

OLD FASHIONS PORTRAYED IN OLD MAGAZINES

Quaint pen and ink sketches of the last word in women's styles in 1869 are shown in a group of old magazines just returned from the binding of the Parrish Junior high school library. The magazines, some of which are more than 50 years old, are creating a sensation among patrons of the school, their odd form and style of printing forming a decided contrast to current periodicals.

The magazines were brought to Miss Mildred J. Carr, Parrish librarian, in a group of papers collected during the paper drive held by students of the school last year. Wallace Beckett, son of Mr. and Mrs. E. M. Beckett, secured the magazines while browsing through the attic at the home of his grandmother, Mrs. J. W. Norwood, seven miles west of Salem.

In the group of magazines which have been bound into four volumes are issues of *Peter's Ladies' Magazine* for April, August, September, November and December, 1869; February, March, April, May, July, November and December, 1871; August, 1872. A *Delinquent* issued in April, 1889, and two numbers of *Leslie's Popular Monthly* for June and September, 1878, are also among the collection.

The magazines are small and thin, according to popular standards of monthly publications at the present time, but they are profusely illustrated with black and white line sketches. There is but one colored illustration in the group of magazines, a frontispiece in a copy of *Leslie's Monthly*. The magazines contain a number of stories, mainly fiction, but the greater part of the subject matter of the publications is devoted to discussions of styles in dress, fashion fables of the time, patterns for needlework and household hints.

PRINCESS XENIA AND DAUGHTER



Mrs. William B. Leeds, the former Princess Xenia of Russia, and her daughter, Nancy, photographed as they arrived in New York after a visit in Europe.

ARMISTICE DAY APPOINTMENTS ARE ANNOUNCED

Appointment of committees to have charge of the details of the annual Armistice Day celebration was made at a special meeting of the general committee Thursday night by L. P. Campbell, chairman. A. C. (Biddy) Bishop, who has been chairman of many of the previous events and present post commander of Capital Post No. 2, American Legion, was given a free hand in advertising the event and is expected to do so with the steam calliope now housed at the fairgrounds.

"Minute men" will make short talks at the Salem theaters three days previous to Armistice Day. Plans were made for the "zero hour" (11 o'clock a. m.) to be a noisy one with one of the biggest parades in history to follow. The American Legion band at Albany, Cherrin, and Salem Indian school bands; national guard units from Woodburn, Silverton and Salem will be invited in addition to participation by all local civic, fraternal and patriotic organizations. No prizes will be offered this year but efforts will be made to have a large section for industrial and commercial floats.

Speakers will be selected by Carlo Abrams, chairman of the parade and memorial program committee. Committee appointments are as follows: Parade—Col. Carl Abrams, chairman; Col. Tom Riley, chief of staff; Walter Zeeb, Karl Hines, Dr. W. Carlton Smith and Reynolds Ohmart.

Entertainment—Ray Bassett, chairman; Jack Brady, Roy Keene, Frank Cain and William Poorman. Publicity—Irl S. McSherry, chairman; Ralph Curtis and C. K. Logan.

Solicitation—H. G. Malson, P. D. Quisenberry, Gus Hixon, James Mott, Eraser C. Small, Paul Hendricks and Douglas McKay. Ticket sales—Herman Brown, chairman; George Averit, Miller Hayden, Bert Victor, Clifford Moylan, Jesse George, William Blackley, Earl Burch, Moore Palmateer, King Bartlett and Dave Shadle. Finance—F. E. Slade, chairman; Carl D. Gabrielson, Roy Simmons and Lee McAllister.

FEDERAL CHARGES FACED BY PHILLIPS

Dallas—The case of Earl Phillips charged with stealing a car and taking it into another state is to be handled by the federal authorities, according to Sheriff T. B. Hooker. Phillips stole a Naah from Mrs. Sophie Barnum at Monmouth and was arrested Wednesday at Dumauir, Calif. Sheriff Hooker had made all preparations to bring him back to Dallas when he was informed that it was a case for the federal authorities, and so the county was saved the expense of a trial.

BROOKS

Mr. and Mrs. Herriek McCleod accompanied by Mr. McCleod's sister, Mrs. Cecil V. Ashbaugh and little daughter Ereta Mae, motored to Albany, Tuesday evening and were guests of Mrs. Gertrude McCleod and family.

Recent guests at the home of Mr. and Mrs. Charles Coffindaffer were Mr. and Mrs. Robert White and Mr. and Mrs. Willard Craven all of Independence.

