

PROFESSIONAL

PHYSICIANS

DR. MATTIE B. SHAW—Residence and office, 103 Pioneer avenue. Telephone 28. Office hours, 10 to 12 a. m.; 2 to 5 p. m. only.

DR. ERNEST A. WOODS—Practice limited to eye, ear, nose and throat—X-ray including teeth. Office hours, 10 to 12 and 2 to 5, Swedenburg Bldg., Ashland, Ore.

DR. E. B. ANGELL—Chiropractic and Electro-Therapy. Office phone 48; residence 142. First National Bank building.

DR. HAWLEY—Above Tidings office, Phone 91.

DR. ERNEST W. SMITH—Chiropractor, near Post Office. Mon. Wed. Fri. Phone 114. House calls any day. Phone 440-L.

PLUMBING

JERRY O'NEAL—Plumbing. 207 East Main. Phone 138.

MONUMENTS

MONUMENT—MARKERS
Lowest Prices
ASHLAND GRANITE CO.
3rd and East Main St. 223-6mo.

ASHLAND GRANITE MONUMENTS
Oregon Granite Co.
S. PENNISTON, Salesman.
Res. 476 Laurel Phone 444-Y

PLANING MILL

JORDON'S SASH AND CABINET WORKS, Cor. Helman and Van Ness. 194tf

TRANSFER AND EXPRESS

Whittle Transfer & Storage Co. for SERVICE.
Experienced movers and packers of household goods. Dealers in coal and wood. Phone 117.

Office 89 Oak St. near Hotel Ashland

TRANSFER AND EXPRESS

T. L. POWELL—General Transfer—Good team and motor trucks. Good service at a reasonable price. Phone 83.

TRANSFER AND EXPRESS

King's Transfer, general hauling. Dry wood for sale. Phone 113. Plaza Pool Hall. 45 tf

Classified Column

Classified Column Rates
One cent the word each time.

To run every issue for one month or more, 1/2c the word each time.

FOR SALE

FOR SALE—Grape plants 10c each. R. Scheidegger. Box 173. 131-3*

FOR SALE—18 or 20 weaned pigs. Three miles east on highway. C. I. Homes. 131-6

FOR SALE—1/2 acre. Lots of fruit. Good location. Attractive 5 room bungalow. Strictly modern. Terms if desired. \$2700. Staples Realty Agency. 131-3t

FOR SALE—Piano. 436 Boulevard, Phone 405-J. 131-3

FOR SALE—Five room plastered house: bath, pantry, woodshed and garage one acre land, fruit trees and berries. 140 laying White Leghorn pullets. New chicken house. Easy terms, inquire 364 Helman St. 131-3*

FOR RENT

FOR RENT—One acre with good five room house on Boulevard. Walnuts and fruit will pay the rent. Barn, garage, etc. Only \$20. Staples Realty Agency. 131-2t

FOR RENT—Acreage, some plow land and some fruit, end of Indiana St. or Phone 434-J. 128-6*

WANTED

WANTED—Brickmason, communicate with J. S. Elliott, 711 Pacific Terrace, Klamath Falls, Ore. 130-4*

WANTED—Permanent home for girl ten years old. Address Box AB. I. Care of Tidings. 127-6

FEHIGE-ROACH

Transfer—Express—Storage Hauling—Dray work of all kinds. Quick motor service. Dr. wood of all kinds. Phone 410-R 375 B. St. 112-tf

MISCELLANEOUS

LOST—1924 license plate No. 106,782. Finder return to Tidings office. 131-2*

ANY GIRL IN TROUBLE—May communicate with Ensign Lee of the Salvation Army at the WhiteShield Home, 565 Mayfair Ave., Portland, Oregon.

Let us fill your pail with Swifts Silver Leaf lard—costs less than shortening, goes farther and is more nutritious. Detricks. 94-tf

Classified ads bring results.



Health Hints
by the
Father of Physical Culture
BERNARR MACFADDEN

The value and necessity of exercise as a factor in constitutional improvement has already been pointed out. Everyone needs a proper amount of exercise for the sake of the general health, irrespective of the effect upon the eyes.

