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Ye Smudge Pot

By Arthur Perry

"Politics makes strange bedfellows,"
but the Republican party of Jackson
county, will never reire with Walter
M. Pierce again.

The nights are getting warm enough
for an excessively polite and painfully
proper young man, to talk to a young
lady in the open, with his hat off, and
not contract a case of double pneu-
monia.

THE LADY CAN HIT

(Brownsville News)

Henry Garbe, one of Harris-
burg's highly esteemed farmers,
is confined to his home now, hav-
ing met with the serious misfor-
tune a few days back of suffering
several broke ribs while engaged.

Who remembers away back, when
a lawyer asked a witness at J'ville:
"What is your name?" and the wit-
ness said, "Hell, don't you know, after
living on the same creek with me for
20 years?"

The meddling moralists, who are
going to rewrite the Bible, should in-
corporate something like this in the
new Psalms: "And, lo! a candidate
for constable came to the temple, and
seated himself in the front pew, and
drank up every word, and his enemies
did say something else, when the
chance cometh; but the race is always
to him who getteth to the front door
first."

The economic conference ought to
find a way to get out of miffing, when
the fish are biting.

SO WOULD YOU

(Salem Statesman)

They are going into filiberts in
the Stayton section; getting excit-
ed about it.

The deluge of rum across the Cana-
dian border, is still being checked
effectively by orators, far enough
away, to escape all danger of being
run over by a bootlegger's truck.

Three votes for Sheriff Terrell nar-
rowly averted being hurled 374 feet
south of the water tank on the 14th
mat., by a reckless iron horse.

There never was a time when so
little pep prevailed in local hating,
and the courthouse is in no danger
of being seized by the Pope.

One of the Strang boys has an ob-
noxious growth on his upper lip,
which he thinks is a mustache.

It has gone and clouded up, thwart-
ing the plans of many who planned
on gadding nine miles out into the
country on the Sabbath.

BOOSTERIA

(Oakland, Cal., Tribune)

"In the hill-bound cradle of a
great southern Empire of De-
mocracy, supremely blessed by
the bounties of Nature, where
nomad Indians first built their
villages and Franciscan padres
founded the Mission that is the
mother of Los Angeles, here, be-
tween that leering metropolis
and the golden valley of the San
Gabriel, has been built a
mighty city, dedicated by the lov-
ing service of a home-owning
community to the happiness and
well-being of man.

Considering the fact that so many
nightshirts are being used only in
boudoirs, and masks only by burglars
and dancers, the Emperor did well
to sell the Ku Klux Klan for \$148,000.

Rev. Yarn will come here with a
special message on that evening, and
a good congregation is looked for.
(Eugene Register). Can you spin
anything out of that?

Another pioneer landmark has been
torn down, before it fell down.

The Jigadler brigade of Oregon, who
swore off cigarettes to smoke a pipe,
1-1-24, ought to be able to initiate a
frying egg, with his new weapon, by
this time.

Married women must be accompan-
ied by their husbands. (Albany Her-
ald). Cruel and unusual.

Mme. Mary Meadow-Lark executed
three charming vocal numbers on
Tom Waterman's fence Thursday
afternoon, to the great enjoyment of
one smart dog, and seven cats.

ANOTHER OIL VICTIM.

WELL! WELL! We knew the oleaginous complex had gone
pretty far but we never supposed that a man like Frank A.
Vanderlip would fall so hard for it.

Here is a man in the prime of life,—only 60 years old,—ex-presi-
dent of the National City bank of New York, prominent in world af-
fairs, both from a financial and political standpoint, confessing be-
fore the multitude that his sensational speech a few nights ago, was
based upon nothing but hearsay and gossip.

The oil inquiry has smashed a number of reputations, but none
has been so completely riddled, as the New York bankers,—hereto-
fore regarded as a man of at least normal intelligence and common
sense.

Mr. Vanderlip not only admits there wasn't the slightest evidence
to support his insinuation that there was something wrong in the sale
of the Marion Star, but he confesses that he didn't even know that
Secretary Fall had declined to testify further, because he feared he
would incriminate himself.

The collapse of the Vanderlip balloon is so complete that one would
not be surprised to learn that the senatorial committee had turned him
over to an alienist. That a man in possession of his faculties would
publicly repeat what he believed to be slander in the hope of sparing
the victims of such slander, is simply too incredible for any sane per-
son to accept.

