

ARMY FLIER TO TRY FOR PHOTO AT 250 MILES

Wright Field, Dayton, O.—Taking a picture of a mountain 250 miles distant is the next goal of Capt. A. W. Stevens of the Army air corps, holder of the record distance shot of 227 miles.

Captain Stevens says the attempt probably will be made in June with the camera's objective, and a seat in an airplane two or three miles aloft carrying the camera.

The 227-mile record was made last fall. Infra red rays, half heat and half light, penetrated to the camera's lens and outlined clearly the distant objective, which was Mt. Ranier, Wash.

The picture was taken while Captain Stevens was 17,000 feet above a point near the middle of the state of Oregon.

June and December are the best months for such pictures, says Captain Stevens. He doubts that pictures can be taken from a distance beyond 250 miles because of the earth's curvature.

The army cameraman suspects, however, that there may be sufficient through the bending powers of the client curvature of light rays atmosphere to give perhaps an "inkling" of objects a short distance beyond and below the horizon.

DESIGNER OF RACER TO SEE ITS TRYOUT

Daytona Beach, Fla. (AP)—Louis Costelen comes to America to see a simple picture—a streak of silver on Florida sands.

Kaye Don will paint it between March 15 and 20 when he flashes his "Silver Bullet" over hard-packed sand in quest of a new world's automobile speed record.

The champion British driver will ride alone, but the shadow of Costelen will be at his side to share victory or defeat.

Designer of the speed monster, Costelen probably will be the keenest critic at the trials. Success will bring him two-fold pleasure, the end of months of scheming and triumph over a former pupil, Major Henry Segrave, who holds the record of slightly more than 231 miles an hour.

He has not talked much of his latest product, but is hopeful it will attain 250 miles an hour. Two super-airplane engines will drive it.

Costelen is a Frenchman, but 29 of his 51 years have been spent in England. Before the world war, he became interested in aviation, and his aircraft engines powered many British seaplanes. The aeronautic influence has been carried to the "Silver Bullet" in airplane motors, stream-lining and vertical rudders.

LINN REUNION SET
Scio—The annual reunion of the Linn county pioneer association, of which Aunt Becky Morris of Scio is queen, is to be held at Brownsville June 18, 19 and 20 this year.

SCHOOL WORK COMPLETED
Oak Point—Miss Roberta Peterson who has been attending normal school for the past two years has finished her courses and expects to spend the rest of the spring and summer at home before taking up her teaching this fall.

To "Point-Up" Appetite Just Stimulate Bowels

Whenever the end of the day finds you out-of-sorts; food doesn't tempt you and won't digest; breath is bad; tongue coated, just chew a candy tablet before bedtime. Tomorrow you'll be a new person!

A candy Cascares clears up a bilious, gassy, headachy condition every time. Puts appetite on edge. Helps digestion. Activates bowels. Cascares are made from cascars, which authorities say actually strengthens bowel muscles. So, take these delightful tablets as often as you please; or give them freely to children. All drug stores sell Cascares for a dime, and no dollar preparation could do better work.

Constantly the lowest bacteria count in Salem.

The MILKY WAY TO HEALTH

You can't win Life's race this way!

DRINK MORE MILK!

"Mr. Stout, better look out!"

"He needs to drink more milk, no doubt!"

—says Biny Break O'Day.

Curly's DAIRY

Phone 2420

Sleep Habits of 509 Prominent Men Are Studied by Scientist

Hamilton, N. Y. (A.P.)—The sleep habits of 509 distinguished American men are made public at Colgate University and upset some popular notions. The critical age when it is unsafe to lose sleep is 35. Contrary to classical anecdotes, men of important affairs sleep about the full eight hours. It is youth instead of age that sleeps the least.

These old-fashioned ways of going to sleep by counting sheep jumping a wall is as out of date as Mary's lamb. Not that the fundamental method has changed but today only a sheep herder should pick on the dream sheep. For the rest of us there are more effective sleep potions.

