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Ye Smudge Pot

By Arthur Perry.

"The public," says the treasury department, "is using \$1 bills where it should use twos, fives and tens."

Let us not pollute for coin the fountains that flow from the hills and the snowpeaks of this great country with its virile millions!

The lack of sustenance in the bills and the snowpeaks has nothing to do with the cause, but it has a sweeter and more musical sound than the plaint of the treasury department.

G. Hunt has finished showing pictures of the three escaped convicts and two Copco officials.

BUT EVEN SO (Portland Oregonian)

He is in a great field of opportunity awaiting his knock-out and a prediction now would be a matter of superfluity.

There are about nine watermelons per capita in the valley this year, due to the people not eating enough of them, and the farmers planting too many of them.

FAITH (Eugene Register)

John Gibson is building a cabin over his boat. He says its looks like rain, and we believe him.

The biggest circus in the world went through without even whistling.

The initial schoolbun'am has shored up for the annual apple packing contest, which starts next Monday.

Freedom continues to "scream from mountain heights" and the state prison. The latest are the Goldstein twins of Portland, whose release has a redeeming feature—they don't sound like they belonged to the right organization.

There is too much going down the Main Stem at a look-alike pace.

The way Henry Ford is talking, a cow must have kicked him in his boyhood.

LITTLE SHIPS OF YESTERDAY

Little ships of yesterday, laden deep with dream, sailing through the sunset with your silken sails agleam.

Light-hearted youth and dancing hope laughed upon the quay, when across the harbor gold you beamed the sea.

God of little, seedling ships, guard them on their way, guide them safely back to us, our ships of yesterday!

Cook with gas.

THE CASE OF BABE RUTH.

BABE RUTH was well named. The composite public mind, which christened the home run king, displayed its usual instinct for accurate characterization.

His latest escapade is typical of his entire career. Rules and regulations are designed for grown-ups, not for babies; particularly precocious babies and spoiled ones.

A baby can smash Mama's prize vase, and get away with it. He can stick pins in the cat, and empty the milk pitcher on the parlor rug and only be laughed at.

The world is every baby's oyster, and Babe Ruth never could see why he should be made an exception. His reaction to the present unexpected punishment, is characteristic.

The usual baby's reign ends when he begins to grow up or when another baby arrives.

As long as he delivered the goods with his hickory stick, he was allowed to enjoy the privileges of an infantile paradise.

Appealing to Grandpa Landis will do no good. Grandpa has been out of baby talk for at least eight months.

Babe Ruth has reached the inevitable crisis of youth. He must shed his swaddling clothes and make good, as a grown-up among other grown-ups.

QUILL POINTS

O, religion, what political rows are coming in thy name!

Abd-el-Krim is lucky, at that. Mussolini isn't mad at him.

Home is a place where the thumb in the soup doesn't matter.

Shape isn't the only essential in a bathing beauty contest. There's brass.

When men must choose between two evils, they usually vote the straight ticket.

Flat feet don't indicate anything serious unless one of them is flat on the accelerator.

Not all antiques are highly prized. There are the old virtues.

Mussolini's expression indicates that he is mad because he didn't get here in time to collaborate at the creation.

One of the essential things you can't say with flowers is: "Sit down in front."

Dividing the night from the day made life much more convenient for mosquitoes and flies.

Think how different everything would have been if Joshua had told the sun to move on again.

A sad commentary on the Republican form of government is the sense of well-being people have when Congress isn't in session.

With so many men getting mysteriously rich, it might be well to have an inquiry into the origin of specie, also.

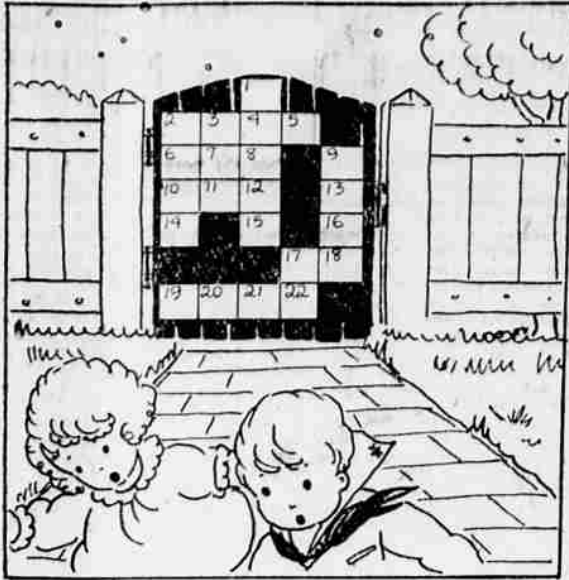


ON A DIET.

