

# After Every Meal WRIGLEY'S



Most of us eat too hastily and do not chew our food enough.

If people realized how much more good their food would do them if properly masticated, and followed up with a bit of WRIGLEY'S to assist the digestive process, we'd have far better health.

Keep teeth clean, breath sweet, appetite keen and digestion good with WRIGLEY'S.

WRIGLEY'S is the perfect gum, made of purest materials, in modern, sanitary factories.

Wax-wrapped and sealed to bring it to you fresh and full-flavored

The Flavor L-a-s-t-s

## FOR BETTER DIGESTION



The Great American Sweetmeat

## ASHLAND FORMS A SPORTSMEN'S CLUB MEETING FRIDAY

ASHLAND, Feb. 26.—Local sportsmen have organized, elected officers, and the Ashland Rod and Gun club promises to attain a membership of one hundred or more during the present season. The preliminary meeting was held at the city library last Friday evening and another meeting is called for March 2, at the same place to perfect arrangements, more particularly to secure permanent grounds and equip same with needed requisites. In years past many shoots were held on the Helman premises down near Bear Creek, and considerable progress was exhibited in connection with these tournaments. Ote Helman and other experts could afford many details connected with these competitive matches held preceding the world war period. All those interested in either angling or shooting are urged to attend the meeting on Friday evening of this week and line up in a movement which will lead to the formation of a viable sportsmen's club. Louis Dodge is chairman of the organization committee, other members being Harry Hostler, R. E. Detrick and Will Briggs. Committee on grounds includes Ote Helman, chairman, Floyd Whittle and Bob Middleton, while membership details have been referred to Glenn Simpson, chairman of such a committee, reinforced by Ben Bowers, Ike Fridger and Amos Nulinger. In order to finance the undertaking dues were fixed at \$2.50 as a preliminary to organization. Local sports are taking great interest in this enterprise and the club promises to become one of the most important sportsmen's units of the several which are in existence throughout Jackson county.

This ideal residence property, the Bostough bungalow, located near Hillcrest Heights, has been on the point of changing ownership of late, a lease to present occupants for a specified term being the only obstacle in the way of a speedy transfer to a local purchaser.

Jim Porter, Ashland student at the Agricultural college, is major of the motor transport corps.

Mrs. Matilda Hatch, resident of this vicinity for over 35 years, reached her 79th birthday anniversary on February 23, and this auspicious event was made the occasion for a social demonstration in her honor, a company of neighbors surprising her at the family home on Granite street with kindly manifestations of their esteem.



It's toasted. This one extra process gives a delightful quality that can not be duplicated

Mrs. Hatch is a native of New York and was born February 23, 1844. Bend is agitating the question of building a \$200,000 union high school building. G. W. Ager, superintendent there, was formerly superintendent of Jackson county schools.

At the Presbyterian church on Sunday Rev. W. L. Van Nuss, field secretary of the Board of Religious Education, occupied the pulpit at morning service. Members of the flying squadron participated in services at various churches. Honorable Oliver Wayne Stewart at the Congregational and Miss Norma Brown at the Christian church. The big union service, under Squadron auspices, was held at the Methodist church in the evening, with Mr. Stewart as the chief speaker the union event being a fitting ending to the visitors active campaign, on a "flying" basis, to this community, and there are many who would like to have this active campaign experience repeated.

Jesse Winburn and Mr. and Mrs. Bert Moses have returned from California. Certain wisecracks proffered that Jesse had departed from Ashland never to return, hence this announcement.

On Wednesday evening this week, Alpha Chapter of the Eastern Star will visit Rhoema Chapter of Medford, and participate in conferring degree work incident to a social gathering of the two chapters.

On March 7 the Community club of Bellevue and Nell creek districts will meet at the home of Mrs. A. C. Joy on the Boulevard, in all-day session. Miss Grayce Telch, county home demonstration agent, is attending these gatherings, giving instruction in domestic economics in general, a class in millinery now being formed. Costume designing will be exemplified at another meeting, to be held on March 27 at the home of Mrs. C. T. Payne, also a resident of Boulevard precincts.

Although attended by several hundred members of church and congregation, the Methodist annual reunion last week passed into history without a ripple of excitement. The time was in previous years when this event was a notable one in both the social and religious calendar. Incident to a generous feast, there would be an extended program, both literary and musical, with splendid addresses and much other entertainment for the multitude. Have other activities been the means of eclipsing the significance of the good old-fashioned reunion gathering?

Mrs. Schwin, Mrs. Baughman and Mrs. Storm are the trio of hostesses who will entertain the Art club at its stated session, Monday evening, February 26, at the Community house. Members are admonished to appear at headquarters well armed with needle, thread and thimble.

It is reported that the Ray Minkler property, a fine place on the Boulevard, has been sold to Mechanic street residents, who will occupy it in due season. Mechanic street is the thoroughfare the name of which it is proposed to change to Van Ness avenue.

