High School.

class treasurers.

among the different departments.

The first and second choice voting

This constitution will be subject to

changes from time to time, but it is

the foundation for a school organiza-

tion planned to help the students get

the greatest benefit out of their school

life, and help the various societies act

better school work, is the new and

tudents honors. This is called the

honor society, and any student may

tained, 15 points. The points must be

taining points: President, or commis-

loner of the student body; class pres-

school play; editorial staff of the an-

In discussing the honor credit sys-

tem with the students, Principal W. F.

that good scholarship is the first hon-

or in school, but there are other activ-

honor system we hope to properly regnize the value of these activities.

Fletcher said: "Of course we all know

of the various school activities.

Commission Form

at James John

Honor Society Formed.



Students of Jefferson High school participating in the play "Officer 666," to be given in the school auditorium October 13 and 14. Front row, left to right-Lloyd Miller, Adeline Boldenwick, Josephine Connors, Gladys Hollingsworth and Curtis McKinney. Center row, left to right-Flavius West, John Walstead, Ulysses Giesy and Chris Sorenson. Back row, left to right-Ben Schiewe, Herbert Swett, Wilbur Carl and Robert Frankson.

Jefferson High. By Myrle Brown.

A camera club is to be organized in the near future for boys only. The Harold Carver Lee Marvin Doris Osbourn tography. This club will be under the direction of Mr. Scott, Mr. Eastman May Worthington and Mr. Ritchie.

At the June, '17, class meeting last Transis Rugg

At the June, '17, class meeting last Wednesday the following committee Dick Evans was appointed for class colors: Miss Hendrickson, Miss Perry, John Hurtt and John Crout. Miss Haynes was appointed chairman of the June class candy committee for the February, '17, class play, and is to appoint her own assistants. The class has arranged to have the two back sections of the balcony reserved for the class for Saturday evening's performance. A large turn out for the play. President Joe Trowbridge is figuring on putting the June, '17, class down in the history of Jefferson.

The debating teams have been havtryouts for the team to represent Jefferson in the interscholastic debates. The following have been ap-Wilbur Carl, H. Cunningham, Charles Webber, Herbert Swett and Loyd Carter. There is to be one more member and two alternates, who will be appointed from the following: Joe Freedman, Mr. Smith, Curtis McKinney and William Bolger.

The Home Economics club held its initiation party Saturday afternoon at the home of Miss Majory Flagel. Those initiated into the club were: Eleanor Guloveson, Sylvia Peacher, Marion Dickey, Verne Nelson, Lucille Brown, Agnes Kister, Hazel Dickey, Marguerite Phillips, Lutu Hagen, lie Betz, Florence Walling and Lucille Finley.

class play. She was given power to Yell leader, basketball manager, tennis sisted of: Belle Countryman, Helen select her assistants. The class also manager, track manager, soccer manded to invest in new scenery for ager, ice hockey manager and five the/class play. The class is doing members of a board of athletic manders and five the/class play. The class is doing members of a board of athletic manders and five the/class play. The class is doing members of a board of athletic manders and five the/class play. The class is doing members of a board of athletic manders and five the/class play. The class is doing members of a board of athletic manders and five the/class play. The class is doing members of a board of athletic manders and five the/class play. The class is doing members of a board of athletic manders and five the/class play. The class is doing members of a board of athletic manders and five the/class play. The class is doing members of a board of athletic manders and five the/class play. The class is doing members of a board of athletic manders and five the/class play. The class is doing members of a board of athletic manders and five the/class play are considered to invest in new scenery for manager, ice hockey manager and five the/class play. The class is doing members of a board of athletic manders and five the/class play are considered to invest in new scenery for manager, ice hockey manager and five the/class play. The class is doing members of a board of athletic manders are considered to invest in new scenery for manager, ice hockey manager and five the construction of the class is doing members of a board of athletic manders are considered to invest in new scenery for manager, ice hockey manager and five the construction of the class is doing members and the construction of the class is doing members and the construction of the play. Harlan Stansbury and Wilbur Hester, Mary Holmes, Henry Stevens, Davis; a short talk by Miss Jesse Bur-Carl visited all the schools Thursday, Ralph Spearow and Hugh Clerin. and also placed posters around town.

