

ONE WAY TO WOO SLEEP.

Travel in Memory Some Road You Knew Well in Childhood.

It is hard for me to remember now that my knowledge of the sleepy road, named so many years ago, came only through the chance bit of advice dropped by a wise, kind, weary old doctor as he shuffled at midnight down the corridor of the silent hospital, says the Atlantic Monthly.

Whatever was the errand of life or death that had called him in such haste, he had time to stop and give me a friendly word, although I, a small and incurably sleepless patient, was sitting bolt upright among the pillows in defiance of all his orders and was staring wide eyed into the hot, pain haunted dark.

"You think you are never going to be able to sleep again, don't you?" he observed. "Well, shut your eyes and do just what I tell you. Think of some road that you know well, a good long road that winds and turns and shows you water and woods and hills. Keep your eyes tight shut and travel along it in memory. Go as slowly as you can, recall every sight and sound and perfume as you pass by."

"I have such a road of my own, the one I used to walk to school when I was eight years old. I have started out on it a hundred times when I thought I could not sleep, but I never get very far. I come just about to the old stone bridge over Damon's creek or perhaps to the swimming hole, where the willows dip into the brown water, but I never reach the end."

FACING THE CAMERA.

Don't Dress Up and Don't Pose When Having a Picture Taken.

"There are many things I would like to say to the woman who intends having her picture taken," said a famous photographer the other day.

"Many women come to me and say: 'Of course you prefer taking actresses. They must have many advantages over those women who never have time but to give an occasional glance in their mirrors.' This is entirely a mistake. The conscious pose never makes a satisfactory portrait. I would say emphatically to the woman who goes to have her photograph made not to rehearse her pose and facial expression beforehand."

"I always find it difficult to impress on the woman coming to my studio that clothes and jewels are of absolutely no account in a photograph. If a woman comes to be photographed in the clothes she is used to wearing she will feel at ease and therefore look her best."

"One of the curses of our present day civilization is the ever changing question of fashion. How much more civilized were the Japanese, who realized that the kimono was perhaps the most perfect dress for women at all times—who only varied it with different brocades and girdles. The photograph that concerns itself with clothes is soon out of fashion, and no matter how good a likeness of the face has been obtained, the picture is grotesque in a few years because the clothes are passe."

The Professor Worried.

The absent minded professor from the university town was in Indianapolis attending a convention. While in the city he took a tour of the larger department stores. In one of them he was much perplexed.

He read the sign over the door of the elevator:

"This car express to fifth and sixth floors. Up only."

Absently he read the sign again. Then the car door opened.

"I would like to know," he asked the elevator boy, "if this elevator goes only up, how on earth did you get down here?"

The elevator boy grinned, frowned, scrutinized the man closely and then said in a dignified voice, "Oh, I just came down."—Indianapolis News.

Putting the Cat Out at Night.

The practice of turning the cat out of doors at night is as cruel as it is unnecessary. No animal is fonder of warmth and comfort, and the pet's happiness certainly is not increased by a night spent outside in cold and dampness.

If as much energy was expended in keeping the cat indoors as too often is expended in putting her out, how great would be the boon to human nerves and unfortunate wild things! All felines are normally nocturnal, and it is at night, if ever, that a curb on their activities is needed.—Lee S. Crandall, in "Pets."

True Economy.

There are great joys in practicing true economy in the right spirit. True economy, you see, is not abstinence from necessary things—not at all. The joys of true economy are for those who make the most of what they have; who, finding what may be theirs, proceed to the extraction of the greatest benefit from what is within reach.

Too Much Flirting.

First Co-ed—Why, Doris, how tired your eyes look!
Tired One—Yes, my dear; I rolled them too much this evening.—Syracuse Orange Peel.

No Time For Her.

Physician—Your case, in such, madam, that time alone will effect a cure.
Mrs. Randall—Then it is hopeless, for I never have even five minutes.—Life.

He Knew Her.

Mrs. Gabbie—I met Mr. Brown today while I was shopping. Her Husband—That so? What did you have to say?—Boston Transcript.

Will Hold Fourth Quarterly Meeting

The fourth quarterly meeting of the Methodist Episcopal church will be held this evening in the pastor's study in the church. District Superintendent, James A. Moore, will preside at the meeting. This is the last meeting of the church year and at this meeting the reports of the organization and auxiliaries for the church year will be presented.

Forest Fires Rage Near

Forest fires are raging all through the surrounding country and crews are kept busy all the time keeping them in check. There are two on the McKenzie river, one above Cedar Flat and the other above Thurston, also one between Donna and Marcola on the Mohawk. One at Reserve on the Willamette has been reported by residents of that country.

Return from Auto Trip

Mr. and Mrs. J. C. Holbrook and family and Alice and Leland Holbrook of Albany returned Saturday from an auto trip to Bandon, Roseburg, Coos Bay and other southern points. The party was gone about a week. The roads are fairly good all of the way they report, and the ocean breeze makes it very comfortable for traveling.

CARD OF THANKS

We wish to thank the United Artisan lodge and the Knights and Ladies of Security lodge and the many friends for their kindness and sympathy expressed and the beautiful flowers at our recent bereavement.