The only explanation for Mr. Vanderlip, we can offer, is that he
is for the moment insane. This oil business has gone to his head, as it
has gone to the heads of many other prominent citizens.

The lesson to be learned is the lesson frequently pointed out be-
fore. In this oil sprinkled world, the wise man picks his way care-
fully and spreads some sand on the track before he orders full steam
ahead.

And finally there is this consolation. As Robert Quillen has said,
"The nobody has one advantage. When he makes an ass of himself,
the headlines don't tell the world."

QUILL POINTS

It's a safe bet that he's a fundamentalist if he calls trousers
"briteches."

And yet what doth it profit a party to be in power if it isn't in
control?

Money isn't everything. At times it is necessary to have a friend
on the jury.

Size doesn't matter so much. The smallest offices may cause the
most severe cases of swell head.

Poise is the quality that keeps you from spitting fire when you
see the twin of your \$60 overcoat marked down to \$19.98.

The hard part of reducing taxes is to do it in some way that will
get the other party in bad.

The modern is so sophisticated that there isn't much left to make
him gasp, except asthma.

Note to the French: The surest way to make the ball turn this
way or that is to put a little more English on it.

What the politicians can't understand is why a mere private citi-
zen like Bok should try to wish something on the people.

Correct this sentence: "It's a genuine sealskin," boasted the
wife, "but I've never asked John what it cost."



BOTTLED MEDICINE.

WHEN aches and ailments come and throttle the pleasure of
my day, I long for something in a bottle that tastes like
moldy hay. I long for something dark and murky that has a
brimstone smell; I feed it to my innards jerky, and it will make
me well. The modern pills are sweet as honey, you take ten in a
bunch; but when I'm ill I spend my money for pills that have a
punch. When my poor vitals raise a riot, and to the doc I go, he
says, "I'll put you on a diet for seven months or so." He tells me
that a good long trot'll relieve my aching legs, but oh, for some-
thing in a bottle that tastes like last year's eggs! For I grew
up among the critters who pinned their faith on yarbs, and they
compounded dark green bitters that gripped like fishhook barbs.
And when you took nine drops in water you soon forgot your
aches and grabbed an ax and went to slaughter your weight in
rattlesnakes. "Try exercise," says Old Doc Wattle, "walk nine-
teen miles a day;" but oh, for something in a bottle, with taste
of dappled gray!

Tries Kellogg's Bran—restores health
after 12 years of intense suffering

Mr. Firth writes that he suffered
for 12 years from constipation and
his friend for 10 years—a total of
22 years' suffering permanently re-
lieved by Kellogg's Bran, cooked
and krumbled.

Gentlemen:

For 12 years I had been troubled
with indigestion caused mostly by
constipation. Until about a year
ago, I would suffer from 4 to 20
weeks at a time.

I happened to see your Krumbled
Bran in a store, purchased a pack-
age and got almost immediate re-
lief. I am still eating the Krumbled
Bran every day.

The most wonderful results ob-
tained with your Krumbled Bran
I will now relate. A gentleman
who has been taking medicine for
about 10 years for constipation

could not find anything to give him
relief. Three weeks ago I advised
him to try Krumbled Bran, as I
had told him what wonderful results
I had gotten from it. The gentle-
man in question purchased a box,
and he told me that for the first
time in ten years he is regular
without taking medicine.

Yours for success,

William Firth, Jr., 56 Volan St.,

Merchandise, N. J.

Eaten regularly, Kellogg's Bran is
guaranteed to relieve the most chronic
case of constipation, or your grocer
returns your money. Eat two table-
spoonfuls daily—in chronic cases, with
every meal. The flavor is delicious.
Try it in the recipes on every package.
Made in Battle Creek. Sold by all
grocers.

Personal Health Service

By WILLIAM BRADY, M. D.
Noted Physician and Author

Signed letters pertaining to personal health and hygiene, not to disease diagnosis or
treatment, will be answered by Dr. Brady if a stamped, self addressed envelope is enclosed.
Letters should be brief and written in ink. Owing to the large number of letters received, only
a few can be answered here. No reply can be made to queries not conforming to instructions.
Address Dr. William Brady, in care of this newspaper.

Absence of sunlight is one of the most important causes of anemia, or
weak blood. People shut it out of
the home, because it fades the rugs
or something or because other people
do. Window shades and shutters are
worn just because
they are the fashion
and not because
they are needed.
Sunlight is as essen-
tial for the produc-
tion of the coloring
matter of the blood
(hemoglobin) as it
is for the production
of the coloring mat-
ter of plants (chloro-
phyll). Those whose
occupation keep a
them shut in all day
allows them to go home only after
sundown, and requires them to be at
work before the sun is high enough
to give strong light, are pretty sure
to be anemic.

