

IF WEAK, THIN OR NERVOUS DON'T WORRY

Try the Bitro-Phosphate Health System—\$300 Guarantee.

NEW YORK. If you are feeling run-down, weak, nervous, tired-in-the-morning, and generally ailing, these are the symptoms that should warn you to take care of your health.

Four persons in every ten are needing more phosphorus in their bodies. When you see thin and fretful people, or those who are anemic, pale, frail, oft dependent or lacking in energy, you may look for the need of certain elements that make for a strong constitution.

Some people, after relying upon preparations composed chiefly of salts, quinine, drastic drugs, iron, calomel, cod-liver oil, etc., wonder why they find no benefit. That is easily explained by the fact that such persons need the phosphoric element, which is a most potent essential to health, and contained in BITRO-PHOSPHATE, the famous health preparation. Now obtainable everywhere.

The right thing for you to do is make a trial of BITRO-PHOSPHATE beginning at once. It is not a patent medicine; the formula is prescribed by many physicians for the ailments and weaknesses mentioned above.

With every box of BITRO-PHOSPHATE, are a few simple health rules and a \$300 guarantee. Buy a box of BITRO-PHOSPHATE. It is sold and recommended by all good druggists everywhere. Adv.

MALE AND FEMALE

PABCO

It's a Floor Covering The Best Made

Waterproof and Wear-Resisting

1000 YARDS TO SELL

at 89c yard

Mordoff & Woolf
22-26 South Fir

LICE

Will your chickens lay eggs if they are full of lice and mites?

NO

Get busy with

Phenolene

A powerful dip and disinfectant, and rid your house of these egg robbers.

MONARCH Seed & Feed Co.

317 East Main Street

Operators of coal properties in Utah and Wyoming advise buying your winter supply now. The idea is spreading that the coal commission may award the miners a further advance in wages, as well as to make other concessions that will further materially increase the cost of producing.

We can now fill your orders with different sizes of

SPRING CANYON UTAH COAL

Dry Wood of All Kinds on Hand

WISEMAN & SCHEFFEL

Phone 212 531 So. Front St.

Stenography Multigraphing

Circular work of all kinds Mailing Lists

Tunnell & Edwards

306-308 Liberty Building Medford, Oregon.

RULES GOVERNING THE DISTRIBUTION OF STATE MEDALS

The rules for distribution of the Oregon State War Medal has been received by Medford Post of the American Legion, which will have charge of the distribution of these medals for this district. The adjutant general has requested a roster of all persons who are entitled to the medal, and who are now living in Jackson county, this district includes all of Jackson county north of Ashland.

All persons who were residents and bona fide inhabitants of the state of Oregon at the time of entering the service and who were honorably discharged from service are requested to forward the following information to Elmer Wilson, M. P. & H. building, Medford, Oregon, as soon as possible.

1. Name.
2. Residence at date of entry into service.
3. Date of enlistment.
4. Organization.
5. Present address.

The medal will be issued by the legion to all honorably discharged ex-service persons, regardless of whether or not they are members of the legion. The co-operation of everyone interested is requested in compiling this data so the medals may be awarded without delay.

Rules of Distribution

Rules for distribution of Oregon state medals have been issued as follows by the adjutant general of the state as follows:

Your attention is invited to so much Chapter 382, General Laws of Oregon, 1919, which reads as follows:

"A medal to be presented to Oregon's soldiers, sailors, marines and other persons entering the military and naval service of the United States since the commencement of the world war, and honorably discharged therefrom, and to arrange for the distribution of such medals among the persons entitled thereto."

(a) It is clear at a glance that all officers and enlisted men of the various units of the National Guard of the state of Oregon who were duly mustered or drafted into the federal service of the United States for participation in the world war, would be entitled to this medal.

(b) All men who were drafted or inducted into the military service of the United States through any board in any county of the state of Oregon, provided, that they were not rejected at the camp to which they were sent, would be entitled to this medal; provided, further, that they were residents and bona fide inhabitants of the state of Oregon at the time of induction into service. All sailors and marines who enlisted in the naval forces or the marine corps of the United States between April 6, 1917, and November 11, 1918, provided at the date of such enlistment, they were residents and bona fide inhabitants of the state of Oregon, would be entitled to this medal.

Question of Residence

(c) The question of being a resident where the man is not generally known can be established by affidavits of any prominent citizens of his community who are known to the commander or any of the officials of the American Legion. The question of residence at the time of entry into the service may also be established from any county records in the state of Oregon.

(d) Any soldier, sailor or marine who has been dishonorably discharged will not be entitled to this medal.

(e) Any soldier, sailor or marine who died in the military or naval service of the United States and who entered same under conditions above outlined would be entitled to a medal issued posthumously in the following order: The widow of such deceased soldier, or if no widow, the children; if neither widow nor children, then father; if no father, then mother. In other words, we are following the laws of the state of Oregon on distribution of personal property.

(f) These medals will also issue to any person who was enlisted or commissioned in the army nurses corps, Yeomanettes duly enlisted in the United States navy, and veterinarians duly commissioned in the United States army, provided always that they were residents of Oregon at the time they entered the military or naval service.

(g) Each soldier's discharge will be endorsed or stamped: Oregon Bronze Medal Issued—blank date, and initialed by the person issuing same.

Could Not Begin to Tell All "I could not tell you all the benefits I had from the use of Foley's Honey and Tar," writes Miss Rose Florke, 202 Hawkins Ave., N. Brad-dock, Pa. "I had a cold in my chest and fearing it would cause pneumonia I tried Foley's Honey and Tar and it was not long till I felt relieved. I hope others suffering from severe colds will try it." Many such letters have been written about this time-tried, reliable family medicine for coughs, colds, croup and whooping cough.



