

HIGH-HEELED SHOES AND CORSETS BLAMED FOR BAD POSTURES

New York, Dec. 15.—Dr. Florence I. Meredith, a girl health expert who has examined twelve thousand young girls, declares that the type of shoes and corsets worn are largely responsible for bad posture and their clothing is not moral in purpose. She says: "I do not think high heels or corsets are a cause of premature death. They merely lower efficiency. The woman who wears them is merely less alive. She is 75 per cent alive instead of 100 per cent."

"Hardly a respectable foot has been examined at the Health Centre, and scarcely a girl with good posture. The type of shoe and corset worn has been largely responsible for this pathetic fact. The girl who begins to get plump around the waist and hips instead of exercising a little justifiable vanity, and at the same time making profit for her figure from the same stockings, keeps on with her indolent habits and self-indulgent eating, depending on the corset to make up for these quite serious defects in her own disposition. The modern corset, it is true, is not the harmful invention that it used to be. I object to it rather on the ground that it induces laziness and sloppiness of carriage."

The high-heeled shoe is another matter. It is positively harmful and it is the more insidious because the results do not show principally in the foot. Backaches, headaches and a long train of minor disabilities of women follow in the wake of the wrong posture which high-heeled shoes necessitate.

Wellesley Girls Models.

It is not true that the new ideas are not gaining converts. Practically all the girls who have come to the Health Centre in bad shoes have said "I know I ought not to wear these shoes." Most of them realize that they do not have correct posture. The feet in Wellesley College are beautiful. The girls there almost uniformly wear foot-shaped shoes, and I think that is true of college women in general. I should say that about 25 per cent of incoming freshmen at Wellesley do not wear corsets, and a much larger per cent take them off in the course of their college education. Among the younger actresses, also, there is a great fall just now to go corsetless. Factory girls, on the other hand, nearly all wear them. It is a matter of education.

Most women have very vague ideas about their responsibility in the matter of tempting men away from what their own ideals would have them cleave to. They still believe in the old theory that perfectly innocent and unoffending girls are seduced by depraved men, and will not admit, what they could observe with the greatest ease, that a good percentage of hither-to innocent and well-meaning boys have been carried to the point of loss of self-restraint by girls who do not, perhaps, know better, but should have. The word of countless men of every kind and variety is to the effect that clothes which women wear, do not wear clean living a thousand times harder than it need be.

UNOFFICIAL PEACE CONFERENCES PENDING

London, Dec. 15.—The "unofficial peace conferences" will be resumed at an early date, Premier Lloyd-George announced in commons. He said the Adriatic and Turkish questions would be disposed of next.

Regarding the Russian situation, the premier said the conference's decisions were in accord with the statement he had already made to commons.

(On November 17, Lloyd-George told commons that Great Britain could no longer finance "civil war" in Russia, indicating withdrawal of support from Denikin and Kolchak.)

MILK JUMPS AGAIN

San Francisco, Dec. 16.—Blaming their action on a four-cent raise by the producers, milk retailers announced today an increase of one cent a quart. This brings the price here to 16 cents. The raise was in the face of the prospect of milk shipments profited from Stockton at 13 cents a quart.

Albany is coming rapidly to the front as an industrial city. About 1500 persons are dependent upon the pay-rolls of the various industries.

Marion News.

Marion, Dec. 16.—R. O. Small has come to Summit to do some work on there.

Mrs. Olsen is visiting her daughter, Mrs. Frank Haack at Talbot.

Mrs. Beckman left last Thursday for Salem where she will take medical treatment.

Miss Pearl Elston of Mill City will soon arrive to spend the holidays at the Ell Davidson home.

Mr. and Mrs. C. A. Keller are expected soon to spend Christmas with Mr. and Mrs. Davis and family. They come from Ridgefield, Wn.

Mrs. Patton who lives near Crabtree, was a visitor here last Sunday.

No cases of scarlet fever here now, down in a few days.

The home of Mr. and Mrs. Cave was entirely destroyed by fire last Wednesday morning. The railroad section the fire, and they and the neighbors rendered all the assistance they could but the fire had such a start when first seen, and the deep unbroken snow made it such slow traveling for the helpers that the house could not be saved. Some of the furniture and household goods were saved. The fire was caused by a defective stove. There is an insurance of \$400. Mr. Cave intends to rebuild as soon as he can, meanwhile they will live in the railroad house built for the section foreman and his family.

