

Cures Indigestion Prevents Constipation

Something New
ROMAN MEAL

The Early Roman Food
For the Sick that They Become Well
For the Well that They May Remain Well

A laxative nutritious food; is a combination of materials representing

Ancient Black Bread

The ancient Roman soldiers who ate no meat, but who subsisted upon Black Bread made from these same cereals developed a strength of physique and hardihood of nature which enabled them to conquer the world.

25c the Package

Recipe for Fruit Rocks—One and one-half cup of brown sugar, mixed with one-half cup butter and one-half cup other shortening, three eggs, two-thirds cup white flour, three cups Roman Meal, one teaspoon soda dissolved in one-half cup of water or sour milk, one teaspoon each cinnamon, nutmeg, salt, two cups Sultana raisins or chopped dates (mix white flour through these) drop from teaspoon into greased pan; moderate oven.

Crider's General Store

Gatun Lock With Water In It

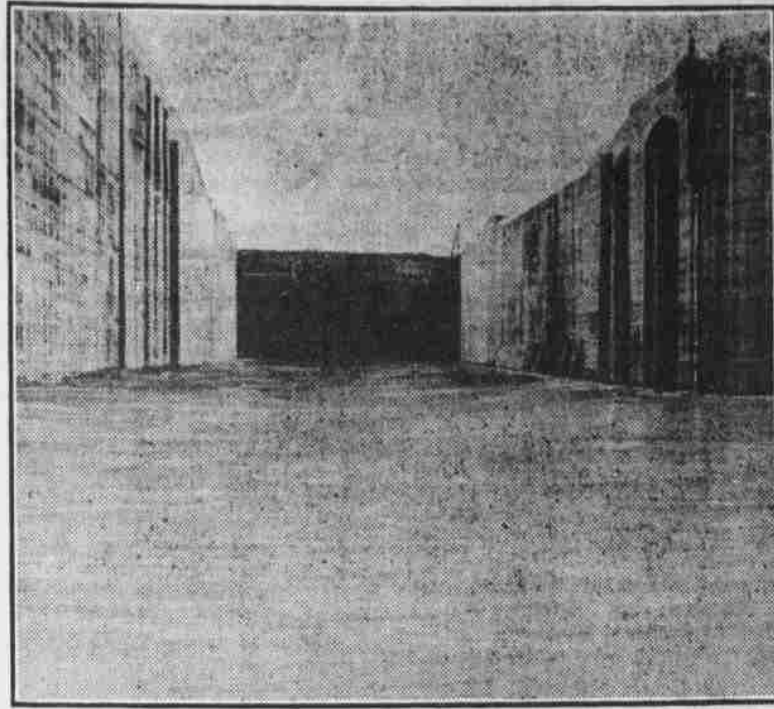


Photo by American Press Association.

THIS is but one of the twins of the three twin locks at Gatun on the Panama canal. Alongside of it is another identical one, while similar locks are encountered approaching these locks and again leaving them. Between the three twins they lift the monster ships of the ocean up the eighty-five foot elevation to the great artificial Gatun lake that takes them onward to the Pacific. Ships coming in the opposite direction are lowered to the level of the Atlantic. In order to save water and hasten lockage of boats each lock chamber is divided into subchambers—one 550 feet long and the other 350 feet long.

& Eakin, Attorneys, in Dallas, in Polk County, Oregon, within six months of the date of this notice. Dated at Dallas, Oregon, this 16th day of June, 1913.

A. O. CONDIT,
Executor of the last will and testament of Ruth Ruble, deceased.
6-17-7-15

Summons.

In the Circuit Court of the State of Oregon, for Polk County.
F. J. McGee and Jane A. McGee, Plaintiffs, v. Pearl Bamman, Harry Bamman, Martha E. Smith, H. H. Smith, the unknown heirs of Squire Aldridge, deceased, the unknown heirs of Sarah Aldridge, deceased, the unknown heirs of Sanford W. Staples, deceased, Roswell L. Bewley, Anna B. Bewley, and also all other persons or parties unknown claiming any right, title, estate, lien or interest in the real estate described in the complaint herein. Defendants. No. 4255.

To the defendants the unknown heirs of Squire Aldridge, deceased, the unknown heirs of Sarah Aldridge, deceased, the unknown heirs of Sanford W. Staples, deceased, and also all other persons or parties unknown claiming any right, title, estate, lien or interest in the real estate described in the complaint herein.

