

Free Movies at 1 P. M. Will Open Saturday Cooking School

Colonel Voorhies Finds Classmates at Hearing

By John W. Kelly
(In Oregonian)

WASHINGTON, D. C.—Members of the board of army engineers glanced at Gordon Voorhies, pear grower of Medford, when he appeared before that body to argue the improvement of Crescent City harbor. The engineers swept him with their eyes and became riveted and wide open as they fastened upon a ring the orchardist wore. There could be no mistaking the ring. There is no other design like it in the world and no one would dare wear the ring unless entitled to. The army engineers took a closer look at the man from Oregon, all except the chairman, General Deakins, and then they unconsciously looked at their own ring fingers. Same ring on the engineer's finger as worn by Voorhies. When the hearing was over there was much hand shaking and back slapping.

Like the board of engineers the Oregon pear grower was a graduate of West Point, and wore the West Point ring. The chairman of the board, General Deakins, was a classmate of Colonel Voorhies—class of

191. Following his graduation from the Point, Colonel Voorhies was sent to North Dakota, which was still Indian country, and had charge of Indian scouts. After the Spanish-American war he left the army, located in Portland and later became one of the pioneer orchardists of the Rogue river valley. He still operates an orchard of 95 acres and shipped 26,000 boxes of pears last year. His income tax statement was welcomed by the department of internal revenue.

Colonel Voorhies regards himself as a farmer, but he does a business that would make the average businessman feel happy. Still having his military bearing and still slender from his experience as a cavalry officer, the colonel weighs only five pounds more today than the day he was graduated from West Point.

After his appearance before the army engineers, the colonel went to the Army & Navy club. Nestled down in one of the large chairs he found his first cavalry instructor at the Point. Here and there in the club lounge the man from Oregon discovered other officers, almost all on the retired list.

liberal serving for main part of meal.

Classification No. 3—Energy, heat. We need starch in moderation—properly prepared and properly cooked. Starch poisoning (or acidosis) is America's most prevalent disease because of overeating of starch and sugar. Grain alcohol is made by a process of fermentation not unlike the process within the digestive tract. This explains why we have the habit we can't give up. Starch and sugar together is a bad combination. In baking use honey, maple sugar and dark brown sugar. Starch and sugary foods must be eliminated in cases of pyorrhea.

Note—If you have any questions you want to ask or if any of the suggestions given here are not clear I will gladly answer them, either in this column, without names or direct, if you will send a stamped return envelope to me, care of this newspaper.

TEAR GAS TOO HARSH FOR AUSTRALIAN COPS

CANBERRA, Australia (AP)—The Australian minister for customs has prohibited the importation of tear gas or its apparatus.

Following communist riots in several states, the police suggested that tear gas might be a better weapon than clubs, but the minister who is a leading pacifist, said tear gas was too warlike.

cek, former Johnstown, N. Y., clergyman, in his \$50,000 breach of promise action against Betty Randolph, former Follies girl.

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FORMER CLERIC LOSES SUIT FOR HEART BALM

NEW YORK, Oct. 23.—(AP)—A jury today refused to grant damages to the Rev. Bartholomew J. Chuda-

FOOD CHATS

ETHEL M. HALL

All foods are good. In this column we have talked of food combinations. To select our foods we need a schedule or a division of foods from which to select our own needs. As I said before, all foods are good—wrong combinations are the chief cause of dietetic errors.



To begin with, know the classifications of foods and know the foods belonging to each classification then your combinations will take care of the rest. This is not complicated or hard to understand—it means a fruit breakfast, a starch luncheon and a meat dinner.

Foods are divided into three classes:
No. 1—These foods, which act as antiseptics, eliminators, laxatives and purifiers, are such as raw fruits and cooked non-starchy vegetables.
No. 2—These are the foods which build or rebuild the body and are known as building foods—such as

lean meats, fish and legumes. (Legumes are dried beans, dried peas, lentils and peanuts).

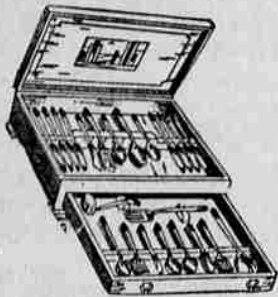
No. 3—These are the foods which supply warmth and energy—such as starch, sugar and fat.

Classification No. 1—Raw fruits, non-starchy vegetables contain vital food salts. These salts enter the chemical processes of the body, transforming the foods to heat and energy. Ofttimes fruits and vegetables are looked upon as side dishes when as a matter of fact they contain all the elements necessary for nutrition. Always eat either raw fruits or raw vegetables with a meal to keep staple foods from fermenting, causing toxic poisons.

Classification No. 2—Foods belonging to this class, chiefly lean meats, fish, fowl, game and legumes, build. Chicken and game are easy of digestion. Lamb and mutton are the more digestible. Mutton is more digestible than beef because its fibres are much finer. Veal is considered difficult of digestion because it does not stimulate the flow of digestive juices. Cheese is a meat substitute for those who digest it well. Do not combine with starch. Cottage cheese is the best of the building foods. Eggs—persons of slow digestion and sluggish liver should not eat eggs. Eggs should be combined with fruits and vegetables—not starches. Codding of eggs is best. The peanut is not a nut but a legume and belongs to the dried bean-lentil family. It is a concentrated food and should be used sparingly. Two ounces is a

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