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 1 to 5 ton GMC, Republics, Whites, etc.
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 FISTULA, FISSURE, Itching and all other rectal conditions except Cancer permanently cured without a surgical operation. My method of treatment saves the tissue instead of destroying it. It is painless, requires no anesthesia and is permanent. There is no confinement to bed, no interference with business or social engagements. I guarantee a cure or will refund your fee. Call or write for booklet. Mention this paper when writing.
DR. C. J. DEAN
 Second and Morrison Sts., Portland, Ore.

WEARS NECKTIE 38 YEARS OLD
 Oregonian "Sports" Cravat at Daughter's Wedding He Wore First at His Own.

Albany, Ore.—Fred P. Nutting, editor of the Albany Democrat for more than thirty years and now residing in Portland, where he is connected with the United States Internal Revenue Service, gave away his daughter,

SCHOOL DAYS



Uncommon Sense
 By JOHN BLAKE

INSPIRATION

A RECENT Sunday newspaper printed a picture of the head of one of New York's biggest banks. He was in a baseball uniform, and but for a mustache—an ornament now discarded by ball players—looked like a professional.

The picture was taken at an outing of the Bond club. The banker served as pitcher for the New York team. The type below recited the fact that he got his first job in an Albany bank because he was a crack ball player, applied himself to banking as eagerly as he had applied himself to baseball, and in a few years was well on his way to his present position.

It is needless to say that this particular baseball player didn't put all he had into the game. He was unusually gifted as a pitcher, and might easily have got into one of the big leagues, too.

But he had the good sense to know that baseball was not a steady business, and that banking was. And instead of seizing an opportunity to make fairly big money early in youth, he was content to try the banking business on a small salary.

Of course there are a good many men who started in the banking business when he did, and who are still about where they were when they started. But at least they still have steady jobs. If they had taken to baseball they would not be doing as well.

Our object in referring to this particular case is to call attention to the fact that if you want inspiration in your work you can get it in the newspapers—plenty of it.

Brief bits of biography such as the one we have cited appear almost every day.

Seldom is a prominent man's name mentioned in connection with an important affair that you do not learn something about how he started and why he succeeded.

If you want to read about the failures—and the horrible examples, you can read about them, too.

While this man was rising from a bank clerk to a bank president, another man who started as an important official of a bank—chiefly because his father owned most of it—was preparing to travel in the other direction. He made the journey, and has just arrived at the point he started for.

All human history is epitomized in the daily news.

Read the papers. Think about what you read. After that if you don't succeed, it will not be because nobody told you how.

(Copyright.)
Systematic Accumulation.
 "How did prices get to be so high in the first place?" inquired the plain citizen.
 "Well," replied Mr. Dustin Stax, "the more profit you made the more surtax you had to pay and the more surtax you had to pay the more profit you had to make."

THE CHEERFUL CHERUB
 I like to walk on summer nights. The air with mystery just teems, And rushing past me I can feel The sleeping peoples coming dreams.

Mother's Cook Book

"All service ranks the same with God. With God, whose puppets, best and worst are we: There is no last and first."

EVERYDAY FISH DISHES

ONE may usually find good salt or smoked fish in the markets when the fresh fish are unobtainable. Finnan haddock which is dried and salted, then smoked, which gives it the flavor so well liked. It should be freshened very carefully not to lose that flavor. Twenty to thirty minutes' soaking in warm water is sufficient to remove the excess of salt. Picked up, added to cream and served with baked potatoes it is very good.

Finnan Haddock With Tomatoes.

Take one and one-half pounds of finnan haddock, two tablespoonsful of flour, three tablespoonsful of butter, a dash of pepper, three tablespoonsful of minced onion, two cupsful of tomato juice and two tablespoonsful of green peppers minced. Freshen the fish and cook it gently in water for twenty minutes. Flake it into small bits with two forks, carefully removing all bones. Melt the butter in a saucepan, fry the onion and pepper until softened, add the flour and gradually the tomato juice. Let the mixture boil, add the fish, and when it becomes very hot serve at once with boiled macaroni.

Casserole of Smoked Halibut.

