

LOCAL NEWS

Mrs. G. A. Gardner was a visitor at Medford Friday. Benton Bowers of Ashland was a recent visitor in town. Fred Combest of Buncom was a visitor in town Tuesday. C. J. Fry of the Blue Ledge district was in town this week. William Cottrell of Trail was a recent visitor in this city. A. T. Lundgren was a recent business visitor in Medford. D. H. Cronmiller transacted business in Medford Friday. J. B. Renault, Jr., was a visitor at Medford Friday afternoon. S. S. Bulis of Medford transacted business in town Monday. Alice and Edith Hoefs were visitors in Medford Saturday night. D. L. Patts of Hilt, Cal. transacted business in this city Tuesday. Dan Hills of Watkins, Oregon, was a visitor in this city Tuesday. Herman White of Portland was a business visitor in town this week. James Williams of Sacramento, Cal. is a visitor in the valley this week. E. H. Helms of this city was a business visitor in Medford Wednesday. John F. Stoltz of Eugene was a business visitor in this city Wednesday. Mr. and Mrs. Ries Chapman were visitors at Medford Saturday night. Fred W. Mears of Medford was a business visitor in this city Tuesday forenoon. Flo Thompson and Mary Bagshaw were visitors at Medford Saturday night. Mrs. Leslie Stansell and Minnie Walters were visitors at Medford Monday afternoon. Mr. and Mrs. J. C. Burton of Star Gulch were visitors in this city Thursday evening. Mrs. Rowell Hines entertained a number of persons at cards Friday night of last week. The Utah-Idaho Sugar Co. offers special prizes to boys and girls for the best half acre of beets grown this season. Mrs. John Dunnington and daughter, Mary Bagshaw and Cliff Dunnington were visitors at Medford Sunday afternoon. The public schools will reopen Monday morning after a vacation of a week or more on account of an epidemic of measles. Julian Abbot, Toots Thompson, Lou Baker, Charley Mitchell, Pete Ord and Dave Cronmiller were visitors at Medford Saturday night. Edward Wendt left Thursday for Portland where he will receive medical treatment for his illness. His brother Henry accompanied him. Arthur Perry of the Medford Sun's "Smuggling Pot" has enlisted in the Reserve and if given free rein will keep the boys interested. The postoffice at Buncom has been temporarily discontinued. The mail for patrons of that office will be handled by the Jacksonville office. Frank Hatfield, a bookkeeper in the Central Point Bank died at Central Point, Monday, aged 25 years. Funeral was held Tuesday afternoon. Several old tumble-down buildings, of no appreciable value to anyone and which are public eyesores, should be torn down by the owners and the premises cleaned up. Mrs. Lizzie Rona Clute, wife of John R. Clute, died at the home of her husband's father in Ashland, Friday March 23. She was postmistress at Gottville, Cal. where her husband runs a general store. Mrs. Clute was born in Jacksonville, thirty-five years ago and spent her girlhood in Rogue River Valley.—Ashland Record. A patron of the Post residing at Grass Valley, Cal. in a recent letter to the editor, says in part as follows: "I like the tone of your paper as it sounds patriotic and American all the way through. My ancestors were Scotch and English and fought for the freedom and independence of this country. My two brothers fought in the Civil war, and if needed, my two sons and myself will fight against foreign invasion any time." Lieut. Frazier of the United States Navy was in town first of the week for the purpose of securing recruits for the naval reserves, the members of which will be called out in case of war, as needed for the protection of this coast. The lieutenant made his headquarters at Medford. Eight men and three girls enlisted in the service, namely: Misses Jewel Bailey, Pauline Greaves, Gretchen Puhl, and Matthew T. Meadows, James M. Rock, Dan W. Bagshaw Jr., Louis Baker, Albert Mitchell, Merritt Dews, Lester Thompson and Ivan Applegate. A pretty good showing for the old town.

