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QUILL POINTS

Realism in literature is just a business of showing the seamy side and pretending it's the right side. The only sane objection to the inferiority complex is that it doesn't affect the right people. There's another fine thing about science. You can put its ideas over without eloquence. What our South American policy seems to need is more latitude and less platitude. One reason why a man can't overcome temptation is because he is worn out by the time he catches it. If a squirrel has a sense of humor, it must tiele him to see a hunter clap his hands to the place where another hunter's shot went in.

Peace hath her victories. A bull market makes almost as many upper-class families as war profiteering made. Sound-effect movies have good points, but you can't watch the man in the orchestra swallow his trombone if the picture is bum.

It is dishonest to take your plots from recent publications. Take them from Dumas, as the great writers do.

Americanism: Making more money to keep up with expenses; making more expenses to keep up with the money.

It's strange how hidden meanings of the law are revealed in the light of a million dollars.

The accordion is one of our oldest musical instruments, but it complained that way even when it was young.

"The radio has made us music-wise." It has, indeed. We can hear a new composition and recognize the ten old-timers from which it was constructed.

If he tells you "creative work" is more exhausting than physical labor he means he works about two hours a day.

Let's look forward to Easter. It's one occasion we can observe without sighing: "Thank heaven, it's over!"

There's good in all things, and those little breaks in the market kept many a man from lying about his 1928 income.

American men wouldn't get many more divorces if they were to be had for the liking. Their love may be cold, but their feet are, too.

There's one consolation. If the next war is fought in the air, there won't be so awful many war movies afterward.

Correct this sentence: "When I talk about economy," said he, "my wife never thinks I am reproving her."

SUPREME COURT FLAYS OFFICERS OF COOS COUNTY

SALEM, Ore., Jan. 15.—(AP)—Methods used by Coos county authorities in obtaining from Robert Green a "confession" that he killed Caleb Green, his neighbor, are scored in an opinion of the supreme court today, which, for the first time in years, reverses the case of a man sentenced to be hanged for first degree murder. The case was remanded for a new trial. The opinion was written by Justice Bell. The methods used against Green says Justice Bell, belong to a darker age. The "confession" obtained from Green was admitted in evidence by the court. The supreme court holds this was error. When the authorities failed to obtain a confession from Green a detective in the guise of a "bank robber" was placed in the cell with him. "This detective," says the opinion, "represented to Green that all that was necessary to get out of his trouble was to bribe the district attorney, that he expected to admit his guilt and pay \$2000 to the district attorney and be released." The detective, it is stated, was released, then returned to the cell

SPORTING WRITER TRAPPED BY FIRE FROM OIL BURNER

CHICAGO, Jan. 15.—(AP)—Fred A. Hayner, nationally known sporting writer, was burned to death last night in a mysterious fire that destroyed his home in Lake Forest, North Shore suburb. Hayner, on the staff of the Daily News of which he once was sporting editor, went to the basement of his home to adjust the oil-burner heater. He was trapped by a sudden flare of fire that a moment later swept up through the first floor. Mrs. Hayner and their sons, Francis, 14, and James, 12, escaped, the children being taken from their smoke-filled room after Mrs. Hayner had run out. Hayner's body, badly burned, was found face upward in the debris in the laundry. Hayner, besides being an authority on sports, at one time was well known as a football referee. He was 52 years old. He then offered to furnish Green \$2000 to an likewise. Green accepted the offer. No decisions pertaining to Jackson county were handed down.