In the Name of the State of Oregon: You are hereby required to appear and answer the complaint filed against you in the above entitled Court and suit within six weeks from the date of the first publication of this summons, to-wit: On or before the 30th day of July, 1913, and if you fail so to answer, for want thereof, the plaintiffs will apply to said Court and take a Decree against you for the relief demanded and prayed for in said complaint, viz:

1. That you may be required to set forth the nature of your claims in and to the following described real property situated in the County of Polk and State of Oregon, to-wit:

(1) The Donation Land Claim of Charles E. Moore, Notification No. 5285, Claim No. 42, being parts of Sections 11 and 14 in Township 9 South, Range 6 West, and containing 160.98 acres.

(2) Also, a part of the Donation Land Claim of Alpheus F. Cherry, Notification No. 5285, Claim No. 43, in Township 9 South, Range 6 West, described as beginning at the Southeast corner of said Claim and running thence West 29.90 chains; thence North 41.15 chains; thence South 41.15 chains to the place of beginning, containing 123 acres, more or less.

(3) Also, the land patented to Sanford W. Staples, being Lots 2, 3, 4, 5, 6, 7 and 8 of Section 11 in Township 9 South, Range 6 West, containing 144.43 acres.

(4) Also, the East half of the Donation Land Claim of Nancy Estes, widow, and the heirs of John Estes, deceased, Notification No. 5245, in Township 9 South, Range 6 West, being the South half of the Southwest quarter of Section 2 and the Northeast quarter of the North-

west quarter and Lot No. 1 of Section 11, in said Township and Range, containing 158.15 acres, more or less.

(5) Also, the East half of the Donation Land Claim of John Aldridge, and Mary, his wife, Notification No. 5074, Claim No. 47, being parts of Sections 14, 15 and 22 in Township 9 South, Range 6 West, containing 319.79 acres, more or less,—and that all adverse claims which you or either of you may have may be determined by a Decree of said Court.

2. That by said Decree it be declared and adjudged that you have no estate nor interest whatever in or to, nor lien upon, the said lands or premises, or any part thereof, and that the title of plaintiffs thereto is good and valid.

3. That you be forever enjoined and debarred from asserting any claim whatever in or to said lands or premises adverse to plaintiffs, and that plaintiffs may have such other and further relief as to the Court may seem equitable.

This summons, by order of the Honorable J. B. Teal, County Judge of Polk County, Oregon, made at Chambers in the city of Dallas, on the 16th day of June, 1913, is served upon you by publication thereof for a period of six consecutive weeks immediately prior to the 30th day of July, 1913, in the Polk County Observer, a newspaper of general circulation, published at Dallas, in said County of Polk.

The date of the first publication of this summons is June 17, 1913.

OSCAR HAYTER,
6-17-7-29 Attorney for Plaintiffs.

Sheriff's Notice of Sale in Foreclosure.

Notice is hereby given, that by virtue of an execution and order of sale duly issued out of the Circuit Court of the State of Oregon, for the County of Polk, on the 31st day of May, 1913, and to me directed, upon a judgment and decree duly rendered by said Court on the 10th day of March, 1913, and which judgment was enrolled and docketed in the office of the Clerk of said Court on the 12th day of March, 1913, in a certain suit then pending in said Court, wherein H. M. Berry, plaintiff, recovered judgment and decree against E. H. Wiedeman, Bessie Wiedeman and James Dougherty, defendants, and by which execution and order of sale I am commanded to sell the real property in said execution and hereinafter described, to satisfy plaintiff's judgment herein, to-wit: The sum of \$1,550 with interest thereon at the rate of 6 per cent per annum from the 9th day of November, 1911, until paid, and the further sum of \$150 as Attorney's fee together with the costs and disbursements of said suit taxed and allowed at \$27.00 and accruing costs and expenses upon said execution, I will on

Saturday, the 12th day of July, 1913, at the hour of 1 o'clock P. M. of said day at the West door of the Court House in Dallas, Polk County, Oregon, sell at public auction to the highest bidder for cash in hand on day of sale, all the right, title, interest and estate which said defendant

E. H. Wiedeman, Bessie Wiedeman and James Dougherty, (or either of them, if more than one), or all persons claiming under said defendant, (or either of them, if more than one), subsequent to the execution of the mortgage herein, to-wit: the 10th day of November, 1911, in, of and to said mortgaged premises and every part and parcel thereof; the said real property hereinbefore mentioned is described in said execution as follows, to-wit:

Beginning at a point 14.63 chains South and 5.10 chains West of the Northwest corner of the P. P. Hooker D. L. C. No. 48, in Township 8 South of Range 5 West of the Willamette Meridian, in Polk County, Oregon; thence South 16.66 chains; thence West 6.30 chains; thence North 7 degrees West 8.37 chains; thence North 18 1/2 degrees West 8.38 chains; thence East 10.04 chains to the place of beginning, containing 12.75 acres more or less.