"Like a Mighty Army Moves The Church of God"

Thirty divisions of that army—thirty denominations—are moving forward in a nationwide cooperative campaign.

THE army that stands still is really retreating. The Master's command was a forward command, "Go ye into all the World."

Out of the war the churches emerged with a new sense of the urgency of that command.

"We must move forward all along the line," they said, and each denomination planned its own "Forward Movement" to deepen the spiritual life of its members and equip itself with money and power.

Then came the greater thought, "It is not enough for us to go forward. We must be sure that there is no duplication of effort; that cooperation prevails; that every man and dollar does its utmost in service.

"We must go forward together."

So the Interchurch World Movement was formed—a clearing house through which thirty denominations without sacrificing their identity in any way—can cooperate in the service of Jesus Christ.

FOR MORE than a year trained experts have been at work making a scientific survey of the whole world, and of America county by county.

The churches, for the first time in their history, have the full facts.

They know where America is overchurched and where under-churched.

They know exactly how they can cooperate in the foreign mission fields to produce the largest results in international education, international health and international good-will.

No business man can study that survey without being impressed by the accuracy and courage with which the task has been approached.

ON THE basis of the survey, the cooperating denominations will unite in a simultaneous financial campaign in the week of April 25th.

The amounts asked for are large in the aggregate; they are small when divided among the church members of the nation—smaller still when you count the whole number of men and women who love America.

The average contribution to the church today is less than three cents per member per day. Think of it. Yet if each person who loves and believes in America will increase his contribution by only a few dollars, the whole amount will be easily subscribed.

Will you do your share for a better America and a better world? Your chance to help is coming in the week of April 25th.

United Financial Campaign

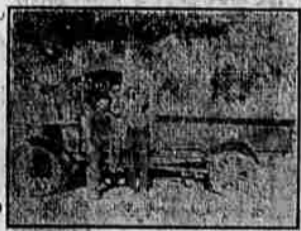


April 25th to May 2nd

The INTERCHURCH World Movement of North America

The publication of this advertisement is made possible through the cooperation of thirty denominations

Licensed City Scavenger.



Will refuse immediately relieved on short notice. Weekly visit in residence districts. Daily business district. Phone 505-R.

Union Sales Stables

and

VETERINARY HOSPITAL

Horses bought, sold and exchanged by D. S. Litts.

Dr. G. A. Gitzen, former government veterinarian.

148 No. Riverside, Medford

Phones—Office, 810; residence, 776-R.

Public Auction Sale

The undersigned will offer for sale at Public Auction on April 10, 1920, at 43 No. Central Avenue at old stand of Ulrich and Ryan, a large lot of Household Furniture of all kind and descriptions, including carpet, linoleum, stoves and various other articles too numerous to mention.

Sales commence at 1 o'clock of said day.

TERMS CASH

William Ulrich Auctioneer.

Fifth and North Riverside Telephone 11

The Dow Hospital

Graduate Nurses Only

Special Attention to X-Ray Cases.

WHAT BRAND OF FLOUR ARE YOU USING AND WHERE WAS IT MADE?

Are you spending your money at home or abroad?

Indifference on this point is not the true spirit of community building.

If we trade out of town and you trade out of town, what in the world will become of our town?

Insist that your grocer send you VILMO FLOUR, made at home from home-grown wheat.

Rogue Valley Milling Co.

NEW SCHEDULE INTERURBAN AUTO CO. Adopted Monday, March 29.

ASHLAND—MEDFORD

Daily except Sunday.
Leave Medford—7:15, 8:00, 8:45, 9:30, 10:15, 11:00 a. m., 12:00 noon, 12:45, 1:30, 2:15, 3:00, 3:45, 4:30, 5:15, 6:00, 7:00 p. m.
Leave Ashland—7:15, 8:00, 8:45, 9:30, 10:15, 11:00 a. m., 12:00 noon, 12:45, 1:30, 2:15, 3:00, 3:45, 4:30, 5:15, 6:00, 7:00 p. m.
Saturday only: 9:30 p. m. daily, 10:30 p. m. Saturday only.

Sunday Only
Leave Ashland—7:15, 8:00, 8:45, 9:30, 10:15, 11:00 a. m., 12:00 noon, 12:45, 1:30, 2:15, 3:00, 3:45, 4:30, 5:15, 6:00, 7:00 p. m.
Leave Medford—7:15, 8:00, 8:45, 9:30, 10:15, 11:00 a. m., 12:00 noon, 12:45, 1:30, 2:15, 3:00, 3:45, 4:30, 5:15, 6:00, 7:00 p. m.

Waiting rooms Ashland, East Side Pharmacy.

JACKSONVILLE—MEDFORD

Daily except Sunday.
Leave Medford—8:00, 9:30, 10:30 a. m., 12:00 noon, 1:30, 3:00, 4:30, 6:30 p. m.
Leave Jacksonville—7:30 p. m., 9:30 p. m. daily, Saturday only 10:30 p. m.

Saturday Only
Leave Jacksonville—7:30, 8:30, 10:00, 11:30 a. m., 1:30, 3:00, 4:30, 6:30, 8:00 p. m.
Leave Medford—8:00, 10:30 a. m., 11:00 noon, 1:30, 3:00, 4:30, 6:30, 8:00 p. m.

Office and waiting room No. 5, South Front, Wash. Hotel building, Jacksonville. Waiting Room at Peter's Confectionery, Phone 300, Medford, Ore.