Mrs. Mary Martin and her daughter-in-law, Mrs. Fay Loomis and children, Delphine, Bertha and Virgil Loomis, Jr., and Mrs. Loomis' father, Del Vibbert motored to Falls City Sunday and spent the day at the home of Mrs. Mary Martin's son and daughter-in-law, Mr. Perry's Drug Store—Agents.

and Mrs. Grant Lederer and family. Mrs. Frank Snyder entertained a group of little folks Saturday in honor of her little son Wayne Snyder's fifth birthday. Twelve guests were present and delicious refreshments were served. Master Wayne received many nice gifts.

THE LUXURY HUSBAND

(Continued from Page 6) —do you imagine he'd have left you these last few days even if he wasn't enjoying himself on my house party?" "I'm sure it wasn't that Henny," she said quickly. He smiled wisely into her upturned face.

"Dear of you, Barbara, but I know better. He made it perfectly obvious, the way he left. My opinion is he was bored stiff and went up to town to have a little fun on his own. He intimidated as much to Major Perkins. The major told me..." "Then whatever Major Perkins told you was unquestionably a lie." They both started and remained stiff. It was Ray's voice that had shattered the eerie quiet of the abbey ruins.

HE NEVER SAW SUCH MEDICINE

"I want my friends and everybody else to know that I think Sargon is a blessing to humanity! Although I'm 22 years old, I was



MARTIN PAUP

healthy and vigorous until about two years ago when I began to lose my old time strength and energy. My bladder and kidneys bothered me a lot and this broke into my sleep and weakened me. I didn't have much appetite and I was tired and fagged out nearly all the time. So I decided to take this new Sargon treatment I had been hearing so much about.

"Well, sir, before I realized it, I was eating right along and my food was tasting fine. I never saw such medicine for building strength! I sleep good now because my bladder and kidneys don't worry me like they did. I have already gained five pounds and I feel so strong and energetic that I honestly believe I'm going to live to be 100 years old. Sargon Pills beat anything I ever saw for straightening out the liver. They certainly did me worlds of good."—Martin Paup, 3909 4th Ave., S., Seattle. —adv. Perry's Drug Store—Agents

FALLS CITY HI CLASSES ELECT NEW OFFICERS

Falls City—The students of the local high school have elected their student body officers and class officers as follows:

President, Revelle Howell; vice-president, Leroy Allen; secretary, Velma Critchlow; treasurer, Sam Speerstrat; yell leader, Senor class president, Revelle Howell; vice-president, Cecil Cary; secretary-treasurer, Elsie Jones; councilman, Leroy Allen. Junior class president, Milton Frynk; vice-president, Sam Speerstrat; secretary-treasurer, Virginia Adams; councilman, Naomi Robinson and Edith Bradshaw.

The sophomore class president is Henrietta Jones; vice-president, Margery Brown; secretary-treasurer, Hazel Ward; councilman, Lucille Mack.

Freshman class president, Woodrow Robinson; vice-president, Eva Shilts; secretary-treasurer, Eulali James.

The girls' physical education class elected the following: president, Elsie Pomes; vice-president, Lucille Mack; secretary-treasurer, Henrietta Jones and manager, Eva Shilts. Twelve new students have started

to school this week and there are three more to come, making an enrollment of 40 students. The boys began basketball training Wednesday and the girls began training Thursday. Prof. L. H. Wattenpaugh is coaching the boys and Miss Julia Patchin is coaching the girls' team. She is also instructor for the girls physical education class. The initiation of the freshman class will take place in the near future.



Priceless style priced to please you. . . Youthful and smart. . . \$5 to \$10.

Gordon HATS

fit your personality
the man's shop—hollis w. huntington

The drawing-room tragedy that began in the dining-room

NOT SO many years ago she would only laugh gaily when asked the secret of her alluring complexion, sparkling eyes, radiant manner. She hadn't the slightest idea. But now, so unhappy over her wan, haggard face—her dull eyes and constant fatigue, she was as much at a loss to know why her beauty had gone. It couldn't be her diet. . . she was so careful about what she ate.



Unfortunately, her diet was to blame. For in her menus she had neglected to include dishes with that all-important element—roughage. The result was constipation which was poisoning her system—stealing her beauty.

What a pity so many women and men do not realize the value of roughage! And more—do not know that Kellogg's ALL-BRAN—a delicious cereal—can supply roughage and bring aure relief from constipation!

Why ALL-BRAN is so effective Kellogg's ALL-BRAN furnishes bulk in most generous quantity. This bulk absorbs moisture

and distributes it through the digestive system. Gently exercising the intestines—sweeping out poisons. In a part-bran product there is seldom sufficient bulk to completely perform this work. That is why doctors recommend ALL-BRAN.

ALL-BRAN works as nature works. How much better than habit-forming drugs whose dose must be increased—which may injure the system.

Kellogg's ALL-BRAN is an inviting cereal to eat with milk or cream. Delicious with fruits or honey added.

