

J. H. Ackerman Dies of Apoplexy Stroke

J. H. Ackerman, president of the Oregon Normal school and prominent educator of the state for the last 35 years, died suddenly at 8 o'clock Sunday morning, at his home in Monmouth, following a stroke of apoplexy. He apparently had been in good health when he arose that morning and following breakfast with the family walked out on the front porch for the morning newspaper. He had returned to the house and had read for about 20 minutes when he was stricken and passed away without warning.

Mr. Ackerman had been president of the Normal for the last 10 years and previous to that was state superintendent of public instruction in Oregon for 12 years.

He was born in Toronto, Iowa, November 7, 1855. While a young man he taught school in Wisconsin. He was a graduate of the state normal school at Milwaukee, Wis.

Mr. Ackerman began his career as an Oregon educator in 1889, when he arrived in Portland and became principal of the Holladay school. Later he was superintendent of the East Portland schools. He served also as principal of the Harrison street school.

In 1896 Mr. Ackerman was elected superintendent of schools of Multnomah county and served

until 1900. He was then chosen as state superintendent of public instruction, and held that office until 1911, when he became president of the Oregon Normal school at Monmouth, which was revived after being idle one year.

Mr. Ackerman was a member of the Unitarian church and of the Washington Masonic lodge of Portland of which he once served as master. He is survived by his widow and three daughters, Mrs. E. F. Carleton of Eugene, whose husband is superintendent of schools there; Mrs. Roy Burton of Salem, and Mrs. Alfred Lund of Corvallis, whose husband is a professor in Oregon Agricultural college.

Interment took place in the Salem cemetery Tuesday afternoon.

ANXIOUS TO PLEASE.

"It's like this, Mizus Oggy," explained the proprietor of the Tote Fair store at Tumlinville, Ark. "This yur cussed drummer has just called me a liar. Would you druther I'd wait on you now and mebbe give him a chance to apologize and back out, or would you prefer to see the fight first and trust to luck that I'll be able to wait on you afterward?"—Kansas City Star.

A Press Notice.

"Here, what do you mean by saying that the costumes of our chorus girls showed signs of wear?" "They were somewhat frayed." "Wear didn't do it. It's the numerous changes."—Louisville Courier-Journal.

AN OILY SPOUTER.

"How about that oil company you invested in. Did they find a gusher?" "Only the one that wrote the prospectus."—Boston Transcript.

LEMONS CONDUCE TO HEALTH AND PLEASE

Have New Importance in Diet, Say Specialists.

Long List of Beverages and Desserts in Which Juice Can Be Used, as Well as in Number of Sauces for Fish and Meat.

In the olden times sailors who took long trips and ate no fresh vegetables and fruits for weeks or months were likely to fall victims to scurvy. Finally a cure or a partial cure for it was found in lemon juice.

Of late years scientists have been making a study of scurvy, its cause and its cure and of the conditions that make the body proof against this disease. They have discovered a substance called vitamin C, which seems to prevent and even to cure this disease. It is found in many foods, among them tomatoes and such citrus fruits as oranges, grapefruit and lemons.

Lemons, therefore, have a new importance in the diet, according to food specialists in the United States Department of Agriculture, office of home economics. They are no longer to be valued simply for their flavor, but also as a source of one of these necessary substances.

Lemons can be prepared in all sorts of ways in the preparation of meals. There is a long list of beverages and desserts in which lemon juice is used, as well as a number of delicious sauces that expert cooks have invented to serve on fish and meat. Many of these sauces the busy housekeeper has no time to make, but she can cut a lemon in two and put it on the table to serve with fish, oysters, or meat. Some people think that a little lemon juice adds just the zest needed to make eggs on toast a tasteful dish. Lemon juice is also good on spinach and other green vegetables, on many kinds of salads, and also as flavoring for pudding sauces and cakes.

MANY SCULPTORS IDLE.

According to American Art News, the sculptors complain that there is little work at present in their line of endeavor, and even the leading men are "waiting." The commemorative war statues and patriotic groups that were to decorate cities, towns and cemeteries, have not thus far materialized. The unsettled conditions of the country, they contend, which are holding up building, are accountable for the present "doldrums."

THE MEANEST MAN.

The meanest man is not, as has been reported, the Carolina farmer who used to light a lamp on the breakfast table, tell his hired men to notice the location of the victuals so they could find them in the dark, and then blow the lamp out and let them do so.

The meanest man must have been riding downtown the other morning on a North side street car line.

"What did you get your wife for her birthday, John?" one asked.

"Oh, I got her 15 gallons of gasoline and five gallons of engine oil." And he never smiled when he said it, either.—Exchange.

WAR WIDOWS REMARRY.

British war widows are remarrying so rapidly that the chancellor expects to be able to reduce pension appropriations in this year's budget by \$50,000,000. This is only one of the factors contributing to the anticipated reduction, but it is stated that thousands of women made widows by the war have again become wives and thus automatically their names are taken off the pension list.

Honest Advertising in Dentistry



Stores, churches and banks advertise, doing so in a legitimate way, aiding you to select your store, church or bank to your advantage.

I advertise to help you select your dentist. I have nothing to offer to you but dentistry as practiced by all men of reputation.

OUT-OF-TOWN PEOPLE patronize my office, as I give the best quality of work and save them time and expense.

