

ASHLAND DAILY TIDINGS

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SEPTEMBER 20

THOU SHALT LOVE THE LORD thy God with all thy heart, and with all thy strength, and with all thy mind; and thy neighbour as thyself. Th's do and thou shalt live.—Luke 10:27, 28.

BOYS' AND GIRLS' CLUBS

The victory of the boys and girls from this region in the club exhibits at the county fair is interesting. This is probably the best training that boys and girls could possibly receive and will be of inestimable value to them in later years in moulding better citizenship.

This feature of the fair should be encouraged and the boys and girls should be stimulated to take a greater interest in their exhibits. Where the boys' and girls' club exhibits have been given the most prominence, the greatest success has come to the fairs doing this, for what the boys and girls are doing is of universal interest to all.

VOTE OR GO TO JAIL

Judge Kenesaw Landis, king of the baseball world, thinks that failure to vote is sufficient crime to justify a jail sentence and, speaking before the American Legion convention, he advocated that those who failed to vote should be confined to the jail. This is quite a contrast to the present custom, as the judge stated, of giving the voters a luxurious ride to the polls in a motor car.

The judge is right in his criticism of those who fail to vote and then, in many cases, complain about the calibre of the officers who are elected. The voters today are penalized in their failure to vote by inferior officers and inefficient government in many cases, but we believe it would be difficult to carry out such a stringent policy as to jail those who prefer to remain at home or office instead of at the polls.

FEW MEN LEARN THE ART OF SLEEPING

The effectiveness of sleep does not depend on quantity but on quality. The fact that a few great men have been able to get along on three or four hours of sleep is not because they were as exceptional in their body requirements as in their mental attainments but because they had mastered the trick of obtaining the proper kind of sleep.

Recent scientific investigation shows quite definitely that the time-honored idea that it is wise to get a great deal of sleep has scant basis in fact, writes Prof. Donald A. Laird, of Calgate University, in the October number of Popular Science Monthly. As a matter of fact, many people probably get too much sleep, and too much sleep may be harmful, just as too much food is. Though sleeping may seem one of the most natural things you do, there is an art of sleeping you can learn.

If you find it hard to get out of bed in the morning, it is because you have not learned how to sleep. The "tired feeling" that makes rising at the call of the alarm clock so difficult would not disappear, as you imagine, were you able to disregard its summons, for the deep, restful sleep that repairs weariness of body and mind comes during the first hour or two after you go to bed. It is then that your muscles are most relaxed, your blood pressure lowest, and your skin sensitivity least.

After the first couple of hours, sleep becomes lighter. After four hours it is very light. The slightest noise will awaken an average sleeper after this time. To continue this light sleep in the morning is not restful. Why not, then, do away with this light, fitful slumber that does you no good and substitute deeper sleep of shorter duration?

You can do it very easily if you can manage to take a 45-minute nap at noon. This is the equal of three or four hours of light sleep at night. If you cannot take this nap, you can still learn how to sleep soundly, and to become rested thoroughly with six hours' sleep instead of eight or nine.

The three necessities of sound sleep are muscular relaxation, quiet, and comfort. The first can be obtained by lying partly on the side and partly on the stomach. The second can be obtained by sleeping where there are no unusual noises. The third can be obtained by avoiding lumpy beds and heavy covers that cause uneven pressure on the body.

If you wish to cut down your sleeping time, do it gradually and make the reduction from the night end of the sleep period. That is, stay up later and rise at your usual time. When this is done, the deeper sleep that you get when you go to bed will compensate for what you have lost.

THE COMMUNITY AND OREGON PROGRESS

That the rate of progress in the Oregon communities has been creditable is probably best brought to mind through recalling that the oldest were founded less than ninety years ago. During the first few decades of the occupation of the Willamette and other Oregon valleys the more striking changes in the landscape would be a mill placed at a natural water site, becoming the nucleus of a cluster of houses, shops and stores, with a school and

a church or two. In the wide stretches of the valley between there were scattered cabins connected by trails faintly traced. In the span of about half-a-century intervening between then and now our communities as we now have them, many with their thousands and some with their tens of thousands, equipped with facilities of a modern standard of living, have been realized. This was encompassed through imitating the institutional arrangements and achievements of the more advanced outside world. In the past the Oregon communities have been in the role of catching up. From now on with some solid advantages in their type of population, in climate and other resources, to have the consciousness of being really alive it devolves upon them to make returns in cultural contributions to the world at large to whom until now they have essentially been debtors.

The Oregon community as a whole has the basic elements essential for raising itself to the place of a creditor community. In the proportion of her youth that through her high schools and colleges and the relative sizes of the graduating classes that are turned out into the non-academic world there is evidence of a generous appreciation of the fact that life fulfillment is through education. In the development and intensive use of the library facilities throughout the state there is an outstanding exhibit of the expansion of the movement for adult education. In the strong pulse of civic activity in its women's clubs, service organizations and alert press there is a token of the normal use of the growing reserve of vitality and leisure. In all this we have an exhibit of a strong pressure forward. But of necessity it must retain a large factor of "sheer strength and awkwardness" except in so far as each area of common interests develops effective equipment and procedure for using fully the available intelligence of our time and the clear teaching of its own experience.—F. H. Young in Commonwealth Progress.

