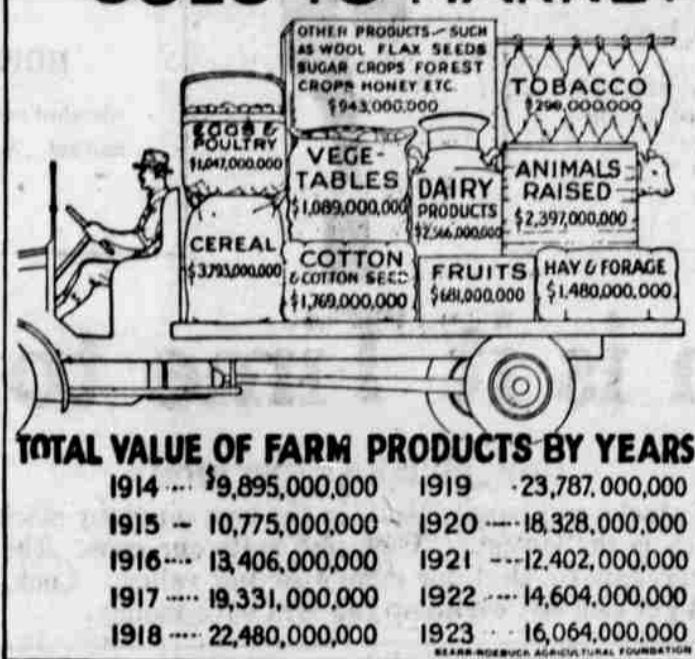


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Get Rid Of That Backache!
Monmouth People Are Finding The Way.

The constant aching of a bad back, The weariness, the tired feeling; Headaches, dizziness, nervousness, Distressing urinary disorders— Are often signs of failing kidneys And too serious to be neglected. Get rid of these troubles! Use Doan's Pills—a stimulant diuretic to the kidneys. Hosts of people recommend Doan's. This is a typical case. Jack Mott, prop. second hand store, Main St., residence, 215 Ash St., Dallas, Ore., says: "I had backache and kidney trouble. Constant strain and neglect caused my back to give out but Doan's Pills brought me around in fine shape." NEARLY FOUR YEARS LATER, Mr. Mott said: "If I have any sign of kidney complaint Doan's soon fix me up."

Price 60c, at all dealers. Don't simply ask for a kidney remedy—get Doan's Pills—the same that Mr. Mott used. Foster-Milburn Co., Mfrs., N. Y.

THE FARMER GOES TO MARKET



During 1923 the American farmer carried over \$10,064,000,000 worth of grains and live stock, dairy and poultry products, fruits and vegetables from the farm to the market. The total value of the nation's farm output was \$146,000,000 more than the estimated value for 1922 and over \$6,169,000,000 more than the value of the farm products in 1914. In 1921 and 1922 the value of farm products was lower than any year since 1916, when the total was \$13,406,000,000. With the entrance of the United States into the World War, prices for farm crops almost doubled in value. In 1917 the total value of farm products was \$19,331,000,000, an increase of \$5,925,000,000 over the previous year. In 1918 the value had reached \$22,480,000,000 and in 1919 it was estimated at \$23,787,000,000. In 1920 the total value of farm products decreased in the one year more than \$5,459,000,000. In 1921 there was a still greater reduction, the total value having dropped to \$12,402,000,000, the lowest since 1915. Since 1921 values have been working their way back to normal.

Of this year's crop more than \$2,000,000,000 worth were marketed by the farmer's own business organizations at the actual cost of handling. Reports from 2,000 grain co-operatives show business totalling \$490,000,000; 1,841 dairy products organizations did a business of \$300,000,000; 1,182 live stock shipping associations, \$280,000,000; 78 cotton co-operatives, \$100,000,000 and 14 tobacco organizations, \$132,000,000. Only 8,318 of the 10,300 organizations have reported, of which 90 per cent were primarily engaged in selling farm products.

