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Ye Smudge Pot

By Arthur Perry

North Dakota has the Non-Partisan
League, and South Dakota—Sunday
Blue Laws.

The arrest of a candy man for pos-
ing as a cousin of President Harding,
proves that republicans are just as
crazy in Chicago as in Jackson county.

Come what may, the lawyers in the
Stillman divorce case, are not going
to the courthouse.

The Bolshevik in charge of the
weather appropriately staged a snow
storm on the Sabbath.

A HE-CARRIE NATION

(Eugene Register)

"Down with tobacco," shouted
an aged resident of this city
whose name is not announced by
the police, as he lustily swung a
double-bitted axe against the bill-
board opposite the city hall con-
taining a large advertisement of a
favorite brand of cigarettes.

Failure of ex-Emperor Charles to re-
tain the Hungarian throne is largely
due to his Europeanized C. Chaplin
mustache.

"NOTICE—Party who took Ford car
from in front of Emporium is known.
Return same to store and avoid trou-
ble."—(Ad Bend Times.) Natural con-
sequences.

The Portland girl who routed a
burglar by hitting him over the head
with an Oriental vase, will find a fry-
ing pan better suited for settlement of
future domestic controversies.

INGROWN SELF HATRED

(Albany Democrat)

The Hawk's Eye editor of The
Democrat in of the 12 cylinder
type, always hitting on "all
twelve," and his absence from the
regular grind is likely to be no-
ticed today.

"What Would You Do With a Mil-
lion Dollars?" contests conducted in
various Pacific coast newspapers, to
date has revealed no citizen ready to
admit he would do what they all do,
with that much money; try to make it
two million.

A mining deal was closed Sat.
whereby Mita Womack sold a promis-
ing young tin mine for 14 boxes of
Spitzengberg apples.

As the bankers say, China may be in
bad financial shape through antiquated
methods, but does anybody know
of a party getting a shirt out of a Chi-
nese laundry, except C. O. D.

If the city buys 18 acres along Bear
Creek for an auto campground, it is
time for the two brakemen, who
planned a network of interurban lines
throughout the valley in 1915 to come
back.

A LITTLE KNOWN LOCALITY

(Corvallis Gazette)

Wm. Hall, Jr., and Ben Oaks
were shearing goats this week be-
tween the showers.

A check up of messages received
from the Great Beyond shows they all
came from the most agreeable of the
two localities. Man is supposed to go
to, when his earthly career is ended.

Bebe Daniels, the movie queen, is in
jail for speeding, and is further im-
mortalized by all the papers printing a
column a day about it.

None of the hootch peddlers, as yet,
have gone so far, as to put beany
coffee in the moonshine.

"Lost—Dressed Ladies Shoes. Find
return to Star Bakery." (Want Ad
Klamath Herald). It ought to be no
trouble to find her.

Elijah Hurd confessed this a. m.
that he was the opposition in the de-
mocratic party, mentioned Friday by
William Jennings Bryan. They com-
prise the "hosts of democracy" march-
ing to victory in 1924.

THE WEATHER AND THE FRUIT.

FOR A TOPIC so frequently discussed the human memory is singu-
larly imperfect when the weather is concerned. Nine people out
of ten can't remember the weather twelve months back. Whenever a
severe spring frost comes along, there are always a number of citizens
who are confident another weather record has been broken; and a
greater number are certain the fruit crop has been wiped out.

But the present Arctic weather, while unpleasant and unwelcome
is not in any sense unprecedented. Similar spasms of the mercury
have been recorded every few years and there is this point to remem-
ber,—regardless of spring blizzards, the local pear crop has never been
destroyed by cold and the ultimate success or failure of the crop has
depended more upon the moisture in the soil in July than the tem-
perature in May or April.

So even if there is another polar phenomena in the morning, there
need be no cause for wailing about the future. There is more mois-
ture in the soil today than there has been in many years, many old
settlers predict a normal mid-summer precipitation, the fruit setting
is a record breaker, and even if some orchards are thinned out rather
excessively, those who can remember similar experiences will be san-
guine of the crop in the autumn.

Although there is difference of opinion regarding the frost men-
ace, many experienced orchardists are convinced that with the estab-
lishment of irrigation, the one genuine danger to our local fruit pro-
duction has been removed. There is ample evidence to support this
view, for irrigation itself will have a marked effect upon extremes of
temperature.

At any rate, there is no cause for gloom at the present writing. A
number of long-faced kill-joys have paraded to this office with their
catastrophic prophecies this morning, but that is too old a story to
make much of an impression. Of the billion buds more or less on the
trees, we wager enough will survive the present weather to assure
the valley a normal, if not a bumper crop, by mid summer. The cry
of woe has been sprung too often to disturb the record now.



