

There is No Land Like Oregon and Only One Willamette Valley

Items of Interest At Oregon Normal

The preliminary contest, to select a student to represent O. S. N. S. at the state Oratorical contest, will be held at the chapel hour on Friday morning, January 27. The students who will try out for this place and their subjects are as follows:

The Individual, the Unit of Civilization—Hazel Harris
Education for Peace—Frances Blake
New Educators for Old—Mrs. Ethel McAdoo
The Preservation of White Supremacy—John Dickson

All have worked industriously gathering and organizing material and rehearsing the completed composition, so that while only one will win the coveted place, every contestant has gained valuable training through his effort. The public is invited to the chapel hour on Friday to listen to the chapel contest.

The literary societies held their initiations on Monday evening in the gymnasium. Each organization now has 177 members, a fact which necessitates careful planning to give everyone a chance to appear on a program.

Mr. William J. Johnson, official representative of the Board of Temperance and Moral Welfare, will speak at the chapel hour on next Tuesday. Townspeople are welcome to this speech.

Mr. W. G. Beattie spoke to the students at the chapel hour on Thursday on the organization and work of the United States Bureau of Education. Mr. Beattie was formerly in governmental educational work in Alaska and gave a most interesting talk.

Miss Helen Michaelson attended the meeting in Salem last Saturday of the executive committee of the State Oratorical League. Miss Michaelson is the O. N. S. representative in that body.

The Delphians will give their regular monthly program in the chapel Friday evening, January 27, beginning at 7:30 o'clock. The program will represent various departments of "The Delineator" in a unique and entertaining way. The public is cordially invited to this program. It will begin very promptly at 7:30 as a basketball game is to be played in the gymnasium by the high school at 8:30.

A motion picture entitled "Bob Hampton of Placer", will be shown in the chapel on Saturday evening, January 28. This picture is made from a novel by Randall Parrish, a fact which is in itself a recommendation, and has an interesting plot, full of action.

The Vespertine society put on the first program of the term, covering French art, literature, music and drama. Miss Helen Michaelson sang a group of French songs, one being, "The Rosary" in French, an original sketch of French life and art was given by a group of girls. Also a one act play "Rosalie" by Max Maurey, was staged by Dorothy Ward, Jane Gunn, and Nell Warner.

A company of congenial friends dropped in on Mr. and Mrs. M. J. Butler Friday evening, bringing their dinners along. They dined together and spent a pleasant evening, finding the experiment so satisfying they decided to call themselves the "Hoppers" and try it again at regular intervals. Present were Messrs. and Mesdames Earl Butler, Allan Underwood, A. L. Keeney, and Tom, and Mrs. Sadie Smith of Independence and H. W. Morlan and M. J. Butler of Monmouth.

Judge Belt has gone to Pendleton to hold court.

MacFarlane, a Man of Many Talents

The date for the third number on the Lyceum course is Monday, January 30, when Peter Clarke MacFarlane will lecture in the Normal Chapel.

Mr. MacFarlane has lived for many years in California. He was educated at Berkeley. After graduation from college he began as a freight agent in Los Angeles. In 1900 he became an actor, and played or two years in stock companies on the Pacific Coast. In 1903 he entered the ministry and since then has been pastor of the People's Church in Alameda, California. He is a lecturer of note and likewise comes heralded by success in other fields. He is perhaps best known as a writer of fiction. His stories have appeared in many of the popular periodicals. One of his books, "Held to Answer", is largely autobiographical, and deals with the career of a man who strives to find self expression through helping others. From a wide acquaintance with well known men he brings a wealth of anecdote to enliven a lecture, the subject of which is "Us Americans".

The Lyceum management has made an effort to bring entertainments that are the best of their kind. The presence and co-operation of the people of Monmouth will be greatly appreciated. The tickets will be on sale at Morlan's, or at the door. Price, 50 cents. Children and High School students, 25 cents.

Evangelical Church
"The Home-Like Church"
11 a. m. "A. D. 1922"
7:30 p. m. "Friends of the Evil One"

10 a. m. Sunday School. Mr. Poole, Superintendent. Don't send your child—bring him.
6:30 p. m. Christian Endeavor. The male Quartet will sing for us Sunday evening.

The Boys' Chorus will meet Wednesday evening at 6:45.