Without going too deeply into the physiology of exercise, it may be said that there are two general results to be gained from any good system of physical training. In other words, exercise may affect one in two ways. It may have chiefly a muscle-building value. Or it may have what is commonly called a constitutional or health building value. Muscle-building exercises are intended chiefly to build strength and enlarge the muscles. Constitutional exercises chiefly affect the heart, the lungs, the vital organs generally, and in consequence, the purity and quality of the blood.

All these types of exercise which call for endurance are of the greatest value from a constitutional standpoint. In other words, any exercise which may be continued for a considerable length of time and which, therefore, keeps the heart working energetically and causes one to breathe deeply and freely during that period will inevitably tone up the internal organs.

Exercises which cause prolonged deep breathing will naturally increase the oxygen intake until your entire body from top to toe is literally charged with it. This will make you more alive. It will make you brighter and more energetic, and the improved circulation will tend to tone up every cell and every structure of the body.

Special attention is called to exercises for the neck. There are two ways in which they are especially valuable: first in improving the circulation about the neck and head; and second in improving the upper spine, or to be more exact, the cervical spine. Congestion about the neck is known to produce a "fullness" in the head with the consequent congestion in and about the eyes. Measures which relieve this condition will naturally tend to lessen the strain upon the eyes themselves, making for more perfect and easier sight.

Deep breathing, water drinking and relaxation, as well as exercise are useful for this purpose.

KLAMATH FALLS MAN

DIES IN LOS ANGELES

KLAMATH FALLS, Feb. 5.—R. J. Sheets, local business man and proprietor of an electric store died in Los Angeles at 6 o'clock last night of injuries sustained when he was run down by an automobile Saturday.

Grants Pass—Tentative plans, involving expenditure of \$60,000 for remodeling high school building submitted.

Chiloquin to have street lights.

Her Recovery Almost A Miracle, She States

"If it had not been my own experience I would not have believed anyone could build up so fast," recently said Mrs. Jessie Holland, 192 McMillen St., Portland, Oregon, in relating her experience with the Tanlac treatment.

"Last winter I was in such a poor state of health that I thought sure I would never see another. Loss of appetite, bronchitis and asthma with bad nerves and loss of sleep dragged me down until I was in an awful condition. I was too weak to take care of my household, and if it had not been for the aid of my good neighbors I don't know how I could have made out. All that kept me alive was milk and soup, and I didn't relish that.

"The very first bottle of Tanlac made a wonderful difference in my appetite and feelings generally, and four bottles built me up twelve pounds and left me feeling like a new person in every way. And I have been in the best of health ever since."

Tanlac is for sale by all good druggists. Accept no substitute. Over 40 million bottles sold.

Take Tanlac Vegetable Pills.

TO MOVE PATIENTS FROM STATE HOSPITAL

SALEM, Feb. 6.—Approximately 100 patients now receiving medical treatment in the Oregon state hospital here will be transferred to-day to the eastern Oregon state hospital. This was announced by Dr. R. E. Lee Steiner, superintendent of the local institution, at a meeting of the state board of control here to-day. Transfer of these patients was made necessary, it was said, because of the crowded condition of the state hospital here.

Dr. Steiner, acting under instructions from Governor Pierce, soon will file a report on results obtained from the sprinkling system installed in the state hospital as a means of fire protection.

Complete line of Ashland Canned Goods at Detricks. 94-tf

OSAGE INDIAN ATTORNEY HELD TO GRAND JURY

ROSEBURG, Feb. 5.—J. A. Farr's, Osage Indian attorney from Oklahoma, who was arrested here recently upon a warrant charging him with impersonating a federal officer, was today held for the federal grand jury at Portland, and his bonds fixed at \$2000. Farr's appeared before United States Commissioner Hopkins in a preliminary hearing in which he acted as his own attorney. Father Gregory Roble of Portland testified that Farr's had obtained two loans of \$35 each by representing himself to be a government detective working in the interest of Indian children.

Portland—Residential building permits in excess of \$1000, totaled \$90,700 for January.

WINNING

THE THEATER BEAUTIFUL.

