IS YOUR BLOOD STARVING FOR WANT OF IRON?

Iron Is Red Blood Food-It Helps to Put Strength and EnergyInto the Veins of Men and Roses into the Cheeks of Women. Why Nuxated Iron so Quickly Builds Up Weak, Nervous, Run-down People.

Nervous, Run-down People.

Thousands of men and women are impairing their constitutions, laying themselves open to illness and literally losing their grip on health, simply because their blood is thinning out and possibly starving through lack of iron. Lack of iron in the blood not only makes a man a physical and mental weak-ling, nervous, irritable, easily fatigued, but it utterly robe him of the virile force, that tamins and strength of will which are so necessary to success and power in every walk of life. It may also transform a beautiful, sweet-tempered woman into one who is cross, nervous and irritable.

Iron is absolutely essential to enable your blood to transform the food you cat into muscular tissue and brain. It is through iron in the red coloring matter of the blood that life-austaining oxygen enters the blood, and endurance to combat obstacles or withstand severe strains. Contrary to general opinion, lack of iron in the blood does not necessarily mean you do not have enough blood, but it means your blood is not of the right kind. To help make strong, keen, red-blooded people there is nothing better than organic iron—Nuxated Iron, Unlike the older inorganic iron products it is easily assimilisted, does not in ure the teeth, make them black nor upset the stomach. No matter what other tonics or iron remedies you have used without success, if you can wot strong or well you own it to yourself to make the following text: See how long you can work or how far you can walk without be-



MASONS CELEBRATE HOME

FOR HIGH SCHOOL TEAM

TRAINING LITTLE CHILDREN

Suggestions by mothers who have been kindergartners. Issued by the United States Bureau of Education, Washington, D. C., and the National Kindergarten Association, 8 West Fortieth Street, New York.

(By Susan Chenery)

them.

(Author of "As the Twig is Bent") simply kept those things in mind 30; st and headed the children in that displaying. We can't call ourselves young along. We can't call ourselves young along. We can't call ourselves young have certain qualities, and they have married and her son Frank is in the senior year at college. Helen has reason to feel perfectly satisfied with her work as a mother. Both Margery and Frank would be a credit to any family. They have their truth from parents whom they fre-

ment. If he were not kindhearted, his bluntness would at times give offence. Still he is obliging and that saves the situation. I asked Helen if to every young mother: 'Begin early to every young mother: 'Begin early saves the situation. I asked Helen if to every young mother: Begin early she thought that when Margery had children she would follow along her want your children to have and they want your children to have and they

mother's lines.

"Why, no," said Helen, "I hope she'll improve on 'em. You must remember that the children rarely had pinions different from yours. Get ahead of the enemy that sows the occasion to know my motives. Perhaps they think every child is trained as they were. I never tried to more in their training. Is it not amazing that every virtue I wished them to have, they have? As I look to get them, either. I seem to have passing it on to a friend.

WILL IMPROVE NATIONAL FOREST RANGES IN OREGON

New driveways, bridges, canals, and drift fences are included in the F. and A. M., celebrated home-com-New driveways, bridges, canals, and drift fences are included in the Forest Service plans for improving the grazing ranges on the national forests of Oregon and Washington, across the plains and which was tate of the late Johanna Hanson, across the plains and which was the died in this county on December 14, 1916. The estate is varied at \$1000, and consists of person-bright in violation of a city ordinance. Harry Samuels was arrest-letters of administration in the estate of the late Johanna Hanson, across the plains and which was the died in this county on December 14, 1916. The estate is varied at \$1000, and consists of person-bright in violation of a city ordinance. Harry Samuels was arrest-letters of administration in the estate is varied at \$1000, and consists of person-bright in violation of a city ordinance. Harry Samuels was arrest-letters of administration in the estate is varied at \$1000, and consists of person-bright in violation of a city ordinance. Harry Samuels was arrest-letters of administration in the estate is varied at \$1000, and consists of person-bright in violation of a city ordinance. Harry Samuels was arrest-letters of administration in the estate is varied at \$1000, and consists of person-bright in violation of a city ordinance. Harry Samuels was arrest-letters of administration in the estate is varied at \$1000, and consists of person-bright in violation of a city ordinance. Harry Samuels was arrest-letters of administration in the estate is varied at \$1000, and consists of person-bright in violation of a city ordinance. Harry Samuels was arrest-letters of administration in the estate is varied at \$1000, and consists of person-bright in violation of a city ordinance. twenty-four corrals, and forty-three At the time of its organization, this drift fences have already been built lodge had jurisdiction over the largto facilitate the handling of stock on est territory ever held by any Mathe national forests of the district. Water development has been made in

on the Deschutes national forest, which formerly supported no stock because water was lacking. A deep well equipped with a gasoline pump now provides sufficient water for 600.