Use it in cooking—recipes on package. Mix it with other cereals. Eat two tablespoons daily—chronic cases, with every meal. Serve it in some form regularly and you will protect your family from dread constipation.

ALL-BRAN is sold by all grocers. Served at hotels, cafeterias, on diners. Made by Kellogg in Battle Creek.



Guaranteed! Kellogg's ALL-BRAN is sold with this definite guarantee: Eat it according to directions. If it does not relieve constipation safely, we will refund the purchase price.

Kellogg's ALL-BRAN

Forum

Contributions to this column must be confined to 300 words and signed by writer.

SURE CURE FOR EARWIG

"Yes, we have the earwig all right."
"Well, you ought to have them. It is your own fault."
"How come?"

"Because we have a little friend, the hen, which you have declared an outlaw from your city homes." If you would allow one hen with five or six chickens to run around your trees and shrubbery, you would very soon have no earwigs. We people of the country need never be afraid of earwigs as long as there is an old hen that will fly or steal her way into our yards about the houses even one or twice a week and do a little scratching around the shrubbery and trees. You will find it worth while.

N. A. Kenworthy,
541 Mill St.,
Salem, Ore.

FAMILIES CONFINED

Silverton—Among the families in Silverton who are afflicted with whooping cough are the Bristol, the A. Cole, M. Conrad and the A. Pettit children.

CLEAR LAKE

Mr. and Mrs. Leonard Linty and mother and sister from Casey, Ia., and Miss Mildred Brentlin from Omaha, Neb., were recent visitors at the home of Mr. and Mrs. Theodore Stolk. Mr. and Mrs. Linty are Mr. and Mrs. Theo Stolk and their daughter and family Mr. and Mrs. George Benson of Salem recently motored to Lebanon and Lodaville.

Mr. and Mrs. William Dorman recently entertained the following guest in honor of their son, Wayne's first birthday. Mr. and Mrs. J. H. Dorman, Effie Blair, Calvin Manson and the host and hostess and daughter, Mr. and Mrs. Manuel Schlag have left for Utah by motor, where Schlag will be employed in the coal mines and where they expect to make their future home. Mr. and Mrs. Phillip Lipsey of Salem accompanied them.

Mrs. V. Boyd who has been quite ill at her home near Quinby is slowly improving.

LEAVING FOR SEATTLE

Stayton—Mrs. Eva Quinn of Stayton, former resident of Stayton, was in town Monday and Tuesday, calling on acquaintances and looking after business matters. Mrs. Quinn is planning to move to Seattle as soon as she disposes of Salem property.

SPECIAL SERVICES SUNDAY

Woodburn—At Woodburn Presbyterian church next Sunday the pastor, Rev. Henry G. Hanson will speak on the theme "The Sin No One Commits." Miss Fern Wadsworth will sing a solo.

EDITOR ON VACATION

Stayton—Mr. and Mrs. E. D. Alexander with their daughter and son-in-law, are enjoying a vacation in California. They expect to be gone about three weeks. Mr. Alexander, who edits the Stayton Mail, left the business in the hands of his daughter.

Before You Sell Your Junk

Phone us for the highest cash price. We buy and sell everything.
PHONE 463
Salem Junk Co.
SAFFRON & BLINE
329 N. Commercial St.

Better Health - Longer Life

GORGAS MEMORIAL INSTITUTE

HOW TO LIVE WELL AND LONG

By Robert Sterling Palmer
Boston, Mass.

"Moderation in all things" was a watchword held by the ancient Greeks from whom we have not only the heritage of art, philosophy and literature of art, philosophy and personal hygiene indicated especially by the care and attention devoted by them to athletic training for competitive games. In no part of our daily life may the golden mean be more usefully applied than in habits of exercise. Today, the enjoyment of active sport with suitable physical training ceases too often at graduation from school or college, and thereafter is confined to a concentrated period of hand ball, squash, tennis, golf or swimming of Saturday and Sunday after a week or more of unrelieved sedentary office work. Not infrequently these heavy doses of exercise are accompanied by injudicious eating and drinking. Others, making a fetish of physical development, continue the arduous sports of twenty years into middle age or later when the body tissues are no longer elastic enough to cope with the strain imposed upon them.

The German investigators, Deutch and Kauf, from their studies on athletes engaged in various sports, found that roving, cycling and skiing were most likely to result in enlargement of the heart and that there appeared to be a family tendency to exhibit this effect. On the other hand, Dublin's investigation of athletes and longevity for the Carnegie Foundation showed that college athletes had a better mortality rate than the average man accepted for life insurance. Baseball and crew men showed the least favorable mortality rate. It would seem probable that athletic training favors longer life expectancy in the case of the more strenuous sports. One has the impression that failure to continue a certain amount of athletic training among those who have indulged in the more strenuous sports when young exerts an unfavorable effect. At any rate the experiments of Dr. Buck and his co-workers at the Massachusetts General hospital emphasize the importance of training before heavy exercise and the necessity of moderation in exercise for untrained individuals. Moreover this becomes increasingly as one enters middle age.

