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Ye Smudge Pot

Every human is entitled to life, liberty and a cold, and has some.
More of our indigent farmers have hit out for California, with out waiting for the relief in the McNary-Haugen bill.

FRENZY ON THE CAMPS

And then the brave yell-leader began to disrobe! Can you imagine anything less inspiring than a red-faced individual cartwheeling up and down a bench, with his shirt wide open and his shirt tails flying in the breeze?

A SPEECH IS MADE

Fellow Rotarians: As I gaze about me at your honest faces, I am reminded of one of the great eternal truths, that mankind was placed on this earth to replenish it and that womankind was placed here for much the same purpose.

TRouble Found

CHICAGO, Nov. 26.—John J. Siddall, smoking a cigar, opened the hood of his car last night to investigate engine trouble. He was hurled to death by flames that ignited his clothes, the car and the garage.

MUTT AND JEFF—Boosting Mutt's Character Average



Editorial Correspondence

SAN FRANCISCO, Nov. 25.—Traditions die hard. There is a deeply established tradition that Pop Warner is the foxiest football coach that ever sprang a victory from defeat. The tradition harks back over 26 years to that famous game in Cambridge, Mass., when Pop defeated Harvard by instructing one of his Carlisle Indian backs to shove the football under his jersey and tramp down the field to a touchdown.

Pop Warner is a fox—the foxiest coach in the game! But it was not his foxiness that saved Stanford from one of the most humiliating defeats in its recent football history yesterday afternoon. That tied score was not the result of out-cunning the opposition, or pulling a strategic coup d'etat in the final minutes of play.

These two men tied that game, and but for a jangled pass from center Davidson which brought it tied by playing super-football—perfect football, both from the standpoint of strategy and execution. The pre-California sport writers in San Francisco aptly were writing about how lucky that pass over the goal line in the final minute of play was—and to the title of "Pop" Warner are adding "Lucky Strike" Warner.

Warner had nothing to do with it—unless one believes prayers from the sidelines are factors in football results—and luck had very little to do with it, for we had our field glasses on that play—it was executed directly in front of us—and we think we know something about it.

A minute to play! Score: California 13, Stanford 7. Fourth down—8 yards to gain. There was only one thing to do. Every man on the Stanford team knew it; every man on the California team knew it; every football fan in the stadium knew it. It had to be a forward pass.

But here is where Simpkins came in. The pass before had been sent to Davidson, Stanford's sub left end, and had been knocked down. Davidson, was, therefore, a marked man. As Simpkins ran back for the pass, cleverly eluding the charging Bears, Davidson started out with his hands in the air to one side, while Frentrup went straight down the field, head down, remaining low, attractive as little attention as possible, making a feint toward the California team lines.

Luck? There was no luck to it! It was super-football—the inspired football—the best example of defeat turned into a victory—at least a moral victory—by apparently perfect individual play, we have ever seen.

From the start of the second half they played literally matchless that ball from the sky. Frentrup and Simpkins—these two men saved the day for Stanford, and to them—in our judgment at least—all honor is due. They made the first touchdown—they made the second—and between them in that second half they gained a total of 61 yards—more than twice what all the other Cardinal backs gained in the entire game.

More Light.
MURMANSK, North Russia (A)—The squawks of North Russia, who bristled their long arctic night by burning their fat and grease, will soon know the joy of electricity. A powerful hydro-electric station is to be built on the Kola river, north of the Polar circle, on the Kola peninsula.

Hot Dogs Save Life

BERKELEY, Calif., Nov. 24.—Hot dogs saved a girl's life today.

Mrs. Clare Wagner, 18, ate hot dogs and then drank poison. Physicians who used a stomach pump to remove the poison, said preparation of the hot dogs in her stomach saved her life.

Personal Health Service

By WILLIAM BRADY, M. D.
Signed letters pertaining to personal health or hygiene, not to disease diagnosis or 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. Signed letters should be made as queries not correspondence to the author, Dr. William Brady, in care of this newspaper.

