POLICY AT NORMAL SCHOOL IS PROGRESS

Dr. Landers, New President, Outlines His Ideals.

TEACHERS NEED VISION

Education That Gives Knowledge and Efficiency Only Will Fit Into New World Era.

"Education and training of the right kind never have been more needed than today. With the educational systems of central Europe proved failures, and other systems quite inadequate, it is essential that we examine carefully our own educational foundations and readjust our own aims. To curb the mental dissatisfaction and social unrest so prevalent, education must do more than give knowledge and efficiency. It must secure a balanced development that insures sanity and strength of character, and a willingness to give ourselves in service to our fellows."

Thus was the new purpose of education, now face to face with present world conditions, summed up by Professor J. S. Landers, new head of the state normal school at Monmouth, who spent yesterday in Portland on his way to Monmouth to take up his new work. Dr. Landers, who is an old Oregonian, has returned to the state after six years' absence, having been called to the position as head of the state normal school from the University of New Mexico, at Albuquerque, where he was professor of philosophy and psychology. He succeeds to the position left vacant by the death of Dr. J. H. Ackerman last July.

Policies Will Be Broadened.

Dr. Landers does not anticipate any radical changes at the normal school, expecting to continue to a large extent the work and policies of his predecessor, with which he was familiar. He is, however, alive to the new problems and responsibilities confronting the teaching profession, and believes that the work of the teacher must take on a wider sphere of character training than ever before.

"These added requirements give a new meaning to the work of the normal school," said Dr. Landers. "Strong character and high purpose cannot be fixed in the life of youth along with knowledge and efficiency, unless those to whom the training of the children is entrusted be well equipped. If the teacher is to become the real educational leader that society demands in so large a proportion of the communities today, he will have to be more highly trained and more thoroughly devoted to the social welfare. The university must continue to provide for the literary, cultural and professional needs, and the state college and technical school to supply the scientific and industrial skill of the nation; but it remains the task of the normal school to prepare the large majority of the teachers for the great function of general education. The day of the untrained teacher is passing. Present educational needs are too great for their fulfillment to be entrusted to haphazard methods and limited ideals.

Ideals to Guide Training.

"Amid these ideals the normal school must rise in importance among educational institutions. It is the only institution employed directly by education as a means of self-perpetuation. We shall see, directly, a large confidence justly reposed in the normal school and a more liberal support offered it.

"Public administration of education today demands the strictest economy consistent with progress. Adequate returns should be sought for every dollar expended. The Oregon State Normal school as developed by its former president and the board of regents holds high rank among similar institutions in the country. The place of confidence it holds in the minds of the people of the state will insure its continued and rapid growth.

"During my absence from the state I learned to admire the wonderful energy and industrial confidence of Colorado, to respect the traditions and hopeful ambitions of New Mexico; but I love Oregon because she combined the advantages of both—the splendid natural resources of soil, climate, mine, stream, forest and ocean, as well as the invaluable spiritual resources embodied in the traditions and aspirations of an intelligent, progressive and idealistic people."

Years Spent in Oregon.

Dr. Landers spent 20 years in this state before leaving six years ago. For a number of years he was city superintendent of schools at The Dalles and then held a similiar position at Pendleton for eight years. From Pendleton he went to the University of Colorado, where he took post graduate work for three years, and then accepted the position at New Mexico university from which he was called to take the superintendency of the state normal school at Monmouth.

After a short stay in this city Dr. Landers left last night for Monmouth to take up actively the work of getting the normal school under way for this year. From reports to the regents and normal school officials, attendance this year will break all records, Dr. Landers said, and should run between 400 and 500, as compared with between 300 and 400 last year. The opening of a new dormitory and a number of enlargements and additions to the institution make it capable of taking care of a larger number than ever. The fall term opens September 19 with registration, and actual class work will begin September 20.

Labor Day Celebrated.