THE DEMAND OF TODAY IS SANITATION

EXAMINATION AND ESTIMATE OF WORK CHEERFULLY GIVEN FREE

Gold Crown \$7.00 Plates \$15.00. \$20.00
Bridge Work \$7.00 per tooth Extraction \$1.50

DR. ALF SWENNES
DENTIST
Gray Bldg. SALEM, OREGON Over Hartman's Jewelry Store

AS SARAH UNDERSTOOD IT

Colored Cook Had Her Own Idea of Arrangement Which the "Missus" Had Made.

In a certain city of the South the negro servants for the most part go to their own homes at night. In the case of the cook of a clergyman's family, she not only does this, but frequently arrives at the rectory at too late an hour to prepare breakfast. This sort of thing occurred so often that the pastor's wife informed the cook that, for each breakfast missed, there would be a reduction in cook's weekly wages. Passively Sarah assented to this.

It was not long thereafter that the mistress heard this conversation between the servant next door and the delinquent cook:

"Seems to me that yo' all gits to work mighty late."

"I gits to work when I gits ready."

"How yo' all manage 'bout breakfast?"

"Oh, I pays de missus to cook de breakfast."

SUDDEN PROSPERITY.

"They tell me," said the foreign visitor, "that your country is overrun with the newly rich."

"So it is," replied the American host. "I've seen pearl necklaces or necks that a few years ago were none too well acquainted with soap and water."—Birmingham Age-Herald.

THE LURE.

"A week ago the proprietor of that soda fountain was on the verge of bankruptcy, and now he is getting rich."

"How come?"

"He put latticed swinging half-doors in front."—Judge.

INVOLVED.

"His sentences are terribly involved, aren't they?"

"Very. They read almost as though they had been written by the man who got up the income tax forms."

Model Tenements for China.

Dr. C. A. Huntley, a Baptist missionary, recently returned from China, states that the American Baptist Foreign Mission Society will erect strictly rat-proof model tenements near Shanghai Baptist College in their fight against the disease-spreading rodent. All houses will be equipped with every modern hygienic and sanitary device.

Missionaries Have Hard Fight.

Fighting "flu" in India, where superstition is age-old and sanitation is unknown, was a terrific battle, Baptist medical missionaries report. However, during 1918-1919 their work was recognized to have helped decrease the number of deaths. The Indian method of treatment is to keep the patient awake.

OTHER DAYS.

"I want to get back to the good old fifty-fifty days," remarked the reminiscence person.

"What do you mean by 'fifty-fifty' days?"

"The days when there was twice 50 cents' worth in every dollar."

REALISM IN OPERA.

It is doubtful whether "I Pagliaccio" could be other than a masterpiece, considering the circumstances in which it was written, says the Cleveland Plain Dealer. As a boy, Leoncavallo (whose death was recorded some time ago) was present at a suburban theater in Naples, when he saw a thrilling love drama enacted in real life on the stage, while as in the opera, the audience applauded wildly what they thought to be intense realism. Leoncavallo's father's valet was the rival lover, and was in the theater at the time. The actor sent for him and stabbed him behind the scenes. There was a further personal link in the drama. Leoncavallo's father was a judge, and it fell to his task to try the actor-murderer and to sentence him to 20 years' imprisonment.

TIME CARD Valley & Siletz Railroad

Motor Leaves Independence Daily 10:50 a. m.
Motor Leaves Independence Daily Except Sunday 4:10 p. m.
Motor Arrives Independence, Daily 9:50 a. m.
Motor Arrives Independence, Daily Except Sunday 3:50 p. m.
Freight service daily except Sunday, Leave Independence 7:30 a. m.
L. E. WATSON, Supt.

FARMS AND ACREAGE WANTED

For real service and results list your property with us. We have six salesmen with machines. We inspect and photograph your property and advertise extensively, and have a demand for property at all times. Fred W. German Co., 732 Chamber of Commerce Bldg., Portland, Oregon. 4-3

Your Summer Outing

Is a matter of importance to You. Where you will spend it is a matter of interest to us.

Round Trip Summer Excursion Fares

are now in effect to the following delightful places for Rest, Recreation and Amusement

Newport On the Pacific Ocean and Yaquina Bay is this charming old place where thousands return year after year to spend their vacations.

Crater Lake A world wonder in the Cascade Range. More than a mile above the sea is this beautiful azure blue lake, set in the crater of a huge mountain.

Tillamook County Beaches Beyond the Coast Range Mountains are these new and unspoiled places where the ocean and forest meet.

Other Resorts Detroit (Breitenbush Hot Springs, Mt. Jefferson Country), McCrede Hot Springs, Josephine County Caves, Shasta Mountain Resorts, Yosemite National Park.

"Oregon Outdoors" is the title of our new summer booklet which describes the different resorts in western Oregon and includes hotel and camp information. Copy free on request.

For further information inquire of ticket agents.

SOUTHERN PACIFIC LINES

JOHN M. SCOTT,
General Passenger Agent.

WE EXAMINE YOUR EYES,
WE GRIND YOUR LENSES,
WE FIT YOUR GLASSES,
THE SAME DAY

All work is done by ourselves with our own machines and equipment. This is your assurance that you will receive the best.

THE BOW OPTICAL CO.

325 State Street, Salem

Opposite Ladd & Bush Bank

Dr. Burdette, Optometrist

A Piano Bargain Awaits You

You can have a piano installed in your home for a cash payment of \$10. Subsequent payments just as reasonable. This is a bargain you cannot afford to miss. For full particulars

Address

AV 367, Polk County Post,
Independence, Oregon