The arcticles the largest busi- 1919. The estate consists of person- all property in Clackamas and Jefferson counties valued at \$4000. The countries of the largest busi- all property in Clackamas and Jefferson counties valued at \$4000. The worst kind of a cough and I tried worst kind of a cough and I tri now provides sufficient water for 600 The program given Monday night cattle, and it is planned to sink several more wells in this region at in-

which cause some annual loss of stock was successfully accomplished B. Dimick, and Dr. W. T. Milliken help in a hurry?" he asks. "Many last year on a 20-acre area of tall One hundred and fifty members of persons predicted a large surplus of larkspur on the Siskiyou national for- the Multnomah lodge attended the all kinds of labor, and thought help est. A similar area on the Minam banquet Monday. will be grubbed out early in June by the Forest Service and the Goose SCHOOL BOARD GIVES \$180 Creek Cattle and Horse Association in cooperation. Fourteen other poison plant areas have been located by forest officers and will be taken care of as rapidly as possible.

improvements by the Forest Service first time in the history of the schools cow gave 1512 pounds of milk carryis to give the ranges greater carry- here when the school board took an ing 75.60 pounds fat. Her record in ing capacity because of more intens- active interest in the athletic activi- milk was 2 ½ times and in fat almost

The Courier and Farmer, \$1.15.

MILO THOMPSON DIES AT HOSPITAL AFTER ILLNESS

Milo Thompson, son of Mrs. Sarah Thompson, of Clackamas, died at the Oregon City hospital Thursday evening, after an illness of several weeks. His death was due to heart trouble. He was born at Clackamas June 21, 1897, and was 21 years, 9 months and 10 days old at the time of his death. Deceased attended the Clackamas schools, and was employed as a traveling salesman during the past few years. Mr. Thompson's father, the late Alexander Thompson, was one of the prominent school teachers of this county. Deceased is survived by his widow and young son, Clark, Clackamas; his mother, Mrs. Sarah Thompson, of Clackamas; a sister, Mrs. Cora Rochester, of Portland. Funeral services were held Sunday afternoon at 2 o'clock, from the Methodist church at Clackamas, Rev. Spees of that place, officiating. The I. O. O. F. lodge, of which de-

to good steers, \$10.00-\$11.00; fair to good steers, \$9.00-\$10.00; common to fair steers, \$8.00-\$9.00; choice cows and heifers, \$10.50-\$12.25; good to choice cows and heifers, \$9.00-\$10.00; meidium to good cows and heifers, \$5.00 - \$6.00; canners, \$3.50 - \$4.50; bulls, \$6.00-\$9.00; calves, \$9.50-\$13.-50; stockers and feeders, \$7.00-

"One reason why your children are ing an advance of 50 cents over at Boring September 12, 1912. Plain-straightforward and sincere, Helen, is prices quoted at the close of busi-tiff alleges that her husband is inbecause you never 'pretended' with them. How will children learn the ness last week.

\$9.00-\$10.00; ewes, \$6.50-\$10.50. EVERY STREET IN OREGON CITY

Has Its Share of the Proof That Kid ney Sufferers Seek Backache? Kidneys weak? Distressed with urinary ills?

Want a reliable kidney remedy?

"Some of them might," said Helen.

overcome the trouble." Price 60c, at all dealers. Don't simply ask for a kidney remedy-get Help to reach all the parents of back I can't see that I worked hard the country by cutting this out and Poan's Kidney Pills-the same that Mr. Christensen had. Foster-Milburn Co., Mfgrs., Buffalo, N. Y. (Adv.)

Otto C. Hansen filed for letters of COMING DAY IN THIS CITY Hansen, deceased, who died on Septioner does not know.

