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FOOD AND WEATHER

Almost any person of normal mind is quick to appreciate the value of dressing for comfort as the temperature rises, but not everyone is wise enough to change his habits of eating to conform to the principles of health established by medical science after much study and investigation.

In the summer months it is the part of good sense to ignore even the injunction of the federal agricultural department to "eat more meat" in order to help the stock raisers, and it will be found that persons who are moderate in the use of meat, practically eliminating it from the ration in summer, will find it easier to maintain a condition of health.

Any other articles of food which are found to overwork the vital organs or bring distress in any way should be readily discovered by the adult, even without the advice of a physician, and such foods may be abandoned to the advantage of better health.

Nobody likes to have the charge applied to himself, of course, but it will probably be found that excesses in eating are at the foundation of more physical ills than almost any other cause.

The butcher and the grocer may find their business somewhat reduced by an extensive practice of moderation in eating, but after all the conservation of life and health is about the most important business in which any one may engage.

PUBLIC LEFT OUT

Passage by the senate of the bill to abolish the railroad labor board on request of both the railroads and railway unions, permitting them to adjust their differences without interference by a government board, is declared by former Governor Henry J. Allen of Kansas to be the "most sinister bill" that has menaced the interests of the farmers in a generation.

Governor Allen says this bill permits the leaders of the "most powerful railway unions and the executives of the most powerful railroads to work together on wages and rates and eliminate entirely the public from any fight to interfere in future adjustments of labor controversies."

In this he sees a total disregard for the rights of the general public. It was a well settled policy during the administration of President Roosevelt that the public is entitled to protection in controversies arising between capital and labor.

Evidence of this condition came to light on the very first day of the recent great strike in England and the government had to step in as the representative of the general public.

The jury system would be ideal if jurors knew which set of liars to believe.

Self-control, in some men, is limited to complete control of the conscience.

"Rain that begins at night seldom lasts long." Same way with good resolutions.

He hasn't the true reform temperament unless his normal state is one of indignation.

There are times when every normal boy thinks he is an intelligent minority of one.

No office can confer more dignity than that possessed by the smallest man that ever held it.

Still, despite the multiplicity of laws it doesn't require bit more effort to be a decent citizen.

Men are so lucky. They never can tell when women are laughing at them.

STEWART'S WASHINGTON LETTER

BY CHARLES P. STEWART NEA Service Writer

WASHINGTON — Congressman George Huddleston's suggestion that the voters of the country be sorted out into five or six groups, instead of only two, has things to be said in its favor, when you stop and think.

Everything the Coolidge administration has accomplished it accomplished with Democratic votes. It hadn't a Republican majority—at any rate, a dependable one—in the Senate, spouting out progressives and Democrats.

So the Republicans asked the Democrats to vote with them. This the bulk of the Democrats, having no party principles of their own, any more than the Republicans, did, figuring that the Republicans, some time, would do the same thing for them.

The trouble is, there are issues to be settled, and how can they be settled if the two nominally rival parties, which ought to meet in battle array and scrap 'em out, pal up with one another instead and agree to straddle, mutually, on everything?

Republicans in industrial New England are prosperous and well satisfied with what they've got. Republicans in the agricultural west are in hard luck and all by Democrats in the fundamentalistic south are dry, protestant and anti-alien. Democrats in polyglot New York are wet, evolutionary and tolerant of foreigners.

These folks require a party apiece, Huddleston argues—parties with convictions. He mentions others, too, but that's a sample.



TOM SIMS SAYS: We've read so much news about the north pole we got mad because the cook didn't have blubber and gumdrops for dinner.

On second thought, perhaps these fellows going to the north pole are looking for a place to park.

With Pilsudski and Wojciechowski fighting around Warsaw it looks like a hard summer on our alphabet.

The British strike cost \$8,500,000 an hour. On such an amount you could support an old automobile.

A man in Chicago bit a policeman on the nose, but we all can't live in Chicago.

People who live in spring suits should not eat ice cream cones.

About nine inches of rain fell in New Orleans, and we'll bet the dairymen left the tops of their cans open.

Does your garden need rain? Plant onions with your potatoes. The onions will make their eyes water.

Coffee originated in Africa, and some of it seems to be mighty weak from its long trip.

