

**Physical Energy.**  
Perhaps you do not know it, but when you walk a distance of ten miles you expend enough force, could it be all collected, to raise 800 tons one foot from the ground. Of this enormous quantity of energy the legs are responsible for 150 tons, the heart for 100, the lungs for twenty-two and the bulk of the remainder is wasted in the heat given off from the body.  
In severe athletic competitions, such as running, rowing and boxing, you must be in such a condition as to be able to exert, by your limbs alone, each minute as much force as would lift 5,000 pounds one foot above the ground.  
When a powerful man works for twenty-four hours with all his might the energy he expends is equal to lifting a third class cruiser, and during his life he dissipates enough power to carry his body to death by the sun. These statements may at first sight seem extraordinary, but will not seem so when it is remembered that two ounces of bread contains the potential energy of 150 tons.—Pearson's.

**Buying an Island.**  
The story of the settlement of Tangier Island, in Chesapeake bay, as told by J. M. Church in his book about the island and its isolated inhabitants, outdoes that of the famous sale of Manhattan.  
"You gentlemen ain't never heard how Tangier got settled? It were by a man from the eastern shore settlements back in 1707—more'n 200 years ago. The island were the home of a tribe of Indians, and this here man Post got the idee of raisin' stock on it. So he runs over and tells the Indians that the colonists are goin' to come and massacre them and they'd better get outen the way. That scared the Indians, all right, and they sailed over to the western shore of Virginia. But before they went Post said as the island wasn't buy to be any more use to 'em, he'd buy it off them. The chief agreed, so Post gave him two old overcoats, and the island was his. Then he bring over five families and a passel of horses and cows."

**Where is Europe?**  
The man who motors from London to Brighton would never dream of telling his friends next week that he had spent the holiday motoring in Europe. But the man who motored from Calais to Boulogne would.  
Europe doesn't mean England to the average man. Try it on him and see. Europe he conceives only as the continent.  
The Selly Islanders are much the same. They greet newcomers with inquiries as to affairs in England. I have known old country folk in the Isle of Wight speak in the same way, and the people of the marsh country at the back of Dungeness used to and may even now regard themselves as extra territorial. They were the marshmen; other people were foreigners and Englishmen.—London Mirror.

**Ancient Eggs and Jokes.**  
Bad news and ditto eggs had best be broken gently. Philadelphia Ledger.  
When Luke McLuke wrote it two years ago it read, "Bad news and bad eggs should be broken gently."—Cincinnati Enquirer.  
Just so! And when we wrote it four years ago it ran thus: "How do you tell a bad egg? If I have anything to tell a bad egg I break it gently."—Boston Transcript.  
Don't get excited, gentlemen. The thing had whiskers when Nonh was a boy.—Biddleford Journal.  
Not so; it was a female egg. And as the Argus remarked away back in 1803, "News dropped to a woman is like a bad egg—everybody will soon know it, broken ever so gently."—Portland Eastern Argus.

**Nothing Heroic About Him.**  
She was very romantic, and when she saw the scars on his face she jumped at conclusions.  
"I think I have discovered your secret," she softly said. "You are a Heidelberg duelist and likewise a German baron."  
"I am not a baron," he said, "and I never heard of Heidelberg. I'm only the fellow the students practice on at the barbers' college."—Cleveland Plain Dealer.

**In a Dilemma.**  
One of London's charming young suit forgets said: "I want to get married just to prove that I can, and I don't want to get married just to prove that I don't have to. If I don't they'll say I can't; if I do they'll say I have no more independence than any other woman."—T. P.'s London Weekly.

**All in the Game.**  
Stern Parent—William, how did you tear your trousers so? Future Star (tearfully)—I was practicing the fallaway side-step. S. P.—Is that so? Well, you come out in the woodshed and I'll give you a demonstration of the fallaway side-step.—Buffalo Express.  
Improvise.  
"How do you like your alarm clock?" asked the jeweler.  
"First rate."  
"You didn't seem pleased with it at first."  
"No, but it's broken now."—London Tit Bits.  
Truthful.  
"I hadn't been talking with him three minutes before he called me an ass. What sort of a person is he?"  
"Well, I never knew him to tell a lie."  
The deep things of this world are not engineered by sluggards.—James T. Fields.