VARICOSE VEINS AND HOW THEY HAPPEN

And yet we cannot arbitrarily specify the cause or causes of varicose veins. Among the generally accepted views are that man's upright posture, the superficial situation of the long veins (little muscle support), prolonged standing, habitual standing in a slouchy posture, and constriction of leg or of the body by clothing, are common factors of this troublesome condition. Formerly women were more frequently afflicted than men; today there seems little difference, or at least women now are comparatively less susceptible, perhaps due to better physical education and more hygienic habits of dress.

Of one thing we are fairly certain. Active daily exercise, say a six mile walk at a fairly brisk pace, is beneficial to the circulation in the veins. There is a good reason in hygiene and every reader should tuck it away in his mind, whether he is particularly interested in varicose veins or not. Slouchy or relaxed sitting posture, prolonged standing, predisposes to varicose weakening of the long veins; yet active muscular exercise such as walking or running or dancing or rope skipping or bicycling or riding or skating or climbing stairs, tends to prevent such trouble and in the early stage tends to cure it. How come? During exercise the muscles contract and relax, thus pumping the blood along toward the heart thru the veins; during prolonged standing the muscles relax, so there is no pumping effect, and indeed the muscular contraction prevents the blood from draining from the vein almost as much as gravity does.

Anyone whose occupation requires prolonged standing should be nervous about it. That is, don't stand dead in your tracks; keep moving. Never mind if you make your feet and your customer and your boss keep hopping or skipping about or rising on your toes and then on your heels, rocking, balancing, toeing in, toeing out, going bowlegged then knock-kneed, or doing a wee bit of a dance. If you haven't the nerve to be nervous, then the next best scheme to save your veins is this: Every hour duck over behind the counter or behind the bar, get down on your back, lift both legs to vertical and actually or in imagination juggle a football with your toes for one minute.

Where there is no convenient letter file or counter provided for this, the next best thing you can do is to slip out in the corridor and roll your feet and legs on a long, soft rug, or a few plain, longer, suits. This should take no longer than a minute, and it is not stopping, really, for you will do better and more work with the aid of this medicine.

We mentioned constriction of leg or body by clothing, as one factor of varicosities. This means not only tight garters around the leg, but high shoes and belts or corsets. In my own opinion—I do not know whether this is shared by many physicians—any belt, girdle, corset, brace, harness or supporter, worn around the waist or upon the belly, predisposes to varicose veins, unless these articles necessarily interfere more or less with normal and unobstructed breathing, which is belly breathing, not chest breathing.

QUESTIONS AND ANSWERS
Queer Advice
I have been advised to change climate to a warm dry place with as few changes as possible. Can you advise me where to go or what I can get weather charts for that territory? (S. C.)

Answer:—My advice is that such advice is queer advice. I advise you not to follow such advice. If your adviser is qualified to give advice about your move or where you should also suggest peaceably where you should go. Arizona, New Mexico and southern California have a climate that as nearly approaches the ideal you seek in any part of the country. Once more I advise you not to consider any change of climate or residence unless it is specifically recommended by your physician.

Good Old Butter Milk

We are great lovers of butter milk at our house. We prefer it to sweet milk to drink. We understand it contains the same amount of protein and lime as whole sweet milk. Is this correct? (G. H. H.)

Brain Gems

Will you please give your recipe for brain gems, to oblige an old, too careless reader. (L. B.)

Answer:—One egg, well beaten; a pinch of salt; butter size of walnut, melted; one cupful each of sweet milk, wheat flour, wheat bran; teaspoonful of baking powder. Bake in gem tins. Famous for holding the hired man. But if you want to hold any man for life, just try feeding him some fried corn meal mush with his coffee one of these crisp, mornings. Should the gems fail to produce the desired reaction, the printer has probably added something, or omitted something from the recipe. There should be seven (7) items in the recipe as right. I'm a wise kid now and I never warrant any formula or recipe to be as I write it. These printers do some terrible things with my prescriptions.