The general use of denatured
bread and cereals is certainly an im-
portant factor of anemia. If you re-
move the iron containing layer of the
wheat and of other cereals, you rob
the blood of something it must have.
Not merely iron, but vitamins, life
elements. Pale, insipid, tasteless bread
makes anemic, pale, lifeless people.
Whole wheat bread, old fashioned
oatmeal, cornmeal, unpolished rice,
these things not only feed the blood,
but correct the constipation which is
almost a universal ailment of civilized
people. Undenatured food prevents
and cures pellagra and beriberi. We
have not only economic but also the
best of hygienic reasons for going
back to the undenatured fare of our
great grandfathers.

The excessive use of cathartics
helps to cause anemia. Castor oil,
for instance, usually causes blood
corpuscles to appear in the evacua-
tions; so does calomel. And salts are
notorious for weakening the blood.
Yet lots of people take salts because
they have backache which they mis-
takenly attribute to kidney trouble—
backache which spells anemia.
Internal bleeding hemorrhoids fre-
quently cause anemia. Toxicemia,
(poison in the blood) from insidious
diseases like Bright's disease, pul-
monary tuberculosis, syphilis, malaria
and local infections in the gums,
teeth, tonsils or elsewhere are com-
mon factors.

But in women, at least, a most
prolific cause of simple anemia—that
discouraging sallow complexion and
dull heavy eye—is insufficient oxygen.
Another way of saying this is exces-
sive methemoglobin in the blood. Or
still a better way is lack of outdoor
exercise. A woman may obtain plenty
of exercise at her housework, yet she
must get out and take a good walk
every day if she wishes to preserve
her good looks and her health. There
is something about the open air,
which we can't exactly describe—
probably an actinic, chemical influ-
ence—but something indispensable
for good health.

For anemia, poor complexion, dull
headaches, that tired feeling, nervous
depression, poor appetite and all the
familiar symptoms of anemia, our
prescription has never been sur-
passed by any other remedy. Two
miles of oxygen on the hoof at least
once a day.

QUESTIONS AND ANSWERS

Chronic Tuberculosis

Are the symptoms of chronic tuber-
culosis the same as those of acute?
Which is the more fatal form? Can a
case of chronic tuberculosis be caused
in the city? (D. T. E.)

Answer.—The symptoms of a chro-
nic (which means long enduring) dis-
ease are generally different from
those of an acute (which means hav-
ing a short or sharp course) disease,
but I think you make a mistake in
studying symptoms—much better for
your health to leave that to the doc-
tor. Chronic tuberculosis is being
cured in the city all the time. If the
patient can have (1) proper medical
care, (2) prolonged rest in bed, (3) a
sleeping porch or something akin to
it for open air life, (4) proper food,
and (5) freedom from unnecessary
worry or anxiety—which sometimes
means merciful consideration from
the neighbor, friend or visitor who
might feel tempted to offer advice, his
chance for recovery in the city is
about as good as it would be any-
where.

Iodin Ration

Kindly give some information as to

Macaroni
At It's Best

KITCHEN BOUQUET, a
purely vegetable product,
is in almost every pantry.
Housewives know it is the
secret of making good
gravies and soups, but
KITCHEN BOUQUET is
equally good in preparing
many other dishes. Try
your next dish of macaroni
prepared this way—

BAKED MACARONI

14 packages macaroni, broken in pieces
1 teaspoon salt
1 quart boiling water
1 cup grated cheese
1 teaspoon Kitchen Bouquet
Milk Butter

Cook macaroni in boiling salted water until
tender, drain and blanch with cold water.
Place macaroni in the cooked macaroni in but-
tered baking dish, dot with butter and ap-
proxi- with grated cheese, then pour milk over,
better and cheese until dish is full. Add Ki-
tchen Bouquet to milk and pour this over the
macaroni. In nearly every case, the macaroni
is thick with cheese. Bake in medium oven
over a half hour, until nicely browned and
serve immediately for dinner.

KITCHEN BOUQUET

tincture of iodine in a quart of drinking
water, allowed to stand 15 minutes,
will disinfect the water and render it
safe to drink, as regards possible
typhoid pollution. This is a recent
suggestion of the United States public
health service, for tourists, campers
and others who may have to drink
questionable water.

