CITY LOCAL NEWS

Herman Brooks, of Carus, was in this city visiting Wednesday. Otto Fischer, of Beaver Creek was an Oregon City visitor on Wednesday.

Miss Flo Hewitt has accepted ... position with the Home Telephone Company.

Theodore Miller, of Carus, was ansacting business in this city on Vednesday. transacting business in this city on Wednesday.

Canby, was in this city on business, Wednesday.

Mr. and Mrs. A. B. Cone of Maple Lane, were Oregon City visitors or Wednesday.

Miss Paula Fischer and brother. Walter, of Carus, visited in Oregon City Wednesday.

Andrew Kocher, a prominent res-ident of Canby, was in this city Wed-nesday on his way to Portland. Mrs. J. F. Albright, who has been

critically ill with penumonia for some time, is now rapidly improving. Miss Adah Hulbert, who has been

book-keeper for Burmeister and Andresen's jewelry store for _everal years, has resigned her position.

Goldsmith's Friday and Saturday, Merch 13th and 14th, and following days. days.

Van Brakle, U'Ren and Hedges, Speakers

Sunday morning in the Congregational Church at 11 o'clock Young Peoples' Service. Subject "Things that Make a Man-Decision, or Coming to Oneself."

The series of illustrated address es at the Congregational Church closed with the "Coming City" and the remarkable results achieved else where suggest what possibilities are before Oregon City. In order to set forth some of these the pastor has asked several gentlemen interested in the subject, who have been present at some of the evening services to present from their point of view how Oregon City may become a better, cleaner, and more beautiful place to live in. Next Sunday evening at 7:30 there will be three short addresses on the following themes by the

ses on the following themes by the following gentlemen:— "The City's Cleanliness," Dr. J. B. van Brakle; "The City's Opportuni-ties and Powers," Gilbert Hedges; "The City's Organization, or How to Do It," W. S. U'Ren. The Public is cordially invited

The Public is cordially invited.

MAPLE LANE

Now that the season is open for fishing, a great many people are seen going through here to the Ab-Brothers store. Mrs. Jane Lewis visited at ernethy, every Sunday. The Ladies Club met at the home

of Mrs. C. Muralt on March 11th, and a good program was given. A de-licious lunchoen was served by the hostess, which was enjoyed by all. George Brown is doing some car-George Brown is doing some car-penter work in Oregon City this Fir Grove diamond

week. Here's wishing "Dug" Thorn gets the nomination for sheriff, and while Wednesday afternoon.

you are wishing, speak a good word for him.

A communication from the coun If you want some right good fruit trees this spring, see Robbins' Nurs-ery. Robert Ginther caught about for-writer is not known. We will omit

ty fish Saturday and Sunday. Must the signature to an article, but the be the "Professor" knows where all Courier must know the writer.



the good fishing holes are, to catch **EXERCISE AT HOME** that many trout ten inches long, as the law requires now. Mrs. George Brown, who has been

seriously ill for some time is some Soetter at this time. Word has been received that Mr. A Short Course In Body Building

and Mrs. Horton have reached Misouri and had a very pleasant trip. Several of the young people of this neighborhood attended services at

Joseph Leiser, chief of police of day morning March 29 at 11:00 A. M. Everybouy come and bring your neighbor.

EVERGREEN

farm.

monia

urday evening.

noon at 3 o'clock.

n Gladstone.

Logan.

G. Mighells is some better at this writing. Mrs. A. B. Come has sold her

This is a synopsis of the preliminary setting up exercises used by the trainers property to a party from Portland. sir. and Mrs. Come expect to leave of the various athletic teams, which i about May 1st, and we certainly will

tested personally when captain of the Yale athletic team, and which were ap-proved by the late Mike Murphy. 1 have all regret having them leave. E. W. Homedale is sure right adapted them for use by business men. SAMUEL SCOVILLE, JR. there with the goods when it comes to playing "500."

The Equity Society met as usual Get up! That's the hardest part. on Wednesday evening. You want to be sure and attend Then cross a pair of two pound dumbbells, holding them with both hands up

that social given by the Ladies' Club. See announcement later. over the head, and swing them down between the outspread legs, then up The Morning Enterprise surely until they are shoulder high and does give some correct weather fore-casts. Gave Saturday's forecast Sunswing straight out to one side as far as possible, holding the arms stretched

out straight and stiff. Go back again down between the legs and up and out the other side. If you don't have the dumbbells clasp the hands and do it without.

