

DREAD PELLAGRA FOUND CURABLE

Proper Quantities of Animal Protein in Diet Both Cure and Preventive.

TAKES HEAVY TOLL OF LIFE

Scientists of United States Public Health Service Give Results of Many Years' Study of Disease—Need Eggs and Meat.

Pellagra, a mysterious disease which has caused widespread illness and taken a heavy toll of life in the United States and many countries of Europe, is caused primarily by lack of animal protein in the diet, and is both preventable and curable by proper quantities of animal protein being included in the diet, it is announced by the United States public health service. Doctors Goldberger and Tanner, surgeon and past assistant surgeon, respectively, reporting the results of many years' study of the disease, assert that forty grams per day of beef or milk proteins in the diet will, for practically all normal individuals, prevent the contraction of pellagra. The necessary forty grams of animal protein are contained in about a half pound of beef, or three pints of milk.

Must Get Enough. "Thus it does not suffice," says the report, "merely to include milk or meat in a diet to prevent pellagra. The quantity of either of these or of other like foods, alone or as supplements, must be considerable to be effective. This may help to explain some of the instances of pellagra in individuals, (including some of those very rare ones in nursing infants), who are alleged to have had a 'good' diet. They did not consume enough for their particular needs."

The following selected quotations set forth the logic of the situation as expressed by Goldberger and Tanner:

"There is now at hand a considerable and convincing body of evidence in support of the view that diet is the primary, controlling factor in the prevention and causation of pellagra."

"To begin with, account must be taken of the fact that no unequivocal evidence of the transmissibility of the disease has yet been adduced."

"Of outstanding significance are, on the one hand, the demonstration that pellagra may be completely prevented by means of a suitable diet, without intervention of any other known factor, hygienic or sanitary, and, on the other, the absence of any sound evidence that the disease is preventable by any other means."

Referring to experimental work on a group of convicts, the report states, "At least 6 of 11 convicts who volunteered for the experiment and who subsisted on a diet consisting principally of the cereals, wheat, maize, and rice, with pork fat and some fresh vegetables (sweet potatoes, turnips, cabbage, greens), developed evidence which experienced observers recognized as that of pellagra; whereas, of a large number of controls, none presented any evidence justifying even a suspicion of the disease."

The Protein Factor. "Thus, by a process of exclusion we are led to conclude that of the known dietary essentials the protein factor alone was concerned in our failure to prevent the development of the cases herein cited. And if our interpretations are, as we believe, sound, (and if all dietary factors essential in human nutrition are known) the further conclusion may properly be drawn, namely, that the dominating role of diet in the prevention and causation of pellagra must be referred primarily to the character of the protein supply."

"Some of the perplexity and confusion will also be prevented if it is not forgotten that the biological quality of a protein and its adequacy in relation to pellagra may, and doubtless frequently do, depend on the plane of intake. In our experience, a supplement of not over 40 grams of milk or beef proteins will, for practically all normal individuals, adequately supplement a pellagra-producing mixture of proteins from maize, wheat, rice, and cowpeas, but 20 grams (representing somewhat over a pint of milk or a quarter of a pound of round steak) may not do so."

Infant Girl Swims Like a Duck. Sacramento, Calif.—Two-year-old Velma Anderson fell into a pond three feet deep near her home here. She came to the surface and swam nearly halfway across the pond before her mother rescued her.

Don't Worry, Sweetheart; I'll Escape in Two Years

Washington.—"Don't worry, sweetheart, I'll escape inside of two years," Joseph Lauzon, charged with 200 burglaries here in the last eighteen months, replied to the warm embrace of the woman who had gone into his cell to bid him good-by the other day. Arrested with him, but later released, Miss Virginia Betty Carroll told Lauzon: "If they give you fifty years, I'll still be waiting for you when you're free."

Quartet Is One of America's Finest Singing Groups

Personnel of New York City Concert Quartet Carries Names of Four Brilliant Artists, All of Whom Have Enjoyed Concert and Oratorio Successes in Eastern States



One of America's finest singing organizations will be enjoyed at Chautauqua the closing day when the New York City Concert Quartet appears. This is a pretty bold statement to make, but it is true nevertheless, for the personnel consists of four of New York's younger artists, all of whom are soloists of note in metropolitan musical circles, and all of whom have enjoyed considerable concert and oratorio work. John Besse, a fine lyric tenor, Albert Lufrio, second tenor and accompanist, Artells Dickson, baritone and impersonator, and Albert Erier, bass, are the four artists comprising this remarkable organization. Mr. Besse recently appeared in concert in St. Louis, and The Republic said of his work: "He has an exquisite voice of rare beauty." Musical America, commenting on the work of Mr. Erier, said: "He has a truly remarkable bass voice which has been splendidly trained, and he uses it at all times to good advantage." The Ardmore (Okla.) newspaper had this to say of Mr. Dickson, in a recent issue: "He has a splendid voice and a pleasing personality which won for him a legion of Ardmore friends. He sang the aria from 'The Messiah' in fine voice and authoritatively."