The Marion school children are taking great pleasure in having their friends, the birds, as their dinner guests these severe days. Some have not been content by giving a spread of crumbs but have purchased bird seed for the little things. Let the good work go on.

School has been dismissed until Monday Dec. 29th. It was thought best not to have school this week on account of the severe cold and deep snow which makes it almost impossible for those living in the country to attend. As next week it Christmas week there will be no school. In other words school has been dismissed for a two weeks Christmas holiday. Hence there will be no Christmas tree and exercises the afternoon of the 24th as planned by the school.

Nearly every one in this community has lost their potatoes and apples by freezing. One man lost \$900 worth of potatoes and several others are also heavy losers. Mr. Kephart lost two cows and a horse in the creek. It is thought they trusted to the ice near the shore, fell in and were drowned. Much canned fruit has burst and some chickens have frozen to death. Is this our "Old Oregon?"

BOXING

Tommy Sol \$500. ETAOIN HRDLUH Portland, Or., Dec. 16.—Tommy Gibbons and Jimmy Darcy of Portland will travel ten rounds at the Milwaukee arena tonight. Their bout was originally scheduled for last Wednesday, but was postponed due to the storm. Fans of this vicinity will get their first glimpse of Gibbons, claimant of the world's light heavyweight championship and are expected to turn out in record breaking numbers.

Bobby Ward and Stanley Willis, Neal Zimmerman and George Brandon, Weldon Wing and Carl Martin are also on tonight's card.

Through dragging timber from the forest William Meyers and James Chandler are reported to have discovered a ledge of ore at the twin bridges near Carson, of which samples are said to have assayed \$30 a ton.

BE AN EARLY SHOPPER

AUCTION SALES MAY BE FEATURE OF FAIR

The institution of auction sales of live stock as a feature of the Oregon State Fair, is advocated by Secretary A. H. Lea who returned today from Chicago, where he attended the International Livestock exposition which he declares to have been the greatest of its kind he has ever witnessed in the many years he has been visiting fairs and expositions in the United States and Canada.

Livestock sales, according to Lea, brings out breeders from all sections of the country and would add materially to the interest in the Oregon fair.

Lea expects a number of Oregon men, who have never before exhibited at a state fair to be in attendance at next year's show, with exhibits of blooded stock. Several of these men, Lea declares, were at the Chicago show where they made a most creditable showing for the livestock industry of Oregon.

38,770,000 ACRES IN WINTER WHEAT CROPS

Washington, Dec. 16.—The winter wheat crops total 38,770,000 acres, the crop estimate bureau of the agriculture department announced today, which is 23.2 percent less than the revised estimate counted in the fall of 1918.

The revised estimate was 50,459,000 acres.

The condition of the crop December 1, 1919, was 85.2 percent of normal, as compared with 98.5 percent December 1, 1918, and 99.5 percent over the ten year average.

The rye crop was reported as 5,539,000 acres, or 23.5 percent "less than the revised estimated area planted in the fall of 1918 which was 7,232,000 acres." The condition of the rye crop December 1, 1919, was 89.8 percent of normal, as compared with 99 percent December 1, 1918, and 91.6 percent over a ten year average.

Stoves blew up in the residences of W. J. Patterson and T. M. Gilchrist at Albany Friday morning. No one was hurt, but the buildings were badly damaged.

MAN'S BEST AGE

A man is as old as his organs; he can be as vigorous and healthy at 70 as at 35 if he aids his organs in performing their functions. Keep your vital organs healthy with

GOLD MEDAL HAARLEM OIL CAPSULES

The world's standard remedy for kidney, liver, bladder and uric acid troubles since 1896; corrects disorders; stimulates vital organs. All druggists, three sizes. Look for the name Gold Medal on every box and accept no imitation.

Ladies! Secret To Darken Grey Hair

Bring back color, gloss and youthfulness with Grandma's recipe of Sage and Sulphur

Common garden sage brewed into a heavy tea, with sulphur and alcohol added, will turn gray, streaked and faded hair beautifully dark and luxuriant. Mixing the Sage Tea and Sulphur recipe at home, though, is troublesome. An easier way is to get the ready to use preparation improved by the addition of other ingredients a large bottle, at little cost, at drug stores, known as "Wyeth's Sage and Sulphur Compound," thus avoiding a lot of fuss.