The Technical club held a meeting business meeting Monday after school. last Tuesday and heard a report from The committee that is arranging for Mr. Brewer on the low jinks. A trip the "get-together party' announced was discussed to one of the P. R. L. that the party which was to have been Marie Canel; "School Organizations," & P. Co.'s plants, and is certain to be held last Friday night has been post- by Grace Kuhl; singing of the "High held in the near future.

The Technical club low jinks was ber 13. held Friday evening in the school gym. The whole thing was a huge success. are hard at work preparing the first The following program was rendered during the evening: Comical speech, by William Bolger; plano solo, by Mr. Jenkins; Technical club quartet; exhibition with chemicals, by Mr. Walstead and Mr. Zollinger; mat tumbling and initiation of new members. After the program refreshments were en-loyed in the cafeteria. The first edition of the Spectrum was published

A test drill was held last Thursday, Plummer, a member of the school

SCHOOL HONOR ROLLS FOR SEPTEMBER

Montavilla.

Gladys Pierrot

puired, which is the best record pro- spirit of optimism that is being mani-

snet Crawford

Helen Dunagan Luclle Goin Herman Thomana Jennie Sherwood Mabel McCoy Helen Huben Dwight Coffman Gordon Grumwalt Llewellyn.

Helen Griffin Ingrid Hermans Donald Jameson

Emma Kienler

The art classes made a visit to the

All boys interested in this feature dis-

Lincoln High.

The June, '17, class held a short

poned until next Friday night, Octo-

The Cardinal editor and his staff

issue of the Cardinal. This issue will

will contain several stories whose

plots will be based on vacation experi-

ences. The business manager has an-

nounced that the first issue will be

The regular assembly of the student

body and faculty was held Tuesday

morning in the auditorium. O M.

ready for distribution on Friday, Oc-

tober 13.

museum last Wednesday.

Nortert Tenpold I. Nois Scott Tera Widestrom Hilbert Holloway Clifford Lane Harry Palmer Earnest Farley Judith Biggerstaff Beryl Von Cornor Rosalind Gilmore

Neda Antrim Myrle Sauvain Theodore Miller Harry Scribner

Christine Rand Olga Sadilek Annie Laurie Shoffer

can to spread this spirit. The Phi Delta Epsilon debating so- afternoon by the Tolos Debating soci-Wiles, Fred Connors and Fay Ricketts. ward the annexation of Mexico." Rayare not down to record time.

The Forum club is well under way mond Koessel and Donald Harris ar-

A band is a possibility at Jefferson, icn. The most auspicious social event of rium. F. L. Phipps, faculty director of athletics, presided. The meeting entertainment were enjoyed by the and Janet Daniel. meeting, appointed Olive Stark chair- was called primarily for the purpose merry group that attended. The comman of the candy committee for the of electing the following officers: mittee who arranged the event con-

The program was as follows: Ad- Tomlinson, "The Cardinal," by Frieda Krichevsky;

nied by Esther Bodman. be called the "Vacation" number, and the public and debate on prominent isvember. The purpose of the debate is twofold: First, they give the voters a chance to hear the pro and con upon some of the important issues of the day; secondly, the debates will give George Koehn, faculty coach of debating at Lincoln, an opportunity to pick some promising material around which to build a team to represent Lincoln n the interscholastic debates.

The subjects to be debated and the teams that will debate are: "Resolved, "That the Single Tax on Land Rent Measure Should Be Made a Law in Oregon." The affirmative on this subject is Scott Brown and David Cohn; the negative team is Elmer Colwell and Ralph Holzman.

"Resolved, That There Should Be a Tax Limit in Oregon," The affirmative will be upheld by Russel Colwell and James Hamilton; the negative by Verner Duncan and Raymond Kessi. "Resolved, That the Rural Credits Amendments Should Be Adopted."

Washington High.

By Marjory Rood. Monday, at the February '17 class meeting, Bernice Krause was elected class historian. Class prophets, consisting of Muriel McKinley, Gretchen Dickenson and Bertel Gerboth, were also named, Nolan Hammersley, Marian Weiss and Edythe Flora constituted the picture committee. Although "The Taming of the Shrew" was con-"P. W. R." writes—"I seem to be shrinking in size. I am very pale and thin. I do not feel sick, but I am very weak. I want to increase my weight."

