

# Rheumatism Germs Get Busy in Spring

## An Excellent Time to Cleanse the System of the Little Pain Demons

While nature is engaged in her annual housecleaning, endeavoring to eliminate from the system the germs that have been accumulating during the winter season, victims of Rheumatism will find that this is a very favorable time to route from the blood the millions of tiny germs that cause this painful disease.

Medical scientists differ as to the causes of every form of Rheumatism, but agree that when caused by a tiny disease germ, the only effective method of treatment is to attack the disease at its source, and cleanse the blood of its cause.

On the streets every day you see the results of improper and misdirected treatment. You see victims of this painful and disabling disease, limping through life, their limbs bent and stiff and their bodies tortured with aching joints, until you wonder how they can bear so much continued suffering.

If you are beginning to feel the first slight touches of Rheumatism, there is just as much pain and suffering ahead of you, if you follow blindly in the same misdirected footsteps of unskillful treatment. For remember that all these thousands of victims of this painful disease have spent countless hours no doubt, as well as their hard-earned dollars in a vain effort to find a cure.

And your own experience will be just as disappointing as theirs, if you follow the old, worn-out and worthless methods of treatment. The whole trouble is that the symptoms of the disease are being treated, and not the disease itself. When you realize that you must get rid of the cause of Rheumatism, and that its torturing pains will disappear when their cause is removed, then

you will be on the right track, and there is a splendid chance for you to rid yourself of the disease.

First of all, get it firmly fixed in your mind that all the liniments in the world have no effect whatever on Rheumatism. You may use them by the gallon, and rub the painful parts by the hour, getting possibly some temporary relief from the torturing pains, but you are making no headway whatever toward reaching the cause of the disease.

The most common form of Rheumatism is caused by millions of tiny disease germs which infest the blood. The one and only sensible treatment, therefore, is one which cleanses the blood of these germs, and routs them entirely out of the circulation. And everyone knows that this cannot be done by rubbing the surface with liniments.

This is why S. S. S., the greatest known blood purifier is so successful in the treatment of Rheumatism. It is a powerful cleanser of the blood, being composed entirely of the extracts of roots and herbs of recognized medicinal value, and it promptly routs out of the blood all disease germs. S. S. S. has been used for more than half a century, and it will prove beneficial in any case of Rheumatism.

If you are a victim of this disease, why waste further time with the wrong kind of treatment? Why not save yourself needless suffering that is in store for all who rely upon liniments and other local treatment.

Go to your druggist today and get a bottle of S. S. S., and begin a course of treatment that will delight you with its results. S. S. S. will remove the disease germs that cause your Rheumatism, affording relief that is genuine.

We maintain a medical department in charge of a specialist on Rheumatism, and after beginning treatment with S. S. S. you are invited to write for free medical advice about your own case. Address Chief Medical Adviser, 184 Swift Laboratory, Atlanta, Ga.

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Bulls all tested for tuberculosis and are guaranteed breeders. All are registered in the American Hereford Association.

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 For details see O. I. Paulson, Sales Manager, at Holland Hotel.

## THE MOODY BIBLE INSTITUTE TO BE HELD IN ASHLAND

ASHLAND, April 14—What might be termed an "extension service" to the chautauqua assembly course, and for which the Rogue River Valley Ministerial association stands sponsor, will be sessions of the famous Moody Bible Institute, and as such one of the best things that ever came to Ashland has been definitely arranged for. It will without question, if taken seriously by the community and adequately supported, give Ashland a reputation that will be nationwide. The religious public knows well the value and uplifting influence of the Moody Bible Institute of Chicago, during a period of many years, it has enriched the life and raised the moral tone of the whole nation. We are to have the Moody Institute in Ashland for a whole month this summer, beginning just at the close of chautauqua. That is, the leading Bible teachers, the greatest inspirational preachers at the command of this institution, and such as Grace Northfield and Winona Lake, will be among us as experts in their line of work. It will not be a Bible conference, nor a prophetic conference, nor a millennial propaganda, nor any kind of propaganda, but an un-denominational school of Bible instruction. This project has the unanimous endorsement of the Rogue River Valley Ministerial association, and the enthusiastic commendation of many of the leading citizens of Ashland. Speaking in behalf of the Ministerial association, Rev. C. F. Koehler, pastor of the Presbyterian church, and whose efforts in securing this great religious and intellectual treat for southern Oregon have been unremitting, announces that in following discussions consideration will be given to the advantages of this project for our communities in general.

