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GREEK SOVEREIGN LAUDS WORK OF NEAR EAST RELIEF

Cables Thanks for Christian
Lives Saved in "Beautiful
Work" of Mercy

Athens, Greece.—The wonderful
work done by the Near East Relief
organization in saving the lives of
tens of thousands of Christians
throughout Asia Minor and Trans-
caucasia has received signal recogni-
tion in praise bestowed by Queen
Sophie of Greece in a cablegram dis-
patch by the Greek sovereign to Dr.
James L. Barton, Chairman, and
Charles V. Vickrey, Secretary, of the



Near East Relief organization, 1
Madison Ave., New York City. Her
message reads:

"Deeply touched your great kind-
ness towards Greek sufferers in
Straits Area and Asia Minor. Thank
you all most sincerely.

SOPHIE.
At the same time, the Greek queen
sent her check to Dr. Barton, Chair-
man of the Near East Relief Commit-
tee, for 1,000 francs as a contribu-
tion to what she termed the "beauti-
ful work" of feeding, clothing and
housing the more than 110,000 little
children who have come under the
care of the Near East Relief during
the past year.

Besides Queen Sophie, Admiral P.
Coundouriotis, of the Royal Hellenic
Navy, who was regent of Greece fol-
lowing the death of the late King
Alexander, on October 25, last, has
also cabled to express the gratitude
of the Greek people for the aid fur-
nished the Christian populations of
Turkey by the Near East Relief.
More than \$120,000.00 was raised
among the Greeks of the United
States, in two weeks, and sent to the
Near East by the Near East Relief,
to be used in helping the widows and
orphans rendered destitute by the
continuation of disturbed conditions
in the former Ottoman Empire. The
funds of the Near East Relief are
gathered by private subscription not
only among Americans, but among
the Armenians and Greeks in the
United States, whose countrymen in
Turkey and Transcaucasia have been
through indescribable suffering.

In an official report to Charles V.
Vickrey, General Secretary of the
Near East Relief, Miss Glee Hastings,
of Spencer, Iowa, describes the pit-
iable condition of tens of thousands
of homeless, starving, half-naked
refugees, driven from their homes in
the war area, and huddled in stables
and out-houses, or on the bare
ground, for lack of shelter.

"Most of the refugees are country
people with almost nothing except
the clothes on their backs, stupefied
and dazed by their misfortunes.
Bread is given only to women and
children at the rate of one-half loaf
for a person, each day. The milk is
reserved for the babies and sick. The
refugees sit around, huddled up
against the walls—women with dull,
sad faces, little children that are blue
and pinched with the cold, and too
miserably lifeless to cry. One family
of five sleeps at night on a bare stone
floor, under one thin, ragged half-
cotton blanket. In one room several
women are wasting away with tuber-
culosis; in another are some severe
eye cases, including two young blind
girls, who have no one in the world
to care for them. The overflow from
these buildings live in a wooden shed
with the walls and floors gaping with
holes where the wood has rotted
away and in tents improvised from
rags and pieces of carpet."

A nation-wide appeal is being
made to carry on this work, checks
to be sent to Cleveland H. Dodge,
Treasurer, 1 Madison Avenue, New
York City.

HOW TO KEEP FIT... OCCUPATIONAL NEURITIS

Writers Cramp and Similar Trou-
bles May Be Cured by Exer-
cises and Adjustment

Most people work. The majority of
workers spend most of their lives
doing one thing or one group of things
over and over again day after day.
This is more true of some occupa-
tions than of others. The penalty of
this violation of nature's law, which
requires for best health and efficiency
the all-around use of the body and
the equal exercising of all of its
muscles, is an insidious and progres-
sive condition of cramps, spasms or
pains which are grouped under the
heading of occupational neuritis, the
most commonly known of which is re-
ferred to by the laity as writer's
cramp. This is what falls to the lot
of many a stenographer, bookkeeper, writer
and stenographer.

Under normal conditions work
never injures anybody. Even over-
work, in itself alone, other things be-
ing equal and the environment good,
is not injurious. It is hurry, worry,
anxiety, dissipation and unhealthy en-
vironment and habits and possibly,
the most important of all, lack of re-
creation, or compensation, which
wears away and even sometimes kills.
It is not the amount of work done
with the fingers and hand by the
bookkeeper or stenographer which
produces writer's cramp or neuritis,
but it is the lack of compensatory
exercise or work.