The survey was made by Dr. Donald A. Laird, director of the Colgate university psychological laboratory. The ages of the men ranged from 20 to 95 and some gave permission to disclose their identities. One 95-year-old subject is Brigadier General Aaron S. Daggett, U. S. A. Younger men include William Allen White and the Rev. S. Parkes Cadman.

Dr. Laird finds 35 years "the critical period when loss of sleep, or sleep on a train, shows most noticeable ill-effects. At this age poor sleep seems to bring more widespread bad effects than at other ages. Before and after this age sleep apparently can be tampered with with more impunity."

No one reported more than 10 hours less than five hours habitual sleep. The average sleep for 25 years is seven hours twenty-five minutes. The minutes sleep over seven hours then increase to 45 at 35 years, to 50 at age 45, drop to 45 at age 55, to 40 minutes at age 65 and rise to 45 minutes at age 75. At 85 the sleeping time is 8 hours 10 minutes.

Wakeness at night, however, is a prerogative of age. At 25 years the majority told Dr. Laird they sleep through the night without awakening. A uniform increase in wakeness follows with age and in the 95 to 100 year age bracket wakeness was reported each night.

More than 70 per cent reported sufficient difficulty in going to sleep to cause them to develop "special techniques." Thought control was used by 33 per cent; reading by 25 per cent, relaxation by 18 per cent; drugs not including alcohol by 3 per cent, alcohol by two per cent.

"It is interesting," says Dr. Laird, "that approximately half those reporting use of alcohol to insure sleep were college professors of considerable distinction. A large number of unusual personal idiosyncrasies are reported in including sleep. One editor of a national magazine sticks his feet out from under the bed clothes. One supreme court justice buries his face in his pillow. A young writer strains to keep his eyes open.

Scientifically sound variations of the sheep counting idea appeared. One philanthropist re-

SALEM TO VIEW ITSELF BEFORE MOVIE MIRROR

Salem will see herself in the movie Friday and Saturday at Bligh's Capitol theater when the 4-reel travelogue completed this week by William Carde, is shown.

The film, planned at first to include but 2,000 feet of Salem pictures, was expanded to its present length when Carde, under the direction of Frank D. Bligh, found so many interesting projects sufficiently commanding that the original schedule had to be abandoned in order to include them all. Although not all of the 25,000 or more individuals within the city will be included in the screen presentation.

about the fullness of everything. One bishop thinks about things accomplished rather than those ahead, another bishop smokes and a third bishop prays.

"A few wisely solved the problem by not going to bed until they were sleepy. There are only scattered results on the difficulty of getting up mornings. No direct question was asked regarding this."



Veterans of Foreign Wars
Marion Post 661 Sponsor

INITIATION and Rally Tomorrow

Marion Post 661 Veterans of Foreign Wars are holding a special initiation and rally Saturday evening at McCormick hall (over Millers).

The initiation work will be put on by the drill team from "Pen" post Portland. This drill team has been putting on work all over the state and it is very interesting to see them put on the work.

There are about one hundred candidates to be initiated and there will be present representatives from many other posts in the state. Plans are being made for a big meeting and a good time as it is expected that Salem will win the cup in the State Membership contest. All members and candidates are urged to be present.

Scores 100%



"My little daughter scored 100 per cent in a health contest recently," says Mrs. E. E. Stepp, Box 326, Jenks, Okla. "And I want to give credit where it is due.

"Emma Lee was constipated several years ago and I gave her California Fig Syrup. It helped her so wonderfully that I have used it ever since for all her upsets or colds. It has kept her strong, energetic, rugged."

Children suffer when bowels aren't regular. Breath becomes fetid; tongue coated; eyes dull. When these symptoms are neglected, biliousness, feverishness, lack of appetite invariably follow. The first dose of California Fig Syrup relieves these symptoms and activates sluggish bowels. Successive doses help tone and strengthen weak bowels; improve appetite; encourage digestion and assimilation. Try it with a bilious, headachy, constipated child and see how it helps! The pure vegetable product, endorsed by doctors for 50 years, always bears the name "California". So look for it when buying. —adv.

