

Evening Gazette
 PUBLISHED BY THE GAZETTE COMPANY
 Entered at the Postoffice at Cedar Rapids, Iowa, as second class matter
 SUBSCRIPTION PRICE
 1 Year \$3.00 6 Mos. \$2.00 3 Mos. \$1.25
 Single Copies 5 Cts.
 Advertising Rates
 First Position, 10 Lines, 1 Week \$10.00
 Second Position, 10 Lines, 1 Week \$8.00
 Third Position, 10 Lines, 1 Week \$6.00
 Fourth Position, 10 Lines, 1 Week \$4.00
 Fifth Position, 10 Lines, 1 Week \$3.00
 Sixth Position, 10 Lines, 1 Week \$2.00
 Seventh Position, 10 Lines, 1 Week \$1.50
 Eighth Position, 10 Lines, 1 Week \$1.00
 Ninth Position, 10 Lines, 1 Week \$0.75
 Tenth Position, 10 Lines, 1 Week \$0.50
 Daily Average Paid \$20.928
 Circulation for December, 1924 21,295
 "Who charts and travels his own road to the top needs fear no traffic jams!"—R. N. L.

objective. But it is better that all workers should lose one-tenth of their time, than that we should organize ourselves with military efficiency to bring employment up to one hundred per cent of its possibilities. It is better for us to suffer an economic loss of one-tenth of our potential employment than that America should sacrifice the freedom of labor.

We need better employment service in most communities and the department of labor should extend its service along this line especially in meeting the unemployment situation that confronts workers engaged in seasonal labor. We should aim to make our industrial society efficient, but we must not ignore the rights of the worker to choose the labor he prefers if he can get it.

SOMETIMES.

Sometimes it seems that Mr. Barnum was the most conservative man who ever existed in a nation of the human race in general. Sometimes it seems that Sherman's comment that war is hell was an exaggerated compliment of war.

Sometimes it seems that Inge was right when he said that he doubted if the human race actually made progress. Sometimes when rascals are successful, it seems as if Emerson erred when he said that no circumstance can repair a defect of character.

Sometimes it seems that the optimistic Longfellow was the world's greatest pessimist when he said that we should trust no future however pleasant. Sometimes when the schools, the churches and the standards of society all seem to fail to mold the lives of men and women, it seems that Walt Whitman uttered a great truth when he said that wisdom cannot be passed from one having it to another not having it.

Sometimes we feel that the great minds who gave the world their wisdom, the heroes who fought for right, the pilgrims who explored the horizons of knowledge; the men and women who laid the foundations of our social life and gave us America, all spent their strength mostly in vain. Sometimes we feel like coming to such conclusions, but most of the time we think differently.

YOUTHFUL IMPRESSIONS.

Dr. Thomas E. Green, well known in Cedar Rapids, went to Winchester, Mass., to address the children in the public schools. After announcing that he was going to speak on the greatest thing in the world, Dr. Green asked the children if they knew what that was. One said, "Money," "Clothes," shouted an older girl. "Power," said a boy, who looked like a prospect for the football team. "Home," said a demure little girl. "Love," said a bright boy as he smiled at a girl in the next row of seats.

In these five answers, the children unconsciously summed up civilization. Perhaps the teachers might not have given better answers, although they probably would not have named money or clothes. Dr. Green spoke on service as the greatest thing in the world. The children seemed to be satisfied to accept service as the greatest thing in the world, as it included the things that they had named.

The replies offered by the Winchester children reflected the impressions of life that they had gathered from their teachers, their parents and their general environment. It is on these youthful impressions that the future of American ideals and institutions rests.

Music Lessons By DR. FRANK CRANE

EVERY parent should teach a child to play on some sort of an instrument. Learning music has a reflex action upon one's character. It does not always make a man good but it has a tendency to increase self control, patience, persistence, and these are qualities that every man desires.

Particularly it is valuable for a girl to learn to play the piano or the harp. Have you ever noticed, someone some time ago wrote "that whenever Belasco wants a hero 'vamped' he places a lady at a baby grand piano shaded by a becoming lamp. Like the children of Hamelin, the poor male can not resist the appeal to kiss the hands that play over the keys, for a 'vamp' can never look so charming as when she is seated at a baby grand, and in no time they are in the love scene."

