

# Capital Journal

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"Without or with a friend or foe  
I sketch your world exactly as it goes."  
—BYRON

## SALEM'S "GROWING PAINS"

The "growing pains" common to all progressive American towns in the process of their transition from villages to cities are becoming more and more alarmingly apparent to those having the clearest conceptions of the serious problems which the city of Salem now faces, and which are becoming constantly more acute.

The greatest problem is that of shaping the municipal pocketbook to meet the rapidly increasing demands being made upon it without saddling a prohibitive tax burden upon property, which furnishes the almost exclusive source for revenues.

Drastic readjustments to accomplish real economies that look beyond blind penny-pinching have been the first remedies applied to other cities that have, conspicuously, been successful in weathering the transition period through which Salem is now moving. They have discarded worn out, wasteful and unscientific systems of local government, replacing them with efficient organizations that function with a definite responsibility and along sound business lines.

The city of Salem is a \$17,000,000 corporation and the conduct of its business cannot be left to a loose, irresponsible organization that knows no head nor tail.

Likewise, a more equitable system of footing the bills for needed municipal improvements must be devised—improvements sectional rather than city-wide in their direct benefits. It is not surprising that persons living in one end of the city should object strenuously to sharing equally in the costs of an improvement the benefits of which are largely localized to a neighborhood on the other side of town.

Yet those improvements may be vital to the city at large in the more abstract category of civic betterments, and many cities have found a solution for this puzzling question in charter revisions permitting and recognizing local improvement districts, where the expense of such projects is assessed upon specifically defined districts in proportion to the benefits or damages to particular parcels of property. In Salem such a system would permit of more adequate lighting of the downtown streets, the opening and widening of arterial streets and many other projects not now possible under a scheme which permits of no segregation of benefits and only serves to retard those sections of the city which would, if permitted, push forward in the parade and by force of their momentum lift the entire city further along.

## RAPID PROGRESS MADE IN COUNTY ROAD BUILDING

Road work on the county market program is making rapid progress. Roadmaster W. J. Culver states, and unless a bad break is had with the weather the entire 40 miles outlined for this year's improvement will be completed. This includes four miles of paving which is now going on and will be finished in a week and a half.

Mr. Culver states that this year's work is keeping right along with the average of progress made on the last five year program. Inasmuch as this is the first year of a new five year program, and inasmuch as the last program which was scheduled to cover a period of five years was completed in three years, he conceded that it looks now as though the present five year program may be rounded out in three years time, and that another program may be laid out at the end of the three years of similar magnitude.

The present five year program does not include any very great amount of paving, but does include a heavy mileage of market road macadam. While nothing definite has ever been said about it, it is the general impression that the court's idea is to cover the county like a blanket with the market macadam roads and get heavy grades laid out and allowed to stand until they make perfect bases and then start in on a paving program later, as funds will permit.

Every two years something of a kink is put into the development of road plans by the court, due to the meeting of the legislature and the possibility ever present when that body is in session of some changes being made in road financing plans. However, the work has never been crippled as yet due to the overwhelming public demand for good roads everywhere and the likelihood of any change in the future seems to be along a line of more money for market roads rather than less. Members of the court are all a unit that if a cent of tax was added to gasoline and the proceeds from this cent turned over to the county from which the money emanated, that it would only be a question of a few years before practically every road of any consequence in the county would be paved. It is likely an effort will be made next session to get this extra cent.

## Ella McMunn's Garden Hints

A few days ago I was about to say that it was high noon in the garden, but, glancing out of the window, it seemed to look rather like afternoon and now for the sake of accuracy I must admit that my own garden looks like that of yesterday. That is, "a last year's birdnest." But, it is only a resting place for presently the asters will be in full glory and the chrysanthemums, while dahlias are already bravely putting forth their first blooms which just but a little while ago succumbed to the heat, but which will continue until cool weather will show them at their best.

I winter my dahlias in the ground, planted with a post hole digger, so that they come rather before those that are taken up and stored according to specialists, and my first blossom was July 4th, when "Eleanor Rogers Lampert" appeared with a very choice deep purple flower, and has continued with no sign of quitting, so that the old notion that dahlias only bloom just as the frost is about to catch them has been disproved.