Sidered the class is who increase in the class is without a play.

A number of committees were appearance. sidered the class play a week ago, and tryouts were held, the whole thing has

pointed at the June '17, class meeting Tuesday. The play committee consists of Hubert Barzee, chairman Elizabeth Singleton, Edith Robertson, La Zona Melchine, Ruth Crittenden, Albert Lane, Clifford Whittaker and Mildred Gillan. The pin committee includes William Grout, chairman; Lillian Anderson, Dorothy Pierce and Answer-In six months you should Dorothy Mosier. On the color com-ave been completely relieved of your mittee are Elsie Peterson, chairman; rouble with propert treatment. Now Florence Tenneson and Elvira Thur-Florence Tenneson and Elvira Thurlough. The committee to select names for honorary members consists of George Black, chairman; Janet Daniel Blanche Wilson and Irving McCoy. On the committee for get-acquainted party are Don Bates, chairman; Alice Gohlke and Marian Akers. The getacquainted party is scheduled for Friday evening in the school gymnasium The English-7 class, under Miss A. Helt, in room 17, has organized itself into a society modeled after the national legislative body. The constitu-tion which has been drawn up authorizes the members to discuss local, na-

offices, the rotary system of succession was chosen. The offices are filled alphabetically, and each serves one meeting. The meetings are

elected the following members; aker, May Casey, Grace Squires, Nell Richmond, Edythe Flora, Lucia Watson, Alice Gohlke, Mary Rawlings, Mona Loa Falls, Mabel Black and Lilllan Gohlke.

last June, entertained a number of friends at her home Saturday afterto show the efficiency of getting the board, was present and spoke to the noon in honor of Miss Gwendolyn Stestudents out of the building in case of students for a few moments. Mr. vens, Miss Stevens leaves for Vicnoon in honor of Miss Gwendolyn Ste-The time of 54 seconds was re- Plummer told the students of the toria today, where she will spend several months with realtives.

To Chief Hastings, of the fested by the people of Oregon, and school's fire squad, belongs much urged the students to do all that they fire chiefs and inspection committee Thursday morning. The time taken to One of the most interesting meet- absolutely clear the building was 1 ings of the term was held Thursday minute and 7 seconds. Though this is the shortest ciety held a meeting Thursday after ety. The feature of the meeting was been cleared, while under inspection, school. The speakers for the meeting the debate, "Resolved, That the United according to Principal H. H. Herdman, Arthur Borgeson, Ellwood States should take immediate steps to- the students have done it in less, so

pected this term. Friday evening the the negative were Donald Morse and which was, "Resolved, That Phrenos club had a speaker to discuss political Harry Seltzer. The affirmative team should have a boys' annex," was upmeasures. won the debate by a unanimous decished by Josephine Pease and Lucille Ewing and opposed by Mildred Fennimore and Nell Richmond. Doris Sawcussed the matter recently with Prin-cipal Jenkins. Tolos party, held last night at the dered a piano solo, and Marjory Rood home of Robert Dixon. The affair gave a book review. Next Friday the was a joint party arranged by the two society will present "The Trouble at By Walter E. Schade.

Societies and attended by only the Satterlee's," an amusing playette, in members of those two clubs. The the assembly hall, at 2:30. The play held the state of the host was beautifully decision of the long of the host was beautifully decision. Francis Kingsley, Elsie Lofquist, Nel- high athletic association was held orated, many lanterns and ferns following girls will take part: Eliza-Wednesday afternoon in the audito- adorned the veranda. Dancing on the beth Singleton, Josephine Feits, Miri-

Franklin High

School Song," by Ellen Anderson, Ruth been seriously ill with pneumonia, and for, and it is almost impossible to Riley and Ruby Van Zandt, accompa- was almost recovered when he had a relapse, which will keep him from Next Friday night six teams of Lin-school for some time. Miss Davis, and eventually all notices will be hancoln high debaters will appear before who has been too ill to take up her died this way. work at all this term, wil probably be sues that are to be voted on in No- back in two weeks, while Miss Ross returned last Thursday

to the commercial department last Wednesday, and five new sewing machines to the domestic art equipment. There have been 40 students unable to take typewriting this term, because of the lack of machines, and these students have just been able to go to of the older machines that have been discarded.

