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MODERN WOODMEN OF AMERICA
Mahogany Camp, No. 6565, M. W. A., meets the 2d and 4th Friday of each month in Memorial Hall. F. G. McWilliams, V. C.; G. H. Hedberg, Clerk. Visiting neighbors are cordially invited to meet with us.

CHAUTAUQUA PARK CLUB.
Regular meetings of the Chautauqua Park Club second and fourth Fridays of each month at 2:30 p. m. MRS. F. R. MERRILL, Pres. MRS. JENNIE FAUCETT, Sec.

Civic Improvement Club.
The regular meeting of the Ladies Civic Improvement Club will be held on the second and fourth Tuesdays of each month at 2:30 p. m., at the Carnegie Library lecture room.

THE PEOPLE'S FORUM

These columns are dedicated to the people for the discussion of public questions or the diffusion of general information. Articles must be limited to 300 words and name of writer must accompany articles. Sectarian, Partisan or Personal Criticism is prohibited. Opinions expressed here are the expressions of the writers only, and not of the Tidings.

From time to time the Tidings has received communications from readers. It is a helpful thing to exchange opinions on current subjects. Especially is this true of those subjects that affect the material well-being of the community (either of the city of Ashland or the county of Jackson), and this column is dedicated mainly to that end. However, there

are many persons in this community who produce good literary articles. Every reader who feels inclined to write on any subject, except those prohibited, is invited to contribute to this column, always being sure to keep your article within as nearly as practicable the 300-word limit. This we request so as to have room to use articles from more than one contributor at a time.

manufacture of inferior goods of all kinds has largely increased, and many of them are such excellent imitations as to deceive even people of ordinarily good judgment. The greater part of the family buying is now done by women, and, as women have for generations been stunted in their purses and have for the most part to make their money go as far as possible, it is but natural that they should be attracted by cheap things. How many dollars are expended yearly upon cotton goods that will not wash, and imitations of wool or silk that after a few days of wear look as though taken from the rag-bag, or shoes and stockings that give out in a week, and tools that prove utterly useless when put to the test? If legislation could be brought about to prevent the manufacture and sale of such articles, large sums would be saved yearly. The pity of it is, that it is those who can least afford to lose anything who are the greatest sufferers by these frauds.

boil until tender in slightly salted water. Heat 3 cups of milk to boiling, adding a pinch of soda as you do so. Drain the cooked macaroni, turn it into the scalding milk, add a heaping tablespoon of butter and simmer, stirring to prevent scorching; for 5 minutes. Eat hot with hard sauce, flavored with grated nutmeg.

Some Causes of the High Cost of Living.
III.
One of the causes of the high cost of living at the present time is the hand-to-mouth habit of buying. This has been made a necessity, to a certain extent, in cities by lack of room to store groceries or fuel in the modern tenement. Here on the coast, quite a proportion of the population is floating, living in furnished houses or rooms, and buys each day's provisions as they day comes, not knowing where they may be tomorrow. For people so circumstanced this may be the only way, but for people who are settled and have room to store such things it is foolish and extravagant.

St. James Pudding.
Add one-third cupful melted butter to 1 cupful each of milk and molasses, mix and sift 3 cupfuls of flour, 3 teaspoonfuls baking powder, 1/2 teaspoonful each of salt, cloves and allspice and nutmeg; add to the first mixture with 1/4 pound of dates cut into pieces. Steam 2 1/2 hours.

Buying fruits and vegetables out of season is one of the most needless extravagances. Many people who can ill afford it pay high prices for such things out of season, and by the time they are in season are tired of them and are buying something else that is ahead of time. In speaking of such things an experienced grocer once said to me: "It is never the people who can afford who buy these things." Yet these are the very ones who complain the loudest about the high cost of living.

Apple Sauce Cake.
Make apple sauce as you would for the table. Mix in well 1 teaspoonful of soda, then add 1 cup of sugar, 1/2 cup butter for each cup of apple sauce, 2 cups of flour, 1 cup of raisins and spice and salt to taste. Bake as you would fruit cake.

The remedy for the class of causes named in this article is in more careful, intelligent and self-denying buying. When girls are taught this before they leave the parental roof, one of the most common causes of poverty and unhappiness as well as immorality is eliminated.