Said sale being made subject to redemption in the manner provided by law.

Dated this 31st day of May, 1913.
J. M. GRANT,
Sheriff of Polk County, Oregon.
6-37-8

Executrix's Notice.

Notice is hereby given that the undersigned has been duly appointed by the County Court of the State of Oregon for the County of Polk, as Executrix of the Last Will and Testament of M. K. St. Pierre, Deceased, and that she has duly qualified as such Executrix. All persons having claims against the estate of said decedent are hereby notified to present the same to me, duly verified, at my home about three miles West of Salem in Polk County, Oregon, within six months from the date of this notice.

Dated in Polk County, Oregon, this 28th day of June, 1913.

ELLA K. ST. PIERRE,
Executrix of the Last Will and Testament of M. K. St. Pierre, Dec. 7-17-29.

MRS. C. L. HUBBARD OF DALLAS CURED OF CANCER

BY DR. TOEL
By Means of ELECTRICITY

Mrs. C. L. Hubbard, of Dallas, consulted Dr. Toel on June 7th, on account of a growth at the mouth of her womb, which a Portland physician had last year declared to be cancerous and had advised her to have it cut out.

Mrs. Hubbard however, knowing the uselessness of the knife in cancer on account of the many returns after cutting operations, could not persuade herself to submit to the knife, and put off an operation from day to day.

In the meantime however, the pain in the womb increased and finally caused irritation of the spinal nerves, so that she was suffering from severe pain in the back and neck. In addition she began to suffer from severe pain in both groins.

Reading so much about Dr. Toel's bloodless electrical operations she finally consulted him on June 7th.

Dr. Toel confirmed the diagnosis formerly made and advised the immediate removal of the cancer by means of electricity, as this would give far better results and not confine her to the bed.

Mrs. Hubbard had not been laid up from the operation but walked every day for a month a mile to the doctor's office to be treated with electricity for the pains in her back, neck and groins, which began to get better from the first treatment on.

She has now been entirely free from pain for a number of days, and her womb having healed perfectly, she was today discharged by the doctor as well.

An account of the operation on her was published in the Dallas papers right after the operation was performed.

But at that time Mrs. Hubbard did not like to have her name given, but allowed Dr. Toel to refer to her for a private interview, parties suffering from cancer, as was for instance done in the case of Mrs. Dodge now under treatment for cancer at Dr. Toel's office.

Today however, Mrs. Hubbard authorized Dr. Toel to give an account of her case in the papers, not only for the benefit of the doctor but also to help other people that suffer as she has done or have other troubles that can far better be treated with electricity than with the knife.

To Whom it May Concern.

Dallas, Ore., July 8th, 1913.
I, Mrs. C. L. Hubbard of Dallas, Oregon, do hereby testify that on June 8th of the present year, Dr. Geo. L. Toel, of Chicago, at present in Dallas, removed from my womb a cancer by means of his immediate, bloodless and almost painless, electrical operations; that I was able right after the operation to walk almost a mile to my home and did this every day for a month, going to and coming from his office, to take electrical treatments for severe neuralgia in my neck, back and groins; and that I am today entirely free from pain and that my womb is entirely healed. I advise all people suffering from cancers and tumors to go to Dr. Toel for his electrical operations, while women suffering from womb troubles and the back aches and pains in the groins caused by them, will find quick relief through his electrical treatments.

MRS. C. L. HUBBARD.

Gets Better Position.

F. G. Chute, principal of the Independence schools for the past few terms, has been elected to the principalship of the Randall (Washington) schools at a salary of \$1350 per year. This is a material increase over the salary paid him at Independence.

PERFECT SPHERES

With All His Scientific Skill Man Cannot Produce Them.

THE CURVING OF A BASEBALL.

It is Possible Only Because the Ball is an Imperfect Globe and in Comparison With Its Size Much Rougher Than the Surface of the Earth.

The real reason why a baseball can be thrown so that it will describe wonderful curves during its progress through the air is that every such ball has a surface made up of mountains, valleys, craters, canyons, gorges, plains and other irregularities of the surface that, when the difference in size is taken into consideration, makes the surface of the earth seem like plate glass.

If it were possible to make a perfect sphere—if it were possible to make a baseball with an absolutely smooth surface and an exact sphere—no pitcher in the world could make it curve. The very best pitcher baseball has ever known or probably ever will know could not make the ball deviate a hair's breadth in its flight.

