid to his dead com-rade's friendship when his voice broke and his eyes filled—these things went to her heart.

Diane's reverie was interrupted by the entrance of Dr. Gerry and Arthur Faunce, who were a little in advance of the judge and the dean. Diane found herself engaged in con- versation by the old doctor, who began by remarking that she was too pale, and he suspected she sat up half the night to read novels.

"Don't let that pessimist destroy your enjoyment of life, Diane." The

should wait for you. I wanted to speak to you alone."

Diane looked up, and met his dark eyes bent on her with a mel- ancholy and troubled gaze that sent a sad thrill of expectation to her heart. He meant to speak of Overton.

"You know that I was with Overton—with Simon," he said at last, "to the very end, and once or twice he—he talked to me of you."

She looked up in surprise. "I mean in the way that Overton always spoke of women—of his friends in the street and most chivalrous regard. One day, after we had to abandon the ship, he showed me some photographs he had—pictures that he had taken himself—and he asked me to re- member, if anything happened to him, that he wished you to have them. After he—after that awful time in the snow, I found the case he had shown me, and I brought it with me." He stopped and put his hand in his pocket, producing a large, square envelope. "As soon as I got to New York I had the pictures developed. A few were spoiled, but there are some here, and I've brought them to you to- night."

As she spoke, he held out the package. Diane compelled herself to take it with outward composure, but her hands were shaking, and she could not meet his eyes.

"I can't tell you how much I thank you!" she murmured, opening the envelope and looking over the pictures in order to hide her emo- tion.

"I'm sorry that there were so few things that we could bring," he said slowly. "A great deal was lost in the wreck, and we had to sacri- fice more still in our journey across the ice. There came a time when we couldn't carry a load—we could scarcely carry ourselves."

Diane folded the pictures care- fully away before she replied. "What you say makes me all the more grateful for these!"

He raised his head at that, and their eyes met. The sympathy, the kindling kindness of her glance went to his heart.

"I think I could talk to you; but perhaps I had better wait until an- other time." Faunce paused; then, rising from his seat, he came over and stood beside her. "I want you to feel that the end was painless. It always is, you know, in those awful solitudes. You knew Overton; you must know that he was a hero—to the end."

(To be continued.)



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Ocean Levels

The mean-level of the Pacific ocean at the Isthmus of Panama has been found to be about eight inches higher than the mean level of the Atlantic. In the month of February the mean levels are the same, but throughout the rest of the year, on account of current, tidal and wind influences, the mean level of the Pacific ranges above that of the Atlantic. It is as much as one foot higher in October.

Banana and Wisdom

"Fruit of the wise," Linnaeus called the banana, says the Nature Maga- zine, because tradition has it that when Alexander the Great crossed into India he found the pundits dis- cussing under the shade of its giant foliage.

Gaboriau's Crime Stories

Most of the thrilling crime romances of Gaboriau, the great French pro- ducer of detective stories, were writ- ten as newspaper fiction. Gaboriau, who died in 1873 at the age of thirty-eight, is said to have been Blamont's favorite author, says the Gas Logic Magazine.

Explaining Abbreviations

"Mr." was originally the abbrevia- tion of "master" in the Sixteenth and Seventeenth centuries in England. "Mistress" is merely a rendering of the pronunciation of the abbreviation. It was used as the prefix for anyone be- low the rank of knight. "Mrs." is an abbreviation for "mistress," origin- ally one who had care or authority over servants. "Miss" is derived from the same word.