

## THE RICHMOND PALLADIUM AND SUN-TELEGRAM

Published Every Evening Except Sunday by  
Palladium Printing Co.  
Palladium Building, North Ninth and Sailor Streets.  
Entered at the Post Office at Richmond, Indiana, as  
Second-Class Mail Matter.

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### Rotary Honors Distinguished Citizens

By making Timothy Nicholson, E. G. Hill and  
J. E. Bundy honorary members, the Richmond  
Rotary club today paid public recognition to the  
achievements of three men whose lives have been  
spent within our own midst.

The three men are conspicuously known in  
many parts of the United States and abroad.  
Each won his niche of fame by hard work, begin-  
ning at the foot of the ladder and, rung by rung,  
working his way to the top.

It is unnecessary to recount the biographies of  
either of them. Mr. Nicholson is known for  
his work in behalf of prison betterment, temper-  
ance, education, and his commanding position in  
the Friends church.

Mr. Hill is a rosarian whose fame extends  
across the sea. He has received medals from  
many societies and organizations in recognition of  
his ability as the originator of "forcing" roses.

Mr. Bundy's paintings are beginning to be  
widely known for their Hoosier setting as are  
Riley's poems for their native atmosphere. He  
has won a permanent place among the noted art-  
ists of the United States.

The whole community pays tribute to these  
three men, and joins with the Rotary club in  
paying tribute to them, not only for the success  
they have attained, but also for the fine type of  
citizenship which they exemplify. The three  
men are fine models for the youth of our city to  
study and to follow. They combine in their char-  
acters the lofty and noble sentiments of humility,  
integrity, candor and honor that blend into per-  
fect manhood.

### Basketball Season to be Shorter

"The welfare of high school athletics in this  
state was promoted materially in the action of  
about 600 coaches, taken at a meeting of the Indiana  
High School Athletic association held in  
conjunction with the state teachers' convention," says  
the Indianapolis Star. "The most important  
of several rules adopted was that limiting  
the basketball season from Oct. 1 to the final  
state tournament in March. The sport has taken  
such a hold on both the students and townspeople  
that in some places it has become almost an all-

### Answers to Questions

(Any reader can get the answer to  
any question by writing The Palladium  
Information Bureau, Frederick J. Haskin,  
1200 Indiana Avenue, D. C. This of-  
fers applies strictly to information. The  
bureau does not give advice on legal,  
medical, and financial matters. It does  
not attempt to settle domestic troubles,  
nor to undertake exhaustive research  
on any subject. Write your question  
plainly and briefly. Give full name and  
address and enclose 25 cents in stamps  
for return postage. All replies are sent  
direct to the inquirer.)

Q. How many people visit the Hol-  
lywood studios in a year? J. M. D. S.

A. The Los Angeles Chamber of  
Commerce says that more than 100,000  
persons are admitted to the various  
studios each year.

Q. Are the majority of Members of  
the House of Representatives lawyers?  
—F. J. T.

A. It has been estimated that fully  
70 per cent of them are members of  
the legal profession.

Q. Can unique be compared? L. A. S.  
A. It cannot. It's an "absolute".  
The word implies "being the  
only one of the kind."

Q. Does the wind blowing on a ther-  
mometer affect the degree of tempera-  
ture? L. F. L.

A. The weather bureau says the  
thermometer is not affected by the  
wind velocity after having once at-  
tained the temperature of the wind. The  
physical discomfort usually asso-  
ciated with high winds is due to the  
rapid removal of heat from the human  
body on account of the winds. As  
no heat is generated by a thermome-  
ter its readings are therefore not af-  
fected by the wind velocity.

Q. How can library paste be made?  
—F. E. L.

A. Library paste can be made by  
heating 1 oz. of rice starch, 3 dr. of gel-  
atine, and 1/2 pt. of water. Stir con-  
stantly until the liquid becomes thick  
and glassy. Keep it in a tight bottle  
with a few drops of clove oil.

