

**Bill Best, the Plumber**  
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**Bill, the Plumber**  
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 What's the use of putting on tar every year, when Graphite will last for 15 years.  
 See us for anything in the paint line.  
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**For Service - Quality - Prices**  
 Fine Fresh Vegetables and Fruits.  
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 Free Delivery Four Times Daily.

**TIME CERTIFICATES**  
 issued by this bank are a safe, convenient and profitable investment. On certificates issued after July 1, 1922, the following interest rates will apply:  
 Twelve month certificates, 4 per cent, payable semi-annually.  
 Six month certificates, 3½ per cent, payable at maturity.  
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If you are not one of our large number of satisfied customers, we invite you to make use of our facilities, believing that we can render a service unexcelled by any bank in the Willamette Valley.

A Roll of Honor Bank

**UNITED STATES NATIONAL BANK**  
 OF NEWBERG, OREGON

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Have the enjoyment of a home of your own.  
 Ask your banker or any business friend in whom you have confidence, whether to build now or wait. He will tell you to build now.

**Get a Home of Your Own**  
 Make a decision today. Call at our office, there are hundreds of modern designs from which to select your home.

**C. K. Spaulding Logging Co.** Member of NATIONAL BUSINESS ORGANIZATION

Manufacturers of Lumber and Building Materials

**AMERICAN LEGION NOTES**

**Hood River, Oregon, July 3.**—The second annual ascent of Mt. Hood by a legion party under auspices of Hood River Post American Legion will start July 15. Party will leave Hood River in autos Saturday morning and reach the camp at the base of the mountain at noon. Mess will be under supervision of ex-army mess sergeant by ex-army cooks and served by Hood River Legion members. The total cost of the trip from Hood River is \$12.50 and anyone desiring to participate in this annual event is asked to wire or write to Chairman Kent Shoemaker, Hood River, Oregon. Participants are asked to furnish their own blankets, smoke or amber glasses, heavy shoes calked for climbing in snow or ice, or ice stick, alpine stock, cup, knife, fork and spoon.

**The Dalles, Oregon, July 3.**—Registrations for the state conventions of the American Legion, the women's auxiliary and the Forty and Eight are piling up here, and a crowd that will bulge out the limits of the town is expected for the four big days, July 26, 27, 28 and 29. A large crowd will be here from McMinnville, the post having thrown its hat into the ring for the 1923 meeting. George Scherrer of The Dalles has been elected convention adjutant.

**Oregon City, Oregon, July 3.**—When the twenty-ninth annual assembly, Willamette Valley chautauqua officials commenced preparations for the thirteen days' festivities starting July 1st, the Willamette Falls Post American Legion was called upon to take charge of the patriotic services on the Fourth of July. Rev. William S. Gilbert, former department commander of the American Legion, and its first department chaplain, rendered a stirring Americanism speech. Rev. Gilbert is pastor of an Astoria church. The post performed a military drill in the forenoon.

Each Sunday one of the churches in Arco, Idaho, extends an invitation to the local post of the American Legion to use its sermon hour for a lecture on "Americanism."

**Portland, Ore., July 3.**—The second annual European pilgrimage of legionnaires will leave New York August 5 on board the "U. S. President Pierce." The party will arrive at Cherbourg, France, proceeding to Paris, France. The party will then wind its way to Brussels, Belgium, then on to Ostend, and from there an automobile tour of the Flanders battlefields. The legion party will next be seen in London where side trips to Oxford and other interesting localities will be made. The party will sail for Glasgow on September 8 and arrive at Montreal on September 16. Receptions in honor of the visiting legionnaires and auxiliary members will be held in many cities of France, Belgium, England and Canada. The total cost of the trip from New York will not exceed \$525. The Oregon department was represented on the trip last year by William B. Follett of Eugene, Oregon. No announcement has been made as yet as to who will represent the Oregon department this year.

**Pendleton, Ore., July 3.**—Amid beautiful ceremonies held by the Pendleton Post American Legion a class of new applicants for U. S. citizenship, were recently given their citizenship certificates. Ceremonies by the legion post included a banquet, speeches by American legionnaires on Americanism and good citizenship and closed with each newly admitted citizen being presented with a silk U. S. flag. This is now a definite part of the naturalization ceremonies.

**Why Tea May Be Harmful.**  
 Tea seems a harmless enough beverage; yet if it is made wrongly, or drunk to excess, it can be a slow but deadly poison.

Its stimulating effects are due to the presence in tea leaves of a powerful drug called theine. If the pot is not allowed to stand too long, only a small quantity of this substance is dissolved out of the leaves by the hot water, and the tea refreshes us without doing any harm. When the teapot is allowed to remain for hours on the hob, an excessive quantity of theine is extracted from the leaves, together with a larger amount of another semipoisonous substance known as tannin.

These two together form a real poison, affecting the nerves, the digestion and the general health. Stewed tea is almost as harmful as opium or cocaine. The habit of taking it in this way is soon formed, and the tea drunkard thinks nothing of consuming twenty or thirty cups a day.

**Why a Universal Alphabet.**  
 It has been suggested that there be called an international conference on the adoption of a universal phonetic alphabet. It is thought that the Roman alphabet should serve as the basis, but that slight modifications should be made in the forms of the letters, which would not interfere with their legibility to anyone familiar with them in their present shapes, in order that there be indicated the precise sounds for which they stand. Such an alphabet, it is maintained, would enable anyone to pronounce correctly at a glance the words of a foreign language, because the spelling, apart from a few special sounds would be the same as in his own language. There is said to be no language so hindered by its spelling as the English.

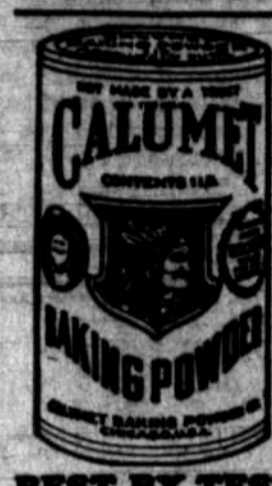
**How Wood Rots.**  
 Decay of wood is caused by living vegetable organisms known as fungi. The microscopic seeds or spores of

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these wood destroyers are produced in countless numbers from the mushrooms or mold-like growth which appears on rotten wood, says the American Forestry Magazine of Washington. Being easily disseminated by the wind they are present everywhere, and decay which seems to spring up spontaneously really only occurs where the spores have found favorable conditions

of heat and moisture in which to develop.

**How Children Take Cold.**  
 Children are burdened with excessive clothing and in the city homes kept in too warm rooms. These two things are among the most frequent reasons for their taking cold so often.

Soak old newspapers thoroughly in a paste made of one pound of flour, three quarts of water and one-tablespoonful of alum thoroughly mixed. Make the final mixture about as thick as putty, and it will harden like paper mache. Or use ordinary putty.

The tourist won't stay long if forest fire smoke hides the scenery.

**CHERRIES**

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**Cannery is Now Running on**  
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**WE PAY CASH**  
**And Furnish the Crates**  
**OREGON CANNING CO.**  
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