A merger of the White Cross and Aid with the Missionary society of the Baptist church, in joint session assembled, is set for Tuesday, March 6, in the church parlors. The Aid promotes material activities, while White Cross and Missionary units advance both moral and spiritual uplift.

C. A. McCune and C. R. D. Jones, Southern Pacific employees located at this terminal have been cited by the company for merit displayed in employing fuel conservation methods.

## HOPE OF WORLD PIERCED HAND, NOT MAILED FIST

When Rev. William H. Huff came onto the platform at the First Methodist church yesterday morning, a large and expectant audience seemed impressed that the evangelist was no ordinary personality. He had much to "live up to," as the pastor had advertised him as one of the greatest evangelists in America. None were disappointed after hearing his first sermon.

His subject was "Factors Which Make for Religious Conquest," and was addressed very largely to Christian people. Anyone, however, would have enjoyed it merely for its beautiful English. A lady of evident culture, remarked after the service: "The meetings will be tremendously worth while simply as an intellectual feast."

The evening service was attended by an equally large number, and Dr. Huff had the audience with him from the first word. His subject was, "The Mission of Christ to the World." In outline he said: "Christ was the greatest preacher the world ever heard. He made every place a pulpit and every thing a preacher. He took the most commonplace things and made them vocal with the voice of God."

"Then, He was humanity's greatest teacher. For twenty centuries, rich and poor, high and low, educated and ignorant, Webster-brained and base-browed have joined with Nicodemus and said, 'Rabbi, Thou art a teacher.' Of all the brain-girt of the centuries and all the mountain-minded men of the ages, none have ever attempted to improve on the teachings of Jesus of Nazareth."

"And He was humanity's sympathetic physician in a world of pain. There were no cases too far gone for him, and no words for incurables in His hospital."

But He came to the world to be more than a speaker, a teacher, physician or an example. The great objective of his coming was to bring the world out of its moral alienation home with God."

The following are some of Dr. Huff's vivid phrases:

"The hope of the world isn't the mailed fist; it's the pierced hand."  
"Christ made everything talk 'God' to the folks."  
"If God will feed the sparrows and attend their funeral, what will he not do for you if you will let Him?"  
"If God will dress up a wild flower or so as to make Solomon ashamed of himself, what will He not do for you if you will trust Him?"  
"You can't follow His great example until you find the dynamic of His grace."

## MOONSHINE CACHE FOUND, BOYS HELD

Carl and Court Jencke, 22 year old youths of this city were arrested Saturday night by Special Prohibition Officer S. B. Sander for having a cache of moonshine liquor, on the Biddle road, and a complaint was sworn out against them this morning in County Judge Gardner's court. The youths were trailed to the cache, and four quarts and two pints secured. One bottle, the authorities say, was thrown away, and afterwards found.



Tom Mix, Rialto  
Tom Mix, the popular star, never was seen to better advantage than yesterday when he appeared at the Rialto theatre in his latest picture, "Up and Going." Not only was the star up and going, but his thrilling stunts and his daring riding both on horseback and in a canoe; he had the audience going with him in his battles against the wicked men of the Canadian northwest.

This picture, aside from its stirring story, contains some of the most beautiful scenes of the cold, silent northwest, with its splendid forests and its fast-flowing rivers. Mix in this picture surely shows most convincingly that he is great out-of-doors man.

Page Theatre Wednesday  
"The Young Rajah," starring Rodolph Valentino, opens at the Page theatre Wednesday at 1:30, giving this popular young film star one of the best opportunities of his unfortunately brief motion picture career. Valentino was recently barred from the screen following a contract fight, and this is his last Paramount picture. In the cast are: Charles Ogilvy, Wanda Hawley and other notable picture favorites. There is also the second round of the "Leather Pushers" on the Page bill and "Betty" Brown has arranged an elaborate musical program for "The Young Rajah."

Notice  
It is time to make garden, and people having chickens are requested to keep them shut up in compliance with the city ordinance.  
287\* CHIEF OF POLICE.

## How to Use Vicks VapoRub For Deep Grippy Colds

First, It Is Very Important Fact a Thorough Rubefacient or Counter Irritant Effect Be Produced on the Surface of the Skin Around the Lungs.

This Draws the Blood from the Congested Lungs and Lessens the Danger of Pneumonia.

THEN TREAT WITH VICKS

Starting in the Southern states an epidemic of deep, grippy colds has been spreading gradually until just recently it seems to have invaded Oregon. In some sections these colds have been called influenza, but they are so much milder than the influenza cases during the first epidemic that health authorities have not agreed as to whether these cases were all due to the same infection or even whether there has been any real influenza.

"Flu" Germ Discovered.  
New light has been thrown upon these matters by the announcement by Dr. Simon Flexner, director of the Rockefeller Institute of Medical Research, that the germ of influenza has been identified. The Institute staff, through experiments on rabbits, has found how this germ injures the lung tissue so that it is no longer able, as it is in health, to destroy the common bacteria of the nose and throat that cause bronchitis and pneumonia.