And so while it is partly in the art or knack the professional pitcher has in holding and releasing the baseball as he throws it, it is also due to the fact that the baseball has a wonderfully rough surface against which the air catches and turns it that gives it its curve.

If you pass your hand over a plate glass it moves smoothly with nothing to retard it. If you pass your hand over an unplanned board you can feel the roughness—splinters we call them. You cannot move your hand as easily over the board. This is in the same principle with the baseball. There is a roughness in its surface that catches in the air and forces one side about or retards that side. This has but one result—to make the baseball leave its straight course, and in doing this it describes a curve.

This does not detract in the least from the cleverness of the pitcher who can so accurately judge his muscular control as to make a baseball curve up or down, right or left. But the fact remains that it is the roughness of the baseball that makes all his pitching cleverness possible.

Take a brand new league ball in your hand. It looks to be a perfect sphere—that is, absolutely even and uniformly round and as "smooth as glass." And it may be as smooth as glass, for glass also has a rough surface.

Put a baseball under the most powerful microscope, enlarge it microscopically 10,000 diameters, and what do you see? The very thing mentioned in the first paragraph of this article. The surface is rough. It looks like the landscape in the Alps or Yellowstone park or any other rough section of the earth. It has peaks, ranges, ridges, valleys, plains and holes, gulches and all sorts of uneven places, and if the earth could be made as small as a baseball it would be practically a perfect sphere and absolutely smooth. This is because the highest mountains of the earth and the deepest valleys would be millions upon millions of times smaller in comparison with the rough uneven places on a baseball if either the earth were reduced to the size of a baseball or a baseball enlarged to the size of the earth.

If this were not true the earth would not revolve so regularly upon its axis. It would perform an "in shoot" or "out shoot" and curve off through space.

Even the billiard ball has a surface much rougher in comparison to its size than the surface of the earth, and we refer to a billiard ball as about the smoothest thing known. "As smooth as a billiard ball" is a well known simile. For the same reason that a perfectly smooth baseball could not be curved, a perfectly smooth and perfectly round billiard ball could not be made to curve on the table. It would not take "English," as billiard players call it when they make a ball go forward and then roll backward or in any direction just by the manner in which they strike it with a chalked cue.

This fact of roughness causing it to spin becomes all too evident when a player forgets to chalk his cue and plays several shots thereafter. If the leather tip of the cue becomes shiny it will slip on the ball. There is no purchase with which it can take hold. But chalk is sticky stuff, and the granules are large, so that a well chalked cue has a very rough surface, and this rough surface of the tip of the cue fits into the rough projections on the ball, and thereby a ball can be given a lot of twist. In order to accomplish this successfully, moreover, the billiard cloth nap must be new and therefore rough.

During recent experimentation with regard to the kinetic theory of gases a Belgian scientist desired to find out how perfect a sphere could be made in order that by the clashing of these together an idea might be secured of the effect of the collisions of the spherical atoms that make up a gas. The project had to be abandoned at last because no machinery could be constructed that would turn out a perfect sphere artificially, and nature has no perfect sphere of large size in all her many forms of matter. Perfect disks could be made, but a round ball was beyond the limits of human accomplishment.—New York American.

The greatest pleasure is the power to give it.

Stop That Itch!

I will guarantee you to stop that itch in two seconds. A 25 cent bottle will prove it.

No remedy that I have ever sold for Eczema, Psoriasis, and all other diseases of the skin has given more thorough satisfaction than this.

D. D. B. Prescription for Eczema

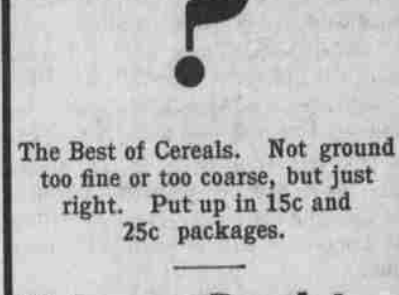
I guarantee this remedy.

CONRAD STAFRIN

—Dallas Wood and Coal Yards, W. L. Barber, proprietor. Office phone 334; residence 863.

Have You Tried Golden Rod Wheat Nuts for Breakfast?

The Best of Cereals. Not ground too fine or too coarse, but just right. Put up in 15c and 25c packages.



Holman & Boydston
Agents
521 Main St. Phone 1271

SHOVEL GANG TURN MINERS

"Pay Dirt" Found in California
Gravel Bed on S. P. Property.
San Francisco, July 7.—Gold, real yellow gold, pay dirt, like that which set the forty-niners wild with excitement, has been found in the Southern Pacific gravel pit at Cordova, California. And the men on the job have lost no time in using their spare hours to annex snug little sums to their regular wages.

