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No donations to charities or otherwise will be made in advertising, or job printing—our contributions will be in cash.

OCTOBER 20

HUMILITY AND EXALTATION:—Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time.—1 Peter 5:6.

INCREASED LIFE INSURANCE

The sales of life insurance in the United States continue to eclipse previous records. During the first nine months of the present year policies representing more than \$4,000,000,000 were taken out. Of this amount, the three months ended for \$1,350,000,000, showing an increase of 19 per cent above the corresponding quarter in 1921.

These figures, besides being striking in themselves, are an evidence of the generally prosperous condition of the country. When people are in straitened circumstances the last thing they think of as a rule is life insurance. That prosperity is widespread is apparent from the fact that income state were the sales of life insurance less up to October 1 than they were at the same date last year.

In addition to showing prosperity, these insurance figures evince a fine spirit in family life and a kindly care for others for it is mainly in the interest of dependents who may be deprived of their bread winner that life policies are effected. From every point of view, then, the increase in insurance is to be hailed as symptomatic of good.

THE "FOUR SQUARE" MAN

Those who were so fortunate to attend the Chamber of Commerce luncheon yesterday and heard the forceful address of Rev. Koehler on the "Four Square Man" returned to their homes and offices with a clearer realization of a man and his duties to the community in which he lives. The outstanding feature was that every man owes something to the community in which he lives—the community which affords a man an opportunity of conducting his business, gives educational advantages to his children, affords protection to his property and the lives of his family, is entitled to something in return. "The man who enjoys the foregoing privileges and protection at the hands of his community and gives nothing in return is reprehensible," said the speaker. The thought unfolded by the speaker is true in its entirety. The man who accepts prosperity, education and protection from a community and gives nothing in return is a human leech that sucks from his community its vitality and gives it no sustenance in return. The man who accepts everything and gives nothing in return is not "four square."

Such men as referred to by the speaker are the forces that retard the growth and advancement of the communities in which they live. They constitute the forces that have retarded proper advancement in Ashland and the only manner in which that force can be overcome is through the renewed efforts of the men in the community who are "four square." The men who are not "four square" must be pushed aside, or made to understand that if they receive they must give, and be forced into the forward movement that must prevail during future years. The world must go out that Ashland demands workers, not laggards; boosters, not knockers; workers, not drones, community builders, not destroyers.

The position and location occupied by Ashland is such that if advantage is taken of the opportunities that will be presented within the next few years the town and community will double in population and wealth. Failure will be the verdict written at the finish unless the men who are "four square" prevail. There must be loyalty to self, loyalty to one's fellows, loyalty to Ashland's business institutions, loyalty to the town and the community in general.

LOYALTY is the one, big thing that can put Ashland over. Let the men who are "four square" develop that spirit of loyalty. Once it is accomplished the future will be marked by progress and an unprecedented growth.

Mountains in California are reported to be moving. Page Mahomet.

In Paris, men are wearing earrings. What next will the followers of fashion get into their heads?

The person who has struck out can usually see luck in the case of the one who has made a home run.

Because he presided over the senate for two years and recognized the futility of talk, may be the reason President Coolidge is so silent.—La Grande Observer.

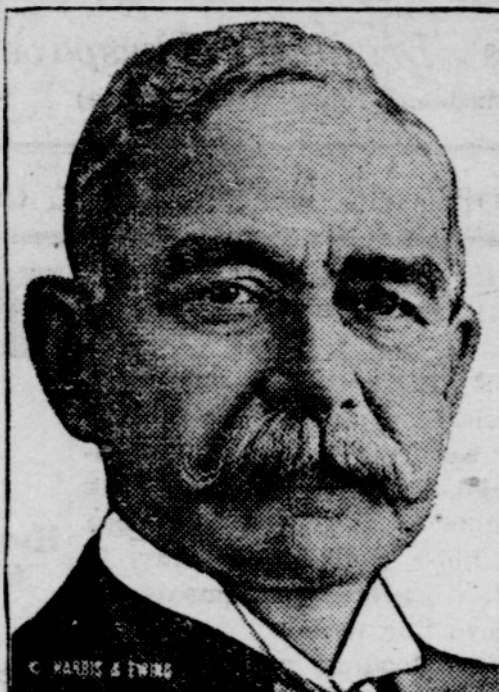
With Tom Edison, whether Henry Ford should be sent to the white house and "a good man spoiled" seems to be another question.

A Denver man lived with his wife for 20 years without speaking to her. Wonder if he remembers what that last argument was about.—Eugene Guard.

The Klamath county courthouse row has finally been ended. Now, if the controversy over the name of Mount Rainier can only be stopped!—Astoria Budget.

Gaylord M. Saltzgeber, New G. A. R. Head

Here is a new portrait of Gaylord M. Saltzgeber, Van Wert, Ohio, unanimously elected commander in chief of the National Grand Army of the Republic at the Milwaukee convention. Opposing Commander Saltzgeber were Frank A. Walsh of Milwaukee and Dr. L. F. Arensburg of Uniontown, Pa., both of whom withdrew.