ORDERED by the learned physician, I am living now on slaw: to improve my punk condition I consume it fried and raw. "If you wish to live much longer," said the doctor, stern and wise, "If you'd make your system stronger, you will eat out cakes and pies. So I give you timely warning, as I go my helpful way; eat chopped cabbage in the morning, eat it seven times a day. Eat it when your friends are dining on such grub as men desire; eat it when the sun is shining, eat it by the evening fire."

CROSS-WORD PUZZLE STORY

THE GATE



There is a 1-4-8-12-15 gate at the end of the garden walk and Milly and Billy race up and down as far as the 2-6-10-14 and then back. It is always shut and they never try to 9-13-16-18 it for 17-22 they should their nurse would be angry and her 3-7-11 is worth avoiding.

Milly and Billy 6-7-8 twins. Milly is a dear little 2-3-4-5 and Billy is a boy. Milly looks like a little 19-20-21-22 of pink and white, she is so dainty 17-18 her little frock.

"Oh, ho, ho, 10-11-12 hee-hee!" cry the twins. "See us run!" Answer To Last Puzzle

1-5-8-16-24 (upper), 2-3-4-5-6 (steps), 18-19 (we), 14-21 (no), 21-22-23-24 (over), 10-19 (he), 7-13-20 (size), 15-23 (me), 15-16-17 (met), 6-9-17 (sat), 8-9 (Pa), 10-11-12-13-14 (begin).

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Personal Health Service By WILLIAM BRADY, M. D.

Signed letters pertaining to personal health and hygiene, not to disease diagnosis, treatment, will be answered by Dr. Brady if a stamped, self-addressed envelope is enclosed. Letters should be brief and written in ink. Owing to the large number of letters received, only a few can be answered here. No reply can be made to queries not conforming to instruction. Address: Dr. William Brady, 17-18 of this newspaper.

The Sugar in Your Blood.

One reason for the existence of leagues for medical liberty and similar schemes of nostrum makers, fake healers and aggressive quacks in general, is that physiology fixes upon about 2 1/2 grains of urea acid as the normal amount in the blood of a healthy man (or as doctors record it in the blood analysis, from two to three milligrams in 100 grams of serum.)

When we think of the barrels of more or less harmless medicine, the vast tones of more or less ridiculous food or diet hokum, and the enormous burden of postage, packing and advertising expense which have been entailed by efforts to get this urea acid out of the blood of the Wisniewski family, we do not wonder at the organization of the (trick societies to "protect" the stings, from "diplomy," whatever that may be. There must be wares, houses full of urea acid eliminators and corrective eating booklets still to be disposed of.

Another comparatively recent physiological fact that the blood of a healthy individual contains one-tenth of 1 per cent of glucose (sugar) has not inspired the organization of any international societies for defense against the "diplomy," the antirealist hyman being indifferent if not just a trifle coy toward a little sugar in his blood. Just a dash of sugar like that somehow suggests nice pure, sweet blood.

Woe betide the fellow whose blood sugar falls much below this normal figure, for such a famine is certain to bring on collapse, extreme weakness, or prostration, and even loss of consciousness. These blood sugar diseases is the form into which all kinds of fuel food are converted for ready utilization by the body for supplying the constant demand for power or energy. It is muscular or organic work that is to be done. So when the supply runs low the engine runs down.

Here, physiology acknowledges the health value and importance of some of our national favorites, such as candy, ice cream and the soft drinks which are so popular everywhere. These are all ready sources of blood sugar, fuel, energy, body warmth, stamina and, yes, courage or pluck.