For Business Men.

NEW LIFE FOR THE MUSCLES.

This System is Simple, Gives Help

Where Help is Needed, Takes but

Ten Minutes Night and Morning and

Increases Strength and Vitality.

J. Hazell and family have moved This is the famous "liver squeeze." the Northwestern Association which Sandow once said helped more muscles than any other single exercise. Moreover, it helps the muscles that Mr. Jerry Doremus of Oregon City

need help. is visiting at the home of his daugh-ter, Mrs. N. McKillican. Even the most sedentary man exercises his arms and legs somewhat. Miss Edith Ashby of Portland, spent Sunday at the Lewis home. Few after middle age ever exercise the great trunk muscles that cover the Mr. Zeller is quite ill with pneu

vital parts of the body. That is the reason so many men past forty are A number of our young people at ruptured and suffer so easily from tended the dance at Logan last Sat strained or theumatic backs and sides That is one reason, too, for dyspepsia. Jack Lewis spent Saturday and Sunday with relatives in Portland. The blood is never flowed across the stomach and back as it should be. The Rev. Smith will hold services at the schoolhouse next Sunday after-

the muscles of the lower and upper back and the great flat muscles across Mrs. Patterson is recovering from the breast and abdomen, and, as its an attack of lagrippe. Bethel Smith is visiting at the home of her brother, Frank Smith name implies, stimulates and increases the blood supply of the digestive organs underneath these vital muscles. George Armstrong of Redland was Do this exercise every morning and night five times, if you are over forty.

in our community last Monday, cir culating a petition to place Congress-man Hawley on the ballot. -Miss Rosella Jones visited friends in St. Helens over Sunday. ten times if under, for a week. Then add one a day to the number until it reaches thirty. That is enough for the Frank Mattoon and family spent Sunday at the home of Nels Smith at average man. In two weeks you will find that your stomach and back are hardening, that your appetite has in-

Two auto trucks made several creased and that your digestion is bettrips from Oregon City one day last week, hauling freight for Schwartz A After the liver squeeze and after each exercise take five long, slow

the breaths, holding for a moment and breathing out slowly. Breathe right down to the bottom of the lungs or. rather, right up to the little upper corners that are so seldom inflated in everyday life and where the fatal tuberculosis bug always gets its first

The Ladies' Civic Improvement Club held their regular meeting on footbold. Then lie down flat on the bed with Must Have Writer's Name

the legs hanging over the side and slowly raise them, without bending. straight up and down again. Put one hand on the stomach and see how the abdominal muscles come up in hard ach. Five times every morning and

night is enough for the first two weeks. Then add one a day until it. too, runs up to thirty. This is the

OREGON CITY COURIER,... THURSDAY, MARCH 19, 1914

way to work and again on your wa home. On either walk don't think of business. Relax your mind, watch the people you meet or, better still, get some friend to walk in and out with

you. This prescription is to be mixed with eight hours of sleep daily. These exercises take less than ten minutes, and you can't use twenty of the daily 1,440 to better advantage. Try this system for three weeks and see what an increase of power and vitality there is and how much easier it is to think and work and play with a helping instead of a hindering body .-New York Tribune.

Pure Sugar. Pure sugar will be entirely consumed by fire, while an ash will remain it it is adulterated.

back - Ben Jonson.

NIGHTMARE TERROR.

In Young Children It Causes a Shock That Requires Soothing.

A nightmare is a very vivid and disagreeable dream, in which the sleeper finds himself in various terrifying situations from which there is no escape. When a sufferer's fright reaches a climax he awakens suddenly; sometimes he is aroused by his own efforts to scream for help. A bad form of nightmare occurs in young children. It is called "night terror." The child awakes suddenly from a deep sleep, panting, wide eved, screaming but inarticulate and clings frantically to any one who goes to the bedside. Such attacks are most common in children between four and eight years old, but they may occur at any age. When grownup people have night-

mare it is generally owing to indiscretions in diet, such as mince ple or lobster eaten late at night. Many persons have to be very careful about what they eat for supper, and can never liver squeeze stretches and strengthens | safely go to sleep lying flat on the back.

