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DR. CHAS. J. DEAN
 2ND AND MORRISON PORTLAND, OREGON
 MENTION THIS PAPER WHEN WRITING

SPRAINS MAY RESULT SERIOUSLY

Should Never Be Taken Lightly, but Have the Most Careful Attention at Once.

Sprains and strains as a class are injuries which cause little concern and, consequently, to which little attention is paid. The result is, according to the medical correspondent of the London Times, that a great deal of disability is caused which need not have occurred at all. He tells how to avoid much of this and gives explanations which rob sprains of some of their mystery.

Sprains are not by any means so trivial as they are usually supposed to be. Some of them are not "sprains" at all, but slight dislocations, and it is by knowledge of this fact that so-called bloodless surgeons acquire their reputation. A return of the members to their correct position often ends the pain and discomfort of these accidents. Again, some sprains are fractures.

DISCOVER ONE REAL HARD SHELL

It Was Found in New York Excavation and Was Worn by Ciam 500,000 Years Ago.

New York.—A shell, found 100 feet below the surface by excavators for the new Federal Reserve bank, in the heart of the financial district, is that of a clam at least 500,000 years old, according to report from scientists of Cornell university received by an officer of the bank recently.

The shell, thicker than that of any living clam and of an oval shape, was thought at first to have once belonged to an oyster of some extinct species.

It was presented as a souvenir to Benjamin Strong, governor of the Federal Reserve bank, and one of his assistants forwarded it to Cornell for identification.

Katherine MacDonald



Handsome "Katie" MacDonald, the "movie" star, was born in Pittsburgh in 1892. She received her early education there, afterward attending Blairsville college. Her screen career began, without previous stage experience, in support of Douglas Fairbanks in a popular production. She is five feet, eight inches tall, weighs about 134 pounds, has light hair and large blue eyes. She is considered one of the most beautiful women in America, being known as "The American Beauty."

THE RIGHT THING at the RIGHT TIME
 By MARY MARSHALL DUFFEE

RAINY DAY MANNERS

"When the dismal rain comes down in slanting lines,"

SO MUCH depends on good manners on a rainy day!

The ill-bred and inconsiderate man or woman is tiresome enough at any time, but when there is rain in the air and mud underfoot he or she is positively unendurable.

One has to be especially careful in walking in a crowded street when pedestrians carry open umbrellas, and considerable forbearance and good nature are required when by chance another person's opened umbrella becomes entangled in your veil or in the trimming on your hat. Closed wet umbrellas are likewise difficult to manage, especially in public conveyances.

Be on your guard lest they lean or drip against your neighbor. When entering a public place—a library, or restaurant or church, for instance—where there is any way to leave a wet umbrella in the vestibule or the entrance hall do so by all means. In many department stores a boy with a checking rack is placed at the doors for your convenience and, although you are not required to check your wet umbrella, there is usually the desire that you will. Take the few additional minutes that are necessary for this operation and so avoid annoying other people with your wet umbrella.

In many homes there is an umbrella receptacle in the vestibule and when entering you can very conveniently leave your wet umbrella there. Your rubbers can also be slipped off in the vestibule. In other houses there is an entrance hall in which it is more convenient to deposit your wet umbrella and rubbers, but whatever you do, do not cling to these wet possessions when you go into the living quarters of the house.

If friends come to your house on a rainy day it is only the part of hospitality to offer aid in removing their damp garments and in urging them to take a chair near the fire or other heat.

If you have accepted an invitation for a certain day and it chances to be rainy you should not permit that fact to keep you from being present unless by so doing you would actually be endangering your health.

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A LINE O' CHEER

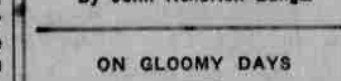
By John Kendrick Bangs.

ON GLOOMY DAYS

JUST as when days are chill and bleak
 The warmth of crackling hearths
 you seek,
 So when the hours of gloom appear
 Then is the time to turn to cheer,
 And with its glow drive out the chill
 Of worry, care, and present ill.
 (© by McClure Newspaper Syndicate.)

UNHAPPY

You look unhappy, old man.
 I am. I am almost as unhappy as a woman with a secret that nobody wants to know.



STATE NEWS IN BRIEF.

Salem.—The Klamath drainage district has requested the state irrigation securities commission to certify to bonds in the amount of \$200,000. The district contains approximately 13,500 acres.