Last Times Today

Katherine MacDonald

in

"Refuge"

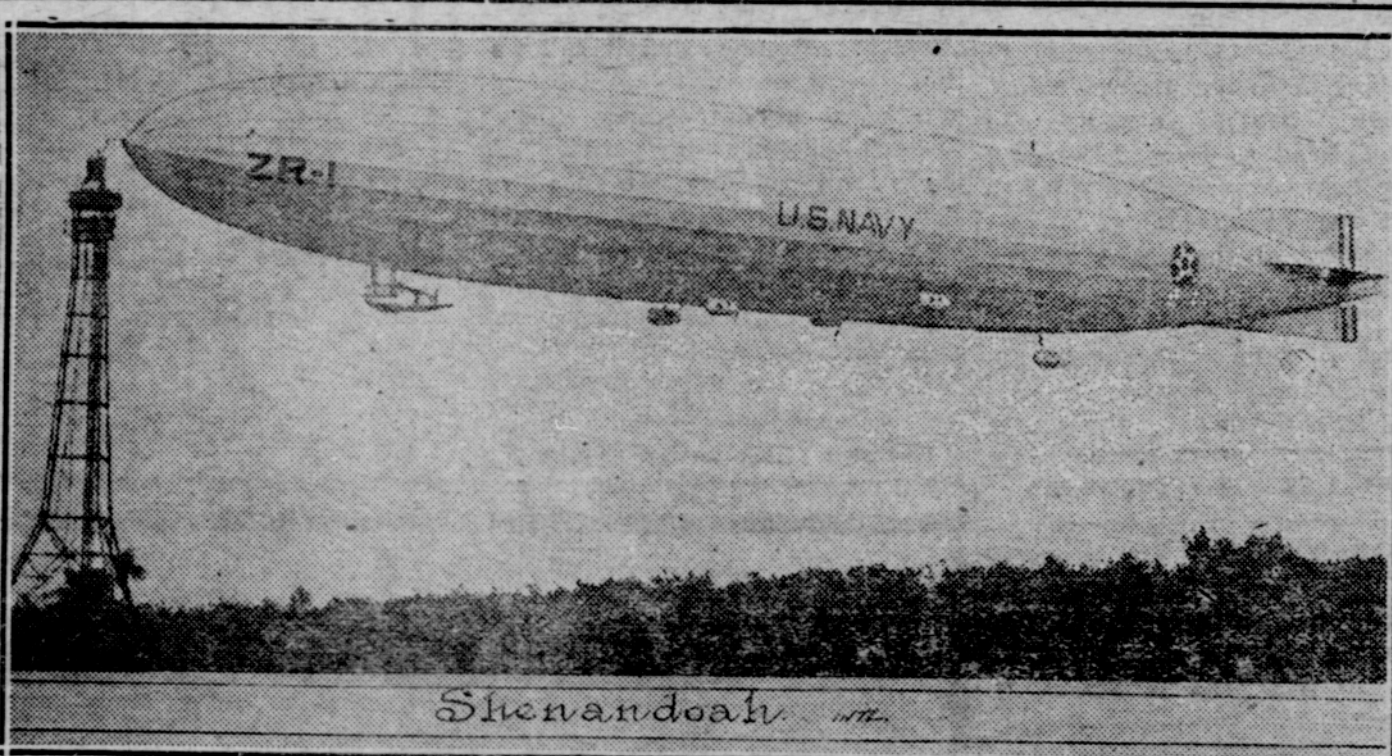
An automobile came racing down the highway, a veiled woman at the wheel driving like mad! The tattered soldiers blocked the way. Turning to the men, she said: "I dare not return home without a husband! Will one of you marry me?" Thus began the thrilling romance.

The armored
riot car crashed
thru the prison
gates to freedom—pursued by a bombing airplane—then wrecked at a sudden turn in the road.

What did these things mean in the lives of these three men?