Easter Sunday will be April 8. Roy Ulrich was a visitor at Medford Monday. Ed Bostwick of Medford was in this city Monday. Lula Williams was a visitor at Medford Thursday. W. M. Ingram of Applegate was in town this week. All work done in 1917 spot cash at W. R. Sparky. Are you a subscriber to the Post? If not, why not? Nick Kime of Griffin creek was in town this week. Homer Stephenson of Watkins was in town this week. County Clerk Gardner was a recent visitor at Medford. A. J. Sharp of Buncom was a visitor in town this week. Flo Thompson spent Sunday with friends in Medford. Lou Baker was a visitor at Medford Wednesday evening. John B. Renault was a visitor at Medford Wednesday. Mrs. Miles Cantral of Ruch was a recent visitor in town. Chauncey Florey was a visitor at Medford Wednesday. Judge J. R. Neil is reported ill at his home on Oregon street. Mrs. Ida Wilson was a business visitor in Medford Tuesday. Uncle Billy Cameron of Uniontown was a recent visitor in town. J. M. Rock and Louis Baker were visitors at Medford Thursday. Dr. Cameron of Ruch was a business visitor in this city Wednesday. Sheriff Ralph Jennings was a business visitor at Medford Tuesday. Chester Kubli of Applegate was a business visitor in this city Tuesday. Attorney B. F. Piatt of Medford transacted business in this city today. Sam Walsh who had been working on his farm near Applegate, came home Tuesday. Mrs. John Dunnington and daughter were visitors at Medford Wednesday afternoon. Joe Applebaker and his son-in-law, Mr. Wiseman are working at the Blue Ledge mine. Mrs. Bogard of the Crescent restaurant left Tuesday for a visit to friends at Roseburg. Throw away that rubber stamp and get printed stationery at this office. Work right, prices right. E. Weiss is removing the old U. S. hotel woodshed which was broken down by snow early in January. Better late than never. Joe Norris, former marshal and street commissioner of this city left Tuesday for Idaho where he expects to spend the summer. Marshal Wilson has finished cleaning out the mud accumulated in the water dam and will begin storing water for use in the dry season. Charles Mitchell, Dan Bagshaw, Earl Bailey, Merritt Dews and Arnold Coleman left Friday morning for Weed, Calif. where they have employment in a lumber mill. SALESMAN WANTED—"First class salesman to sell to garages, factories, stores, etc. Steady, well-paying position for active man."—Milwaukee Tank Works, Milwaukee, Wisconsin. Besides those enlisting this week in the naval reserves, Jacksonville has three men in the regular navy: Henry Hoefs who has served one period and re-enlisted last summer for another four year term and the two Puhl brothers enlisted last fall and now in training at San Francisco.

April Fool Day tomorrow. Mirme Kelly was over from Medford this week. Lula Jones was a business visitor at Medford Thursday. Walter Kitto was a business visitor at Medford Tuesday. Andrew Cantrall was a business visitor at Medford Wednesday. Ex-sheriff W. H. Singler, who now resides at Portland, was a visitor in this city Friday.

Asioria Man Stricken

Roseburg, Or., March 28—Benjamin F. Worsley, of Astoria, a speaker at the good roads meeting here, was overcome in the hotel lobby today by heart failure and may die. He had two attacks.

Making a Hot Compress.

In the American Journal of Nursing Elizabeth Robertson gives the following directions for making a hot compress: Wet the compress with tepid water, then iron it rapidly with a very hot flatiron. This produces sufficient steam to hold more heat and obviates the necessity of wringing out excessively hot cloths.

The Money Power.

Brags—It is positively absurd to talk about a "money power" in this country. There is no such thing. Wags—I'd just like to discuss that with you. Have you got a minute to spare? Brags—Not a minute. I've got a note due at the bank, and they're bothering me to death about it.—Life.

Eighty Per Cent.

"The Browns are celebrating their silver wedding next Saturday." "Their silver wedding? Why, they've been married only five years!" "I know, but that's five times as long as anybody expected them to stay married, so they feel that they are entitled to a discount."—New York World.

PRACTICAL HEALTH HINT.

To Prevent Colds. Dr. Eugene L. Fisk of the Life Extension Institute, in New York city, suggests that one of the best methods for preventing colds is to breathe as much fresh air as possible. A draft, he holds, is not to be feared unless it is strong enough to be chilling. It is as silly to weaken your resistance by coddling as it is to be over-Spartan. The skin can be trained to help resist germ infection, and one of the worst ways to train it is to work and live and sleep in overheated rooms. The same sort of rules apply to clothing. Adapt your clothing to the condition of your body and to the conditions of the weather. One man can wear light underclothing all the year round; for another whose physique is not so hardy or who has chronic heart or kidney trouble such a course is folly. It is as harmful to expose yourself to too much as it is to weaken your resistance by building up too many colds. One man can take cold baths and be no worse for them; another of a more delicate constitution will suffer nervous shocks from the same temperatures. Try out your skin and find out its reaction point. Of course you will do well to avoid constipation, overeating and extreme fatigue, for these all aggravate colds and invite them. The man who is subject to colds should be sparing in his use of tobacco and should know that he weakens his resisting powers if he drinks alcohol.

Antimony!

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Potatoes as a Food.

At high prices the potato is not a good food; it is not at any price one of the best. Civilized humanity existed without it for centuries, rising to its zenith in a potatoless old world. Habit and convenience in storage have led to its use.

The potato is three-fourths water and not quite one-fifth starch, which is its chief food substance, an excellent one for out-of-door workers in severe climates. It is less valuable for sedentary workers indoors.