Salem.—The McCormack building, which is one of the largest in the business district, was sold Saturday to Dr. B. L. Steeves, president of the Salem Bank of Commerce, and W. W. Moore, capitalist. The consideration was \$85,000, it was said.

Salem.—Herbert Hoover, secretary of commerce, has subscribed \$100 to the Willamette university endowment fund. Mr. Hoover's check was received here and has been turned over to the committee in charge of the drive. Mr. Hoover lived in Salem at one time, and is remembered by the old-timers of this vicinity.

Salem.—The Marion county farm bureau, at a meeting held here Saturday night, went on record favoring the employment of a county agent here. The local farm bureau has more than 700 members. Members of the Marion county farm bureau will place their demand before the county court here before the first of the year.

Sheridan.—A chesty little white Leghorn cockerel, a blood relative of the hens that established the world's egg-laying record at Puyallup, Wash., recently, Saturday was sold for \$25. The sale was by W. L. Kerr of the Deer creek stock farm near here, to S. A. Rumell of Amity. Mr. Rumell will use the cockerel to head his pen of Leghorns.

Salem.—Assigning of seats in the house of representatives and state senate during the next session of the legislature has been completed by Sam A. Kozier, secretary of state. Charts of the seating arrangement of the two houses are being prepared by the secretary of state and will be forwarded to the legislators within the next few days.

Haines.—Local shipments of wheat by the Oregon Co-operative Grain Growers' association for last week totaled 16,882 bushels, valued at \$17,726. The grain was consigned to Portland. The estimated quantity of wheat stored in Haines warehouses this season is approximately 90,000 bushels, 80 per cent of which is said to be controlled by the association.

Haines.—Eight head of ring stock, consisting of horses used for exhibition purposes in the Haines stampee, Pendleton Round-Up and other wild-west and frontier entertainments given throughout the northwest for the past several years, were sold at auction here Saturday to satisfy a claim for their care and keeping since the close of the show season.

Salem.—A total of 24,000 applications for 1923 motor vehicle licenses had been received at the offices of the secretary of state Saturday night. Last year at this time the applications for 1922 licenses numbered 27,427. Approximately 134,000 licenses for 1922 have been issued. It was estimated that the 1923 applications will total 144,000.

Albany.—Linn county property is assessed at slightly over half its actual value, according to an announcement made here by the county assessor. Figures are based upon the valuation set by the state tax commission. Linn county real and personal property is valued at \$51,019,955.64, somewhat less than in 1921. The total assessment is \$29,591,578.

Salem.—The Oregon Growers' Co-operative association, with headquarters in Salem, has done a business aggregating \$2,500,000 during the year, according to announcement made here by Robert Paulus, manager of the concern. Including checks sent out Saturday, the association has paid to its prune producers within 15 or 20 per cent of the total value of their consignments.

Salem.—Formal decoration of the field colors of the 147th field artillery, of which Batteries A and B of Portland were units, is the impressive event of parade, muster and review of all Oregon national guard troops located in Multnomah county Thursday night according to announcement made here by national guard headquarters. The French croix de guerre, awarded for distinguished service, will be presented.

Salem.—Despite that Sam A. Kozier, secretary of state, has compiled figures showing that approximately \$800,000 will be necessary for the construction of new buildings to keep pace with the increasing population at the state institutions, legislators said Sunday it is likely that practically all of these expenditures will be eliminated from the budget for 1923 and 1924 when it reaches the lawmakers for final consideration.

The Secret of Being a Convincing Talker

How I Learned It in One Evening.

By GEORGE RAYMOND

"Have you heard the news about Frank Jordan?" The question quickly brought us to the little group which had gathered in the center of the office. Jordan and I had started with the Great Eastern Machinery Company, within a month of each other, four years ago. A year ago, Jordan was taken into the accounting division and I was sent out as salesman. Neither of us was blessed with an unusual amount of brilliancy, but we got by in our new jobs well enough to hold them.

Imagine my amazement, then, when I heard: "Jordan's just been made Treasurer of the Company!"

I could hardly believe my ears. But there was the "Notice to Employees" on the bulletin board, telling about Jordan's good fortune.

"How I knew that Jordan was a capable fellow, quiet, and unassuming, but I never would have picked him for any such sudden rise. I knew, too, that the Treasurer of the Great Eastern had to be a big man, and I wondered how in the world Jordan had landed the place.