**LAUREL GRAY'S
LOVE GOSSIP**
THE GREATEST THING IN THE
WORLD
by Laurel Gray

Neat Girls
Men marry neat girls. Ever notice
that most men are neat as a pin?
When their necks need it they use
soap and water
instead of a hasty
dab with a pow-
der puff! This
illustration is un-
questionably vul-
gar but it is gos-
pel truth. Many
truths are vulgar.
A flying button;
untidy footwear;
slovenly hair—
these are the flies
in the ointment
of an otherwise
rosy romance. And don't fancy that
a girl can fool a man with makeshift
camouflage! The girl whose person
and apparel denote careful grooming
is as conspicuous as a lighthouse.

What gets us is why a feller
that's married, an' all set, an' got
over'thing, wants t' spend so
much time tryin' t' hide a bald
spot. A woman may forget, but
it don't take her no time t' re-
member if you git her ruffled.

Abe Martin



MANN'S—The Best Goods for the Price, No Matter What the Price—MANN'S

Spring
Suits

JUST ARRIVED

One Hundred
new Spring Suits received
from Rochester, New York,
the world's most famous
clothing center.

Vogue Suits

Clothing that makes popu-
lar prices safe.

The latest models and fab-
rics. Come in and look
them over. See them on
display in our windows.

Prices
\$35 \$40 \$45

SPECIAL!

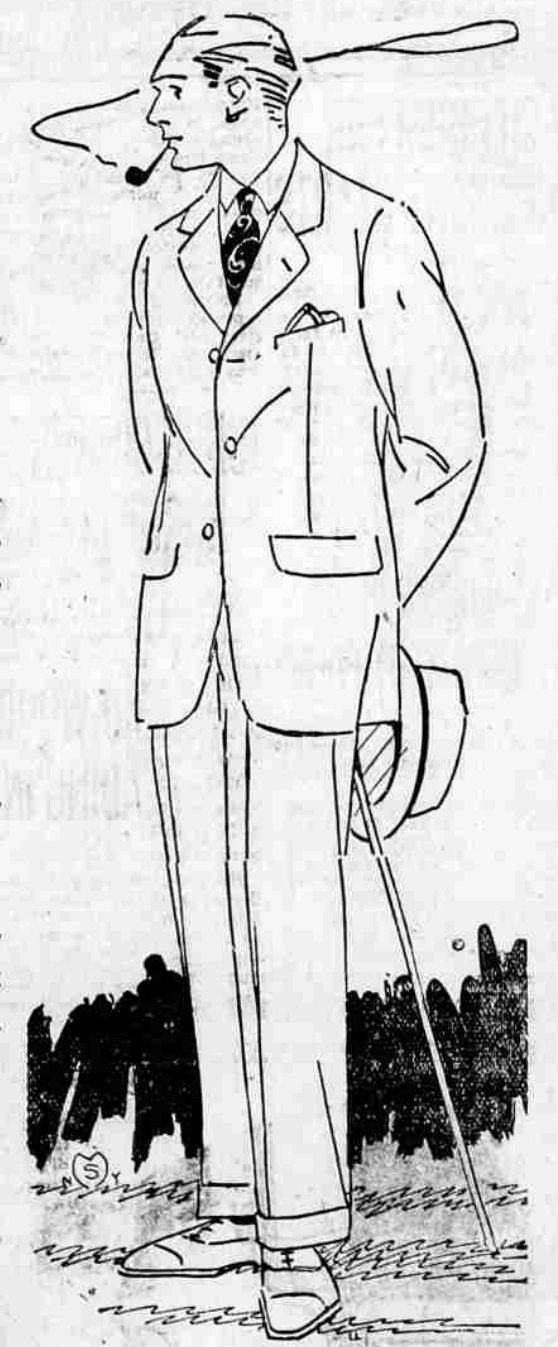
Six Dozen
New
Spring Caps

Sold regularly
at \$2.50

Clean Sweep Sale
Price

\$1.98

Look these over. On
display in our windows.



Don't Forget
Our Clean Sweep Sale
of
Overcoats

Discounted 33 1-3%	Discounted 25%
\$20 Coats \$13.95	\$35 Coats \$26.25
\$25 Coats \$18.66	\$40 Coats \$30.00
\$30 Coats \$20.00	\$45 Coats \$33.75
\$35 Coats \$23.33	\$50 Coats \$37.50

Mann's Department Store
The Store for Everybody
Medford, Oregon