Filox is at its best right now, and I have found out something I will pass along about this most charming plant. And that is that you can grow them from cuttings as you would geraniums which means that we may increase our stock without the long wait and uncertainty of seed planting. And speaking of seed, just now is the time to be harvesting it. If you have left delphiniums without cutting down there are sure to be many seeds in the pods, and it is well to plant them as you pick them. And do not labor and worry over them. They are not half as tender as some seedmen would have us believe, for last summer in cleaning up my garden I hung some of the plants across a string to get them out of my way and there they stayed all winter, casting their seed on dry ground beneath where they came up and lived throughout our severe winter without a bit of protection.

And there are a lot of seeds you may save by just hanging up the plant if it has been broken fairly green, although perfectly dry is the best way of course. Right now poppies should be planted for next year, and pansies, and all the perennials, but you must see to it that they are kept wet until the fall rains will take the task off your hands. Many of the best lilies are just coming into bloom, and lilies from seed seems quite a possibility here in Oregon, although I have tried only the Tiger Lily, which is wild anyway, only a generation or two back. Wintering the seedlings is the great problem to those without a greenhouse, but if you let them become dry and cured even though small they will winter outside as well as their "parents."

Tokio (AP)—Emperor Hirohito broke precedent recently by an inspection trip to western industrial cities. He may make similar trips each year. Hitherto Japanese rulers have travelled only to Kyoto for enthronement, to annual military manoeuvres or to the imperial summer or winter villas.

SEATTLE MAN "FIT TO TACKLE ANY JOB NOW"  
"I am now ten pounds heavier, strong and well, and ready to tackle any job that comes along with more vigor than I have had in twenty years—and Sargon Sargon Soft Mass Pills get all the credit."

WEST SALEM  
Mrs. C. H. Cobb of Oakland, Cal., was a Monday guest at the home of Mr. and Mrs. J. T. Hunt on Second street. Mrs. Cobb is a former resident of West Salem and attended school here. She will be remembered as Miss Jessie McQuiston.

Mr. and Mrs. Guy McDowell and Mr. and Mrs. Will McDowell, all of Summit, were Sunday evening guests of the Harry McDowell when on their return home from taking Miss Ethel McDowell to Monmouth normal school.

Wendell Heath and Miss Alice Greay were among West Salem people who attended the ball game at Albany Sunday. Heath was pitcher for the winning nine.

Mr. and Mrs. Dan Wetzel came up from Oregon City Saturday and were guests of relatives until Sunday evening. They were accompanied home by Mrs. Wetzel's little brother, Sammy Fox who went for a week's stay.

J. E. Thomas' brother, Elmer Thomas, who accompanied a friend from Salem to Rochester, Minn., in May and later visited points in Michigan, returned to West Salem Saturday and was a Sunday evening supper guest at the White-Thomas home.

Mr. and Mrs. Hubbel Young and children motored to Portland Sunday for a visit with his mother. They returned Monday evening.

Mr. and Mrs. Fred Gibson entertained a family picnic party Sunday at their home on Kingwood avenue. Included in the group were Charles Ruge, Misses Lily and Mabel Ruge, Mrs. Mianie Anderson and the host and hostess.

Mr. and Mrs. Mitchell Gilliam and son Billy, Mr. and Mrs. Warren Lemmon and son Boyd, all of Baker, were guests for the week-end at the Dale Lemmon home on Edgewater street. Mr. and Mrs. William Kelly and daughter Kathleen and Mr. and Mrs. Joseph Boyer also of Baker were visitors at the same home part of the time during the American Legion convention.

HEN KYLAS RATTLENAKE Griffin, Ga. (AP)—There is one less rattlesnake in the world because he paid too little attention to hen pecking. Liege Rivers, chicken fancier of Griffin, recently found one of his hens and a rattlesnake coiled around her, both dead. The rattlesnake did its work on her, but was pecked to death. The hen had killed the snake to protect her brood of chicks.