King
Vidor's
3 WISE FOOLS
Laughable/Lovable/Dramatic

GIANT U. S. WARSHIP TO SPAN ARTIC WASTES



Shenandoah

The recent "runaway flight" of the Shenandoah, and the manner in which her officers righted her and brought her safely back to her hangar, proves beyond doubt her fitness for the proposed Arctic flight in the Spring, according to those in charge of her. It will take several months to repair the damage done the big ship when a gale blew her loose from her vertical mooring post at Lakehurst recently, tearing off her nose cap and a quantity of her outer covering, besides deflating two of the forward balloon chambers.

LAKEHURST, N. J., Feb. 6.—Folk called Columbus a "nut" in 1492.

Now they're saying the same thing about Captain Frank McCrary and his hero's crew of the wonder ship, "The Shenandoah."

It is all because Captain McCrary is going to fly over the North Pole next June.

"You bet I'll fly over the Shenandoah will fly any place, anywhere," Captain McCrary predicts.

And in that he is backed by every officer and man from Captain Antone Helmen, the lovable little "Dutchman" who helped build her, down to the humblest machinist of the merely tolerated ground crew.

There's no use in attempting to quote any particular officer or man connected with the coming Arctic flight—all talk alike.

First they cuss—and if you

think an army mule driver or a general of marines has any corner on the cuss-word market just drop in at Lakehurst.

"The blankety-blank, etc., etc., public thinks we're crazy!" the speaker, no matter who he may be, will tell you.

"What do you want to go to the North Pole for? We hear that every day. You're crazy—you'll never come back," they tell us. Then more blankety-blanks follow.

"We don't want to go to the Pole—we are just going to happen to pass the Pole on our trip." And then the discussion settles down to a logical explanation of what the polar trip means.

This generation may not see great dirigibles flying around the world—maybe the next generation will not see them either. But the day is coming. Past records prove that.

Now, between Point Barrow, Alaska, and the North Pole are land islands. Science knows that. These islands belong to no man—no man has discovered them. The first nation to set eyes on these lands will own them.

Then consider—the shortest route by air to European Russia is by way of the North Pole. You don't believe it? Get an atlas globe. Look at it. You'll find it shorter to travel from Point Barrow, Alaska to Moscow, than it

is from New York to Moscow.

"We'll be able to fly to Russia in two days—think of that!" the airmen here will tell you.

When that day comes the nation owning the islands of the Arctic—the landing fields—will control the air and with it the commerce of the air.

The United States wants this control. Captain McCrary and the daring men under him dream of winning this ownership for their native land.

In short, the men at Lakehurst will tell you that is the object of the Shenandoah's polar flight.

"Make it? Why, say, it will be an easy trip," every man at the air station declares. "They talk about the cold. Why, it isn't any colder at the Pole than it is up 20,000 feet above New Jersey—we know that. Our motors run and our instruments work in the cold 20,000 feet above the earth. Our motors will run and our instruments will work in the cold at the Pole."

And as for the Shenandoah. Airmen here stand beside their ship and gaze at it with eyes of love. They praise it. They compare it with the giant ocean liners and with the world's works of art. Pride rings in their voices.

Then they cuss—cuss the folk who think the Shenandoah can't go to the North Pole.

U. OF O. TO GIVE RADIO LECTURES

Five Lectures of Timely Interest by Faculty Members From K. G. W.

UNIVERSITY OF OREGON, Eugene, Feb. 6.—Five radio lectures of timely interest, prepared in a popular manner by experts from the University of Oregon, will be broadcasted from Station K. G. W. (The Oregonian), Portland, during the month of February.

Dr. Warren D. Smith, professor of geology, one of the foremost authorities on the geology and geography of the western world, spoke over the radio Friday (Feb. 1) on "Earthquakes of the Pacific." The subject has timely interest because of the recent disaster in Japan.

"The Bok Peace Plan" will be discussed by Walter C. Barnes, professor of history, Feb. 8.

"The Tax Situation," an address by Doctor James H. Gilbert, professor of economics, is scheduled for Feb. 15. "Portraits of Washington" by Prof. F. S. Dunn, head of the department of Latin, falls on Washington's birthday. Prof. Dunn made an extensive collection of the portraits of the first president, many of them little known.

"Tests and Measurements of Education" has been chosen by Dr. C. A. Gregory, professor of education, as the subject for Feb. 29. Dr. Gregory is the author of a well-known book on the subject.

