#### Dietand Health By Lulu Hunt Peters M.D.

Author of "Diet and Health" and "Diet for Children"

stand why. My diet seems to be



cream, but it is a great help.

shouldn't use cold cream on your glycerine in your palm and apply be a slight gain instead of a loss. it to your face while it is still wet. I am glad you had such splen-Glycerine must be very diluted to did results, Mrs. S. be effective.

You are fortunate not to have acne. We have an article on the

"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

subject if you want it.

"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 an early supper, at 4 p. m., and I Spencer. don't eat snything after that, and I don't feel hungry, either.

"MRS. S." When one reduces as high as but not necessary-to go on a Mrs. M. Lane.

OR several years I have been liquid or semi-liquid diet, not over lows and daffodils formed an athaving complexion troubles 500 to 800 calories a day, for tractive background for bridge

eral hygiene is the intestinal tract. During this 'teld by Mrs. Apperson for the lagood. Further- period, from five to ten pound: lies and T. B. Kay for the men. more, I rarely may be lost, but after this, one have indiges-tion or constipation. My is enough (unless being superskin is of the vised by a physician).

elly type. Do Another reason for not reducyou think that ing too rapidly is that the reducer may be the xz must continue his new modes of may be he eating all his life; that is, he had cause? I have to re-educate his tastes; othertried cleansing wise, after reducing the weight my face nightly will gradually accumulate again. with cold A brisk walk of two miles a day

TULU NUNT PETERS M& seems to give It too often happens that those who are overweight feel that they must get rid of their excess right During adolescence the oil away, and because they cannot do glands of the skin are frequently that, they get discouraged. If they over-active. Pimples- in all de- would realize that even though grees may result (acne). You but one-half pound a week is lost on the average, it means a loss of face at all, as it is oily, E. Scrub 26 pounds a year, which is conat twice daily with soap and hot siderable. And further realize water, followed by cold, and then that if one doesn't try to lose apply a glycerine solution. You something, the probability is that can put a few drops of the pure at the end of the year there will

The diet should be low in and gaining are contained in a of the child health demonstration starches and sugars and fatty pamphlet on the subject which at a dinner and card party in you may have.

Editor's Note: Dr. Peters cannot diagnose, nor give personal advice. Your questions, if of general interest, will be answered in the column, in turn. Requests for articles must be accompanied by a fully self-addressed, stamped envelope and 3 cents in coin for each article, to cover cost of printing and handling. For the pamphiet on reducing and gaining, 10 cents in coin, with fully self-addressed, stamped envelope, must be enclosed. Address Dr. Peters, in care of this paper.

Mr. and Mrs. P. E. Spencer enertained a small group at bridge Wednesday evening in their home most original models. Popular on South Liberty street. After a and in good taste are the alligator two miles three times a week and few hours of bridge the hostess bags lined with kidskin which are find it important along with the served a dainty lunch to the group carried when alligator sports oxexercises you advise. I eat almost which included Mr. and Mrs. Carl fords are worn. everything, but take only small Heinline, Mr. and Mrs. Roy Follis, helpings. At noon, I take some Mr. and Mrs. Edgar M. Rowland, raw vegetables or fruit. We have and the hosts Mr. and Mrs. P. E.

The Daughters of Elizabeth will sponsor a cooked food sale Saturday at the Southern Pacific ticket office on North Liberty four pounds a week, there must be street. The committee in charge too great limitation of the essen- of the sale includes Mrs. T. A. tials of the diet, and naturally one Winishar, Mrs. N. Rocque, Mrs becomes under par. However, it E. Eckerlen, Mrs. Roach, Mrs. J.