Last year blood tests of marathon runners at Boston showed that the runners whose blood sugar levels remained near normal made the best showing and finished the race in the best order. While runners who fell out in collapse or coma presented striking reduction in the blood sugar level. The physicians who made the observations were inclined to think that such runners, or indeed anybody engaged in prolonged endurance tests, would stand the staff better by carrying some form of sugar and eating it along the way.

This year this deduction was put to the test with the American marathon runners at Boston, by giving selected runners a large amount of carbohydrate food the day before the race (carbohydrate is any form of starch or sugar) so as to increase their storage of blood sugar or glycogen, and each runner was supplied with candies (each piece of candy contained less than a teaspoonful of glucose), which he was instructed to begin eating as soon as he experienced exhaustion, besides at stations 14 to 18 miles along the course runners who gave up from exhaustion about that distance were given tea containing a large amount of cane sugar. All of these runners finished in better condition and nearly all made better time in the race than they had the previous year, and most of them attributed their better running to the candies.

QUESTIONS AND ANSWERS Off With the Band Is it necessary for a baby to wear the belly band for a year? I have been told it is, though I supposed a few weeks was enough. Should a baby aged 5 months and weighing 15 pounds drink only fresh milk, or is malted milk as good (Mrs. K. R.)

Answer—The belly band or bandage is necessary only as long as a navel dressing is necessary. It is hard lines for the baby, if mother listens to all the myths and superstitions Ben Todd and Sairo Gamp can spin for her. Fresh milk is always preferable for a baby, if the milk is pure and kept refrigerated. If there is doubt about the purity of the milk it should be pasteurized, par boiled, heated up to 145 degrees F. and held at that temperature 15 to 25 minutes, then cooled. This kills any dangerous disease germs there may be in the milk. But wherever it is necessary to pasteurize the milk for an infant, be sure to give the infant some fresh fruit juice daily, orange, juice of fresh or canned tomatoes, or any kind of fresh fruit juice from a few drops at first to a few teaspoonsful after the baby becomes used to it. This supplies the necessary vitamins which are destroyed or diminished by pasteurization.

Time Dust I do office work in a building close to a lime kiln and dehydrating plant. When our windows are open much lime dust blows in and covers everything. Is it in any way injurious to a person's health (C. L.)

Answer—No. In fact the inhalation of moderate amounts of lime dust may even be beneficial in certain circumstances.

When May Baby Be Out? How soon after her bath may the baby be taken outdoors? Should a 4-month-old baby be outdoors on a porch in rainy or cloudy weather? Is it all right to keep the baby outdoors at night? Can a baby wear cotton shirts the year around? (H. E.)

Answer—The baby may be out immediately after a bath—why not? Yes, the baby should have her daily outing rain or shine, bright or cloudy. Just use common sense and protect her from rain, strong wind (which makes breathing difficult for a baby) or sunlight shining in her eyes. It is all right for the baby to sleep outdoors nights if mother does. Most babies should have soft woolen shirts and woolen stockings in the winter; cotton shirts and no stockings or only light cotton stockings in summer; no shirt or anything else but a diary for a few hours in the hot part of the summer day.

2 Mics With One Caddy. OAKMONT, Pa.—William MacFarlane's caddy is totting clubs for Roland MacKenzie.

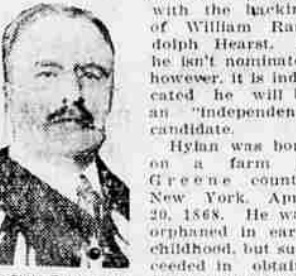
Abe Martin



Next to "magnificent revivals" of Harriet Beecher Stowe's immortal "Uncle Tom's Cabin," nothin' has been footin' th' public as long as regularly as "tax reduction." An another thing that favors Floridy is that feet don't git cold till you git back north.

Who's Who

John F. Hylan. Another chapter in the political career of John F. Hylan, mayor of New York, will be written in the coming election. Refused the support of Tammany, he is running in the democratic primary with the backing of William Randolph Hearst.



JOHN F. HYLAN

Hylan was born on a farm in Greene county, New York, April 29, 1868. He was orphaned in early childhood, but succeeded in obtaining a public school education and also a Bachelor of Laws degree from the New York Law School. Admitted to the bar in 1897, he began practice in Brooklyn.

