

IDEAL LIFE MAPPED BY AVISON IN TALK

Dr. Richard N. Avison was a chapel speaker at Willamette Thursday morning for the first time this term, taking as his thought, "The length, and the breadth and the height of it are the same."

With reference to length, he said this applied to the individual's selfish reach and realization. College students, he affirmed, are particularly concerned with the enrichment of their own personal development, and rightly so. If they fail to see the importance of the matter of length in their college careers, they will preclude not only much of their own happiness but also their usefulness. Breadth, he said, applied to a man's relationship with his fellows. It gives him the idea of service, and usefulness; of brotherhood. Height, he asserted, takes a man to God. It defines his religious attitude. This threefold life—the proper appreciation of one's self in individual development and power, the right attitude towards one's fellows, and the right relationship towards God—he emphasized as the ideal life, the life that should be the dream of every student.

RECALL OF MAYOR FOR OPPOSITION TO MORE POLICEMEN STARTED

(Continued from page one)

police here now than we need," and said that he was opposed to any increase. At a time previous to this he produced figures showing that Salem police force now is greater than Portland's in proportion.

When told that a movement is forming with a view of attaining his impeachment, and a statement was asked him, he said: "I have nothing to say—nothing at all."

Mayor Guilty Also.

Several councilmen, taking deep exception to the mayor's intimation that a fine for overdraft voting awaits them, produced facts this morning alleging that Mayor Wilson, too, has taken a leading part in voting overdrafts.

They claim, and declare that the minutes of the council meetings substantiate it, that on May 19, 1919, Mayor Wilson voted a raise for the police matron, which automatically caused an overdraft of \$100. And on June 16, they pointed out, he voted an overdraft of \$150 for an increase of the city treasurer's salary. He also voted for an overdraft amounting to \$859.08 for the Salem Water company they allege.

ARRESTED UNDER DRY LAW

Cincinnati, Ohio, Oct. 31.—Three arrests were made and 100 warrants issued late today in the department of justice's campaign against violators of the prohibition law here.

An Influenza

is an exaggerated form of Grip. LAXATIVE BROMO QUININE Tablets should be taken in larger doses than is prescribed for ordinary Grip. A good plan is not to wait until you are sick, but PREVENT IT by taking LAXATIVE BROMO QUININE Tablets in time. (Adv.)

A remarkably nutritious food made from whole wheat and malted barley

Grape-Nuts

delicious and economical

Normal Notes.

(Capital Journal Special Service.)

Monmouth, Or., Oct. 31.—

Miss Katharine Arbuthnot spoke in chapel last Wednesday on the ideal teacher as portrayed by James Lane Allen in the "Cathedral Singer."

President Ackerman has accepted an invitation to speak before the superintendents' section of the State Teachers' association in Portland, December 30. His subject will be the "Teacher Situation."

The Senior II's held a picnic last Saturday evening along the banks of the Luckiamute.

Miss Laura Taylor, head of department of physical education, spent last Saturday in Portland.

Miss Ida Mae Smith will teach in institutes at Pendleton, November 24, 25 and 26, and at Tillamook on December 3, 4 and 5.

The program for the celebration of Armistice day, November 11, is to be the combined efforts of the commercial club and a committee representing the normal. The returned service men of this vicinity are to be the honored guests of Monmouth in the morning and of Independence in the afternoon.

Mrs. Margaret C. Curran, director of rural education, has accepted a position in the school extension service of the normal school at Dillon, Montana.

Many students attended the football game at O. A. C. last Saturday. Mr. Ostien, Mr. Gilmore, President and Mrs. Ackerman, Miss Bramberg and Mrs. Collins represented the faculty at the game.

Monmouth News.

(Capital Journal Special Service.)

Monmouth, Or., Oct. 31.—

Miss Amy Steinberg, who has a position in a Portland school, is home on a leave of absence which lasts until February. Miss Steinberg was not fully recovered from the effects of an operation which she underwent last summer and found the strenuous work of her school duties too much for her strength.

Mr. and Mrs. Byron White have taken up their residence in Portland.

Salesman Wanted

We want an active, intelligent man with car, who can give references as to his reliability, to handle farm lighting and power plants in his home district. Experience not necessary.

Exclusive territory and big pay to the right man. Write or wire if you can qualify. Stark-Davis Co., 212 Third St., Portland, Oregon.