What is true of the piano is still truer of the harp. Every woman looks angelic when she is playing the harp no matter what her personal attractions. It is true that I had a small daughter, says a recent writer, and she showed an inclination in that direction, I should first buy her a little Irish harp which she could handle easily and is not expensive, and then about her sixteenth birthday I would present her with a full grown harp.

Every child should be taught to play something, but in choosing what she will play she should be allowed to follow her own inclinations. One does much better work in following one's fancy than in going against it.

Many parents think their children are unusual when they have simply chosen wrong. I have been said "To be brought up with beautiful music makes one want to be a part of it, to really do something beside just listen."

It is the parent's duty not only to get his children acquainted with the piano player and the phonograph, with good music but by assisting him in producing it. (Copyright, 1925 by The McClure Newspaper Syndicate.)

A GOLD STAR HIGHWAY.

A very beautiful goal is that aimed at in the plan on which it is reported that Governor Kendall will take action during the coming week, for the creation of a Gold Star memorial highway across the state of Iowa from Davenport to Council Bluffs.

The governor is expected to appoint a commission which will formulate plans for submission to the legislature, which will be asked to provide funds for the establishment of markers along the highway, each to bear the name of a World war veteran who died in the service.

Some of the cities of the country have taken action along similar lines, planting trees along avenues or boulevards with markers at the base of each one bearing the name of a deceased service man. Perhaps some of the states are moving in the same direction. Iowa can honor itself and its soldiers at the same time by the establishment of such a highway. —Davenport Democrat.

THINGS NOT FOR SALE.

High prices have been paid upon the refusal of Samuel Gompers to let his country for millions of dollars during the World war. It apparently does not occur to those who hold him noble for this action that he had his nobility position of honor, his well-beloved work to do. No millions could have compensated for the loss of this noblest possession. Since the days of Ereus it has been perfectly clear to men of ideal and of purpose that the sale of honor and betrayal of trust can bring only a mess of pottage. —Boston Post.

JUST FOLKS

BY EDGAR A. GURST
(Copyright 1925)

FAITH.

I talk my faith—a noble word
 As from my tongue it trips
 And frequently the term it heard
 From other smiling lips
 Faith! the strong armor of the soul!
 Faith! the reliance of the weak!
 Faith, we shall reach, though tem-
 pest rolls
 The happy port we seek
 And yet when comes the cruel test
 Along the paths of men,
 When blinded by self-interest
 Does faith sustain life then?
 I wonder have I faith enough
 To bend beneath the rod.

To bear life's bitterest rebuff
 And leave it all to God?
 Have I that faith of which I boast
 When life is at the sweet,
 To take the love I treasure most
 And lay it at His feet?
 And yet I know should such a grief
 As that be mine to bear,
 Without the spark of my belief
 I should be helpless there.
 Nor word of man, nor love of friend
 Comfort or peace could bring,
 Faith must sustain me to the end
 Or I'm a broken thing!

PERSONAL HEALTH SERVICE

By WILLIAM BRADY M. D., Noted Physician and Author.

AUTHORITIES DIFFER—AND WAGGLE.

Scientific study, experimental investigation common sense and logic are of little avail in an argument with a hygienist, a sanitarian or health officer who believes there is some relation between "exposure" and the undefined group of diseases unhappily called "colds." They're like these parlor socialists—you can't pin them down to a corner. They can always wriggle out along another line. That is to be anticipated, for the authorities who uphold these conceptions seem to make a studied effort to avoid being put into a trap which will likely prove fatal to their attitude. They refuse to define precisely what "exposure" means and what "a cold" is. They are equally evasive as to the essential to keep these points a little vague if the old bogey is to continue in service.

We all know that illness or indisposition does not invariably follow a wetting of the feet or going about without an overcoat, or a long journey in the open on a cold day. If we are unprejudiced about it we all admit that it is only rarely that illness actually does occur after such an experience. As a matter of plain logic, it is not, rather to be assumed that exposure is not a factor in the production of illness. Can we honestly ignore the ordinary, usual experience, and search for the occasional coincidence to support the superstition about exposure?

