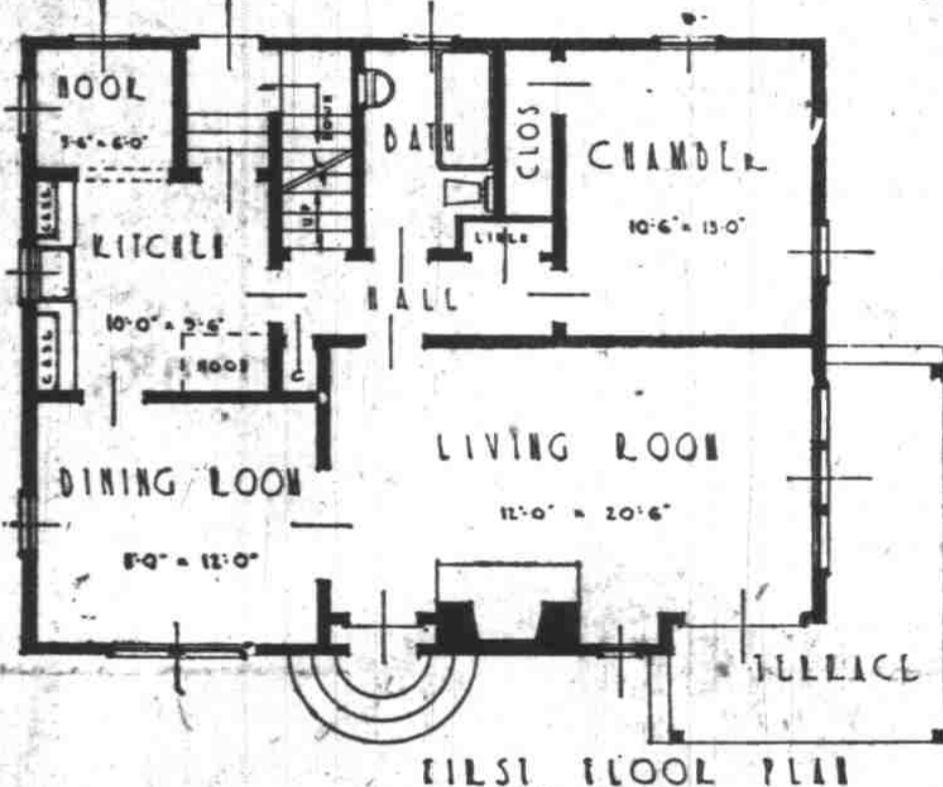


Banner Building Year Forecast With Home Construction Starting



Plan No. 535



Five well arranged rooms of ample size afford plenty of space for the average family in this attractive dwelling.

Abundant light and ventilation is afforded by the windows on the first floor and the two rooms on the second floor, which can be finished if necessary, have ample window space.

The chimney, recessed front entrance and brick trimmed terrace lead charm and distinction to the facade.

The living and dining room, each of good proportions, are well arranged, with reference to the balance of the house. The kitchen and dining nook are well arranged and there is plenty of cabinet space and built in equipment. The hallway offers access to all rooms and to the stairway to the second floor.

Plans and Specifications Furnished by SPAULDING LOGGING CO.

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Salem, Oregon

ELSINORE PLASTER WORK PROGRESSES

Two Weeks Should See Completion of Intricate Decorative Work

Plaster work on the Elsinore theater, under construction on High street between State and Ferry streets for George Guthrie, owner of the Oregon theatre, will be entirely done in two weeks.

Intricate plastering work, both of the auditorium walls and of the front part of the theatre is requiring much time. The front is about done, and the auditorium south and east walls are completed.

Work of molding the arches over the auditorium has been completed. And the organ chamber is nearly enclosed.

Iron railing has been placed on the north stairway that leads to the balconies. The railings will all be placed, it is thought, by the end of this week.

All the doors to the rear of the theatre have been installed. The outside paint work has been completed.

Most of the tin sheeting has been placed on the large marquee that extends across the entire front of the theatre.

guard against early overwork and against exercises which merely strengthen, without helping leg-spring. High kicking is very good; deep knee bending exercises, and others of this type, are not of much use to any track athlete.

A pole vaulter needs just about everything—physique of a weight man, spring of a jumper, speed of a sprinter and a special coordination and timing. He can use every exercise I've mentioned; he should supplement them with hand balancing, chinning and a lot of work on a rope—a pole vaulter can go through every necessary motion while he's hanging on a rope.

There's one thing that I tell my fellows to keep in mind during this month of preliminary training as well as during the month of outdoor work that follows, and I'd like to tell it to every track man in the country. It's simply this: "Don't overstrain. Remember that you're aiming to build up not prodigious strength, but facile speed. And always keep in mind that it's a lot easier (and a lot more harmful) to overdo than to under-work."