Rippling Rhymes

By Walt Mason.
HELPING OUT
I take a pail of codfish balls and sundry ribs of beef, to James B. Jinks, whose sad plight calls for comfort and relief. He has been ill for many weeks, his savings all are blown, and every sentence, when he speaks, is sandwiched with a groan. But when a kindly friend appears, a pail of grub in hand, he wipes away the caustic tears and smiles to heat the hand. "I'm pinning in these weary halls," he says, "day after day; and how I long for codfish balls no doctor can say." But better than those tempting things it is to see a face that's full of sympathy, by jings, around this dismal place." He's roundly smiling as I leave, and I am smiling, too; as on my homeward way I weave, I chorise and I coc. To do a little good on earth, however small it be, is sure to stir one's soul with mirth and fill a day with glee. Sometimes when people pass the hat I show a face of stone; I say I am no plutocrat, I need what coin I own. I talk about the huge demands upon a voter's roll, how there are always outstretched hands of people in the hole. Now what I say is strictly true, and I am not to blame; but having failed of coming through, I feel a blush of shame. It doesn't fill one's breast with pride to save ten cents today; the passers of the hat, denied, go mournfully away. But every time you give you feel you have not lived in vain; you give a hungry man a meal, a pill to soothe his pain. You give wherever there's distress, whatever you can spare, and in the purest happiness you straightaway have your share.

Quill Points

Well, the farmer is relieved. Clothes "make" the man. Bull markets: One that drops only enough to make \$3,654 new-bleeders to use the old car another year. Anyway Al will be immortal as the first Democrat who wouldn't sleep at it just for the fun of fighting. Since it uses the other kind of powder, perhaps a peace pact means a compact.

You needn't be a fundamentalist to believe an ass talked in bible times—not if you have a radio.

You can recognize the farm belt. It hasn't been let out a couple of notches. Enforcement might try to settle down in the pinches, as pitchers do, instead of letting the pinched settle up.

Stranger how old words retain their meaning. Even in the beginning "candidate" meant white or pure.

Americanism: Riding in a closed car, buying an exerciser and a violet-ray lamp to take the place of a walk in the sunshine. It will be nice if government doesn't meddle in other business more than it does in the criminal's.

High-pressure salesmanship consists in sending undertakers limousine literature when a gang leader is humped off.

When it was a new thing in anti-American propaganda, recipients of these unwhimsical attentions were inclined to be a bit worried as to what it was all about. Experience has taught them, however, that more often than not the row may have been secretly inspired by high authority for various reasons. For one thing, it gave opportunity to exhibit high zeal in suppressing the demonstrators. Such action might have a sort of beneficial boomerang effect by way of evidencing official friendship for Uncle Sam.

Gas Price Study

WASHINGTON (AP)—Aroused by the continuous increases in the retail prices of gasoline, the Royal Automobile club of Italy has announced it will study factors entering into the actual cost of gasoline from the time of its purchase in the producing country until it is delivered to the consumer in Italy, the department of commerce has been informed.

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By BUD FISHER



Ye Poet's Corner

Individuality.
Of all the people on earth we find No two alike in face, form or in mind. Some are cultured and refined. Others to courtesy remain blind. We have people with hearts of gold. Most self-sacrificing to behold; Some genius with a noble skull. The bright, indifferent and the dull.

Every person has traits his own. In face and figure it is shown. Hereditarily and environment. In each personality gives vent.

This universal creating laws Are everlasting of various cause. This creating force has furnished indeed, For each such body to express its need.

A specific character for each. Until we finally perfection reach. Reincarnation is the driving force. Of evolution on its upward course.

A genius is not born by chance. We shape our life course in advance. If there were but one kind of force, All men would be alike, of course.

We can make our future life what we will. Whether it be happy, prosperous or ill. It is the lay everlasting, divine, Individuality in design.

It would be wicked to blame God. For lack of character, or the paths we've trod; As we see so shall we ever reap, Now shaping our future to laugh or weep.

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