Eggless Cake.
Mix 2 cupfuls of white sugar, 2 cupfuls of cold water, 2 tablespoonfuls of shortening and 1 package of seeded raisins and boil 5 minutes. When the mixture is cold add 3 cupfuls of flour with 1 teaspoonful of soda and a teaspoonful of different spices. Bake an hour in a fairly hot oven. This makes two good loaves of cake, which are improved by keeping.

COOKING RECIPES.
Head Cheese.
Boil the head and heart of a pig in two gallons of water until the meat falls from the bones. Boil in another pot a piece of corned beef (but the pork is just as good without). Remove meat from the bones and cut in large pieces. Strain and set aside the liquor, and when cold skim off the fat and return liquor to the fire. Put the meat in a pan, add salt, pepper, 1/2 teaspoon of cloves and a small head of garlic, cleaned and chopped fine. Put in the meat when hot, stir and set away to cool. When hard, place on a board and slice.

Baking Powder.
Mix a pound of cream of tartar, a pound of cornstarch and 1/2 a pound of baking soda and run through a sifter. This costs about half as much as the best baking powders and is pure and healthful.

To Make Hash.
A quick way of making hash or dressing, instead of using cold meat, is to mix 15 cents' worth of pork sausage, a medium sized onion, a pint of bread crumbs; chop all together, moisten with water and bake. Dressing or hash made this way is much better than made the old way.

Vegetable Curry.
Fry brown a medium-sized onion in 2 tablespoonfuls of butter, add a tablespoon of curry powder that has been mixed with cold water, and cook about 10 minutes, stirring frequently. Add a quart of shelled peas, 6 medium potatoes cut in eighths, 2 ripe tomatoes peeled and sliced, and a teaspoon of salt. Fry until the paste and vegetables are well blended. Cover with cold water and boil until the potatoes are cooked.

Vegetable sausage.
Boil separately 3 carrots, 2 parsnips, 4 onions and a pint of peas. When cooked chop fine and add a little garlic, a pinch of finely minced parsley, salt and pepper to taste, half a pound of bread crumbs and 2 well-beaten eggs. Let the vegetables stand till cool, then roll into the sausages. Dip in egg and fry in hot fat.

Stuffed Potato Eggs.
Form mashed potatoes into the shape of eggs, cut in halves and scoop out the center for filling. Grind half a cup of any kind of cold meat except ham and mix with half a cup of bread crumbs, a little onion, celery, an egg, butter, salt and pepper to taste. Fry in a little butter and fill the lower half of the egg with the mixture. Cover with the top, molding the potato carefully to make it look like a hard-boiled egg.

Potato Dumplings.
Pare and grate 3 medium-sized potatoes, pour off the water; beat an egg light and add it to the potatoes with a heaping spoonful of baking powder, a little salt and enough flour to thicken. Drop from a spoon into boiling gravy and boil 20 minutes.

Guarding Local Bridges.
Roseburg, Ore., May 20.—Receiving information from Eugene some time ago to the effect that members of the Industrial Workers of the World were alleged to be planning to blow up a bridge on the Southern Pacific on May 19, the Southern Pacific officials maintained an armed guard at every railway bridge and trestle between Portland and Ashland last night and all engineers were instructed to run slowly over every bridge.

Boiled Macaroni.
This is very simple, but good, and easily prepared. Break a cup of macaroni into inch-long pieces, and

Health a Factor in Success.
The largest factor contributing to a man's success is undoubtedly health. It has been observed that a man is seldom sick when his bowels are regular—he is never well when they are constipated. For constipation you will find nothing quite so good as Chamberlain's Tablets. They not only move the bowels but improve the appetite and strengthen the digestion. They are sold by all dealers.

SUNDAY IN THE CHURCHES

Notes of Services of Various Religious Bodies.

Baptist Church, corner Second and Hargadine streets.—Sunday school, 9:45 a. m.; Preaching, 11 a. m. B. Y. P. U., 6:30 p. m. Prayer meeting Thursday evening at 7:30.

Brethren Church, corner Fifth and East Main streets.—Sunday school at 9:45 a. m.; preaching service at 11 a. m.; C. E. at 7 p. m.; evening service at 8; prayer meeting Wednesday evening at 7:45; Young People's Bible study every Tuesday evening at 7:45 at home of pastor, Frank Lindblad, pastor, 549 Fairview street.

