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The Seven Natural Cravings

Dr. Daniel Russell Hodgdon, authority on the science of dietetics, believes every housewife should examine the menu she prepared for her husband, and see if it contains the seven natural cravings of a healthy appetite. These are summed up as a salt food, a fat food, an acid food, a bulk food, a sweet food, and finally a live food. The seven cravings, says the doctor, should be satisfied every day.

For guidance of our queens of the kitchen, bulk comes in bread, potatoes, cabbage, and other vegetables. Fish, eggs and cheese are muscle builders, olive and other oils are fats while vinegar covers the acid requirement. Salts are salts and sweets are sweets; so that no explanation is needed, and thus we reach the seventh requirement, the live food, which means raw food such as oysters or clams and meats. All of which is interesting and doubtless enlightening. The doctor of medicine has provided his bit to the sum total of useful knowledge. May we now look for some doctor of economics to come forward with the seven requirements to enable the people to satisfy the natural appetite and yet remain out of the bankruptcy court. Perhaps it will require the seventh son of the seventh son to provide the answer. It will be interesting to the poor devils who are sweating in the coal mines at top speed when coal is needed and then thought out of work when the supply is shown sufficient, to read during their idle moments, and so improve their minds, just what their overworked wives ought to put on the table to keep the family in proper trim. Surely Dumas had a glimpse of life, when, in Les Miserables, he caused that rich and noble lady, stirred by the sight of abject poverty and suffering, to give in her generosity to the great French derelict, a golden manure set.

One sees only the worst side of life on the first pages and in the big headlines. On the inside pages the world is getting better.

Slats' Diary

By ROSS FARQUHAR

Friday—This is the last day of skool for witch I am Dooly greatfull.



We have got wonder full plans for are ball team this season unless to much Garden wrik interfears with the a fishency of are men and etc. Enny how I maneged to pass and by it Saved myself a lot of Unpleasantness in my Home life.

Sat.—Jake & me found a ded cat witch had ben hit by a ottomobeel and we went in and told his ma about it and she sed she gess it was Mrs Donavans ole cat. She told Jake to make sure it was ded and then take and berry him. So Jake hit her on the head with the shuvvel to make sure it was ded and we berried her in the shade of a weeping whippoor willow tree.

Sunday—Jane has been Very frendly towards me here of lately. Only today she sed she had a ideel and I sed what is it. She sed she liked a man witch was brave and strong and good looking and has got lots of Character and ambishun like Wallis Reed or gen. Pershing. I think she was hinting at me. but I remaned quiet.

Monday—Pa was reading in the noosepaper that John D. Rockefeller has got \$7 for evry Person in the U. States. So I sugested to Pa that he rit to him for are share witch wood amt. to 215 with interest at 6 per cts.

Tuesday—Ma says they are 2 tips of girls now days. 1 is the kind you can look up to and 1 is the kind you look around at.

Wednesday—we all went a swiming this evning. Pa says he dusent beleave in that old saying Like father like son. since he seen me ack the fool in the water tonite.

Thursday—A nother new baby has come to town and ma tuk me down to see it. She sed we shud ought to take her sum thing. So she tuk sum Beauty pins and I tuk him a hunk of Lickerish.

It is fortunate for the country that very few of the terrible troubles and calamities Senators La Follette and Borah are continually seeing ahead ever materialize.

Join the Legion

The American Legion will conduct a nationwide membership drive from July 5 to 27. The purpose is to enroll ex-service men who have not yet identified themselves with the legion and its work.

Harry N. Nelson, adjutant of the American Legion in Oregon, has announced that a supreme effort will be made to double the membership in Oregon. At present the Oregon department of this great national organization has enrolled less than one-third of the eligibles.

The American Legion is composed of the men and women who were in the service of the United States during the World War. It admits to its ranks all who served regardless of the place or conditions of service. While it is designed to keep alive the associations growing out of the war, and to express upon the life of the country the point of view of the 4,500,000 who served, its greatest value to the country lies in stimulating patriotism and sound sacrificing Americanism. The American Legion will be to the country during the next three-quarters of a century what the Grand Army of the Republic has been in the past. Therefore its influence for sound and liberal Americanism is certain to be permanently recorded in the national consciousness of the nation.

It is the duty of every ex-service man to join. He should add his point of view to the legion's activities and thus express in civil life the spirit of service to country displayed in the national crisis.—Oregonian.

Motor cars are surely wonderful things, and are accomplishing much but we have yet to hear of one that bucked the locomotive off the track at the crossing, although hundreds try it.

Get Tariff Out of Politics

Elbert H. Gary, head of the U. S. Steel corporation, and president of the American Iron and Steel Institute, puts much thought into few words when he states that revision of the tariff is an intermittent disease—that it appears if not with every session of congress, certainly with every change in the administration.

The tariff seems to be an important political question, but it ought not to be a political question at all, of fairness to every part of the country, to every department of human life should as the steel man points out, be decided strictly upon scientific principles and from the standpoint of industry, to every line of employment and to the public welfare.

There is nothing novel in this thought. The National Tariff Commission, at great expense to the country, studied the problem, gathered data enough to sink a ship, prepared reports, made recommenda-

tions and went through the usual multitude of inquisitorial gymnastics that mark practically every official "probe," and when it was all over, everyone said it was splendid and then promptly went to sleep. The tariff being no longer needed as a pressing political issue, was set aside and forgotten. Now we have it bobbing up again, with the forces all set and primed to upset the business conditions of the country. Surely, it is time the public took the matter in hand and put an end, once and for all, to this perpetual economic menace. Regardless of whether men believe in high tariff, low tariff, tariff for revenue only, or no tariff at all, certainly they must unite in the conviction that mingling tariff with politics is as vicious as it is disastrous. When all is said and done, tariff schedule advocates always are selfish. They fight for their own interest. There may not be much amiss with this because in the last analysis, obedience to intelligent selfishness means service to the majority. The danger comes when selfishness is armed with a political black jack. By all means get the tariff question out of politics.

The meek may inherit the earth, and they ought to, for they seldom get a raise of salary, or anything like that.

Women Not Office Seekers

Since woman has been given the ballot in this country, and the same right to hold office that man has, it has been pretty well demonstrated by this time that our women, taken as a whole are not much inclined to want to be office holders. This is everlastingly to her credit, for it proves that she sets more store upon her old time duties of raising a family and attending to the home than

going in for political careers. Woman's sphere is essentially the home and the child and while we have given her the right to hold office, that is no sign we want to see her do it to any great extent, and neither is it any sign that she wants to. Lord bless her, she can always be depended upon to do pretty nearly right, which is something we men lack a whole lot of coming up to.

Twenty women in eleven states have announced themselves candidates for the national house of representatives. Four women in as many different states have become candidates for the senate. A woman candidate for governor has appeared in Kansas, and another in South Dakota. This is quite a showing in a country which in 1917 greeted Congresswoman Rankin of Montana as a national curiosity. The fact that there are only 26 women candidates for these many different offices shows the American women are still leaving the work of office-

holding to the men. Our women felt that on principle they should have full right to vote and to hold office, and they now have that right and can become Miss Mayor and Madam Governor if they so elect, but the ambition does not allure the average American woman. To enter politics as a permanent business, as men do, she would necessarily have to more or less neglect her home, her children and her husband, and that she never has done and never will do.

After walking through a cemetery and reading the epitaphs on the tombstones, one is liable to wonder where all the bad people are buried.

Walter Moore, assistant cashier of First National Bank, accompanied by Mrs. Moore and son Larry, departed on Sunday morning for Tacoma to spend their vacation season visiting with their relatives.

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