The following rules may be taken as safe guides for exercise:
(1) Exercise in some form three times a week—outdoors when possible. Do not confine your sport to week ends.
(2) After forty years of age golf, bathing, doubles in tennis rather than singles, and in general the recreational rather than the more strenuous competitive sports are to be followed.
(3) Plain food with a generous proportion of fruit and vegetables is the best diet. After thirty years of age one should be a little underweight rather than at all overweight.

WHY DRINK WATER?

By Nina M. Munson, R. N., Tacoma Park, Washington, D. C.
It is a well-known fact that an individual can live without food for weeks, but without water, he will die in from three to five days. Water is such a common substance that all too often it is made use of only as occasion may demand. A great many individuals take into their bodies little more water than is furnished in the food they eat. Or, if water is taken as a beverage, it is usually because of thirst and the desire to relieve the uncomfortable feeling in the back of the throat. But why drink water at any other time?

There is no part of our bodies in which water can not be found. Even the supposedly dry bones are more than one-third water. All bodily functions are carried on in moisture. The food that is distributed to all parts of the body, furnishing nourishment for each little cell, is carried by water. The waste material thrown off by these cells is flushed away and carried in a water vehicle to the kidneys, bowels, skin, and lungs to be eliminated. To furnish the body with adequate means of keeping up to the highest degree of efficiency this process of exchange—carrying of nourishment and elimination of waste—about ten pounds of water must be in constant circulation. In 24 hours about four and one-half pints of water (carrying waste) are eliminated from the body, and if we are drinking six to eight glasses of water daily—between meals—we may feel quite certain that we are maintaining a normal balance. Little water should be taken with the meals as it interferes with proper mastication and the flow of the digestive juices, and retards digestion. The digestive juices do not change water, but it is absorbed in its natural form.

If a supply of pure water is not taken into the body, the waste materials are not as readily eliminated, thus leaving in the body poisons which are excellent media for the growth of bacteria.

A young Norwegian, complaining to his friend of the pimples on his face and neck, was told: "Because my cure will not cost you any money or trouble, I know you will not do it." Being urgently pressed, he continued: "Well, drink twenty glasses of water every day for two weeks and you will not have any more pimples." The advice was carried out, and in less than two weeks his pimples had disappeared. His dosage was rather drastic, and of course, might not act as a cure in every case of pimples, but water drinking as a regular habit, not to mention the other benefits to be gained, is a valuable means of aiding in the elimination of body poisons.

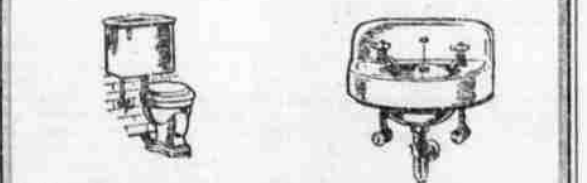
OLD TIME DANCE

CRYSTAL GARDENS
Every Wed. and Sat. 8:30 P. M.
Good Music Good Floor
Gents 50c—Ladies 25c

Special Announcement Plumbing Supplies

may be purchased on our special payment plan

Here is one of our specials:



3-Piece bathroom set consisting of 1-5' bath tub; 1 china toilet, and 1 apron oval lavatory, complete with all nickel plated brass fitting to floor or wall.

\$60.00

You pay \$10 down and \$10 per month

Everything else in proportion. We carry the most complete line of plumbing fixtures and roughing-in material in Oregon; south of Portland.

BE SURE TO SEE US BEFORE YOU BUY
MESHER PLUMBING SUPPLY COMPANY
PHONE 3700 285 CHEMEKETA STREET
1/2 Block West of Commercial—Salem, Ore.
BRANCHES IN
Portland, Ore. Seattle, Wash.
Tacoma, Wash. Aberdeen, Wash.

The house that advertising built

YOU'VE seen it. It's not large. Nor is it small. It's just comfortable. Every line of its architecture shows the hand of a master. It is built of splendid, lasting materials. From cellar to attic it is perfect. It is completely equipped with modern labor and time saving devices—oil burner, washing machine, vacuum cleaner, electric irons, electric fans, etc. Everything needed to make living a pleasure is there.

It's the house that advertising makes possible. Everything in it from the asbestos shingles on the roof to the concrete foundation blocks is advertised—even the plan itself, made by a famous architect, can be bought for a nominal sum. And because so many people read the advertisements for the different things going into the house—because so many buy them—the price of this house is well within your reach.

THE ADVERTISEMENTS MAKE IT POSSIBLE FOR YOU TO LIVE BETTER.