Marshfield—Novelties made of alder wood now being manufactured by Pomeroy, Duncan and Mehl of this city.

Classified Ads Bring Results

Electric Aluminum \$5
Percolator

—and a window full of other aluminum utensils at varying prices.

PROVOST BROS



Get Two Trial Boxes

PAZO OINTMENT is a Guaranteed Remedy for all forms of Piles.

Pay your druggist \$1.20 for two boxes of PAZO OINTMENT. When you have used the two boxes, if you are not satisfied with the results obtained, we will send \$1.20 to your druggist and request him to hand it to you.

We prefer to handle this through the druggist because his customers are usually his friends and will be honest with him.

PARIS MEDICINE COMPANY, St. Louis, Mo.

Just Received

Smoked Salmon, lb. 25c
Salt Salmon, lb. 10c
Go'den Bloaters, 10c each or 3 for 25c
Boneless Herring, lb. 40c
Kipperd Herring, lb. 25c
Kipperd Salmon, lb. 30c
Salt Mackerel, 20c each or 2 for 35c
Boneless Cod, 2 for 45c
Don't forget our Anniversary Sale now on.

Plaza Market

H. A. Stearns 61 N. Main

don't forget to look for our friday ad it will be of interest to you without a doubt

FRANKLIN Bakery

SULPHUR CLEARS A PIMPLY SKIN

Apply Sulphur as Told When Your Skin Breaks Out

Any breaking out of the skin on face, neck, arms or body is overcome quickest by applying Metho-Sulphur. The pimples seem to dry right up and go away, declares a noted skin specialist.

Nothing has ever been found to take the place of sulphur as a pimple remover. It is harmless and inexpensive. Just ask any druggist for a small jar of Rowles Metho-Sulphur and use it like cold cream.

When Joint - Ease Gets In—

Joint Agony Gets Out

If you want to take the pain and misery out of rheumatic joints or reduce the swelling—or limber up stiff creaky joints—then you want Joint-Ease—it's for the joints only—that's why it succeeds when ordinary remedies fail. 60 cents a tube at all pharmacists. No. 11

For a smooth shave, and quick service, go to the Shell Barber Shop, across from Depot. Grinding of all kinds. Children's work a specialty.

W. A. SHELL, Prop., 532 A. St. Ashland, Ore.

Glassware

Almost every sort of dish imaginable in good quality of glass at each

5c to 50c
ASHLAND FURNITURE COMPANY
94 N. Main

For The Farm

Plows, Harrows, Wagons, Fence, Discs, Gas Engines, Stanchions, Spades, Forks.

PEIL'S CORNER

One Reason for Nervous Disorders

YOUR doctor can tell you that nervous disorders are very common among Americans. One reason for this is found in the fact that they are great coffee drinkers.

Coffee contains caffeine, a drug, prescribed by doctors as an emergency stimulant for the heart and nervous system. It has a tendency to increase blood pressure, develop heart irregularities and cause digestive disturbances.

If you feel that coffee is not good for you, serve Postum as your meal-time drink.

Postum is a pure cereal beverage that refreshes and satisfies. It is absolutely free from caffeine or any other irritating drug.

Try a cup of Postum with your dinner or supper tonight. Postum is sold everywhere.

Postum for Health

"There's a Reason"

Postum comes in two forms: Instant Postum [in tins] prepared instantly in the cup by the addition of boiling water. Postum Cereal [in packages] for those who prefer the flavor brought out by boiling fully 20 minutes. The cost of either form is about one-half cent a cup.



Tidings classified do the business

A LONG TIME INVESTMENT

Every Dodge Brothers Sedan body is steel built throughout—sills, pillars, panels, frames and all.

This all-steel design—exclusively a Dodge Brothers feature—possesses certain practical advantages which recommend it most emphatically to the closed car buyer.

It reduces cost, assures a structural precision which is particularly evident in the snug fit of doors and windows, and results in a staunchness of construction which guarantees to the owner a long time investment—and a long time satisfaction.

Riley-Meier Motor Co.
Medford, Oregon
AUTOMOTIVE SHOP
Local Representative