Catarrhal Deafness And Head Noises

Tells Safe and Simple Way to Treat and Relieve at Home

If you have catarrh, catarrhal deafness or head noises caused by catarrh or if phlegm drops in your throat and has caused catarrh of the stomach or bowels you will be glad to know that these distressing symptoms may be entirely overcome in many instances by the following treatment which you can easily prepare in your own home at little cost. Secure from your druggist 1 ounce of Peppermint (double strength). Take this home and add to it 1-4 pint of hot water and a little granulated sugar; stir until dissolved. Take one tablespoonful four times a day. An improvement is sometimes noted after the first day's treatment. Breathing should become easy, while the distressing head noises, headaches, dullness, cloudy thinking, etc., should gradually disappear under the tonic action of the treatment. Loss of smell, taste, defective hearing and mucus dropping in the back of the throat are other symptoms which suggest the presence of catarrh and which may often be overcome by the efficacious treatment. It is said that nearly ninety per cent of all ear troubles are caused by catarrh and there must, therefore, be many people whose hearing may be restored by this simple, harmless, home treatment. (Adv.)

where Mr. White expects to take up the study of chiropractic doctoring. Mr. and Mrs. J. L. Murdock have been visiting in Yamhill for the past week.

Miss Gertrude Rodgers, who entered the University of Oregon this fall, has suffered a nervous breakdown and was forced to drop out for a time. She has been resting at home for a couple of weeks but hopes to resume her studies soon.

Messrs. Phillips, Bressler, Connolly, Prime and Ostrom, who spent a week hunting for deer in the wilds of the Alsea country, returned home Sunday evening with only one deer to the credit of the party, having seen but one other.

Farmers in this vicinity are beginning to fear for the bean crop as many planted late with the result that many green pods were still on the vines and the many foggy days have kept them from drying out after they were pulled and stacked.

Gas On Stomach, Sour Stomach, Indigestion, Heartburn BISURATED MAGNESIA

In 5 Grain Tablets AND POWDER FORM

BISURATED MAGNESIA is a Magnesia compound especially prepared for the safe, speedy and certain correction of dangerous stomach acidity. It comes only in the form of five grain tablets and powder in sealed blue packages. Do not confuse with commercial magnesia, milk of magnesia or citrate of magnesia. Look for the word BISURATED and get the genuine from DRUGGISTS EVERYWHERE. (Adv.)

Where Can I Find Relief From Itching, Terrifying Eczema?

Question on Lips Afflicted. There is a harassing discomfort caused by Eczema that almost becomes a torture. The itching is almost unbearable, and the skin seems on fire with the burning irritation. A cure from local applications of salves and ointments is impossible, because such treatment can only allay the pain temporarily. The disease can only be reached by going deep down to its source, which is in the blood, the disease being caused by an infection which breaks out through the skin. That is why the most satisfactory treatment for all so-called skin diseases is S. S. S., for this remedy so thoroughly cleanses the blood that no impurities can remain. Get a bottle today, and you will see results from the right treatment. Medical advice free. Address: Medical Director, 48 Swift Bldg., Atlanta, Ga.

ROSTEIN & GREENBAUM

Millinery at Reduced Prices

At reduced prices. Nice up-to-date Hats, Feathers and Flowers, 20 per cent reduction from our usual low prices, this would make them less than half price of the other stores. We have a good selection, all new and up-to-date.

Umbrellas, colored Silks, just what you have been looking for, pretty colors, nice handles, large ferrels, beautiful goods.

LADIES COATS, Sample line just in; nice new, stylish coats, only one of a kind, newest styles and reasonably priced \$15.00 to \$45.00

BLEACHED SHEETING, 9-4 good quality, at 75c a Yard

PEQUOT UNBLEACHED SHEETING 9-4, best made, at 80c a Yard

MERCERIZED TABLE CLOTH, from 35c a yard up. See our 72-inch, extra good quality pretty pattern, at \$1.25 a yd; also those at 75c and 90 Yd.

BED SPREADS, first quality, 79x86, weight 3 1/4 pounds, price \$2.75

Bed Spreads, first quality, scalloped and cut corners, at \$3.50, \$4.75 and \$5.00

BLANKETS—Nice and fluffy 66x80, pair \$3.50

PRETTY PLAID BLANKETS, full size, 66x80, weight 3 1/2 pounds, pair \$6.25

Extra large, 74x84, weight 4 3-4 pounds, nice plaid Blankets, pair \$7.25

TOWELS, nice Turkish Towels, all white or colored borders, some plaids, big variety of pretty patterns

240 AND 246 COMMERCIAL STREET

SIMPLIFIED CONSTRUCTION

Forty five manufacturers of farm wagons and trucks have agreed to adhere to certain standards in manufacturing a limited number of varieties of their products.