posters have been made by different and will play the first league game members of the student body, and con- with Lincoln a week from Friday. sist of figures of dainty girls and handsome men. Hawaiians and wildmen, and mothers with cakes and pies

with seating capacity for 2500 people. As the building will be fireproof, it will probably be used for community meetings, as well as high school assemblies. A large lunchroom and cafeteria will also be built in the building, as well as a room for bicycles and

Last Saturday a number of the men

At the beginning of the third period every day sheets are printed in the ofthose tardy or absent for that day. In Mr. Parks, a faculty member, has this way every student is accounted "skip" classes. In a short time a simflar sheet will be printed every noon. A skate will be given October 20 at the Oaks rink. Every one is invited to

attend, and invitations will be given out at the other high schools. committee for this is: Wylie Doran chairman; Mora Williams, Everett Barbur and Lois Tomlinson. Another ice cream sale was held last Thursday, netting \$4.40.

The first football game of the season was played with Gresham, ending work. The new sewing machines were with a score of 13 to 6 in favor of put into immediate service, and some Franklin. Ray Powell, who was working into a tackle position, sprained his doing unsatisfactory work have been ankle and will be unable to play for some time. Carl Prior, a new man this The halls and rooms of the building year, has been put at guard and tackle are brilliant with gally colored pos- and is showing up well. The team ters, advertising the county fair. The will go to Everett, Wash., October 21,

By Ernest Peterson.

SELLWOOD BOASTS IRISH NAVY CLUB

JUNE'17 OFFICERS AT LINCOLN HIGH



Above, left to right-Tom Foley, sergeant-at-arms; Ralph Spearow, president; Scott Brown, treasurer. Below, left to right-Mary Bullock, vice president; Joyce Savage, secretary.

pected that music will be introduced a crochet yoke and tatting for a scarf, saw the fire and reported it to the new piano has been installed in the school assembly hall. The gymnasium floor has been re

paired, and the apparatus is expected An order has also been placed for shower baths. On account of business duties, was necessary for Clyde Rupert, football coach, to resign. Schmitt has been secured to fill the

Another new feature, tending for position. Commerce will play its first intercomprehensive system of awarding scholastic game Tuesday. In spite of the fact that victory is uncertain, the that will be given if the demand is school intends to support their team sufficient are lace making and knitbecome a member after having at- enthusiastically.

The facilities offered by the school secured from at least four different are now giving double service. Last organizations, and are given for vari-ous achievements. F. D. Curtis, who for night school. From present indiexplained the plan, enumerated the fol- cations, the evening school will be owing as some of the methods for at- larger than the day school.

A new course in salesmanship and advertising has been offered under W ident; leads or business manager of a | S. Kirkpatrick, and some of the students hope to organize an accounting

nual school publication; member of class. athletic teams, or president of any one The The principal is now housed in his new office.

James John High. By Clarice Wilson,

The freshmen classes were welcomed last Friday at a reception held in the ities that are of great value. By this high school auditorium. The well rendered program consisted of: Plano Alice Brown; readings, a series of poems, Mr. Thomas; songs by a quartet, composed of Everett Day, Louis Dunsmore, Russell Myers and Delbert Day; readings, Margaret Nelson and violin by Clifton Crouch. After the program refreshments were served in the hall, and a social hour was en joyed.

An English history class of T. M Bushnell is planning a debate on the gether on the campus in front of the school to listen to short talks given by var'ous members of the faculty and student body. Principal Ball, Miss Gertrude Blackmar G. Steleel Lois building Lusah To following question: "Resolved, That the school boys got together and cleaned out all the brush and refuse the Rule of Cromwell Was Unjustifigured and the Rule of Cromwell Sand Russell Smith of the affirmative, and Russell Smith of The Hyak Klatawas'

followed by a feast,

is anticipated. Sixteen boys will make Hill ,editor of the paper. the trip, accompanied by the school

The boys of the glee club have beided to meet every school morning at 8:30 o'clock, instead of just one morning a week, as heretofore. A number of large boys have recently joined the obtaining recruits for the Tech band. Mr. Getz, the leader, reports the work and the band will, no doubt, consist of coming along nicely.

Carlyle Cunningham, a 1916 alumnus of James John, is winning distinction Brereton, with Albert Miller as manin the freshman class at Reed college. ager. He was elected captain of the freshthe sophomores.

tending.

preceding Wednesday. Benson Polytechnic (Girls) By Winifred Peterson.