7:30 p. m. Wednesday—Prayer Meeting. Which do you know best the newspapers or your Bible. No one can say he is well read until he has read his Bible. If you never go to prayer meeting because it is too dull we will have a surprise for you.

Ladies' Aid Tuesday and Thursday. Saturday, Choir practice.

It does not matter what denomination you belong to, you are welcome at all our services. We preach the Word and not denominations so you need not be afraid that we will "take our text on you". The Bible plan is Union not division. Come, we will do you good.

Baptist Church
Our Dwelling Place" and Some Nameless Minor Prophets", are the subjects of the sermons for Sunday.

All regular services at the usual hours. Special music is promised for both services.

The C. E. promises a program of unusual interest for Sunday night, with Miss Thelma Gooding as leader.

Christian Church

The Subjects both morning and evening will be of the greatest interest. You should hear them both in order to get the full grasp of them. In the morning the subject will be, The teaching of Christ and His Apostles on the subject of "Sin and its Punishment". In the evening, "The most Plausible Objections" to this doctrine will be examined. Don't fail to hear both sermons.

The Choir will meet for practice Saturday evening at 7 o'clock at the home of Mr. and Mrs. Leask.

We passed the fifty mark at the prayer meeting. Let us work together to make it one hundred next Wednesday at 7:30. We are still on the subject, How to Read and Study the Bible.

Bible school at 10 o'clock. C. E. at 6:30.

The Dorcas Society meets at the home of Mrs. Chambers, Tuesday afternoon.

Ladies Aid Thursday afternoon at the church.

The Sacred concert at the church Sunday eve was much appreciated as was also the special by the choir in the morning. There will be some fine music both morning and evening by the choir.

Rumored, Reported Concocted, Collected

As will be noted elsewhere, the Monmouth & Independence bus line is raising fares. Proprietor Derby says this is necessary to comply with the new state laws which regulate this type of common carriers. To comply with the law, Mr. Derby says, will cost him \$500, a large item being for insurance against accident for which the bus lines are made responsible in the law.

A letter from E. R. Ostrom indicates that he is now located near Redding, California, where he has bought a few acres with the climate privileges thrown in and has embarked in the poultry business. He plans to keep about 1500 chickens.

Don't overlook the basketball game tonight. Monmouth high vs. the State Deaf school. The local boys played an exciting game with Airlie last week in which they came up from behind and overwhelmed their opponents with a last half rush.

D. A. Norton was official court stenographer in Dallas in the circuit court session which closed on Wednesday of last week. Miss Barrett, the regular stenographer was laid up with a broken arm received when she slipped and fell on an icy walk.

Pomona Grange next Saturday will be held at Brush college. Mrs. Minnie Bond of the State Grange will be present and install officers.

The Women's Christian Missionary Society will meet at Mrs. O. A. Wolverton's, Friday, February 3 at 2:30. Mrs. Esson of Dallas and Mrs. Barton Riggs of Salem will be the chief speakers. A full attendance of the members and all Christian ladies are urged to hear these women.

Justice Coad in Dallas collected in fines and turned into the county general fund, \$435 in fines from bootleggers and illicit distillers since the first of the year.

W. J. Thompson, the lecturer who appears in the Normal chapel next Tuesday morning, is from Minneapolis, Minnesota. He takes for his subject "Lincoln the Christian". Mr. Thompson appears in behalf of the Temperance and Moral Welfare league and is making a tour of the Northwest. He is reported to be an entertaining and convincing talker and people who like to hear a good address should not fail to hear him.

HIGH SCHOOL

The students are enthusiastically looking forward to the semester examinations to be held Thursday and Friday of next week.

We are expecting to see an interesting game this Friday evening when the State School for the Deaf plays M. H. S.

A most exciting game was played with Airlie last Friday. The score was in favor of Airlie at the end of the first half, but by the end of the second half the score stood 12-19 in favor of Monmouth High. The game was played in the Normal Gymnasium.

The Monmouth girls matched themselves with the girls' team at Independence last Saturday night and carried away the score of 6-1.

The Student Body greatly appreciated the talk given by Rev. Rossell, Monday morning. He used for his subject, "In the Days of Our Youth".

The school will be favored by a talk from Mr. I. C. Powell, the chairman of our School Board, next Monday morning.