It's harder to keep a girl in clothes during the swimming season.

THE WEATHER: Oregon—Partly cloudy; in east, portion and unsettled in west portion; tonight and Friday, with moderate temperature; and moderate southerly; coast winds.

Iodine is being obtained from volcanic springs in Java.

DON'T LOOK OLD: BEYOND YOUR TIME: So many tired, nervous, run-down men and women needlessly endure pain, misery by day, sleep-disturbing bladder weakness at night when just a few Foley's Pills (a diuretic stimulant for the kidneys) corrects and regulates, taken after each meal and at bed time, would give them bodily comfort and ease from pain.

Miss Sara E. Watson, Belvidere, Ill., sums it up: "Foley's Pills made a big difference in me and I feel stronger and better every day." Satisfaction guaranteed. Ask your druggist for Foley's Pills, sold everywhere.

GIRLS TELL WHY MOTHERS FAIL TO WIN CONFIDENCE

NEW YORK (UP)—What are the leading reasons why American girls do not confide in their mothers?

An editorial inquiry in the Woman's Home Companion with the idea of throwing some light on this timely question brought a flood of letters from girls all over the United States. An analysis of the replies showed the following reasons why the writers of these letters, having tried to confide in their mothers, no longer do so:

Because 517 mothers deliberately lied when questioned about sex and the source of life; 500 more evaded the question; 361 betrayed confidence; 335 were too old-fashioned; 227 were too busy to listen to their children; 196 were not interested in their daughters' confidence; 172 were too critical; 161 did not trust their daughters, and a confidence was a confession; 143 forgot that they had ever been anything but

perfect and were too easily shocked; 139 laughed at childish confidences; 135 insisted on managing all their children's affairs at any age; 118 did not solve their children's religious problems satisfactorily; 114 never invited confidence and gave none; 88 were not affectionate; 71 nagged; 65 were unfair; 54 were dictatorial.

A typical letter from a twenty-year-old girl said in part: "It seems to me that the main reason why we of the younger generation, so called flappers, fail to confide in our mothers is because the mothers fail to invite our confidences."

"We yearned to talk things over with our mothers, but what was the use? They'd fuss and fume and worry and warn us against vague dangers which they would not or could not define. No nice girl did this. That was a foolish thing to do! No sympathy—just admonitions! "We were—and are—no differ-

ent from girls in a former period; only they never dared to do or say the things we moderns dare. "We bob, powder, rouge wear short skirts, Charleston. We are lively as rubber balls. Why?"

"Well, first of all, we are enjoying ourselves. Possibly too we take a certain satisfaction in shocking the older folks! Then undoubtedly we seek attention mostly of the masculine sort."

"What of it? Our mothers raise horrified eyes heavenward and wonder what this world's coming to. We are impudent, shameless hussies! They forget that twenty odd years ago they did the same stunts in a different way. If they hadn't they would never have landed our dada. But they'll never admit it!"

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A metal grip said to fit the handle of any file has been patented to protect the hand of users. The velocity of the wind is indicated by sounds emitted by a device invented by a French scientist.

Canada has more than one-half of the forest lands of the British Empire.

SUMMER COLDS are lingering and annoying. The very first sign apply VICKS VapoRub

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For the Third Time. Commander Donald B. MacMillan has ordered from Swift & Company the meat products for his latest Arctic Expedition. Commander MacMillan's scientific studies in the Polar Regions have brought him world-wide recognition. The noted explorer realizes the necessity of having the best foods and supplies in order that members of his party may enjoy the good health necessary to carry on their labors. In 1923 Swift & Company was proud to be called upon to furnish the supplies for the expedition. In 1925 a repeat order for the Geographic Society trip was a satisfaction. In ordering for the trip scheduled to start from Wiscasset, Maine, on June 1st, Commander MacMillan said: "We want supplies such as you have furnished before, the best as always and packed with the usual Swift care." When the Bowdoin and the Sachem sail, Swift's Premium Hams and Bacon, Brookfield Butter and "Silverleaf" Brand Pure Lard, and other products will help to furnish many appetizing Arctic meals. Swift & Company, U. S. A. Ashland Branch, Cor. 1st and A Sts. F. Crouch, Manager.