> One characteristic of nightmare is the startling reality of it. It lacks the misty vagueness of pleasant dreams and has, while it lasts, all the sharp outline of an actual occurrence. Therefore it is important that young children should be wisely and gently handled when they suffer from night ter-rors. Do not scold them or laugh at them or argue with them. They have suffered a real shock, with consequent loss of nervous force. Until the par-oxysm has spent itself, do not leave a child who has suffered in this way nlone.

Sometimes, in older children, nightmare accompanies overpressure at school, and the tendency to it disappears in the holidays. In such cases lighten the pressure of work as much as possible, make the evening meal light and digestible and keep the child from excitement during the few hours before bedtime .- Youth's Companion

SIMPLY ROBBED THEM.

Mean Trick a Political Boss Played Upon His Ward Heelers.

A veteran politician when the subject of political graft and blackmail came up told of the experience of the boss of a certain city who was some- die in poverty. Earthly riches will be thing in the way of a collector him- of no account in the future. The lesson self.

One day near the close of a hot cam- up instead. paign he managed to round up some

BROKLYN_ **LABERNACLE** the Second Death. BIBLE STUDY ON

"WHERE YOUR TREASURE IS." Luke 12:13-34-March 1.

"Where your treasure is, there will your heart be also." - V. 31. ESUS was surrounded by a multitude of Jews, one of whom requested that Jesus admonish his brother to give him a share of the family inheritance. Jesus declined, saying that He was not a judge or a divider, and backing His refusal" with a caution against covetousness. This implies that the man who addressed Jesus was covering what legally belonged to his brother. Jesus would

have him, and all, see that abundance Ambition, like a torrent, ne'er looks of earthly possessions is not the sum of life. The basis of happiness is measand hope in Him.

God's promise to Israel was that if they would keen the Law, they would and he used as God's Kingdom to bless the world. Their

difficulty was that they were unable to ----keep the Divine requirements. Never-theless, the King-dom hope was ever

uppermost in their minds. Jesus came into the world to give 3 V.

Himself a "Ransom for all; (1 Timothy =

2, 6), and to begin Jesus' Reproof of the work of calling "Israelites indeed," to constitute His

associates in the Kingdom. He kept the Law perfectly, and, additionally, laid down His life sacrificially for Adam and his race. This sacrifice enabled Him to make good for the unin tentional shortcomings of all "Israel ites indeed." While they could not keep the Law and thus obtain the Kingdom, they could by accepting

Christ have the righteousness of the Law imputed to them and be acceptable to God. Hence Jesus' preaching was wholly along Kingdom lines, to the people who for centuries had striven to constitute that Kingdom.

The first opportunity for membership in that Kingdom was granted Israel: and only in proportion as they rejected the favor did it pass to the Gentiles. as St. Paul said. (Acts 13:46). In view of these facts we see that Jesus' teachings were not addressed to the world, but to the people of God.

"Soul, Take Thine Ease."

Our Lord gave a parable illustrating the comparative folly of all earthly ambitions in contrast with the or great possibility of the Kingdom. The parable tells of a rich farmer who built greater barns and storehouses. with the thought of thenceforth taking his case. But ere long he died. Many read into this parable things

which it does not contain. They infer that the rich man went to eternal torment; but nothing in the Lord's words so intimates. The expression, "This night shall thy soul be required of thee," signifies, This night you shall

is that spiritual riches should be laid

That rich man might have consecrat-

Riches. shall form a better character; or, refusing to do so, he will be cut off in

"Seek First the Kingdom." Jesus did not mean that we are to

look amongst the kingdoms of earth hoping to find one of them His Kingdom. On the contrary, He informs us that His Kingdom is future: "My Kingdom is not of this world"-this

order of things. We hope, we wait, we pray, we prepare for that Kingdom, seeking it in the sense of doing those things which shall make us "meet for the inheritance of the saints in light." For those who would be helrs of the

Kingdom there is one definite procedure: (1) They must recognize themselves

as sinners, unworthy of Divine notice; (2) They must recognize Jesus as ured by the soul's relationship to God "the Lamb of God, which taketh away the sin of the world;"

(3) They must realize that while His sacrifice is the basis of the world's inherit the Promise made to Abraham. reconcillation to God, nevertheless that work is to be accomplished by Him during His Millenuint Regn:

> (4) They are to hear the Lord's dec laration that He is now seeking the Kingdom class-those whose saintship will endure flery trials in respect to their love and lovalty to God and the b ethren, even unto death.