A number of students are making a great effort to cover the required amount of book-keeping and typing by the end of the semester. We hope that these efforts will prove successful in all of the studies as well as in typing and book-keeping.

The standings of the various basketball teams of the county are as follows:

Dallas	-	-	1,000
Buena Vista	-	-	800
Monmouth	-	-	500
Airlie	-	-	500
Independence	-	-	250

Monmouth girls team stands at 567.

Joe Staats.

Eat Fruit And Be Healthy and Happy

(By Dr. J. M. Powell)

The therapeutic and food values of our Oregon fruit are not as well known and appreciated as they should be—not even by our growers who should be able to talk first hand in boosting for health giving properties and universal consumption. It is an old lesson in physiology that you may feed a duck on butter alone until it will get too fat to live, and die from inanition, i. e., lack of proper nutrition.

A variety of food is as essential to health of body and mind as it is to efficiency of body and mind. The great medicinal properties of our native Cascara—as contained in the new cambium layer of the bark—are known and used all over the world. Our fruits, which are none the less essential to the highest state of human development and efficiency, have a two-fold value.

Cereals and legumes contain much phosphate of lime and protein—essential elements of food as bone and tissue builders—but are better digested and assimilated by the acids and various elements in many of our fruits. The carbohydrates—fats and sugars, our heat producers—require the fruit acids as nerve stimulants and builders if any considerable quantity is to be digested and assimilated.

The growing periods of the human race require a great quantity of the body builders, hence the importance of fruits, as well as whole wheat bread, beans, etc., while in the adult period and declining years of man the acids are likewise essential to maintain natural activity of both body and mind, prevent arteriosclerosis, prolong youth and defer old age, and therefore increase longevity. Yet some uninformed persons will pretend that fruits are not essential foods. The value of foods in the human economy is not determined by calories alone, but in the various vitamins of both the animal and vegetable kingdoms.

The healthfulness of the well-matured apple while in prime condition has long been known. It is a laxative, and the fresh sterilized cider has a beneficial effect upon the kidneys, often relieving chronic lumbago. Pears are similar in usefulness. Cherries contain tannin and should be thoroughly ripe before being used, and not eaten with milk. The tannin with the mild laxative effect tends to clear the intestinal tract of mucus and prevent auto-infection.

Peaches are similar in content, usage and action when fully matured and in prime condition. Our native wild blackberry (a dewberry) heads the list of all vine berries for quality and general use. The upright cane blackberries are too coarsely seeded and astringent for most people to make them a desirable food. The one-time popular blackberry brandy is no longer needed for summer dysentery.

The well-known loganberry—possessing the qualities of both our wild dewberry and red raspberry, and so well adapted to climatic conditions west of the Cascade range of mountains—is the best and most useful of all the berry vines and bush fruits. Like the apple and prune, it can be enjoyed in some form every day in the year. The Oregon Agricultural college analysis shows a combination of acids—citric—same as in the citrus fruits; malic—same as in the apple; and phosphoric—the greatest of all life-giving acids, so useful in deferring old age, the greatest and best combination of acids. The pure sterile juice contains the desired amount of pectin, and readily makes a tart-sweet jelly, unequaled in both flavor and healthfulness as a jelly.

The same quality of juice diluted with water and a little sugar makes a refreshing drink, toning up the flagging arteries. The berry, well-ripened and canned in prime condition, is one of our most healthful fruits. The tonic properties and laxative influence with its fine seeds assist in clearing the intestinal tract of mucus, thereby preventing development of various auto-infectious diseases.

Our Oregon-grown Italian prune—a "tart-sweet"—is one of the trio with the apple and loganberry suitable in some form for use every day in the year. It contains dried

WILL SHE WED THE KAISER?



Frau von Rockow

This is Frau von Rockow, widow of a German colonel, who is to marry ex-Kaiser Wilhelm, according to rumor.

(O. A. C. analysis) from 40 to 49 per cent sugar. The acid combination not only adds to its flavor, but renders it an aid to digestion and a mild laxative which the larger portion of the human race needs—in addition to its superior nutritious qualities due to that combination.

Sweets, like fats, eaten alone, soon derange the system, but when combined with the natural fruit acids are readily digested and assimilated, making our Oregon-grown Italian prune a food of superior therapeutic and food value.

Our fruits should be a part of the daily dietary of the whole human race. Our growers can conscientiously and dutifully back up all propaganda for this purpose.

