

# What Price Beauty?

by Miss Flo

## KEEPING FIT AND PERFECT

Flesh reduction is a neverending source of interest and concern to the majority of women and girls, because despite the occasional fashion notes to the contrary, this is the day of the slender silhouette. The overweight, heavyfooted woman finds her surplus weight not only unshapely and unfashionable, but unhealthy as well. And so she sets about reducing.

But there is another note of warning—when reduction is carried too far it will lower the vitality and resistance. The fact of the matter is that while it is bad form to be too fat or too lean—beauty cannot be apart from health, and weight reduction below the normal level should be avoided.

Systematic daily exercise, begun gently and gradually increased as the system responds, and intelligent dieting, will not only take off weight, but will improve the health and posture as well.

Just as most persons eat too much, so they exercise too little. Regulation of the diet and exercise go hand in hand. Exercise will not bring about any radical change in weight if you partake of sweets and fat making foods, and certain rules must be rigidly enforced. For instance, never eat between meals, and never drink while eating. Opinions differ as to the number of meals to be taken daily, but those who have had the greatest amount of experience upon this matter commend three light meals a day, consisting chiefly

of green vegetables, steamed fruits, dry toast or hard bread—and lean meat once a day or once a week.

Here is an exercise that has been recommended by a doctor of a well known insurance company who claims that women suffer many ills because of the way they let the abdominal muscles and those of the lower part of the body slump when they get past thirty.

"Stand on your toes, one foot in front of the other, pelvis tilted upward, abdomen retracted, and hold a cane, a book, or a magazine with both hands high over the head. Stretch the article you hold in your hands high over the head, and keep the entire body stretched out as much as possible. Walk slowly on the tip of the toes. Walk the entire length of the room and back, at first. Later you can go around the room any number of times without tiring.

This exercise affects the whole body. By assuming the stretching position, the abdomen is held in. When the pelvis is in proper position, the chest is up and out. Your legs and feet get exercise at the same time, and it enables you to walk or stand without the slightest weariness."

Walker at Portland—W. F. Walker is in Portland on business today. He will return tonight or tomorrow.

Moshiers on Visit—Mr. and Mrs. R. E. Moshier are leaving for the east on an extended visit.

### Rebekahs To Install

Installation of officers will take place at the meeting of the Rebekah lodge to be conducted next Monday night.

### Cars Crash

Automobiles driven by C. F. Donovan of Westfir and Mrs. D. White of Portland collided at Fourth and Main streets Tuesday afternoon. Small damage to the cars resulted.

### Lumber States

The forests of California, the largest user of lumber in the Union, yielded a total of about two billion feet (board measure) of lumber annually, according to the Forest Service of the United States Department of Agriculture. The annual lumber requirements of the State are about four billion feet. There is enough timber in this State, it is estimated, to build forty million 5-room bungalows, or to furnish all the wood for building and fuel that would be re-

quired by this country for nearly eight years. Only four other States produce more lumber than California. These, in the order of their output, are Washington, Oregon, Louisiana, and Mississippi.

Go To Portland—Mr. and Mrs. Herbert Cox went to Portland last week to attend the funeral services of Mr. Cox's mother.

Lairds are visitors—Mr. and Mrs. Ralph Laird of Pleasant Hill were visitors in this city Monday.

CALL AND SEE Dr. N. W. Emery on prices on plate and other work. It

## EVANGELIST

Evangelist Parrott will preach at Bell Theater Monday, January 10 at 7:30 P. M. Good Singing.

## NOW! Wetherbee-Powers

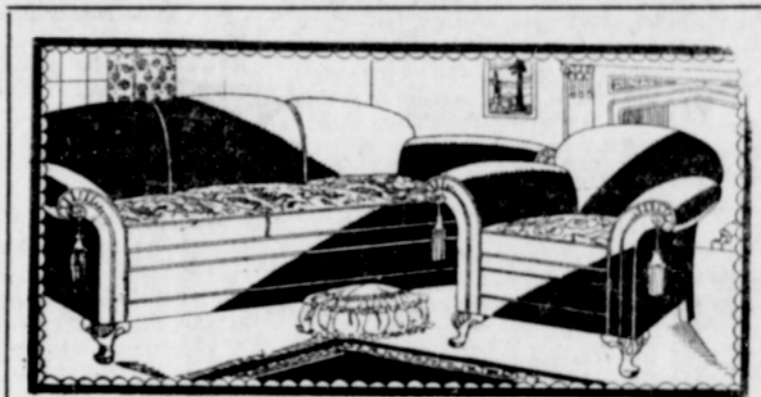
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Luxuriously comfortable numbers with spring seats and spring backs, offered in selection of good grade Jacquard Velours.

### \$125 "BIRCHFIELD" MOHAIR DAVENPORTS

Exceptional values—comfortable, graceful of line—built for durability. Offered in fine plain Mohairs, equipped with decorative tassels and shaped legs.

Hardwood Frame Styles With Loose Cushion Seats **\$98.50**

### Rugs—Rugs—Reduced

- \$65 Heavy 9x12 Burrorah Axminster Rugs, all perfect, choice **\$46.85**
- \$70 Fine Quality Seamless Axminster Rugs, 9x12 room size, choice **\$54.35**
- \$49 9x12 Klearflax Linen Rugs in rich rose color, now choice **\$24.50**
- \$37.50 Lincolnshire Reversible Wool Rugs, 9x12 size, pleasing patterns **\$28.65**

### Linoleums—For Less

- \$1.25 Print Linoleums with burlap back, choice of patterns, square yard **98c**
- Congoleum and Felt Base Floor Coverings, a wide selection, square yard **69c**
- \$2.75 "Armstrongs" A Grade, heaviest Inlaid Linoleum, now square yard **\$1.98**
- 9x12 size Felt Base Rugs, fine selection of patterns and colors **\$9.85**

### Lamp Shades

New numbers, in choice of different shapes, sizes and color combinations. Former values to \$12.50, now **\$7.85**

### Floor Lamp Shades

Both Polychrome and wrought iron styles in junior heights, with double socket and 6 ft. cords. Former values to \$10, **\$5.95**

### The Bargain Basement

—Offers Scores of Wonder Values

- \$35 60-Piece Semi-Porcelain Dinner Sets with gold band decorations—attractive shapes, now **\$19.75**
- \$11.25 Luster Tea Sets, 23 piece sizes—imported numbers, of exceptional quality **\$8.65**
- 75c Thin Brown Water Glasses, set of six, very delicately etched designs **49c**
- \$5 "Columbia" Electric Irons, guaranteed for 5 years—complete with cord and stand **\$3.85**
- \$8 3-Piece Breakfast Sets—drop leaf table and two chairs in popular low back styles, unfinished **\$5.95**
- \$9.50 32-Piece Imported Dinner Sets, suitable for breakfast set, service for 6 persons **\$6.95**

Use Your Credit

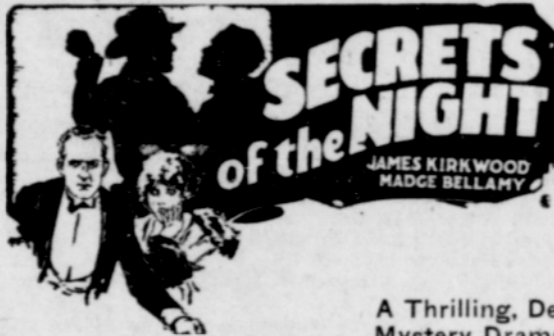
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