If a sufficient amount of opposing
movement or work had been prac-
ticed along with the regular em-
ployment there would have been a
perfect balance maintained in the
growth, development and nutrition, as
well as in the health, strength and
efficiency of all of the muscles and
nerves of the hand and arm. On the
contrary, however, in the case of the
afflicted writer there was monotonous
work of certain groups of muscles
or nerves to the point of repeated
fatigue, accompanied by utter neglect
of the opposing or balancing muscles.
It is not the amount of work done
with the fingers and hand which
withers in size, as well as decreased in
power.

Just as in general, prevention is
better than cure, most truly is this so
of writer's cramp. The best way for
the stenographer to cure such a con-
dition is not to have it. She needs
never have it if she will avoid the
dangers hinted at above. She may
relieve it and possibly cure it by
changing her method of living and
adopting the suggestions given here.
A burnt child dreads the fire. It is
too bad he doesn't dread it before
he gets burned. Prevention is
a thankless task most of the time.
The afflicted demand cure, but the un-
afflicted are heedless of the certain
penalty of violation of nature's laws.

Osteopathic adjustment of the neck
and back tends to restore equilibrium
disturbed by faulty posture in one's
occupation. It relieves pressure on
nerves by replacing those vertebrae
which industrial strains have dis-
placed. It restores correct posture. It
gives Nature a chance to function
painlessly and to restore efficiency by
upbuilding exercises which would be
impossible without this adjustment.

THE WORLD OVER

If a man is a fair mechanic and
handy at fixing things around the
house, he is apt to have to work a
good deal of over time without the
time and a half attachment.

While there are numerous kinds
of talking machines, the motorcycle
always seems to be indulging in pro-
fanity as it snorts by, and if it
doesn't the pedestrians do.

If they tax automobiles \$10 a
piece, as is threatened by Congress,
Henry Ford, making \$100,000 of
them a month, would have to come
across right pert.

Some people tell it all in the first
sentence and then ramble on be-
cause their clutch is loose.

In all capital operations, such as
taking off an arm, leg or head, an-
esthetics are administered, and just
why the government does not do this
when it operates on a fellow's wad
for taxes has not been explained. It
would be more merciful to do so.

Many people think it is too hot in
summer time to go to church, but it
is barely possible that such persons
will learn something about heat later
on that they don't realize now.

Every man who habitually tells
lies, or drinks intoxicants, or refuses
to pay his just debts, should be ar-
rested and punished as are vagrants.
These bad habits are as annoying to
his community as is vagrancy.

In spite of all the come down in
various prices, the average fall has
not reached pre-war levels yet. The
average cost of living is yet 62 per
cent higher than it was in August,
1914. Therefore, the average wage
should be 62 per cent more than it
was then, which does not mean, by
any means, that it should be 100
per cent higher.

There should be no excess profit
taxes, for the simple reason there
should be no excess profits. An ex-
cess profit means a second profit
over and above a reasonable profit,
and no such thing should be allowed
under the laws of any self-respecting
government of, by and for the peo-
ple.

The average man is at a disad-
vantage. He has to obey the city
laws, the state laws, the federal
laws and his wife's laws. Every way
he turns he is faced by a big
sign which reads, "DON'T!"

Read the POST

Legal Notices

Summons ACTION TO RECOVER MONEY

IN THE CIRCUIT COURT OF THE STATE
OF OREGON, IN AND FOR JACKSON
COUNTY.

The Bullock Mercantile Agency, as
Oregon Corporation Plaintiff

vs.
Lilly Davis, formerly Lilly Strompf,
Defendant

To Lilly Davis formerly Lilly
Strompf, defendant:

IN THE NAME OF THE STATE
OF OREGON, you are hereby com-
manded to appear and answer the
complaint of the plaintiff herein filed
against you in the above entitled court
and cause on or before the 17th day
of October, A. D. 1921, said date being
the expiration of six weeks from the
date of the first publication of this
summons, or that you appear and
answer plaintiff's complaint filed against
you in the above entitled court and
cause within six weeks from service of
this summons and copy of complaint
upon you if personally served with said
summons and complaint, and you are
warned that if you fail to appear and
answer as directed, the plaintiff will
take judgment against you as

prayed for in plaintiff's complaint now
on file in this court and being for judg-
ment in the sum of \$210.58, and for
plaintiff's costs and disbursements here-
in to be taxed.