The first chance I got, I walked into Jordan's new office and after congratulating him warmly, I asked him to let me "in" on the details of how he jumped ahead so quickly. His story is so intensely interesting that I am going to repeat it as closely as I remember.

"I'll tell you just how it happened, George, because you may pick up a pointer or two that will help you.

"You remember how scared I used to be whenever I had to talk to the chief? You remember how you used to tell me that every time I opened my mouth I put my foot into it, meaning of course that every time I spoke I got into a row? You remember when Ralph Sinton left to take charge of the Western office and I was asked to present him with the loving cup the boys gave him, how flustered I was and how I couldn't say a word because there were people around? You remember how confused I used to be every time I met new people? I couldn't say what I wanted to say when I wanted to say it; and I determined that if there was any possible chance to learn how to talk I was going to do it.

"The first thing I did was to buy a number of books on public speaking, but they seemed to be meant for those who wanted to become orators, whereas what I wanted to learn was not only how to speak in public but how to speak to individuals under various conditions in business and social life.

"A few weeks later, just as I was about to give up hope of ever learning how to talk interestingly, I read an announcement stating that Dr. Frederick Hook Law had just completed a new course in business talking and public speaking entitled 'Mastery of Speech.' I sent for them and in a few days they arrived. I glanced through the entire eight lessons, reading the headings and a few paragraphs here and there, and in about an hour the whole secret of effective speaking was opened to me.

"For example, I learned why I had always lacked confidence, why talking had always seemed something to be dreaded, whereas it is really the simplest thing in the world to get up and talk. I learned how to secure complete attention to what I was saying and how to make everything I said interesting, forceful and convincing. I learned the art of listening, the value of silence, and the power of brevity. Instead of being funny at the wrong time, I learned how and when to use humor with telling effect.

"But perhaps the most wonderful thing about the lessons were the actual examples of what things to say and when to say them to most every condition. I found that there was a knack in making oral reports to my superiors.

Device Measures River's Depth.
 The depth of a river or of the sea can be ascertained by means of a device which measures the interval of a sound signal and the receipt of its echo off the bottom of the water.

Freshen a Heavy Skin.
 With the antiseptic, fascinating Cuticura Talcum Powder, an exquisitely scented convenient, economical face, skin, baby and dusting powder and perfume. Renders other perfumes superfluous. One of the Cuticura Toilet Trio (Soap, Ointment, Talcum).—Adv.

To Remove Acid Stains.
 When the color of a fabric has been changed by an acid, such as lemon juice or vinegar, the original color often can be restored by sponging with ammonia and water and then chloroform.

Another Nature's Fake.
 Exchange—The bride's father, born 82 years ago with long white beard and venerable mien, led her to the altar.—Boston Evening Transcript.

When Dictionary is a Friend.
 The dictionary is a comforting book. One can always find how to spell a word if one knows how to spell it in the first place so one can find it in the dictionary.—Seattle Times.

Flag Denotes Owner's Presence.
 At many of the great country houses in England a "family flag," bearing the coat of arms of the owner of the house, is flown from a flag staff when the owner is in residence.

Live Ones Only Need Apply.
 Ad in a New York paper—Bookkeeper for factory of Christian concern; good opportunity for advancement for conscientious worker.—Boston Transcript.

Real Attribute of Democracy.
 "All real democracy is an attempt (like that of a jolly hostess) to bring the shy people out."—G. K. Chesterton.

Last Survivor of the 1812 Conflict.
 The last surviving pensioned soldier of the War of 1812 died in 1905 at the age of one hundred and five.

Far Above Level of Sea.
 Cuzco, Peru, is 11,380 feet above sea level, 2,000 higher than the Great St. Bernard.

Woman's Superior Eyesight.
 Oculists say that as a rule the eyesight of a woman is better than that of a man.

Child of Old Age Favored.
 Careful research is said to have established the fact that the child of a father over fifty years of age has ten times as good a chance of becoming eminent as he would have if his father were a young man.

A Fine G. G. R. C. Motto.
 "Make the most of the small joys out of life and they will pave the way to greater. Grasp every opportunity to help another, and your helpfulness will increase."—Our Dumb Animals.

Athens of the Alps.
 Zurich was formerly called the Athens of Switzerland from the number of Protestant refugees who resorted thither and founded Europe with their works on controversial divinity.

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