

"HUMORESQUE"

This picture received the gold medal for the best picture of 1921.

Saturday

"CONFLICT"

All 4Ls should see this thrilling picture of the lumber camps with five of the biggest thrills ever screened.

Sunday

"DEEP WATERS"

A great under-sea picture

Third Chapter of "WITH STANLEY IN AFRICA"

Wednesday

100 pounds of White River flour in prizes for the best dozen doughnuts made with White River flour. Bring your doughnuts Wednesday, March 22nd and get your prize.

BELL THEATRE

Your Teeth

(By Rea Procter McGee, M.D. D.D.S.)

OCCUSION

Occlusion means the fitting together of the upper and lower teeth when the mouth is closed.

In the normal mouth the upper teeth extend slightly over the lower teeth all around. Each upper tooth strikes two lower teeth and each lower tooth strikes two upper teeth.

This arrangement acts upon the principle of a shock-absorber. Every tooth has a slight motion independent of the other teeth. When the jaws come together the teeth move a little and escape the jar.

All bodily movements are due to the muscles pulling upon the bones according to the well known mechanical principles of the different forms of levers.

If the muscles of your arm worked upon the same lever plan that the muscles of your jaw work upon, you could throw a horse over a six foot fence without much trouble.

This means that there is an immense pressure upon your teeth when you chew.

A soldier completely equipped for field service makes a pressure of eleven pounds to the square inch upon

the ground when he walks.

The human jaws in a normal man can exert a pressure of two hundred and fifty pounds to the square inch.

The lower jaw moves up and down, from side to side, back and forth, and it also has a rotary movement. If any tooth is out of its proper position in the arch, it is very liable to receive the whole pressure of the jaws in some of these movements and constant jarring that it receives will start an inflammation in the pericementum—the membrane that covers the root of the tooth and attaches it to the bone.

The same thing happens when a filling is too high, and sometimes when a tooth has been extracted the teeth on either side will move a little into the vacant space and cause one or more to strike too hard.

This is called traumatic occlusion and is the cause of many cases of death of the nerve, alveolar abscess, pulp stones, enlargement of the end of the root, called exostosis, and pyorrhea.

If a tooth is slightly tender or seems to be in the way, a visit to the dentist will save a great deal of trouble.

One thing is certain, a tooth never hurts or even feels queer unless there is something the matter. There may be sham pains in other parts of the body, but whenever anyone tells you that his teeth hurt they do.

THE SHS VANTLER

Edited by the Pupils of Springfield High School

Mr. E. J. Moore, county superintendent, visited S. H. S. Tuesday. He was arranging for the institute to be held here a week from the coming Saturday.

"MY IRISH ROSE"

March seventeenth—good old St. Patrick's day; the day when we don our green ribbons, fish out our tall hats, and smoke our Irish clay pipes. And what could fit in better with our celebrations of that famous day than going in the evening to the High school's program. An Irish play, entitled, "My Irish Rose" is to be presented, with glee club numbers of Irish music.

A meeting was called Tuesday for the girls. After all were assembled, each class was assigned to a different corner of the room. This was to determine how many freshmen were present. Then the frosh were assigned to the upper classroom who proceeded to take down their hair and make them look as ridiculous as possible. Some of the frosh fought like real heroes, but some were good sports and didn't mind.

In Comparison

I dropped a little flower seed In a window box one day And went my way forgetful In work and rest and play.

And when I happened back there After many months exile A fresh and fragrant floweret Greeted me with a smile.

And thus do deeds of kindness Or cheer in time of trouble Return to us full measure. Yes, sometimes more than double.

—Ralph Love

Dorothy was telling me that one freshman had a bunch of rats in her hair. I thought that girls were afraid of rats, didn't you

The upper class boys had a dress-up day Friday, which was much enjoyed by the girls, although it ended disastrously.

A very exciting episode in the S. H. S. year of '22 happened Tuesday morning when Miss Doane took the history class in charge. But that's only half—being we're a "mum" bunch you'll never know the other half—nuf sed.