This summons is published by the
order of the Honorable F. M. Calkins
made September 2nd 1921, ordering
publication of summons for the period
of six consecutive weeks from the date
of publication, which first publication
is September 3rd, 1921.

H. A. CANADY
Attorney for plaintiff whose address
is 32 N. Central Ave., Medford, Oregon.

Notice of Final Account

In the Matter of the Estate
of Annie Cantrall, deceased.
Notice is hereby given that the ad-
ministratrix of the estate of Annie
Cantrall, deceased, has filed in the
County Court of Oregon, for Jackson
County, her Final Account of the ad-
ministration of said estate and that
Saturday, September 24th, 1921, at
the hour of 10 o'clock A. M., at the
county court house in the City of
Jacksonville, Jackson County, Oregon,
has been fixed as the time and place
for hearing of said final account.

All persons having objections to
said final account or any part thereof,
are hereby required to file the same
in said court, on or before the time
above mentioned.

ODA I. BARNEBURG,
D. W. BAGSHAW, Administratrix
Attorney.

Alias Summons SUIT TO QUIET TITLE

IN THE CIRCUIT COURT OF THE STATE
OF OREGON, FOR THE COUNTY OF
JACKSON.

Joseph D. Morrison, Plaintiff
vs.
Dallas Elmore, sometimes known as
Dallas Elmore, George Elmore, some-
times known as George Elmore, Wil-
liam Robinson, executor of the es-
tate of James Barnes deceased, Oscar
Ganiard and Lucinda Ganiard, husband
and wife, Daniel P. Barnes, Mrs.
Sarah Orchard, George Osborn and
Robert Osborn, also all persons or
parties unknown claiming any right,
title, estate, lien or interest in the
real estate described in the complaint
herein.

To Dallas Elmore, sometimes known
as Dallas Elmore, George Elmore,
sometimes known as George Elmore,
William Robinson, executor of the es-
tate of James Barnes, deceased,
Oscar Ganiard and Lucinda Ganiard,
husband and wife, Daniel P. Barnes,
Mrs. Sarah Orchard, George Osborn
and Robert Osborn, also all persons or
parties unknown claiming any right,
title, estate, lien or interest in the
real estate described in the complaint
herein.

IN THE NAME OF THE STATE
OF OREGON, you and each of you are
hereby required to appear and answer
the complaint of the plaintiff filed
against you, within six weeks from
the date of the first publication of
this summons, and that you and each
of you are hereby notified that if you
fail to appear and answer said com-
plaint, or otherwise plead thereto
within said time, plaintiff will apply
to the court for the relief prayed for
in his said complaint on file in said
cause, to-wit:

For an order and decree of this court
quieting the title in plaintiff to the fol-
lowing described real estate, situated
and being in the county of Jackson,
and state of Oregon, to-wit:

The south west quarter of the south
west quarter and lot numbered three
(3) of Section thirty one (31), Town-
ship thirty-five (35), south of Range
One (1) west of the Willamette meridian

That plaintiff be decreed to be the
owner in fee simple thereof, and that
said defendants and each, every and
all of them be decreed to have no right,
title or interest therein or thereto and
that said defendants and each, every
and all of them be forever barred, en-
joined and restrained from asserting
or setting up any claim, right, title or
interest in or to the said described real
estate, or any part or parcel thereof,
and for such other and further relief
as to the court may seem just and
equitable in the premises.

This summons is published in the
Jacksonville Post, under and by virtue
of an order made by the Hon. F. M.
Calkins, Judge of the First Judicial
District of Oregon, on the 30th day of
July, 1921. The first publication of this
summons is August 6th, 1921.

R. F. LINDAS,
Attorney for Plaintiff.

Administratrix's Notice to Creditors

Notice is hereby given that the un-
derigned has been appointed by the
county court of Jackson County, Ore-
gon, as administratrix of the estate of
William E. Kahler, deceased, and has
qualified. All persons having claims
against said estate will present the
same to the undersigned at Central

Point, or to M. Purdin, attorney for
the estate, at Medford, Oregon, within
six months from the date of this
notice.

First published August 20, 1921.
JOSEPHINE KAHLER,
Administratrix.

SUMMONS

IN THE CIRCUIT COURT OF THE
STATE OF OREGON FOR JACK-
SON COUNTY.

