

RESPECT THE LIMITATIONS OF YOUR STRENGTH

FOLLY OF OVERSTRAIN

Learn to Conserve Energy and Health

BY MRS. McCUNE.

GETS will have to change their sentiments about women if the fair sex continue to prove themselves a hardy lot, willing and able to cope with the big things of life. The wave of preparedness which has swept the country is making all women more or less anxious to get a training along all lines which will prove helpful in time of trouble or of peace. There are many women unfit for the various tasks because they have not strengthened their muscles. Therefore it is quite essential that every woman should go in for systematic training. Until the muscles are sufficiently strong they can not be expected to stand pressure and strain.

In the home the woman has many duties which call for muscular strength. Very few women realize there is a right and a wrong way to do these things. Evidence of this was made plain when the women of England started to take on the work which the men who went off to war left behind. For instance, the women who became delivery girls were all promptly taught that the easiest way to carry a weight is on the head, provided the muscles of the neck and shoulders are strong. This method of carrying will also do much to improve the carriage. At first it may seem rather difficult to carry things in this manner, but it is quite important that you persevere. The method of carrying the burden on the arm and hip is very bad, for it is apt to cause a very marked curvature of the spine. Carrying it directly in front, pulling the body forward, is injurious also and causes the carrier to expend a great deal of muscular and nervous energy on a minimum of useful result. Consequently the carrier will soon grow very tired and will be unable to continue.

If one is not able to carry a burden directly on the head, the next best thing is to carry it above, as shown in the picture. The housewife often has occasion to move furniture from one room to another. The work might as well be done in a scientific way. The upright position of the arms will do much to correct round shoulders, to expand the lungs and generally develop an erect and graceful carriage. Of course, common sense must be brought into play here as well as in anything else. No heavy pieces of furniture should be lifted in such manner. The shoulder and neck muscles are not strong enough to bear the burden they should be developed. A very splendid exercise which will serve this purpose is to walk around the room with the arms held down at the sides of the body. The chest should be thrown out and the head held back as far as possible. This will not only expand the chest, but it will correct improper breathing methods, strengthen the lungs and produce a brisk circulation of blood through the muscles, thus getting them in good trim to withstand any strain put on them.

When a heavier piece of furniture or a cumbersome box is to be moved the best method is to roll it either on casters or on its end. If there is any great need to lift the heavy object you should let the strain fall on the shoulder muscles. Unless you can prevent strain of internal organs you should not attempt the lifting. The gymnast lessons given in lifting are really as practical as any woman should try to avail herself of them if there is any possible way to do so.

At some time or other every woman has occasion to lift something from a high point. It is quite usual to see a woman stand on one foot and reach for the object. This is all wrong. If the object is out of reach a chair or stool can be used. Then if the object sought is large, both hands should be used to lift it down. Girls and women should never strain themselves when reaching down weights from a height by undue stretching upward of the arms and trunk. The trouble is done when the hands are being taken down, internal organs and strains being caused to various organs. While cleaning windows a woman is very apt to stretch far far to reach a certain point on the glass. Instead of doing this the reach should be forward. If the windows are not fitted with pulleys they should be removed from the frame.

When one has occasion to lift a shallow but heavy box from the floor one should get the body into proper position before attempting to touch the box. By setting the feet firmly planted far apart on the ground you have a better base and consequently a better balance. It's the same principle as standing with the feet firmly planted far apart when riding in a trolley car. Now then, when actually lifting the heavy burden, let the strain come on the shoulder muscles.

The principle of leverage can be successfully applied when moving large, cumbersome articles. A crowbar or a heavy pole can be used for the purpose.

The muscles of the trunk and legs should be very well strengthened in order to do the heavy work. There are numerous exercises to be practiced with this end in view. A very beneficial one is to lie on the back with the hands folded beneath the head. Then raise the right leg slowly until it forms a right angle with the body. Now practice with the left leg. Now practice with both legs. As you slowly draw the legs into such a position you will feel the action on the muscles. The movements will strengthen the abdominal as well as the leg muscles.