Q. Describe Japanese meals. —E. M.

A. Japanese meals are served on in-  
dividual trays. If the family is well  
in do the trays are beautifully lacquer-  
ed. Chop sticks of wood or ivory are  
used instead of knife and fork. Tea  
is drunk from small vessels without  
handles. No sugar or cream is  
added to the tea. The cup is grasped  
between the fingers which encircle the lower  
part of the cup. Cocoanut milk with  
flower petals floating in it is a favor-  
ite beverage also. Iced raw fish is  
often eaten. A sauce not unlike our  
tomato sauce is served with it, but in  
a separate broad shallow dish. Boiled  
rice is a staple article. Nasubi Yaki  
(fried eggplant) Tori-Kan (chicken jelly)  
are also served. Setsuna soup,  
broiled lobster and fishballs are popu-  
lar.

### After Dinner Stories

Charles Gibson tells us of a down-  
and-out who came into the railroad of-  
fice with a tale of woe and tried to  
work him for transportation out of  
town.

"I came to Cleveland with good pro-  
pects three months ago," explained the  
unfortunate one. "I thought I could  
land a good position with a certain  
company on account of the work I'd  
done in my own town on their line.  
But they didn't know anything about  
me, and they turned me down. I took  
my letters of introduction to another  
firm; same result. I was some pump-  
kins at home, but they couldn't see  
me here. I didn't have no pull. Then  
I tried the railroads. I used to work  
in the deep, back there. But in Cleve-  
land they didn't seem to think that  
amounted to anything. I wanna go

year game. In defense of the prominence given  
to basketball, the small schools, it is argued, are  
handicapped by the expense of equipping base-  
ball or football teams, some of them lacking  
enough available students to form two teams.  
Basketball equipment costs comparatively little  
and some kind of court usually is available at  
moderate expense.

"The chief objection to a season which began  
at the opening of the school year and continued  
practically until its close the following spring lay  
in the physical strain upon the players. Basketball is the most strenuous sport on the list, not  
excepting football, and the average high school  
student is in danger of having his health im-  
paired by over-exerting himself if not restrained.  
British criticise American sports on the theory  
that our young men exhaust their vitality by too  
early development. This charge seems well  
founded in view of numerous examples of high  
school stars who apparently go stale when in  
college and fail to maintain the reputation they had  
established a year or two before. All-year partici-  
pation in any sport is also likely to interfere  
with studies, which deserve first consideration.  
The new rule limiting each school in the associa-  
tion to twenty games will also keep the sport  
within suitable bounds. It will become effective  
next year.

"The athletic officials are to be complimented  
on the effort to eliminate professionalism in high  
school ranks. The danger is no less serious than  
that faced by the colleges, for rivalry developed  
between high school basketball teams will spread  
to the entire town and large sums are often bet  
on the games. Sportsmanship cannot thrive in  
such an atmosphere, and both coach and players  
are certain to be affected by the knowledge that  
wagers have been posted on the outcome of the  
contests. The coach is thus tempted to regard  
the score and his own position more than the  
welfare of the players.

"The association acted wisely in liberalizing  
the eligibility rules by permitting students to  
play on teams of organizations providing the  
gymnasium for school practice. The Y. M. C. A.  
or the larger churches often supply the high  
school's lack of a suitable gymnasium, and the  
student should not be barred from interscholastic  
competition by reason of participation in organiza-  
tion games. The athletic meeting was con-  
ducted with a minimum of discussion on the  
floor, as the visiting coaches had been apprised  
in advance of the questions to be considered. It  
is doubtful if there is any state in which the  
athletic affairs of the high schools are managed  
with a greater degree of efficiency than in Indiana."

### TODAY'S TALK

By George Matthew Adams, Author of "You Can," "Take It," "Up"

#### THIS TALK WILL MAKE YOU HAPPY TODAY

Yes, we all do want happiness very much. And we CAN have it if it is within us, and all we have to do is to reach in and take it out!

Today you may be happy. It is a beautiful day. Nature is very  
wonderful. It is filled to overflowing with inspiration. There are no  
unhappy birds. Every flower is happy. Every stream has a song—  
be it ever so silent.