M. A. Barron, Plaintiff, vs. E. J.
Farlow and Mary D. Farlow, his
wife, Alice Hinman and
A. Hinman, her husband, Otto Miller
and Mrs. Miller, his wife, Edward
Miller and Cere Miller, his wife, Ada
Culver and Charles Culver, her hus-
band, Annie Nelson and P. A. Nelson,
her husband, Ada Shaffer and Harry
Shaffer, her husband, Edwin Dunn
and Nellie Dunn, his wife, Mil-
lar Nunn and T. J. Greer, and also
the unknown heirs of Hiram Farlow
and of Jennie Fausett Greer deceased;
and also all other persons or parties un-
known claiming any right, title, estate,
lien or interest in the real estate de-
scribed in the complaint herein, de-
fendants.

To Edward Miller and Cere Miller, his
wife, Ada Culver and Charles Culver,
her husband, Annie Nelson and P. A.
Nelson, her husband, Harry Shaf-
fer and T. J. Greer; and also the un-
known heirs of Hiram Farlow,
and of Jennie Fausett Greer,
deceased, and also
all other persons or parties un-
known, claiming any right, title,
estate, lien or interest in the real
estate described in the complaint
herein: the above named defend-
ants.

IN THE NAME OF THE STATE
OF OREGON: You are hereby re-
quired to appear and answer the com-
plaint of the above plaintiff in the
above entitled court, now on file
with the clerk of said court, within
within six weeks from the date of the
first publication of this sum-
mons, and you are hereby
notified that if you fail to appear and
answer said complaint, as hereby re-
quired, the plaintiff will apply to the
court for the relief prayed for in her
complaint, to-wit: For a decree of
the court that the defendant have no
estate, or interest whatsoever in or
to the following described premises,
situated in Jackson County, Oregon,
to-wit:

Beginning at a point on the north-
east side line of Church Street in the
City of Ashland, Oregon, south 53
degrees 24 minutes west, 154
feet from the intersection of the
northerly side line of Church Street
with the easterly side line of Almond
Street, said Church Street being forty-
four feet wide; thence north 31 deg. 39
min. west, parallel to the said easterly
side line of Almond Street 104.5 feet;
thence south 59 deg. 24 min. west 187
feet thence south 28 deg. 05 min. east
104.5 feet to the northerly line of
Church Street; thence north 35 deg.
24 min. east 133.5 feet to place of be-
ginning.

That defendants be forever enjoined
and debarred from asserting any
claim whatever in and to said land and
premises adverse to the plaintiff, and
that the title of the plaintiff is good
and valid in said premises.

Under and by virtue of an order
made by the Hon. F. M. Calkins,
Judge of said Court, dated the 8th
day of August, 1921, this summons is
served on the defendants by the pub-
lication thereof for six successive
weeks in the Jacksonville Post, a
weekly newspaper printed and pub-
lished at Jacksonville, Oregon, and
the defendants by said order are re-
quired to appear and answer within
six weeks from the date of the first
publication hereof.

Date of first publication August 13
1921.
NELLIE DICKHY,
Attorney for Plaintiff.
Residing at Ashland, Oregon.

Notice of Sheriff's Sale

By virtue of an execution and order
of sale issued out of and under the
seal of the Circuit Court for the State
of Oregon, for Jackson County, dated
August 27th, 1921, in a certain action
therein, wherein Jackson County Bank,
an Oregon corporation, as plaintiff,
recovered judgment against Anna B.
Webster and W. O. Webster, defend-
ants, for the sum of \$1486.10 with in-
terest thereon from March 1st, 1921,
at the rate of eight per cent per an-
num, payable quarterly until paid, to-
gether with the further sum of \$148.61
attorney's fees, and the costs and dis-
bursements of this suit to be taxed,
also amount paid for taxes of \$120.09
and interest thereon at the rate of
eight per cent per annum, and \$37.00
costs, which judgment was enrolled
and docketed in said Court, August
27th, 1921.

