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Ye Smudge Pot

The report that a small boy riding his bicycle in auto traffic, had been caught looking where he was going has not been confirmed, and is given no credence.

A bevy of Portland politicians and Orange leaders clustered up a corner yesterday, and the Orange leaders are not in politics, because the Orange constitution forbids it.

The New Deal is fascinating, but there is no sense in being so dazzled by its bright aspects as to forget entirely that it has its sordid side.

Right when the Dean boys were doing their most effective pitching, an outstanding baseball player of the movie colony filled his hide so full of whiskey, the Hollywood police thought he had swallowed poison.

A citizen (not a bandit) was seen coming out of a bank yesterday p. m., with a horse-choking wad of bills in his hand.

C. Strang, the pioneer pilot, has been taking some of his own medicines for a cold.

V. Van Dyke, the mighty hunter, continues to be the target of wise-crackers, from far and near.

"Semiramis was a queen of superhuman beauty, who built Babylon. Once, to quell her rebellious subjects she slipped out of her clothes and came before them without even a brassiere.

The weather has turned off fine for woodyards, overcast sales, and owners of new fur coats.

The football team was defeated, 78 to 0 Saturday. Ye editors boy played and if he can't do any better than that he will have to spend his Saturday afternoons splitting wood.

The mental-unemployment situation here is at its peak. Women fought with the police for the privilege of looking at Mr. and Mrs. John Jacob Astor.

CLASSIC MY FOR HAIR. (Albany Democrat-Herald)
Just now, this autumn of 1934, it hasn't rained. Some water has fallen, but that wasn't rain.

McLain Goes North—Leo McLain, deputy United States marshal, left for Portland yesterday by train.

Cheap Politics

POLITICS, politics! Run for office and you are damned if you do and damned if you don't.

Just imagine what a howl there would be from the political enemies of Sheriff Olmscheid, if he had not announced, that \$363 shortage in the accounts of his deputies office.

There would have been an uproar, from Bellview to Table Rock, and front page screamers till the cows come home about the irregularities and discrepancies and deceptions, of the iniquitous Republican candidate.

"Trying to deceive the voters, shielding a guilty employee for his own political benefit, refusing to take the people who employ him into his confidence," etc., etc. Can't you hear that old refrain!

BUT Sheriff Olmscheid DID make the announcement just as soon as a recheck of the special audit, removal all doubt that such a shortage actually existed.

It might have been SMARTER politics to have kept the matter dark until after election. The shortage was, comparatively speaking, a very slight one. In all likelihood no criminal irregularities were involved. Had there been, the loss would not have been a few hundred dollars, but several thousand.

HOWEVER, Sheriff Olmscheid is not that kind of a man. He regards a public office as a public trust. He believes whether a discrepancy exists in his office or some other office, whether it is large or small, the people are entitled to know it, the MOMENT the facts are established. He believes when there is any matter to be cleared up in putting all his cards on the table, and taking the people he serves completely into his confidence.

Instead of being criticized for this forthright and manly attitude the present sheriff of Jackson County should be most HIGHLY commended. It shows him to be an absolutely honest and upright man, a man who can at all times and under all conditions be trusted.

THE attempt now to twist and distort Sheriff Olmscheid's announcement into casting a reflection upon a dead woman's name, is particularly reprehensible. The sheriff was careful to avoid any expression that could be so interpreted.

Naturally he had to state WHERE the shortage occurred, and undoubtedly no one regretted more deeply than he—the fact that it occurred in a department under the control of his most trusted deputy, Miss Olga Anderson, now deceased.

But in this statement he went out of his way to make clear that far from questioning her honesty or capability, he was entirely convinced "further investigation would reveal the discrepancy was due—to an error in bookkeeping, not to any more serious irregularity."

Further he EXPLICITLY stated that nothing at the time was definitely known, EXCEPT that such a shortage existed, which to any fair and reasonable person would clearly show that the matter of personal responsibility was something into which he refused to go!

