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Ye Smudge Pot

By Arthur Perry

This is FRIDAY the THIRTEENTH. Most people have no luck, outside of being alive, and at large, in spite of all that has happened.

• • •

Mrs. Machine-Gun Kelly, sentenced to life imprisonment, with her bandit husband for kidnaping, has married five times, so her romantic and criminal careers, are cut short at the same time. Press dispatches state:

Her second marriage to Charlie Thorne, a stock raiser, was happy until he killed himself, leaving a note: "I can't live with her or without her."

It is not much of a jump from a domestic wildcat to a kidnaper's chief side.

• • •

Thomas Bradley of the lighthouse, and Delroy Getchell, banker, went riding on a tandem bicycle, into the country, the 1st of the week. Neither had to walk home.

• • •

The Oregon press has ceased discussing the home tax delinquency crisis, to thunder long distance bombardments of the Tammany candidate for mayor of New York City.

• • •

Warring Afghans are said to be poisoning their barbed wire. It is most humiliating to civilized warriors, who are supposed to think of everything. — (Detroit News). The heathen wakes up.

• • •

The tonsorial parlors did not discover yesterday was the anniversary of the discovery of America, until too late to close up until next Monday, in order to properly observe the day.

• • •

Several Nature lovers report seeing "beautiful sunrises" the past week. Outside of a few farmers, there is nobody to dispute their word, as it requires early rising to behold a sunrise. A man might get up before the sun does, to play golf, or shoot a bow and arrow. Police are working on the theory that it is the sunsets, the Nature lovers have been looking at.

• • •

HOW THINGS GO
(Love Angony Col.)

Sir: A year ago I met a charming young girl and I fell in love with her. On her birthday I gave her an expensive wrist watch and last Christmas I gave her a diamond ring and many other things since. In February she took sick and I was at her bedside every day until she recovered for fear she would die. After her recovery I became unemployed and she obtained work. Ever since then she is nasty. She treats me mean and cold, but falls asleep on my lap every time I see her. I walk about 25 miles a week to see her. Who has had such an experience? Benny.

• • •

The law has frowned officially upon the slot machines, so on and after Monday next, it will be unlawful to play them. Many who would not think of throwing their week's wages, at the birds, a nickel at a time, are passionately addicted to endeavoring to wear out the handle of a slot machine. The hope that driving a splinter of wood into the mouth of a slot machine, will curb the gambling spirit is a noble but futile one. If there were slot-machines on the summit of Mt. Pitt there would be players—and, a Klondike rush to get there. Once a nickel is dropped into the maw of a slot machine, it is gone to that hand, from whence no nickels ever return. And, the chances of winning are slightly less than those of the proverbial snowball. The slot machine players are generally suspicious souls, who think everybody is trying to cheat them—but the slot machine.

• • •

Wiglette, the C. Wig Ashpole boy, is now able to sit in a chair, like his Paw sits on a horse.

• • •

Uncle 89, called yesterday. It was his birthday. He feels as old as he ever did, and, is opposed to the flight of time, rheumatism, toothache, and the inability to eat roasting ears.

Factory ships operating in the Antarctic have a capacity for cutting up and boiling down twenty whales each in 24 hours. There are 18 large factory ships in the fleet.

Preparing for a Home

THE Medford Parent-Teachers have started a series of radio studies, conducted by O. S. C. on the general subject of "The Developing Home."

This series stresses not so much the teaching of the children as the teaching of prospective parents. The next subject, on October 23d will be "When He Comes a Courting;" following that will be "Marriage;" and with a VERY proper sequence, "Planning for the Family," and "Getting a Start in Life," etc., etc.

An excellent idea. Needless to say, the home is the cornerstone of society. As the home goes, so we go as a nation.

Yet, in general, it has been the last thing to prepare for. We prepare for business, we prepare for a profession, we prepare for college, we prepare for church, but the basis of it all—the home, few of us actually prepare for. Homes, by and large, like Topsy, "jest grow."

This radio course is designated to correct this habit,—make home planning a compulsory course in education,—for as everyone knows, education does not stop with graduation from school; in a certain sense it only begins then,—and it never really ends.

