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PHONE 96

ALBANY, OREGON, MONDAY, NOVEMBER 17

THE ALCHEMY OF INDUSTRY

The incident, reported in the Eugene Register, of a fruitgrower in the bottom country near Eugene who has just received a check for \$771.31 as the proceeds from a single acre of raspberries illustrates what can be done with the present opportunity, by raising berries. This yield, as the Register points out, is equal to a profit after making liberal allowance for expenses, of 6 per cent on an investment of \$10,000. Dividing it by ten would still make 6 per cent on an acre worth \$1000. The outstanding fact, however, is that land equally good for the purpose, and for other profitable purposes, is obtainable at prices around \$100.00 an acre, while the market for its produce is continuous, and the chief requirements are patience, persistence and old-fashioned industry such as contributed far more than the land itself to making this particular berry patch commercially successful.

Strawberries are showing even greater returns than the above figure while loganberries have developed into such a staple crop that they are like money in the bank.

Berry production will utilize the cheap stump lands and double and treble the value of farm lands wherever they are grown.

FOOD AND AGE

The man from Mexico who appeared the other day with a recipe for prolonging youth by a diet of rice, dates and olive oil says his regimen allows him to live on a far higher spiritual plane than most mortals. None of the earthy passions touch him. His life is in harmony with the music of the spheres. Or something like that.

On the heels of this comes the publication of Dr. Joseph Oldfield, of London, Eng., of world-wide reputation as physician and author, who declares that a daily diet of eggs, milk, salads, emphasizing lettuce, watercress and dandelion leaves, together with fruit and honey, will keep the body young.

"Old age is largely caused by deposit in the blood vessels and cells of the body of waste matter," says Dr. Oldfield. "By adopting a part fruitarian diet a man, however old, may become young again, because every cell in the body will be replaced by new, young cells." Rightly fed, a normal person should live out a comfortable hundred years.

Dr. Oldfield's diet sounds reasonable. The list as given does not mention grains, but the diet doubtless includes them, and contains everything else necessary to vigorous life. There is no meat, but the eggs and milk are equivalent. There are no cakes and pastries, but the fruit and honey give those needed elements in better form.

No one really desires eternal youth. But the desire to retain youth's vigor with its power of service while judgment grows, is an entirely normal longing. If less meat, with more fresh fruit and green salads, can keep a man feeling young, the recipe is at least unobjectionable, except to the packers, and might be worth trying.

The Mexican, also, has a glimmer of truth. The waste matter left by a high protied diet causes toxins which lead to anger and sloth. Adding his dates and olive oil to Dr. Oldfield's green stuff might make life all a matter of salads and spirituality.

THE CIDER PROBLEM

From many points of the compass come reports that ex-tippers are finding solace in cider. That genial beverage—or strenuous beverage, as the case may be—is no longer left to the happy farmer. City folk have discovered its merits—or demerits. It is generally on sale in such saloons as have survived, and the bartenders are often found recommending it as "a soft drink with a kick in it."

That "kick" furnishes a problem for prohibitionists and moralists in general. Congress, in its drouth-enforcement bill, while restricting the "kick" in beer and other familiar saloon beverages to one-half of one per cent, made no such

alcoholic limitation in the case of cider. The exception was made apparently in deference to the farmers, who, though notoriously inclined to vote for prohibition, do not like any impudent tampering with their apple-juice. Congress, however, apparently failed to take into consideration the possible adaptation of apple-juice to city purposes. Hence the problem.

The saloonkeeper or other "soft drink" dispenser presumably buys the cider sweet. He proceeds, accordingly, to sell it as "sweet cider." But it happens to be the nature of cider not to remain sweet. In a very short time it may change to a surprisingly potent beverage. And who is going to determine at what point it becomes "hard" or alcoholic?

Comment of the State Press

We Surely Did—

Eugene and Albany surely did observe Armistice day with bands and parades, football and dances, addresses and other demonstrations, says the Brownsville Times.

Their Color Scheme—

The reds fired on unarmed men at Centralia, thereby bearing out the well known fact that they are yellow—East Oregonian.

The Thing is Catching—

When the highway comes to town and when we can enjoy a taste of what real hard surface streets are like, when we can do this don't you think Harrisburg will have an awful itching to pave another street or two—Harrisburg Bulletin.

Halsey Perforated—

Col. Ben Sudtoll was in Harrisburg Tuesday from Halsey. He reported that on that day the highway surveyors were driving stakes through Halsey—Bulletin.

Our Sympathy, Brother—

The Enterprise has a crow to pick with the organized bodys of this town in general. Important news items are passed up because what is everybody's business is nobody's business, and we are working day and night to get out the paper and don't hear everything—Enterprise.

Between Friends—

In reading the editorials of our list of excellent exchanges we cannot help but think that some editors are wonderful fault finders, says the Bulletin.

Shortage on Mangers—

There is not a vacant barn in Brownsville, says those who want to rent, and houses are becoming scarcer. The city seems to be filling up, instead of thinning out, as winter approaches—Times.

Goodbye, Cig.—

The shades of night are fast falling on the day of the cigarette, remarks the Corvallis Courier. There is no argument for them and every good argument against.

They Were All Here—

About everybody who could get away and had an auto, went to Albany Tuesday to attend Armistice Day anniversary, says the Tribune. The guys who wore the khaki donned their uniforms to participate in the doings.

Eternal Youth—

Editors Note—We can use all the scandal, poetry, good jokes you can furnish. Get in on this. It's a swell opportunity. Notoriety guaranteed in a month.—From the joke columns, A. H. S. Whirlwind.

The Spur to Progress—

A newspaper is employed to boost and to crow, says the Bulletin. If it wasn't for the publicity that enterprising men get there wouldn't be half so much enterprise.

Population Grows—

Mr. and Mrs. Sidney Smith have taken a 9 pound boy to raise. He is an armistice baby and they call him Sidney James Smith, jr. The boys are in a majority in that family two to one. Congratulations.—Halsey Enterprise.

Calipooia (?)—

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The foregoing are eight different ways in use for the spelling of the same word. Which is correct, asks the Brownsville Times.

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