Never Lift If You Can Roll

MILADY'S BEAUTY

REMEMBER that constant blinking of the eyes causes a fine network of wrinkles around the eyes that massage may not be able to eradicate. This is often only a bad habit, but may be cured by poor eyesight, which needs the treatment of an oculist.

WHEN one is dressed and it is inconvenient to wash the face an excellent lotion to have is 5 cents' worth of boracic acid dissolved in 10 cents' worth of alcohol. This is perfectly harmless and by rubbing the skin well with this, applied with a handkerchief, every pore will be cleansed, and you will look and feel as well as if you had used the best soap and water. This is almost indispensable when traveling.

THE belief that the drinking of water makes fat is erroneous. If one eats juicy vegetables and especially the less sweet fruits, such as apples and grapefruit, and abandons the use of sugar, there will be a natural reduction in the amount of water taken, but one should drink all that is needed to quench thirst.

AWOMAN whose lips are constantly cracked and sore should take an internal tonic, for undoubtedly her blood is too thin. External applications should be constantly used, too, because they are curative and soothing. These lip lotions that are astringent are most beneficial because they dry the sores and hasten the healing beneath the surface. A well-known specialist recommends that when there is the slightest eruption on the lips they should always be bathed with a weak solution of alum water before any other application is made.

EVER since the days of Helen of Troy women with fair complexions have been seeking information as to what will give hair that is naturally light a blond or more golden tint without drying the hair and scalp. Many blonds

wash the hair with a liquid brewed from camomile leaves to preserve the color and brighten the golden tint in the hair. This is an absolutely harmless herb and will strengthen rather than harm the hair. Different colors of blond hair require different proportions of the leaves. Experiment with a small piece of your hair before applying the liquid. The very best shampoo is the white of an egg beaten into a pint of soft cool water. Rub the hair with the egg, making a soft lather, after wetting the hair with cold water, and finish the same as with any other shampoo, except the last rinsing water, which should be cold. A few drops of the best indigo, not ordinary bluing, should be added to linge the water. This acts exactly as does bluing on white goods, leaving the hair a pure white, and not in the least tinged with yellow.

FEW girls walk gracefully nowadays in spite of the craze for physical culture. The most generally noticeable faults are a forward droop of the head, sticking out the elbows, and scraping the feet. The girl who walks with a forward stoop accentuates all these faults and lays herself open to various diseases as well. Because, if you slouch forward, you compress the lungs and prevent proper expansion of the chest. Consequently, the lungs are insufficiently supplied with fresh air, and the body does not get enough oxygen for the requirements of health.

EVEN the woman who does all her own housework can keep her hands white and soft. It is not necessary to buy high-priced toilet articles for the hands if one is careful in the washing and drying. After the hands have been in water they should be thoroughly dried and then rubbed in powdered starch. If the hands are not too soiled they should be washed in ordinary breakfast oatmeal instead of soap. Two tablespoonsful of the oatmeal are put into a muslin bag, which is ready for use after dipping the bag in water and squeezing.

MONEY AND A CAREER

BY ANNETTE ANGERT.

POR little persons who have never known anything stable in their home, who have to earn their own living as soon as they can toddle, they have reasons for cringing and lying, for cheating and sharp practice, for discontent, envy, hatred and malice, and all uncharitableness, which might overcome many of us happier folk. Of course, they do not all succumb. That "the poor in a lion's bad" is no more true than that all the rich are villains. But poverty has its dangers to the immortal soul.

