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ONE KIND OF THRIFT

I earn six hundred house a year have some fourteen aunts to feed; and new that everything is dear, it takes some figuring indeed. Fur thrifty, in the higher some, although I play in evil luck; my income covers ray expense, no man can say I owe a buck. My neighbor earns three thousand wheels while for six hundred A wheels I grind; and doubtless, in his pride, he feels that I'm the selling nhode are wearing paths, the long year through; collectors linger in the

road to touch him for some bill that's things; they years for things no pinster needs, for furbelows and diamond rings, canary birds and widow's weeds. They say, "Your credit at the store is right side up. id three feel wide; why must y always walk the floor and weep for things that are denied?" I answer, feeling slightly bored, "It is no use to scream and pout; the ailly things we can't afford are just the things we'll do without." Herein bohold the soul of thrift: To pass up what we can't afford, the new fur coat, the motor swift, the trotting with a horde

Open Forum

Editor Capital Journal: what you have to say about growers selling their loganberries to a fruit

rocessing firm in Washington. Now, that would be all very nic Last year it was the entrance of

autside buyers into the local field that forced the market up from 3% conts to 9% cents a pound.

The cooperation cannery at Engene returned 13% cents a pound to growers for their loganherries. Now this be made more difficult than statute alteration. arry could market the berries in tha district at such a splendid price, why could not our own fruit firms do as much for the Marion county logan-

berry growers?

GET THEM ON THE LIST.

U PON the showing made in the census enumeration depends Salem's relative standing among the cities of the country for the next ten years. Upon the population as established by the census, the city will be rated. It is therefore a matter of civic duty as well as civic pride, tared as second class mail matter for everyone to constitute himself or herself a committee of the census bureau at the postoffice names of persons of ar omitted. There is a month, \$1.35 for three months, is a month, \$1.35 for three months, is for size months, \$4 per year in on and Polk counties. Elsewhere There is a solution

Astoria to be rated as second city of Oregon and we may rest assured that everyone in that progressive seaport will be listed at least once. Astoria is desirous of ranking for the next ten years as leading Salem and other Oregon cities, realizing the advantage and the advertising there-

by secured. Salem must not be found asleep at the switch in this emergency. There is no question but that we have the population. It is merely a problem of getting it down in black and white, and this can be assured by the loyal co-

operation of every Salemite. The Salem Cherrians will canvass the city Monday to secure the names of those missed by the census enum-

erators. They ask the aid of every citizen.

Ask everyone whether they have been enumerated. If not, see that they are on the list.

CONSTITUTIONAL CHANGES.

BILL is pending in the legislature for the "stabilizing" of the state constitution, by a constitutional amendment to be submitted to the people at the next genplater kind. And creditors to his eral election, whereby a majority of the registered votes will be required to pass an amendment.

Under the present registration law, when registra- uttle nearer the top of Blue Mountain. right over Cuffy's head. He looked My sunts are always wanting tions are permanent, and voters remain registered long And at last the day came when he up then. And there was an enormous after removal, the registration list is unduly padded and the ballots cast never even approximate the registered list. Upon any measure, it would be practically impossible to secure a majority of the registered vote to secure a majority of the registered vote.

in which constitutional changes have been practically im- stretched away in all directions. In- beady bright eyes were turned up possible. The result would be a rigid constitution, prac- the locker room and suggested that if a wicked, hooked beak and claws that tically impossible of alteration to meet changed con-

present system whereby an organized minority can put over fundamental changes in organic law against an un- musta't do that, Alice, for Katherine's organized majority, but the proposed change gives every som

man who stays at home a vote against a change of any pronounced my name warmed my heart and took away from it some of the sting with which it was smarting. The constitution can be safeguarded if deemed necessary in better fashion by requiring + two-thirds majority of votes cast for the measure. Only those vote on the bal-with a gay nod, saying: "What have lot measures who have studied the subject at issue, and a Man? Now, that would be all very fine for our Salem fruit packers it the farmers would refuse to take a high-two thirds vote would fairly indicate overwhelming pub-

The history of Oregon, however, does not show that and as Karl said. "he almost spilled the people have abused this privilege and proves that they the beans." have as a rule exercised good judgment in passing upon "Why, what do you mean, 'come se such measures. Constitutional changes should, however, early, "Allee interrupted, gaily, "I am



Idah McGlone Gibson



deed, he hated to leave the delight Cuffy Bear had never been very far fui spot. But he noticed that the sun up Blue Mountain beyond the place was gettling low in the west and he where his father's house nestled knew that he must nerry home. So Cuffy Climbs Blue Mountain among the evergreens. You know, the Cuffy started down the mountainside. summer before he had been a very the did not pick out the easiest way small little bear indeed, and the higher one gees up Blue Mountain the steepest places to slide down. And as harder the climbing becomes. But he went slipping down the steepest ow Cuffy was growing very fast; and cliff of all he came upon something he was able to scramble up places he that gave him a great surprise. For

could never have even crept a year he saw, built right in the crack of a ago. Each day now Cuffy climbed a ledge, a big bird's nest made of sticks. It was the biggest bird's nest Cuffy

had ever seen; and in it were two great white eggs. They were the greatest white eggs Cuffy had #ver seen. too.