Some of the students in needlework

into the course of study at present. A The materials for each of these principal. The fire alarm cleared the smounted to only 10 cents. There is also a tatted baby bonnet lined and there were only a part of the children trimmed in blue.

> recting girls who have bad habits in shal Roberts and Captain Voss comwalking or while sitting. The night school had a large enroll- and the teachers on the way they hanment Monday. Studies which have died the situation.

never been given in this school before are being offered. Among these are home furnishing and decoration and home nursing. Other new subjects sufficient are lace making and knit-

The time was on Monday lowered 15 seconds. A new flag has been placed in the assembly hall The third term girls had a candy

ale recently, and sold all they made, besides having demand for more. There has been an enrollment of new oupils nearly every day since school Miss Holmes has been elected repre

sentative from the faculty of the girls' school to the Portland Educators' as-Miss Schmit, of the faculty, has ormed a millinery class at Fulton

Park, in connection with the social center work. A tea was given Miss Tingle Sep-ember 30 at Riverdale at the residence of Mrs. Stella Durham. The tea was well attended. The cakes, cookles and punch served were prepared by the domestic science classes

The third term girls have finished 82 waists this term. The senior girls took a hike Saturday up the Cornell road. Miss Wey

acted as chaperone. The students are interested in mu sic. It is probable that a quartet and

trio will be formed in the school Benson Polytechnic (Boys') By Donald McClung.

Wednesday evening a meeting was new members took place Saturday held in the assembly hall for those denight in the high school gymnasium, sirous of securing position on the staff of "The Poly Tech," the monthly pub-The first football game is scheduled lication of the school. Speakers inwith Gresham, Friday. Although a cluded: Principal Cleveland, several number of the squad are new, a victory members of the faculty and Raymond

A large number of instructors reptechnic at the reception for teachers, held at the Commercial club Friday, September 29. Tuesday evening, after school

meeting was held for the purpose of which now numbers about 40. A large number of boys were present, not less than 40 members. The band is under the able leadership of C. S.

Work is progressing on the new men tug of war team which defeated Benson Polytechnic building, situated in the central east side district. The James E. Brock, a leader in the Boy first three units to go up include the Scouts work, met a number of the main, or administration, building and boys Thursday at Central school to or- two shop buildings. A power house, ganize a troop there. Interest was with a steam plant for generating evidenced by the large number at- electricity, will also be erected. An athletic field is to be laid out, includ-Wednesday Dr. Mary Madigan gave ing four tennis courts. Athletics at all girls a physical examination who the "Tech" have been severely handihad not received the opportunity the capped in the past by the lack of a suitable field, and the new grounds will fill a long-felt desire for better athletics. The cornerstone of the new school will be laid in a few weeks, and will be the occasion of a rousing cele-No doubt the Benson Poly-

> The first rehearsal of the glee club was held last week. Several pieces of classical music are to be taken up and studied. The glee club hopes to take a prominent part in the school activities this year. The club thus far consists of 16 members, under the leadership of Fred Strickland, with William Peck as librarian.

Hawthorne.

Miss H. E. Monroe, who teaches reading at Hawthorne, has found a new way of making her subject attractive to her pupils. Last week, with the first frost, she had her pupils memorize Riley's well known little poem, "The Frost Is on

the Punkin, and the Punkin's on the vine." Then she took her class to the East Side library, where each was given something concerning Riley to read. The following day, however, each child told in his own words the substance of what he had read. Each child above the sixth grade in

required to read at least two books of biography, two historical and two scientific, during the term. The teacher keeps account of all the books read, whether on the above subjects or not, and the child's opinion of each. Some pupils read as many as 25 books Miss Carolyn Brown, teacher of the fourth grade, who was called to Ohio during the summer by the death of her mother, has now gone to Florida, to be with a niece who is seriously ill,

Brown's place until her return, The junior exhibit, which was scheduled for Wednesday of last week, was postponed until October 19. The latter date was thought more appropriate, as it commemorates Cornwallis' surrender at Yorktown (October 19, 1781).

Miss Loretta Hardy is occupying Miss

Montavilla. By William King.

