

Eugene Guard

LANE COUNTY'S HOME NEWSPAPER
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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, 1928, a population estimated at 24,000; the Eugene trading area (radius 70 miles) a population in excess of 50,000.

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.

A VALUABLE BOOK.

NOT long ago a young American woman went to Germany to visit her uncle a jeweler. He sold jewelry to many Americans and had a little book in which he marked down each sale—article, price, name and address of purchaser and date. He died, and the young woman took the book home with her.

Reaching America, she called on the customs men and showed them the book. They read with interest and began tracing the sales. Most of the purchasers, they found, had smuggled their jewels into the country—an act for which there is a heavy fine. Uncle Sam's coffers were vastly enriched.

And the young woman? The customs regulations give an informer 25 per cent of all fines collected. To date this young woman has realized just \$200,000 on her little book; and the end is not yet.

We don't know just what the moral may be. Perhaps it is that in dealing with the customs men you must be very, very careful.

THE RAILROADER'S JOB.

THE railroads of this country are doing a pretty good job. They are giving very efficient transportation service at a cost which, all things considered, is quite reasonable. We have a right to be proud of them.

Yet when a railroad publicity clip-sheet complains that "no other private business is so fully under the jurisdiction of the Washington bureaucracy as is the railroad business," it would pay us to remember a hard fact or two.

Chief of these is the fact that the railroads brought government regulation on themselves. Read the history of the country for the half century preceding the establishment of the Interstate Commerce Commission and you'll agree. The roads should not be strangled in red tape, of course; but we should think long and earnestly before doing away with all regulation whatever.

CONSIDER MR. VOTER.

MULTNOMAH county, news reports tell us, had quite a time at the primaries, because the general public didn't know how to use the voting machines. Many voters stood in line, while the man or woman ahead of them tried in vain to figure it all out. A large number of voters, discouraged at the long wait, deserted the line, and the light vote was made even lighter.

Multnomah county has had quite a squabble over the voting machines. The matter was taken to the courts, but the decision wasn't given in time to have anything to do with the primaries. So the expensive machines continued in use.

Mr. Average Voter has a hard enough time trying to figure out a ballot anyway, without trying to dope out the whys and wherefores of a machine in addition. Elections may be hard on the losing candidates, but how about a consideration of the difficulties of the voter at election time?

BUSINESS AND POLITICS.

THE United States Chamber of Commerce has done well in passing a resolution repudiating "all those who indulge in commercial and political corruption."

Everyone with any sense, of course, knows full well that the standard of ethics among big business men is as high as in any other class of Americans. Yet the various ramifications of the Teapot Dome case have been unpleasant and disturbing. For a time it looked as if the leaders of business were going to let the public assume that Sinclair, Stewart and the rest were fair representatives of the business world.

Now they have spoken, and spoken in a way to give small comfort to Messrs. Sinclair and Stewart. The chamber is to be commended for its attitude.

WHAT OTHER NEWSPAPERS SAY

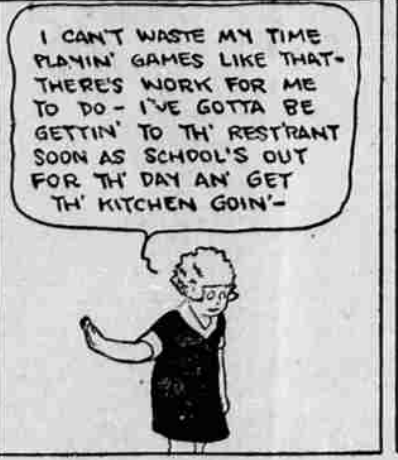
"Building for Oregon" (Salem Capital-Journal)
The Portland Journal under the above caption contains another of its many appeals to wealthy Portlanders to come to the aid of the state in developing industry by financial assistance to the Salem linen mill. It reads as follows:

"Salem is working hard to increase the capital of the new linen mill. The citizens of that city did a great service when they subscribed something like \$600,000 to the enterprise. They had to begin operations short in capital because the quota that Portland agreed to supply was not filled.

LITTLE ORPHAN ANNIE.