Merry Go Round Has Evening Bridge

club Tuesday, Acacia, pussywil-Mrs. Robertson served at a late

were Mr. and Mrs. E. C. Apperson, of McMinnville, Mr. and Mrs. Ed Hartley, Mr. and Mrs. Homer Smith, Mr. and Mrs. Homer Goulet and Dr. and Mrs. R. Lee Steiner,

#### 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. P. 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 Braitzka and Miss Our instructions on reducing Fern Lang entertained the nurses their home on State street Wednesday night. Included in the group were Dr. Estella Ford War-Goulding, Mrs. Jane Goulding, purpose of obtaining the loan, Miss Mildred Ihrig, Mrs. M. Littler, and the hostess, Miss Braitz- New Evidence is ka and Miss Lang.

with each other in producing the

In the Premet opening at Paris, models for evening show 1880 inrimmed with ruchings in quaint tonight. old-time mode.

Circular flares at the side of a ness at the hips.

"Why, when did I disturb "Well, don't talk any more and somehow I can't underthree or four days, in order to playing during the evening. High guite well balanced and my gen-shrink the stomach and clean up score at the close of playing was since I entered these woods." to see the show. The drumming Then he remembered something has stopped. That means the he had almost forgotten.

"Was your husband that queer brown stump that scuttled off into Special guests for the evening the shadows?" Peter chuckled. "Now that mystery is solved. I am sorry I disturbed your husband, but he scared me so that I

Senator Ed Bailey and State to any war veteran who has made pormance. his home in Oregon for a period

of more than 10 years. necessary to administer the law, stood the chap. and that additional bonds would "Mother would be sure to scold have to be sold. He offered a me if I laughed at father and his number of amendments to the res- friends, so I stayed back with you olution which he said would clar- so's I could laugh if I wanted to." ify the situation.

ner, Miss Benita Stroud, Miss Ger- sition that the state of Oregon you? All puffed out like pigeons trude Breyen, Miss Irma LaRiche, was not interested in assisting -proud of themselves as can be. Miss Margaret McAlpine, Miss war veterans of other states, who Silly things. Yet mother says that Martha Harrison, Miss Fern A. might come to Oregon for the sole one day I shall act just so. I don't

#### Piled Up Against Defendant Keyes

LOS ANGELES, Calif., Feb. 16 AP)-Evidence that former district attorney Asa 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 Small jackets are Attorney Buron Fitts announced

This evidence is ready to present to the grand jury, he said. Progress also is being made in chemise or on French panties al- checking the statement of Ben low a smooth waistline with full- Getzoff, alleged bribe fixer, who was convicted with Keyes, that the former prosecutor received \$151,-Crepe marocain is being used in 000 more in cash than he was is a good plan in the beginning- Perry, Mrs. L. Nadstaneck and place of flat crepe in spring en-charged with receiving, Fitts

Dr. and Mrs. Charles Robertson
Were hosts to the Merry-Go-Round

DETER was surprised at Mothmeet him I shall tell him how soref Grouse's words. He and ry I am. I shouldn't have gone Mr. Partridge had never met near him, but I certainly thought he was a stump."

> dress parade is about to begin, perhaps it has already started.

"Hop behind that tree, boy, and peek out from behind it just as you did at the children, and you can see all that is going on. But don't move. It is the stirring that a Partridge notices every time.

"The children and I will stand in front of that tree so that if the cocks see anything it will be us. If you don't understand anything you see, ask me (only be sure that you whisper) and I will tell you whatever I know about it."

"All right, thanks ever so much," said the boy, gratefully. Treasurer Kay appeared before Before the words were out of his the resolutions committee today mouth Mother Partridge had taand protested against a proposed ken her stand in front of the tree, constitutional amendment which her babies grouped about her-all would extend the loan privilege as still as statues, anxious not to of the Oregon bonus and loan law miss a bit of the interesting per-

That is, all the little Partridges except Fear-No-Harm were with Senator Bailey said the pro- their mother. Peter missed him posed amendment would increase but, hearing a faint noise, turned materially the amount of money his head and there at his side

whispered the youngster. "Just The state treasurer took the po- look at those old fellows, will believe it, I've got more sense!"

Next: "Cake-Walking in the



### Final Clearance Sale

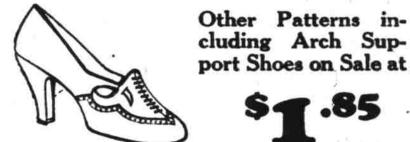
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