In 1905 he became a candidate for municipal judge, his first venture in politics. Appointed to fill a vacancy of the judicial bench in 1914, he was elected a judge of the county court in 1915. Having served as mayor of New York City for two terms (1918-1925) he is now seeking the office for the third time. Those interested in the workings of the powerful Tammany organization are wondering if Hylan, with Hearst's backing, will prove strong enough to defeat its candidate, James J. Walker.

Timely Views on World Topics

France Able to Pay 60 Per Cent of Her Debts to United States and England. That France is now able to pay about 60 per cent of her debt to the United States and England is the belief of Lord Bradbury, former British representative on the reparations commission, and considered one of the leading authorities on European finances.

In a recent interview he declared: "With her finances properly and prudently in a managed and with the will to face taxation comparable with that in England, France can undertake the task of repaying the capital she has borrowed from us and America—provided she is given a funding arrangement similar in character but rather more generous in terms than our own engagement with the United States.

Rich in Natural Wealth. "France is rich in natural wealth. She has recovered in a most remarkable way from the war. At least 50 per cent of her war damage is already restored—almost entirely by the savings of her people. The productive capacity which this amazing performance represents is now free either to create new capital wealth or to pay her foreign debts."

With Absence Lorraine. France's wealth today is probably greater than it was before the war. France's capacity to pay her foreign debt out of her own resources is certainly no less



STEVEN FULLER

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Children's Pictorial Cross Word Puzzle



Running Across Word 1. What Georgie-Porgie (puddin' pie) did to the girl in the picture. Word 4. One article a house painter uses. Word 5. The floor of a fire place.

Running Down Word 2. A likeness. "God created man in his own —." Word 3. To choose by vote.

YESTERDAY'S PUZZLE ANSWERED.

Table with 5 columns and 5 rows: K I T T E N S, N O N T A R I O, L U C E R N E



MRS. FULLER

When two-thirds that of Germany. "Even if France receives nothing from Germany, I believe that such payment could be made at less expense to the national standard of comfort than a foreign payment of half as much again by Germany. If France receives a substantial payment from Germany, that, of course, increases her capacity."

"It is necessary for France to set her own financial house in order before she will be able to make payments in respect to her foreign debt on an adequate scale. For this reason I would be contented with comparatively small payments in the earlier years, although I think a beginning should be made at once—rising gradually to full normal payment, say at the end of eight or ten years. Suggests Grosvenor Gates.

"I would be disposed to propose a funding arrangement on the lines of the Anglo American debt settlement, but with a rather lower rate of interest, more particularly in the earlier years. That settlement gave us an abatement, as compared with the 5 per cent basis, of about 28 per cent. The more generous interest rates that I suggest would give France an abatement of at least 40 per cent. I am convinced that France could make such an arrangement with us and one on similar terms with America without risk of exceeding her capacity to make foreign payments.

"I do not believe that such liability would be an intolerable burden even if German reparations payments fell altogether. If the Dawes plan should realize 50 per cent of its former estimate, I believe France would be relatively better than we are."

MRS. FULLER MADE STRONG

Lydia E. Pinkham's Vegetable Compound Helped where Other Medicines Failed

Walpole, N. H.—"I have used Lydia E. Pinkham's Vegetable Compound and find it has improved my health wonderfully. For months and months I was not regular and had terrible pains. They used to affect my side so I could not work. I read of others being helped by the Vegetable Compound, so I thought it might help me. I am very much better now, strong enough to do my own housework, and have two dear babies to care for besides. I tried other medicines before taking the Vegetable Compound, but I was never treated for my troubles. I speak highly of the Vegetable Compound to my friends and recommend it to any woman for run-down and nervous condition."—Mrs. T. H. FULLER, Walpole, New Hampshire.

Over 200,000 women have so far replied to our question, "Have you received benefit from taking Lydia E. Pinkham's Vegetable Compound?"

98 out of every 100 of the replies say, "Yes" and because the Vegetable Compound has been helping other women it should help you. For sale by druggists everywhere.

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GEORGE W. CHILDS CIGAR

Actual Size