## ITALIAN DUCE IS THRILLED BY AMERICAN GAME

Rome (AP)—Geno Sarazen and Johnny Farrell captured the "Duce," when the latter walked around the course of the Rome Golf club following the two champions in a private exhibition staged especially by Ambassador Henry P. Fletcher.

As a result of the exhibition Premier Mussolini likes golf and is thinking of taking it up. Ambassador Fletcher is a golf enthusiast and it was mainly through his efforts that Sarazen and Farrell decided to come to Rome. When the ambassador succeeded in this, his next great wish was to get Mussolini out on the course to see them play. The Duce did not want to go out with the crowds so Sarazen and Farrell played a round with four players from the club against the best ball.

The Premier walked on to the course after taking his daily ride.

Yelloway follows the Pacific Highway between San Francisco and Portland. Between San Francisco and Los Angeles it passes through Modesto, Fresno, Berkeley and San Jose. It reaches Lake Tahoe, Yosemite and High Sierra Resorts.

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NORTH, South or East; beaches, mountains or cities, wherever the vacation urge calls, there's a big, easy-riding motor coach waiting to take you comfortably, quickly and economically. Plan your vacation trip this year by motor coach.

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BLIGH HOTEL PHONE 741  
Yelloway

dressed in breeches and high boots with spurs. Ambassador Fletcher was the host and from the beginning of the match explained every shot to him. He was thrilled by the American champion's drives and watched the iron shots with marked amazement. Sarazen was playing well and finished the course in 69, which equalled the record held by Major H. K. Oberholzer, honorary secretary of the club and an Englishman.

The ambassador laughed and joked with the Duce and assured him that though the ball was small it was quite possible to hit it. Clubs were offered him but he refused to try his hand. He was, however, visibly thrilled and signed both Farrell's and Sarazen's cards.

The following day, Sarazen and Farrell played an exhibition for the Rome public.

Red Barn, Tex. (T)—Red Barn claims two distinctions, but does not boast of the second one. Post-office boxes are called "stalls." In a recent "warm spell" thermometers registered 125 degrees.

FOR VACATION DAYS IN GLACIER PARK

Glacier National Park, that magnificent Rocky Mountain area, is a vast scenic vacation land on the main line of the Great Northern Railway.

Tree Tea is served in the Glacier Park Hotels, and on all the trains of the Great Northern.

There's cool enjoyment in a fragrant glass of Tree Tea Orange Pekoe Iced. Relaxing, refreshing, a treat for vacation days everywhere.

Served by the GREAT NORTHERN RAILWAY and Glacier Park Hotels

AT SUMMER EXCURSION FARES

SUNSET CIRCLE \$169.70  
San Francisco, Los Angeles, the Southwest, San Antonio, New Orleans, then by boat to New York, or continue through the old South by rail to Washington, Baltimore, Philadelphia, New York or midwest destinations.

GOLDEN STATE CIRCLE \$108.30  
San Francisco, Los Angeles, San Diego, Hollywood, thru the picturesque Southwest to Kansas City, St. Louis, Chicago and all other mid-west points.

OVERLAND CIRCLE \$62.15  
San Francisco, Lake Tahoe, across Great Salt Lake by rail, Ogden, Salt Lake City. For a small additional fare you may return thru Yellowstone or continue to Denver and the Rocky Mountain playground.

More than a trip back East  
—a Circle Tour of as much of the United States as you like

There is double enjoyment in Southern Pacific circle trips. So much more than just a trip back East. You go one way, and return another; see and visit more places of interest than is possible in any other way.

City Ticket Office—184 N. Liberty, Phone 13  
Passenger Station—321 and Oak St., Phone 41

## GREATER MOVIE SEASON TO SEE BIG SHOWS HERE

That local theaters will offer theater-goers of Salem the best product available during Greater Movie Season, so that their patrons may get an idea of what kind and type of productions will be seen and heard this coming season, is the announcement made by Sam H. Cohen, publicity director of the Edison theater, who is supervising the Greater Movie Season for Salem.

Portland's Greater Movie Season commences August 17th and continues for one month, and during this time, all local theaters will present the best pictures obtainable.

Greater Movie Season is being observed by the major theaters of the country including Fox West Coast Theaters, Public Theaters, and Radio-Keith-Orpheum, who recently purchased a group of Pantheas houses.