CONVICT WORK O PUBLIC HIGHWAYS

Majority of States Now Use Prison Labor.

DISCARD CONTRACT SYSTEM

During the Present Year Thirteen States Have Passed Laws Allowing the Use of Convicts In the Construction and Repair of Roads.

Thirteen states have passed laws during the present year allowing the use of convicts in the construction and repair of highways, according to a compliation by Dr. E. Stagg Whitin. assistant in social legislation in Columbia university and chairman of the executive committee of the national committee on prison labor. They are Arkansas, Delaware, Florida, Illinois Indiana, Kansas, Maine, New Jersey North Dakota, Pennsylvania, Vermont West Virginia and Wisconsin. As many other states had previously passed similar legislation, but few of the forty-eight states have not adopted the policy of using prisoners to build and maintain public roads.

West Virginia and Iowa are the two states whose laws regarding the working of convicts on highways stand out most prominently. So anxious was the governor of the former state to secure an effective law that he went to New York and with the assistance of representatives of the national committee on prison labor, of the road de-

prisoners required and shall state the length of time they shall be needed. The board shall, as far as possible, give equal service to each of the counties and shall determine which prisoners may be assigned to such work. The warden is to provide suitable and movable quarters, which shall be built, where possible, by convict labor. The convicts shall remain under direct control of the warden, their work, however, being under the supervision of

the road bureau. In lows the board of control of the state institutions with the advice of the warden of any penal institution, may permit able bodled male prisoners to work on the roads. The law specifically states such labor shall not be leased to contractors. A prisoner opposed to such work, or whose character and disposition make it probable that he would attempt escape or be unruly. is not to be worked on the highways. Although the prisoners are under the jurisdiction of the warden while building or repairing roads, their work is supervised by the state highway commissioner. Prisoners employed on the highways of Iowa receive such part of their earnings above the cost of their keep as the board deems coultable, the earnings either being funded or given to their dependent families. Before Iowa passed her present prison labor laws, George W. Cosson, attorney general of the state, made a thorough investigation of the prisons of his own and other states, and strongly denounced the contract system, under which the prisoners were employed up to that time. Mr. Cosson drew up the road bill and is of the opinion it will do much to drive the contract system out of the state

England's Mother Church.

The oldest frequented church in England is probably St. Martin's, at Canterbury, and you may call it the mother church of England. Walk up from the outskirts of the city and you will pass the font which gave baptism to King Ethelbert 1.300 years ago. The font still stands, the worshipers still mount the slope, and one considers whether it was Augustine or Bertha who dragged the king and husband to that font.-London Answers.

Typhoid Fever.

Typhoid is usually disseminated by means of impure water, milk or food and sometimes by files, but we must not forget that, as Koch said, "there is no other source of infection of typhoid than man." It is fellow creatures of ours who are responsible for its spread. Typhold fever is a disease of dirt. Unclean habits cause typhoid fever. Be therefore clean and help others to be

All Treatment Experimental. All treatment, however carefully chosen, is in the nature of an experiment, writes Dr. F. M. Sandwith in the Clinical Journal, for none can know the exact effect of any treatment or drug on any individual patient until he has tried it. A drug may suit ninety nine persons but be injurious to the one hundredth because of some idiosynerasy.

"What's that?" inquired the ribbon

"Excuse me. That's the football sig-

nal for the forward pass. I'd like the

Football Language. "Four-eleven forty four." remarked

butter."-Kansas City Journal.

the halfluck bourder.

clerk boarder.

Punch.



One of the musical events that is being looked forward to by the mu-sic loving people of Oregon City is the recital to be given at the Congre-gational Church in this city on Mon-day evening by Oscar Lawrence Woodfin of this city, assisted by Miss Maurine Campbell of Portland. Mr wang be and the congre-trest of the second seco

Miss Maurine Campbell of Fortand, Mr. Woodfin, who is one of the most popular young musicians of the city, and who has worked dili-gently for his musical education, has



great weight reducer and is used by \$5,000. all athletes to get into condition and take off "slush." as the trainers call the fat that gathets so quickly and insidiously over the stomach.

