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Furniture, Carpets, Wall Paper

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REMEDY FOR WEAK BACK

When a woman suffers from weakness of the back her usual remedy is to lie down and rest. This relieves for the time, but it does not cure. To overcome the weakness one must exercise the muscles and strengthen the ligaments which bind the back bones together.

A few simple exercises practiced daily will soon work wonders.

Stand with the back against a wall and then bend forward, holding the knees stiff until the fingers come as near as possible to the ground.

Stand in the middle of the room, put the hands on the sides just above the hips, and then bend forward and backward, to the left and to the right.

Stand with the hands clasped behind the back and bend forward and backward.

Lie on the back, raise the feet until the soles are directed toward the ceiling.

Lie on the floor with the feet under a chest of drawers; clasp the hands over the head; then rise into a sitting posture. This exercise strengthens both the abdominal and the back muscles. It is a preventive of indigestion and appendicitis.

Each exercise should be repeated at first five or six times, and the number gradually increased to twelve or thirteen. The clothing worn during the exercises must be loose everywhere, so as to allow free muscle action and free breathing.

CHEHALEM CENTER

Miss Myrtle Walton is going to Portland to spend some time this week.

School closed in the principal's room last Thursday as Mr. F. L. Strait's mother, Mrs. D. P. Strait, was very sick. No school this week on account of teacher's Institute.

Mrs. Elmer Kenworthy and Mrs. Vannie Martin held the church services Sunday.

Next Wednesday is the regular meeting of the W. C. T. U. at the home of Mrs. J. C. Wills, 2:30 p.m. All the ladies are invited to be present as there is to be an evangelistic program held by the Evangelistic Supt., Mrs. J. C. Wills.

On Saturday night of last week a number of friends and young folks gathered at the home of Mr. and Mrs. Jno. Agee and spent the evening playing games, the social being held in honor of Floyd Duncan who had spent some time with his uncle, Mr. J. T. Hess.

Mrs. Mary Johnson and Miss Marguerite Johnson were passengers to Portland Tuesday.

The Christian Endeavorers held a very pleasant social at the home of Ellis Picket last Saturday evening.

A Close Figurer.

Shimmerpale—"Roxmore is the thriftiest man I ever saw. He can make money go farther than anybody I know."

Hemmandhaw—"Right you are! I believe that man could lead a double life on \$12 a week!"—Judge.

FROM CARLTON SENTINEL

Delmar Perkins was over to Newberg Monday, where he sold a six-year-old draft mare for \$400. Not a bad price that, for these days of autos. She weighed 1,725 pounds.

Mrs. M. D. Smith and Miss Ida drove over to Newberg for a short visit Sunday behind the latter's new horse, which is nearly as speedy as some autos and much more reliable.

C. J. Edwards, president of the Yamhill Electric Co., informs us that his company will have its wires connected up in about a week and Carlton people will then have 24-hour light service, which is surely good news.

NEW BRIDGE NEEDED

Editor Graphic:

We are pleased to learn that the bridge across the river is well on the way to completion. At the same time we can but wish a new bridge may soon be erected over the ravine on Illinois-street and Chehalem road.

The old structure is in a bad way. At the east end is a sag in which a miniature sea of mud and water stands. At the west end the "mud sills" at the base of the piers seem to have crumbled so that the bridge sags at this point in a menacing way.

This is not written in criticism of any one responsible for the maintenance of bridges and highways, for we realize the demands on them are many, but do hope the way may seem clear to construct a good steel bridge at this point. F. R. Rundell.

OF INTEREST TO BERRY GROWERS

All parties within reach of Newberg owning or cultivating berries or canning fruit of any kind, no matter how small the acreage, will assist in the development of the cannery proposition by communicating at once with G. O. Bassett, of the trades promotion department. Address him in care of Spaulding Logging Co. or Box 548, Newberg.

MARRIAGE LICENSES

Clara J. Halbgewachs, age 20 yrs. to John I. Mueller, age 28 yrs.
Martha Harmon, age 17 yrs. to Austin D. Arthur, age 26 yrs.

A Fair Question.

The door bell rang and the mother, who was not yet dressed, sent her little girl to entertain the visitor. The little girl sought to engage her in conversation.

"How is your baby?" she asked.

"Why," replied the lady, "I haven't any little boy."

"No little boy? Well—how is your little girl?"

"But I have no little girl either."

"Well," persisted the child, non-plussed, "what are yours?"

An Epitaph.

He would come to bat in the ninth, with three men on bases and two out, and the score tied, and bring the rooters to their feet because they just knew he would save the day.

The Cautious Horse.

A farmer was having trouble with his horse. It would start, go slowly a short distance, and then stop again.

A traveler approached and asked solicitously: "Is your horse sick?"

"Not as I know of."

"Is he balky?"

"No; but he is so danged 'fraid I'll say whoa, and he won't hear me, that he stops every once in a while to listen."

Well Supplied.

Anxious Mistress—"Jane, have you given the goldfish any fresh water lately?"

Jane—"No, mum. They haven't drunk the water I gave them last month yet."

By Mail.

The farmer's son came home looking as if he had been through a tornado. His father inquired the cause. The son replied:

"It's that darn correspondence school again. I got a letter from the Sophomores telling me to haze myself."

REAL ESTATE TRANSFERS

Etta Iola Cain to B C Amil-age 25 ac in Wm Roberts d l c tp 3 s r 4 w \$3000.