LA GRANDE, Or., Sept. 6.—(Special.)—Labor day was appropriately celebrated here by the labor unions of Baker, Pendleton and this city. The day was begun by a parade, in which there were many industrial and fraternal floats and in which more than 1000 labor men from the three cities marched. Speaking by H. H. Stallard, an organizer of farmers from Oklahoma, and Miss Alice Freeman, who is interested in the co-operative movement, followed. The afternoon was devoted to games and sports, while concerts were given at night by bands from each of the three cities taking a major part in the celebration.

Fishermen Prepare for Season.

KELSO, Wash., Sept. 6.—(Special.)—With the assurance that fishing will be permitted again this year in the Cowlitz river, local fishermen are busy getting their gear ready for the opening of the fall salmon season at noon Saturday, September 10. There is usually a good run of fall salmon into the Cowlitz and fishermen, while the price is low, look for a good season.

Society News

MR. AND MRS. GEORGE T. GERLINGER will entertain tonight at a reception from 8 to 10 o'clock honoring Dr. and Mrs. Richard F. Scholz and Mrs. Everett Ames. The affair will be a welcoming of the new president of Reed college and his wife, and a farewell party for Mrs. Ames, who is planning to leave soon for an extended visit in the east.

Last night Mrs. Gerlinger entertained with a dancing party for about 70 of the younger set honoring Miss Dorothy Corbett, daughter of Mrs. Harrison Corbett, who will leave soon for the east; Miss Betty Kerr, who will leave soon to enter the University of Oregon; Miss Anna Wheeler, Miss Jane Campbell of Eugene and Miss Georgianna Gerlinger, who will enter the university.

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Several weddings solemnized last night ushered in the busy fall season for society. Father George Thompson of the Church of the Madeleine officiated at two of the more important of these ceremonies. At 8 o'clock he pronounced the words of the service that united Miss Margaret Raeder and Francis X. Rinehart. The bride was most beautiful in a handsome robe of silver cloth over pink foundation and with the silver veiled entirely in tulle. Panels of lace adorned the robe and it was enriched with panne velvet, which also formed the train. The veil was long and fell in graceful folds from a coronet of lovely rose-point lace.

Lilies of the valley and orchids were employed in the bouquet. Mrs. B. J. Raeder gave her daughter in marriage. Mrs. Homer V. Carpenter played the wedding march. Harold Warner was best man. Mrs. Harold Warner of Pendleton, gowned in pink charmeuse, was an attractive picture, as matron of honor. After the ceremony there was a reception, at which Miss Irene Shay and Miss Jeannette Wiggins presided at the punchbowl; Miss Florence and the Misses Lavelle Florence and Alma Todd assisted Mrs. Homer D. Angell, Mrs. Frederick C. Austen, Mrs. Charles Preston and Mrs. E. A. Vaughan, who presided at the supper table. The rooms of Mrs. Raeder's home were artistically decorated in cut flowers, forming a colorful background for the ceremony and the charming group that made up the wedding party. Mr. and Mrs. Rinehart will make their home in Fort Wayne, Ind.

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At 8:45 o'clock Father Thompson officiated at the marriage of Bernice Mathisen and Dr. Thomas Chambers Bailey at the Mathisen residence. The bride was pretty and girlish in her gown of white satin, over which was a filmy tulle overskirt simply ornament with narrow strings of tulle. The bouquet was of orchids, Ophelia roses and lilies of the valley. The Misses Margaret and Marion Mathisen, bridesmaids for their sister, were attired in georgette and satin, the former in yellow and the latter in coral. They carried sweet peas in corresponding tints. Miss Margaret Therkelsen, maid of honor, was smartly gowned in orchid satin and georgette and carried orchid sweet peas. Miss Mary Stewart was a dainty flower girl in a chic French frock.

Paul Hutchinson sang delightfully, "For You Alone." At the reception that followed Mrs. Edward Murphy, Mrs. Robert Neighbor and Mrs. W. E. Stewart presided at the supper table. Assisting about the rooms were the Misses Marion Bowles, Adele and Louise Jones, Gloria and Gladys Collinson, Margaret Murphy. The girls were all pretty and flower-like in dainty crisp taffetas and soft chiffons.

The couple left late in the evening for their trip to Alaska. They will reside in Portland. The bride was entertained extensively prior to her marriage, as she is a popular girl. Dr. Bailey is popular in professional circles and clubdom.