After this exercise and the five deep breaths stand with the stomach in. chest out and arms straight out at right angles to the body, shoulder high, and make each dumbbell describe a small circle, kneading the shoulders back. This is part of the military setting up exercises to insure a good carriage. The average man works over a desk all day and long before he is fifty stoops at the shoulders. Twenty times every morning and night is enough for the first two weeks. Then increase it slowly up to a hun-

dred. The last of the exercises is for the neck muscles, which never get any exercise and often let the head sag forward. Clasp the hands back of the head and bend the head until the chin touches the breast. Then push the head back against the pull of the hands. keeping the chin down. Do it the same number of times as the setting up exercise, and in a few weeks you will be looking the world in the face again. All of these exercises should, of course, be done before an open window or on a sleeping porch. If possible do them stripped. This gives the skin an air bath and hardens it so that it can

With a couple of his pais he had a bibulous celebration. About 2 in the morning he was clinging to a lamppost and trying to call a cab when two of his heelers hove in sight. He knew they would rob him if they suspected he had money. Bracing himself, he

greeted them with: "Hello, fellows; lucky you happened along. I'm dead broke and want a cab. Get one and take me to my ho-

tel and I'll make good." When they reached the hotel the drunken boss sleepily asked the clerk to give each of his companions a \$5 bill. At the same time he drew from

his trousers pocket a huge roll of bills and, throwing it at the clerk, told him to "keep that wad of stuff in a safe place until morning."

Disgustedly the heelers watched the safe door close on the young fortune that had escaped them, while the boss sank into a chair.

"Oh, you thief!" angrily shouted one of the heelers as he shook his fist under the nose of the boss. "That's the meanest double cross you ever gave a friend in your whole crooked career. You said you was broke and you had thousands in the wad. Confound you, there's no one a fellow can trust these days. That money belongs to us by rights and you've robbed us of it."-New York Sun.

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WI	LLAMETT	E VALLEY	MOR	TGAGE LO	AN CON	MPANY

then faithfully laid down time, talent, opportunities, wealth, sacrificially, Thus he would have laid up treasures in Heaven, and in the resurrection would have been received of the Lord as a member of His Kingdom class, commissioned to scatter Divine blessings for a thousand years to all the families of the earth.

That rich man, having missed his opportunities, will nevertheless come forth during Christ's Millennial King-

dom; for all in the graves shall hear the voice of the Son of God and come forth. His resurrection will be that described as the Resurrection of the county jall. Judgment. (John 5:29. R. V.) He will come forth to shame and con-

tempt, which will 580 stinue until ha

ed his life to God through Christ, and partment of Columbia university and of the legislative drafting bureau worked out bills making compulsory the employment of convicts on the roads. The West Virginia law author izes the county courts to make appro printions out of road funds for convict work; it states that the court shall sentence any male person over sixteen to

road work instead of to the county jall; persons charged with misdemean ors unable to furnish ball shall work

on the roads and if acquitted when

tried shall be paid 50 cents a day for each day's work they perform; justices of the peace shall sentence to work on the roads persons convicted of crime whom otherwise they would send to Another feature of the West Virginia law is the establishment of a state road bureau to supervise any plans

proposed by a county for using prison labor in road building. The plans approved, the county shall apply to the

Mixed Praise Customer-Why, I thought you called him "the colt?" Osther-Sure, I did. honor, and that's the name he's yer had for the last twenty years, and he sticks to it like a respectable baste, the very same as yourself .- London

Annual Meeting

The annual meeting of the stock holders of the Gladstone Real Estate Association will be held in Room 10, Beaver Building. Oregon City Ore-gon, on Monday the 6th day of April, 1914, at the hour of 2 o'clock P. M., at which time a board of directors will be elected to serve for the ensu ing year, and such other business transacted as may properly come be-fore the meeting. Orpha F. Cross.

Orpha F. Cross, Secretary

March 20th, 1914. board of control for the number of