Monday noon a small fire broke out who was playing on the school ground, this.-Adv.

building within two minutes, although in their rooms. The fire was extin-Miss Wey has started a special class guished by the use of a fire extinin gymnastics for the purpose of cor- guisher, without damage. Fire Marplimented the fire squad, the principal

A Whistling Well. At the Round Timbers ranch, four

miles north of Bellot, near Stockton. Cal., there is a well which appears to he dominated by "spooks." It whis-Fire drill is being improved upon, tles continuously. Sometimes it sucks air, especially when a storm is approaching. The whistling well is regarded as a phenomenon by those who have been

attracted to it. Round Timbers is a ranch of \$000 acres devoted largely to grazing, although a part of it is farmed. "I bored that well five years ago

said E. E. Cady, superintendent of the ranch. "It is 260 feet deep and the formation is sandy. It starts with a 16-inch casing and finishes with an 8inch tube. I noticed the whistling soon after I bored it. The owners thought the whistling was caused by escaping gas. I touched a match to and showed them that there was no gas. The water is fine and is free from mineral. My theory is that have connected with some underground channel that leads to the ocean."
The water is lifted from the well with a gas engine.

A handkerchief has been invented that has a secure pocket for money in

Girls! Lots of Beautiful Hair

25-cent bottle of "Danderine" makes hair thick, glossy and wavy.

resented the faculty of Benson Poly- Removes all dandruff, stops itching scalp and falling hair.



To be possessed of a head of heavy beautiful hair; soft, lustrous, fluffy wavy and free from dandruff is merely a matter of using a little Danderine. It is easy and inexpensive to have nice, soft hair and lots of it. Just get a 25 cent bottle of Knowlton's Danderine now-all drug stores recommend it-apply a little as directed and within ten minutes there will be an appearance of abundance, freshpess, fluffiness and an incomparable gloss and lustre, and try as you will you can not find a trace of dandruff or falling hair; but your real surprise will be after about two weeks' use, when you will see new hair-fine and downy at first - yes - but really new hairsprouting out all over your scalp-Danderine is, we believe, the only sure hair grower, destroyer of dandruff and cure for itchy scalp and it never fails to stop falling hair at once.

If you want to prove how pretty and soft your hair really is, moisten a cloth with a little Danderine and carefully draw it through your hair-takon the roof of the schoolhouse. The ing one small strand at a time. Your fire was started by a spark from one hair will be soft, glossy and beautiful of the chimneys falling on the roof. in just a few moments-a delightful Donald Hardar, an eighth grade boy, surprise awaits everyone who tries



"J. L. T." writes—"I have a bad sase of dandruff, My scalp itches and scovered with a kind of yellow scurvy. My hair is falling out."

Answer—Plain yellow minyol, used as per directions on 4-oz, lar, should be move all traces of dandruff after hiree or four treatments. It is a kind of greaseless pomade and stimulates he scalp to proper natural action. It promotes growth of the hair and is alghly recommended.

"Cold in the head," says; "I am a regular victim of coughs and colds in the head and sometimes I think my whole system is effected, particularly ny bronchials."

Answer: I have known many stub-

Answer: I have known many stubporn cases of chronic cold effecting
the air passages which have been corected by the use of a simple remedy
made at home with one pint of sugar
tyrup mixed with 2½ oz. essence menho-laxene. The mentho-laxene is
lightly laxative in its action, and it
sreaks up a cold quickly and rids the
system of inflammation.

"Bather" writes—"I am a profes-tional bather, but recently have been ncreasing in weight until I have lost race and symmetry. How may I loss bout 20 pounds safely?"



apply in any case of similar nature.

Those wishing further advice, free many address Dr. Lewis Baker, College Bldg., College-Ellwood Sts., Dayton, Ohio, inclosing self-addressed stamped envelope for reply. Full name and address must be given, but only initials or fictitious name will be used in my answers. The prescriptions can be folled at any well-stock drug store.

Amendments Should Be Adopted."

The affirmative on this subject will be upheld by Raymond Koessel and Donald Harris; the negative by Donald Morse and George Cowne.

Norman Yeomans, a prominent athlete of Lincoln, fractured a bone in his snkle while in football scrimmage last Wednesday afternoon.

Any druggist can order of wholesalers. head and cannot stand the mental and physical strain I was formerly able to I seem to need reinforcement, both physically and mentally."