COULD anything have been more straightforward, clear cut and honorable? And yet because this announcement happens to be made in a political campaign, all the political enemies Sheriff Olmscheid is fighting, all the forces in Jackson County who want to throw him out—including Mrs. Henrietta Martin of the Good Government congress—gather together, and start a drum fire of innuendo and abuse, supplemented by a sob story that would be laughable if it did not involve an incident so deplorable and tragic!

Of course politics is politics. But we make the prediction that this effort to make political capital out of a trusted employee's death on one hand, and a courageous and honest action of a public official on the other, will—as it SHOULD—eventually make votes for Sheriff Walter Olmscheid, instead of taking them away.

A State Bank?

DO OREGON people want a state bank, such as Peter Zimmerman proposes?

Of course it could be financed by taxpayers' money. Any losses through bad management would have to be made up by more taxpayers' money. With millions of public money required for original capital, and with added millions needed to make up for losses, by what tax system would all the money be raised?

There is a measure on the ballot to cut the property tax levy to 20 mills and ultimately to reduce it to 15 mills. It is a staggering proposal, but it has thousands of supporters. Its adoption would paralyze higher education, starve the public schools and disarrange fire protection and police protection and other fundamental service in many cities if not all cities. With state, county, city and school finances thus in confusion and possible chaos, would it be wise to launch out with a state-owned, state-financed and state-operated bank?

And with a state bank once in the hands of politicians, what? Public money loaned to finance the campaigns of a candidate, public money in a state bank to become the plaything and partisan plunder of politics, the plan scarcely seems inviting in a state already so beset and embarrassed by taxes that there is wonder on all sides of what the solution is to be.

Andrew Jackson's exposures of the old publicly conducted bank at the national capital, the revelations of how it influenced legislation and carried on invisible government, would seem to be a warning to all people to keep the banks in private control, under the close scrutiny and regulation of public authority.—Oregon Journal.

Flight 'o Time

(Medford and Jackson County History from the files of the Mail Tribune of 20 and 10 Years Ago)

TEN YEARS AGO TODAY
October 12, 1924
(It was Sunday)

The recent frosts and chilly weather have killed all the flowers in the city.

Prof. Irving E. Vining of Ashland makes big hit with his speeches in Pennsylvania.

TWENTY YEARS AGO TODAY

October 12, 1914
(It was Sunday)
An T. W. W. orator, attempting to hold forth on Haymarket, is quickly silenced and ordered aboard a freight train.

Broken gold mine at Gold Hill to resume.

Editorial attacks "timber trust in Jackson county."

Tax on patent medicines cut from the way bill as "a blow at the poor man's pocketbook."

"All quiet on the western front" reports London and Paris censors.

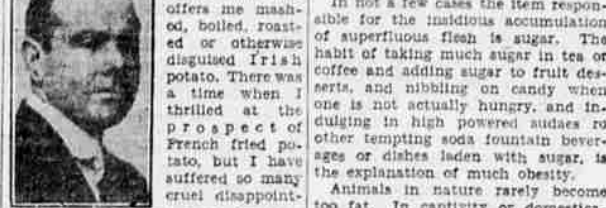
Personal Health Service

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. No reply can be made to queries not conforming to instructions. Address Dr. William Brady, 265 El Camino, Beverly Hills, Cal.

POTATO VERSUS BREAD AND SWEETS

Frankly, I hate the very thought of potato. The most tempting meal conceivable is completely ruined for me if, just as I get set to enjoy it, some miscreant offers me mashed, boiled, roasted or otherwise disguised Irish potato. There was a time when I thrilled at the prospect of French fried potato, but I have suffered so many cruel disappointments in the futile quest for that delicacy that I decline to order 'em that way any more, unless I'm dining at the Buffalo Stealer. Oh, I have no objection about it; I'll eat the skins of your baked potatoes any time, but sometimes—maybe there is an unpleasant association or two in my subconsciousness—I don't care for potatoes.