TALES OF THE OLD FRONTIER

By ELMO SCOTT WATSON

THE MEN WHO FOUGHT ON SKATES

THEY fought on water but they were not sailors. For the water was the frozen surface of Lake George in New York and they were "Rogers' Rangers," commanded by Maj. Robert Rogers, one of the most successful military leaders who ever fought under

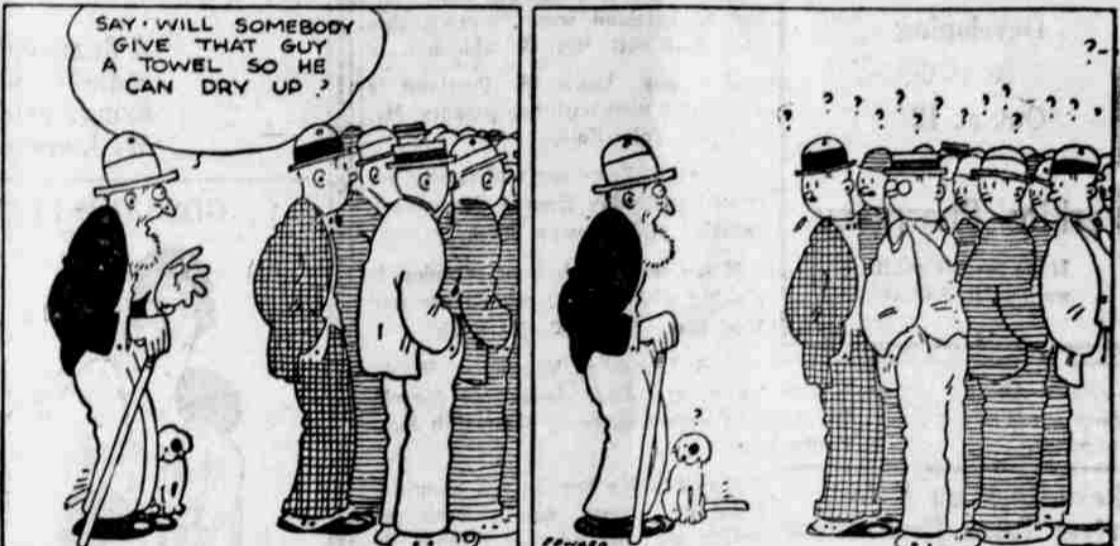
the British flag against the French. In January, 1757, Rogers was detailed to the special task of harassing the enemy around Ticonderoga and Crown Point. The Ranger leader equipped his men with skates upon which they sped over the ice on innumerable daring raids under the very guns of the forts.

One day near Ticonderoga Rogers discovered a sledge moving across Lake George and sent his lieutenant, John Stark—the Stark of Bennington fame later—to intercept it. A moment later ten more sledges appeared but, discovering Stark's approach, their drivers immediately put about to flee. In an instant Rogers' men had clapped on their skates and started in pursuit. Stark had already overtaken the rear sled but it soon became evident that the bigger prize was about to escape. One after another the sledges crossed the line of safety until all except two had swept past. Just as they were about to reach the goal, Rogers, who was a little in advance of his men, unslinging his gun, never slackening for an instant his terrific speed, he threw the weapon to his shoulder, and fired.

One of the horses crashed to the ice but it was carried along by its momentum for a hundred feet before its mate became entangled in the harness and fell. In a moment the Rangers had surrounded the driver and made him prisoner. The last sledge also fell an easy victim. The race between horse and man had been won by man. Knowing that the drivers who had escaped would arouse a pursuing party, Rogers immediately ordered a retreat. Within a few hours the French and Indians were swarming all around them. After an all-day fight in which many of the Rangers were killed and Rogers himself severely wounded, they finally beat off their attackers and, in a retreat filled with hardship and danger, managed to make their way back to Fort William Henry.

FOLKS IN OUR TOWN

Pop's Advice
By Edward McCullough
AUTOCASTER



YOU NEED NOT FAIL

There were just two things that Tom Kendall could do well. One was to shave his father on Sunday mornings and holidays; the other to press the old man's trousers once a month. Tom's father, John, was a back woodsman in the hills outside of Lynchburg, Va. His mother and sister had been burned to death in a forest fire. He was scarred and partially crippled in the same flames. In 1904 when Tom was 15, his father was killed. Tom made his way on foot to Richmond where he secured employment as a tally boy in the freight yards of the Southern Railway. He was paid \$5 a week and was allowed to sleep in the rear of a locomotive shop. Two years later with \$96 he had saved from his scanty earnings he laid in a stock of candy, cigars, magazines, fans and gum and was permitted to sell them on passenger trains. Trainmen taught him to read and write and by the time he was twenty-one he had educated himself, equivalent to the first year in high school. Incidentally he had saved \$1,425. With this money he went to New York. He opened a small tailor shop on Broadway. In one year he built up a trade that encouraged him to open a larger shop. Just before the world war he moved to Montreal where he opened a still larger tailor shop. On the day war was declared he sold his business for \$11,000 and enlisted in a Canadian regiment. He was gassed in the Argonne and wounded in a later engagement. At the close of the war he returned to Montreal, drew out his money and bought a prize chicken farm in Ottawa. Today he is married, has a palatial home, two growing boys and is called wealthy. He says he will eventually quit, return to Lynchburg, buy a house and enjoy the life of a country gentleman.