Mr. Walsh was elected senior vice commander in chief and G. T. Leech of Baltimore was chosen junior vice commander in chief, neither having opposition. Charles L. Shurgur of Auburn, N. Y., was elected chaplain in chief and Dr. Charles Burrill of Kansas City was named to succeed Dr. George T. Harding of Marion, Ohio, father of the late president, as surgeon in chief.

Sam S. Horn of Easton, Pa., was elected commander in chief of the National Sons of Veterans. Other officers elected are: Randall W. Buff of Tacoma, Wash., senior vice commander in chief; W. C. Kronmeyer of Hoboken, N. J., junior vice commander in chief; Charles R. Hale of Hartford, Conn.; Felix A. Kremer, Detroit, and P. F. Yingling of Cincinnati were elected members of the council.

Loomis Scofield, commodore commanding the National Association of Naval Veterans, was re-elected for the sixth term, as were all other officers.

Everybody, Nobody, Blamed for Herrin

THE United States Coal commission in a report to President Coolidge on the causes of strikes declined to fix final responsibility for the Herrin massacre, but strongly criticized public officials for failing to prevent the killings, the Southern Illinois Coal company for defying the union and inviting mob violence, and subordinate officers and members of the United Mine Workers who defended the outrage.

"It has been suggested that this was a communist movement," said the commission, referring to the Herrin massacre. "It is true that communists have made efforts to establish organizations in that county and that a few foreigners were induced to join, but there is no evidence that this had any relation to this lamentable and horrible occurrence. The voters are intensely partisan and divide along normal party lines with a negligible Socialist vote."

"The local point of view is well stated in the verdict of the coroner's jury: 'We, the jury, find from the evidence that the deaths of decedents were due to the acts, direct and indirect, of the officials of the Southern Illinois Coal company. We recommend that an investigation be conducted for the purpose of fixing the blame personally on individuals responsible.'"

"There is no doubt that when the

promoter of the Southern Illinois Coal company started to operate his mine in defiance of the union he was inviting mob violence and flouting with death; he knew it and prepared to meet it. The resentment was spontaneous and instantaneous. He challenged the supremacy of the union. Those in the mob undoubtedly believed that it was an attempt to return to old conditions before the mines had been unionized."

"There were, of course, fatal omissions of duty on the part of public officials, and neither the officials nor the public wanted troops to protect the operator in his union-destroying operations. It might have been stopped by the sheriff, by the officers of the miners' union, by public sentiment, but all were for the union and all believed that an attempt was being made to destroy it."

"This statement unfortunately cannot end here. Clothed with all the charitable excuses above set out, these furnish no justification for the brazen audacity with which subordinate officials and members of the United Mine Workers of America defended the crime and the criminals. That they were espousing the cause and defending the lawbreakers is further shown to the commission by the fact that they have since bought the mine where the tragedy occurred, and have paid therefor \$729,000."

The KITCHEN CABINET

(© 1923, Western Newspaper Union.)

The restraint of a prescribed diet at times defeat its end by the added attention, and the sense of injury attaching deprivation, which it invites. Judicious neglect is often the better rule for the introspectively disposed.—Joseph Jastrow.

COOKING WITH BRAINS

There is nothing in the field of food so deadly to the appetite as a monotonous diet, and the sky is the limit for a cook who can supply plain and intelligent cooking for the plain and intelligent demands of the

husbands and sons. Such conditions are entirely too ideal to ever be reached, as where one may be fairly reached the other is wholly lacking.

The normal person, properly trained, is able to eat and enjoy all kinds of food that are good and well cooked. There will be degrees of enjoyment, as some like one better than another, but the final, fussy eater is largely so from bad training. If he is well, and thus, normal.

We all know what the artist said when asked with what he mixed his paints. We need more of that essential (brains) in all of our cooking and eating of foods.

The great majority of middle class and people of wealth eat too much—they live to eat. Then there are those who through indoor work or inactivity have no appetite and in consequence refuse to eat because they are not hungry.

Foods must be pleasant to the taste to increase the flow of the gastric juice, and as the eye is the first to receive impressions, food must be made attractive in appearance so that it will be tasted.

It has been proved too often to quote that worry and nervousness will retard or entirely stop the process of digestion, so, too, we need to put away everything of that sort, when possible, or wait to eat until more composed.

When judgment tells us that food is good and wholesome common sense will tell us to cultivate a liking for it. We need roughage, like spinach or fibrous vegetables, or else the 30 feet of food canal will be idle and when idle there is always mischief, and we pay in countless ways.

Nellie Maxwell

Greek Cynics.

The Cynics were a sect of Grecian philosophers, founded by Antisthenes about 386 B. C. The Cynics were noted for their morose and gloomy views of life; for their disregard of all sciences, save that of morality; and for their contempt for the ordinary conventionalities of life. The word cynic is derived either from Cynosarges, the place where Antisthenes taught; or from Nainos (Gr., doglike), in allusion to the snarling or snuffy manner affected by the philosophers of this school. To Diogenes of Sinope, the most distinguished disciple of Antisthenes, the Athenians erected a column of Parian marble surmounted by a dog.