How lucky! At least, that was what Cuffy' thought then. For he was very fond of birds' eggs, and his climb hal made him even hungrier than usual. He stopped then and there and with one rap or me paw he broke one of the eggs and began 1) eat it. Cuffy was enjoying his lunch very

He had almost finished the much. first egg and was just about to turn to the other when he heard a deaf-Ing scream

Cuffy looked all around. H thought that perhaps there was a pig up there on the mountain. But no He couldn't see a thing. Then came that cry again. This time it was ouder. And it seemed to come from

Cuffy thought it great fun to clam- dreamed that there could be as big : Minnesota has such a law, and so have other states, ber about all by hinnesif and look bird in the whole world. And during down at the hills and valleys that

There is considerable merit in the claim that consti-tutional changes are made altogether too easily under the she (id not see them. 'Steady-steady," said Kari. "You



The Choice Prizes of Life Are Won By the Healthy and Strong

The weak, soft, flabby-muscled—the ever had to suffer the humiliation of be A clear, ruddy complexion: bright eye of clastic step and sway, constitute a tr



It will restore that confidence you need to con posing forces of social and business life; it a heart and spirit to do and the course to he heart and m rid to your right to a plu id your physical strengt erfect health, str ue of its "LYEO" is a refres ed himean or maintaint as a restorative age a first assistant, as a restorative age a today and login at once to feel and he WE LYEO. Ge

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If you feel that you are ont-lassed, lucking the stamina to tand up and claim your own, ion't delay another day in com-

make just as much out of the market. ing business as they could. They were apparently not very much cos corned about the profits or welfare of the farmer. Then, why should the farmer sacrifice the increased profits profits available "

JOHN'S BUSINESS ENGAGEMENT junically made his way to where she

as mean a factor in developing the as she could get me alone said, "Ka-central Willamette valley as it has therine. Elizabeth has something on been in developing the Payatiup valber eye. She has evidently determined loy in Washington

All this talk about patronthing that she will not be coerced into any-home industry is all right, but it has thing. And I want to tell you, for you its limitations.

its limitations. —LOGAN BERRY. Three hundred Guernsey helfers will be brought to this state direct from bu below of Guernsey helfers will be brought to this state direct from bu below of Guernsey helfers will be brought to this state direct from bu below of Guernsey helfers will be will be will be will be will be will bu below of Guernsey helfers will be will The Island of Guernsey, off the coast of Eagland, this spring, according to the when she next sees him, to buraf agent.

ALCOMONIA

"I am telling you this to put you on your guard. I had made up my mind not to say it to you, when I saw on took matters in hand to squash he wandal, for I thought you had not only killed any malign stories that might float about, but you had better keep away from your property. I am sure, new, however, that she means to fight, and you may be sure that ahe will leave un stone unturned to succeed in her mischief-making."

Her Eyes Open Wide.

Alice paused for an instant. Her eyes opened widely and then she asked. "D'do't you tell me that John had an Important Insiness engagement and couldn't bring you out here this after-

"het's what he said," I answered. twis looking at her and did not se-

However, I followed har eyes to the itrance to the grounds and saw John delving my limonsine through the gates as Alice quickly drew me behind a piliar, as he came up the steps, his eyes sorch as if in search of some "Why do you do that. Alice? Probmoner than he expected and has tele-

Th' one restable People's Bank 'll I was out with you He would jumo nose its doors thay fee th' first time to a half century as a fifteen coast bread factory wants th' room lke Goes to Bess Moreland.

Soles 'll cut out luxuries an' go bure-Looted this winter.

Goes to Bess Moreland. Ent even as I spoke I found it was no: I for whom John was looking. His even having found Bess Moreland, he

I was a little behind Alice and aught the words from Bess: "Hu John, don't you see that Alice is talking to the gallery? You don't want another scandal, do you?" (Tomorrow-A Talk With Karl Theppard.

phases so quickly that John had no

time to voice his astonishment.

' Alice? I didn't----'

Quick to Understand.



should outside firms make such profits available? No sit. The best friends the forms investigation of the form of the plane, surrounded, and is soon at cather in developing the market price of events to pay the market price of new services will go write is equipping one of the largest canneries in the situat set of the site typicat "ras and bone and hank." The Washington firms of which hand. So write is equipping one of the largest canneries in the sites at AP hand, if it is to have the source to be at the site typicat "ras and bone and hand. Substitution the goil of har essentiate with the source of the context of har essentiate with the source of the context of har essentiate with the source of the context of har essentiate with the source of the context of har essentiate with the source of the context of har essentiate with the source of the context of har essentiate with the source of the context of har essentiate with the source of the context of har essentiate with the source of the context of hare source of the context of har essentiate with the source of the context of hare source of the

THE SORT OF MAN I WANTED

Quite recently it was my pleasure to spend several very interesting days in your beautiful City of Salem. But first, let me introduce myself, Λ Swain Mitchell is my name, of Salem. Oregon.

I occupy the position at the head of the Scientific Department of the As-sociated Optometrists of America.

And the object of my visit? I was looking for an Optometrist of the highest type to represent the Associated Optometrists of America, Inc., in your city.

Like Diogenes, I went gunning for my man with a lantern. But MY lantern was a complete knowledge of what such a man should be.

I wanted a man of high character; a man who in accuracy and reliabil-ity could safely be trusted with your eyes and the eyes of those near and dear to you. Did I find him? More Anon!

A. SWAIN MITCHELL (Original printed with fac-simile signature) SCIENTIFIC DEPARTMENT

ASSOCIATED OPTOMETRISTS OF AMERICA, INC.



Out of accumulated capi-tal have arisen all the successes of industry and applied acisi.ce, all the com-forts and ameliorations of the common lot. Upon it the world must depend for the process of reconstruc-tion in which all have to share.

-JAMES J. HILL

THE successful farmer raises bigger crops and cuts down costs by investment in labor-saving machinery.

Good prices for the farmer's crops encourage new investment, more production and greater prosperity.

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