1916 Chalmers, first class mechanical condition, electric lights, starter, all leather upholstered, \$850.

Oscar B. Gingrich Motor & Tire Co.

371 Court street. Phone 635

MANY ARRESTS MADE

New York, Oct. 31.—The six hundred internal revenue agents seeking violations of the prohibition law in New York had made 47 arrests this afternoon.

SPECIAL

Good 5 passenger car will trade for what have you

U. S. GARAGE

Phone 1752 554 Ferry St.

STEAMER ABANDONED

Halifax, N. S., Oct. 31.—The steamer Avoel reported by wireless late yesterday that the big Spanish schooner Marie Therese had been abandoned in latitude 36.35 and longitude 42.34.

DRAPERIES

MADE TO ORDER TO FIT YOUR WINDOWS.

C. S. HAMILTON

340 Court Street

Best Shortening \$1.20 per pail

Pure Lard Absolutely guaranteed \$1.50 per pail

Choice Young Beef

Milk Fed Veal

Grain Fed Pork

Midget Market

ORIGINATORS OF LOW PRICES


351 State Street

Fancy Breakfast Bacon 35c per lb.

"Where Your Dollars Have More Sense"

Cottage Hams Almost Boneless 30c per lb.

MILLINERY AT REDUCED PRICES



Our Special Sale on Hats continues to attract those women who appreciate REAL VALUES. These hats are new and Stylish and the materials are of the finest quality.

CHILDREN'S HATS \$1.19 and up

LADIES' HATS \$2.25 and up

DRY GOODS

GINGHAMS 30c Yard

OUTING FLANNELS 27c to 30c Yard

152 North Commercial St.

SAMPSON BROS.

High Quality Dry Goods at Low Prices

Big Values In Hosiery for Men, Women and Children

Barnes Cash Store

Varsity Cratats

New, Breezy Coaxers

65C

It's a jaunty lot of New Four-in-Hands in patterns and designs yet substantially good in material and workmanship. These wide end Ties are mighty good values for the student or working-day man.

Others at from 25c to \$2.25.

Men's Woolen SOX

All Sizes Many Colors and weights 40c to 85c

"CUDDLEDOWN" Lounging Robes

Nifty new Bath or Lounging Robes for men, in Navajo and Plaid effects. Handsome garments well finished with braid binding, collar, cuffs, two patch pockets and cords to match \$7.85 and \$8.65

Bitro-Phosphate Is Good For Thin Nervous People

A Physician's Advice

Frederick S. Kelle, M. D., editor of New York Physician's "Who's Who" says that weak, nervous people who want increased weight, strength and nerve force, should take a 5-grain tablet of Bitro-Phosphate just before or during each meal.

This particular phosphate is the discovery of a famous French scientist, and reports of remarkable results from its use have recently appeared in many medical journals.

If you do not feel well; if you tire easily; do not sleep well, or are too thin; go to any good druggist and get enough Bitro-Phosphate for a two weeks' supply—it costs only fifty cents a week.

Eat less; chew your food thoroughly, and if at the end of a few weeks you do not feel stronger and better than you have for months; if your nerves are not steadier; if you do not sleep better and have more vim, endurance and vitality, your money will be returned, and the Bitro-Phosphate will cost you nothing. (Adv.)

Hood Lister residents are promoting a movement for a county hospital to be dedicated as a monument to the eight soldiers from that county who lost their lives during the great war.

Nature's Remedy

NR-TABLETS-NR

NR Tonight—Get it from your Druggist

Daniel J. Fry, druggist.

GROCERIES

Fountain syrup, 5 lbs 60c	Old Trade coffee, lb..... 45c
Fountain syrup, 10 lbs \$1.15	White Seal coffee, lb..... 48c
Cottolene, 2 lb. can 70c	Mother's Wheat Hearts, pkg..... 23c
Cottolene, 4 lb. can \$1.40	Wash Boards, each 45c
Cottolene, 8 lb. can \$2.80	20 Mule Team pure borax, pkg..... 10c
White Navy Beans, 3 lbs..... 25c	White Lily Tomatoes, can..... 15c
Pop Corn, 2 lbs 25c	Rose Bud Table Syrup, can..... 69c
Petite Prunes, 2 lbs..... 25c	Sun Rise Milk, per can 15c
Pinto Beans, 4 lbs..... 25c	Aunt Jemima Pancake flour, 2 for 35c
Fancy Italian Prunes, 20s, 30s per pound 30c	Egg Noodles, per pkg..... 10c

FOLLOW THE CROWD AND YOU WILL GO TO

NO-VARY GROCERS

THE QUALITY STORE

383 Court Street Phone 409