And Yet



By HAROLD GRAY



By HAROLD GRAY

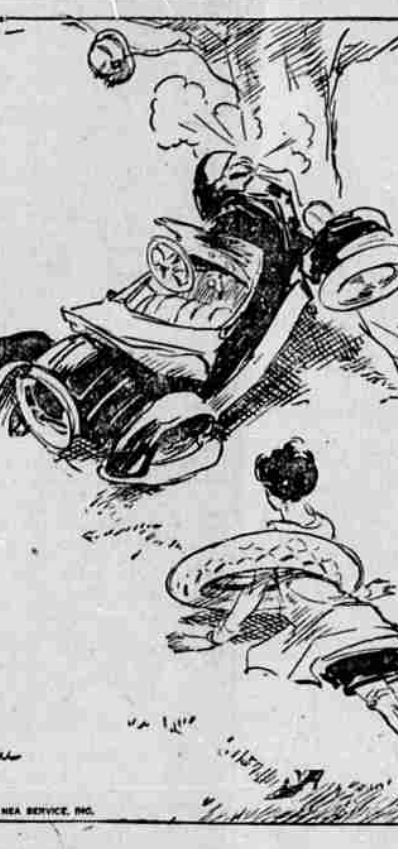


SIDE GLANCES

am very much interested in your health column, and am having difficulty in knowing which foods to combine. Will you please give some kind of a rule to go by?

Answer: Proteins, which are meats, cheeses, nuts, etc., properly combined with non-starchy and salad vegetables, such as string beans, spinach, celery, etc., are extremely easy to digest. The starches, such as potatoes, macaroni, rice, should also be combined with the non-starchy or salad vegetables but never with proteins. Just remember this, and study the menus given in this column each week and it will soon become very easy for you to select good foods and combine them correctly. I have prepared a special article on "Food Combinations" which I will be glad to send to you on receipt of a large, stamped, self-addressed envelope.

By George Clark



By HENRY GUILD

"I was born in St. Genevieve county, Missouri," said E. J. Clannahan at his home in this city, when I called recently, "and that was December 15, 1844. We Missourians, you know, have always to be shown. My father and mother and brothers and sisters crossed the plains before I did. I drifted out west and kept going farther and farther west. I stopped here and there and worked at driving teams, and herding horses and mules, and finally, the first place after the desert is crossed on the old California trail. I worked there for some time, and during the winter of 1850, I told some of my friends that I had made up my mind to go over the Sierras to where my folks lived in the Sacramento valley. They tried to discourage me by saying that I would never get over the Sierras, as the snow was 25 feet deep at the summit. But I was young and husky and besides I wanted to see my folks. So I got a pair of snow-shoes and made up a pack and started on the lonely trip. Before I left, however, an old trapper and hunter gave me some very good information as to the best route.

PIONEER TALES

"I followed his instructions and just as I began to think I was in for a mighty hard time, I saw smoke coming up out of a big snow drift. But I could not see the house. After looking about for a way to get down into the place where the smoke came from I saw a chute and slid down into a tunnel which led to the door of what proved to be the big room in Mountain house. A moment later I walked into the lobby of the hotel, in front of a big fireplace which was making the smoke I had seen above. It seemed pretty good to sit down before that big fire of logs and thaw out. And soon I sat down to a good meal, with hot coffee. There were many questions asked and some of the people there said I had done a very risky thing. But there I was, all right.

WATCH YOUR STEP

If you SLIP you're awfully close to a FALL! Especially in letter writing. Thus to change COW to HEN, three strokes, COW, HOW, HEN.

PIE

1-The idea of letter play change one word to another in a pair, a given number of strokes. Thus to change COW to HEN, three strokes, COW, HOW, HEN.

SLIP

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

FALL

3-You must have a complete common usage, for each slang word and abbreviation counts.

4-The order of letters may be changed.

BLAIR T. ALDERMAN—Poet—Builder, Miner, Editor, Poet

THRIFTY WASHER
Costs little to buy and to operate.
Sigwart Electric Co.
956 Willamette

This date in AMERICAN HISTORY

- MAY 21
- 1780—Tories burned Johnstown, N. Y.
- 1852—Michigan Central railroad opened from Detroit to Chicago.
- 1861—North Carolina seceded.
- 1869—Gen. U. S. Grant nominated for the presidency.
- 1880—President Harrison prohibited Sunday army parades.
- 1912—Massachusetts first state to ratify proposed constitutional amendment for popular election of U. S. Senators.

25 Years Ago

(From The Guard, May 21, 1903.)
PRESIDENT ROOSEVELT'S train of six cars, drawn by engine No. 2196, in charge of Engineer Morris, passed through Eugene on schedule time this morning: 6:15 o'clock.

The graduating class of the school of oratory of the Eugene Divinity school, under direction of Prof. D. C. Kellems, dean, will, on next Wednesday evening give a pretty play in the Christian church, entitled "A Maid of Plymouth." Following is the cast of characters: Priscilla, Ora Read; Miles, Standish, V. E. Hoven; John Alden, E. R. Moon; messenger, R. A. Moon. In addition to the above a short program will be given as follows: instrumental, Clyde Adkins; reading, "Old Benedict Arnold," E. R. Moon; vocal solo, Vesta Esson; reading, "Song of the Wills," Ora Read; vocal solo, Mrs. Lobdell; reading, "The Stage Driver's Story," V. E. Hoven; conferring of degrees, E. C. Sanderson, dean. Members of the graduating class are Miss Ora Read, V. E. Haven and E. R. Moon, all of whom have already made names for themselves as reciters on the local platform.