MUTT AND JEFF—The Only Way to Have Peace Is to Fight for It



Personal Health Service

By WILLIAM BRADY, M. D. Signed letters pertaining to personal health and hygiene, not to diagnosis or treatment, will be answered by Dr. Brady if a stamped, self-addressed envelope is enclosed. Letters should be brief and written in the large number of letters received, only a few can be answered here. No reply can be made to queries not conforming to instructions. Address Dr. William Brady, in care of this newspaper. EATING LATE—SAY AFTER FORTY

That fine old maxim about going to bed with the chickens and getting up with the milk men is now thoroughly defunct and there isn't even an argument about it. It is repeated and recopied by science, common sense, the forward progress of civilized life, and ought to be revised to read: 'I seriously regret to advise you that the night air boggy as to argue that health is promoted or ill-health avoided by the practice of going early to bed and beating the sun up in the morning. I seriously believe that if business and professional people, or, in other words, people who live by their wits and do no honest work, were to follow the quaint regimen and creep into bed shortly after dark and crawl out in the crabbid dawn, few of them would live to see 40, much less struggle with the eating question afterward. Practically all the healthful recreation or exercise people of this class get is in the shank of the evening, and if they were to cultivate the habit of snoozing through the dinner hour they would succumb to the humid equivalent of dry rot.



Late suppers are just as ruinous to health as they ever were for folks past 30. Even though the gorge be satisfied to wholesome foods it represents just so much excess nutrition, and that is the one thing most slackers over 40 do not need, no matter how much they think they want it. For the youngsters, however, the bedtime lunches or snacks or even a hearty dinner just before retiring, may be approved as generally healthful.

In the first place, digestion proceeds most naturally and undisturbed while you sleep. Nor does any proper food taken late at night conduce toward unrest, insomnia or nightmare. It is the error of going to bed with a full stomach, and the stimulants in connection with a late supper, such as coffee, or narcotic such as alcohol or tobacco, that accounts for the disturbances of sleep commonly ascribed to late eating. Of course if an individual is also over-weight, over-eaten, and is in a superfluous stock of fuel shortly before retiring, some rebellion by outraged nature is to be expected. But folks under 40 have no excuse for being that way.

Now I must say something that pains me as much as it will any reader over 40. Irrespective of the sensitive sighs of the girl who would like to have the fingers of her husband admitted in the halcyon days but manfully profess to deem not so lovely now, our main trouble is the cursed carbohydrates. It seems that every path of investigation of the infirmities and sorrows of middle age and after skirts in and around the hateful thought of cutting down the carbohydrate ration. That covers about everything which is good to eat when you are hungry—bread, taters, pudding, pie, candy, ice cream, suet, lasses, syrup, fried corn meal mush—I can't go on, with fried corn meal mush and old-fashioned lasses, on it ruthlessly out of the picture.

The latest sad news comes from the British front in the Himalayan mountains. Observation and study carried on there by McTearson indicate that a deficiency of Vitamin B and Vitamin C in the American diet has considerable to do with the excessive prevalence of gastric ulcer, appendicitis, galestone disease and colitis in this country, and worse still our excessive carbohydrate indulgence contributes toward the same sorrows of middle age.

QUESTIONS AND ANSWERS Does canned grapefruit juice contain the same vitamin as fresh grapefruit or orange juice? Which is better for the health, orange or grapefruit. (C. R. S.) Ans.—The canned product contains some of the vitamins but not as much as the fresh juice. Orange and grapefruit and lemon are equally healthful. Orange contains more sugar and is more nutritious than grapefruit.

The Humid Season Before the Drought I dampen my hair every night. I have heard this rote the rote. Please advise me whether it is an unwise practice. (E. J. A.) Ans.—The only objection to wetting the hair habitually is that it tends to remove the natural sebum or oil. If you hair is at all dry, brittle or lustreless, better stop wetting it and use some oil. Send

Next-to hat store lookin' glasses nothin' so effective as a wedge o' mince pie when it comes to takin' 'er conceit out o' people who feel as young as they ever did. The radio is a wonderful contraption fer isolated folks who've been shuckin' corn an' millin' all day, but the jokes takes us back so fer.

Correct this sentence: "When I talk about economy," said he, "my wife never thinks I am reproving her."