Mr. Cohen is supervising publicity for the local Greater Movie Season, while a committee consisting of the local theater managers, Vernie R. McIntyre, Elmore, Archie Holtz, Capitol, and R. J. Strubbe, are co-operating in every way to present local audiences with their biggest pictures.

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## FORUM

Contributions to this column must be confined to 300 words and signed by writer.

To the Editor: This is not intended as a slur on the American Legion, but one would like to ask why in heck don't the merchants of Salem let the Legion run the Legion and attend to their own business?

I came in town Friday to spend some money on furniture, kitchen ware, crockery, etc. and found every store that I wished to trade with closed up, and moreover they didn't open up again, except the meat markets and groceries. I had heard vaguely that there was a Legion convention going on but I never imagined all the merchants would be taking part in it.

When I was a clerk in a store I used to think it was a fine thing to take a day or two off out of the regular vacation, and let the public go to the devil for a while. "Oh, they'll come back," I said. But since I have been running my own business I have found that there is no way to drive away trade like closing the store. It causes no end of inconvenience to country folk like myself who come into town to trade and then can't trade because the stores are closed, and as they have no particular interest in the main event, there is nothing to do but go home, and come again maybe.

In this case the trade is lost, not because I am sore, particularly, but because having to make a trip to Portland in a very few days I'll spend all my money there because it would make extra expense to go back to Salem again, but next time I'll go to Portland first.

Yours truly,  
Z. M. Chase,  
Monitor, Ore., Aug. 10.

ROOSTERS TO CROW SAYS COURT ORDER  
Glens Falls, N. Y. (AP)—Roosters of this vicinity may crow as long, loudly and early as they please, according to a recent decision of J. Ward Russell, city attorney, who was called upon to settle the matter.

Numerous residents had complained to the mayor that ambitious chanticleers continually disturbed their maternal slumbers with lusty vocalizations. The birds were so noisy, particularly on cloudy days, the citizens claimed, that they should be declared nuisances and done away with.

The mayor stated he had never heard of an ordinance for quieting roosters and consulted the city attorney. Russell decided there was nothing to be done about the fowls outside of using them for Sunday dinners or following the ancient maxim of "early to bed and early to rise."

Portland, Ore. (AP)—No, no for the warning circus. Which is to say that G. L. Barnum and M. H. Bailey joined the Navy here simultaneously and were sent to the San Diego training station.

to start forming the habit of walking is before one's muscles become flabby from disease and inactivity. In spite of the many methods of transportation recently discovered, there is none that really takes the place of walking, from the health point of view.

W. S. HILLARD  
"You can ask just anybody in my neighborhood how sick I've been. I suffered with stomach trouble so badly I could hardly eat anything and I became terribly rundown. I was so nervous that I never got a good night's rest and so weak I couldn't get up a flight of stairs without gasping for breath. I was always taking some medicine for biliousness.

"In fact, I tried just any medicine I thought might help me, but nothing gave me relief until I started Sargon. Now, every sign of stomach trouble is gone and I feel like a new man entirely. I eat anything I want. I'm never nervous and I've gained ten pounds. The pills ended my biliousness, too, without the slightest bad effects. I'm full of energy all the time and honestly believe that Sargon is the greatest medicine ever put on the market."

The above statement was recently made by William S. Hillard, 1614 1/2 Seventh Avenue, Seattle. Sargon may be obtained in Salem at J. C. Perry's drug store. adv.

## Better Health - Longer Life

GORGAS MEMORIAL INSTITUTE

ARE YOU A POOR SLEEPER?  
By Charles F. Kuhn, M. D.

With the rush and pace of present day life, there seems to be an unusual and increasing number of persons suffering from sleep disturbances.

There are numerous causes, such as: living the strenuous life from childhood to old age, competitive school work, athletics, commercial production, high pressure salesmanship, social demands, late hours, indigestions of food and drink and especially eating heavy meals before retiring—with attending indigestion; so-called auto-intoxication and nervous breakdown. Among other causes may be mentioned—worry over finances; domestic, health, or social problems, cough, high or low blood pressure, toxic conditions from local infections, cold feet, itchy skin, urinary disturbances, fatigue, sedentary or irregular habits, noisy bedrooms, poor ventilation, tea, coffee, or chocolate; also pain from any cause.