And the foundation of all good education rests in the home.

Miss Mabel Mack, home demonstration agent, will do the local broadcasting. Parents who wish to listen in on these talks and get the benefit of this service, can learn all the details from her, or from any officers of the Medford Parent-Teachers associations.

The more parents who take advantage of this course, the better for this community and all concerned.

Money,-Money,-Money!

SOME people know all about money,—what its real nature is, its habits; when it's good and when it's bad; what should be done about it when it's the latter; what should not be done when it's the former. They are in short, money-wise, money-conscious.

We envy them, as all people who AREN'T, envy those who ARE. We frankly admit we know nothing about money,—except it's hard to get, harder to keep, and to date and through a very long period, has seemed to work best on a basis of gold.

• • • • •

OUR good friend Mr. J. C. Barnes, knows a good deal about money. He has made a study of money, of taxes and economics, and for the past week or so has been publishing a series of short articles in this paper on the present money problem, and what he would do to solve it.

We have read those articles but frankly don't understand them. We hope others have read them who DO. And we wish some of the latter would write us their opinion of the Barnes' scheme.

To us the articles sound good—particularly the one today on pears, which brings the matter so close home. But we are always suspicious with the way things SOUND in a financial way. Our experience has been the BETTER they sound, the WORSE they are. The more plausible they seem, the more full of holes they appear, when diagnosed by an expert.

Let's hear from some of our other money experts. There are many of them in Medford and Jackson County.

If we can have a real money symposium in the columns of this paper, perhaps a way will be found to make money easier to obtain.

And that is what everyone wants. We have yet to meet a person who doesn't want all the money he can get—LEGITIMATELY, of course! Those who pretend otherwise, are to us at least, always suspect. We have yet to meet ONE whose pretension was NOT an alibi for his inability to get it.

• • • • •

BUT to return to our thesis: Mr. Barnes has told the readers of this paper what he thinks about money; now won't some of the readers tell us what they think about Mr. Barnes?

That's fair, isn't it? Mr. Barnes asked us to give our opinion. We refused. We are often ACCUSED of saying something, ABOUT something we know nothing about; but we have never yet SAID anything about something WE KNOW, we know nothing about.

And we don't intend to start in now.

A Farce

THE disarmament conference is running true to form—only more so. The head of the German delegation has been called back to Berlin, to confer with Hitler the "All Highest," because equality of armaments has not been granted to the Nazis. From this meeting will come the decision whether to order the German delegation to remain at Geneva or call them all home.

It makes very little practical difference, which is done. If the Germans leave, there will be considerable talk at Geneva about concessions to Germany but nothing tangible will be granted. Germany won't get armament equality and Germany knows it. This return to Berlin is all window dressing,—if Germany sticks at Geneva, whatever she does will be the same. Her dramatic exits and entrances are not for the benefit of the allies, but for political affect at home.

• • • • •

AS previously predicted in this column, the disarmament conference is bound to be a flop. There will be plenty of talk, and perhaps a few concessions on PAPER, but actually nothing will be done. If the conference doesn't make a European war more probable, rather than less so, it will be a wonder.

The plain and disagreeable truth is,—while the people of Europe don't WANT war, they are in a state of mind, which will certainly PRODUCE war.

This may sound like a paradox, but it isn't. They don't want war, but they are whipped up to a state of super nationalism, which unless checked, or in some way sublimated, can't fail to produce war.

To hold a disarmament conference in such an atmosphere, is about as sensible as to hold an Anti-Saloon league rally at a bar tenders' picnic!

Only 29.5 per cent of Ohio farms are still on unsurfaced roads, compared with a national average of 70.2 per cent.

Field beans produced the largest cash income of any crop grown on Michigan farms in 1930, 1931 and 1932.

Personal Health Service

By William Brady, M.D.

Signed letters pertaining to personal health and 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 here. No reply can be made to queries not conforming to instructions. Address Dr. William Brady, 265 El Camino, Beverley Hills, Cal.