Brisbane's Today

(Continued from Page One.) His father was assassinated, he wants to live, and passes the throne to his brother Inayallah. Those who believe it possible to change the habits of millions by writing a Volstead law, take notice. Bootleg statistics show that it is, at least, difficult. In New York yesterday, with temperature 7 degrees above zero, a man died of cold. That will amuse the Eskimos and Mr. Nurni, who runs rapidly. In Finland, where he was born, the temperature drops to 50 degrees below zero. California, Florida and the Gulf Coast will be interested. Newspaper publishers learn, with interest and without grief, that increased newspaper production in Canada has caused a drop in prices of \$10 to \$15 a ton. Newsprint producers say reduction of output, or price war, is inevitable. In 11 years Canadian production has risen from 689,847 to 2,000,000 tons a year.

NEW ORLEANS, Jan. 15.—(AP)—Isaac Lehman, representative of a New York cotton gird manufacturer, arrived here today with a report that Americans and other foreigners were being Spanish Honduras in expectation of a revolution.

DOZER KILLED. PITTSBURGH, Kan., Jan. 15.—(AP)—Frankie Civalda, of Kansas City, died in a hospital today of concussion of the brain received in a boxing contest here last night.

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JOINT MANEUVERS OF BATTLE FLEET WITH AIR ARMADA

SAN DIEGO, Cal., Jan. 15.—(AP)—Carrying the mightiest air armada in the world, the battle fleet will steam from the San Diego-San Pedro area for Panama today for joint maneuvers with the Atlantic fleet and with the army, in the vicinity of the canal zone. More than 200 planes of the most modern type none more than nine months old, are to go with the fleet, which in itself numbers approximately 80 surface and submarine craft of all types. The giant air carrier Saratoga and Lexington are taking approximately 170 of the planes, the rest being planes carried by the battleships and cruisers. Included in the aerial fleet now assembled are 20 Boeing fighters, 26 Martin torpedo planes and 44 Vought Corsairs. All are equipped with air-cooled motors and embody the last word in aerial engineering. Some of the planes have only been received during the past week, notably some of the Corsairs, and a large new Sikorski amphibian. A dozen battleships, an equal number of submarines and their tenders and about 40 destroyers, together with tugs and other auxiliaries, will steam from the rendezvous off the coast today. The destroyers and aircraft tenders will assemble in Coronado roads, joining with the battleships and fleet train early this afternoon for the trip south. Never before, navy men say, has such an array of ships and such a formidable air force been gathered together.

REPORT BOOTH AS REFUSING RETIRE. LONDON, Jan. 15.—(AP)—It was stated in well informed circles this afternoon that General Bramwell Booth's reply to the high council of the Salvation Army was a refusal to retire.

SOUTHWOLD, Eng., Jan. 15.—(AP)—The strain of the past few days is reported to have affected the condition of General Bramwell Booth adversely and he has suffered a minor relapse which is leaving him a decidedly sick man at the present time. Mrs. Bramwell Booth left Southwold by automobile at an early hour this morning in a blinding snowstorm to drive to Sunbury leaving behind an anxious household watching at the general's bedside, anxious not only because of the strain on the general but because of today's fateful developments at Sunbury which bear so importantly on the army's future and the connection with the Booth family with the organization.

COLUMBIA VISION. PORTLAND, Ore., Jan. 15.—(AP)—The picture of great barge lines in service on the Snake and Columbia rivers was presented by speakers here last night at a meeting of the Columbia Navigation committee of the Pacific northwest.

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EGGS AND BUTTER HOLD FIRM TODAY, FAD HURTS SPUDS

PORTLAND, Ore., Jan. 15.—(AP)—Eggs and butter today graded held at Monday's prices, while firsts in butter went up one cent to 42. Poultry and other meats were stationary. The fruit and vegetable market was topsy-turvy. Potatoes were plentiful, but buyers were reluctant and prices were stubborn. Approximately one-half of the Oregon production remains on hand, according to dealers, and mainly because the feminine population has enlisted in a fat-reducing movement and have marked the humble tuber as an arch enemy. The vegetable figure is being maintained at the expense of the potato grower, merchants declare. Onions are still looking skyward. When present stocks are exhausted dealers predict the retail price may range as high as 10 cents a pound retail. Lettuce and spinach are likely to experience a falling off in favor, because recent frosts in California are reported to have made the quality poorer. Cabbage is likewise going up because of its scarcity.