Say this to yourself right off: "I am a healthy, happy human  
being." Say it over and over again. And every time that you feel dis-  
couraged or fearful in heart, repeat this phrase again: "I am a healthy,  
happy human being."

Don't make any excuses. They never got anyone anywhere.  
Blame no one—not even yourself!

When you wake into each brand new day, say to yourself: "I am  
a healthy, happy human being." For each day was made for you. It  
is yours in its entirety, as much as it belongs to the richest and most  
favored.

As you walk out into the stimulating air of the out-of-doors, take  
a deep breath and repeat again: "I am a healthy, happy human being." Say it again before you eat your breakfast, before your luncheon and  
before your evening meal. And before you close your eyes in sleep  
relax your entire body, free your mind of every thought, and simply  
say again to yourself: "I am a healthy, happy human being."

Morning, noon and night, always, no matter how you seem to feel  
and no matter what you imagine troubles you, say this little line  
again: "I am a healthy, happy human being."

What you are, your thinking makes you so. Remember this. And  
remember that the inner forces of your nature work silently though  
surely. Tell them this very minute: "I am a healthy, happy human  
being." And these same forces will believe you, for in sincerity alone  
do they thrive.

The very instant that you say, "I am a healthy, happy human  
being," this message is sent to every nook and corner of your marvel-  
ous bodily machine. And immediately the good and great forces start  
their work of re-building where damage has crept in, and weakness is  
made strength!

This little line will make you happy today and every day, if you  
say it—and mean it—sincerely and honestly: "I am a healthy, happy  
human being!"

#### Rippling Rhymes

By Walt Mason

##### NO PEACE

Sweet peace is what we're needing;  
it's what we're yearning for; all talk  
of scrapes and bleeding the people now  
wear, will have a broken nose." But all  
our hopes were phony, our forecasts  
was a fraud; the captain, on his pony,  
is evermore abroad; he casts his  
bloodshot gums on the sword we're  
singing hymn on, and he would dye  
with crimson the farmstead's verdant  
soil.

That's me!" cried the derelict.  
"Gimme the pass!"—Cleveland Plain  
Dealer.

#### Lessons in Correct English

##### Don't Say:

There is no use in ME remaining.  
There is no use in YOU remaining.  
There is no use in US remaining.  
There is no use in THEM remaining.  
I have no objection to HIM going.

##### Say:

There is no use in MY remaining.  
There is no use in YOUR remaining.  
There is no use in OUR remaining.  
There is no use in THEIR remaining.