S. P. ANNOUNCE NEW TARIFFS ON FRUITS AND VEGETABLES

Portland, June 3.—J. H. Mulchay, general freight agent of the Southern Pacific company, announces today publication of a new tariff, effective July 10, 1922, naming reduced rates and minimum weights on canned fruits, berries and vegetables, between points on the Southern Pacific lines in Oregon at which canneries are located, for assorting and consolidation into carloads for eastern transcontinental shipment.

This is the third reduction that has been made by the Southern Pacific in rates and minimum weights, to assist the packing industries along the Southern Pacific lines in Oregon during the past sixty days, the others being on tin cans and empty barrels.

The new tariff on canned goods provides rates under which two or more canneries may ship 15,000 pounds of canned goods at carload rates, subject to minimum charge of \$15.00 per car, for consolidation into carload quantities for eastern transcontinental shipments. The minimum carload weight under transcontinental rates is 60,000 pounds, and as the pack of many of the canneries along the Southern Pacific is small and necessarily restricted to a few varieties of fruits, berries or vegetables, it is frequently difficult for one cannery to make up carload of 60,000 pounds of the various kinds, but by being able to consolidate and reship the output of one cannery with that of another, the smaller canneries will be enabled to dispose of their output to not only greater advantage, but encourage larger and more diversified packs.

Mr. Mulchay states that the Southern Pacific company has long recognized the importance of the canning industry to the general welfare of a community, and particularly to the farmers, and the principal contributing factor in the success of the farming communities of California has been a strong, healthy canning industry, well financed, and operated under a thoroughly organized and competent sales organization. The Southern Pacific hopes to do what it can to encourage the same conditions on their lines in Oregon.

The demand for canned farm products is becoming greater all the time and while owing to general depression following the war, a general slump occurred in the prices of canned goods and many canneries found it difficult to dispose of stock except at heavy losses, this condition was only temporary and due entirely to decreased buying power in the United States and foreign countries. The situation, however, as stated was only temporary and did not represent any index for the future. To the contrary, the outlook for the canning industry was never brighter. Liquidation has largely taken place and stocks are all pretty well depleted.

Through canning, cider, vinegar and pickle plants, the farmers are enabled to find a ready market for that portion of their crops that they are unable to market in the green or fresh state. It is hoped that strong hands will take hold of the developments in Oregon, and as is the case in California, there will be a coordination of interest as between the farmer, canning industry and responsible marketing agencies, whereby development will take place in the way of production and marketing of a large tonnage of fruits and vegetables in green or fresh state, which two items will always furnish the farmer with two sources for disposal of his product and insure unmeasured success to him, and naturally cause greater development of agriculture in this state.

To assist in the development, the Southern Pacific has always made low rates on fruits and vegetables into canning plants, and also reduced rates on dried fruits into similar packing and processing plants, which have been of material assistance in the development of the dried fruit industries and helpful to the

canning and elder plants. They will continue as in the past, their policy of carrying such reduced rates and taken altogether, the farmer and the fruit grower has had the active support of the Southern Pacific. In fact, they are applying the same broad policy to agriculture that they have applied to the lumbering industry.

FARM POINTERS

(O. A. C. Experiment Station.)
Wheat Not Changed to Cheat

A great deal of winter oats and wheat and some cheat even was killed out by freezing and thawing. Following this thinning of the planted crops the seed of the so-called buck cheat, which is often present in seed grain and also in the soil on wet lands, came up resulting in heavy stands of cheat. This has misled some persons to believe that grains planted changed to buck cheat. Such change is impossible and the unusually heavy amount of buck cheat in relation to the amount of grain is due to the fact that the cheat did not kill out as generally as the grains.

Potato Plants Rogued

Any diseased potato plants, sickly, weak or otherwise unsatisfactory, should be dug out, taken off the field and destroyed as promptly as they appear. If this measure is followed through the season it will help materially in preventing spread of potato disease.

Over Curing Spoils Hay

Much good hay is spoiled each year by being left too long in the swath, windrow or shock. A very much better quality of baled hay or loose may be had by curing the hay out as rapidly as possible and putting it in the mow or stack where it is not exposed to light. It may then be baled up with better moisture content and better color and quality.

Shallow Cultivation Best

Corn and potato cultivation should be just deep enough to kill the weeds and not cut off the feeding roots of the plants. Where potatoes are irrigated or grown by ridge culture deeper cultivation is necessary to throw up the ridges, but for general level culture of the Willamette valley and the unirrigated districts shallow culture is to be preferred.

FILLING STATION GOSSIP

Motorists who come through Mount Morris, enroute for Chicago, have about the following conversation when they stop at the filling station here:

If it's a Cadillac, the driver says: "How far is it to Chicago?"

"One hundred and forty miles," is the reply.