PROFITEERING PATRIARCH



Esau—I'm mighty hungry, but don't you think you're charging too much when you take my entire birthright for a mess of pottage?
Jacob—Well, no. Pottage has gone up so I don't make any money on it at that. I really should make you pay the inheritance tax to boot.

William's History.

William's history is worth recording. He was, it seems, a Norfolk peasant, who left his father's house and set out to seek his fortune with no companion or other possession save a little pig, a fact which caused the people to name him Willy Grice, or Grease. In his wanderings in France he met and married a rich widow, becoming thereafter a great man of that country. He plausibly remembered his early life and poverty and vagrancy, however, and in one of the rooms of his fine house, whither he would retire, so the story goes, for meditation, he had himself pictured leading a little pig, as he used to do, with a string.—Christian Science Monitor.

Portugal's National Epic.

The national epic of Portugal is the "Lusiad," written by Luis Vaz de Camoens (1524-1580) and published in 1572, says the Detroit News. The great poem which has been translated into many languages, was begun by Camoens while he was in exile in India and was completed shortly after he was allowed to return to Portugal. Before 1700, 38 editions of the "Lusiad" were printed in Lisbon. Although the "Lusiad" was, as a piece of literature, a tremendous success, it netted its author little financial gain, for, as his epitaph, destroyed in 1775, read, "He lived poor and neglected and so died."

Forging Stirrups.

The automobile has done much to destroy some of the industries connected with riding and driving. The forging by hand of hard steel stirrups, which used to be a flourishing industry, is nearly dead. It was work which took a lifetime to learn properly. It is probable that very few men can be found today who are capable of forging a first-class stirrup out of a rough bar of steel.

Origin of Pledge.

Penny, pawn, panel, pane all are derived from the same root, and all mean a pledge. The readiest pledge to leave in pawn in days of old was cloth, hence the Latin "panna," a piece of cloth. The original panel was a piece of cloth, or patch, and from this we get the word "pane" as applied to a pane of glass, and also the word "penny," its literal meaning being a pledge or token, and hence a coin. Originally the word was spelt "peny."

Daily News Letter

KANSAS CITY, Oct. 30.—Local music lovers would be assured of the preparation of good music here for some time to come if a plan to endow the Kansas City Symphony Orchestra Association with a \$3,000,000 fund is successful.

The plan, which has progressed to a point where predictions of success are warranted, is being directed by George M. Rider.

Rider, who has more than a score of solicitors at work getting subscriptions, has devised an underwriting plan, with a life insurance company as financial agent.

Everyone interested in music and the progress of the symphony orchestra will be given an opportunity to subscribe to the endowment fund, which makes the Kansas City Symphony Orchestra Association the beneficiary. Every club, civic organization and society in the city is being asked to co-operate in the raising of funds that success of the movement will be assured.

Several large individual subscriptions have been received, showing that a considerable number of citizens are enthusiastic over the plan for the perpetuity of music in this city. The Federation of Music Clubs, through its officers and members, subscribed \$25,000 to the symphony endowment, and other clubs are expected to follow this example.

"The plan has the unqualified endorsement of Sigmund Harzfeld, president, and the directors of the Kansas City Symphony Orchestra Association," Rider declared in discussing the movement, "and no efforts will be spared to bring it to a speedy and successful conclusion."

"After all, \$3,000,000 is not a very large sum for Kansas City to put into the endowment of a symphony orchestra, and the method of writing life insurance, with the symphony orchestra as the beneficiary, so equalizes the cost of the premiums that the burden need not rest heavily on any individual."

"When Kansas City fully realizes what this endowment plan means we expect every public-spirited man and woman to subscribe. Perpetuating music should be looked upon as a happy privilege, not a stern duty—although such a duty can be pleasant."

Education is not confined to the younger generation of to office workers, in the opinion of Harry B. Burton, former Mayor of Kansas City, Kan., who believes in the adage, "It is never too late to learn." Burton has joined a night-school class at one of the Kansas City high schools.

Defeated for a second term as Mayor, Burton, who is 36 years of age, is manager of the Mid-Continent Fuel Company. He will attend school three nights each week to study public speaking, extemporaneous speaking and elementary sociology.

When Burton was elected Mayor he was vice-president of the Switchmen's Union of North America. Before he was an official of that organization he was a railroad switchman.

BABSON SAYS

"There is very little sense in spending the best part of one's life in working hard to get a few dollars if those dollars do not earn for you after you get them. If your income is \$5000 or under it is probable that all your savings for some time should be used as an investment fund."

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4 1/2 yds 32" Dress Gingham for	\$1 00
5 1/2 yds Pure Irish Linen Crash	\$1 00
5 yds Belmont Pecale for	\$1 00
3-42 and 45" "Daisy" Pillow Cases	\$1 00
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