

Diet and Health

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

FOR several years I have been having complexion troubles and somehow I can't understand why. My diet seems to be quite well balanced and my general hygiene is good. Furthermore, I rarely have indigestion or constipation. My skin is of the oily type. Do you think that may be the cause? I have tried cleansing my face night with cold cream, but it seems to give me no results. E."

During adolescence the glands of the skin are frequently over-active. Pimples in all degrees may result (acne). You shouldn't use cold cream on your face at all, as it is oily. E. Scrub at twice daily with soap and hot water, followed by cold, and then apply a glycerine solution. You can put a few drops of the pure glycerine in your palm and apply it to your face while it is still wet. Glycerine must be very diluted to be effective.

The diet should be low in starches and sugars and fatty foods. You are fortunate not to have acne. We have an article on the subject if you want it.

"After reading both your books on diet and health, I have reduced 43 pounds in three months. I still have about 20 pounds to lose and I hope to keep up the good work. I feel fine and look very much better. I have lost as high as four pounds a week and I did not feel so well then, for I would get cold and weak and I looked bad. But now I am losing about one and one-half pounds a week and feel stronger and better. I walk about two miles three times a week and find it important along with the exercises you advise. I eat almost everything, but take only small helpings. At noon, I take some raw vegetables or fruit. We have an early supper, at 4 p. m., and I don't eat anything after that, and I don't feel hungry, either."

"MRS. S."

When one reduces as high as four pounds a week, there must be too great limitation of the essentials of the diet, and naturally one becomes under par. However, it is a good plan in the beginning, but not necessary to go on a

Merry Go Round Has Evening Bridge

Dr. and Mrs. Charles Robertson were hosts to the Merry-Go-Round club Tuesday. Acacia, pussy-willows and daffodils formed an attractive background for bridge playing during the evening. High score at the close of playing was held by Mrs. Apperson for the ladies and T. B. Kay for the men. Mrs. Robertson served at a late hour.

Farewell Dinner Honors M. H. Bross

Honoring M. H. Bross who plans to leave soon for St. John, Michigan, where he will make his home, Mr. and Mrs. Ralph Cooley entertained at dinner in their home Tuesday evening.

Covers were laid for Mr. Bross, the guest of honor and C. F. Bishop, Roy Shelton, Oliver Locke, Faye Wright, LeRoy Gard, Garlen Simpson, Lawrence Bach, Hal Hart and William Paulus. Following dinner bridge was enjoyed. High score prize of the evening was won by Mr. Bach.

Miss Ruby Bratzka and Miss Fern Lang entertained the nurses of the child health demonstration at a dinner and card party in their home on State street Wednesday night. Included in the group were Dr. Estella Ford Warner, Miss Benita Stroud, Miss Gertrude Breyen, Miss Irma LaRiche, Miss Margaret McAlpine, Miss Martha Harrison, Miss Fern A. Goulding, Mrs. Jane Goulding, Miss Mildred Thrig, Mrs. M. L. Litter, and the hostess, Miss Bratzka and Miss Lang.

Mr. and Mrs. P. E. Spencer entertained a small group at bridge Wednesday evening in their home on South Liberty street. After a few hours of bridge the hostess served a dainty lunch to the group which included Mr. and Mrs. Carl Heinlue, Mr. and Mrs. Roy Pollis, Mr. and Mrs. Edgar M. Rowland, and the hosts Mr. and Mrs. P. E. Spencer.

The Daughters of Elizabeth will sponsor a cooked food sale Saturday at the Southern Pacific ticket office on North Liberty street. The committee in charge of the sale includes Mrs. T. A. Wintshar, Mrs. N. Rocque, Mrs. E. Eckerlen, Mrs. Roach, Mrs. J. Perry, Mrs. L. Nadstaneck and Mrs. M. Lane.

Peter's Adventures

THE UNINVITED GUESTS
PETER was surprised at Mother Grouse's words. He and Mr. Partridge had never met that bird.

BONUS EXTENSION IS OPPOSED BY BAILEY

Senator Ed Bailey and State Treasurer Kay appeared before the resolutions committee today and protested against a proposed constitutional amendment which would extend the loan privilege of the Oregon bonus and loan law to any war veteran who has made his home in Oregon for a period of more than 10 years.

New Evidence is Piled Up Against Defendant Keyes

LOS ANGELES, Calif., Feb. 15. (AP) Evidence that former district attorney Aaa Keyes received \$3000 worth of gifts, in addition to those he was charged with having accepted in the bribery trial which ended last week in his conviction, is now complete, District Attorney Buron Fitts announced tonight.

fell over into the leaves. If I ever meet him I shall tell him how sorry I am. I shouldn't have gone near him, but I certainly thought he was a stump."

"All right, thanks ever so much," said the boy, gratefully. Before the words were out of his mouth Mother Partridge had taken her stand in front of the tree, her babies grouped about her—all as still as statues, anxious not to miss a bit of the interesting performance.

"That is, all the little Partridges except Fear-No-Harm were with their mother. Peter missed him but, hearing a faint noise, turned his head and there at his side stood the chap."

Next: "Cake-Walking in the Clearing."