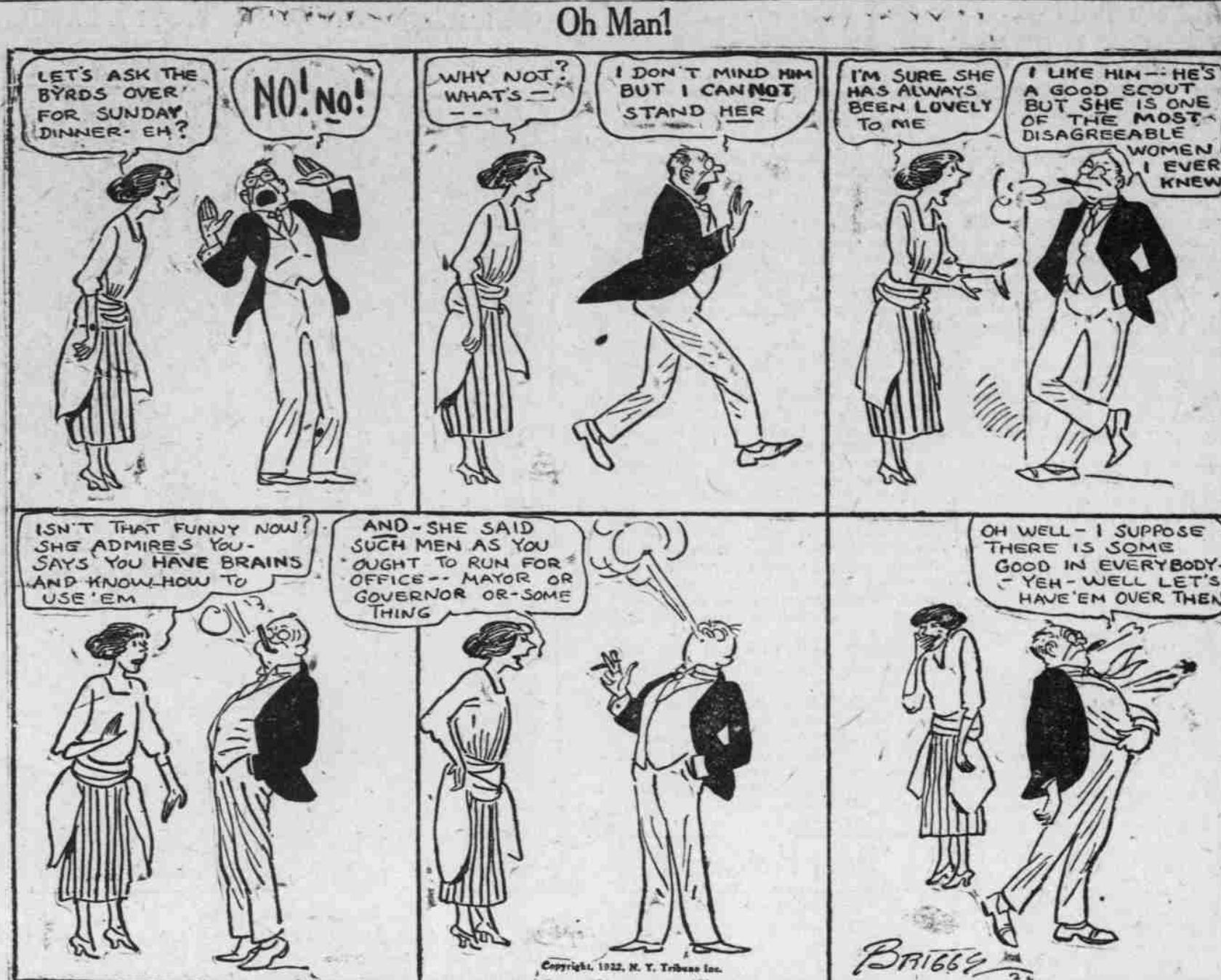
There is no objection to HIS going.

Probably the first train load ship-  
ment in the history of the chocolate  
industry was made recently when a  
train of 30 cars, all loaded with cakes  
of chocolate, was sent out from a fac-  
tory in Stamford, Conn.

#### HARMLESS MEANS OF REDUCING FAT

Many fat people fear ordinary means  
for reducing their weight. Here is an  
extraordinary method. Extraordinary  
because while perfectly harmless no  
dieting or exercise are necessary. Mar-  
mola. Prescription. Tablets are  
exactly in accordance with the famous  
Marmola. Prescription. You reduce  
gums and swords and sabres well  
manufacture hoes, and man, in useful  
labor, will all his hours dispense; and  
you'll be faring to battles grim and wear-  
ing, will have a broken nose." But all  
our hopes were phony, our forecasts  
was a fraud; the captain, on his pony,  
is evermore abroad; he casts his  
bloodshot gums on the sword we're  
singing hymn on, and he would dye  
with crimson the farmstead's verdant  
soil.

"Had a bad cough for three years,"  
writes Dr. Campbell, Adrian, Michi-  
gan. "Found no relief until I tried  
Foley's Honey and Tar. Lingering  
cough, sore colds, croup, hoarseness  
and bronchial trouble quickly re-  
lieved with Foley's Honey and Tar. No  
need to suffer and take chances with  
unguarded cough and colds. Foley's  
Honey and Tar, the only safe and  
reliable cough and cold remedy in  
the world. A. G. Luken Drug Co.,  
Woodward Avenue, Detroit, Mich.—Ad-  
vertisement.



### An Historic Virginia City

Fredericksburg Capitalizes on Many Patriotic Features and Preserves Historic Buildings of Colonial Period.