Take one and one-half pounds of smoked halibut, three small onions, one-half cupful of carrots cut in strips, six potatoes quartered, one-fourth teaspoonful of pepper, one and one-half cupsful of tomato juice, four tablespoonsful of butter, boiling water and bread crumbs. Brown the carrots and onions in the fat and parboil the potatoes for five minutes, then drain and rinse them. Scald the fish and cut in pieces suitable for serving. Put a layer in the casserole, then some crumbs and vegetables, more fish, until all is used. Barely cover with boiling water and tomato juice. Put the cover on the dish and bake for one hour.

Nellie Maxwell
 Copyright, 1922, Western Newspaper Union.

THE ROMANCE OF WORDS

"ELECTRICITY"

IN SEEKING the derivation of this word, one might be pardoned for supposing that it had something to do with the ancient word for lightning or even for steel or iron, because these substances have become connected in our minds with the substance itself. But "electricity" is one of those words which might be termed "natural errors," for it has its origin in the Greek word for amber—elektron. In fact, a literal translation of it would be "the quality of being like amber."

The connection is far from apparent until we dig back into Greek history and find that the scientists of ancient Athens discovered that, by rubbing a piece of amber vigorously they were able to attract light objects with it. We now know that the force which we call "electricity" was generated by the rubbing of the amber, by the friction applied to its surface, but the Greeks were of the opinion that this was a quality inherent in the amber itself. While the existence of this force has been apparent in the form of lightning, magnets and the like, for countless centuries, it was only in very recent times that it was recognized as a distinct power, to be studied and catalogued and used for the benefit of mankind. The name applied to it, however, was the name given by the Greeks to the substance which manifested it. (Copyright.)

CHEAP FEED FOR WINTERING COWS

Experts Favor Corn Silage and Wheat Straw With Hay or Cottonseed Meal.

EXPENSE OF RAISING CALVES

Experiments Conducted in Blue-Grass Regions of Appalachian Mountains in West Virginia—Rations Used for Cattle.

(Prepared by the U. S. Department of Agriculture.)

Corn silage and wheat straw with either mixed hay, soy-bean hay or cottonseed meal is a much cheaper ration for wintering beef-breeding cows than shock corn, mixed hay and wheat straw as tried out in feeding experiments recently carried out by E. W. Sheets and R. H. Tucker of the bureau of animal industry, and described in Department Bulletin 1024, "Feeding Experiments With Grade Beef Cows Raising Calves," which has just been issued by the United States Department of Agriculture. The work described in the bulletin has to do with the advantages of certain practices, the economy of a number of rations and the cost of raising calves to weaning age. It applies to the blue-grass region of the Appalachian mountains, a region that furnishes most of the grass-finished beef for the Eastern markets.

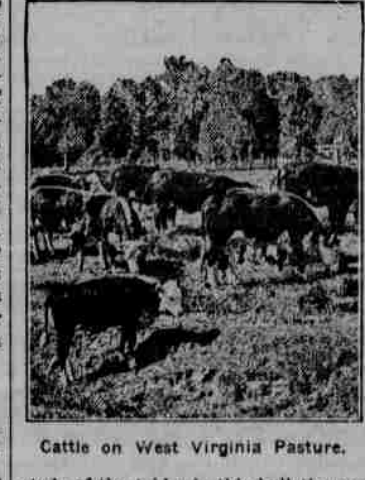
Conditions Similar in Other States.

The farm on which the feeding was done is in the southeastern part of West Virginia, but the conditions there are similar to those in parts of Pennsylvania, Ohio, Virginia, North Carolina, Georgia, Kentucky and Tennessee. The conclusions also apply in part to other nearby regions.

The rations used for the four lots of cows were: Corn silage, mixed hay and wheat straw; corn silage, soy-bean hay and wheat straw; corn silage, cottonseed meal and wheat straw; and shock corn, mixed hay and wheat straw. As mentioned in the first paragraph, corn silage and soy-bean hay or cottonseed meal, is a cheaper ration than shock corn, mixed hay and wheat straw for wintering beef cows. As the cows fed on the mixed hay and soy-bean rations produced a larger calf crop than those fed the cottonseed meal, the average cost per head of raising their calves was practically 6 per cent less. As sources of protein, mixed hay and soy-bean hay, where they are grown successfully, have additional advantages in that they can be raised on the farm, while cottonseed meal must be purchased.

Cost of Raising Calves.