Mrs. John Straub is home from a visit to Portland.

The W. R. P. L. will meet with Mrs. Jaca Willoughby Saturday afternoon at her home in University addition.

THE TINYMITES



(Read the Story, then color the picture)
"COME on," yelled Copsy, with a grin. "No losing now. We'll all turn in and soon we'll have this lumber stacked along the water's shore. We will not stop until we're through. At first there was a lot to do, but we have finished part of it, and there is not much more."
"You're doing fine," the woodsman said. He placed a plank upon his head and shouted, "Watch me carry this. I'll bet it will fall."
"The Tinymites thought him very strong, and watched him slowly walk along. He reached the shore and shouted, "See, it wasn't hard at all."
The same thing Clowdy thought he'd try, but couldn't lift a board that high. The woodsman laughed and watched him. Then he broke out in a smile. "I guess that you're too small," said he. "Of course, if you were big, like me, it's likely you could do it. You say grow up, after which... Just then they heard a weak voice cry, "Hello, there Mister Woodsman."

HEALTH AND DIET ADVICE

By DR. FRANK McCOY
Author of "The Fast Way to Health"

Questions in regard to health and 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.

A CURE FOR HICCUPS

Occasionally we read of some prominent individual dying of hiccups, after practically every remedy was tried without success. Most cases of hiccups are only of short duration, however, and usually the nervous system can be restored by taking a long drink of cold water, or breathing in and out deeply a number of times.

This disorder often comes on after a hearty meal which causes a pressure on the diaphragm. It is a spasmodic contraction of the muscular diaphragm which we breathe through. This contraction is either nervous in origin, or is caused by irritation or pressure on the diaphragm.

When too much food starts the contraction, this remedy will cure. The stomach has become empty, which may require eight or ten hours. By this time the diaphragm is apt to be sore and irritated and keep on with its spasmodic jerks unless a remedy is employed.

Hiccups may develop in the course of wasting diseases or from brain irritation, kidney stones or pelvic disorders. In any of these conditions the principal disease should be cared for, but a great relief will result from stopping the hiccups.

I have been able to stop every case that has come to my attention within a few minutes by the simple treatment of pressure upon the central cervical plexus. This is a collection of nerve bodies located on each side of the spine about the middle of the neck.

The patient may administer this treatment himself by placing the fingers of each hand firmly on the sides of his neck, pulling forward and at the same time, bending the head back as far as possible. The reason is that this pressure inhibits the nerve impulses of the phrenic nerve which is one of the important nerves supplying the diaphragm. This nerve may also be denuded temporarily by the application of ice to each side of the neck.

Should the self-applied treatment not be sufficient to stop the trouble, it would be well to call in an osteopath or chiropractor who, by making pressure at exactly the right spot, will stop the spasms almost instantly.

Of course, you realize that if there is a chronic cause, the hiccup is apt to return in a few hours, and every effort should be employed to ascertain and cure the original cause.

After dinner sufferers should remember what I have said about avoiding eating too much food, eating too rapidly, or using food that produces too much stomach gas. By acting accordingly, they can avoid having future attacks.

QUESTIONS AND ANSWERS
Question: Mrs. Jas. W. writes: "I have been paralyzed for several months from high blood pressure. It first started in two fingers on the left hand and finally went up in the arm and all over the left side. Have taken electric treatments, and have done everything I know, but get no better. Can you help in any way?"
Answer: Your high blood pressure can be reduced to practically normal through fasting and dieting. The paralysis will disappear as soon as the blood-clot has been absorbed, but you can only accomplish this by living on the most rigid diet. The Dr. Arsenal high frequency treatment will temporarily reduce your blood pressure after each treatment, but does not have any permanent effect.
Question: Housekeeper writes: "I

SAVE WITH SAFETY

at your
REXALL STORE
Tiffany-Davis
Tiffany Bldg.
3 & Willamette

New Roasts

New Cakes

New Breads

Learn how to make these good things!

Miss Victoria Warner
Expert Home Economist
will conduct an informal
Cooking School
at
Laraway's Music Hall
Tuesday, Wednesday, Thursday, Friday
May 22, 23, 24, 25
Come and bring your friends!
ADMISSION IS Free
MOUNTAIN STATES POWER COMPANY
881 Oak St. Phone 28

New Stews

New Vegetables

New Preserves

New Pastry

New Meats