

Cheap Dances Frownd Upon by Dancing Master; Old Time Form Returning To Favor

NEW YORK, Jan. 17.—By A. P.—Old-fashioned, keep-your-distance dances, are to displace the modern Jazz steps, if the nationwide reform movement undertaken by the American National Association of Masters of Dancing proves successful. The dancing masters, it is announced here count upon the support of mothers, fathers, daughters, sons, dance hall proprietors, dancing teachers and hostesses—and if necessary the police department—to exterminate the "half Nelson", "body hold", "Shimmy lock" and other imported ballroom grips which are practiced by some dancers.

Cheap Music Is Taboo

Cheap and vulgar music is also to come under the ban and according to a circular just issued by the association those in charge of community or public dances are urged to show their opposition to undesirable dances by distributing "You will please leave the hall" cards to those who persist in offending.

The women, it is charged are often as much to blame as their partners and, in some cases, dance hall proprietors are advised to pick out ten or a dozen objectionable couples and, if a warning is disregarded, to oust them at once.

Rules are Issued

"You will soon see", the circular reads, "that you have raised the standard of your establishment and that the loss will be more than made up by double the number of person who have respect for you and your dances".

Some of the rules and regulations which all are urged to obey follow:

"Dance music should be bright and cheerful, properly accented and the phrases well divided. Cheap, vulgar music of the extreme 'Jazz' type invites cheap, vulgar meaningless dancing. It is useless to expect refined dancing when the music lacks all refinement, for, after all, what is dancing but an interpretation of music?"

Proper Tempo Given

"The Association has adopted the following tempos, it being impossible the masters say, to regulate fast dancing:

"Waltz . . . 48 measures to minute
"Two-step . . . 54 measures to minute
"One-step . . . 66 measures to minute
"Fox Trot . . . 40 measures to minute
"Dancers should assume a light, graceful position", says the masters.
"There should be no jerky half-step for these cause undesirable variations. Partners should not dance with cheeks close or touching nor should the clasp be tight. 'Neck holds' are positively unpardonable. The gentleman's arm should encircle his partner's waist, his hand resting lightly just above the waist line. The lady's left arm should not encircle her partner's shoulders or neck.

"Shimmy" Is Barred

"Steps or movements that cannot be controlled should not be taught by dancing teachers. Short side steps, first right, then left, when done continuously, are not conducive to refined dancing and should not be permitted. 'Shimmy dancing', a shaking or jerking of the upper part of the body while taking short steps or standing still, should not be tolerated.
"The proper dancing step should

be the same as a natural walking one except in exhibition dancing, which properly belongs to the stage, not the ballroom. Exceptionally long or short steps are not in good form.

Correct Form Best

"Dancing should be from the waist down, not from the waist up. Copying of the extremes used on the modern stage is in bad taste. Remember that the majority of dancers desire to dance according to the best accepted standards, that is, without the slightest trace of offense to dignity or decorum".

Today's Calendar of Sports

Racing

Winter meeting of Cuba-American Jockey Club, at Havana.
Winter meeting of Business Men's Racing Assn., at New Orleans.

Automobile

Opening of shows in Montreal, Cleveland and Hartford.

Golf

Annual meeting of Western Golf Association, at Chicago.
Close of annual tournament of Winter League of Advertising Interests, at Pinehurst, N. C.

Boxing

Willie Jackson vs. Harry Carlson, 6 rounds, at Philadelphia.
Willie Ryan vs. Eddie McAndrews, 6 rounds, at Philadelphia.

TODAY'S EVENTS

First day of the enforcement of constitutional prohibition in the United States.

Centenary of the birth of Anne Bronte, sister of the famous Charlotte Bronte, and herself the author of several successful novels.

Show, one of the largest exhibitions The National Western Livestock of its kind in America, will be opened at Denver today for a week's engagement.

Mayor Hylan has announced that he will give a public reception today at the city hall, New York city, in honor of Eamonn De Valera, President of the "Irish Republic".

The Treasury Department of the United States has designated the week beginning today for a nationwide observance of National Thrift Week.

Senators and Deputies of France, constituting the National Assembly, will meet at Versailles today to elect a president of the French Republic to succeed Raymond Poincare, whose term of office will expire next month.

Sunday, January 18

Observation of Thrift Sunday throughout the United States.
Today is the first anniversary of the opening of the Peace Conference at Paris.

The Zionist Organization of America today will inaugurate a campaign for a \$10,000,000 fund for the development of Palestine as a national home for the Jews of all lands.

The world conference of Zionists, which was to have opened today at Basle, Switzerland, has been postponed in view of the "assured possibility of immediate negotiation for the mandate over Palestine."

In making the best Persian rug a weaver spends about twenty-three days over each square foot of surface.

Richest Indian on Spending Warpath

FORT WORTH, Tex.—Jackson Barnett, reputed to be the richest Indian in the United States, is about to spend a goodly portion of his "roll." He has had an income of several thousand dollars per year from some Texas oil lands, and federal commissioner of Indian Affairs has announced he may spend some of it.
Barnett said he would start right in by giving the Baptist church \$200,000 and then purchase an automobile and hire a chauffeur to run it.