G. E. Heatherman filed Thursday for letters of administration in the Multnomah Lodge No. 1 has prosestate of the late Lewis A. Heatherpered with the passing years, and man, who passed away January 15, The value of water development is owns and occupies the largest busi- 1919. The estate consists of person-

Farm Help Grows Scarce tervals of about six miles, which, it served. Judge Thomas A. McBride, date, reports J. W. Brewer, farm days he had no cough at all." Foltervals of about six miles, which, it is believed by forest officers, will chief justice of the state supreme help specialist for the federal and court, was the toastmaster, and court, was the toastmaster, and toasts were responded to by Frankthis is the condition now, what will be the situation when spring work is to the federal and court, was the toastmaster, and toasts were responded to by Frankthis is the condition now, what will be the situation when spring work is take.—Jones Drug Co. would be easy to get. Send your applications to our Portland office and tell particularly what kind of work you want done."

Testing Picks Good Cows The 600 cows tested in Oregon in At a meeting of the school board of as rapidly as possible.

The amount of ranges available in the national forests is limited, says buying athletic suits for the high Mr. Cecil, and the purpose of range school baseball team. This is the milk with 45.88 pounds fat. The best ties of the high school team. The three times that of the average 600 suits will remain the property of the cows. Yet the 600 were better than the average untested cow, six of the poorest having been sent to the butcher for being no better. E. L. Westover of the agricultural college has charge of the testing.

> Suit has been entered by the First National Bank of this city against Willis R. Cox and John Park, to collect the sum of \$90.75 on a promissory note given September 9, 1918. by the defendant. It is alleged that the note was to run 90 days, and plaintiff alleges that nothing has been paid on the note and asks the court for judgment for the face of the note and \$25 attorney's fees.

NOW RAISES 600 CHICKENS

After Being Relieved of Organic Trouble by Lydia E. Pinkham's Vegetable Compound.

Oregon, Ill.—"I took Lydia E. Pink-ham's Vegetable Compound for an or-ganic trouble which ulled me down until I could not put my foot to the floor and

could scarcely do my work, and as I live on a small farm and raise six hundred for me.
"I saw the Com-

The I. O. O. F. lodge, of which decased was a member, attended the funeral from here. Interment took place in the family lot at the Clackamas cemetery.

MARKET REPORT

The small run of 1000 head of cattle in the Stock Yards today is the cause of a generally strong market at steady prices as quoted.

Best steers, \$13.00-\$14.00; good to choice steers, \$11.50-\$12.50; medium to good steers, \$10.00-\$11.00; fair to good steers, \$9.00-\$10.00; common to fair steers. \$8.00-\$9.00; choice cows is at your service.

BORING COUPLE IN THE DIVORCE COURT—WIFE SUES

Ethel Stafford entered suit for divorce here Wednesday against, her The receipts for hogs today is husband, Chester Stafford, charging 2850 head of generally good quality, in the complaint cruel and inhuman Trading is good and prices are show- treatment. The couple was married tensely jealous, and that he cursed Prime mixed, \$18.75-\$19.00; med-ium mixed, \$18.50-\$18.75; rough others. She also alleges in her comtruth from parents whom they frequently hear telling what isn't true? What I admire most in them is their absolute sincerity; there seems to be not only no striving after effect, but complete unconsciousness of it. I question whether this is entirely desirable in a boy of Frank's temperament. If he were not kindhearted, his huntness would at times give of the sincerity and the sincerity is the same and the sincerity; there seems to be not only no striving after effect, but conductor about their ages? Those who are taught to be polite only before company are not apt to be truly counted in the sheep division over the past few months she has made conductor about their ages? Those who are taught to be polite only before company are not apt to be truly condition with prices holding steady. Prime lambs, \$16.00-\$17.00; fair to medium lambs, \$16.00-\$17.00; fair to medium lambs, \$14.00 - \$15.00; her to resume her maiden name, yearlings, \$11.00 - \$12.00; wethers. yearlings, \$11.00 - \$12.00; wethers, Ethel Mercer.

SOVINSKI ARRESTED AND FINED \$5 FOR FOREST FIRE

Anton Sovinski was arrested in the Highland district Friday by Sheriff

Wilson and deputies, on complaint of Fire Warden Ferguson, charged with in breaking her collar bone. An X-Don't have to look far. Use what setting forest fires. A short time ray was taken Friday morning by oregon City people recommend. Every ago, Constable Fortune tried to serve Dr. Mount, and the child was restda st they were. I never tried to impress the children with my personality. What I aimed at was what most mothers should desire for their children, the good old standard virtues which we all ought to have, such as truth, honor, charity, obedience, faith. Those seemed essential. There were other things I wanted for them, such as neatness, courtesy, and thrift. There were still others that I hoped they would have, but did not especially strive for still others that I hoped they would have, but did not especially strive for I feared to meddle too much with their individuality. Do you know I would not listen to make the standard in bend ing or straightning a tree while it is little. If you keep it in sight in gors are in the standard in send in gors traightning a tree while it is little. If you keep it in sight at the standard see that it stays straight, that is all that is necessary; it will almost certainly grow up as you started it."