The fun began when the huge steam shovel ran into an old river channel. The Southern Pacific gets its material for ballasting the right of way at Cordova, and loads the gravel into freight cars with a steam shovel. One day, as the bucket tipped over with its load, a workman saw something glint in the sunshine. He passed the word along to his fellows, and since then every pick and shovel and pan in the neighborhood has been pressed into service until the place looks like a pioneer mining camp.

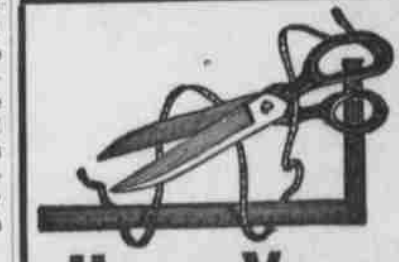
Cordova is in the heart of the gold dredger region, near Folsom. Years ago, the surface was scratched by placer miners and washed with hydraulic jets. Then it was abandoned because there were more attractive fields elsewhere. With the invention of dredgers that could work cheaply and profitably for a small proportion of mineral attention was again directed to the district. In 1912, in all the dredger fields of the state, something like \$8,000,000 was extracted. The industry flourishes around Folsom and Oroville and in Trinity and Shasta counties.

The railroad company is not objecting to its employees getting their share of this richness and it is said that jobs on the steam shovel gang are now at a premium. Only J. T. Williams, assistant division superintendent of the Southern Pacific, couldn't understand for a long time what made his men so unusually industrious, especially after work when they were supposed to be tired and worn out.

Hats Cleaned.
Have your Panama bleached and cleaned at Begin's, the tailor's. If

ED. F. COAD,

Attorney at Law.
Probate Cases a Specialty.
Room 20, National Bank Bldg.



Have Your Suit Made In Dallas By Phil Begin Merchant Tailor

Pressing and French Dry Cleaning Goods Called for and Delivered
Phone 1201 Shop 514 Mill St.

Bicycles

Prices to Suit the Pocket-book. \$25 up.

Our wheels are standard made machines and fully guaranteed. If you are looking for a bicycle come to our shop. We will convince you of quality and price.

L. B. HIXSON, Jr.,
(Successor to Lee Smith)

315 Main Street, Dallas, Oregon
Phone 1072

PUBLICITY without Salesmanship is Nix; Publicity plus Salesmanship is Advertising
---Elbert Hubbard

When you think of Flour or say Flour, say "OREGON'S BEST"

Made right here in Dallas of Choice Selected Wheat, and guaranteed in every way. Many housewives noted for their fine reputation for Light and Wholesome Bread, owe it to OREGON'S BEST. Try a sack.

SWEENEY BROS., Millers
DALLAS, OREGON

Summons.

In the Circuit Court of the State of Oregon, for Polk County.
J. W. Jenkins and Flora M. Jenkins, Plaintiffs, vs.
Gilbert Alderman and any and all parties or persons claiming any right, title or interest in or to the real property described in the complaint herein, Defendants.

To Gilbert Alderman and any and all parties claiming any right, title or interest in or to the real property described in the complaint herein, the above named defendants.

In the name of the State of Oregon: You and each of you are hereby required to appear and answer the complaint filed against you in the above entitled cause and Court, on or before six weeks from the date of the first publication of this summons, and if you fail so to appear and answer the plaintiffs will take a decree against you as prayed for in their complaint herein, to-wit: that plaintiffs are the owners in fee simple of the following described real estate to-wit: The North half of the Southeast quarter of Section 15 in Township 6 South of Range 4 West of the Willamette Meridian, in Polk County, Oregon, containing 80 acres more or less and that you be forever barred and enjoined from claiming any right, title or interest either in law or in equity in or to said real premises or any part thereof.

This summons is published for a period of six weeks by order of the Hon. J. B. Teal, Judge of the County Court of the State of Oregon for Polk County, made at Chambers on the 21st day of June, A. D., 1913, and the date of the first publication will be on the 24th day of June, 1913, and the date of the last publication will be on the 5th day of August, 1913.

SIBLEY & EAKIN,
6-24-8-5 Attorneys for Plaintiff.

Executor's Notice.

Notice is hereby given that the undersigned has been duly appointed by the County Court of the State of Oregon for the County of Polk as Executor of the last will and testament of Ruth Ruble, deceased, and that he has duly qualified as such Executor. All persons having claims against the estate of said decedent are hereby notified to present the same, duly verified, to me at the office of Sibley

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