

THE EUGENE GUARD

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The Guard serves the city of Eugene and Lane county, a territory as large as the state of New Jersey and one of the richest areas in the Northwest. The city had on Jan. 1, 1925, a population estimated at 16,000; the Eugene trading area (radius 70 miles) a population in excess of 100,000.

Second only to Portland is the Eugene market. Center of a rich agricultural area, a division terminal of the Southern Pacific railroad and the Northern line, home of the University of Oregon. One of the lowest hydro-electric power rates in the United States is bringing Eugene forward rapidly as an industrial and commercial center.

STOP STREETS NEEDED

THE smashup at Alder street and Thirteenth avenue Sunday afternoon in which William Martin, a bystander, lost his life, argues powerfully for the adoption in Eugene of the system of stop streets which has helped to curb motor accidents in many other cities.

A driver has been held for this fatality. It will be for the courts to determine and assess the blame in this particular case, and in the meantime, it is only fair to withhold individual judgments. The authorities are well equipped to deal with this affair as a special case.

But this accident should be a starting point for the prevention of similar accidents which, though not always so serious, are altogether too common. We are relying in Eugene on the obsolete "rule of the road" that where two streets cross, "the driver on the right" has "the right of way," whatever that may mean.

The fact is that we have very short blocks, many corners where vision is obstructed, a great deal of rapid driving in spite of everything the police can do to check it, a great deal of fumbling and confusion at corners while the bold "shoot through" and the timid do "the Alphonse and Gaston act."

Let the pavement be wet, let one driver set his foot on the accelerator instead of the brake, as often happens, even where there is no element of contributory negligence or recklessness, and you are likely to get a smash, or a car skidding up over the sidewalk, and jeopardy to limb and life.

Already there are certain heavily used streets, such as Eighth, Eleventh, Thirteenth, Nineteenth, South Willamette, portions of University avenue, Fairmount boulevard, and many other thoroughfares which careful drivers approach with extreme caution.

Some time, in the near future, Eugene will need automatic "stop and go" lights at every important point, but that's an improvement that will take considerable money and the city hasn't funds for this purpose at present. In the meantime the obvious and inexpensive remedy is the establishment of stop streets.

They will not perform miracles, but they will eliminate most of the unavoidable accidents by making the rules of the road perfectly definite at all important points. They will not eliminate the deliberate violators and chance takers, but they will make them a whole lot easier to catch.

HOUSTON HUSTLES

THE city of Houston is making great preparations for the Democratic convention, according to news dispatches. It has ordered thousands of shrubs to plant around its public buildings. Every vacant lot in town is to be planted with flowers and shrubs. Contractors have agreed to finish all paving jobs before the convention opens. Main highways leading into the city will be put in shape and all detours will be eliminated.

It begins to sound as though the delegates to that convention were to be lucky men. It is mighty fine to read of civic pride like that. It presages an open-hearted welcome to the hosts of Democracy.

VELMA WEST'S PLEA

A LAWYER who has his client plead guilty often serves the public in more ways than one.

Young Velma West was about to go on trial in Ohio the other day for killing her husband. She had skilled attorneys, an for weeks they had been planning her defense. There was the prospect of a long-drawn-out trial that would fill the public mind for many days; many highly unpleasant bits of evidence were to be presented, and many innocent people, called as witnesses, were to undergo disagreeable notoriety.

Then, at the last minute, Mrs. West's lawyers induced her to plead guilty. The trial was avoided.

Thus the state not only was saved the expense of a trial. It was spared an extended, unsavory spectacle. The lawyers are to be thanked.

CUBA WILL WANT AUTOS

CUBA is hard at work building roads, and in two years will have completed an extensive central highway system, according to a report from the U. S. Department of Commerce.

This will make Cuba a much better market for American automobiles and will help stimulate production in American factories.

Our prosperity has a very complicated base. It seems odd to think that such things as roads in Cuba could effect workers in Detroit and Flint. But that is the way it is. Truly, modern business is a mosaic, and many strange pieces are fitted into the pattern.

Our idea of a statesman for the present is a sincere Dry completely surrounded by Wet politicians.

One of the important spring styles will be more modish life belts for lady trans-Atlantic fliers.

