

# Evening Gazette

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"Men are never so likely to settle a question rightly as when they discuss it freely."  
—MACAULAY

## THE HOG LINE.

If the 13,784,000 hogs that Iowa marketed last year were marched in a line, the line would extend half way around the world. The 24,681,000 hogs that were within the boundaries of this state last year would make a hog line all around the earth, except from Cedar Rapids to somewhere near Council Bluffs.

Last year, Iowa marketed 592,000 more hogs than during the previous year. The total hog sale was the greatest in the history of the state, according to the government crop bureau in Des Moines.

This enormous hog industry conferred on Chicago a tremendous commercial advantage, as that market absorbed most of Iowa's output. Why not have more packing plants in Iowa? Why not have better roads for trucking 13,000,000 hogs to market annually?

## DO "GOOD BOYS" MAKE GOOD MEN?

General Robert L. Bullard is reported to have said that one German soldier was equal to three Allied soldiers in actual fighting because of his better discipline. A dispute over the relative efficiency of German and American soldiers would be unwise, but most Americans will disagree with Gen. Bullard. We think that the initiative, the resourcefulness and the voluntary spirit of the American soldier made him more efficient than the German soldier in his highly organized fighting machine.

From the viewpoint of the older militarists, the German soldier was a "good soldier." He was trained to yield to discipline. He surrendered his mind and will to the military machine. He was the slave of a system. During the World War the American soldier never lost his personal identity.

The two contrasted views of what constitutes a good soldier are similar to the different opinions people hold concerning what constitutes a good boy. There are parents who consider that a boy who is thoroughly dominated by his parents and is a submissive slave to discipline, makes the best man. Other parents secretly delight when they discover that their children have minds of their own. They watch with satisfaction their children's expressions of initiative, resourcefulness and originality.

Often the so-called "good boy" does not make a good or successful man simply because his personality has been cowed in youth. On the other hand, a boy who is allowed to grow up without firm discipline, has to work out personal problems in his manhood that he should have mastered in youth.

It always is a problem of society and of parents to keep a proper balance between domination of the individual person and his personal initiative and self-expression.

## NOT A CRIME.

This is about a proper story. "It is opportune here to record my eternal love and appreciation of her, who, since 1898, has caused me more real happiness than any one else on earth and to record her love and loyalty to me during years of married life. I could not have had a better wife and I hope she could not have had a better husband, all things considered." Thus wrote Norman P. Hutchinson in his last will and testament. He was a diplomat most of his life. He served our government in Chile, Sweden, Serbia, Bulgaria and other countries.

Mr. Hutchinson left an estate of only \$15,000, but judging from his eulogy of his wife, he was rich in life's greatest treasure, love. Perhaps the fact that he was a trained diplomat accounts, in a large measure, for his good fortune in this respect, but one must not spoil the story by attempting to analyze the elusive, romantic, poetic emotion that constituted the big thing in Mr. Hutchinson's life.

## AMERICAN MAGIC.

Saul Singer was born in the historic city of Sebastopol. At the age of seventeen, Saul set sail for America, the land of his dreams. That was twenty-five years ago. Saul got his first impressions of America as a garment maker in a sweatshop.

Recently this writer saw the enormous, fireproof, well lighted, convenient temple of the garment industry in New York. He was informed that Saul Singer had been the leading spirit in financing and building that great modern garment factory in New York, where every worker enjoys good light, fresh air, ideal working conditions and good wages. This week Saul Singer became vice-president of a bank that has resources in excess of \$60,000,000. He also holds prominent positions in industrial and social organizations.

Saul Singer is a success in business and in philanthropy. His achievement demonstrate for millions of immigrants and for many of America's native sons, that this still is a magic land of opportunity.

## BLUSHING.

A college professor gives expression to a common observation when he remarks that blushing has become a lost art. This is not altogether a misfortune. Many have blushed

because they were bashful, timid of people, afraid of themselves, conscious of the narrowness of their knowledge and experience, or suffering from a sense of inferiority. Happily mankind is overcoming many of the things that made children as well as adults shy, fearful, bashful and inclined to blush for the slightest provocation.

But blushing has its peculiar charms and is expressive of sentiments that ought to be cherished. It may be that blushing is going out of style because many things that used to shock us no longer create either surprise or embarrassment. Admittedly, we used to practice man superficial hypocrites. We still do, but the general tendency is to be more outspoken and honest.

There still is ample room in society for honest blushes. When a people utterly cease to blush they have lost the last element of refinement, self-respect and idealism.