BY FREDERICK J. HASKIN  
FREDERICKSBURG, Va., Oct. 24.—

It can have a hobby, the hobby of Fredericksburg is certainly its his-  
toric past. It has been claimed that Fredericksburg has more ancient, rem-  
iniscent and historical buildings than  
any other town of its size in the coun-  
try, and the claim, we are told, has  
stood unrefuted.

Fredericksburg's patriotic and anti-  
quarian societies have delved into rec-  
ords and they have reverently pre-  
served what they could of the ancient  
buildings about which tradition cling.  
The result is that an historic atmos-  
phere overspreads the town down to  
the very edge of the business district,  
where automobiles, drygoods, and groceries are being sold in lively, twenty-  
century fashion. Outside of these  
bustling streets Fredericksburg is a  
beautiful, quiet old place with attractive  
homes set in old fashioned gar-  
dens, and with the Rappahannock  
flowing by at one side.

Fredericksburg has its share of histori-  
cal association, especially at this point.  
This is the place where Washington  
threw a stone—or as some biograph-  
ers say, a Spanish dollar—across, and then  
swam over after it. The course of the Rappahannock has changed con-  
siderably, so that thefeat can no longer

be estimated, though it stands on  
record as a most difficult achieve-  
ment.

This is the river, too, up which Cap-  
tain John Smith sailed in 1608 and it  
was near here that he was attacked by  
the fierce Rappahannock Indian tribe.

A little more than a century later,  
in 1732, George Washington was born,  
and the same year Fredericksburg be-  
came an incorporated city. A few  
more years and George was attending  
Parson Marye's school in Fredericks-  
burg.

George Washington made history in  
more than one house in this Virginia  
town. Lafayette stopped at several  
houses on his visits here. Patrick  
Henry, James Monroe, Charles, Dick-  
ens, and Washington Irving, are  
among the other noted visitors. But  
the most picturesque of all the famous  
folk about whom Fredericksburg citi-  
zens repeat old anecdotes is Mary  
Ball Washington, mother of the Father  
of his Country.

The Mary Ball house is one of the  
main sights of the place. It is modest,  
cream-colored frame residence, a  
story and a half in height, with dormer  
windows projecting from the abrupt-  
ly sloping roof.

Gabled Roof  
Explained.

Why a house should ever have  
been built with a sloping second story  
like this it is hard for us to imagine.  
The explanation is that at one time  
a tax was levied on all two story houses  
and builders evaded the tax by con-  
structing steep gabled roofs over an  
attic story.

Most historians say that Mary Wash-  
ington moved into this colonial resi-  
dence when her son George was 43  
years old. It is certain that she spent  
the last years of her life here. Her  
son's rise to fame made no difference  
in her style of living. She knew no  
excuse for idleness, and so long as  
her strength permitted she continued  
to weave, bake, and direct her small  
retinue of servants.

She drove daily in a gig across the  
Rappahannock to the farm on which her  
children had spent their child-  
hood. A spot on Main Street is still  
pointed out as the place where Mrs.  
Washington always stopped her carriage  
in order to drink a toddy. After  
taking this stimulant she would direct  
her driver to proceed to the farm,  
where she went about inspecting the  
farm work and perhaps cutting slips  
for her home garden. A jug of water  
from the spring out of which her hus-  
band and children had once been ac-  
tuated to drink was also carried  
back to town regularly by Mrs. Wash-  
ington.

When Lafayette came to pay his re-  
spects to the mother of his great  
friend, Mrs. Washington, then an old  
woman, was found busily burning  
weeds in her garden. She was dressed  
in plain homespun and wore a white  
lawn cap and a straw hat on her head.  
She greeted the French visitor cordially  
and took him into the house to have  
spiced gingerbread and a mint julep.

Most of the stories of Mary Wash-  
ington stress the stern, Roman man-  
ner side of her character. She never  
indulged in demonstrations of senti-  
ment, yet she undoubtedly had a ten-  
der spot in her heart for her son  
George.

The honored and dignified Wash-  
ington was always just his son George  
to his mother. There is a tradition  
that one day he rode up with several