While grey, faded hair is not sinful, we all desire to retain our youthful appearance and attractiveness. By darkening your hair with Wyeth's Sage and Sulphur Compound, no one can tell, because it does it so naturally, so evenly. You just dampen a sponge or soft brush with it and draw this through your hair, taking one small strand at a time; by morning all gray hairs have disappeared. After another application or two your hair becomes beautifully dark, glossy, soft and luxuriant and you appear years younger. (Adv.)

Spokane Shortens Business Hours in Order to Save Fuel

Spokane, Wash., Dec. 15.—Spokane today went on a restricted business day basis to save fuel.

Stores opened at 11:30 a. m. and were closed at 5:30 p. m.

Theatres are to open at 8:30 and will close at 9:30 p. m.

Banking hours are from 11 to 2.

Street car schedules have been rearranged to handle the new rush hour crowds.

SCIATIC PAINS QUICKLY RELIEVED

Keep Sloan's, the World's Liniment handy to allay aches

THOUSANDS of men and women, when the least little rheumatic "crick" assails them, have Sloan's Liniment handy to knock it out. Popular a third of a century ago—far more popular today.

That's because it is so wonderfully helpful in relieving all external aches and pains—sciatica, lumbago, neuralgia, overstrained muscles, stiff joints, weather exposure results. A little is all that is necessary, for it soon penetrates without rubbing to the sore spot. Leaves no muss, stings skin, clogged pores. A bottle today is a wise precaution. Keep it handy.

All druggists—35c., 70c., \$1.40.

Sloan's Liniment
Keep it handy

CROOK, KNOWN HERE, HELD IN PORTLAND

Facing charges of assault with a deadly weapon with intent to kill, J. H. Gaynor, well known here, is being held in Portland following his arrest and attempted escape from Deputy Sheriff Roy Kendall there Saturday.

Gaynor was held here last February, by police on a bad check charge, and was held in the city jail for a short time in an attempt to break him of the drug habit.

Gaynor's clash with Deputy Kendall followed his arrest by the officer on a dual charge of bad check passing and theft of an automobile. Gaynor is reported as having pulled a gun on Kendall in a court house corridor while being taken to the county jail.

Polk Farmer Reports Trace of Man Who Flew Hospital

A report from a Polk county farmer to the effect that an old man answering to the description of Charles Lawrence, 77 years old inmate of the state hospital who made his escape from the institution last Wednesday, had been seen late that day, apparently in good condition, has greatly relieved the anxiety felt by institution officials for the safety of the aged man.

It was feared for a time that he might have been overcome by the storm and perished. Lawrence is said to have eaten a meal at the ranch

SURVEY COMPLETED

Prof. W. C. Crosby of Massachusetts who has been conducting an investigation into the formation in the

site of the Benham Falls reservoir on the Deschutes river in which it is proposed to store water for the irrigation of some 200,000 acres has notified State Engineer Cooper that he will file his report of the investigation on December 29.

Have a Good Appetite

By Taking Vinol

It increases the appetite, aids digestion, transforms food into red blood corpuscles, muscular tissue, brain and nerve force, thus replacing weakness, nervousness and lassitude with strength and vigor.

Proof That There is Nothing Like Vinol

Scranton, Pa.—"I used Vinol for general weakness, poor appetite and loss of strength and flesh. At times I was simply too weak to work. Within ten days after taking Vinol I could see an improvement. It gave me a splendid appetite. I have gained in flesh and feel stronger in every way."

—Mrs. L. A. MERRANS.

For all run-down, nervous, anemic conditions, weak women, overworked men, feeble old people and delicate children, there is no remedy like Vinol.

Your money will be returned if Vinol fails.

Vinol OUR COD LIVER AND IRON TONIC IS THE GREATEST STRENGTH CREATOR KNOWN

Portage Tires

All Oversize

Don't be Afraid to Pay Enough for Your Tires!