To Climb

A little vine is growing By my window, on a string. It goes on, dally upward. Quite as though it were awing.

Yet I know there is no marvel In this dally upward climb. Its adding just a little Every minute, all the time.

And so it is with people,

Keep on adding on to the end. Every day a little knowledge, If we would upward wend.

—Ralph Love

LOST—A Conklin pen, fourth period Tuesday. Has a ring and gold band on top. Please return to Mr. Roth.

Things we would like to know—

Why the B. K. K. G. girls call Horace Myers "Poultry"?

Why Alfred T. doesn't use his arm instead of a rope?

Why Gladys N. wanted to be a little girl Wednesday night?

Who Lindel G. took to the show?

What made the scratch on Mabel R.'s face?

What the girls of the back row in American history were admiring?

What Mr. Torbet had in his bottle?

What is the world comin' to? Lola and Rebecca were seen riding with Melvin and another fellow one evening after school last week. Melvin, who next?

Teacher: "All four legged animals are called quadrupeds."

John H.: "What would a thousand legged worm be called?"

Mary Ellen: "Mrs. Myers, do we take off fifty for each misspelled word?"

Howard: "I hope not because I don't want 600 below zero."

The scenery on Tomseth's hill must be wonderful because so many people are going over there for joy walks.

There was a great collision when the rats came out of the frosh girls hair.

In biology, Mc.: "Is a man a simple animal?"

A. T.: "Some of the girls think so!"

Mc.: "The average person remembers 90 per cent of the things they see and 7 per cent of the things they hear!"

Keasey: "I don't think you can remember that much of what you see."

Mc.: "Well, can you remember anything you have seen that you have forgotten?"

Another S. H. S. Play

Act I

Rose Creigan, a pretty Irish country lass, and Maurice Fitzgerald, a wealthy Dublin artist, fall in love with one another.

Act II

An attempt is made by Lady Agnes Barricklow to break up the engagement to Maurice and Rose, which utterly fails.

Act III

The sun always shines after a storm and so does it shine over all Ireland when the trouble is over. All ends well.

FARM REMINDERS

In keeping kale plants for seed only low thickly branched plants with many moderate sized leaves should be saved. These low growing heavy yielders produce the most feed and stand the hard winters best.—O. A. C. experiment station.

Small Spray Rigs Practical

Farmers or city dwellers having only a few fruit trees need not let their fruit be destroyed by disease and insect pest because they lack a power sprayer. For a small number of trees, even a bucket pump rig will give good results, while its cost is slight. Materials can be purchased in small quantities in nearly every town, and any one can find out just what to get and when to apply it by reading the spray calendar which may be had free by writing the O. A. C. experiment station.

Select Spud Patch with Care

Ground for the potato patch should be selected with care. Aside from matter of proper soil type it is important to use soil that is free from contamination with potato diseases. No land should be used that has been in potatoes within three years past if possible to avoid it. Growers should obtain seed at once and store it under proper conditions to insure firm potatoes at planting time.—O. A. C. experiment station.

Rid House Plants of Insects

Most of the insects affecting the foliage of house or yard plants, including scale, white fly, aphid and red spider may be killed by bathing the plants in a soap and tobacco solution. To one quart of strong soap solution made from castile or other good hard soap add 10 drops of Black leaf 40, which can be obtained at the drug store. Bathe the plant thoroughly in this mixture and repeat the dose three times, leaving two weeks between applications.—O. A. C. experiment station.

Clover for Worn Land

Clover, either red or alsike, improves rundown land quite rapidly, but it is hard to get a good stand on such soil. Seeding alone in April or early May is the best method. Seed not over an inch deep in a seed bed that is mellow and firm. Landplaster and in some cases super-phosphate, help to get a stand well started.—O. A. C. experiment station.

Spores on Dead Leaves

Spores of apple and pear scab are produced by the millions on the dead leaves about the time the buds begin to break in the spring. These spores cause the first scab infection—hence a dormant spray for this disease is useless. Turning under the dead leaves, however, is a real factor in scab control. The regular sprays from the delayed dormant period on will keep the fruit clean.—O. A. C. experiment station.

