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TUESDAY, OCTOBER 14, 1919.

THE WORKER'S FOOD

The daily food of the working girl has been the subject of much criticism. For years she has been popularly considered as a poor chooser when it comes to a nourishing diet. It is believed that she goes into a restaurant and orders most unbalanced meals with nourishment far too low for cost.

This is not entirely the case, says a women physician, director of the division of health of the social education department of the Young Women's Christian Association. The working girl gets a sensible breakfast at a cafeteria and takes time to eat it. At noon she eats a really substantial meal and at night a light supper. That arrangement happens to be just what she needs most. She works hard during the day and re-

quires immediate strength from her food.

The working girl who lives at home, however, does not do so well. In the first place she lies in bed as long as possible, depending on mother to get her up and off in time for work. That habit causes her either to eat no breakfast at all or to bolt a lone cup of coffee before running for the car. At noon she usually goes in for fancy things, a cream puff or a chocolate bar and a soda or a fancy but not filling salad for lunch. She might survive even this if she ate properly in the evening. But too often mother's well cooked meal is eaten hurriedly in the rush to get off to the evening party or the movies. This spoils the value of excellent food by ruining the digestion.

Future health and happiness are endangered by these methods. It is not necessary to elevate food to a place of abnormal importance in the day's routine. Neither is it wise or profitable to give no heed at all to its proper selection and consumption.

THREE COMMANDMENTS

Gen von Ludendorff, in his war memoirs, gives this advice to the German people:

"Fearless thinking and manly actions from each one of us, and at the same time unselfish submission and the sinking of the ego in national discipline, are what we require. That alone can restore our national dignity, whose recovery is a condition precedent of the renaissance of Germany. That is the first commandment.

"Love of home, love of the daily task, devotion to work and tireless energy in creation, industrious labor, free activity for our economic life, coupled with consideration for one's neighbor, the co-operation in full freedom for honorable work, are the basis of German wealth and the condition of our revival. That is our second commandment.

"Devoted to duty, honest and sincere, and in full courage must the German work once more, and moral earnest be his guide; that is the third commandment."

One would think this homily were written by some men conspicuously devoted to moral reform rather than

by a representative of the most brutal type of Prussian militarism. Obviously there is something to Ludendorff besides the ruthless soldier.

His teaching, to be sure, does not convey exactly the same meaning to Germans that it may convey to Americans. It is intended, as most moral and religious instruction is in Germany without regard to the rest of the world. There is too much emphasis, too on "national discipline" to suit more democratic races. It is too easy acquiescence in that sort of discipline that has led to the present trouble of the German nation.

With these reservations, however, these three commandments might serve admirably for the American people today, or any other people involved in trouble and perplexities and needing to work out their own salvation.

TEA FOR THREE IS HERE SOON

"Tea for Three" comes to the Globe Theatre on Thursday, Oct. 16 with the stamp of unqualified New York success, in addition to laurels gained in San Francisco, Los Angeles and Salt Lake City. Written by Roi Cooper Megrue, author of "It Pays to Advertise," "Seven Chances" and many other popular plays, it is said to be the best thing he has done. He has cleverly combined delicious humor, intense dramatic situations and brilliant dialogue in this comedy, the theme of which is a new angle on the old familiar domestic triangle.

The tone is entirely wholesome, and fresh, differing greatly thereby, from the usual atmosphere of the triangular problem play. There are many thrills but more laughs for the piece is comedy, pure and simple. Effective stage settings for the three acts and a prologue are provided by the Selwyns, cast of exceptional merit, including Norman Hackett, Hayden Stevenson, Mildred Evans and several others give able interpretation. On the whole, an evening of unalloyed delight may be looked forward to in "Tea for Three."

OLDSMOBILE IS REPRESENTED ON ALBANY'S AUTOMOBILE ROW.



R. W. Tripp in his first car, a Reo 1907 model.

Another dealer was added to Albany's row last week when R. W. Tripp, who has been a resident of Brownsville for the last score or so of years moved his family to this city and set up his agency for the Oldsmobile. Mr. Tripp has purchased the residence of Harry A. Stearns at 610 Ellsworth Street. He has not yet found a location for his garage and salesrooms, but expects to be established in temporary quarters, at least, within a few days.

Mr. Tripp has long been an auto enthusiast. The accompanying picture shows him in his first car, a Reo, designed by R. E. Olds, who started the Olds factory 25 years ago. There is but one older car on the market,

the Haynes.

Mr. Tripp has been selling cars at Brownsville and adjoining territory for the last 10 years and has placed many automobiles in Linn County. His line consists of the Olds six and eight cylinder cars, and the Oldsmobile truck.

Mr. Tripp took his family east last year and spent many months at Detroit and Lansing, Mich., studying the manufacture and marketing of the Oldsmobile and other cars. While east they toured to New York, Philadelphia and other places, making the entire trip by auto. In 1915 they also drove to Denver and spent the summer touring in Yellowstone and other national parks.

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The schools of the state are taking a great interest in the Roosevelt campaign, Oct. 20 to Oct. 27. Every school pupil giving a penny or more

will receive a certificate of membership in the Roosevelt Memorial Association, and every school raising a fund will receive a large certificate. All the certificates bear a small engraved portrait of the ex-president.



AFTER THE SHOW OR THE DANCE THEN WHAT?

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