"Keep the children in sight, in deed," said I, who see all sorts of children in my school. "Why, Helen, then the mothers could not go off on their own good times! Children now a-days grow up as they happen to Most mothers would not listen to you."

There's one Oregon City man's experience.

Let M. G. Christensen, 1119 Seventh Sev.

Let M. G. Christensen, 1119 Sev.

Such as traight, that is all that is necessary; it will almost certainly grow up as you started it."

"Keep the children in sight, in deed," said I, who see all sorts of children in my school. "Why, Helen, then then could not go off on the nothers could

STREET CAR COMPANY PAYS \$5 FINE IN COURT

The P. R. L. & P. company Friday paid a fine of \$5 in Judge Loder's court for the failure of one of their motormen to dim the headlights of his car when entering this city. The administration in the estate of Peter daministration in the estate of Peter Hansen, deceased, who died on September 14, 1916. The estate is valued by the state of Peter in the state of Peter according to District Forester Geo.

H. Cecil, Portland. Forty-three bridges, forty-six trails and driveways, claim against the P. R. L. & P. compaid a fine Friday for not having the pany, the value of which the petital light lighted on his auto. The

> Stopped Cough After Influenza "I want to say that Foley's Honey

good. God sent me a friend with

The little 16-months-old daughter of Mr. and Mrs. W. P. Hawley, Jr., met with a very serious accident at the Hawley home the first of the week, when she fell and broke her collar bone. The little tot, whose name is Eva Adele Hawley, was standing by her bed, when suddenly she was seen to fall over, resulting



E. A. BRADY RESIDENT UNDERTAKER

FUNERAL DIRECTOR AND LICENSED EMBALMER 10th and Water Sts. Lady Assistant-Mrs. Brady Night and Day Service

Save Money on Plows

CUT PRICES ON VULCAN CHILLED PLOWS

10-inch Wood Beam Vulcan Plow	\$15.00
12-inch Wood Beam Vulcan Plow	17.00
14-inch Wood Beam Vulcan Plaw	20.00
16-inch Wood or Steel Beam Vulcar	Plow 22.50

Also a Light Tractor Gang AT A PRE-WAR PRICE

The Genuine J. I. Case Power Lift Enicar

Light draft. Compactly and strongly built. We have too many in 2 bottom size. You benefit by saving about \$50.

2-Bottom Case Enicar \$150

Our Stock of Spring Tillage Tools is Complete--

> Case and Lean Disc and Spring Tooth Harrows--

Planet Jr. Garden Tools Potato Planters--In fact the entire

W. J. WILSON

OREGON CITY, OREGON

We carry a line of FARM SUPPLIES not excelled by any other dealer outside of Portland

TRADE AT HOME

HAVE YOU HORSES AND COWS?

Last May I insured a horse against death. He died and the proof of loss was sent to the Hartford Live Stock Insurance Co. March 8th. A draft was mailed me on the 13th. Have your live stock insured in the Hartford Livestock Insurance Company. SEE ME FOR RATES.

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THE MOST IN VALUE

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The Coming of Spring

Finds This Great Store Splendidly Ready to Supply Your Needs at Prices You'll Be Pleased to Pay

Like a breath of spring in the air, these refreshing new fashions in the earliest styles of the new season foretell the happy days of bird-song and sunshine that are drawing near-

> The New Suits Are Beautiful A Wonderful \$25.00 Up to \$77.50

Come in and try on some of the new Spring Suits. Our mirror will show you how becoming they are. All popular materials, colors and models are here.

> Capes Are Extremely Fashionable . \$12.95 Up to \$60.00

This special display of new Springtime Capes will be of special interest, as we include many exclusive models. They'll please you in material, workmanship

> Dame Fashion Favors Dolmans Our Showing is Unsurpassed - . . \$23.75 Up to \$70.00

These handsome garments are shown in fine Serges, Velours, Silvertones, Bolivia, Tricotine and other equally as desirable fabrics-the color and price range is complete. Come and try them on-we'll not urge you to purchase. We'll leave that to your own good judgment.

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SAND, GRAVEL, CEMENT, LIME, PLASTER, COMMON BRICK, FACE BRICK, FIRE BRICK