## THE INDIVIDUALITY OF IOWA

It is inevitable that the states must tend toward uniformity of law. If one state has certain tax exemptions, neighboring states must, or they will lose both capital and citizens. Iowa is having a contest over a bank guaranty bill, but Nebraska has such a law and millions of Iowa dollars are on deposit in Nebraska banks because the depositors feel that their money is safer there. If one state requires the posting of marriage licenses for ten days before the marriage may be performed legally, and if neighboring states have a system of quick marriages for non-residents, hundreds of couples will go outside of their own state to be married. This will cut down the revenue of their own state and tend to make citizens less loyal to their own state laws.

Whether the laws of a neighboring state be wise or foolish, there seems to be no way of combating the tendency toward uniformity of law among the states. The obliteration of differences goes forward. This certainly will weaken popular, representative state government. There is not a legislature that has not heard the argument, "They do it in the neighboring state and we simply must have a similar law."

Possibly the tendency, in general, will be toward the weakening of state legislatures and state law and the strengthening of the federal government and the domination of federal law. During the next few years the state legislatures are going to feel the futility of having certain laws that are different from the corresponding laws in neighboring states.

Uniformity of law in the different states has many advantages, but while we are tending toward uniformity the result will be more and more laws instead of better laws that are well adapted to the needs of the people in each state. Iowa, like other states, is losing its individuality.

## Heredity

By DR. FRANK CRANE

THERE is a good deal of bunkum about heredity. It is an alibi for a good many failures. Heredity of course is a thing over which we have no control. We cannot pick our fathers and mothers, nor our ancestors. But we can make the most of what we are and have.

That is the problem before us. The wise man exercises his faculties within the gamut that nature has provided for him. He knows his limitations. He knows what he can do and what he can not do. He does not use what he can not do as an excuse for not doing what he can do.

There is a legend of Fredin somewhere. He was a man that all his life had to hear about his father's corpse. There is no doubt that we receive our parents' weakness or our forefathers' weakness. But the main thing is that we receive their strength.

Everybody's heredity runs back to God, and most of the incidental evils that he has received from his parents can be overcome by determined effort.

There are few evils in our surroundings that will not give way before a resolute will. Very often a mother who is about to give birth to a child, or one who has a young child, is distressed over whether or not he will inherit the weaknesses of his father. This is usually a futile worry. As a rule we do not inherit weaknesses. The tendency is for every baby to revert to the status of the original stock. This is called the law of reversion to type.

This is what keeps the world healthy and strong. Not the vagaries of individuals, but stock remains solid.

There is a tendency for every American child of Anglo-Saxon parents to be of the Anglo-Saxon type. There is a tendency also for an American child of Latin parents to be of the Latin type.

The one will probably be sturdy, blond and of large physical frame, while the other will probably be slight, dark and wiry.

But there is as much room for the efforts of one in the world as there is for the efforts of the other.

The world will always need the stolid and vigorous northerners, and it will always need the more volatile southerners. There is plenty of room for both.

Such a thing as a child's inheriting the disease tendencies of his parents, such as drunkenness or addiction to drugs, is rare. His imprint may be that of his remote ancestor, of an uncle or a grandfather, quite as likely as that of his parents.

Our heredity on the whole is something that we must expect unquestionably, and it is up to all of us to make the best of that equipment that has been given us by Nature.

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## A GOOD ROADS SURPRISE.

One of the encouraging incidents at Des Moines last week was the appearance there of a delegation from Southern Iowa counties including farmers, supervisors and merchants, who urged the support of the Iowa Good Roads association program including the issuance of \$85,000,000 worth of bonds. To say the least, the committee on highways set up and took notice at its meeting in putting it mildly and Senator Goodwin could not refrain from remarking to the delegation it would be well if they would repeat the same approval of the progressive road program to the representatives from that section of the state. Southern Iowa has been slow to improve roads within the roads in the northern part of the state are well improved. Even so, southern Iowa does not want to be hurried and for years has furnished the bulk of the opposition to progressive road laws. In the delegation were representatives of Des Moines, Jefferson, Montgomery, Page, Wapello, Union and Henry counties through which runs the Harding Highway. It runs No. 81 across the state from east to west. Davenport Democrat.

## THAT PERSONAL LIBERTY MYTH.

That "personal liberty" argument so often heard when wets get together was badly smashed the other day by Warren Stone, head of the locomotive engineers' brotherhood.

"Hain't a man who drives a locomotive as much right to personal liberty as anybody else," he asked. "But who would ride in a train with an engineer who previous to climbing up to his cab had taken two or three drinks of liquor?"—Mason City Globe-Gazette.

## PERSONAL HEALTH SERVICE

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

### FOOD ACIDS AND SOUR STOMACH.

Over-eating, particularly of meat and bread, induces an excessive flow of gastric juice, and if overeating is a fixed habit, hyperacidity of the stomach, "acid dyspepsia," hyperchlorhydria or "sour stomach," becomes an established complaint.