Only one-hundredth part of the potato is fat; 3 per cent nitrogen, 2 per cent sugar. These more valuable substances are so slight that during the famine of 1847 Irish eaters formed the habit of cooking potatoes "with a bone in the middle"—that is, of under-cooking them so that they might delay digestion and stave off hunger.

There are substitutes, of which rice nearly approaches the potato in values and defects. The correct instinct of rice eaters has headed the latter by the invention of pie, in which rice is supplemented by chopped meats or gravies.—New York World.

Germans in America.

The total number of German born in the United States is 2,501,333. If Austria-Hungary is included the total is increased to 4,171,945.

The natives of Germany and Austria-Hungary comprise 31 per cent of the total foreign population of the country and less than 5 per cent of the total.

New York has the largest German population of any state in the Union. The total is 463,700. The German population of New York city is only 14 per cent of its foreign population.

The half of Cincinnati's citizens were born in Germany. The other centers in the order of their population of the German vote are as follows: Baltimore, Buffalo, Chicago, Detroit, Jersey City, Los Angeles, Milwaukee, Newark, St. Louis and San Francisco.

In its proportion of Germans Wisconsin leads, Minnesota second.—Syracuse Post-Standard.

Our Fishing Presidents.

Fourteen of the twenty-seven presidents of the United States have been fishermen. When fishing and the presidency are mentioned the mind instantly recalls Cleveland, the fishing president. He is the one president who wrote a book discussing angling. It is not generally known, but the first president of the republic was an enthusiastic angler. It may be of interest to the enthusiastic anglers of the nation to record the names of the fishing presidents. They are: George Washington, Martin Van Buren, John Tyler, Zachary Taylor, Millard Fillmore, Franklin Pierce, Abraham Lincoln, Andrew Johnson, Ulysses Simpson Grant, James Abram Garfield, Chester Alan Arthur, Grover Cleveland, Theodore Roosevelt and William Howard Taft.—New York Sun.

An Exercise For Typists.

Is it of any value to know how to say the alphabet backward? A correspondent says: "I think this is new, as I am the inventor, and it is of some use in exercising on the typewriter if for nothing else. The twenty-six letters of the alphabet are used as initials of words divided into five groups of four initials and one group of six. The groups are connected as follows: Zebra Yoked, Xylophones Whacked, Voices United To Sing, Read Quick, Pass On! Nature May Lack Kindness; Juices Inside Hanging Grapes—Friends, Enemies, Dogs, Cats, Bats, Ants.—New York Sun.

A Way the Dutch Have.

The Dutch have a delightfully original way of collecting their taxes. If after the notice has been given the money is not sent the authorities place one or two hungry militiamen in the house, to be lodged and maintained at the expense of the defaulter until the amount of the tax is paid.

Its Oddity.

"There is one thing in a lawyer's profession which is different from any other." "What is that?" "The longer he is at it the more he has of a brief career."—Baltimore American.

In His Line.

"He is building an immense artificial mountain on his country estate." "Well, I guess it comes sort of natural for him to put up a bluff."—Puck.

Marital Amenities.

"My hand is always in my pocket." "That's just what I'm complaining about. It never comes out."—Exchange.

PRACTICAL HEALTH HINT

Consumption. A diet of peanuts is suggested as a cure for consumption by Dr. Brewer in the Journal of Hygiene. This seems too simple to be true, but Dr. Brewer tells of two young women who had grown sick of cod liver oil and tonics and who were treated by him with salted peanuts—all they could eat—combined with inhalations of silexer. "One would think this a very indigestible diet," he writes, "but they craved them, and it has always been my policy to find out just what my patients desire to eat, and unless it is too unreasonable I humor them. Both young ladies have become plump and after one year's inhalation have ceased coughing, and I pronounce them cured." Peanuts are recommended also for sleeplessness.

Self Training is Best, Says Armour.

In the American Magazine is an article by J. O. Armour entitled "Armour Men Who Got Ahead—and Why." In which Mr. Armour gives his opinion of the qualifications that make for business success.

"One of the truest axioms I know," he says, "is the business saying that the best trained man is the self-trained man." It is my belief that no man developed by a formula in a business organization can ever reach the power of one who is put on his own responsibility, knowing that his advancement depends on his own brains, foresight and application.

"By this I do not mean that a business leader should let his men go along blindly. He must always give something of himself. He must teach them the overhead and crawl strokes where they knew only the breast stroke before. But in any office organization the man who has never had to stand squarely on his own feet is never in a position to march ahead."

Work of a Microscope.