Gates Gatherings

GATES, Ore., Jan. 17.—Mrs. J. T. McCurdy returned from Joseph, Ore., Friday where she has been visiting relatives the past two weeks.

A. B. Leach, of Salem, was taking the census in this precinct Saturday. W. E. Bevier made a business trip to Albany Monday.

The infant son of Mr. and Mrs. John Doyle passed away Monday and interment took place in Fair View Cemetery.

T. L. Lawson made a business trip to Albany Tuesday.

The cold spell seems to be over for

the present and sunshine is welcomed with a warm sprink like zephyr.

In early times the leek was regarded

ed with much superstitious reverence. The ancient Egyptians went so far as to make their oaths by the leeks in their gardens.

Good Used Cars

FORD One ton Truck—Excellent shape, just overhauled, repainted. Electric lights, storage battery, a real bargain. Don't fail to see this one. Hurry.

CADILLAC Touring car—A real bargain, new paint, tires almost new, perfect mechanical condition, absolutely guaranteed.

BODGE Touring, new top, good tires, just being overhauled, a bargain for someone.

1917 CHEVROLET Touring—New tires, excellent mechanical condition. Car only run 3500 miles. A real buy.

Remember we tell you the truth about our used cars and are very careful to overhaul every one we have. Then we know what we are talking about. Don't forget to see the ones listed now.

Ralston Motor

Company 7th & Lyon Sts

Performance and Price

There is only one way to buy a motor truck—on its ability to transport and the cost of that transportation.

A First Cost that is too high means an inflated cost per ton mile—a First Cost that is too low stamps a truck as one built to meet a price—a truck that will spend days in the repair shop—a truck that will fail on its test of ability.

But there is a middle ground—a point where price and performance balance—a place where value is greatest. Bethlehem Motor Trucks are examples of that middle ground—they are neither underbuilt to meet a price nor overbuilt to justify a price. Buy your Motor Truck on Facts.

3-Ton Chassis	24-Ton Chassis
14-Ton Chassis	34-Ton Chassis

BETHLEHEM MOTORS CORPORATION
ALLENTOWN, PA.

Buy Safely • Buy Bethlehem

R. W. TRIPP, DISTRIBUTOR
1st & Lyon Sts., Albany. Ore.

Spotlights for Your Car



Kay Bee \$6.50, a small light, very beautifully lined, King of the road for its light.
Kaufman Silver Beam \$7.50. A large and beautiful lamp giving a most efficient light.
Equip your car with a spot light and be within the road laws.
Brighten up the old car, by using Everbright top dye and Leather dressing—

For Sale By

L. B. HIXSON

U. S. Auto Tire Service Station 129 Lyon St

The Albany Automobile Dealers Association Announce Their Second Annual Automobile, Truck and

Tractor Show

To Be Held at the

ARMORY

Albany, Oregon,

February 13-14

2—BIG DAYS—2

There will be presented the largest showing of the latest creations in the automotive industry yet seen in the Willamette Valley. All the leading standard makes of cars, trucks and tractors will be on display, and a day at the show will be worth weeks of catalog study and shopping to prospective purchasers.

Something New to Learn
New Features in Automobile Construction
Demonstrated

SPECIAL ATTRACTIONS

There will be programs and amusements each day and a big dance each evening in one of Albany's beautiful new garage buildings.

COME! IT'S FREE

phone him!



"An order has come in from a farmer customer. It is for a farm implement—needed at once. The particular implement is not in stock. A letter telling this to the customer may delay him a week in doing necessary work.
"Call Northwestern Long Distance" says the Sales Manager. In a few minutes he is talking to the farmer. Tells him that he has another implement that will do the same work—makes the sale—satisfies the customer.
For prompt, accurate service

Don't ask for
Long Distance
Say —



**NORTHWESTERN
LONG DISTANCE**

OLD-TIME COLD CURE— DRINK HOT TEA!

Get a small package of Hamburg Breast Tea at any pharmacy. Take a tablespoonful of the tea, put a cup of boiling water upon it, pour through a sieve and drink a teacup full at any time during the day or before retiring. It is the most effective way to break a cold and cure grip, as it opens the pores of the skin, relieving congestion. Also loosens the bowels, thus breaking up a cold.

Try it the next time you suffer from a cold or the grip. It is inexpensive and entirely vegetable, therefore safe and harmless.

RUB RHEUMATISM FROM STIFF ACHING JOINTS

Rub Soreness from joints and muscles with a small trial bottle of old St. Jacobs Liniment.

Stop "dosing" Rheumatism. It's pain only; not one case in fifty requires internal treatment. Rub soothing, penetrating "St. Jacobs Liniment" right on the "tender spot," and by the time you say Jack Robinson—out comes the rheumatic pain. "St. Jacobs Liniment" is a harmless rheumatism cure which never disappoints and doesn't burn the skin. It takes pain, soreness and stiffness from aching joints, muscles and bones; stops sciatica, lumbago, backache, neuralgia. Limber up! Get a 30 cent bottle of old-time, honest "St. Jacobs Liniment" from any drug store, and in a moment you'll be free from pains, aches and stiffness. Don't suffer! Rub rheumatism away.