Many persons not able to sleep well become conscious or alarmed of the danger from the loss of sleep. They dwell upon the subject until they become obsessed by the idea of ill health because of sleeplessness. This leads them to resort to the use of drugs recommended as sure cures for insomnia. Those commonly taken are: aspirin, bromides, luminal, alonal, veronal, barbital, cannabis indica, hyoscyamus, chloral hydrate, etc. All of the above mentioned drugs are dangerous if taken without careful medical supervision. A drug habit from either one can easily be acquired, which enslaves and undermines the individual, physically and mentally.

Accidents, crimes and suicides frequently occur while under the influence of these narcotics or hypnotic drugs.

If unable to sleep well, remember there were many like you, who learned to relax and rest and now enjoy their sleep.

Napoleon is said not have slept more than four or five hours out of twenty-four during his active years. Thomas Edison, from numerous interviews, is reported to sleep from four to five hours a day. Many business and professional men claim to sleep less than eight hours a day without apparent injury to their health.

To insure a good night's rest—eliminate any faulty habit. Take a brisk walk around the block before retiring and fill your lungs with fresh air. Drink a glass of hot milk, lemonade or water. A lukewarm bath may induce sleep. Retire in a well ventilated, quiet room. Your mind should be free from worry. Sometimes reading a light, pleasant story may soothe you to sleep.

Should the trouble continue, consult a reliable physician.  
Koenigsbach, Germany (AP)—Despite Germany's northern climate, there is a lemon tree in a park here

which bears fruit each year, sometimes as much as 100 pounds. On an island in Lake Constance are a number of banana plants which in warm summers give ripe fruit.

WALKING FOR HEALTH  
By Walter L. Migely, M. D. Naperville, Illinois.

How many people realize the importance of taking sufficient exercise to keep physically fit? What percentage of people in this country who own an automobile will take the time and exert the effort to walk for short distances? Very likely, not a high percentage. In most cases the reason is that the automobile has become so convenient that it is really irresistible. And then too inasmuch as it has made walking much less essential.

So much riding and so little walking commonly result in several undesirable and unhealthy conditions: It frequently results in obesity, which means difficulty in indulging in strenuous exercise, embarrassed heart action, shortness of breath, loss of good looks in women, abnormal degree of drowsiness, and a tendency to diabetes and Bright's disease.

It usually results in abnormal metabolism. The chemical and physical changes within the tissues become altered. And the process of exchange of oxygen and carbon dioxide is retarded. The gases in the tissues become stagnant as it were.

It also in time results, in many instances, in a decreased efficiency of the heart muscles. The heart gradually loses its strength, from lessened activity, to normally withstand much exertion. Then too, the skeletal muscles lose their vigorous tone and become flabby.

Naturally and proportionately one's endurance becomes affected and becomes less and less.

Finally, the individual notices a loss of pep and experiences a deficient feeling.

When he presents himself to his family doctor for a thorough check-up, one of the recommendations that he will receive is that he indulge in regular exercise. Brisk walking in the fresh air is ideal, and it is a form of exercise that anybody can take regardless of age or purse. Its benefits are many. It strengthens the heart, it aids digestion, it overcomes intestinal sluggishness, and it assists the skin in elimination. In fact, it promotes the activity of all the body functions.

With all the body processes kept efficient in this way, the mind, as a result, becomes more vigorous. Brisk walking too causes a feeling of well being, prevents depression, and in fact exhilarates.

Truly one should make a habit of walking. It should always be done whenever it is reasonably possible, and it should not be put off for only the convenient time.

It is thought to be emphasized that there is no better exercise than brisk walking in the open air, than there is no transportation that is so inexpensive, and that the best time

to start forming the habit of walking is before one's muscles become flabby from disease and inactivity. In spite of the many methods of transportation recently discovered, there is none that really takes the place of walking, from the health point of view.

Foot Health Shoe Co. 415 STATE ST.