WHAT OTHER NEWSPAPERS SAY

City Manager Plan

(Salem Capital Journal)

Salem will soon vote upon the adoption of a new charter providing the city manager plan, the manager to be appointed by the elective council of five. This plan of government was inaugurated in 1912 and has proven so successful that it has been adopted by 380 municipalities.

A survey of the growth and results of the city manager plan appears in the March Review of Reviews by Clinton Rogers Woodruff, authority on civil government. He states that "the plan has been received with approval nearly everywhere. It has relieved a fair trial, even in larger cities, such as Cleveland, Cincinnati, Kansas City and Indianapolis. In Cincinnati 20 administration departments have been consolidated into 15, with consequent saving in personnel, money and effort.

Four out of every five charters drafted at present embody the plan. It was adopted in Dayton in 1918, and now 16 Ohio cities have it. It got

an early start in three small cities in Michigan, and now 35 Michigan cities have adopted it. There are 19 such cities in California, and in Virginia one-fifth of the population lives under city manager plans. Texas has 25 cities operating under the plan, ranging in size from Lufkin, with 3858 persons, to Fort Worth with 100,482. Mr. Woodruff says:

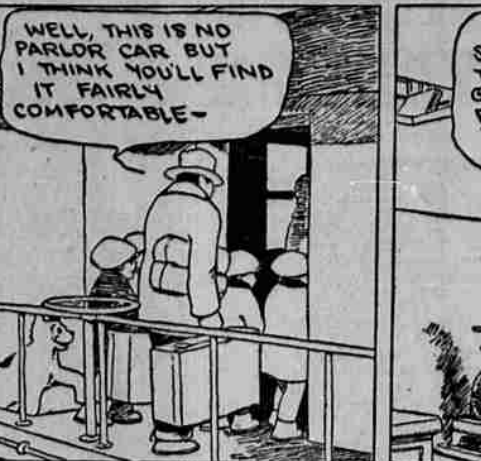
"Political scientists without exception consider it the best form of city government and college political science courses teach it as accepted doctrine."

That Salem needs a city manager plan is demonstrated daily in the conduct of her municipal affairs. It would eliminate the procrastination, indecision, and delay that characterize the divided responsibility that makes everybody's business nobody's business. Under a responsive executive, it would not take five years to modernize our auto parking system, five years to set rid of our city dump, two years to pull up street pumps and proportional waste of time in other municipal affairs.

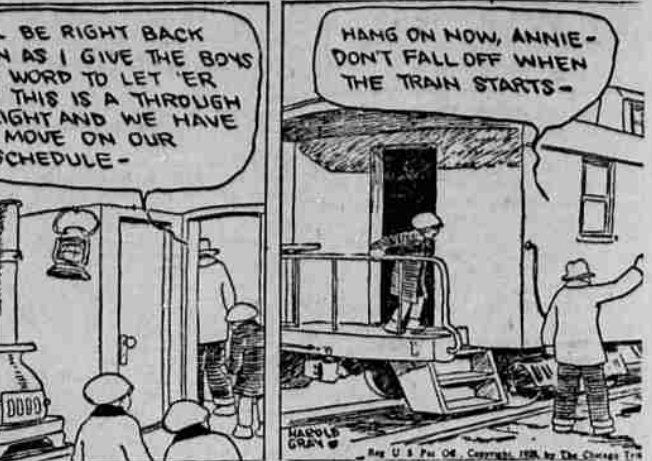
LITTLE ORPHAN ANNIE



They're Off



By HAROLD GRAY



SIDE GLANCES

By George Clark



WATER GOLF

THIS ONE IS HOT
 If you can BAKE it's easy to COOK, according to today's letter



golf puzzle. Par is five and you may be able to beat it. One solution is on the classified page:

BAKE

COOK

The Rules
 1-The idea of letter golf is to change one word to another and do it in par, a given number of strokes. Thus to change COOK to BAKE, in three strokes, COOK, HOW, HEW, BAKE.

2-You can change only one letter at a time.

3-You must have a complete word of common usage for each jump. Slang words and abbreviations don't count.

4-The order of letters cannot be changed.

One solution is printed on the classified page.

Tom Sims' Barbs

THERE are 25,000 motion picture theaters in the United States with seats for 11,000,000 people, says a Hollywood statistician. Yet the precious pair who must chatter with their movies have to pick out the two just behind you.