CHICKS Need Good Feed

No Grain or mixture of grains supplied.

Hot Point Irons and Grills

House Wiring at Pre - War Prices

Henderer's Electric Supply

Phone 103-W 456 Main St.

plies the various elements of feed necessary for normal chick development. The chick grains must be supplemented with muscle forming foods derived from an animal source, such as milk, eggs, or meat scraps." This is but one of the practical pointers on hatching and feeding chicks given in a new circular by H. E. Cosby, just issued by the extension service. A tentative feeding schedule giving complete rations to be fed from hatching to maturity is included. The circular is available for free distribution.—O. A. C. experiment station.

IN NEW YORK CITY

One child is born every four minutes. A big ship arrives or leaves every 55 minutes. One couple is married every three and three-quarters minutes. One new building is completed every 21 minutes. One new business is started every 35 minutes. 3,267 vehicles pass Columbus Circle every hour. 13,500 elevators carry 6,000,000 people each day. 238,440 eggs are eaten every hour. \$1,750,000 worth of food is consumed each day. New telephones are installed at the rate of 450 for every working day.

Found a Cure for Indigestion

"I use Chamberlain's Stomach and Liver Tablets for indigestion and find they suit my case better than any dyspepsia remedy I have ever tried and I have used many different medicines. I am nearly fifty one years of age and have suffered a great deal from indigestion. I can eat almost anything I want to, now," writes George W. Emory, Rock Mills, Ar. These tablets contain no opium but strengthen the stomach and enable it to digest the food naturally.

Excellent Remedy for Constipation

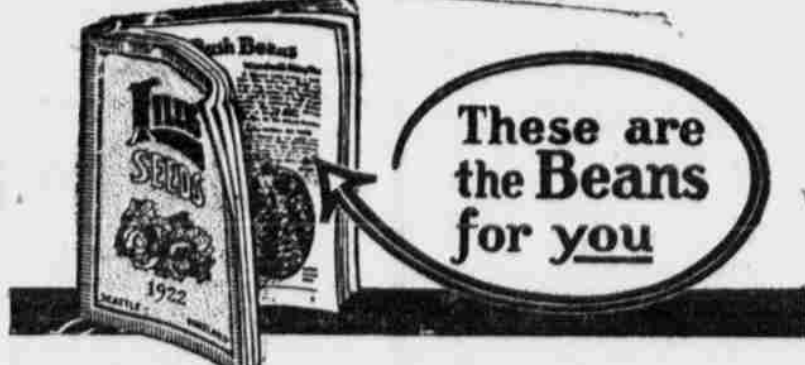
It would be hard to find a better remedy for constipation than Chamberlain's Tablets. They are easy to take and mild and gentle in effect. Give them a trial when you have

REPORT OF CONDITION OF THE First National Bank

At Springfield, in the State of Oregon, at the close of business on March 10th, 1922.

Table with columns for RESOURCES and LIABILITIES, listing various bank assets and liabilities with their respective values.

State of Oregon, County of Lane, ss: I, Lloyd C. Martin, cashier of the above named bank, do solemnly swear that the above statement is true to the best of my knowledge and belief. LLOYD C. MARTIN, Cashier.



What kind of beans do you like? will be best for canning for use during the coming winter. Beans are one of the most profitable crops which can be grown on small tracts of ground and if proper care is used in planting and cultivating them there is rarely a failure, providing the right varieties have been planted.

REPORT OF THE CONDITION OF THE Commercial State Bank

At Springfield, in the State of Oregon at the close of business on March 10, 1922.

Table with columns for RESOURCES and LIABILITIES, listing various bank assets and liabilities with their respective values.

State of Oregon, County of Lane, ss: I, O. B. Kessey, President, of the above named bank, do solemnly swear that the above statement is true to the best of my knowledge and belief. O. B. KESSEY, President.