

## LOCAL P.-T.S ENTERTAIN

Independence Organization Host  
to Hopville Tuesday

SUPT. WILLS GAVE TALK

A Splendid Musical Program on Violin and Piano Rendered

The Independence Parent-Teachers' Association entertained the Hopville P.-T.s at the Training school Tuesday afternoon. A splendid musical program consisting of violin and piano numbers was rendered and Supt. Wills gave a very instructive talk. The meeting was largely attended and a splendid luncheon was served.

Independence Rebekahs at District Convention

Independence Rebekahs went to Dallas en masse last Tuesday afternoon and evening to attend the district convention. The Independence lodge was given the honor of doing the floor and initiatory work and made a very creditable showing. The Dallas Rebekahs spared nothing to make the event a memorable one in fraternal circles.

## SHORT STORIES OF TOWN AND COUNTRY

Miss Vera Johnson was home from Falls City Sunday.

Miss Helen Butler is teaching at Hopville, substituting for Mrs. George Conkey who has been ill for several days.

Moss Walker of the Beaver Hotel, who has been leading a secluded life for some time, was back on the streets last Tuesday.

Miss Gladys Childs has resigned her position in the Salem schools and expects to further continue her studies.

Miss Genevieve Cooper was here Friday attending to business matters. She drove back to Portland in the family Buick, being accompanied from Salem by her brother-in-law, Will Moreland, who was returning from California.

C. S. Douglas of the Public Service Commission spent the week end with his family here.

P. H. Drexler has been at Conkey & Walker's while G. W. Conkey has been at home on account of illness.

The awning on the Odd Fellows' building is about completed.

## BUENA VISTA

Mrs. Gates of Portland is visiting her sister, Mrs. Simons, this week.

Alma Wells and friend, Miss Spring of Willamette college, spent the week end with the former's parents, Mr. and Mrs. G. A. Wells.

Alfred and Gilbert Loy of O. A. C. spent the week end at the parental home.

N. C. Anderson and wife were Sunday afternoon callers at the E. E. Cole home at Monmouth.

Mr. and Mrs. G. W. McLaughlin of Salem spent Sunday with Orville Wells and wife.

G. E. Harman called at the Conger home at Suver Saturday.

N. C. Anderson bought three Jersey cows from Pearl Hedges of Independence Saturday.

Mark Graves and son of Independence were Buena callers Sunday.

Mrs. M. V. Prather and granddaughter, Mary McCann, visited Robert Hornbuckle and wife at Salem last week.

I. M. Prather and wife and grandchildren of Corvallis visited Mrs. Prather's mother, Mrs. McClain the week end.

Jud Kays, who was a resident of this place for a number of years, is very sick in a hospital in Salem.

## WHY FRANKLIN WORE NO WIG

According to This Story, Quaker Simplicity Had Nothing to Do With the Matter.

Benjamin Franklin was about to be presented to the French king on the occasion of his first visit to France in the capacity of representative from the new America. The court custom of the time demanded that one going to an audience with the king must wear a wig of the proper fashion. A count, who had Franklin in tow, sent a wigmaker the day before to take Franklin's measure and fit him out for the audience. The wigmaker arrived at Franklin's lodgings, measured the poll of the great American fore and aft and round, and about, and took his departure. An hour before the audience the wigmaker returned with the wig. But when Franklin attempted to put it on it would not fit; he couldn't begin to get it on his head. "Sir," said Franklin to the wigmaker, "your wig is unfortunately too small for my head."

"Pardonnez moi, monsieur," replied the wigmaker, "your head is vastly too large and quite beyond the fashion of the court."

Franklin appeared, therefore, at court with his bald pate and shaggy gray hair.

## SCIENCE SEEKS FOR VITAMINES

Elusive Substance Gives Zest and Real Value to the Food We Eat.

## FLEES THE TABLE D'HOTES

Scientists Concentrate on Separating It From Vianda, but Without Success—Differ as to What a Vitamine Really Is.

New York.—Food values are of especial interest these days of high prices.

One dines at, say, a restaurant in New York city's "Latin Quarter," famed for its atmosphere but uncertain as to cooking. The food is mentioned casually on the menu in several languages—but the chicken is tasteless, the potatoes boring and the salad disappointing. However, one is hungry and eats largely. An hour later, the pangs of hunger again make themselves felt. One finally resorts to the home icebox and partakes of some humble bread and butter and milk and that indefinable lack is satisfied.