PE-RU-NA
A LETTER
"I have used Pe-Ru-na in my family for over 25 years for coughs, colds and throat trouble. I would not have continued all this time had I not found it gilt edged and as recommended by Gen. Cassidy, Standish, Mich. Pe-Ru-na has been in constant use in the American family for more than fifty years. Sold Everywhere Tablets or Liquid"

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Something made of good flour, good milk, of good nourishing compressed yeast, of good shortening.
A Pure Food Product
What could it be but bread; the perfect food?
There is no food on earth so tempting when it's really pure and wholesome like
Genuine Butternut and Holsum Bread
CHERRY CITY BAKING CO., Salem, Ore.

How to Be Healthy
The Crusade of the Double-Barred Cross
Practical Talks on Disease Prevention
Prepared by the OREGON TUBERCULOSIS ASSOCIATION
(Practically every adult person is infected with tuberculosis. This infection need not be a source of danger. To keep the latent infection from becoming disease, bodily resistance must be kept at its best. This series of articles shows you how to keep healthy.)

EXERCISE FOR ADULTS
GEORGE J. FISHER, M. D.

THE history of man is that he has always been accustomed to vigorous bodily exercise. Consequently his muscles are numerous and large. About half the body weight is made up by the muscles. Thus they constitute a large part of his being. Furthermore, in his development the muscles came first. Heart, lungs, liver, nervous system, all came later. They came as a result of muscle contraction. When muscles were used in a greater variety of ways then there was need for richer blood, more elaborate digestion, and a nervous system to control them. Half the brain in fact is given over to the care of the muscles. Thus we see that muscles are exceedingly important organs. They are related to all the organs of the body. They are most closely connected with the nerves of the body and are very directly related to the brain. Well-toned, active muscles mean a good heart, strong lungs, good digestion, fine circulation, nervous control, and mental vigor. When the muscles get flabby and lose their tone the blood gets sluggish, the lungs lazy, the nerves jumpy, and the brain dull. You cannot neglect the muscles without feeling the results at many important points.

Now unfortunately most of our work today does not make sufficient demand upon our muscles. A great deal of it is done sitting still or standing still, and we were never made to sit still or stand still. We were made to be physically active. Most of the big muscles are quite closely related to the legs. We should concern ourselves with leg activity. Walking, slow running, leg bending, and body bending, and twisting from the hips are necessary. Note how quickly rapid walking or body bending affects our breathing, the heart rate, and if more prolonged, the digestion. Most of our ailments such as indigestion, short wind, dullness of the head are due to muscle inactivity. Provide the activity and these will disappear. A brisk walk several times a day, indulgence in some favorite physical game once or twice a week, some muscle calisthenics in morning and evening, a daily sponge bath with a brisk rub will put most of us in excellent condition if practiced regularly. On the other hand to neglect this practice may result in a tendency toward sluggishness, occasional bilious attacks, chronic colds, increase of weight so characteristic now of mid-life, and shallow breathing.

Some of us too are in lines of work which tend to contract the chest, round the shoulders, bring the head forward, or push the lower part of the abdomen downward and forward, and thus lower the tone of muscles and the bodily organs which are closely related to them. In such cases exercises should be taken to counteract these conditions. All exercise should be taken with the head up, shoulders high, chest raised, and back slightly arched; when this is done it helps to keep the body in these positions.

People who may be in occupations which overexert certain parts should by relaxation rest the parts affected. Those who stand a great deal should lie down when resting with feet slightly elevated. Rubbing of the tired parts in the direction toward the heart after a hot bath of the parts followed by cold will relieve the tension and the fatigue.

Most adults need vigorous exercise of the muscles located between the shoulders and the knees. Those who wish a special set of exercises I should advise to secure a copy of the Boy Scout Handbook. The chapter on Health and Endurance contains a good drill for daily use.

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