THE PEST.

WHEN the winter's done its dirty worst, and vernal breezes
blow, the dandelion is the first of blooming things to
grow; it calmly rears its yellow head as soon as there's a thaw,
and it has oftentimes been said there ought to be a law. The
grass that cost such toil and care grows not, at spring's behest,
and many ghastly spots are bare save for the yellow pest. And
man surveys his freckled lawn and heaves a string of sighs,
and mutters low, "So help me, John, whatever's lovely dies; the costly
plants I bought last year, were killed by frost and snow, but all
around me, far and near, the dandelions grow. The daisies were
too good to last, that were my hope and pride; my rose trees per-
ished in the blast, my pink violets died; they withered in the
storm king's breath, they could not keep alive, but where my tu-
lips died the dandelions thrive. Ah, woe is me," says
Mr. Man, "this life is full of strings; it seems to be Dame Nature's
plan to swat the lovely things. The good and useful man will die,
and leave the town in tears and some old cheap and noxious guy
will live a hundred years. In human life, as on my lawn, the
lovely things must go, and where the grass is dead and gone the
dandelions grow."

The Truth About Vitamines

Plentiful publicity has attended the
discoverer of "vitamine," who has
come to the aid of humanity by pre-
scribing a spoonful of his specific with
every plate of food to replace the vita-
mines destroyed in cooking. For "vita-
mines" it is claimed that this single
substance (extracted by a method yet
unrevealed) possesses the properties
of all vitamins. Nevertheless it has
been definitely proved that vitamins
may be divided into two distinct
groups, one soluble in fats, the other
soluble in water. These substances
have a wide distribution in nature.
The fat-soluble vitamins are present in
milk, egg yolk, beef, cod liver oil,
"oleo oil," margarine, cabbage and
alfalfa leaves, and the seeds of flax,
hemp, millet, and sunflower. The
water-soluble vitamins occur in milk,
unpolished rice, yeast, peanuts, kid-
ney beans, etc. Many animal and
vegetable products contain both vita-
mines; for example, whole milk, the
kernels of wheat, corn and oats.

According to the newer conception
of medicine, the lack of certain com-
ponents in the dietary may occasion
serious diseases of functional dis-
orders often obscure in nature.
Scurvy is perhaps the most sharply
defined diet-deficiency disease. It
takes many forms, varying from the
classic picture of bleeding gums and
tender extremities down to the more
subtle types manifested by vague
pains, suggesting rheumatism. Sail-
ors and soldiers who have gone long
without fresh meat, vegetables, or
fruits have become so afflicted. Dr. A.
F. Hess says that it is hardly an ex-
aggeration to state that in temperate
zones the development, or non-de-
velopment of scurvy depends largely
on the potato crop. In Ireland as well
as Norway when the potato crop failed
died scurvy developed. To a minor de-
gree this happened in 1914 in various
localities in the United States when
the potato crop was inadequate.

Recently the role of vitamins in
rickets has been investigated. This
is the most common nutritional dis-
ease occurring among the children of
the temperate zone, fully three-
fourths of the infants of great cities
such as New York showing rickets
signs to some degree. Furthermore,
rickets has the distinction of being
the most frequently overlooked dis-
order of childhood—an important
omission in view of the fact that we
have an efficient cure. Cod liver oil
is an unfailing remedy for rickets.
This information will bring no joy to
the small boys of many families.

It is obvious from the present
status of our knowledge of vitamins
that they are important if obscure
factors in nutrition; that their defi-
ciency causes serious diseases, and
that this deficiency may readily be
corrected and the disorders alleviated
by the proper administration of foods
containing vitamins, chief among
these being milk, fresh vegetables,

and fruit juices. Perhaps these may
not have the palatability of the newly
discovered "vitamine," but they repre-
sent the conclusions arrived at in our
foremost laboratories.—New York
Evening Post.

How Much Do You Know?

- 1—Can sailors south of the Equator see the North Star?
- 2—How does tea grow?
- 3—Which direction do leaves always turn?
- 4—Is the North Star a single or multiple star?
- 5—How many miles of subway and "L" tracks are there in New York City?
- 6—How big is the chamber of the United States senate?
- 7—When was an attempt made to assassinate President Jackson?
- 8—How many presidents were inaugurated on Sunday?
- 9—What is the professional world's record for the one mile swim in open water?
- 10—How big a staff of earthquake correspondents does the weather bureau have in United States?

Answers to Yesterday's Questions

1—What makes rain clouds black?

2—How much do you know?

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