Church of the Brethren, corner Iowa street and Mountain avenue.—Sunday school at 10 a. m.; church services Sunday at 11 a. m.; Christian Workers and preaching services Sunday evening at 7:30. Prayer meeting Thursday evening at 7:30 o'clock. We cordially invite all. Elder S. E. Decker, pastor.

Christian Church, corner B and Second streets. Nelson L. Browning, pastor. Residence, 55 Pine; telephone, 128. Bible school at 10 a. m.; G. W. Milam, superintendent. Communion and preaching at 11 a. m. Junior Endeavor at 4 p. m. Training for Service at 6:15 p. m. Young People's meeting at 7 p. m. Evening service at 8 p. m. Prayer meeting Thursday at 7:45 p. m. Pastor's afternoon at home, Tuesday.

First Church of Christ Scientist—Sabbath school, 9:45 a. m.; regular morning service at 11 o'clock Sunday; Wednesday testimonial experience meeting at 8 o'clock in the evening. All services are held in G. A. R. Hall. Reading room is open every day in the week between 2 and 4 p. m. except Sunday. All are cordially invited and literature may be read free of charge, or purchased, if preferred. F. C. Homes, first reader.

First Congregational Church, corner Boulevard and East Main. W. A. Schwimley, pastor. Manse, 469 Boulevard.—Sunday services: Sunday school 9:45 a. m.; C. G. Porter, superintendent. Preaching at 11 a. m. Junior Christian endeavor, 3:30 p. m.; Mrs. W. A. Schwimley, superintendent. Y. P. S. C. E. at 6:30 p. m.; V. V. Mills, president. Preaching service, 7:30 p. m. Prayer meeting Thursday evening, 7:30. Men's League the second Monday evening of each month; C. H. Willson, president. Ladies' Aid meets second and fourth Wednesdays of each month; Mrs. E. A. Mortland, president. Woman's Missionary Union meets the first Wednesday of each month; Mrs. W. A. Schwimley, president.

First Free Methodist Church—Corner East Main and Seventh street. Sunday-school, 9:30; preaching at 11 a. m. and 7:30 in the evening. Prayer meeting Thursday evening at 7:30. All are cordially invited. M. F. Childs, pastor in charge.

Methodist church.—Sunday school, 9:15 a. m.; preaching, 11 a. m.; Junior League, 3 p. m.; Epworth League, 6:15 p. m.; preaching, 7:30 p. m. Rev. L. C. Poor, pastor.

Pentecostal Church of the Nazarene, cor. Fourth and C street—John T. Little, pastor.—Sunday services: Sunday school 9:45 a. m., Thornton Wiley, superintendent. Preaching services at 11:00 a. m. and 7:30 p. m.

Presbyterian church, corner North Main and Helman streets. H. T. Chisholm, pastor.—Public worship at 11 a. m. and 7:30 p. m.; Sunday school at 9:45 a. m.; Men's Bible class at 12 m.; Junior C. E. at 3 p. m.; Y. P. S. C. E. at 6:30 p. m.; prayer meeting Wednesday at 7:30 p. m.

Rosary Church (Catholic), corner Sixth and C streets.—Sunday services: Holy Sacrifice of the Mass, 8 a. m. and 10:30 a. m. Christian Doctrine for Children, 2 p. m. Solemnity of Mary, 7 p. m. Benediction and Sermon, 7:30 p. m. Weekday Mass, 7:30 a. m. Friday, Holy Hour and Sermon, 7:30 p. m. Interviews by appointment. Phone 105. Rev. J. F. Moisant, pastor.

Seventh Day Adventist, cor. Fourth and C streets.—Services every Saturday. Sabbath school, 9:45 a. m. Preaching services, 11 a. m. Prayer meeting Wednesday evening at 7:30. T. G. Bunch, pastor.

Temple of Truth (Spiritualist), 479 Boulevard—New Thought class, Sunday, 7 p. m. Regular Lyceum, Sunday, 8 p. m. Theosophy class, Friday evening, 8 p. m.