SABBATH SCHOOL LESSON

(Continued from page 1.)
In service, worship and praise. Everyone who enjoys the benefits of civil government is obliged to pay the taxes which are necessary for the support of that government, and everyone who receives God's favor is placed in like obligation unto Him.

II. The Great Commandment in the Law—34-40.
1. The First Commandment—34-38.

"Thou shalt love the Lord thy God with all thy heart, with all thy soul and with all thy mind." This means that supreme and undivided love to God is the first and great commandment. Man's supreme obligation is to God. It is wrong to evaluate man's character on the basis of his morality as expressed in his relation to his fellowman. Real righteousness is doing the right thing with God. The greater immorality of which a man can be guilty is his failure to respond to the demands of God. The one who does not supremely

IRON CHAINS HOLD MARQUISE IN PLACE

Wooden Frame Is Finished on High and Ferry Street Building

Wooden frame of the marquee around the building on the north-west corner of High and Ferry streets has been completed. The marquee extends around the entire building the second floor of which is occupied by the Salem hotel.

Iron chains are used to hold the marquee in place. These have all been placed. The tin work will be started this week. About two more weeks will be required before the marquee is finished.

and with undivided affection love God is the greatest sinner.

2. The Second Commandment—39-40.

The second commandment is like unto the first in that it centers in love. It is not said that it was equal unto the first; that would not be true. A man may love himself, but not supremely. One's love for his neighbor may be either too much or too little. The measure set is love for itself. We should love God better than ourselves. He is worthy of all our affections, and demands all. Love is not mere emotion, but a supreme desire for the welfare of another and a willingness to do everything possible to secure that end. The command to love our neighbor is involved in the command to love God. To pretend to love God is folly if we do not love our neighbor. To attempt to establish a brotherhood among men without the recognition of the fatherhood of God is of God by faith in Jesus Christ. It is true that in the sense of being God's creatures, all men are God's children, but in the New Testament sense, men are only God's children as they are in Christ. The only way to bring in the brotherhood of man is to preach Jesus Christ to the race and secure acceptance of Him. We thus become brothers in the real sense of the term when we have God as our Father. All obligations resting upon man is embraced in these two commandments. Those who conform their lives to them are God's children and are the very best citizens.

OLD SALEM HOTEL NOW A MEMORY

Wrecking Rapidly Done To Make Way For The Bligh Theater Plant

The old Salem hotel, which stood for the better than half a century near the southeast corner of High and State streets, is now but a matter of history. Work of tearing it down was completed Friday.

On the first of last week all merchants in the stores along State street from High to the alley vacated. So quick has been the work of raising that the last bit of tearing down has been done.

The Union Oil service station is the only structure still standing in the quarter block. This will remain until all the debris is removed from the quarter block.

It is expected that the debris will be removed completely by the end of the week. Then the construction of the \$250,000 theatre, store and office building for Frank Bligh will begin in earnest.

man of the debate. The judges cast three votes in favor of the negative. Nevertheless, both sides of the question were very ably defended.

R. J. Miller, our principal, attended a local teachers' institute at Silverton last Saturday.

Gladys Sealey visited with Ruth Wright Sunday afternoon.

Miss Grace Pearsall spent Tuesday afternoon with Mrs. W. J. Wright.

The Pringle Sunday school pupils and teacher, Miss Helen Cammack, enjoyed a little party at the school house Monday evening. The evening was spent in playing games, after which light refreshments were served.

R. J. Miller and Dr. G. A. Sternberg of Salem autotored to Portland Sunday afternoon while there they took in a movie at the Imperial, showing "Behind the Front."

Mr. and Mrs. Harr have recently bought a player piano.

Albert Evans is suffering from a stroke of paralysis since last Thursday.

Mr. and Mrs. H. E. Stewart called at the Albert Evans home, Wednesday evening.

HE HAD TO LEAVE; POET'S RHYMES GREW

(Continued from page 1.)

inspired his poems for children. As a child his mother answered interestingly his interrogations as to what the leaves say when they whisper; why the moon is low and the stars are high.

This poet of nature was reared

PRINGLE SNAPPY NEWS

(Continued from page 1.)
ative by Esther Scott and Edith Munc. Mrs. E. G. Clark, Gladys Scott and Grace Pearsall acted as judges and Mr. Miller as chair-

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Stucco Your Frame House And See Upkeep Fall

Herewith The Sunday Statesman Begins a Series of Spring Re-modeling Suggestions, Intended to Aid the Homeowner in Solving Problems

(Article No. 1 in a series of Spring remodeling suggestions.) Spring is the usual season for re-painting. But the need to re-paint the whole house every two or three years is a large item in the maintenance cost and authorities agree that the average expenses of upkeep equal the total cost of the house in forty years.