Dr. Flexner also says, "Recent reports from abroad and from points in the United States indicate that a secondary wave of epidemic influenza, relatively mild in character, is passing over parts of Europe and America."

The Danger Is From Pneumonia.  
It, therefore, behooves anybody who develops a deep grippy cold to take his case seriously and work fast if all danger of pneumonia is to be avoided. What is needed is something to decrease the congestion of the lungs. For this purpose there is nothing like a rubefacient or counter-irritant, as witness the use of blisters, poultices and plasters for generations. This counter-irritant reddens the skin—draws the blood from the congested parts to the surface; the circulation is improved; there is a sense of warmth and the possibility of pneumonia is greatly lessened.

Quick Counter-Irritant Needed.  
The value of this counter-irritant effect is greatly increased if it is produced quickly. Nearly every family has its favorite method—union poultices, turpentine ointment, mustard plasters and poultices of various kinds—all are good.

A very simple method is to apply towels wrung out in hot water, as hot as the patient can stand. This not only reddens the skin quickly, but also opens the pores so that more Vicks can be absorbed. Some, however, prefer to use an ordinary mustard plaster, as the reddening effect lasts longer.

How to Heat and Apply Towels.  
Use an open kettle of very hot, not boiling water. Fold a medium weight towel, lay it into another towel, and holding the outer towel by its ends, let soak for two minutes. Wring out by twisting the center towel. Apply the hot towel for two minutes, meanwhile heating another towel, and applying it the moment the first is taken off. Two applications usually will produce the desired redness, but use three or four if necessary.

Parts to Be Treated.  
Whatever method is used, the application should be applied over the throat and chest until the skin is thoroughly reddened. In very deep colds, the sides and especially the back from the middle of the shoulder blades to a point just above the waist, should also be treated. The patient should be given a good purgative and, if convenient, a hot mustard footbath for ten minutes.

Repeat From the Beginning.  
When the vapors begin to lose their strength, fresh Vicks should be applied over the throat and chest. This to keep up the continuous supply of vapors. When the redness of the skin dies out, all the Vicks remaining should be wiped off and the entire treatment repeated. That is, the hot wet towels or mustard plasters should be used until the skin is again thoroughly reddened, then massage with Vicks, spread on thickly and cover with hot flannels, just as previously done.

When the Patient Chokes Up.  
Sometimes when the patient is badly choked up, the vapors from the application on the chest are not sufficient to make the breathing easier. In these cases drop a tablespoonful of Vicks into a kettle of boiling water and allow the patient to inhale the warm steam and vapors combined for about 10 minutes. Do this several times a day if needed. Keep the water boiling and put in additional Vicks whenever the vapors decrease. Put a sheet over the patient and the tea-kettle, making a kind of tent.

Must Be Used Freely.  
This is vigorous treatment, but to check congestion requires vigorous measures. Vicks must be used freely to be effective. The cost of the treatment is insignificant compared with the results which are frequently obtained.

Does Not Take the Place of the Physician.  
In all cases a physician should be called. These deep colds are the serious and have too many complications to rely entirely on any home medication. Vicks, however, does not interfere with any treatment that the doctor may prescribe. In addition the formula of Vicks is given on every circular, so there is no reason why any doctor should object to its use, except the fact that a few physicians do not care to use anything which is advertised directly to the public.

Born in a Little Drug Store.  
Vicks Vapo-Rub is the discovery of a druggist in a little town in North Carolina. From the back room of a small drug store its use has grown until today literally tens of millions of families are never without the familiar blue jar. It is their standby for all forms of cold troubles, and in addition is useful for the many minor ailments of the home. It is particularly a boon to mothers with small children, because it is externally applied.

## Purity, Accuracy and Obedience—

to the Doctor's orders is the plan on which our prescription department is operated. Your prescription leaves the store exactly as ordered and we do all in our power to aid the physician to get results.

Heath's Drug Store  
PHONE EIGHT-EIGHT-FOUR  
We are as near to you as your 'phone



## TONIGHT!

AND TUESDAY NIGHT

# PAGE

## Elks Minstrels

BIGGER AND BETTER THAN EVER

with  
**50 -- PEOPLE -- 50**  
MUSIC -- STUNTS -- JOKES -- SONGS

Medford Lodge No. 1168, B. P. O. E.

IT'S TONIGHT! Come early if you want a seat

## THE ORIGINAL PUM-KIN ROUGE

An Owl Product at the Owl Price.  
West Side Pharmacy  
THE FINEST STORE

## The Pacific Mutual Life

A REAL SICK AND ACCIDENT POLICY

- 1. Cannot be cancelled by company
- 2. Covers every disability
- 3. Pays a monthly income for life
- 4. House confinement not required
- 5. Renewable through age 80
- 6. Premium cannot be increased after issue
- 7. Cannot be restricted after issue by rider or endorsement
- 8. Issued subject to medical examination
- 9. Pays a pension for life for loss of one hand or foot or eyes
- 10. Pays a life income for loss of two limbs or sight of both eyes.

J. H. COCHRAN  
Rooms 202-3 First National Bank, Medford