**Astronomically speaking.**  
Before he became a newspaper man James S. Black was a collector in Flag-staff for awhile. He was given a bill against Director Lowell of the observatory and tramped up the long hill from the town to see the astronomer one hot June morning when the mountain sun blazed its hottest.  
Arrived at the top, Black inquired of an attendant if Lowell was in. After the manner of collectors he followed up a negative answer with inquiries as to his probable return.  
"Will he be back this afternoon?"  
"No."  
"Will he be back tomorrow?"  
"No."  
"Will he be back next day?"  
The attendant couldn't say.  
"Well," said Black, getting desperate, "do you know when he will be back?"  
"Oh, he'll be back for the transit of Venus," said the attendant.  
"That finished it," said Black in telling the story. "Not being an astronomer, I gave up that bill."—Popular Magazine.

**Nose Tip Vaccination.**  
The young Japanese diplomat pointed to his father, the marquis.  
"That's father," he said, "the old fellow with the snorer shaped scar on the tip of his nose. All Japs of the older generation have that scar."  
"Yes," said the debutante.  
"Yes; it's a vaccination mark. In the old days, when compulsory vaccination first began, we Japs vaccinated everybody on the tip of the nose. Why? Well, because it was a good place, where there's no movement to rub off the seal, and also because the vaccination scar on the nose was easily identified by the medical officers of the government. A man didn't have to take off half his clothes in order to prove that he'd been vaccinated."  
"Yes; the nose tip vaccination had its good points, but before the modern banking after beauty it had to go."—New York Tribune.

**Antiquity of Death Masks.**  
Although there is no mention of death masks in the works of Homer or in any of the later classics, modern explorers have satisfied themselves that in the early burials of all nations it was the custom to cover the heads and bodies of the dead with sheets of gold so pliable that they took the impress of the form, and not infrequently when in the course of centuries the embalmed flesh had shriveled or fallen away, the gold retained the exact cast of the features. Schliemann found a number of bodies covered with large masks of gold plate in repoussé work, several of which have been reproduced by means of engraving in his "Mycenae," and he asserts that there can be no doubt whatever that each one of these represents the likeness of the deceased person whose face it covered.

**Navy Yards and Naval Stations.**  
There are eight navy yards, located at Washington, Brooklyn, Boston, Norfolk, Va.; Portsmouth, N. H.; Philadelphia, Mare Island navy yard, near San Francisco and Puget Sound navy yard, at Bremerton, Wash. There are naval stations at Charleston, S. C.; Key West, Fla.; Great Lakes, North Chicago; a training station at Yerba Buena Island, Cal.; a torpedo and training station at Newport, R. I., and the Naval War college at the same place. Naval stations have been established at Tutuila, Samoa; island of Guam; Guantanamo, Cuba; Honolulu, Cavite and Olongapo, Philippine Islands. The latter has become an important naval base for the Asiatic fleet.—Philadelphia Press.

**First Opera Glasses.**  
The single opera glass was first used in the time of Louis XIV. It became the rage, and everybody used one. The double opera glass (Jumelles) was invented in 1825, but did not at first find favor with women. A treatise was written in the early part of the nineteenth century on the art de longer, in which it was shown that a woman with fine arms would hold the glass with both hands, if she were blessed with fine hands she would take off her gloves, if her neck were long she would recline back in her chair, and so on. It was quite a treatise on coquetry.

**The Reel Evil.**  
Mrs. Miggins My husband gave up fishing when he joined the church Mrs. Buggins But fishing isn't sinful Mrs. Miggins—No, but lying is! Philadelphia Record.

**SPECIAL HOSIERY OFFER**  
Guaranteed Wear-Ever Hosiery For Men and Women Ladies Special Offer  
For Limited Time Only—  
Six pair of our finest 35c. value Ladies' guaranteed hose in black, tan or white colors, for \$1.00 and 10c. for postage, etc.  
SPECIAL OFFER FOR MEN  
For a limited time only, six pairs of our finest 35c. value Guaranteed Hose any color with written guarantee and a pair of our well known Men's Paradise Garters for one dollar, and 10c. for postage, etc.  
You know these hose; they stood the test when all others failed. They give real foot comfort. They have no seams to rip. They never become loose and baggy as the shape is knit in, not pressed in. They are Guaranteed for firmness, for style, for superiority of material and workmanship, absolutely stainless and to wear six months without holes, or a new pair free.