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Another wedding of interest was that of Miss Dorothy Feenaughty to George Richardson.

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The marriage of Miss Helen Mead and Leslie L. Pope was solemnized last night in the home of Mr. and Mrs. Frederick A. Mead, parents of the bride. Rev. Oswald W. Taylor officiated. The bride wore a becoming gown of white georgette crepe with veil caught in place by orange blossoms. Her bouquet was a shower of white sweet peas, lilies of the valley and bride's roses. Mrs. Sylvester Peterson attended as matron of honor and was attractively gowned in pale green crepe de ching. She carried pink rosebuds and orchids.

Mary Jane Bryan and Frederick A. Mead Jr., the latter a young brother of the bride, attended as ring bearers and the ribbon bearers were Marjorie Eileen Johnson, Orville Kaylor Bryan, Lois Virginia Brunson, Clifford Morris Martin, Kathryn Vivian Brunson and Marion Moore Mead.

The ceremony was solemnized in an alcove in which was erected a temporary altar of palms, ferns and cut flowers. About 50 guests attended the wedding. Mrs. Millard Gee and Miss Helena Cook presided at the supper table after the wedding, and Mrs. Karl Leabo served at the

Professor J. S. Landers, new head of State Normal school, who spent yesterday in Portland.

punch table. Mr. and Mrs. Pope left later for Klamath Falls, where they will visit Mr. and Mrs. Fred L. Pope, parents of the bridegroom. The couple will make their home in Portland after October 1. They will reside at Alice Court.

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Miss Harriet Griffith and Miss Margaret Cook will entertain Friday from 4 to 6 o'clock at a tea for Miss Jeannette Merritt, an attractive visitor from San Francisco. About 60 of the younger girls will share the hospitality of the charming hostesses. The tea will be held in the Walter M. Cook residence. Miss Merritt, the honor guest, will leave on Saturday by steamer for California. She will sail with Miss Edith Marshall and the two girls will be chaperoned by Mrs. Marshall. Miss Merritt makes her home with her parents at the Palace hotel in San Francisco. She is a former class mate of Miss Cook and was graduated with her and Miss Griffith last season.

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Mrs. Walter Cook and Miss Margaret have just returned from Gearhart where they entertained a house party for several days. Their guests included Mr. and Mrs. Franklin T. Griffith, Mr. and Mrs. Christopher Brunn, Miss Jeannette Merritt, Miss Harriet Griffith, Miss Janet Griffith, Dick Jennings, Lynn Roycroft of The Dalles, Donald Cook and Zina Wise.

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To celebrate his sixth birthday, to start to school and to entertain at a really, truly birthday all on the same day was the good fortune of Master Cyrus Hoyt Cook, son of Mr. and Mrs. Walter M. Cook, who was host at a party for a few young friends yesterday afternoon when the first strenuous hours of his first school day had been completed.

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Miss Helen Langerman will have as her guest Miss Alysse Friedlein of Spokane, who will come to Portland today with Miss Langerman. The latter has been visiting in Spokane for a few weeks.

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Mrs. Frederich Ingall Sipp (Marian Rose Spoeri) has arrived in Portland to be the guest of Mr. and Mrs. Fred Spoeri for two months. Mrs. Spoeri has been visiting her daughter for the past three months in Topeka, Kan., and it was a pleasant surprise to her many friends when it became known that Mrs. Sipp had returned with her mother. A number of delightful affairs have been planned for her entertainment while she is here.

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One of the smart affairs of Saturday night, September 17, will be a reception to be given by Samuel Bissinger for his niece, Mrs. Hartley Hutchings (Helen Bissinger), a recent bride whose marriage was solemnized in San Francisco. Mr. and Mrs. Hutchings will visit here on their honeymoon trip. Mr. Hutchings formerly lived in Portland and has many friends here. His bride is the daughter of Mr. and Mrs. Newton Bissinger of San Francisco.

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Mr. and Mrs. A. Friedman and daughter Ruth have taken an apartment at the Mitnomah hotel. They formerly were at Highland Court.