Trinity Episcopal Church, Second street.—Sunday school, 9:45 a. m. Morning service, 11 a. m. Afternoon service, 4 p. m. Holy Communion, 8 a. m. each third Sunday. Rev. William Lucas, rector.

Sunday mornings at 11 o'clock as usual. Instead of 7:30 p. m. the services will be at 4 in the afternoon during the winter months, so that those failing to attend church in the morning may do so in the afternoon.

The W. C. T. U. hold its regular meetings the second and fourth Tuesdays of each month in the Methodist church at 2:30 p. m., unless otherwise notified. Visitors invited.

ASHLAND Storage and Transfer Co. C. F. BATES, Proprietor. Two warehouses near Depot Goods of all kinds stored at reasonable rates. A General Transfer Business. Wood and Rock Springs Coal. Phone 117. Office 99 Oak Street. ASHLAND, OREGON.

Fire Alarm System. We print below the city fire alarm signals. Readers of the Tidings are urged to cut out this slip and paste it in the telephone directory or in some other conspicuous place. A reprint of the signals will appear from time to time in this paper:

- CITY FIRE ALARM SYSTEM. Fire Chief, phone 74. Chief of Police, phone 160. Residence, phone 410-J. 2-6 Bells. Cor. Main and Wimer streets. 2-8 Bells. City Hall. 3-5 Bells. Cor. Granite and Nutley streets. 4-6 Bells. Cor. Main and Gresham streets. 5-3 Bells. Cor. Iowa and Fairview streets. 6-1 Bells. Cor. Fourth and A streets. 7-3 Bells. Cor. Sixth and C streets.

A new French aeroplane engine has 14 cylinders, each with its own magneto and lubrication system, mounted around the shaft.

Thirty-one per cent of Venezuela's total imports are taken from this country.

Phone news items to the Tidings.

LaSalle Hotel 10th and Burnside Sts. PORTLAND : OREGON Absolutely fireproof and strictly first class. Headquarters for Ashland people. Rooms without bath 75c and up; with bath \$1.00 and up. M. E. PUTNAM, Manager

HOUSE OF COMFORT Hotel Manx Powell Street, at O'Farrell SAN FRANCISCO Best located and most popular hotel in the city. Headquarters for Oregonians; commodious lobby; running ice water in each room; metropolitan service. Bus at train. A la carte service. Ideal stopping place for ladies traveling alone. Management, CHESTER W. KELLEY. "Meet Me at the Manx."

CHRONIC AND NERVOUS DISEASE SUFFERERS. I make a specialty of treating chronic diseases. As I do not scatter my efforts over the entire field of medicine, I feel that I am BETTER QUALIFIED than the AVERAGE PHYSICIAN to treat those ailments successfully. I have had long and active experience in one line of practice and this enables me to PROPERLY DIAGNOSE diseased conditions and apply the CORRECT TREATMENT to each case. Are YOU sure your doctor understands the real cause of YOUR sickness? Can you afford to entrust your case to physicians of limited experience? I Will Examine and Advise All Sufferers Free. whether you take treatment or not. Come and find out what your disease really is, and whether or not you can be cured. By the latest and best methods I treat NERVO-VITAL DEBILITY, VARICOSE VEINS AND ULCERS, BLOOD AND SKIN DISEASES, NERVOUS DISEASES, KIDNEY AND LIVER DISEASES, BLADDER TROUBLES, DISEASES OF THE STOMACH, HEART, LUNGS AND BOWELS, PILES AND RECTAL DISEASES, CATARRH, SCIATICA, RHEUMATISM, EAR DISEASES, ECZEMA, SCROFULA and all forms of CHRONIC and NERVOUS DISEASES OF BOTH SEXES. My offices are equipped with modern electrical appliances and such scientific apparatus as is needed to treat successfully the ailments of my specialty. Don't suffer longer. Come to my office and I will tell you FREE what the NATURE and CAUSE OF your ailment really is, and IF and HOW you can be cured and what it will cost. Letters cheerfully answered. My office is open daily from 9 a. m. to 5 p. m., evenings from 7 to 8 p. m. and Sundays from 10 a. m. to 12 noon. DR. C. A. FOWLER 221 1/2 Morrison St., Cor. First PORTLAND, : : OREGON