

# A Doctor Talks About Cascara



It is unfortunate that many people judge the thoroughness of a laxative by its violence. The salts that rush through the system may not even penetrate the film of poisonous matter that has coated the colon. A long list of drugs will "loosen the bowels" but what is the best way to CLEANSE them?

The world's best laxative is one that Mother Nature makes in her own laboratory. It is the bark of a tree, called CASCARA. The Indians used to chew this bark—and rough old age without a sick day. It is the best thing there is today, for any system; best for the blood. The most beneficial in its action on the bowels, of anything yet disclosed. For many reasons:

First of all, there is no HABIT formed from cascara. The bowels are not weakened, but strengthened by its occasional use. The occasions when one needs this aid grow less and less. Its influence is long-felt. You don't find yourself worse bound-up the day following. You do find the bowels more inclined to move of their own volition. The candy Cascara that every drugstore always has in stock is the ideal form of cascara.

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## LIME PRODUCTION GOLD HILL PLANT IS BEING RUSHED

GOLD HILL, Ore., Nov. 14.—(Special.)—The Lively Lime plant is now running steadily. Two crews, both night and day, are being employed. The rock is being removed as fast as possible, and to rush the work, four new men have been employed. These men are Lester Shoemaker, George Hammersley, E. G. Farrow and Joe Hansen. The plant shipped about 25 cars of rock last month to different points in Oregon, and this month things are being rushed more, and it is expected that several more cars will be sent out this month than last.

Ed Shoemaker, the contractor to take out the rock, estimates that a number greatly exceeding the past 28 cars of rock will be shipped during the month of November. At the average rate now about two cars are being loaded every 24 hours, and some days three are sent out. At present the demand is great and every possible means is used to meet it.

Small repairs have been made at the plant to help the workmen move the rock faster. The truck hauling the lime from the plant upon Kanes creek to Gold Hill to load it on cars is running both day and night.

The lime rock being sent out now is shipped to three plants in Oregon—Salem, Willamette and Spalding. It is principally used in the manufacture of paper at mills in those cities. At the present rate of moving rock, with the increase in the number of workmen, it is hoped that the plant will be able to meet the great demand for their lime rock.

Tom Cook has been busy the past week working upon his home. He has completely remodeled the interior and has stained the exterior.

Lawrence Whitsett has been plowing a field for Ed Shoemaker upon his ranch on the head of Kanes creek.

Earl Moore is building a fireplace in his home.

The sign over the store formerly managed by R. O. Morelock was blown so hard in the recent storm that it crashed into one of the upper windows in the building. It broke the window and scattered glass inside the building. It is owned by Frank Childers.

N. O. Noreis and son Augustus have been cutting wood at the head of Kanes creek for the past several days.

The Amethyst Rebekah Lodge No. 57 of Gold Hill will give a necktie and apron party at the I. O. O. F. hall on Friday evening, November 16. The ladies who attend are requested to bring an apron and a necktie to match. The ties will then be sold and partners will be chosen according to which ties and aprons match. This party is going to be something out of the ordinary, since no party of this sort has been attempted for years. It is a bit old-fashioned, one of the type our grandmothers attended when they were girls, but it shows excellent promises of a good time.

Committees have been appointed to look after the work and they are busily preparing to present a good time to all who attend. The public in general is invited and the lodge extends an invitation to everyone to be present.

Doctor Glitzen of Medford, the county veterinarian, was in Gold Hill the first part of this week.

John Smith and Tom Griffith are among the recent visitors to our city from the Saddle creek district.

The Gold Hill schools, including both the high and grammar grades, were dismissed on Monday, November 12, in honor of Armistice day. Programs were given on last Friday at the school, commemorating this day.

Oris Stallworth returned the latter part of last week from Klamath county. He has been employed there for the last four months in a logging camp near Klamath Falls. He will not return but will spend the winter here with his parents.