In order to clarify a state of confusion let us first agree what we are talking about before we get into a quarrel about acids. The healthy stomach is very sour when a meal is digesting; the normal gastric juice contains about 0.5 per cent of hydrochloric acid, and even after admixture with the food the chyme contains about 0.2 per cent of hydrochloric acid. That's sour enough, as anybody who has ever belched a little of it into the throat can testify.

But other acids may form in the stomach from excessive fermentation of carbohydrates or fats, such as lactic acid and butyric acid, and these, too, may give rise to complaint. Then there are acids in the food, some natural food acids, some added by man. Finally certain acids are produced in the body by the metabolism or combustion process, and these acids have to do with the condition known as acidosis, but they have little or no bearing on acidity of the stomach.

The natural food acids are mainly the fruit acids, citric, malic, tartaric, benzoic. The acid of grapefruit, oranges, lemons and other citrus fruits is citric. The acid of rhubarb, apples, peaches, apricots, pears, plums and plums is malic. The acid of grapes and raisins is tartaric. Certain foods, such as cranberries, plums and prunes contain some benzoic acid, and others, such as tomatoes, strawberries, cocoa, potatoes, rhubarb and spinach, contain some oxalic acid and sometimes the physician finds it advisable to forbid such items in the diet of special cases, though as a general rule all of these items named tend to oppose acidosis of the system. A very liberal use of tomatoes, several pounds a day, for example, will increase the alkalinity of the blood and decrease acidity in the urine.

The liberal use of oranges, lemons, grapefruit or other citrus fruits, though sometimes unsuitable in the diet of an individual with hyperacidity of the stomach, is certainly to oppose acidosis in the system, to increase the alkalinity of the blood and decrease the acidity of the urine, because the citric acid is oxidized, in the blood, into carbonic acid which combines with sodium, potassium to form alkaline salts of these elements—carbonates.

A similar rule holds true regarding all fruit and vegetable acids. But there are certain natural acids in fruits or vegetables which cannot be oxidized in the body, are not utilized by the body, and therefore are not foods but rather poisons. These are oxalic acid, and therefore produce any disturbance when the foods containing them are freely

eat. Benzoic acid, in cranberries, plums and prunes, is one example, and oxalic acid another, of natural food acids which can not be utilized by the body. Another acid, usually added to food by man, is more commonly injurious in this way—the acetic acid in vinegar. The acid can be oxidized by man and is without food value of any description and therefore must be classed as a poison, since it does produce deleterious effects when freely taken. Lemon juice is an excellent substitute for vinegar when a tart flavor is desired. It should be used instead of vinegar by any one who has either gastric hyperacidity or a tendency to acidosis in the system, for it is of some food value and at least opposes the acidosis.

### QUESTIONS AND ANSWERS.

#### A Change of Oil.

I have always had great faith in motor oil and have given it a full plenty of it until lately. Last winter my little girl had a bad cold which turned into pneumonia. She could not seem to get over it. The doctor, who is supposed to be a very good one, directed me to give her castor oil about every other day. He said it was positively the only thing that would carry off the mucus, as she blew her nose. So I gave it to her. She kept getting weaker and had little strength left. It seemed to me, so we dismissed the doctor and called a new one. The new doctor ordered the castor oil stopped and gave her cod liver oil, and she has not been sick since. Do you suppose the repeated doses of castor oil kept her from getting well? How is it that a good doctor, with such a fine reputation as our first doctor has, can prescribe it if it really does more harm than good? Mrs. E. C. S.

Answers—Some of the best doctors prescribe castor oil, notwithstanding my protest. Nay, indeed, and such a very good one prescribed a whole dose of it for me not so long ago and made me take it and I regret to say it seemed to do me good. Up to the point where you dismissed your good doctor I thought your report was meant to support the practice of giving sick children castor oil. I do not think the castor oil kept the child from getting well, nor that the cod liver oil brought about her recovery. I should assume, rather, that you just happened to swap horses in the middle of the stream, and being lucky you got across without further trouble.

#### Foods That Contain Vitamin.

Will you please let me know the foodstuffs that contain vitamin? Mrs. M. C. J.

Answers—Here is a list, though it doesn't include every food item which contains vitamin. Fresh milk, cream, butter, buttermilk, soured milk, cheese (particularly cottage cheese), eggs, liver, kidneys, heart, sweetbread, fresh fish, unrefined wheat, wheat bran, cabbage, carrots, let-

tuce, potatoes, asparagus tops, onion tops, celery leaves, spinach, tomatoes, oranges, bananas, grapes, apples, berries, lemons, nuts, yeast, cod liver oil, beef fat or suet, and mutton fat, contain some vitamin, but the lean muscle meats contain practically none. Oleomargarin contains some vitamin if there is considerable animal fat in it, but not so much if it is made largely of vegetable fats.