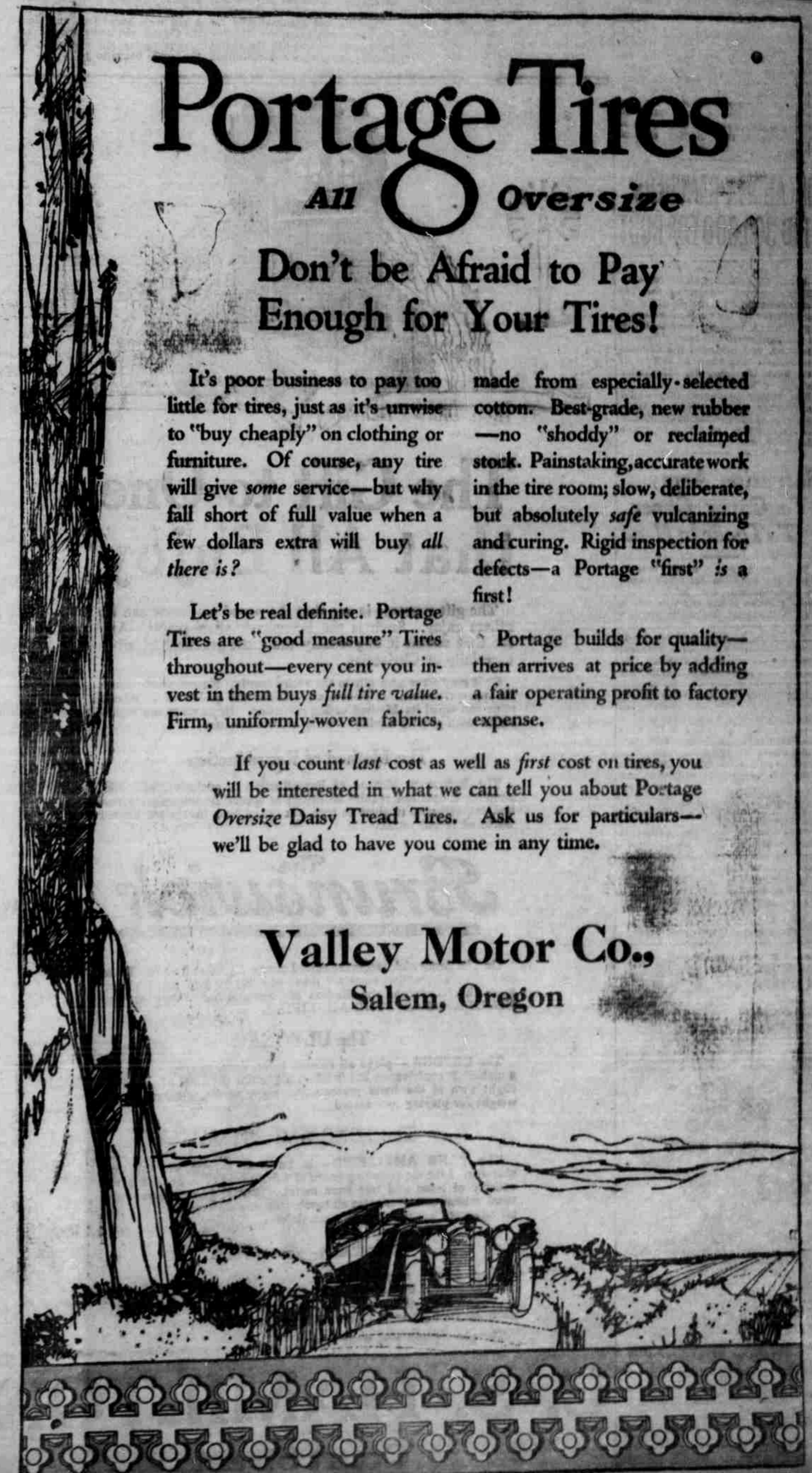
It's poor business to pay too little for tires, just as it's unwise to "buy cheaply" on clothing or furniture. Of course, any tire will give some service—but why fall short of full value when a few dollars extra will buy all there is?

Let's be real definite. Portage Tires are "good measure" Tires throughout—every cent you invest in them buys full tire value. Firm, uniformly-woven fabrics, made from especially-selected cotton. Best-grade, new rubber—no "shoddy" or reclaimed stock. Painstaking, accurate work in the tire room; slow, deliberate, but absolutely safe vulcanizing and curing. Rigid inspection for defects—a Portage "first" is a first!

Portage builds for quality—then arrives at price by adding a fair operating profit to factory expense.

If you count last cost as well as first cost on tires, you will be interested in what we can tell you about Portage Oversize Daisy Tread Tires. Ask us for particulars—we'll be glad to have you come in any time.

Valley Motor Co.,
Salem, Oregon



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Hills Bros. Red Can COFFEE

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The Recognized Standard for Over 30 YEARS