Final Clearance Sale

SPECIAL OFFER FRIDAY AND SATURDAY ONLY

A Regrouping In One Great LOT

We mean just that—styles from lines broken by heavy selling. Shoes formerly selling at \$5.85 and \$6.85 the pair, have been reassembled and are offered to completely close out at "Leaders in Chic Footwear"

95c

Other Patterns including Arch Support Shoes on Sale at **\$1.85**

Mostly A A A to A widths. No Refunds. No Exchanges.

HAMILTON SHOE CO.

118 South High Street

Our Special

Creamed Cottage Cheese
15c per lb.

Buttermilk 15c gallon

Whipping Cream, pts. 30c
Whipping Cream, 1/2" 15c
Table Cream, pts. 20c
Table Cream, 1/2 pts. 10c

Andresen & Son, Inc.
The Home of the Cherro Valley Butter

Humming Bird Full Fashioned Hosiery



The Smartness of Youth
The Splendor of Royalty

More convincing than columns of claims for Humming Bird Full Fashioned Hosiery, is the fact that the same patrons purchase these fine stockings repeatedly.

Whether "style" or "wear" rules your choice, Humming Birds will win your favor. Amazingly sheer, with narrow hems, gracefully proportioned heels, sandal soles, invisible reinforcements. Considerably longer than the average hose.

You Run No Risk When Buying Hosiery at Kaloury's Every Pair Guaranteed—New Pair Or Your Money Back

CHIFFON FULL FASHIONED HUMMING BIRD	SERVICE WEIGHT FULL FASHIONED HUMMING BIRD
Pure thread silk to top with pequot edge and pointed heel.	Another popular number is this service weight hose with pointed heel.
\$1.95	\$1.50
BLUE CRANE HOSEIERY	
Fashion Knit Blue Crane pure thread silk to hem in Service Weight.	Blue Crane in Chiffon with pointed heel—a real value.
\$1.00	\$1.00

CLEANING OUT All Winter Hosiery
Extra Special on Worst and Rayon Hose Practically all colors and sizes. A splendid value at this low price **89c**

Kaloury Bros.
466 State St. Phone 877
New Location at 255 N. Liberty St.

Simpson Grocery

Phones 48 and 49 155 No. Commercial Street

<p>They Taste As Good As They Look BROOKFIELD FRESH EGGS</p> <p>Per Doz. 39c</p> <p>Fresh Full Eggs with Clean White Shells that tempt your appetite—and you are not disappointed when you open them. Mild and Fresh from the Nest.</p>	<p>Extra Special — Friday & Saturday Snider's Catsup</p> <p>2 Large Bottles 35c</p> <p>Just the Name Signifies the Quality</p> <p>ROME BEAUTY APPLES</p> <p>Excellent Eating Apples, and the very Finest for Baking or Cooking—Not a Blemish on them—A Heaping Box \$1.39</p>	<p>Another Big Special Friday and Saturday — G. & H. Finest Cane SUGAR</p> <p>20 Pounds \$1.00</p> <p>Limit All Delivery Orders For Sugar Must Be Accompanied with Other Groceries</p>
<p>Oleomargarine of Quality MAID-O-NUT</p> <p>3 Pounds 55c</p> <p>Pancakes and Toast! This is the Season when Made-O-Nut paves its worth. Use all you want—You'll enjoy its Sweet Flavor—and the saving too.</p>	<p>"Tasty" Mayonnaise</p> <p>Adds Zest to Cold Meats. Makes Sandwiches Taste Better. Excellent for Your Fine Salads—Pine Jars 35c—59c</p>	<p>CAMPBELL'S TOMATO SOUP</p> <p>6 Cans 45c</p> <p>The "Old Reliable" when you want "Something in a hurry"</p>
<p>S. & W. Extra Large RIPE OLIVES</p> <p>California's Finest, Large, Meaty Dark Ripe Olive. Each can contains 1 Pint.</p> <p>3 Cans 65c</p>	<p>Crosse & Blackwell Marmalade</p> <p>1 Lb. Jar 29c</p> <p>The Delicious Bitter Sweet Spread for which Scotland is famed. The Juice and Rind Peel of Selected Seville Oranges. It has just the Tart Flavor that makes it delightful as a Spread for morning Toast.</p>	<p>CHOICE OREGON WALNUTS</p> <p>2 Pounds 49c</p> <p>Use a Plenty in Your Fruit Salads</p> <p>The Famous Health Meal 3-Minute Din-a-Mite Wheat-Bran-Flax</p> <p>A Natural Raw Food. Ready for Cooking in many ways—The Foe of Constipation—SPECIAL INTRODUCTORY PRICE</p> <p>2 Packages—1 1/2 Lbs. 39c</p>

DOUBLE ACTING

10 MINUTES TO MAKE—TO BAKE

And remember, too, that when you are through, there are no failures, no re-bakings, because everything comes from the oven light and evenly raised. Try the famous Calumet Biscuit Recipe. Of course, everybody will want more of them—but you won't mind because they can be made in a jiffy.

MAKES BAKING EASIER

CALUMET
THE WORLD'S GREATEST BAKING POWDER
SALES 2 1/2 TIMES THOSE OF ANY OTHER BRAND

Saturday Only

Our last Saturday Special was so well accepted that we are offering for tomorrow only the following items:

First Quality Fully Guaranteed Electric Heaters

\$2.48
Regular Values to \$5.00

Radio Dept. Special
Nationally Advertised Heavy Duty Radio "B" Batteries. Reg. \$4.25
Special \$3.20

EOFF ELECTRIC INC.
337 Court St. Phone 488