Miss Lillian, daughter of Mr. and Mrs. W. H. Sullivan, now of Marcola, Ore., but former well known residents here, is about to sail for Japan, having accepted a position as stenographer in the land of the Mikado. Her trip will include a visit to Hawaii en route, also to various other portions of the Orient aside from Japan and China.

Hillah Temple's shrine ceremonial will be a "homecoming" event and will be held in Ashland on Saturday, June 5. In the meantime territory will be districted, and duly accredited representatives appointed for Medford, Jacksonville, Grants Pass, Roseburg, Eugene, Marshfield and Klamath Falls, to whom matters of petitions and general information will be referred with "power to act" in behalf of rounding up a big bunch of candidates for the June event.

A. E. Kinney of this city has filed as a candidate for county commissioner on the republican ticket. He is a No. 1 citizen, safe and reliable and having retired from active business pursuits, has abundant time to attend to the duties of this office. In the allotment of offices, Ashland is certainly entitled to representation on the board.

By appointment of the mayor, Mrs. Frank S. Peltz has succeeded to the position of official chaperon of public dances.

District Superintendent Danford and wife went to Portland to attend the funeral of the late Bishop Hughes the former being one of the honorary pallbearers. Rev. C. A. Edwards, local Methodist pastor, was unable to attend as contemplated. Mrs. Danford will remain up north until the graduation of her daughters from the university, when the homecoming will witness a reunion of the family circle in their newly acquired property, the Pohlman residence on the Boulevard.

Funeral services of the late Edward McCauley were held on Sunday at Dodge's parlors, interment being in Mt. View cemetery. The deceased was a comparative stranger here, a brother from Scott's Bar, Siskiyou county, being present at the funeral.

A report is current that, sooner or later, the Lyric will be reopened, devoted exclusively to certain phases of the movies.

A wave of gossip and scandal has struck certain portions of town. At first sporadic, the infection threatens to become epidemic unless heroic treatment is speedily employed to check its ravages. A number of citizens, in returning their commercial club questionnaires, threatened to incorporate in their replies a suggestion that some means ought to be devised to trace the fountain head of these rumors and deal with the scandal-mongers accordingly.

An "open-air breakfast" is a phase of entertainment planned to welcome the auto caravan next month, a retinue of camp followers, 400 or more, to be on their way from the northwest to the Yosemite valley over the Pacific Highway, stopping at the various oases en route, and tarrying hereabouts awhile before continuing the trek over the southern dusty plains of California.

Contemplated changes of local business firms as to location, implies in one specific instance the removal of the old established firm of McNair Bros., from present quarters to more roomy surroundings in the block of the Ashland Improvement Co., formerly occupied by White's Jewelry store. This location is directly on the Plaza and quite near the post

office. The change is slated to take place on or about June 1.

Siskiyou chapter No. 21, R. A. M., meets in stated convocation on Thursday evening this week, April 15. Routine business and work, and the latter may be continued on Friday evening; the 16th.

S. C. Hamaker, of Langell Valley, Klamath county, is visiting old familiar surroundings here after a winter passed in the Imperial valley of California. He has retained his fraternal affiliations in Ashland, and the Masons and Elks lodges find in him a welcome visitor.

Funeral services of the late Mrs. S. J. Irwin, who died in this city last Sunday, were held at Stock's chapel on Tuesday, interment being in Mountain View cemetery. Deceased was the widow of A. L. Irwin, who lost his life about a year ago in the railroad yards at Gerber, and had been a resident of this vicinity for over a quarter of a century. She was the mother of Mrs. Clara Engle, of Santa Cruz, Cal., who with her children has been at the parental home here for sometime past.