Mr. and Mrs. Vaughn Quakenbush were visitors at the home of Mr. and Mrs. Wymore at Hutto Falls on Sunday.

Mr. and Mrs. John Cook are intending to move to our city from Sandy Valley. They will reside in the house which they own on the south side of town.

The logging machinery in Gold Hill is being removed. It was formerly used to load the logs upon cars to be shipped. They were sent to the Owen-Oregon mill at Medford. The operations have now ceased and the machinery which was used at the base works at the landing on the upper right hand fork of Saddle creek is also being removed. A great portion of the right hand fork of the creek was logged off in the recent activities, but there is still plenty of good timber in that section yet to be cut.

Fred Guy has been ill for the past few days, but is now reported to be slowly improving.

Miss Nellie Jacobs was a business visitor to Medford on Tuesday.

## Bilious?

Take MR-NATURE'S REMEDY—tonight. You'll be "fit and fine" by morning—tongue clear, headache gone, appetite back, bowels acting pleasantly, bilious attack forgotten. For constipation, too. Better than any other laxative. Only 25c.

Safe, mild, purely vegetable—

**MR TO-NIGHT**

Recommended and Sold by All Eight Medford Drugstores

## A NEW YORKER AT LARGE

By G. D. Seymour

NEW YORK.—The Graf Zepelin lost a passenger for its return trip to Europe when A. H. Woods discovered that smoking was prohibited on the air liner. He wanted to be the first theatrical producer to cross the Atlantic by air, and had an employee arranging passage for him, but when he discovered he couldn't have his cigar he called off the preparations and betook himself to London on the first ocean liner.

Woods is an inveterate smoker. He has a cigar between his teeth from breakfast to bed time. He buys them by the thousand, and he couldn't contemplate going without one even on a three-day trans-Atlantic voyage. At rehearsals Woods' colleagues stock themselves with cigars whether they smoke or not. In order to be able to supply the producer with a stogie at short notice if he exhausts his own supply, he runs out, and no more smokes are at hand, rehearsals are over or adjourned until he gets one.

His associates tell how at an important dress rehearsal, just as the play reached a climax, Woods found himself without a cigar. There was a humidor full on the stage, one of the properties in the act being rehearsed, and Woods called out to one of the players who wasn't speaking at the moment: "Hey, Jim, give me a cigar from that humidor."

The actors halted, the principals all but lost their tempers at the interruption, and the act had to be rehearsed all over, but Woods got his cigar.

**Wife, Family's Flier**  
When it comes to flying, Woods is less experienced than his wife. She uses air passenger lines frequently as a method of getting about the country rapidly, and she travels a great deal, often with her husband's productions. When "The Trial of Mary Dugan" was playing on the Pacific coast recently she made repeated trips between Los Angeles and San Francisco by air to keep in touch with the production. Before the days of airplane travel she drove a motor car across the country herself several times, and she would have to stop and

figure up to tell how many trips she has made across the Atlantic on ocean liners. So, for that matter, would Woods himself, who has his wife bested at journeying to Europe by half a dozen trips or more.

**Equine Lon Chaney**  
The horse which Dennis King rides nightly onto the stage in "The Three Musketeers" is supposed to be a rickety and bony nag. But Nicodemus, the animal which plays the role, is sleek and

fat, for he has little to do all day but nibble at oats and hay in stall the other side of Tenth avenue. So he has to be made up for the part. Each evening after he is brought to the theater a property man armed with a brown grease-paint stick puts a set of ribs on Nicodemus, describes some circles under his eyes and accentuates his thigh bones. And the horse, aiming from the wings, looks his enacled part, and radiates an aura of artistic pride at his attainments as a character actor.

**Teacher Shortage**  
WASHINGTON (AP)—There are approximately 48,000 negro teachers in the United States charged with the responsibility of educating more than 5,000,000 negro youths, the Bureau of Education says. The lack of teachers is declared to be serious.

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