So economy is one of the main motives in the practice of "over-coating" an old frame house with stucco. If the structure is in good condition, this can be done inexpensively. All that is needed is to see that the siding is nailed down tight, then nail on a reinforcing fabric, and finally apply the three coats of stucco. The first two parts of the job can be done by the householder himself, reducing the labor-cost to one single item, the plasterer's bill.

Next to economy, the greatest advantage of the overcoating is that it greatly enhances the value of the home by raising it from the class of an old frame house to

that of a new stucco building. Stucco also reduces the fire-hazard makes the home more weather-proof by sealing up all cracks, and affords a high degree of heat-insulation.

Nor does it require any sacrifice of beauty. There now are on the market several types of stucco into the finish coats of which mineral colors are ground at the factory. This affords a range of color ample to meet anyone's taste. And the use of a prepared colored material eliminates the chances of impermanent and non-uniform coloring such as is likely to result from home-mixed materials.

Only one precaution need be observed, aside from the selection of the proper stucco in overcoating an old frame house. That is, the right reinforcing must be chosen. Permanent satisfaction will be given by a strong steel fabric which is crimped so as to be self-furring. This eliminates the need of special lath or backing for the stucco.

A mother's love in a cabin, the "reverential shade" on her face when listening to distant thunder, and her smile of gratitude when she heard the patter of rain on roof, inspired the lines:
"And there was the cabin window—
Tinkle, and drip and drip!
The rain above, and a mother's love,
And God's companionship."
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W-A-N-T-E-D

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YMCA WILL OPEN EARLY IN APRIL

Portion of Building Now Ready for Furnishing, Work Progressing

Final coat of stucco has been applied to the front outside wall of the new Y. M. C. A. building on Court street between Cottage and Church streets. The window casings have been painted, and the scaffolding has been completely removed.

Except for the work of applying the smooth stucco to the four foot border around the base of the building and the placing of the fire escapes, the entire work on the outside of the building has been done.

Although it was hoped the building would be up near the first of this month, it is now almost certain that the building will not be ready for occupancy before the first of April.

Third and second floors have been scraped, and are now ready for the installation of furnishings and furniture. All the woodwork on the first floor except the finish flooring has been completed. The finish flooring will be started this week.

Furnishings have been removed from the concrete walls and bottom of the swimming tank, the tile work, it is thought, will be started this week.

McFARLAND TELLS HOW TO BE AN ATHLETE

(Continued from page 1.)

ble. Another — jump from start-feet alternately as high as possible position to a squat, feet between hands, and back again.

Number 3 builds up trunk muscles also. It consists simply of raising the legs straight with toes pointed, from the floor to a vertical position, then lowering them slowly to the floor again. Five times at first is enough, but later you should do it 40 times. You can make it harder by putting your hands back of your neck.

All of these are general, and should be continued all through the conditioning work, even after specialized exercises have been commenced. You will know of other useful exercises of the same nature, or learn of them from gym instructors and athletes. Watch for some of them.

Develop an Arm Swing
Learn the arm swing that every good sprinter must know. Arm swing means a lot, of course, in giving a fellow that last ounce

of speed and strength, and can't be given too much thought. Take the exercise with your shoulders dropped low, and your arms swung as though on pins driven through at the shoulders. Remember to keep your elbows at right angle, and to keep your body relaxed. Gradually increase the speed until you're swinging as fast as you can.

These exercises are good for all hurdlers and runners. Charlie Faddock, the sprinter who has so many records to his credit, made "inverted running" popular and it quickens leg action and loosens up joints generally.

Jiggling, rope skipping, and high kicking are good exercises for sprinters. Short-distance men should remember that all of their work should be done high up on the toes.

Distance men will want to pay more attention to body-building exercises—abdomen and trunk muscle developers—than sprinters; they'll want to do a lot of fast hiking, and a little non-competitive cross-country running, too—particularly in the fall. I don't think a fellow less than 16 ought to try to run a race of more

than 220 yards; sprint work like this for young runners is the best kind of training for distance work later.

Weight Men Should Box

Weight men need different special exercises. Shot putters and javelin throwers should box a good deal to develop foot work and to build strength, and shot men will find a lot of the drive they'll need in their arms will come from bag punching. Twisting and gripping devices are excellent for developing the strong grip required; clenching the hands 20 or 30 times tightly is good for this too. Weight men get fun and strength out of trying to twist a broom stick out of the hand of an "opponent" using hands and wrists only.

I want to caution javelin throwers against early work, even more than other men. They are the last ones to begin out door work; and should go very slowly. They should never try to throw in cold weather.

Jumpers do everything that sprinters do as preparatory work, with emphasis on rope work, jiggling and quickening exercises. High jumpers in particular should

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