Ad Helms, credited with a residence in Ashland, is developing extensive land holdings in Douglas county, having made application to the state engineer for the appropriation of 50 second feet of water from the Umpqua river to irrigate a 3860 acre tract near the hamlet of Days Creek in that section. Ad was the owner of the Helms orchard, south of town, which during the years 1907-8 made the phenomenal record as to apple production, a yield which also brought the highest prices. In those palmy days the ranch and orchards which he was developing were listed on the basis of a \$55,000 valuation.

Trinity guild will hold a social at the parish house on Thursday afternoon this week, hostesses in dispensing hospitalities being Mesdames Whitney, Wallin, Nell and Rose.

Local Parent-Teacher associations have merged, consequently fewer officials are necessary, one president being deemed sufficient, and Mrs. Louis Dodge has been elected to that position. However, vice-presidents will serve as representatives from their respective wards, Mrs. W. E. Blake for west, and Mrs. A. C. Joy for east Ashland. The meetings will be held alternatively at the several school buildings, and Mrs. W. G. Prescott will act as secretary-treasurer of the merged associations.

Notwithstanding the low price of eggs, 5213 dozen were marketed by the co-operative association, includ-

ing Ashland, Talent and Bellview poultry keepers, during the month of March, thru channels of the local Fruit & Produce association which handles the product to better advantage than "private ownership" methods. In addition to these sales, thrifty housewives are storing away a lot of eggs during the era of low prices

as compared with the cost of feed which still remains high.

The valley band organization, as reorganized, and embracing the best talent of Ashland and Medford, will give a series of dances fortnightly, the first to be given in the Ashland Nat. Friday night, April 16.

The work of remodeling the post-

office quarters has begun under the new lease as existing between the Masonic lodge and the government. The improvements are extensive, and not only include a realignment of the lobby but the installation of notable additions to equipment of the office proper. Contractor Weisenburger is superintending the job.

### Another Royal Suggestion

# GRIDDLE CAKES and WAFFLES

From the NEW ROYAL COOK BOOK

**THERE is an art in making flapjack pancakes, griddle cakes or waffles, call them what you will. But it is an art very easily and quickly acquired if you follow the right recipes.**

Here are some recipes for a variety of breakfast cakes that will make grandmother envious. The secret, of course, is Royal Baking Powder.

**Royal Hot Griddle Cakes**  
 3 cups flour  
 1/2 teaspoon salt  
 4 teaspoons Royal Baking Powder  
 1/2 cup milk  
 1/2 tablespoon shortening

Mix and sift dry ingredients; add milk and melted shortening; beat well. Bake on slightly greased hot griddle.

**Griddle Cakes with Eggs**  
 1 1/2 cups flour  
 1/2 teaspoon salt  
 3 teaspoons Royal Baking Powder  
 2 eggs  
 1/2 cup milk  
 1 tablespoon shortening

Mix and sift dry ingredients; add beaten eggs, milk and melted shortening; mix well. Bake immediately on hot griddle.

**Buckwheat Cakes**  
 2 cups buckwheat flour  
 1 cup flour  
 6 teaspoons Royal Baking Powder  
 1/2 cup milk  
 1/2 cup water  
 1 tablespoon molasses  
 1 tablespoon shortening

Sift together flours, baking powder and salt; add liquid, molasses and melted shortening; beat three minutes. Bake on hot greased griddle.

**Waffles**  
 2 cups flour  
 4 teaspoons Royal Baking Powder  
 1/2 cup milk  
 1/2 cup water  
 2 eggs  
 1 tablespoon melted shortening

Sift flour, baking powder and salt together; add milk to yolks of eggs; mix thoroughly and add to dry ingredients; add melted shortening and mix in beaten whites of eggs. Bake in well greased hot waffle iron until brown. Serve hot with maple syrup. It should take about 1 1/2 minutes to bake each waffle.

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says Bobby

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Such steels take the burden of dragging around useless weight from the engine, providing brilliant performance.

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