Don't delay send in your order before offer expires. Give correct size. WEAR-EVER HOSIERY COMPANY Dayton, Ohio

## SEXUAL KNOWLEDGE

ILLUSTRATED 320 PAGES

Tells all about sex matters; what young men and women, young wives and husbands and all others need to know about the sacred laws that govern the sex forces. Plain truths of sex life in relation to happiness in marriage. "Secrets" of manhood and womanhood; sexual abuses, social evil, diseases, etc.  
The latest, most advanced and comprehensive work that has ever been issued on sexual hygiene. Priceless instruction for those who are ready for the true inner teaching.  
This book tells nurses, teachers, doctors, lawyers, preachers, social workers, Sunday School teachers and all others, young and old, what all need to know about sex matters. By Winfield Scott Hall, Ph. D., M. D. (Leipzig)  
Newspaper Comments:  
"Scientifically correct."—Chicago Tribune. "Accurate and up-to-date."—Philadelphia Press. "Standard book of knowledge."—Philadelphia Ledger. The New York World says: "Plain truths for those who need or ought to know them for the prevention of evils."  
Under plain wrapper for only \$1.00 Coin or Money Order, postage ten cents extra.  
MIAMI PUBLISHING CO. Dayton, Ohio.

EVERYTHING A MAN NEEDS  
\$1 Complete Shaving Outfit \$1 10 Articles 10

To advertise our Universal Shaving Outfit and Universal Products we will for a limited time only, send this well worth \$3.90 Shaving Outfit for \$1.00. We sell our products to the consumer direct and therefore you save all agents' profits which as you know are very large.  
1 Hollow Ground Razor.  
1 5-inch Lather Brush.  
1 Razor Strip, Canvas Back.  
1 Nickel Easel Back Mirror.  
1 33-inch Barber Towel.  
1 Bar Shaving Soap.  
1 Box Talcum Powder.  
1 Decorated China Mug.  
1 Aluminum Barber Comb.  
1 Bristle Hair Brush.  
Each outfit packed in neat box \$1.00. Coin or Money Order, postage 10c. extra.  
UNIVERSAL PRODUCTS CO. Dayton, Ohio.

FREE London "Tango" Necklace "Evelyn Thaw" Bracelet  
These two beautiful pieces of popular jewelry are the craze among society women in New York and the largest cities. They are neat and elegant gold finished articles that will gladden the heart of every girl or woman, no matter how young or old. Very stylish and attractive.  
Our Free Offer. We are advertising Spearmin't Cheewing Gum and desire to place a big box of this fine, healthful gum into every home. It sweetens the breath—whitens the teeth and aids digestion. It is refreshing and pleasing to all. To every one sending us but 50c and 10c to cover shipping costs we will ship a big box of 20 regular 5c packages of the Spearmin't Gum and include the elegant, "Tango" Necklace and "Evelyn Thaw" Bracelet absolutely free.  
This offer is for a short time only. Not more than 2 orders to one party. Dealers not allowed to accept this.  
UNITED SALES COMPANY, Dayton, Ohio. P. O. Box 107.

Notice of Sheriff's Sale in Foreclosure.  
Henry W. Helzinger, Plaintiff.  
vs.  
George G. Graham, Bertha A. Graham, Norman D. Root, Annie B. Root, W. J. Summers, Anna M. Summers and Frank Bartlett, Defendants.  
Public notice is hereby given, that under and by virtue of an execution and order of sale duly issued out of the Circuit Court of the State of Oregon for the County of Jackson, dated the 18th day of May, 1914, in a certain cause therein wherein Henry W. Helzinger as plaintiff recovered judgment against the defendants George G. Graham and Bertha A. Graham for the sum of Sixty-seven Hundred and Eighty-seven and 50/100 (\$687.50) Dollars with interest thereon from said 2nd day of May, 1914, at the rate of 6 per cent per annum and One Hundred and no/100 (\$100.00) Dollars attorney's fees and the further sum of Thirty and no/100 (\$30.00) Dollars costs and disbursements in this suit.  
Which judgment was enrolled and docketed in the Clerk's office on the 2nd day of May, 1914, and is recorded in Volume 21 at pages 228 and 229 of the Circuit Court Journal.  
By virtue of such execution, I am commanded to sell and will at the hour of 9:30 A. M. on  
MONDAY, JUNE 22nd, 1914,  
at the front door of the Court House in Jacksonville, Jackson County, Oregon, offer for sale and will sell at pub-