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A dance will be given Friday in Woodmen of the World hall, Eleventh and Alder streets, by the Rose City Marathon Guard club of the Woman's Benefit association of the Maccabees This will be the first of a series of dances to be given on the second Friday of each month.

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Mr. and Mrs. J. R. Myers, who motored from their home in Berkeley, Cal., are the guests of Mrs. Myers' sister, Mrs. T. T. Strain. Mr. and Mrs. Myers will go to Seaside later for a visit with Mrs. John Gill.

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The women of Elks' club will entertain at cards Thursday afternoon.

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Miss Dorothea Nash has returned from visiting her parents in Nashville and is now at Alexandra Court.

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Among the Portlanders who passed the week end at Columbia Gorge hotel were Dr. and Mrs. John F. Dickson, Dr. H. C. Jefferds, Mr. and Mrs. F. S. Jefferds, Mrs. Willis Dunniway, Mr. and Mrs. Chester Dolph, Mr. and Mrs. Harry E. Colemar and family and Mr. and Mrs. Frank Heitkemper and family.

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Henry Clay Judd, son of Mr. and Mrs. F. E. Judd, will be married next Monday in Pendleton. His bride will be Miss Vera Temple, daughter of Mrs. Alvin Slusher, who was a recent visitor here at the Benson hotel. The marriage of Mr. Judd and Miss Temple will be solemnized in the Church of the Redeemer. Miss Thelma Thompson, a college friend of the bride, will be maid of honor, and Frank Dickson of Portland, who served overseas with the bridegroom, will be best man. Evelyn Cresswell, a niece of the bride-elect, will be flower girl. The wedding will be one of the smart events of the year and will be followed by a large reception. Several Portlanders will go to Pendleton for the occasion.

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Rev. and Mrs. L. J. Beebe were guests of honor at a reception last Saturday night at the home of Miss Elizabeth Carothers, 1070 Tillamook street. Among the guests were Rev. and Mrs. Donald MacCluer of Rose City Park Presbyterian church and Rev. and Mrs. Henry White of Millard avenue Presbyterian church.

Rev. Mr. Beebe with Mrs. Beebe and their two children left Monday for Canton, O., to visit relatives. They had been house guests of Rev. Mr. Beebe's sister, Mrs. William Rees, 268 East Fiftieth street, for two weeks.

Rev. Mr. Beebe has just returned from 12 years' service in Northern Siam as a missionary. He is a son of A. M. Beebe of Bellingham, Wash., and a brother of Miss Lulu Beebe of Portland.

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Mrs. Westbrooke Dickson and her little daughter Mary Louise, are visiting relatives in the city. Mrs. Dickson is a writer and society matron of Pendleton.

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One of the delightful affairs set for today is the benefit tea for Pacific university, which will be given this afternoon from 3 to 6 o'clock at the home of Mrs. Stanley E. C. Smith, 830 Thompson street, in which many prominent matrons and misses are participating. Those who will pour are Mrs. Jacob Kamm, Mrs. Harrison G. Platt, Mrs. F. M. Warren and Mrs. Sigmund Frank.

Those who will receive include Mrs. R. F. Clark, wife of the president of the university; Miss M. F. Farnham, dean of women of the school; Mrs. T. D. Honeyman, a trustee of the institution at Forest Grove, and Mrs. Stanley Smith, the hostess. Those who will assist about the rooms are Mrs. N. B. Thomas, Mrs. H. F. Price, Mrs. Neal R. Crounse, Mrs. W. T. Fletcher, Mrs. Horace E. Thomas, Mrs. A. J. Fanno and Miss Helen Chandler.

Among those who will serve are Misses Grace Haines, Dorris Mace, Lura Tamiesie, Margery Forbis, Dorothy Linklater of Hillsboro, Lucy Morse, Elizabeth Hervey, Margaret Keep, Dorris Bagley and Mesdames Ruth Porter, Charles Newcastle and Vernon Burlingham.

Miss Madeline Stone will sing, accompanied by Mrs. Maurice Barnes.

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Miss Cornelia Tevis has set September 14 as the date for her marriage to Alfred Jerome Sullivan. The ceremony will be a quiet home affair, with only relatives in attendance.

