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

SPRING TONICS

In the good old days many persons thought they needed a spring tonic. Mother made sassafras tea or prepared a mixture of sulfur and molasses and the youngsters were forced to take a dose whether they liked it or not. Today we believe that scarcity of green vegetables has something to do with the lowered vitality at spring-time.

The best spring tonic is good-tasting, refreshing and health-giving vegetables and fruits. Vegetables and fruits are important parts of the diet. They supply iron, lime and other mineral elements that enrich the blood, nourish the tissues and provide bone-building material. Vegetables and fruits are especially valuable because of their rich vitamin content.

Vitamins are life-giving substances in the food, without which, no matter how much food one eats, disorders of nutrition occur and protection against disease is lowered or lost. Vitamins are a means of keeping up the health of the individual. They are known as vitamins "A," "B," and "C," and each has a nutritional value.

Spinach contains a lot of vitamin "A" and this vitamin aids in preventing and curing rickets, malnutrition and bad teeth. Cabbage, tomatoes, spinach and beans contain a wealth of vitamin "B"; this vitamin promotes growth and improves the appetite. Lettuce and tomatoes are rich in vitamin "C"; this vitamin aids in the prevention and cure of scurvy. A child who gets all the necessary vitamins in proportion to his needs, is bright, active and happy. His eyes sparkle, his skin is rosy and he has a lively expression. His muscles are firm and his body is well-rounded. At no time does he need to be tortured with sulfur and molasses.

Vegetables are excellent spring tonics and have taken the place of disagreeable home remedies formerly thought necessary to health. Equally important is the wonderful out-of-doors with lots of fresh air. There is nothing just like the exhilaration and thrill of out-of-door life.

Walk for health, it is the best exercise. Eat your tonic with a fork instead of a spoon. This is the new idea for a spring tonic — fresh vegetables and fruit. Green leafy vegetables and fruit are available the year around. Plenty of oxygen plus a liberal diet of green vegetables will provide the energy and vitality necessary to insure health and happiness.

GIFT MONEY SUSPECTED

Most foreign countries are glad to get American money on any pretext whatever. Not so Egypt. There is considerable doubt expressed as to whether the Egyptian government will accept the \$10,000,000 offered by John D. Rockefeller Jr. for an archeological museum in Cairo.

The terms of Mr. Rockefeller's gift certainly do not seem offensive, even to a country notoriously touchy and super-dignified toward foreigners. There is no attempt to monopolize the relic business in Egypt or dictate to the Egyptian authorities. The donor proposes to have his gift controlled for 30 years by a joint board equally representing Egypt, America, England and France after which time Egypt is to gain full control.

But even this much renders the Egyptian politicians suspicious and hostile. They cannot understand why any outsider should give so much money just to promote archeology and befriend an ancient and poverty-stricken country. They think there must be some kind of Ethiopian in the woodpile. So they may refuse the offer or else hedge it about with crippling conditions — as they have with all the outside archeological work there — until the donor recalls his gift.

There is no accounting for what foreigners will do. Still, who are we to criticize? An American university, only recently, refused some of Mr. Rockefeller's philanthropic money for the same reasons that seem to actuate the Egyptians.

Rich gold mines reported in Panama. Uncle Sam overlooked something when he was digging there.

To make a magazine succeed nowadays, all an editor has to do is to get arrested.

Lost--One Good Assistant



STEWART'S WASHINGTON LETTER

BY CHARLES P. STEWART
NER Service Writer

WASHINGTON — Probably the hanging of Gerald Chapman was no worse than any other execution. Due, however, to Chapman's wide notoriety, news accounts of it were unusually horrible in gruesome detail. Judging from unofficial congressional comment they've caused a decided revulsion against capital punishment under any circumstances.

Of course congressmen, as such, have no responsibility for state laws, but they do, individually, have influence in their respective states.

Besides, the Chapman case, in one way, was peculiarly linked up with the federal government. The bandit enjoyed — or, rather, by no means enjoyed — the distinction of being the only man ever pardoned by the president of the United States in order to be hanged.

President Coolidge, in signing his pardon, relinquishing the Atlanta penitentiary's claims on Chapman and thus allowing the Connecticut authorities to string

him up, really sent the outlaw to his death in a more direct sense than he was sent by the jury which convicted him, the judge who sentenced him or the board which refused him mercy at the last.

The Connecticut proceedings at least were automatic — the usual thing, done in the usual way. President Coolidge set a precedent, perhaps in all legal history, granting a pardon which meant the noose.

While the supreme court turned down Chapman's contention that a pardon can be refused by the man it is offered to, some lawyers in Congress do incline to believe there may be merit in the argument that the so-called Chapman pardon wasn't actually a pardon at all — a pardon being a remission of punishment, not its infliction.

Desert Hospital Will Be Erected

TUCSON, Ariz., April 19. — (AP) — A \$200,000 desert sanatorium, specializing in treatment of disease by solar radiation, is to be erected near here soon.