#### Fattening Oil.

Is olive oil fattening? If so, kindly name the amount to take, for I like the flavor very much. (Mrs. W. H.)

Answers—Yes, though perhaps less fattening than butter. Take an ounce or so daily. (Copyright, National Newspaper Service)

Dr. Brady will answer all signed letters pertaining to health. Writers' names are never printed. Only inquiries of general interest are answered in this column, but all letters will be answered by mail if written in ink and stamped, self-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.

## QUESTIONS AND ANSWERS.

Q. Do Jews often become farmers? M. G.

A. There are in the United States 70,000 Jews on farms. They are especially numerous in New York, New Jersey, Connecticut, Massachusetts, Michigan, Ohio and California. There are 40,000 Jewish farmers in South America. Most of them in Argentina.

Q. How many tabloid daily newspapers are there in the United States? D. N.

A. There are now ten. The first, The New York News, was started as a tabloid daily picture paper five years ago.

Q. What must be done to walls with sand finish in order to paper them? F. B. W.

A. If the walls have a sand-finish, the usual finish coat of plaster should be added. When set and dry, the walls may be sized and paper put on.

Q. What do alligators eat? M. W.

A. The food of all alligators usually consists of raw meat and raw fish. They consume more food in summer than in winter.

Q. What is the airplane strength of the United States? R. G.

A. The air strength of the United States as of Dec. 1, 1924 was 750 first line planes, 51 plane squadrons, personnel of 15,000.

Q. Where are the largest milling companies and cereal mills in the world? J. E. S.

A. We have been informed that the largest milling company in the world today is the Washburn-Crosby company, which has mills in a number of cities, aggregating in capacity 65,000 barrels of flour daily besides a considerable quantity of

## JUST FOLKS

BY EDGAR A. GUEST.

(Copyright 1925.)

### THE OLD MAN'S CONFESSION

He was indeed a old man  
Who bared his heart to me:  
"I had high dreams when I began  
Or what I meant to be,  
But I was beaten from my plan  
By little hurts," said he.

"I never entered any game.  
But what I feared a blow.  
The victory I longed to claim  
But dreaded failure so.  
I would not pay the price for fame  
I wished so much to know.

"I could not wholly bring my mind  
To work and never stop.  
To put my pleasures all behind,  
My spirits seemed to drop.  
And try some easier way to find  
To reach the mountain top.

"I winced beneath a little pain,  
Rebelled at fancied wrong;  
Self-pity magnified the strain  
And made the day seem long,  
I hoped by fortune to attain  
The glories of the strong.

"And now you find me sitting here  
A broken man and sad.  
A victim of his foolish fear.  
One neither good nor bad,  
Who flung away from year to year  
Each golden chance he had.

"I could have borne the pain, I know,  
Too late today I see,  
I could have stood to every blow  
For all I wished to be;  
I could have reached my goal, but oh,  
There was no pluck in me!"

coral products. The largest single flour mill is the Pillsbury, a mill of Minneapolis with a capacity of 17,500 barrels a day. The largest flour mill east of the Mississippi is the Hecker-Jones-Jewell mill in New York City with a capacity of 11,000 barrels daily. The largest cereal mill in the world (that is grinding products other than wheat) is according to the records of the National Millers, the Cedar Rapids, Iowa, plant of the Quaker Oats company.

Q. How does the bureau adjust compensation when the veteran has dropped his insurance? M. S.

A. Money received under the adjusted compensation law is separate and apart from your government insurance. Whether or not you have kept up this insurance, you will receive the adjusted compensation if you are entitled to it.

Q. What prize did Columbus offer to the first man to sight land? J. F. E.

A. The prize consisted of a silk doubilet, offered by Columbus, and an annuity of 10,000 maravedis (approximately \$81 offered by the queen).

Q. What causes hollow spots in large potatoes? W. C. H.

A. If hollow spots appear in large potatoes this may be due to too rich soil and too much rain which together gives a rapid growth and forms hollow spots. Some varieties of potatoes are more subject to this defect than others.

Q. What was the width of the Delaware river above Trenton where Washington's army crossed? C. J. M.

A. It crossed at the mouth of a creek at a place where the water was 1,000 feet across.

Q. Is stock in a local building and loan association subject to income tax? G. M. C.

A. Dividends or interest, not ex-

(Any reader can get the answer to any question by writing The Evening Gazette Information Bureau, Frederic J. Haskin, director, Washington, D. C. Give full name and address and enclose two-cent stamp for return postage. Be brief. All inquiries are confidential, the replies being sent directly to each individual.)

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