Actual costs of raising calves vary with the time and locality, but by a



Cattle on West Virginia Pasture.

study of the tables in this bulletin any farmer in this blue-grass region may determine with considerable accuracy what it will cost him to grow feeder calves to the weaning age. The bulletin should be studied in connection with Department Bulletin 1024, "Effect of Winter Rations on Pasture Gains of Calves." These bulletins may be obtained by addressing the Department of Agriculture at Washington.

CLOVER BEST FOR ROTATION

Good Plan to Keep Soil Supplied With Necessary Humus—Also Furnishes Cash Crop.

A two-year rotation of wheat, clover pasture and back to wheat keeps the soil supplied with humus and nitrogen. A three-year rotation may be of wheat, clover, pasture, corn. Clover pasture also keeps the land in good condition and returns a cash crop two years out of three. If a seed crop of clover is harvested, then each crop in this rotation becomes a cash money crop. In addition to the regular crop profits, we have the pasture, and the soil improvement as extras.

SELECT VEGETABLE VARIETY

Should Be of Highest Quality, Adapted to Soil and Region and Disease Resistant.

The gardener should choose the vegetable variety of highest quality that will mature within his season, be productive, adapted to his soil, resistant to disease, and have an attractive appearance when ready for the table. The list to choose from is long and the gardener should, if possible, be governed by his own or his neighbors' experiences.

PAINS SO BAD WOULD GO TO BED

Two Women Tell How Lydia E. Pinkham's Vegetable Compound Stopped Their Suffering



Iron Mountain, Mich.—"I had terrible pains every month and at times had to go to bed on account of them. I saw your advertisement and took Lydia E. Pinkham's Vegetable Compound with very good results. I can work all day long now at my sick time. You may use these facts as a testimonial and I am recommending the Vegetable Compound to my friends."—Mrs. A. H. GARLAND, 218 E. Brown St., Iron Mountain, Michigan.

Xenia, Ohio.—"Every month I had such pains in my back and lower part of my abdomen that I could not lie quietly in bed. I suffered for about five years that way and I was not regular either. I read an advertisement of what Lydia E. Pinkham's Vegetable Compound had done for other women, so I decided to try it. It surely has helped me a lot, as I have no pains now and am regular and feeling fine."—Mrs. MARY DALE, Route 7, Xenia, Ohio.

Lydia E. Pinkham's Vegetable Compound is a medicine for women's ailments. It is especially adapted to relieve women. If you suffer as did Mrs. Garland or Mrs. Dale, you should give this well-known medicine a thorough trial.

Short-Sighted Policy.

If friends to a government forbear their assistance, they put it in the power of a few desperate men to ruin the welfare of those who are superior to them in strength and interest.

Fact Has Been Observed.

"De man dat shouts de loudest at a camp meetin'," said Uncle Eben, "often loses his voice by de time anybody asks him for a subscription to build a church."

So Different From Her Own.

"I do enjoy those films with children in 'em," remarked a tired-looking little woman. "When the children romp around on the screen they don't make a particle of noise."

Genius Result of Germ?

Genius has been explained by an Irish surgeon as the product of a germ which gets into and around the human brain.

Daily Thought.

The history of a nation, in the sense in which I use the word, is often best studied in works not professedly historical.—Macaulay.

Uncle Eben.

"Some folks," said Uncle Eben, "kin fall down on deir promises in a way dat makes you apologize foh puttin' 'em to de trouble of explainin'."

Best Carrier Pigeon.

The best carrier pigeon is the Antwerp or Belgian Voyager, which can fly 500 miles in 12 hours if the weather is fine.

Sometimes.

Many a woman is less concerned with the outcome of her marriage than with the income of it.

Literally or Figuratively.

You can't stand well with other people by treading on their toes.—Boston Transcript.

Frames.

If a corner is chipped off a gilt-edged frame, camouflage it with chewing gum and gild with gold paint.

Stringing Him.

The man who is entirely wrapped up in himself carries a mighty small package.—Boston Transcript.

Keeping Honey.

Honey should be kept in a dark place if it is to be kept without granulating.

Bagpipe on Ancient Coin.

Bagpipes are shown on a Roman coin dating back to 69 A. D.

Daily Needle Consumption.

The world uses up an average of 3,000,000 needles a day.

A Best Seller.

The best after-dinner speech ever made: "Walter, give me the check."

Red Cross BALL BLUE
 used for baby's clothes, will keep them sweet and snowy-white until worn out. Write for catalog—Fourth and Yamhill, Portland.
 P. N. U. No. 23, 1922