Mrs. Bertrand Russell was not permitted to speak in Madison, Wis. This reverses the usual process of inviting anybody who has nothing to say to it everywhere.

Many a movie star is more to be pitied than censured.

A picture in a newspaper the other day bore the caption, "Leading Spirits at Dry Conference." It was just a group of people.

A teacher advertised in a New York paper, saying she must either get a husband or commit suicide. Just has to kill somebody.

A headline says "Motor Falls to Out Army Mule." Who ever thought a motor would be out of control? (Copyright, 1928, NEA Service, Inc.)

Auction Bridge

(Abbreviations: A—ace; K—king; Q—queen; J—jack; X—any card lower than 10.)

1—Is J x x x a stop?

2—(a) In no-trump, if you hold A x and partner leads K, should you cover with A? (b) Why?

3—When you hold: Spades—A x x x; hearts—A x x x; diamonds—A x x; clubs—X, what should be bid?

1—Not dependable.
 2—(a) Yes. (b) To prevent blocking.
 3—One spade.
 (Copyright by the Ready Reference Publishing Co.)

Dexter

DEXTER, March 13.—(Special)—Mrs. J. B. Parker and daughter, Rosalie, left Sunday morning on a trip to Brays, Calif., where Mr. Parker is employed.

Mr. and Mrs. Bernice Williams, of San Francisco, arrived early Saturday evening at the home of William Williams for a short visit.

The Thimble club met at the home of Mrs. Dalt Guley last Thursday and the following new officers were elected: president, Mrs. E. Smith; vice-president, Mrs. O'Malley; secretary-treasurer, Mrs. Irvin Dorthick.

The next meeting, on March 22, will be at Mrs. W. E. Holdridge's.

Mrs. Grace Schall has gone to Elm, Wash., for a visit.

The Ed Newcomb home was the scene of a get-together of friends and members of the Parker families were present, including Mrs. Ethel Goodside, of San Francisco, Ellis Parker's daughter, and his young grandson and granddaughter, Graham and Caroline Parker.

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HEALTH and DIET ADVICE

By DR. FRANK MCCOY

Author of "The Fast Way to Health"

Questions in regard to Health & Diet Will Be Answered By Dr. McCoy Who Can Be Addressed in Care of This Paper

ENCLOSE STAMPED, ADDRESSED ENVELOPE FOR REPLY 1926 McCoy Health Service, Los Angeles, Cal.

Dr. McCoy will gladly answer personal questions on health and diet, addressed to him, care of The Guard. Enclose stamped, addressed, large envelope for reply.

Helping Rupture
 As I explained in yesterday's article, an inguinal hernia is caused mainly by the weakness of the abdominal muscles and the fact that they cannot properly retain an unusual pressure to intestines either distended from food or gas, or which has prolapsed and worn in the groin down as to make a heavy burden upon the weakened walls of the lower abdomen.

If the hernia has not progressed too far there is a possibility of a cure through first the development of the abdominal muscles and, at the same time, a reduction of the internal pressure.

As soon as a hernial sack begins to show itself either by symptoms of pain or through being discovered by palpation, it is wise for the patient to immediately secure a good rupture support and wear it constantly until he is assured by his doctor that the cure is complete.

The next thing to do is to start developing the abdominal muscles by "setting-up" exercises. All of these exercises taken while lying on the back will be helpful. Any book on physical culture will explain these exercises, or I will be glad to send you a special chart of them if you will write to me in care of The Guard.

These exercises must be taken very carefully at first and used at least twice daily, gradually increasing the exercises each day and adding new ones as the strength of the abdominal muscles permits.

At the same time as the support is applied and the exercises started, patient should use all measures necessary to produce as flat an abdomen as possible. The quantity of food used must be kept to the minimum of the body's requirements. All especially gas-forming foods such as onions, cooked cabbage, etc., should be carefully avoided. Only good food combinations should be used, such as those I suggest in the weekly menus which are printed each Saturday in this column. The menus are always outlined for the following week.

Watch for them and learn how to combine your foods.