One of the newest of astronomical instruments is the blink microscope. The principle involved is similar to that of the moving picture machine. In the latter the film used consists of a series of pictures, each a little different from its predecessor. If these are presented in rapid succession the series is fused into one picture in which the succeeding differences appear as motion. The blink microscope enables one to compare a photograph of a portion of the heavens with another of the same region taken several years later. An ingenious contrivance brings first one then the other plate into view in rapid succession. If in the interval between two exposures a star in the region has changed its position appreciably it will appear to move and can be detected at once. Formerly it was necessary to measure carefully the positions of all the stars on both plates in order to detect those with large proper motions. Such stars are sometimes called "runaway" stars.

Complaint of the Stupid.

It is only stupid people who complain that they are misunderstood. If they were not stupid they would know that there is absolutely no such thing as being misunderstood, and therefore that there is nothing whatsoever to be gained by complaining about it.

Wise people who want to be understood do not spend their time complaining, but in perfecting some means of expressing themselves by which they may reveal to the world about them some slight remnant, at least, of their souls or their minds or their ideas or their discoveries or their eccentricities or whatever it is they want to make known.

When you complain about not being understood the only thing you make clear is that you are a complainer.—Puck.

Eskimo Carving.

All of the Eskimo carving today is done with steel tools, but there is work in existence that dates back to the stone age. The older Eskimos say that their ancestors used tools of flint, and it is known that they have been carving ivory for many generations. Some of the very poorest of them and those that live in the most out of the way places are noted for their work of this kind. They seem to do it for pastime and make many toys and dolls for their children. They have a way of softening the bone, horn or ivory before they work it, and to make the carvings more distinct they etch lines on the surface with a black paint made of a mixture of gunpowder and blood. This, when put on the freshly cut bone makes a permanent stain.

What He Didn't Know.

Peyton R. Hayden was long a conspicuous figure among the lawyers of Boone county. While he was fond of studying lawbooks, he cared little about literature. During a recess one day in the Boone county courthouse a lawyer named Field from Lafayette county asked him what he thought of Byron's "Child Harold." Hayden replied: "Egad, sir, I did not know that Byron had a child named Harold."—"Bench and Bar of Boone County, Mo."

A Giveaway.

Mrs. Blabbit—I don't like her at all, dear. She's a deceitful woman. The other day she tried to set me to say something against you, Mrs. Gaddigh—She did! How? Mrs. B.—Why, she asked me to tell her confidentially what I really thought of you.—Boston Transcript.

Oddity of the Sturgeon.

The sturgeon has no skeleton. This fish has many tubercles fixed in the skin along the back and sides. If these tubercles are boiled with a little soda it will be seen that they are beautifully ornamented, somewhat resembling very fine Chinese carving.

Easy Judgments.

"Solomon was a wise man." "Oh, he had it easy. There were no technicalities in his day, nor did he have to decide cases with the alienists evenly divided."—Exchange.

When He Got the Hint.

"What started you thinking about marriage all at once?" "She wouldn't let me buy her a box of candy—said I would need the money."—Houston Post.

Romance and Fiction.

When a very rich man marries a very poor girl, that's romance. When a very rich girl marries a very poor man, that's fiction.—Galveston News.

Meet trouble like a man and cheerfully endure what you can't cure.

Potato Eelworm Bulletin

It's ready now, the potato eelworm bulletin, and you may get your copy at once by ordering to the O. A. C. Extension Service, Corvallis, for it. Ask for Potato Eelworm Bulletin No. 198. It will show you how to identify eelworm-infested potatoes and also the necessity for preventing the spread of the eelworm pest. This pest far outranks either the tuber moth or the Colorado potato beetle, and when once established in the soil is pretty nearly there for keeps. Growers are urged to examine their potatoes closely for this pest and to discard all potatoes that show any indications of infestation. The bulletin tells how to detect the eelworms when present.

Lloyd George is Advocate of Suffrage.

London, March 28—Premier Lloyd George made a declaration in the house of commons today in favor of woman suffrage. Champions of woman suffrage are exuberantly hopeful that their cause is won.

Former Premier Asquith, who also declared for equal suffrage, said his former opposition always had been based solely on considerations of public expediency. Two women had now worked out their own salvation. The war could not be carried on without them. What moved him especially, he added, was the problem of reconstruction after the war. He considered it to be neither just nor expedient to withhold from women the power or the right to make their votes heard directly.

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At The Churches

PRESBYTERIAN. Albert H. Gammons, Minister. Sunday Services regularly as follows: 10:00 A. M. Sabbath School. Classes for all ages. 11:00 A. M. Morning worship, with sermon. 6:45 P. M. Christian Endeavor Prayer meeting. 7:30 P. M. Evening worship, with sermon. Prayer meeting on Wednesday evening at 7:30. Everyone welcome to these meetings. "I was glad when they said unto me, 'et us go into the house of the Lord.'"—Ps. 122:1.

CHRISTIAN SCIENCE

Services held every Sunday morning at 11 o'clock in I. O. O. F. Hall. Everybody welcome.