"Gimme twenty gallons of gas and a gallon of oil," says the driver.

Then comes a Buick and the chauffeur says: "How far is it to Chicago?"

"Gimme ten gallons of gas and a half gallon of oil," and he drives on.

Along comes a flivver and the driver uncamps himself, gets out and stretches and asks: "How far is it to Chicago?"

"Oh, about 140 miles."

"Is that all? Gimme two quarts of water and a bottle of '3 in 1' and hold, this son-of-a-gun until I get in."—Exchange.

If you could sit in the Graphic office week after week and hear people tell of the splendid results they get from Graphic advertising you'd be convinced too that Graphic advertising pays.

Thirty cents is not very much money to pay when you have a cow to sell or a horse or some other article. Yet often times a thirty cent classified ad. has brought buyer and seller together as soon as the paper is out. Graphic ads get results. If

THE MAN WHO WINS

The man who wins is an average man. Not built on any particular plan; Not blest with any particular luck Just steady and earnest and full of pluck.

The man who wins is the man who works Who neither trouble nor labor shirks Who uses his head, his hands, his eyes. The man who wins is the man who tries.

—Thriftalk.

for better operation

MODERN CRANKCASE CLEANING SERVICE

Calif Flushing Oil for safe, thorough cleaning—and Zerolene for correct refilling. Look for the sign.

STANDARD OIL COMPANY (California)

BAKER THEATRE

Two shows each night, 7:30 and 9:00. Saturday matinee 2:15

WEDNESDAY AND THURSDAY, JUNE 28 AND 29



Jesse L. Lasky presents.

Gloria Swanson

IN ELINOR GLYN'S

"BEYOND THE ROCKS"

with RODOLPH VALENTINO

A Paramount Picture

PRICE 15c AND 30c

Also International News and Comedy.

FRIDAY AND SATURDAY, JUNE 23 AND 24

Wm. Duncan and Edith Johnson in

"Steelheart"

A STORY OF THE NORTHWEST

Jimmy Aubrey in "THE BACK YARD."

MONDAY AND TUESDAY, JUNE 26 AND 27

Ethel Clayton

—IN—

"The PRICE OF" Possession

Also Toonerville Trolley Comedy.

Studebaker

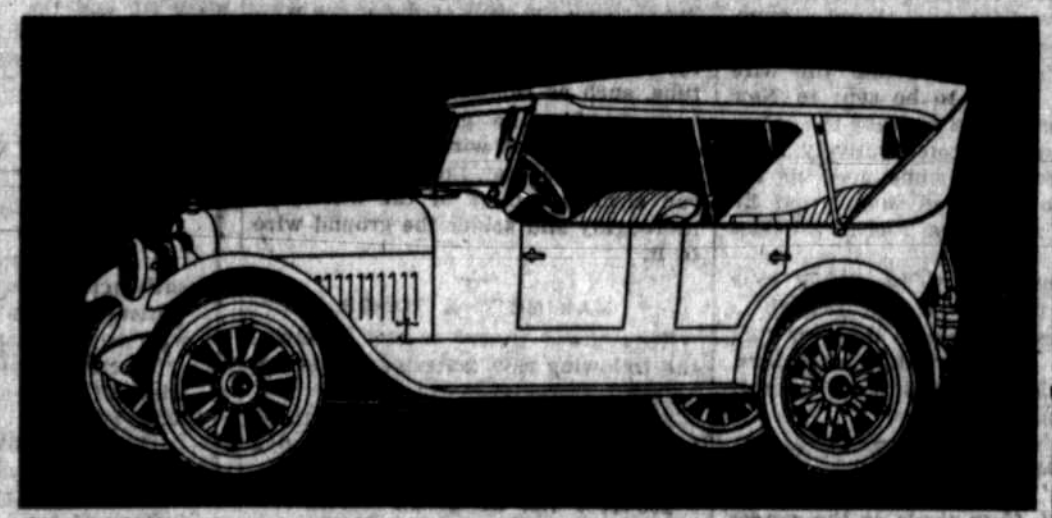
STUDEBAKER builds more six-cylinder cars than any other manufacturer because Studebaker builds them better. We can show you 84 definite points of superiority in the Special-Six over Studebaker's nearest competitor.

In times of close competition, merit wins. Today competition in automobiles is keener than it ever was, because people are

buying more carefully than ever. Studebaker increased its sales 29% in 1921, though the industry, as a whole, showed a falling off of nearly 45%. 1922, up to May 1st, shows a gain in Studebaker production of 143% over the same period of 1921.

Studebaker sales records tell their own story. The buying public has declared for Studebaker's superiority.

Touring, \$1475; Roadster (2-Pass.), \$1425; Roadster (4-Pass.), \$1475; Coupe (4-Pass.), \$2150; Sedan, \$2350. All prices f. o. b. factory.



Anderson Motor Co.

THIS IS A STUDEBAKER YEAR