SALEM, Ore., Jan. 15.—(AP)—Members of the Oregon Militia were showing their first signs of serious disbanding this morning as the session swung into its second day and there were prospects of an eruption of the floor of the house over the patronage issue. Proceeding under a prearranged understanding between the senate and house leaders a plan to consolidate some of the important committees of the two houses to accomplish economies in clerical hire had united some headwinds yesterday when it was discovered by some of the members that practically all their usual patronage was being taken away from them, and that there was nothing they could do for the 150 or more girls and women who besieged them for jobs.

Members, inquiring about to see what they could do for jobs, friends, noted that distribution of the limited patronage under the consolidation plan, rested almost wholly in the hands of two or three committee heads. The protest raised during the late-afternoon and evening yesterday had, in the opinion of senate and house leaders, practically scrapped any hopes of consolidation the bills and enrolling and enrolling committees, which provide most of the patronage.

CAMEL CAPTAIN DEAD. MELILLA, Morocco, Jan. 15.—(AP)—The captain of the native camel corps is dead—drowned in attempting to catch the regimental mascot monkey. Adolfo Poliffo fell into a well where the monkey had hidden.

THE MARKETS

SAN FRANCISCO BUTTERFAT. SAN FRANCISCO, Jan. 15.—(AP)—Butterfat, f. o. b. San Francisco, 50c. Livestock. PORTLAND, Ore., Jan. 15.—(AP)—Cattle and calves steady; no receipts. Hogs, steady; receipts 189. Sheep and lambs, steady; no receipts. Produce. Wholesale prices; butter steady; firsts cent higher; other quotations unchanged. Prime firsts, 42c; firsts, 45c. Eggs and milk steady and unchanged. POULTRY—Steady; springs 21 @24c. Other quotations unchanged. Medium hens, 3 1/2 to 4 1/2 lbs., 21c; light under 3 1/2 lbs., 18c; springs, 24c. Onions, potatoes, wool, nuts, hay, cascara bark and hops all steady and unchanged.

Wall Street Report

NEW YORK, Jan. 15.—(AP)—The market was knocked from under several of the high priced issues late in the session when general selling was precipitated by a jump in the call loan rate to 9 per cent. Wright Aero fell nearly 15 points, while Allied Chemical and Curtiss tumbled about 5. United States Steel, Packard Motor, Montgomery Ward, National Bellows Hosiery and Commercial Solvents all lost 2 to 4 points. The closing was heavy. Total sales approximately 3,800,000 shares.

SAFE FOR CHILDREN'S COUGHS—CROUP

Thousands of mothers everywhere rely upon Foley's Honey and Tar Compound to relieve their children's coughs, stuffy wheezy colds, trouble-some night coughs, and, above all, of frightening croup. Always reliable, Foley's Honey and Tar Compound quickly cuts the choking phlegm, clears the clogged throat, and turns a suffering, choking child into an easy-breathing, quietly sleeping little one. Rely upon Foley's Honey and Tar Compound, and you will not be disappointed. Ask for it. J. B. RICHMOND & SONS, DISTRICT STORE, Corner Main & Central.

WARREN NURSERY

1325 Third Ave. Seattle, Wash. Mail this coupon with 10c coin or stamps to cover packing and mailing costs, and I will send you three of my choicest Gladiolus bulbs, guaranteed to bloom in three different colors in 90 days. Also a free coupon good for one 25c package of my new and most beautiful fragrant Chinese Begonia seed, with my Spring Bulb and Seed Catalog.

Pantorium DYE WORKS

612 AND HOLLY STS. PHONE 244 A COMPLETE CLEANING AND DYEING SERVICE

LOOK! ITS COMING! WITH ROSA

SUNRISE WITH JANET GAYNOR GEO. O'BRIEN THUR., FRI., SAT. HUNT'S CRATERIAN

By BUD FISHER