Mr. and Mrs. J. A. Gibbs
Frank Gibbs
Lewis Gibbs
Mr. and Mrs. M. V. Endicott.

Early Hop Picking Begins Today

Hop picking started in the John Seavey yard, on the McKenzie river this morning. Loads of pickers have been going through Springfield for several days to the various yards in the vicinity of Springfield. The picking of the late hops will begin in most of the yards about September 1.

Return from Hunting Trip

Will, Roland, and Guy Moshier, Mr. Young, and Glen LeVee, all of whom live near Hayden bridge returned Saturday from a hunting trip on the Siuslaw. They shot a deer but it got away and when they found it next day it was not fit for use as it had been laying in the sun where it died.

Visits here From Washington

Thomas Hobbs, and granddaughter Gertrude Hobbs, of Centraia, Washington, are here visiting at the home of Mr. Hobb's Nice, Mrs. Jennie Smith. Mrs. Smith has not seen her uncle since she was a very small girl. The visitors will probably remain about two weeks in Springfield.

Will Work on Gravel Train

Bert Snook, of Fall Creek, has begun work loading on the gravel train which runs from the gravel pit near Natron to Springfield. Mr. Snook recently returned from Coos Bay where he was employed on a train. He is now staying at the American hotel.

Has Growth Removed From Finger

Mrs. T. J. McCracken had a growth removed from the fourth finger on her left hand Saturday at the office of a local physician. The growth has been on her finger for some time and was caused by a ring cutting the flesh.

Son is Member of Signal Corps

Ralph Coffin, of Portland, son of Mr. and Mrs. J. W. Coffin, of this city spent Saturday and Sunday visiting with his parents. Mr. Coffin is a member of the Signal corps. Mrs. Coffin gave a dinner Saturday evening in honor of his birthday.

Camping at Foley Springs

Mr. and Mrs. John Smith, Miss Barbara Boller, and Henry Fandrem all of Springfield are spending a few days camping at Foley Springs. They made the trip by auto.

Baptized Four Young People

At the Christian church services last evening four young people were baptized and one young man was added to the church membership list.

The Best Laxative

To keep the bowels regular the best laxative is outdoor exercise. Drink a full glass of water half an hour before breakfast and eat an abundance of fruit and vegetables, also establish a regular habit and be sure that your bowels move once each day. When a medicine is needed take Chamberlain's Tablets. They are pleasant to take and mild and gentle in effect.

MYSTERY PLAY AT EUGENE

'The Garden of Allah,' the Story of a Woman Who Loved

What would you have done if you had started on your honeymoon across the sand dunes of the great Sahara desert, if the mystery of love seemed to overcast all other earthly things, if you and the man of your choice were very happy alone in the desert until—came a day when the cup of remorse was drained to its dregs—came a day when the notes of love no longer sounded and there was reason for renunciation. What would you have done—a woman! See what Domini Enfield, the English woman, did in just this same predicament. At the Eugene Theatre, August 23 and 24. "The Garden of Allah" is a story of that great mysterious East in twelve parts. The leading roles feature Helen Ware and Thomas Santchi.

Sunday School Class Holds Sale

The Sunshine Girls, a Sunday School class in the Christian church taught by W. B. McKinney held a

food sale and ice cream social in the building once occupied by the Hill's Department store Saturday afternoon. The room was decorated in the class colors, yellow and green. The net proceeds of the sale were \$6.85. The money is to be used in paying for the girl's room in the church and the furnishing of it.

Levi Neet Goes to Texas

Levi Neet, son of Mr. and Mrs. J. W. Neet, of this city, who left Monday for Vancouver went south to Texas Friday night on a troop train. Mr. Neet has enlisted for service as an engine repair man in the aviation corps.

Sails for France

D. H. Parker, a brother of Mrs. J. V. Stewart, of Jasper, and a son of C. M. Parker, of Cottage Grove sailed for France last week in the United States engineering corps.

Another Boy Goes

Anzell C. Wright, of Springfield, was sent to Vancouver, Washington, Friday. Mr. Wright will become an infantry man.

NEW SERVICE:

We are authorized under the Federal Reserve Law to act as an Executor, Administrator, Guardian or Trustee.

This is a new service our officers will be glad to discuss with you.

FIRST NATIONAL BANK, EUGENE, OREGON.

Still Another Cut in White Shoes

HALL'S SHOE STORE

Two Doors from News Office

The Springfield News

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AMONG our large circle of readers there are a great many who are interested directly or indirectly in fruit growing, dairying and other branches of farming. All of these naturally wish to keep in close touch with agricultural activities throughout the state; and to know about any fight which is being waged for the measures Oregon farmers want and against all sorts of schemes that are detrimental to the people and agricultural interests of this state.

We have, therefore, made a special clubbing arrangement with **THE OREGON FARMER** whereby any farmer or fruit-grower, who is one of our regular subscribers and who is not now a subscriber of **THE OREGON FARMER**, will be entitled to receive **THE OREGON FARMER** in combination with this paper at the same rate as for this paper alone.

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