Miss Virginia Tevis and Coleman Wheeler will be married on October 4. Theirs will be a larger wedding. On Friday Mrs. Harold Gill will entertain for Miss Cornelia Tevis and for Miss Dorothy Kerns. The latter will be married in October to William Steiwer.

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The wedding of Miss Goldie Peterson and Vernon Wessler will be an event of September 14.

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The date for the marriage of Miss Florence Parellus and Verne F. Everett also will be September 14.

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Miss Nell Reidt and Norman Hunter have chosen the same date for their marriage.

FRANK BRANCH RILEY IS HOME FROM EAST

Advertising Declared Need of Portland.

NEW HIGHWAYS PRAISED

Lecturer Says Roads Probably Are Best Means of Attracting Notice to Country.

On returning yesterday from an eastern trip of several thousand miles, on which he was entertained by officials of the chamber of commerce and of other organizations in a score of large cities, Frank Branch Riley, Portland attorney and lecturer, was more deeply impressed than ever with Portland's opportunity to arouse, by persistent and effective advertising, the interest of the east in her port, her unrivaled location, her climate and her scenic attractions.

"So far are we isolated from the nation's great centers of population and wealth," said Mr. Riley, "that the east hears of us only occasionally, and forgets about us in the meanwhile. Our great southern California rival is our most helpful, if the most disconcerting, object lesson in continuous advertising. The vogue of Los Angeles in the east is apparently universal. She is the first, ofttimes the only, objective of the easterner on his 'western tour.' The fruits of her alluring propaganda are now so gratifying as to justify her years of community advertising. Her new leadership in industry and trade is traced by experts to the contacts, which she first made by her scenic and recreational appeal, with important elements in business and social life east of the Rockies.

Highways Advertise State.

"The swiftest-spreading news about us is likely to be the story of our admirable highway development. The Oregonian, returning home from travel, if he has observed at all, must be convinced that, considering our population and resources, we are well nigh preeminent among the road-building states. If the spirit of our people is to be measured abroad by our achievements in road building, then we shall be famous. In a state with fewer people than live in either Detroit or Cleveland, our system of hard-surfaced highways already surpasses that of many an older and immeasurably richer commonwealth.

"The story of our port and harbor development is beginning to seep through the hard-shell provincialism of the great eastern centers. In all the great ports of the gulf, the great lakes and the Atlantic, the race for supremacy in world commerce was never so keen as now. Most impressive perhaps to the Pacific coast man, are the surprising strides lately taken by New Orleans, the erstwhile languorous, romantic, pleasure-loving Creole, now our second port, aspiring to be the premier American gateway for all the South American trade, and setting a standard for all ports in her elaborate publicly-owned and operated docks and terminals."

Exposition Is Announced.

Mr. Riley went east in July primarily to make an address before the national convention of realtors in Chicago, and there in the course of his address, "Selling America to Americans," he made the first big public announcement of Portland's 1925 exposition to an eastern audience. Accounts of the address subsequently appeared in more than 1500 American newspapers.

"There were 5000 in the audience," said Mr. Riley, "and they all remained to the last word. But this was doubtless due to the fact that with the thermometer registering 95 degrees in the Auditorium theater, the audience was melted into a sticky mass and had lost its individual mobility. No Oregonian can conceive of the agonies of the middlewest and the east in summer. For weeks the weight of a single sheet at night was unendurable.

Economic Signs Brighter.

"The most encouraging signs of economic and business improvement are the revival of the great industrial and manufacturing centers, Buffalo, Detroit, Dayton, Birmingham and other cities which were most demoralized during the reconstruction period. Generally there is a new note of confidence and encouragement everywhere. But every section admits that return to normal conditions is slow. The middle west looks for no great improvement in the livestock industry for another year. Cotton producers in the south are as unreconciled as any class I met, with a return to prewar prices. And the renewal of the apparently ineradicable boll weevil menace spreads real consternation."

Mr. Riley was accompanied by his young son, William, and his trip was not a lecture tour.