Those health authorities who use the terms "exposure" and "common cold" in their public health teachings are vague in their understandings of what these terms must be. They are the plain people whom they report to be teaching. Nobody knows just where safe or healthful life ends and dangerous exposure begins, nobody knows just what distinguishes a common cold from a respiratory infection which is dignified with a specific name, such as diphtheria. The health authorities who vaguely and loosely employ these terms "exposure" and "common cold" can not be brought to define precisely what they mean. They must avoid that, for the moment they attempt a definition they are all at odds about it, since what Dr. Smith deems proper ventilation Dr. Brown would consider a draft, just as Mrs. Rafferty's choice potatoes are scarcely fit fodder for Mrs. Murphy's pigs.

In the last year or two there has been a concerted effort on the part of the health authorities of the country to arrive at some practical understanding and agreement about what constitutes "the common cold." The United States Public Health Service has made social studies and surveys and numerous research studies have endeavored to obtain ex-

perimental evidence which would establish the old bogey on a dignified scientific ground. The grand total of all this effort thus far has been nil. But we must not let that weaken our faith in folk-lore. Some one asked me the other day how long a Michigan mother is required by law to nurse her infant. Some such law would not be a bad thing, at that. It might be a fine thing for public health progress in this country if a law were enacted requiring the health authorities to get together and agree on a definition of the words "exposure" and "common cold"—but how could mean the end of the cold bogey and incline the passing of a very convenient bit of diagnostic evasion.

QUESTIONS AND ANSWERS.

The Common Bath Tub.

I should like to know what is a good disinfectant to use in a bath tub that is being used by persons with venereal disease. I unfortunately live in the same apartment house, etc. S. F. P.

Answer—There is no reason to imagine that any such disease is ever contracted from the common use of the bath tub. In fact, so far as we know, the common bath tub is not a source of any kind of infection or the means of spread of any kind of infection. Ordinary scrubbing with ordinary cleaning preparations will make the tub safe.

to use. If you wish to use an additional disinfectant, probably the best for the purpose is chlorinated lime, commonly called "chloride of lime," a solution of which may be used to rinse the tub after the ordinary scrubbing. Esthetically, it is unpleasant to use a bath tub which other persons use; but from the practical sanitary viewpoint it is not in the least risky.

Warts.

Please tell me the cause of the many tiny warts which have appeared for the last year on my neck. They are very unsightly and naturally I would like to get rid of them. Mary S.

Answer—If you are not so situated as to avail yourself of the right combination of grandmother, pork barrel, graveyard and midnight in the dark of the moon, better consult a physician who is a skin specialist, about the treatment. What causes warts I do not know, unless it be some deficiency of the above conditions. Self treatment of a wart on your hand is not dangerous, but self treatment of such lesions about the head is unadvisable. The well known "corn cure" is often as effective for removing a single wart as it is for corns, but it is not advisable for warts about the face or neck. It consists of a solution of thirty (30) grains of salicylic acid in half an ounce of flexible collodion, which is to be painted on the wart daily for a week or 10 days.

Saccharin.

Kindly inform me where to get saccharin and how to use it in place of sugar, for reducing excess weight. D. A. M.

Answer—Druggists generally supply saccharin tablets, but I should not advise the use of saccharin as a sugar substitute for reduction of weight. The referee board of consulting scientific experts of the department of agriculture investigated the saccharin question and reported these conclusions: (1) Saccharin in small quantities (five grains a day or less) added to the food is without deleterious or poisonous action and is not injurious to the health of normal adults so far as is ascertainable. (2) Saccharin in larger quantities is liable to produce digestive disturbances.

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Dr. Brady will answer all signed letters pertaining to health. Writers' names are never printed. Of inquiries of general interest are answered in this column, but all letters will be answered by mail if written in ink and stamped with addressed envelope is inclosed. Requests for diagnosis or treatment of individual cases can not be considered. Address Dr. William Brady, in care of this paper.

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