The Portland Japanese man intended to "say it with candy," but, when he ascertained the woman he loved was faithful to her husband, he "said it with acid." It would have been nicer if the husband had been standing outside, observed the fidelity of his wife and then used a heavy club on the intruder.

Mount Lassen is forming a lake. Maybe she is trying to copy Crater Lake.

And the welcome rain came from over the hills.

Mayor Gaddis of Medford strengthened La Follette's vote in this country when he refused to let a speaker favoring the Wisconsin senator speak in the public park bandstand.

Wise Crax: Poverty has its drawbacks, but you never hear of a poor man's daughter eloping with the chauffeur.—Spartanburg Sun.

It isn't the first kiss that costs, according to the Gary Post-Tribune, it's the upkeep.

Static is the heckler of the radio campaign.—Indianapolis Star.

Yet most people who have sunshine in their souls, have cash in their pockets.—Birmingham News.

They may yet marry in haste, but they now have to repent at work.—Talladega (Ala.) Home.

See the bright side. If your creditors don't get it the lawyers will.—Arkansas Democrat.

Jack Dempsey maintains that he had his nose remodeled, not to make him more comely, but to allow him to breathe more easily. Everyone can breathe more easily since Jack has doled out the explanation.—Springfield Register.

PHOENIX VETERAN CITIZEN IS DEAD

William Aaron Short, well known citizen of Jackson county for 62 years and a resident of Phoenix for more than 40 years, passed to his reward at 5:00 o'clock Wednesday morning at his home in Phoenix. Death followed a period of two years illness caused by heart trouble. Deceased was born at Sawyers Barr, Calif., January 20, 1862. When a child of 4 years he came with his parents from Yreka to Jacksonville and has been a continuous resident of Jackson county since that time. For many years he was engaged

BEAUTIFYING

the house, inside or out? We can assist whether you are papering or painting. Phone us.

J. O. RIGG

W. L. DOUGLAS made wonderful shoes when working at the bench. Today his factory makes equally wonderful shoes.

OVERLAND Shoe Shop

BRYAN JUMPS ALL OVER GEN. DAWES

PENDLETON, Sept. 19.—Three thousand persons stood in the rain two hours today and listened to W. Ham Jennings Bryan hold up General Dawes, the Republican candidate for vice-president, to ridicule.

Mr. Bryan also pictured President Coolidge as the most reactionary man who ever sat in the president's chair. He said Coolidge was a high-minded, conscientious man, but the fact that he is "reactionary" offsets his other qualities.

Dawes' speech on irrigation was censured and he praised La Follette as a progressive, but said he was not one wit more progressive than John W. Davis.

The answer of Jackson county, in the suit of Mrs. Viola Blackburn for \$6,143.50, for alleged received while riding on the Pacific highway in June, 1922, was filed in the circuit court Monday. The county denies all allegations of negligence, and prays "that she take nothing by virtue thereof," besides asking that the costs of the suit be assessed to Mrs. Blackburn. The answer of the Medford Irrigation district, a co-defendant in the suit has not

been filed. Mrs. Blackburn, a bank clerk, asserts in her suit, that she was thrown heavily against the top of an auto in which she was riding, when it struck a spot in the Pacific highway, where a culvert had been placed, and that the excavation had not been properly leveled, and no warning signs were posted.

We have a good job printing department.

NEW LAMP BURNS 94% AIR

Beats Electric or Gas

A new oil lamp that gives an amazingly brilliant, soft, white light, even better than gas or electricity, has been tested by the U. S. Government and 35 leading universities and found to be superior to 10 ordinary oil lamps. It burns without odor, smoke or noise—no pumping up, is simple, clean, safe. Burns 94 per cent air and 6 per cent common kerosene (coal oil).

The inventor, V. M. Johnson, is offering to send a lamp on 10 day's FREE trial, or even to give one FREE to the first user in each locality who will help him introduce it. Write him to-day for full particulars. Also ask him to explain how you can get the agency, and without experience or money make \$250 to \$500 per month.

FORD BUG

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Good rubber, spotlight, and good engine.

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Say it with brakes and save the flowers for the wedding instead of the funeral.

Automotive Shop

W. & N. Service Station BOULEVARD and SHERMAN

BIG Special on BALLOON TIRES

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Take that Shimmie

out of the front wheels with Stearing Gear Bolts and Bushings

For Every Car

Stromberg Carburetors

For Every Car

These are the most reliable carburetors on the market

Sudden Service

Where? at Leedom's Tire House

in mining and in 1896 was married in Phoenix to Minnie Oliver who survives him.