"However, my trip developed into a 'booking' tour, for fall and winter delivery," said he. "The chambers of commerce of Philadelphia, Pittsburg, Boston, Chicago, Atlanta, New Orleans and other great centers have asked for return dates for my illustrated lecture, 'The Lure of the Great Northwest,' and I have promised to appear in scores of cities if I continue in this public work."

Long-Bell to Burn Slashings.

KELSO, Wash., Sept. 6.—(Special.)—The Long Bell Lumber company is preparing to burn several hundred acres of slashings on its mill site south of Kelso on the Columbia river. Slashing has been under way for two months, and work is being hurried to get as much slashed as possible by the middle of this month.

A very common cause of constipation

Poor appetite is now known to be an important factor in this condition

A RECOGNIZED authority on the subject of constipation maintains that "a poor appetite is a very common cause of constipation, especially in women." A certain quantity of food is necessary for the intestines to function normally.

The same authority also says: "Insufficient food leads directly to emaciation and physical weakness as well as to constipation; it causes the already depressed nervous system to deteriorate still further, and this reacts again on the digestion, so that the dyspepsia and constipation become more severe."

Under such conditions Fleischmann's Yeast has remarkable value as a laxative food and conditioner. It furnishes a large amount of the water-soluble vitamine which helps all the processes of digestion, and, in addition, because of its freshness (you get it fresh daily) it helps the intestines in their elimination of poisonous waste matter. Thousands are adding Fleischmann's Yeast to their daily diet, and by eating regularly from 2 to 3 cakes a day are restoring and maintaining normal action of the bowels.

Fleischmann's Yeast is a pure, fresh food assimilated like any other familiar food. Eat it daily—have it on the table at home. Have it delivered at your office and eat it at your desk. Get it at your lunch place. *You will like its fresh, distinctive flavor and the clean, wholesome taste it leaves in your mouth.* Only one precaution: if troubled with gas dissolve the yeast first in very hot water. This does not affect the efficacy of the yeast. Place a standing order with your grocer for Fleischmann's Yeast.

Send 4 cents in stamps for the booklet, "The New Importance of Yeast in Diet." So many inquiries are coming in daily for this booklet that it is necessary to make this nominal charge to cover cost of handling and mailing. Address THE FLEISCHMANN COMPANY, No. 508 Green Building, Seattle, Washington.

A food with laxative properties

Fleischmann's Yeast is a corrective food, not a laxative. From 2 to 3 cakes a day added regularly to the diet will not only restore normal functions of the intestines, but will also assure a proper elimination each day. In many cases the amount taken can be reduced as the condition improves. A noted specialist, in his latest book, says of compressed yeast: "It should be much more frequently given in illness in which there is intestinal disturbance, especially if it is associated with constipation."

To assure a thorough elimination of waste matter every day eat from 2 to 3 cakes of Fleischmann's Yeast regularly.

Safe Milk For Infants & Invalids
NO COOKING
The "Food-Drink" for All Ages. Quick Lunch at Home, Office, and Fountains. Ask for HORLICK'S.
Avoid Imitations & Substitutes

Waterproof your bathroom with Valspar

WATER may splash—suds and lather may fly—scalding steam may cloud the room, but no harm will be done to your bathroom woodwork when protected by Valspar Varnish.

For Valspar is absolutely waterproof.

But not only in your bathroom, in every room in your home there is woodwork that needs Valspar protection.

VALENTINE'S VALSPAR
The Varnish That Won't Turn White

Remember that Valspar is very easy to apply and that it is poor economy to let yourself be talked into buying cheap varnish. Valspar costs more than ordinary varnish—re-varnishing costs more than Valspar.