This Coupon and Five Cents Will admit any Salem youngster 12 years of age or younger, to the Capital Journal Souvenir Matinee Saturday afternoon at 1 o'clock at Bligh's Capitol Theater To See and Hear "Tarzan The Tiger"

A surprisingly large number will be seen, for the pictures include the following: Spaulding Logging Co. paper mill, converting plant, Miles Linn Mill, Salem airport together with the large crowds that gathered last Sunday to witness the airplane test flights, the Capital Journal plant, Gov. Al Norblad at his office, Salem police and fire departments, all the Salem schools, all service clubs, and many local entertainers screened on the stage at the Capitol theater.

The feature picture on the Friday and Saturday programs is "Christina," featuring Janet Gaynor. In the title role of a little miss of Holland who has her first—and last—love affair. Miss Gaynor adds to her distinction as a dramatic artist of the highest type. Rudolph Schildkraut, Harry Cording and Lucy Dorraine are in prominent supporting roles.

Twenty-two negro vocational schools in Mississippi offer reforestation and fire prevention instruction.

A family doctor's laxative is the sensible choice!

YOUR health is too important! You can't afford experiments with your delicate bowels when a coated tongue, bad breath, gas, headaches, nausea, feverishness, biliousness, lack of appetite, and no energy, warn of constipation. This applies not only to grown people; it is particularly the case where young children are concerned.

That's why a family doctor's laxative is always the safe choice! Only a doctor knows just what will cleanse the system of men, women or children without harm.

Dr. Caldwell's Syrup Pepsin is prepared today under strict supervision from freshest herbs and other pure ingredients, and exactly according to Dr. Caldwell's original prescription.

Dr. W. B. CALDWELL'S SYRUP PEPSIN A Doctor's Family Laxative

GOBS ATTACKED BY FILIPINOS

Manila (AP)—Two attacks upon American sailors by Filipino mobs at Iloilo were believed by authorities Friday to have been engendered by fears that the white men were plotting to poison the natives.

The stories told recently in Detroit by James Baker, including one that he poisoned a man in the Philippines some time ago, and resentment over the anti-Filipino demonstrations in California were believed by officers to have aggravated the mobs.

These attacks were members of the crew of the motorship Yonachichl. The trouble occurred Wednesday night after a report had been spread among the ignorant populace

that the Americans intended to poison the lowpeople. The Filipinos became highly excited and attacked when one of the sailors gave an apple core to a native boy. Timely intervention of the police prevented serious injury to anyone. After the incident was explained the crowds calmed down and apologies were made to the Americans.

WEEK END BAZAAR
St. Paul—St. Paul parish will hold a big bazaar over the week end, a chicken dinner being offered Sunday afternoon followed by a program at 3 o'clock. A bridge and "500" party will be held Monday evening.

PRACTICE TEACHING
Mt. Angel—Normal students of the Mt. Angel academy and normal school have started practice teaching this week in the St. Mary's school.

OPENING MARCH 20

A New Store
A New Stock
A New Firm

Will open with a complete line of Ready-to-Wear for women.

March 20th

Our buyers are now making selections in the fashion centers to give the women of Salem the very latest styles.

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used cars

at stock reduction prices

Here's a great chance to buy a reliable used car at a genuine bargain price! To make room for spring trade-ins on new cars, we must clear out our used car stock at once. All our "Good Will" cars are backed by a written Guaranty to assure complete satisfaction. The car you want is here and our low price will save you money. Prove it for yourself—today.

"Good Will" Guaranteed Cars

1927 Hudson Coach—Mohair upholstery, tires A-1, looks like new car with beautiful maroon Duco paint job. Exceptional buy in this car. \$585	1929 Pontiac 4 Door Sedan—Driven only 5 mo. Save some money on this guaranteed "Good Will" car. \$850
1928 Pontiac Coupe, rubber A-1, mechanically in first class shape. Don't fail to see this \$585 one.	27 Chevrolet Roadster—With Rumble seat, completely overhauled, detachable top and rear curtain, new Duco paint job. A wonderful car for summer. \$315

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