

LOCAL BREVITIES

W. D. Hill returned from a business visit to Madras, Tuesday.

How do you like the class of spring weather we are now having?

The Lebanon-Cascadia mail route has been awarded to a Mr. Stanard, of Waterloo.

J. E. Berry, of Portland, came up last week, for a few days visit with relatives and friends.

One can hear almost any kind of news concerning local matters on our streets, these days.

A. E. Edwards, foreman of the Tribune office, was doing business in Albany, last Saturday.

A six-horse team, driven by L. B. Thompson was one of the unusual sights on our streets, Monday.

F. S. Oliver who has been spending the winter with relatives in Washington, returned Wednesday.

There are two Tom Kays belonging to the republican party of Oregon and both wish to be state treasurer.

For Sale—Indian Runner duck eggs, 50 cents per setting of 13. See or write to William W. Billings, Foster, Oregon.

Carlo Frisk, of Centralia, Wash., is in Sweet Home taking a look at the country with a view of investing in property.

Will Coulter returned, Tuesday, from Centralia, Wash., where he has been falling himber for the past two months.

The educational rally held at Scio last Friday and Saturday, is reported to be the most successful rally yet held in the county.

For Sale, Trade or Lease—The Mealey Bors' sawmill. Good terms offered. See or write to Mealey Bros., Foster, Oregon.

R. R. Turner of Grants Pass and J. Upton of Marshfield, took charge of the Roseburg U. S. land office as register and receiver this week.

Doc Wilson is the first to get his buzzwagon out anticipating that good weather and good roads will be on hand in the near future.

With the coming of good weather, office seekers will seem to be quite plentiful, on our streets. Vote hunting in stormy weather does not look enticing.

The primary election is not attracting much interest on the part of our women voters, if the rate at which they are registering is taken for a criterion.

Drs. Lowe & Turner, eye specialists of Portland, will be at Hotel Lebanon again Monday and Tuesday, March 9 and 10. Consult them. They have no agents. They do not go from house to house.

The Tribune is in receipt of a letter from J. R. Geddes, of Mill City, in which he states "We have done without your paper about long enough." Mr. Geddes is a very successful school teacher of many years experience. He owns a good farm near Mill City.

W. E. Green, traveling salesman for Blake, McFall Co. of Portland, was doing business in Sweet Home and Foster, last Friday. Mr. Greene is the gentleman who had the accident on the road between Brownsville and Crawfordville, last fall and for whom the Calippooia river was dragged supposing that he had been drowned. When thrown from his buggy he struck on the back of his head, resulting in his becoming dazed. When found he was at Grants Pass. After some two months medical treatment, he was able to resume business as fit as ever.

Movements towards the erection of new telephone poles in town are now underway.

The state has ordered that all Baker county dogs shall be muzzled because of danger of rabbies.

Lee Bilyeu came up Wednesday to assume the position of chambermaid in the Hotel Sweet Home barn, pending the absence of Mayor Myer.

The Scroggins logging outfit has completed moving the plant about one mile further up the river and are about ready to commence putting logs in the river again.

An exchange says: There are two reasons why some people don't mind their own business. One is that they haven't any mind and the other that they haven't any business.

Three Sweet Home young men were indicted by the grand jury, last week, for killing deer out of season. We are told the young men will plead guilty and pay their fines.

The largest half of the territory of Linn county lies on the north and east side of the South Santiam river. That section should be represented in the county court by at least one member.

The Scio fair annual is out. The premium awards seem to be larger and more extended than ever, which gives promise that the 1914 fair will be the most successful in the history of the association.

Now that we have electric juice in our town our city dads should provide for street lights. We need them. Mr. Wadtli, proprietor of the system, says that he will furnish free street lights for three months, if the city will provide for them.

S. W. Bowser returned from his Coos Bay trip Tuesday. He went over via Roseburg and staged from there over the mountains, returning via steamer. After looking at the Coos Bay country, Mr. Bowser thinks more of Sweet Home than ever.

An Efficient County Clerk

(Continued from page 1)

last and all the time, in the interests of Oregon taxpayers.

We have great need of men of the Marks caliber in our legislative halls. We have been too careless in regard to the quality of the men we have sent down there to represent us and a glance at the tax statements now being sent to taxpayers shows the result.

Our legislators, for the past few years, have used much of their endeavors in creating numerous new commissions and officials, which have so enormously increased taxation that the people are fairly groaning under the burden. Therefore we need a legislature and need it badly now, whose central thought and purpose will be retrenchment and the lopping off of useless commissions and officials. The Tribune believes that Mr. Marks will work early and late to this end and that the people will not be disappointed in his election.

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SWEET HOME OREGON

Political Announcements

In this column all candidates for nomination to office who desire, will be published regardless of the political affiliation of the candidate. While the Intermountain Tribune has its own political opinions in a general way, it desires to give the candidates of all parties an equal chance before the people. In recent years a candidate's political affiliation makes but little difference with the people. If he is honest, capable and has special fitness for the office he seeks, he is very apt to win out. Linn county now has a very capable set of county officials and it is hoped those who succeed them next January will prove equally trustworthy and efficient.

FOR SHERIFF

I, the undersigned, a resident of Brownsville, desire to present my name for the favorable consideration of the people of Linn county for the office of sheriff, subject to the will of the voters of the democratic party at the forthcoming primary election.

If nominated and elected, I promise a strict and impartial enforcement of law so far as lies within my power.

W. J. MOORE
Brownsville, Ore.

Advice on Food Given

"Foods and Foolishness" was the title Dr. Woods Hutchinson gave to his lecture at the Taylor street Methodist church Friday night under the auspices of the Portland Womans Club. Not only did the eminent lecturer and physician advocate eating an abundance and variety of food, but he overthrew many popular beliefs as to the value of some diets.

"After all," said Dr. Hutchinson, "foods are merely fuels to get the steam out of the human engine, and meals are but coaling stations. They are good if we take plenty exercise after them to burn the fuel up. And it may surprise some of you to know that out of the food that the average man eats there are distilled two quarts of alcohol every 24 hours.

"As to preference for foods, contrary to general belief, it may be laid down as a general axiom that the things we like are the things that are good for us. And this old idea of plain food is an ascetic idea of the past.

"There was a day when people advocated the greater nutriment of brown bread because it had more nitrogen in it than the white, until it was discovered that all of the surplus nitrogen was in the form of husks and bran, which are absolutely indigestible in the human intestines and gave rise to what is known as 'brown bread gastritis.'

"For many ages there was a prejudice against pork because it took 4½ to 6 hours to leave the stomach, but the real digestion is not in the stomach but in the upper part of the small intestine. Ham and bacon are now recognized as among our most nourishing foods.

"We used to think sugar dangerous. Now we recognize it as one of the best of foods. We even give it to typhoid patients in the form of ice cream, a half to three-fourths of a pound at a time. And the U. S. buys candy by the ton to send to its soldiers in the Philippines. So with butter.

"Another exploded theory is the evil of eating between meals. Eat when you are hungry. Especially is this true for the young growing child. It cannot stand the five or six hours to wait between meals. Its fuel burns out in from three to three and one-half hours."—Oregonian.

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" " Cascadia.....	2:00 p.m.

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