Fall is the Time to Varnish

W. P. Fuller & Co. Pacific Coast Distributors

The following Fuller distributors can also supply you with Valspar:

Ankeny Hardware Co., 122 E. 28th St. N.
Arbor Lodge Pharmacy, 1374 Greeley St.
J. B. Buck, 1989 E. Stark St., Montavilla
A. B. Burger, 42 3d St.
W. F. Binesing, 283 3d St.
Jno Bited, 129 11th St.
City Sign Co., 329 Oak St.
Demme Bros., 265 Russell St.
Albert Ehlers, 7 E. 80th St. N.
Hughey Bros., 1234 Holgate St.
W. B. Hubbard & Son, 516 Union Ave. N.
Laurelhurst Pharmacy, 1161 Belmont St.
Joe Lemma, Linnton Station
Senquest Bros., 60 6th St.
Seritsmier Hardware Co., 833 Mississippi
C. G. Simmons, 7813 Foster Road
F. B. Roland, 853 Union Ave. N.
Wall Hardware Co., 1555 E. 13th St.
Williamson Bros., 6920 E. 84th St. S. E.
Willis Hardware & Supply Co., 819 N. Lombard St.
Brubaker & Normandin, 1582 E. Stark St.
W. P. Fuller & Co., 160 Front St.

YOUR SPINE

Contains Vertebral Lesions

The Cause of Your Ailments

DISEASES OF THE Eye, Ear, Nose and Throat, Lungs and Bronchi, Asthma, Tuberculosis, etc.

Vertebrae in the Normal Position

Vertebrae in an Abnormal Position.

HEART, Palpitation, Poor Circulation, Leakage, High Blood Pressure, etc.
STOMACH, Acute and Chronic Dyspepsia, Ulcer, etc
LIVER, Jaundice, Billousness, Sallow Complexion, etc.
KIDNEYS, Bright's Disease, Diabetes, etc.

FEMALE DISORDERS

Nervous Exhaustion, Chronic Constipation, Rupture Hemorrhoids (piles), Lumbago, Sciatica, Rheumatism and many other diseases ARE CURED by CORRECTING SPINAL LESIONS

WHY?

Study the photographs taken of normal and abnormal spine. Note in the abnormal spine the contraction or settling of series of vertebrae, due to the thinning or shrinking of the cartilages between.

LOOK AT THE RESULT The nerves which conduct vital energy to all organs of the body are impinged or pinched between the vertebrae, at the place where they leave the spinal canal and cord. The organs supplied by the affected nerves can no longer functionate correctly, their supply of vital nerve energy is obstructed, they become INACTIVE, PARALYZED, DISEASED.

Abnormal Normal
WHICH SPINE IS YOURS?

DON'T SAY YOUR CASE IS HOPELESS AND INCURABLE

Correction of spinal lesions has resulted in curing diseases of men and women that were at one time thought incurable.

THIRTY MINUTES Are Required in Giving Treatments, Which Are PAINLESS and INVIGORATING.

Are You Interested? Do You Know the Meaning of Good Health?

Come to My Office, Consult Me in Regard to Your Case, Let Me Describe My Treatment, Then Do What You Think Best. You Are Under No Obligation. CONSULTATION FREE.

LEONARD V. HOSFORD, D. C., Ph. C.

CHIROPRACTIC PHYSICIAN.
Physician Assistants. Lady Attendants.

Oxygen Vapor Treatments, Massage, Electro and Hydrotherapy, Thermal Oven Baths

Office Hours: 10 to 12, 2 to 5. Evenings 6 to 8.
609 DEKUM BUILDING, THIRD AND WASHINGTON.
Phone Marshall 4048. Residence Phone Tabor 8362.

A TEN-THOUSAND-DOLLAR EQUIPPED OFFICE.

At first sign of Sneezing—

LUDEN'S menthol cough drops

Give quick relief

USE Luden's. Often prevent serious "Colds"—always give quick relief. The menthol blend cools and soothes irritated throats—nose—air passages

Back to 5¢ all over U.S.

A chance to save $62.33 on your Phonograph

See—Ellers Music House

OREGON

ad.—on page 7.

For your health's sake use plenty of Olive Oil. Beware of cheap substitutes—they are injurious

Only the Choicest Selected Olives are used to produce the famous

"OLD MONK"

OLIVE OIL

The Highest Standard of Quality.

For Mosquito Bites

The Original Product

BAUME BENGUÉ

(Baume Analgésique Bengué Paris)

Relieves Pain

Keep a Tube Handy

Thos. Leeming & Co., N.Y.