Answer-You are anaemic and the

rave been completely relieved of your trouble with propert treatment. Now I will prescribe what I have recommended thousands of times for kidney diseases. Get a tube of balmwort tablets, with full directions, from your

ache constantly and don't sleep well."

The questions answered below are general in character, the symptoms or diseases are given and the answers will

Answer-Your system is run down, You need a good, bracing tonic and builder. You will find just what your system requires in three-grain cadomene tablets. These tablets exert an influence over the digestive and nervous systems. They should soon build up your strength and restore your lost vitality, animation and physical forces.

Answer—You are anaemic and the food you eat does not properly nourish your system. Three-grain hypo-nuclane tablets cause proper food assimilation and increase weight and strength by affording perfect health.

"Rural" writes—"I have a very severe case of kidney trouble, and ask that you please prescribe for me. I have been suffering for six months."

Answer—In six months, you should

drug store and begin using them at once. This is a most economical and effective treatment.

"Cairo" writes—"I'm nervous tired, constipated. My tongue is coated and my complexion sick looking. Every my eyes look dull and yellow. I have head-Answer—Very obese persons have relucad their weight even more than 25
ounds by the use of five-grain arbone tablets.

"J. W." writes—"I seem to have lost
by ambition and energy. My breath
short. I suffer with pains in my tional and international affairs. In order that every one may fill each of the club colors, green and white, were tens is a member of the club, and re- Lyle.

take place the tenth school month of held every Monday. The sergeant-ateach year. arms and editor were elected for the is a system whereby three candidates The Neakahin literary society has are nominated and each student votes No. 1 after the name of his choice for Lange, Ruth Lange, Marcella Whitthe office and No. 2 after his second choice.

Miss Irene Reynolds, a graduate of

Washington high was visited by the The Phrenos held a short notice pro-

now, and many new speakers are ex- gued the affirmative, while upholding gram Friday in room 8. The question,

assembly of the year. Almost eight motorcycles. everything possible to make the play a agers. But, owing to the small attended the Freshmen girls success. The Live Wires have been offered a prize for the one selling the most tickets; also a prize has been offered to the freshman selling the of the other officers will occur some of the other officers will occur some ranged by the society.

Last Monday afternoon the live indicates in undered students were gathered to find the freshmen girls of Lincoln. A very large and enthusiastic number were present, and all enjoyed the interesting program arranged by the society.

The reserved was as follows: Adversary was as follows: Gertrude Blackmar, G. Stelsel, Lois building. Lunch was furnished by the the negative. Tomlinson, George Powell, Mrs. women members of the Farent-Teach. The Hyak on the board of directors are: Alice dress of welcome, by Principal T. T. Blanche Thurston, Isabel Anderson, er association, and served at a neighbor. Mary Holmes, Henry Stevens, Davis; a short talk by Miss Jesse Bur-Clarke Schoubee, Wesley Reynolds, boring lunchroom, where hot coffee ton, of the Y. W. C. A.; "History of Wilson Morril, Mr. Van Groos, Arthur Lincoln High School," by Ruth Riley; Mackenzie and Colton Meeks made addresses on several subjects pertinent recitations, "Little Orphan Ann" and to school life. After the talks, Yell fice, and sent to each room, containing When the World Bust Through," by Leader Pritchard led the students in all notices up to date, and a list of

cheers.

Seven new typewriters were added

High School of Commerce. it will have a large assembly hall, ize a school orchestra. It is not ex-



Scene at banquet of Irish Navy club, an organization of Sellwood young people, and R. E. Hoover, admiral of the club.

tions in Sellwood. The fall season

The Irish Navy club is one of the utilized in the decorations of flowers, cently addressed its members. The ivest and most interesting organiza- and crepe paper ribbons. Covers were officers of the "navy" are: Admiral laid for 50, the young women friends R. E. Hoover; rear-admiral, C. G of the members being guests. The Stryker; quartermaster, Frank Zielin was recently opened with a dinner, club meets every Friday evening, and ske; purser, Ira Ruppert; boatswain,

given at the home of the presiding there are programs of a musical and Charles Shandler; recruiting officer, officer, Admiral R. E. Hoover. The literary character. Judge W. N. Ga- John Schandler; editor-in-chief, C. E.