Mr. Short was especially well known about Phoenix where he has had charge of the Phoenix Water works. He leaves besides his bereaved wife, three children, Mrs. K. A. Knighton and Mrs. M. F. Davis of Portland and Arlet Short of Phoenix, also one brother and two sisters, Mrs. Rosell Harvey, San Francisco; Laura A. King of Phoenix, and Thos. Short of Burns, Ore., and one niece, Mrs. D. M. Watt of Phoenix. Mr. Short was a highly respected member of the Woodmen of the World.

Rainier — Contracts let for two new concrete and tile business buildings.

When the car stops

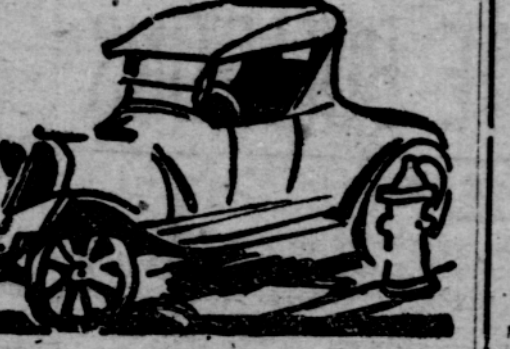
IT IS USUALLY The same old story Battery Ignition Carburetor

Just a little attention beforehand would have prevented the inconvenience and loss of time.

We can give you quick service in overhauling these vital parts of your machine.

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The above sketch was made from an actual photograph

This car killed three children

This car skidded on a slippery pavement and crashed into the sidewalk. Three little children were killed. Even careful drivers have unavoidable accidents, and when lawsuits follow they are forced to pay thousands of dollars in damages. Carry adequate liability insurance.

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Tidings classified do the business

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A GREAT MENACE

By M. A. Traylor, Chairman, Economic Policy Commission, American Bankers Association

A cross section of American thought today, as reflected in private conversation, public addresses, and through our multitude of avenues of thought distribution, would reveal perhaps as great a confusion of ideas and purposes as confounded the assembled throng at Babylon.

It is not high time that the bankers demand the preservation and practice of those sound fundamental principles which are so absolutely essential to the welfare of the nation? Bankers and business men of the country have little right to complain of the prevalence of un-sound economic theories, and paralyzingly foolish legislation, so long as they maintain the silent or defensive attitude which has characterized them in the past.

A real menace is involved in this suggestion, but I wonder how much we have done or will do to acquaint the voting public, who will eventually elect the Congress who will pass upon this proposition, with the actual facts of the case.

Notwithstanding mistakes that have been made in the administration of the System, most of the opposition to it is based not upon facts but upon twisted stories and the absolute falsehoods of the office-seeker, who has found it easy and popular to attack and blame the System for all the ills, alleged and imagined, which may affect any particular group.

Banking a Science The science of banking is not an accident. It rests upon principles as fundamental as the laws of the universe. Long, technical and practical experience is absolutely essential to the safe management of any financial institution, and yet what is the result of the political assaults that have been made upon the Federal Reserve, the greatest piece of financial machinery in this country? The people from time to time elect to office men whose chief claim to their support is that they will see to it that every banker is driven from the Federal Reserve Board and that the Board shall be constituted in a majority wholly of those coming from the

What the World Is Doing

As Seen by Popular Mechanics Magazine

Collapsible Canoe Carried on Auto Seats Two Persons For the automobile tourist who likes to fish and paddle, a collapsible canoe has been imported from Germany.

Vivid Hues Brighten Money to Check Counterfeiting So that it will be harder to counterfeit United States paper currency and spurious notes may be more readily detected, legal tender is being brought out in distinctive colors. The denominational figure, serial number and treasury seal will be printed blue on silver certificates, red on United States notes, green on federal-reserve notes, brown on national-bank notes and yellow on gold certificates.

Handy Block Makes Can Opening Easy Many women find it hard to hold cans firmly when opening them, and will therefore appreciate the simple device shown in the drawing.

Camp Meals Are Cooked Easily on Revolving Grid Much of the unpleasantness of cooking over the camp fire may be eliminated by the use of a revolving bracket grid recently invented. It consists of a short, pointed, base which is driven into the ground and about which the fire is built, an extension tube, a revolving top piece and four interchangeable grids. Several things may be cooked at once, and a light touch is sufficient to swing the arrangement around for stirring the contents of a pot or for placing anything over the hottest part of the fire without stepping into the smoke. The entire outfit is quickly assembled or taken apart, occupies but little space and is durable. The surfaces of the cooking grids are angular-shaped, making them easy to clean and well suited to broiling steak or toasting bread.

Some of the larger iron bedsteads often sag down on the rollers so that it is difficult to move them about. This can be cured by driving a hardwood plug into the bottom of each post and boring a 3/8-in. hole in it, then putting in a regular roller intended for wooden beds.

Be such that it will hold any size of ordinary can.

