

inued until eastern and redress for other acknowledged and redress for other acknowledged and redress found surface manifestation them. orgs, found surface manifestation terday in the sension of the science d mathematics department, presided er by F. L. Griffin of Reed college. rongs, found surface manifestation atterday in the sequino of the science and mathematics department, presided were by F. L. Griffin of Reed college. The main topic for discussion, that if a plan to organize an elective coun-if a plan to organize an elective coun-dil of teachers to act as an advisory board with whom the school board would have to consult as to appoint-ment, promotion and discharge of eachers, was presented by Professor

eachers, was presented by Professor I. B. Torrey of Reed college. After utlining the difficulties and limitaof the teachers under the presat system and the many injustices int are the subject of general com-



Gains Thirteen Pounds and Feels Stronger and Better Than in Years, He Says.

"When I began taking Tanlac I had

"When I began taking Tanlac I had some down to 122 pounds in weight, but now I tip the scale at 135 and am still gaining," was the statement made recontly by J. C. Summer of 552 Market st., Portland, Or., a well-known employe of the Simmons Sal-ware company. "T had been a sufferer from stom-ach trouble, disordered kidneys, backache, sleeplessness and a seneral fundown condition for the past three rears," Mr. Summer continued. "I had little or no appetite and what I at soured and started gas to forming, which would bloat me up as tight as a drum. Every morning my mouth would be as bitter as gall. My kid-neys bothered me a great deal and a drum. Every morning my month would be as bitter as gail. My kid-neys bothered me a great deal and i hnd such terrible pains across the small of my back that I could hardly get up or down. My liver seemed to be sluggish and I would get so dizzy at times that black spots would come before my eyes. I could never get a good night's rest and many a time I would be in such pain that I wouldn't get over an hour's sleep. I lost about 20 pounds in weight and we so weak it was hard for me to do my work.

The convertient of the second states and the paint of the second states and the second states and the second states are shown of the second states are shown and the second states are shown ar

More Normals Wanted. Mr. Briscoe urged also that a cam-paign for more normal schools be con-tinued until eastern and southern Ore-tinued until castern and southern Oreconsolidations where possible and where transportation means are feas-

Dath.
Course to Be Discussed.
Mrs. Eva Emery Dys was the principal speaker before the division of history, describing entertaining adventures among the pioneers. Today instructors in this subject will bring and the American Historical so-triotism in the child. The plan for orgen was outlined by Dr. Joseph Schafter of the University of Oregon, who is now in the east.
Mrtf teaching in home sconomics was advocated by Miss Lilian Tingle. Work addressed this division. "Spent, were the three ways of using the family income, she advised. Miss Bestha Davis of Oregon Agricultural strain and solution addressed the standards of home work the use of bome strained. Which, it was said, is believed to be the largest specimen ever found, was disclosed by Dr. William J. HolNourishing Food.
The orgen was outlined by Dr. Joseph Schafter of the University of Oregon, was advocated by Miss Lilian Tingle. Who addressed this division. "Spent, some, save some and give some, some, save some and give some, some, save some and give some, to be the largest specimen ever found, was disclosed by Dr. William J. HolNourishing Food.
Number of the Course of the classroom teachers and reducing the living cost was advocated by Miss Lilian Tingle.
Not addressed this division. "Spent, some, some and give some, some, save some and give some, some, such as the advised. Miss Bertha Davis of Oregon Agricultural college was another speaker, taking for her subject the standards of home.

structors. At the convention one North Bend teacher reported that she and four others did not intend going back. One, she said, had already left the state to take a place at an ad-vance of \$29 a month.

NEED FOR SOCIAL LIFE TOLD

BY JEFFERSON EDUCATOR.

Nourishing Food.

Bertha Stuart Dyment Says Instructors Do Not Eat Enough

at enough that is nourishing. Mrs. Emilie Shaw of Milwaukie and simple, but very prompt in ac tion. Under its healing, soothing in Mrs. Emilie Shaw of Milwaukie was another of the speakers, point-ing out important work outside of the classroom in the way of alding in the enforcement of anti-cigarette isws, helping retarded pupils, better-ing clizenship and generally push-ing child welfare work. MARGED COOR BOUNTY IS HERGED

TEACHERS WANT PARTIES \$100 BOUNTY IS URGED \$100 BOUNTY IS URGED Curry Deputy Game Warden Says Curry Deputy Game Warden Says

granulated sugar syrup and shake thoroughly. If you prefer, use clari-fied molasses, honey, or corn syrup, Covotes Are Hard to Trap. MARSHFIELD, Or., Dec. 30 .- (Spe-

MARSHFIELD, Or. Dec. 30.—(Special).—Deputy Game Warden John Adams of Curry county advocates in-creasing the bounty on coyotes from \$25 a head to either \$75 or \$100, de-claring the animals are very difficult to trap or shoot, and the returns for hunters are so low that experienced men will not follow the business of hunting them. Curry county has suffered great tosses in sheep herds through the ac-tivities of coyotes, which got into the county four or five years ago, and many ranchers have disposed of their flocks to prevent further losses. Curry county is at present asking that gov-ernment hunters be stationed there.

At the first sign of breakdown, either physical or mentalif slight exertion makes you tired, weak, nervous or irritable if your appetite lags, your digestion is poor, your sleep troubled and broken-in short, if you find that you're losing your "punch" and "pep" and physical energy-begin the building up process at once by taking



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