Our Oregon-grown walnuts and filberts are not only large and attractive in appearance, but have the finest flavor and best keeping qualities, in comparison with which the imported Manchurian walnuts and Sicily filberts would be inferior culls and expensive at any price. Our citizens should not only know and appreciate the full value of our home-grown foods and use them more freely, but they should be good, loyal people and boost for our home industries.

Obituary

Rebecca Jane Stribling, one of the older citizens of Monmouth died at the home of her daughter, Mrs. S. H. Hinkle, Tuesday evening. She had reached an advanced age and has been ailing more or less all winter. In December she had a bad spell but managed to weather it a little longer.

Mrs. Stribling was born in Bartholomew county, near Columbus, Indiana, June 1, 1832. She was married to John W. Stribling and they lived in Indiana the greater part of their lives. Twenty years ago they moved to Hartford, Wash. where Mr. Stribling died thirteen years ago. For the past five years Mrs. Stribling lived in Monmouth. She was the mother of ten children, only four of whom are living.

The latter are: Mrs. M. E. Hinkle, Monmouth, Mrs. Susie Wilson, Kansas City, Mo., Wm. Stribling, Otumwa, Iowa, and James Stribling of Hartford Junction, Wash.

Funeral services were held Wednesday afternoon at 2 o'clock in the Christian church with Rev. Rossell in charge. The remains were sent by rail to Hartford, Wash., for burial. Accompanying on this last journey were Mr. and Mrs. S. H. Hinkle, Mrs. F. Hinkle and James Stribling.

"Paddy" Nolan, grand chief patriarch of the State Encampment, I. O. O. F., was a visitor at the regular meeting of the Independence encampment last Tuesday night. Three candidates were given the Royal Purple degree and a new drill was tried out under the direction of the Portland man. There was a large attendance, the usual feed and a good all around time.

L. W. Waller spent Sunday with relatives in Salem.

B. H. Bradley of Antigo, Wis., was sizing up the prospects in this vicinity last Sunday.

Commercial Club Dolls Up a Bit

The Commercial Club held an informal gathering Wednesday night for the purpose of cleaning up the Club Room. The attendance was good and a long needed renovation was accomplished. The floor was oiled, a table installed for magazines and other reading material, a bulletin board put up, and things cleaned up in general. This should be an incentive for all who enjoy the social privileges of the Club to keep it in its present condition.

A copy of the Menu used at the Portland Chamber of Commerce for the opening day of "Oregon Industries Week" was received by the Commercial Club. Monmouth Co-operative Creamery butter occupied a prominent place, it being featured at both the Luncheon and the Dinner.

The Commercial Club adopted a resolution protesting against the classification of the West Side highway as a secondary highway and sent it to the State Highway commission.

Similar resolutions are being sent from other towns situated along the West Side highway. McMinnville being the leader in this movement. The Highway Commission must make its report to the Federal Government before February 11, therefore it is important that all possible be done to further the interests of the West Side Highway before that time.

Governor Olcott is a consistent booster of the idea that the scenic beauties of Oregon must be preserved. Recently civic bodies of Polk county have received communications from him urging action in recommending for appointment a county director in the Scenic Beauty Preservation association. Each county is entitled to a representative in this association and Polk county has not acted as yet.

A. B. Morlan was quite sick during the past week and at one time was threatened with pneumonia, but is on the mend at present.

Dr. Byron White of Yamhill was here a day or two this past week visiting with relatives.

The Social Hour club will meet at the home of Mrs. H. W. Morlan Wednesday afternoon, February 1.

Miss Alice McClain of Des Moines, Iowa, was a recent visitor with her sister, Mrs. H. C. Ostien. Mrs. Ostien and Tom Ostien accompanied her to Portland in their car at the conclusion of her visit.

The Arletta club, a strong organization from Portland, will play basketball with the American Legion team in Independence at the High School gym Saturday evening.

Christian Science

Sunday School at 10 a. m.
Wednesday evening meeting at 8 o'clock.

Sunday morning service at 11 o'clock.

Subject for Sunday January 29, "Love".

BLUEBEARD!



Here is a camera study in court of "Bluebeard" Landru, the Frenchman whose trial in Paris for murdering ten of his wives is becoming world famous. The cables are full of the trial. He had proposed marriage to over 200 women.