THE MECHANICS OF RESPIRATION

Drawing air into the chest is the only active part of breathing, the only part that requires any muscular effort—whether it be the ordinary automatic act of breathing of more or less forced conscious or voluntary breathing. Expiration, exhalation or breathing out is simply deflation, comparable with allowing the air to escape from a rubber bag after you have inflated it. By a muscular effort, principally contraction of the belly muscles, one can drive out some additional air after the normal quiet expiration is completed, but this need not concern us here.

Any one who purposes to do the Belly Breathing Exercises in Relaxation should do all his breathing exercise through the wide open mouth. In nearly all cases this is essential, to promote the desired degree of general relaxation.

If we seem to harp on the idea of RELAXATION in these instructions it is because we know that most of the evils of bad breathing are dependent on a kind of muscle-bound state which unwise training in chest expanding breathing has brought upon the victim of faulty physical education. We know, too, that it takes many months of earnest practice to break up wrong habits of breathing and to free the diaphragm even partly from the inhibition of bad breathing habit.

Some authorities would have us think that there are two different types of breathing, both normal. One type they call costal or chest breathing. The other they call abdominal. Some old timers even imagined the costal type was the normal type for women, and the abdominal type for men only. Maybe the high chest type was all a woman could do in the days of iron bound waists but these artificial notions are no longer entertained by physiologists, since wider observation has shown that women not hampered by freak dresses or other restraints breathe as men do. A few quaint voice culture instructors still cherish some peculiar conceptions of breathing, but only a few.

Although one should start the relaxation exercise with mouth wide open, it may well be that after several months of faithful practice one will find it possible to do the exercise as well breathing entirely through the nose in the ordinary way. You can't judge about this until you have learned by long practice how to breathe naturally. Improvement in the circulation and consequent relief of congestion in the nose and throat account for the freer nasal breathing. But no novice should attempt to do the belly breathing exercise except through the wide open mouth in the first six months.

Unfortunately most of us have been brought up to believe it is rather vulgar to have a belly and quite unrefined to let it expand even when one must brathe. Then besides there is the chesty complex, the old sideshow barker's suggestion that a bulging chest signifies great strength, manliness, virility and the like. Both silly ideas combine to keep the front wall of the abdomen retracted or held in, and that false conception is preventing a lot of people from enjoying the health that would be theirs but for their neglected education.

QUESTIONS AND ANSWERS
You Can Breathe Easy Now

What kind of breathing exercise should one take to expand the chest? My chest expansion is hardly 8½ inches. (R. C. T.)

Answer—Never mind chest expansion. That is normal. Send a dime and a stamped envelope and ask for booklet, "The Art of Easy Breathing." It is a mistake to strive for large chest expansion.

Dandruff

Please suggest something for excessive oiliness of the scalp and dandruff.

Ans.—The best treatmen is a systematic application of sulphur cream daily for several weeks. If this seems too much trouble, the next best thing I can suggest is a daily application of a lotion as follows:

Salicylic acid .....10 grains
Resorcin .....10 grains
Toilet water .....One ounce

Instead of your favorite toilet water, bay rum, witch hazel or plain alcohol may be used. If the lotion, a few drops rubbed into the scalp once or twice daily, makes the hair too dry, add a few drops of castor oil to it. Resorcin tends to stain white or blond hair reddish. For more detailed instructions on the treatment of dandruff and care of the hair send a stamped envelope bearing your address.

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Ed Note: Readers wishing to communicate with Dr. Brady should send letters direct to Dr. William Brady, M. D., 265 El Camino, Beverly Hills, Calif.

Comment on the Day's News

By FRANK JENKINS

THE AMERICAN FEDERATION OF LABOR, at its annual convention, adopts a resolution calling for "the utmost endeavor for the protection of education from kindergarten through university."

Labor is intelligent. It knows that ONLY with the spread of education has any real improvement in the condition of labor come about.

—+++—

KNOWLEDGE, which is another word for education, was at first the possession of the privileged few, and was used for the exploitation of the ignorant many.

It was only as knowledge began to spread more widely that any progress for the masses became possible. The free public school is the agency by which knowledge is spread among the masses, and labor is wise in standing solidly behind the institution of the public schools.