It is a good plan to take at least one enema each day and, perhaps better to take two, one in the morning and one in the evening, using only one quart of plain water each time. The enema should be taken in the knee-chest position or while lying on the back, and the rupture support should be worn at the same time to prevent any undue pressure which may be caused by the temporary distention of the intestines by the water used for the enema.

These enemas should be continued for several weeks or even several months if necessary, as it is worth while to use all these measures in attempting to cure the hernia so as to avoid a surgical operation which may become necessary unless every helpful precaution is taken.

Long walks should be taken each day to increase the general strength and produce a better tone of all of the muscles and organs of the pelvis.

The patient should have his doctor examine him frequently at intervals to see if a cure is being effected.

Questions and Answers

Question: Either writes: "I have chronic appendicitis and have heard that olive oil is very good. How much should I take and how often?"

Answer: Olive oil is a good oil to use at any time and if used in large quantities it does have the effect of lubricating the bowels, and in a good remedy to use in overcoming chronic appendicitis. It may be taken on salads, or in a large dose of as much as four ounces at bedtime. A good way to take the large dose is to combine it with an equal amount of grapefruit juice, and drink it just before retiring, as far away from the evening meal as possible.

Question: Mrs. J. writes: "Why is the sulphur on dried fruits harmful?"

Answer: If any sulphur is left on dried fruits it may prove harmful due to the excessive gas which is produced when too much sulphur is used in the diet. Very little sulphur is used at the present time in drying fruits, and the only ones of which you may be sure are those that are light colored and raisins which are often bleached by sulphur gas.

Question: Miss B. writes: "I am

Wife Wins Freedom From Neuritis

Couldn't Work for Five Weeks—One Trial of Nuroto Puts Her On Her Feet

DRUGGISTS GUARANTEE NURITO
 The New York Specialist who discovered Nuroto has made it available to every neighborhood drug store. Thousands have discovered this magic relief from neuritis, rheumatism, sciatica, lumbago, and neuralgia. So certain are results that if Nuroto doesn't relieve the pain within three days, your druggist will refund your money without question. And out of 25,000 boxes sold recently, only three people reported failure to get relief—an astounding record. Nuroto works faster than any other treatment in the world. For it contains no narcotics or opiates and is absolutely harmless even to children.

Why suffer a single hour of unnecessary pain? Let your druggist tell you about this internationally famous Nuroto, that drives away torture and enables you to work in peace. Delay only causes you suffering. Try Nuroto today.

At Stevenson's 4 Busy Stores.

Buck Lieullan is Visitor in Eug

Buck Lieullan, state traffic officer of Pendleton who with the ham Edward Hickman and son-in-law Edward Hickman, passed through Pendleton en route to Los Angeles.

Officer Lieullan was accompanied by Mrs. Lieullan and son-in-law. They stopped here long enough to "hello" to Sergeant Earl H. of the state traffic department is stationed in Eugene.

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Overalls for Boys

Made like dad's. Of 2.20 blue denim—

Boys, 98c Youths, \$1.10

Work Pants

Of Moleskin

Heavy weight, printed both sides, striped—

\$2.69

Our "Compass"

Work Shirts

Coat style, continuous-faced sleeves, triple-stitched, 98c

Men's Overalls

2.20 Blue Denim

Triple stitched; six pockets; 30 to 48 waist—

98c

Work Shirts

Men's. Big Values

Standard size, of blue chambray, roomy pocket—

69c

The Capable Workman Is An Artist Too

The man in overalls with his hand on the throttle—the man whose skill takes his precious human freight over mountains and rivers—that man is an artist in his chosen profession. So is the mechanic who turns out a machine, perfect in all its parts—the factory worker who creates a beautiful article—the miner who unearths the riches of the earth—the farmer who provides the necessities of life. Knowing his job well, and loving it wholeheartedly, lifts a man out of the drudge class. It makes him a big man in his calling.

We are proud of the part our Store is prepared to play during Work Clothes Week. Mr. Workman will find here the things he needs to help him keep the wheels of industry busy. Serviceable overalls, shoes, caps, shirts and socks; all reliable merchandise at interestingly low prices.

The workmen of America have made life over for all of us during the last 50 years. We are too prone to accept our labor-saving devices as a matter of course and forget the debt we owe the workers whose skill have made our lives more convenient.

J.C. Penney Co.