Despite my personal dislike for potatoes I feel morally bound to pay tribute to the Irish potato as a high grade food staple. Cooked ready to eat potato gives on analysis 75 per cent water, 1.5 per cent protein, 0.1 per cent fat, 20.9 per cent carbohydrate (starch), 1 per cent mineral matter and 0.6 fibre. Compare that with the analysis of white bread: 30 per cent water, 9.1 per cent protein, 1.6 per cent fat, 53.2 per cent carbohydrate (starch) and 1.1 per cent mineral matter, fibre 0.5 per cent.

While it is true that certain persons actually grow fat on potatoes, that is not because potatoes are more fattening than bread, but because these individuals happen to have an excessive fondness for potato and eat extraordinary amounts of potato daily. A pound of white bread yields over 1200 calories, whereas a pound of cooked potato yields only 440 calories. Potato cooked contains more vitamins (A and C) than white bread contains.

So it is no fancy or theory, but a scientific, practical fact, that when one has to restrict the diet as for reduction, it is better to cut down on breadstuffs and sweets and to take potato as the main carbohydrate food. A slice of bread 4 inches square and one-half inch thick yields 70 calories and a ball of butter for it yields an additional 80 calories. A medium size potato baked yields 100 calories, and a ball of butter with it an additional 80 calories. Two slices of toast 140 calories, and butter for the toast 80 to 100 calories.

The items of diet which are chiefly responsible for excess fat are bread, cake, pie, puddings, crackers, cookies, syrups, candies, ice cream, sugar, potato. Potato is the one to cling to when you are cutting down the excess nourishment for reduction or other purpose.

In not a few cases the item responsible for the invidious accumulation of superfluous flesh is sugar. The habit of taking much sugar in tea or coffee and adding sugar to fruit desserts, and nibbling on candy when one is not actually hungry, and indulging in high powered sodas or other tempting soda fountain beverages or dishes laden with sugar, is the explanation of much obesity. Animals in nature rarely become too fat. In captivity or domestication they often do. Not because they don't get enough exercise, but because they live naturally on food as it grows, but in captivity or domestication they are fed with more or less refined food. In the instinctive effort to get what the body requires, they eat too much refined food, and grow fat. This is so simple it seems almost absurd, yet it is, I believe, the secret of the cause and cure of ordinary obesity.

QUESTIONS AND ANSWERS
Please Remember This Is Health Service
Please send me a pamphlet on high blood pressure as mine is very high at times and my head bothers me a lot. (Mrs. C. V.)

Answer—Such trouble is not likely to be from high blood pressure. You should consult your physician, tell him your complaints and let him decide after examination what you need.

Queer Dieting
I have been told that the best way to reduce is to miss breakfast and take a quart of hot water with a tablespoonful of salt in it. (E. G. L.)

Ans.—Ask Ben what kind of cheese the moon is made of now. Mention your age, height and weight, and if you need to reduce I'll send you a monograph suggesting the most healthful way. Incline stamped envelope bearing your address.

Going to Keep It
At last, after five years, we have our baby, and he is the finest... about feeding after I return home. (Mrs. P. A. D.)

Ans.—Send a dime and stamped envelope bearing your address, for booklet, "Baby Book." Nurse your baby, even if you have to supplement with bottle feedings. (Copyright, 1934, John F. Dille Co.)

Ed. Note: Persons wishing to communicate with Dr. Brady should send letter direct to Dr. William Brady, M.D., 265 El Camino, Beverly Hills, Cal.

can't rhyme, makes the most money of all. A comic comedian! Conversation piece: "I can scarcely wait to get home to turn on Radio Valley."

Since the Dillingier flare-up, plastic surgeons of the tenderloin are especially wary of strange patients. They are taking no chances. Two or three who were said to perform facial changes with no questions have closed offices and left precipitately for parts unknown. And the tattoo specialists on the Bowery must refer to police before removing any of their handiwork.