Notice is hereby given that pursuant
to the terms of said execution, I will
on Saturday, October 1st, 1921, at 10
o'clock A. M. at the front door of the
Courtroom in the City of Jacksonville,
Jackson County, Oregon, offer for
sale and sell at public auction for cash
to the highest bidder, to satisfy said
judgment, with the costs of this sale,
subject to redemption as provided by
law, all of the right, title and interest
that Anna B. Webster and W. O.
Webster, the defendants, jointly or
individually, had on July 16th, 1921, or
have since acquired or now have in
and to the following described prop-
erty, situated in Jackson County, State
of Oregon, to-wit: Block No. 1 of
Oakdale Park Addition to the City of
Medford, Jackson County, Oregon;

also the whole of the East Half (E 1/2)
of Block No. 2, of the Oakdale Park
Addition to the City of Medford, Ore-
gon.
Dated at Jacksonville, Oregon, this
29th day of August, A. D. 1921.
C. E. TERRILL
Sheriff of Jackson County Oregon.
By L. D. Fornbrook
Deputy.

Notice to Creditors

IN THE COUNTY COURT OF THE STATE
OF OREGON, FOR JACKSON COUNTY

In the Matter of the estate
of Mary Miller, deceased.
Notice is hereby given that the un-
derigned, by an order duly entered in
the above entitled court and matter
has been appointed and now is the duly
qualified and acting executor of the
Last Will and Testament of the above
named decedent.

All persons having claims against
the estate of the above named deced-
ent are required to present the same,
with proper vouchers annexed, to the
undersigned executor, at the office of
his attorney, H. K. Hanna in Jackson
County Bank Building, Medford, Ore-
gon, within six months from the date
of this notice.

Dated and first published September
3, 1921.
KASPER K. KUBLI,
Executor.

Order to Show Cause on Appli- cation of Guardian for Order of Sale of Real Property

IN THE COUNTY COURT OF THE STATE
OF OREGON, IN AND FOR THE COUNTY
OF JACKSON.

In the matter of the guardianship
of Bertie B. Pankey,
Lorenzo H. Pankey and Cora A.
Pankey, minors.

It appearing to the court from the
petition filed herein on the 17th day
of August, 1921, by Chas. A. Pankey,
guardian of the persons and estates
formerly of Bertie B. Pankey, Loren-
zo H. Pankey and Cora A. Pankey,
minors, and now of Lorenzo H. Pankey,
Lorenzo H. Pankey and Cora A. Pankey,
said minors (Bertie B. Pankey having reached the
age of 21 years prior to the filing of
said petition) praying for an order
of sale of said real estate, belonging
to said Lorenzo H. Pankey and Cora
A. Pankey, that the amount invested
therein may be placed in a more pro-
ductive investment, and it appearing
therefrom that such real estate should
be sold, and the court having consid-
ered said petition, and being fully ad-
vised in the premises;

IT IS HEREBY ORDERED that the
next of kin of said wards and all
persons interested in the said estate,
appear before this court on the 17th
day of September, 1921, at 10 o'clock
A. M. in the courtroom of this court
at the courthouse in the town of Jack-
sonville, Jackson County, Oregon,
then and there to show cause why
there should not be granted an order
for the sale of such real estate de-
scribed in said petition as follows:

An undivided one-sixth interest be-
longing to each of said wards, Lor-
enzo H. Pankey and Cora A. Pankey,
in Lots One 1/2, Two 2 and
Three 3 in Block Three 3 of the
Central Subdivision to the Cottage
Addition to the City of Medford,
Jackson County, Oregon.

AND BE IT FURTHER ORDERED
that the next of kin of said wards,
Lorenzo H. Pankey and Cora A. Pankey
be served with this order by pub-
lication of a copy thereof for three
successive weeks in the Jacksonville
Post, a newspaper of general circula-
tion in said county.

Dated at Jacksonville, Jackson
County, Oregon, this 17th day of
August, 1921.

G. A. GARDNER,
County Judge.

Notice of Final Settlement

Notice is hereby given that the un-
derigned has filed his final account as
administratrix of the estate of J. H.
Thornlike, deceased, with the County
Court of Jackson County, Oregon, and
that said Court has appointed Satur-
day, the 17th day of September, 1921,
at ten o'clock in the forenoon as the
time, and the courtroom of said Court
in the county house at Jacksonville,
Jackson County, Oregon, as the place
for hearing objections to said final ac-
count and the settlement thereof. All
persons interested in said estate are
notified to appear at said time and
place and show cause why said final
account should not be approved by the
said court and said estate be decreed
to be settled and closed.

Dated August 13, 1921.
John L. Thornlike, adminis-
trator of the estate of J. H. Thorn-
like, deceased.

Rapidity of Wireless.
It takes but one-twentieth of a sec-
ond for a wireless signal to pass from
Washington to San Francisco.