A majority of the patients are to be children, according to Dr. B. L. Wyatt, head of the proposed

TOM SIMS SAYS

Some mechanics think the car was sent to the garage to have the contents of its tool box removed.

Sympathy is best taken in very small doses.

A bootlegger tells us that what's sauce for the goose is easy pickings for a smart duck.

Children are a great handicap when one wishes to be unhappy.

It never rains but it stops.

Nothing seems to surprise a real fisherman more than catching a fish.

TO PLANT TREES

ESCONDIDO, Cal., April 20. — (AP) — Approximately 250,000 mulberry trees — enough to plant 320 acres of land — are being set out here to support a silk worm project organized by San Francisco capitalists.

OUT OUR WAY

By Williams



Army of Women Marches on the Capitol



Women claiming to represent 12,000,000 of their sex bombarded the Senate prohibition committee at Washington to insist on retention of the prohibition law, with strict enforcement. This picture shows them on the capitol steps.

MRS. COOLIDGE IS REAL HOUSEKEEPER

WASHINGTON, D. C., April 20—(U.P.)—Slowly, and with care and deliberation, Mrs. Coolidge is rearranging the White House interior to conform to the aesthetic standards of modern palatial residences.

The conglomeration of furniture, accumulated through numerous regimes and marked with the individuality of many purchasers, has long been a source of concern to White House residents. Last year a group of interior decorators characterized the arrangement of the White House as "hideous," and recommended the scrapping of half of the furniture.

Shortly afterward Congress passed a resolution, probably instigated at the White House, allowing the President to accept furniture for the executive mansion. Although Mrs. Coolidge has not yet taken advantage of this privilege she is expected to do so soon as a definite plan can be laid down for refurbishing the House.

Every day in the meanwhile some change is made in the arrangement of furniture and ever often, some cumbersome piece of furniture, incongruous with the ensemble disappears into the White House basement.

Rumors that Mrs. Coolidge will issue a call for period furniture to furnish the White House have been denied. Mrs. Coolidge has no desire to completely renovate the Executive Mansion, it was said; she merely wishes to rearrange the interior so as to make it more pleasing to the eye. There is too much furniture in the rooms now, it was explained. However, after the useless and ugly furnishings have been relegated Mrs. Coolidge may take advantage of the numerous offers of valuable furniture already made.

Idaho Is After Football Coach

MOSCOW, Idaho, April 20. — (AP) — No definite steps towards the selection of a new football coach for the University of Idaho have as yet been taken, but students and faculty members interested in athletics are laying plans for a wide search in an effort to obtain a competent director for sports.

CUT THIS OUT—IT IS WORTH MONEY

Send this ad and ten cents to Foley & Co., 2835 Sheffield Ave., Chicago, Ill., writing your name and address clearly. You will receive a ten cent bottle of FOLEY'S HONEY AND TAR COMPOUND for coughs, colds and hoarseness, also free sample packages of FOLEY PILLS, a diuretic stimulant for the kidneys, and FOLEY CATHARTIC TABLETS for Constipation and Biliousness. These wonderful remedies have helped millions of people. Try them!—Sold everywhere. No. 5.

HISTORY REPEATS ITSELF IN PRESENT PROHI FIGHT

WESTERVILLE, Ohio, April 20—(U.P.)—From Westerville, the cradle of the so-called prohibition movement, comes an explanation of the difficulties encountered in enforcement of the Volstead act.

Dr. Ernest H. Cherrington, general secretary of the World League Against Alcoholism, thinks that "it is not a strange or new thing that the federal government is having difficulties with enforcement of the federal prohibition enactments."

To explain, Dr. Cherrington, cites the adoption by the citizens of Maine of their first constitutional prohibition amendment, which went into effect in 1855, and tracing the history of Maine's law enforcement problems, he asserts that the problems and difficulties encountered in enforcing the laws there are also in Kansas were similarly met with by the government.

"In fact," he continued, "the first great federal enforcement problem came in what was known as the 'Whisky Rebellion' arising from the whisky trade's refusal to submit to federal taxation and their questioning of the right of control by the national government. This 'Whisky Rebellion' was suppressed by the federal government when it (the government) was only in swaddling clothes."

Dr. Cherrington, continuing:

his traceries of government enforcement, points to the next great problem of the law against piracy.

"The history of that effort to curb the ruthless tactics of these Captain Kidds covers twenty five years of difficult and trying efforts at criminal hunting, before it was finally successful," the Anti-Saloon League executive declared.

"Then came enforcement of the slave trade laws," he cited. "To enforce the edict forbidding importation of African slaves, adopted after 1808, a number of stringent laws were enacted, and a long, hard, diplomatic crusade on the part of government officials especially with European governments was necessary to obtain adequate enforcement."

Another great problem faced the government shortly after the administration of President Grant, Cherrington asserted.

"It will be remembered," he said, "that this undertaking against lotteries required governmental efforts for an entire generation."

The problems of the enforcement of the prohibition laws," he concludes, "are no greater than the problems which have been faced repeatedly by the government in the enforcement of laws."

Outbursts Of Everett True