—+++—

WALTER NASH, member of parliament from New Zealand, speaking at Calgary, up in Canada, denounces destruction of livestock and crops as a means of maintaining commodity price levels.

He is hitting, of course, at the methods we are following here in the United States under our agricultural adjustment act.

—+++—

DESTRUCTION of livestock and crops, in an effort to maintain something like fair prices, ISN'T particularly intelligent. We might as well admit that.

But farm prices must be maintained at something like the level of other prices or the farmer will be utterly pauperized. He can't go on exchanging a LOT of what he produces for a LITTLE of what the other fellow produces.

Since we don't know any better way to raise the level of prices of what the farmer produces to the level of the prices he must PAY for what the other fellow produces, we must resort to destruction of the surplus in an effort to balance supply and demand.

—+++—

OUR ancestors had corn and WANTED MEAL. The only way they could think of to get the meal was to mash the corn between two stones.

It wasn't particularly intelligent, and it didn't get very good results. But it was the best way they could think of at the time.

At least, it made some kind of meal, which was better than eating the whole corn.

—+++—

IN THE course of time, someone a little smarter than his fellows thought of a better way to make meal out of corn. He hollowed out one stone, thus making a mortar, and then shaped another stone to fit the hollow, thus making a pestle.

The mortar and pestle provided a great improvement over the original flat stones with which corn was crushed. Later on somebody else, smarter yet, thought of the device of revolving two flat stones against each other, grinding the corn between the two and producing a far better quality of meal than had ever been produced before and doing it more rapidly.

—+++—

MAKING meal by crushing corn between two stones was a crude process.

Still, it PRODUCED MEAL, of a sort, and so, while crude it was worth while.

Anything is worth while that betters the condition of humanity.

—+++—

BALANCING supply and demand by destruction of the surplus is likewise a crude process — fully as crude as making meal by crushing corn between two stones.

But if it results in actually balancing supply and demand so that the farmer is able to exchange what he produces for a fairly comparable quantity of what he REQUIRES, it will be worth while.

—+++—

IN TIME, and with growing intelligence, we may be able to proceed from the crude process of destroying surpluses, as a means of balancing supply and demand, to the more intelligent process of enabling everybody to exchange what he produces for a fairly comparable quantity of what the other fellow produces—just as we progressed from crushing corn between two sthones to the modern grist mill.

Colorful Revue Is Featured In Styles At Adrienne's Show

Colors borrowed from autumn leaves and graceful lines dictated by dame fashion combined to make Adrienne's style revue at the Craterian theater Wednesday night an attractive display. Interest centered on sleeves in dresses, smart swagger suits in rich woolen fabrics, and fur wraps.

Among the new shades stressed by Adrienne's models were tile, henna, brick, black and white, brown and red. Each month Adrienne will present a short fashion parade at the theater, according to present plans.

Music for Thursday's revue was furnished by Sebastian Apollo, and beauty operators from Bowman's Beauty shop had charge of makeup.

Woven wire fences 39 feet high to protect a grapefruit orchard from desert winds are being built by a Santa Ana, Cal., grower.

Swedish Massage Hours 2 to 5
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Bacon Squares, lb. - 10c
Bacon Backs, lb. - - - 17c
Bacon, mild cure, lb. - 17c
Fresh dressed Fryers, Hens and Rabbits
Fresh Oysters

DANCE
BALLOON NIGHT
FAIRGROUNDS
SATURDAY
DINTY MOORE'S
LITTLE GIANTS
The Finest 8-Piece Orchestra In Oregon
MEN 35c
LADIES 10c
DANCE

GIVE A MAN A BREAK... AND HE'LL BREAK YOUR HEART!
"Give them everything but love, baby and make that hard to get."—that's the creed of the worst woman on B'way!
Starts Tomorrow, Saturday, Oct. 14, 4 Big Days!
Doors open at 1:45 p. m. Continuous Saturday and Sunday
PLUS PARAMOUNT NEWS "SOUVENIR" "ONE AWFUL NIGHT"
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Singing Torch Songs To Daddies and lullabies to Babies!
Take a Loge Seat—No Extra Charge!
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