lic auction, to the highest bidder for cash, subject to redemption as is by law provided; all the right, title and interest which the said defendants had in said real property, hereinafter described as follows, to-wit:—  
The East Half of the Northeast Quarter of Section Eighteen (18) in Township Thirty-seven (37) South of Range Four (4) West of the Willamette Meridian in Jackson County, Oregon, containing 80 acres.  
All of said above real property if necessary will be sold at said time and place to satisfy the judgment in favor of the Plaintiff and against the Defendants. Said judgment being for the sum of \$1687.50 with interest thereon from said 2nd day of May, 1914 at the rate of 6 per cent per annum and \$100 attorney's fees, and the further sum of \$30.00 costs and disbursements in this suit and accruing costs of sale.  
Dated at Jacksonville, Oregon, this 20th day of May, 1914.  
W. H. SINGLER,  
Sheriff of Jackson County, Oregon.  
By E. W. WILSON, Deputy.

Notice of Sheriff's Sale  
Lee Phipps, Plaintiff.  
vs.  
Malinda Jane Miles and William Miles, wife and husband, Defendants.  
Public notice is hereby given, that under and by virtue of an execution and order of sale duly issued out and under the seal of the Circuit Court of the State of Oregon, for the County of Jackson, dated the 27th day of May, 1914, in a certain cause therein, wherein Lee Phipps as plaintiff recovered judgment against the defendants Malinda Jane Miles and William Miles for the sum of One Thousand (\$1000) Dollars with interest thereon from said 27th day of December, 1912, at the rate of 10 per cent per annum and One Hundred (\$100) Dollars attorney's fees and the further sum of Eighteen and 20/100 (\$18.20) Dollars costs and accruing costs of sale. Which said judgment was enrolled and docketed in the Clerk's office of said Court in said County on the 23rd day of May, 1914.  
In compliance with said execution I am commanded to and will at the hour of 9:30 A. M. on  
MONDAY, JUNE 29th, 1914,  
at the front door of the Court House in Jacksonville, Jackson County, Oregon, offer for sale and will sell at public auction, to the highest bidder for cash, subject to redemption as is by law provided, all of the right, title and interest of the above named defendants in and to the following described real property, to-wit:—  
Lots numbered One (1) and Two (2) and Three (3) in Block numbered Sixteen (16) of the City of Medford, County of Jackson, State of Oregon.  
All of said property will be sold at said time and place if necessary to satisfy said judgment in favor of the plaintiff and against the defendants.  
Dated at Jacksonville, Oregon, this 28th day of May, 1914.  
W. H. SINGLER,  
Sheriff of Jackson County, Oregon.  
By E. W. WILSON, Deputy.

Administrators Notice to Creditors  
IN THE COUNTY COURT OF OREGON, FOR JACKSON COUNTY.  
In the Matter of the Estate of John D. Whitehead, Deceased.  
Notice is hereby given by the undersigned administrator of the estate of John D. Whitehead, deceased, to the creditors of, and all persons having claims against said deceased, to exhibit them, with the necessary vouchers, within six months after the first publication of this notice, to the said administrator at his residence on Applecreek River, Jackson County, Oregon.  
May 23rd, A. D. 1914.  
M. L. BALDWIN,  
Administrator.

Guardian's Sale of Real Property  
Notice is hereby given that pursuant to an order of Hon. F. L. Tou Velle, County Judge of Jackson County, State of Oregon, dated May 29th, 1914, duly made and entered in the register of the estate of Annette E. Wakeman, a minor, now pending in said Court, directing me to sell the following described real estate belonging to the estate of the said minor:  
I will sell at private sale, from and after the 30th day of June, 1914, to the highest bidder for cash and terms the following described real property, situated in Jackson County, to-wit:—  
The North Half of Lots numbered Eight (8) and Nine (9), and the North Half of the West One Hundred Fifty-five and 1/2 feet of Lot numbered Seven (7), all in "L and N Subdivision Number One" as the same is plotted and recorded in the records of Jackson County, Oregon, containing Eleven and 60/100 acres, more or less, together with all the hereditaments and appurtenances thereto belonging.  
Bids will be received by the undersigned at his office No. 401, Medford Furniture & Hardware Co. Building, Medford, Oregon.  
Dated May 29, 1914.  
L. E. WAKEMAN,  
Guardian of the Estate of Annette E. Wakeman.