G W Clark & wf to Henry W and Laura Clark 22 ac in J S Danforth d l c tp 5 s r 5 w \$1000.

Mrs E A Cook to Margaret Brower et al lots 11 and 14 blk 3 Cooks Park add to McMinn Ore \$450.

Charles Elmer Crater to Vesta L Crater lot 8 blk 15 Rowlands add McMinn Ore \$10.

Dan C Dorby & wf to Henry Sheard lots 7 and 8 blk 1 Chandl-ers 2nd add McMinn Ore \$400.

Victor C and Earl DeLashmutt to Jesse Ellis blk 1 Laurel add to McMinn Ore \$3000.

A W Nurlich & wf and W W Green to Ed W Mueller e 1/4 of se 1/4 and sw 1/4 of se 1/4 sec 25 to 2 s r 3 w m \$100.

J B Ettinger (Assignee) to Philip Buelmer n 1/2 of nw 1/4 (80 ac) sec 26 tp 2 s r 6 w \$1200.

J D Gordon & wf to E E and Mary E Switzer 2 ac in Newberg \$10.

Catherine Hayworth et vir to Joseph Friedrich w 1/2 of southeast 1/4 of sec 9 tp 2 s r 4 w m \$379.

J C & C A Hodson and wives to E W Hodson 25x104 ft in city of Newberg tp 3 s r 2 w \$10.

Leslie W Lady & wf to F B and Normanda W Leonard East 2 ac Lot 6 East Sheridan subd \$800.

Everett N Larry to W G and Sophia G Garner lots 1, 2, 3, 4, 5 blk 15 Oak Park add McMinn-ville \$2700.

Wm F Leckband & wf to Carl and Elsie Fischer 25.83 ac in Louis LaBonte d l c tp 4 s r 3 w \$15.

Lucretia Merchant to Andrew Merchant d l c tp 3 s r 4 w w a \$100.

Thos McNish & wf to R J Tongring lots 1, 2, 5, 7, 9 and 10 blk 8 Lippincott's 2nd add to Day-ton \$1600.

George W Sharp & wf to Fred A and Clara B Longstreth 39.26 ac in N E 1/4 sec 16 tp 2 s r 4 w \$2000.

E E Switzer and wf to J D Gordon lots 3 and 4 & part lot 1 Jesse Hobson's Fruit Land subd.

Changes.

One hundred years ago to-day.
With wildernesses here,
With powder in his gun the man
Went out and got the deer.

But now the thing is somewhat changed,
And on another plan;
With powder on her cheeks the dear
Goes out and gets the man.
—Indianapolis Sun.

No Experience.

A kindergarten teacher was telling about sparrows. "The sparrows eat up the worms," she said. "Now, children, which would you rather have, worms or sparrows?"

"I never had sparrows," piped up a tiny boy near the front.

Biff!

"Minnie," said father to the maid, whose stupid looks had become a trial to be endured no longer in silence, "do you know that you go about with your mouth open?"

"Yes, sir," answered Minnie stolidly, "I opened it."

A Statement.

"It is half-past one o'clock!" severely said Mrs. Gnagaway.

"What kept you from getting home until this untimely hour?"

"I was detained at the office, making out statements," replied her husband.

"And that is one of the statements, I presume?"

WORRIED THE WAITER.

With His New Improvement on an Old Practical Joke.

"Yes," said the head waiter, "I've been the butt of all the practical jokes that have been invented to make us people look foolish. The overturned pocket ink bottle with the black enameled spot caught me twice, and I signed the pledge directly after I was fooled by one of those rubber bulb arrangements by which dishes are made to rock up and down. But the other day I all but had a fight on my hands when a fellow put one over on me with one of the oldest tricks on the market."

"He came in with a cigarette in his mouth, sat down at a table near a window and began studying the menu card. I happened to be watching him. Presently he took the cigarette out of his mouth and laid it on the tablecloth beside him. I saw a red glint on the tip, but I wasn't going to be taken in by one of those fake lighted cigarettes that sell on the streets for a nickel, so I turned away."

"In a minute I looked back and saw him in the act of picking it up. Smoke was curling up from the lighted end! Then I went over to the man hot foot and asked him what he meant by putting a lighted cigarette on the tablecloth. I told him it would cost him \$4 for a new cloth."

"Well, he just looked up at me and smiled and said, 'Fall guy!' and explained that it was really a very simple matter. He had dipped the tip of the cigarette in muriatic acid before coming in and then moistened his finger from a small bottle of ammonia that he carried with him. When the ammonia was brought near the acid it made smoke, and naturally I thought there was fire. I wonder what the next one will be." — New York Times.

Twelve Months Growth

Nov. 3, 1912 Resources \$413,730.51
Feb. 3, 1913 Resources 419,196.26
May 3, 1913 Resources 439,409.54
Aug. 3, 1913 Resources 440,652.13
Nov. 3, 1913 Resources 487,674.14

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GREAT COMBINATION OFFER

The Graphic management has made arrangements with the **Portland Evening Telegram** whereby we can give subscribers the advantage of a gigantic combination offer for a limited period. You can get a Metropolitan evening paper with all the latest news from all over the world and all the news of Newberg and vicinity in the Graphic at a remarkably low price.

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THE NEWBERG GRAPHIC \$1.50 PER YEAR

TOTAL \$6.50

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\$4.75

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