Twenty-five years ago there was not a woman well known in the field of cartooning and caricature. It appeared a creative world for men only. But all that has changed. Some of the most dexterous delineators of the American comedy now are women. The New Yorker introduced many and they include Rachel Wright, Helen Hodgkinson, Alice Harvey, Mary Perry and Beatrice Sherman. Over in England, too, such publications in a lighter vein as Sketch are giving increasing space to the humorous feminine viewpoint.

The suspicious movie first night of Moore's film was the debut of Grace Moore at the Music Hall. It flushed out the Diamond Horseshoe opera crowd in high hats and chauffeurs and the biggest flock of chauffeurs driven limousines since the dollar

A Crowd EVERY Saturday Night CAN'T Be Wrong...

DANCE TILL J'VILLE 2
A Good Town for a Good Time!

RUMMAGE SALE
Will be held by the American Legion Auxiliaries
October 12, Sparta Bldg.
At 3 p. m. and continuing all day Saturday, October 13

We all know that. The evidence is before our eyes every day. But business is better than it was a year and a half ago—whether because of the New Deal or in spite of it we can't yet say. But it is BETTER.

IF IT stays better, we'll all be happy. None of us is going to quarrel with prosperity—no matter where it comes from.

THE most astonishing traveler, to literary folk, is Bob Davis. During his magazine editing days he could not be lured out of the city even for a week-end in the country. For years one of his longest jaunts was to Washington, D. C. When he gave up his editorial task, he began to roam, and in 12 years has been to every corner of the globe. If he stays in town more than a month he becomes crochety and uncompanionable. His pockets are always stuffed with time tables and sea charts.

From a lecture report: "He spoke at length and learnedly of comic rays, and suddenly turned to the topic of newspaper columnists."

That's fitting talk to a higher plane. (Copyright, 1934, McNaught Syndicate, Inc.)

Comment on the Day's News

By FRANK JENKINS

A READER of this column said to this writer the other day: "Why don't you say something about the New Deal?"

By that he MEANT: "Why don't you take the hide off the New Deal and hang it on the fence?"

WELL, there's a reason. Before proceeding to take hides off and hang them on the fence, this writer likes to be exceedingly certain that he is right and that the fellow whose hide is being taken off is wrong.

The right and wrong of the New Deal haven't been conclusively demonstrated—at least to this writer's satisfaction.

INSOPAR as the New Deal undertakes to say that we can vote ourselves right, it is wrong. There is no doubt of that.

WHEN it says, or implies, that every problem we face can be solved by passing a law—that the government can and will do everything and the individual needs to do nothing—it is wrong.

When the government starts doing everything and the individual citizen nothing, national decay begins.

WHEN the New Deal says, or implies, that by tinkering with the value of money we can accomplish all the desirable results in the way of creation of prosperity that in the past have been accomplished by hard work, self-denial and careful planning, it is wrong.

The New Deal, you know, has IMPLIED these things.

BUT when the New Deal says we must and CAN secure a larger measure of rights, comforts and happiness for a greater number of human beings, it is on sound ground.

Just about all the progress civilization has made has been brought about by raising the standard of living and the standards of comfort, happiness and security of the average run of human beings.

One of the objectives of the New Deal is to do just that. It hasn't DONE it yet, but it hasn't had time. We should give it time before we form our judgments as to its success or failure.

ANOTHER objective of the New Deal is to restore prosperity. Prosperity hasn't been restored yet.

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Kleenex.....15c
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35c Vick's Stainless Rub.....25c
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85c Kruschen Salts.....57c
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- 16 oz. Velvet Prince Albert 9c each
69c
16 oz. Granger Union Leader 7c each
63c
16 oz. Bull Durham 5c
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A top grade mash with Milk and Cod Liver Oil
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- 15c Chesters - Camels - Rawleighs - Luckies
13c pkg.—2 for 25c—8 pkgs. 96c—Carton \$1.20

DOMINO The Mild Cigarette

10c 2 for 19c
Let your taste be the judge!
Genuine Leather Cigarette Case FREE with each carton at 95c

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