The reason for this state of affairs is not far to seek. Vitamines! At such places the food is deficient in these intangible and microscopic substances, which scientists have proved are essential to nutrition and which are to be found in a large number of properly prepared foods but are destroyed by excessive heat, drying or other methods of preservation often employed for economy or convenience. The mystery of the vitamines is, therefore, of vital interest, as its name implies, to the world at large.

What is a Vitamine?

Just what is a vitamine? This question is still perplexing chemists, according to a recent article by D. Atherton Seidell of the public health service, in the current number of the Journal of Industrial and Engineering Chemistry. These elusive substances have been found necessary not only as dietary factors but even for the prolongation of life. Their exact nature, however, still remains a mystery, though much has been discovered concerning their effect on the human system and the general benefits conferred by them. For instance, experiments have proved that animals can live indefinitely on a diet of milk alone. But supply all the constituents of milk separately—proteins, carbohydrates, fats and salts, in fact, all the known food elements—and the animal wastes away and finally dies.

Several theories are held in regard to this problem. Some scientists incline to classify vitamines as structural compounds of living tissues, which function along the same lines as the other tissues. Others relegate them to the "catalysts," those strange substances which have been aptly defined as "chemical parsons," as they accomplish the chemical union of various substances without being themselves affected. Many think that they are derived originally from plants, and one well-known scientist states that they are always present in natural foodstuffs instinctively consumed by men and animals.

Three Types of Vitamine.

At the present time, three types of

vitamine are known to exist: The water-soluble variety, found in milk, yeast, and other substances; the fat-soluble ones, which are present in butter and egg yolks; and a third class, designated as "antiscorbutic," which is found in a number of fresh vegetables and fruits and also in the outside husk of rice. Lack of these necessary food constituents results in various ills—scurvy, beri-beri, and other diseases.

In fact, the importance of the antiscorbutic factor was discovered purely accidentally, as a result of an epidemic of beri-beri among the rice-eating Eastern nations after modern milling methods obtained in these countries and the surface layer of the rice was removed. When an extract of this husk was eventually supplied, the disease was prevented.

Lack of both the other types of vitamine result in a gradual wasting away. This, in the case of the fat-soluble vitamine, is accompanied by blindness and often by lung trouble, but the wasting process is more gradual, as the system subsists for a while on its reserve store of fat.



Hub—Do you think it saves you anything to have a running account at the department store?

Wife—I know it does. You can't imagine the amount of time it saves me. Why, I never have to stop and ask the price of anything I want to purchase.

## CURRENCY INFLATION.

The paper currency of 30 principal countries of the world at the beginning of the war aggregated a little over \$7,000,000,000. At the end of the war, November, 1918, it was \$40,000,000,000, and in December, 1919, it totaled \$51,000,000,000, these figures being in round terms and exclusive of the currency issues of the bolshevik government, which alone are estimated at \$34,000,000,000.

## FUTURE INDIAN BELLE



Preparing for the days when she will undoubtedly be the belle of the valley, this maid of India is undergoing first stages of ornamentation. Note the odd palm leaf roll stuck through the lobe of the ear and the metal ornaments on the nose. As the girl grows older larger rolls are substituted, gradually enlarging the hole in the ear lobe.

## Keep the Old Shoes On

Don't throw the old shoes away until we look at them. Perhaps we can fix them so they will be useful for many more weeks.

## ELECTRIC SHOE SHOP

on C Street

INDEPENDENCE, ORE.

"A stitch in time saves nine"

## 20% Reduction Pennsylvania and Fisk Tires

We have been notified that a 20 per cent cut has been made in the price of Pennsylvania Vacuum Cup and Fisk Red Top tires.

30x3; Pennsylvania Vacuum Cup - \$16.50

(A ton-tested tube given free with each casing)

30x3; Fisk Red Top - \$22.00

"NOW IS THE TIME TO RETIRE"

Stewart Motor Co.

INDEPENDENCE

## C Street Meat Market

Best Meats; first-class Service

Give us a trial and you will be a steady customer.

F u Line of  
Fresh and Cured



Meats  
Phone M 1311

## Annual May Sale

Begins

Friday, May 6th

Owing to unseasonable weather and because of the late arrival of many lots of this season's models in Coats, Suits and Dresses, we have resolved to inaugurate beginning today the most phenomenal value giving campaign yet attempted in Salem for immediate unloading of our surplus stock. Watch our ads and see our window display.

Portland Cloak and Suit Co.

(Old White Corner)

Salem, Oregon

Salem's Greatest Women's Apparel Store