All this, you naturally complain, is argument from extreme cases. Suppose it is granted that grinding poverty is disastrous, it does not follow that a certain scarcity of means is not wholesome. "Nearly all the great men of the world were born poor," we are told in one of those impressive facile generalizations. But is it so? You think of Shakespeare. Certainly he was poor; possibly without the stimulus of need he would never have written a line. But who can prove that? Or, if you could, what is the use of the unique case of Shakespeare as a general guide? Look at some other poets. Goethe came of the well-to-do middle class. Shelley was heir to a considerable estate. Take the men of action. Napoleon, indeed, is an example of the stimulus of poverty. But even he came of good family, and could enter the schools of his time and country.

In our own country Washington was a gentleman of wealth and breeding. Lincoln, on the other hand, was pitifully poor. Turn to our big financiers. They seem to be about equally divided between boys who were helped to their present high stations by the fact of having fathers of wealth behind them and boys who made their own way in the world through sheer pluck added to brains.

If we are to deduce anything from such examples, it seems to be that neither wealth nor poverty is the best school of greatness, but a modest status which, while sufficient to liberate young persons from the handicap of poor living, poor education, bad breeding and so forth, leaves them to fight for their own hand. Such a conclusion omits the advantages of influence, friends who can give a helping hand and the like, which most of our happy instances enjoyed. Moreover, it is to be remembered that the number of children born to vast wealth is insignificant.

MACHINE FIGHTING IS NEVER HALTED

By William Phillip Simms.
(United Press Staff Correspondent.)
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With the British Army in France, Dec. 15.—This is the machine war. One realizes this more as winter swamps the earth with mud and wet. The purely human element is talked—but the machines keep war grinding on. The infantry can't march—but auto buses skunt the men back and forth like magic. The scouts are almost paralyzed—but aeroplanes defy the elements. The soldiers can't pass the mud holes between their line and the enemy and stick to trench work and trench mortars all day. So, when the communique reads: "There is nothing to report," it doesn't mean the front is silent—for the machine fighting never ceases.

Just now one of the wettest, chilliest, dreariest snowfalls on record seems bent upon ushering in a correspondingly soggy winter. Huge flakes of snow, resembling monster goose feathers and completely arresting aerial operations, at times limit the vision to scarcely a hundred yards.

But artillery and trench warfare goes on. Nothing stops this. The worst possible weather can only cause a slowing up.

Even when the snow and rain and fog prevent all attempts at observation, there are always many charred points against which the artillery hammers. The trench mortar men have the exact sense of the enemy trenches in front.

The freezing weather and thaws are very damaging to trenches which have a tendency to crumble and cave in. Thus it is the British Tommy's idea to keep the mortars busy, as few projectiles are wasted. Even if there are no casualties of the enemy, his trenches are usually damaged, the soft condition of the earth rendering explosions doubly effective.

Though the air activity was stopped in this part of the line during a snowstorm, the fact yet remains that the weather seldom completely suppresses the everlastingly alert airmen. Yesterday it drizzled almost all day and the clouds seemed at times to be resting in the tree tops. The day was dark and forbidding. Nevertheless there were many war planes abroad and at least one German machine was brought down in a thrilling battle near Arras.

Through tempests of wind, rain and icy blasts, the airmen got aloft, stopping only when it was impossible to see.

MILEAGE CAN BE

(Continued from page one.)

square tire seem to believe that just because the tire is not working it ought to hold air indefinitely. They forget that rubber is porous, and that if placed under a microscope that would magnify the surface two thousand times it would be found to be full of holes. These holes are so minute that the air leaks through them very slowly. This leakage, however, is certain.

The pressure should be grazed every time the tires are pumped and possibly between times. It is not possible to go around to the different tires and by giving them each a kick tell whether or not they are properly inflated, although some folks do this. The car owner should look over his tires at least once a week. The operation will take but a minute or two and is well worth doing.

HOLIDAY FARES

Round trip fares will be in effect on the OREGON ELECTRIC RAILWAY, December 22 to 25, inclusive; also December 30, 31 and January 1, return limit January 3. Also, for all points in Washington and Oregon on the Spokane, Portland & Seattle Ry., west to Rainier, December 21 to 25, inclusive, with the same return limit.

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