Summons.  
IN THE CIRCUIT COURT OF THE STATE OF OREGON, FOR JACKSON COUNTY.  
Emeline Blodgett, Plaintiff.  
vs.  
James W. Blodgett, Defendant. Suit in Equity for Divorce.  
To James W. Blodgett, Defendant.  
In the Name of the State of Oregon, You are hereby commanded to appear and answer the plaintiff's complaint against you now on file in the above entitled Court and cause on or before the 28th day of June, 1914, said date being the expiration of six weeks from the day of the first publication of this summons.  
And you are hereby notified that if you fail to appear and answer for want thereof, plaintiff will apply to the Court for the relief prayed for in the complaint, solemnly stated as follows:  
For a decree forever dissolving the bonds of matrimony between plaintiff and defendant, and that plaintiff be given the custody of the minor children of said marriage, to-wit, Chester Blodgett, Isabel Blodgett, Lillie Blodgett and Theodore Blodgett.  
This summons is published in the Jacksonville Post by order of the Honorable F. M. Calkins, Judge of the above entitled Court, which order was made and entered of record on the 8th day of May, 1914, which order requires you to appear on or before the last day prescribed in this summons. The date of the first publication of this summons is the 9th day of May, 1914.  
MULKEY & CHERRY,  
Attorneys for Plaintiff, Medford, Oregon.

IF you are in need of Good Printing Try the POST Jacksonville, Ore. Where you get best work at low prices

Sell Your Property By listing it with us  
We are revising our lists ready for the spring trade. If you have real estate to dispose of at a fair price, place it in our hands for sale, we have a number of prospective buyers who expect value for their money.  
We can sell your property at a price equal to its full value but do not want any listed at fictitious or "boom" price.  
Rogue River Realty Co. R. R. R. Jacksonville, Ore.  
OFFICE: Bank of Jacksonville Bldg. Upstairs

Charles F. Duntford DEALER IN All kinds of soft and hard wood. Tier or cordwood lengths. Prices moderate and delivery prompt. JACKSONVILLE OREGON

Jacksonville Meat Market JOHN DUNNINGTON, Prop First Quality Lard at Reduced Prices While the supply lasts 5 Pounds 65 cts. 10 Pounds \$1.25 JACKSONVILLE, OREGON

Change in Southern Pacific Time Table. Effective November 13, 1913.

NORTH BOUND TRAINS.	
14 Portland Passenger.....	8:27 A.M.
24 Grants Pass Motor.....	10:22 A.M.
32 Grants Pass Motor.....	4:27 P.M.
16 Oregon Express.....	5:20 P.M.
12 Shasta Limited (Mail only) 2:44 A.M. Extra fare train.	
SOUTH BOUND TRAINS.	
23 Ashland Motor.....	7:35 A.M.
13 California Express.....	10:52 A.M.
31 Ashland Motor.....	2:24 P.M.
15 San Francisco Express.....	4:00 P.M.
11 Shasta Limited (Mail only) 5:22 A.M. Extra fare train.	

60 YEARS' EXPERIENCE PATENTS TRADE MARKS DESIGNER COPY RIGHTS ETC. Anyone sending a sketch and description may quickly ascertain our opinion free whether an invention is patentable. Communications strictly confidential. HANDBOOK on Patents sent free. Consult agency for securing patents. Patents issued through Munn & Co. receive special notice, without charge, in the Scientific American. A handsomely illustrated weekly. Largest circulation of any scientific journal. Terms \$3 a year four months \$1.50. Sold by all newsdealers. MUNN & Co. 361 Broadway, New York Branch Office, 75 N. 2nd St., Philadelphia, Pa.

POLK'S REGON AND WASHINGTON Business Directory A Directory of each City, Town and Village giving descriptive statistics of each place, location, population, telegraph, shipping and banking points; also Classified Directory, compiled by business and profession.