

### WHAT A DOCTOR KNOWS ABOUT CONSTIPATION

There is a way of overcoming the tendency to constipation. And here is how you can PROVE it.

The next time your bowels need any assistance, don't take the first laxative that comes to mind. Take one of the strongest and surest you can get—CASCARETS. Just as effective as using force, and it's good for the system. Indeed, it helps make good blood. For cascara is nothing but the bark of a tree. The Indians chew this bark, and live to an old age without a day's sickness.

What happens when you cascade the bowels? They will usually function well for SEVERAL DAYS. One more dose—no larger, and perhaps smaller than the first—and the bowels function of their own accord for a still longer time. Until you



don't feel the need of any aid of any sort for weeks on end. So, the only habit you get from cascara is that of natural and normal regularity. How different from things one must usually repent on the morrow! Cascara is the ideal laxative, and the familiar little candy Cascarets is doubtless its ideal form. Children beg for these tasty tablets, and many men and women wouldn't think of taking ANYTHING else for the purpose. And EVERY drugstore has them.

**CASCARETS**  
They Work While You Sleep!

### FIVE INSTITUTIONS TO FINISH PERIOD WITH FUNDS LEFT

SALEM, Ore., Dec. 5.—(AP)—For the two-year appropriation period ending December 31 five of the 11 state institutions will have surplus funds to revert to the state general fund, according to reports made to the state board of control.

The eastern Oregon state hos-

pital for the insane at Pendleton, which received an appropriation of \$446,400 from the 1927 legislature, will turn back about \$45,000. The state hospital at Salem will turn back about \$15,000. The state training school for boys received \$235,865 and will have left about \$28,000. The state institution for the feeble-minded will turn back to the state about 21,000 out of its \$383,000 appropriation. The industrial school for girls will have left about \$1000 out of its \$73,547 appropriation.

No funds will revert from the appropriations allowed the state school for the deaf, state school for the blind, soldiers' home, tuberculosis hospital and the penitentiary. The latter will have a deficit of about \$17,500.

## NO HOPE OF TAX CUT IN SIGHT NOW

### Fiscal Year 1930 Budget Submitted to Congress—Estimated Surplus Small—Defense Outlay Largest—Veteran Care Next—Aviation Gets Big Sum.

WASHINGTON, Dec. 5.—(AP)—Voicing again his plea for governmental economy, President Coolidge submitted to congress today a budget for the fiscal year 1929 calling for expenditures of \$3,789,719,947, leaving the treasury with an estimated \$60,576,182 surplus which he declared offered no immediate prospect of further tax reduction. The estimated surplus, which would be available June 30, 1929, is based upon expected revenue, totalling \$3,841,296,829. Describing the surplus as small, the president said it was nevertheless "satisfactory" as it points to a balanced budget.

Mr. Coolidge warned congress that "it is clear that we cannot assume any great additional expenditure without jeopardizing this favorable outlook." "We are committed irrevocably to a balanced budget," he said, "and that carries the assurance that the only revision of our tax laws which will be considered is a revision downward. We have no immediate prospect of any fur-

ther reduction in tax rates; but we have no thought of curtailing in any way the benefits which have gone to the people by the four reductions already made in taxes.

Giving an account also of the progress of fiscal affairs for the current year, the president said the outlook for 1929 "is not so bright." Referring to budget estimates that predicted a surplus of \$232,540,282 at the close of this fiscal year next June 30, Mr. Coolidge observed that "this forecast has been materially changed." He recalled that the "best estimate" at the beginning of the year envisaged a \$94,000,000 deficit and now with the year nearing half-way mark, he declared it "most gratifying" that a surplus of \$60,576,182 is in prospect.

**Exceed Last Year.** The total appropriations recommended by the president to pay for governmental operations during the year beginning next July 1 exceed those in last year's budget by \$223,762,616. The largest outlay is for national defense, \$648,511,300. For the army and navy, excluding non-military items the total is compared with \$645,000,000 carried in this year's budget and an estimated expenditure for the current year of \$673,844,288. The estimated expenditures for national defense next year, the president said, would total \$668,277,712 for 1929. The increase is held chiefly due to the fact that surplus supplies left over from the war have been used and it is now necessary to increase the cash provision to replace the reserves.

The next largest item in the budget is for the care of war veterans, expenses under this subdivision being estimated to total \$597,375,000 for next year, an increase of \$26,371,520 over the estimated cost of this year.

Flood control cost is fixed at \$1,000,000 for 1929 and the executive said that if it should develop that more money was needed a further estimate would be presented to congress. In his message President Coolidge called attention to the French debt, observing that on August 1, 1928, bonds of the French government amounting to \$400,000,000 will mature. These bonds were issued in payment for supplies this government had in France at the close of the war. France also purchased supplies from the army amounting to \$7,341,145, which becomes due in 1929.

**French Debt.** The president said that these amounts were not included in the budget because they were merged in the debt settlement agreement with France of 1926 which planned to extend payment of the French debt over a period of 62 years. If the debt settlement receives prompt ratification by congress, if the agreement is not ratified the executive said the money should be applied to retirement of the war debt and not be treated as current expenses.

The budget calls for an outlay for the navy next year of \$13,205,300 less than the cost of its continued operation this year. The appropriation will provide for the continuing of the work on naval vessels now under construction, for commencing work on three remaining fleet submarines, for continuing the five-year program for development of naval aeronautics and for completion of the dredging of Pearl Harbor, Hawaii.

The army is allotted \$444,452,222, an increase of \$31,959,053. Of the increase \$20,000,000 is listed as a deficiency for 1928, leaving an actual increase for 1929 of \$12,000,000. This is due, the executive said, to automatic advance of officers to higher pay, an increase in the officer strength of the army in order to provide air corps officers, an increase in the amount for the housing program, an increase in the amount for the air corps expansion program and an increase in the amounts required for flood control work on the Mississippi and Sacramento rivers.

**Aviation Program.** The aviation activities of the government draw \$140,631,824 in the estimates.



### New Hair Style from New York

"I've so little time to myself," says Mildred Warsaw, lovely New York City girl who lives at 1253 42nd Street. "That's why I've been such a help to me to learn the new way so many of my girl-friends are doing their hair. Now I just put a few dashes of Dandierine on my brush every time I use it. It makes my hair easy to dress and holds it in place. All I need is one shampoo a month, now. It stopped my dandruff, and my hair is always gleaming and silky, instead of looking dull and stringy like it did before I started using Dandierine."

Dandierine does more to bring out the natural color, the gleam and lustre of your hair, than any shampoo or treatment. It removes all the dirt, grime and oily film from your hair-roots and refreshes your scalp—keeps dandruff away. All drug stores have the 25c bottles. Lovely hair and a healthy scalp for a few cents!

"The demands of this service, while large have been adequately met," the executive said. "The five year program for the army and navy is approaching completion. Provision is made in these estimates for the third year increment of the army and the fourth year increment of the navy, and it is fair assumption that at the end of 1930 the navy will have a well balanced fleet of 10 air-planes, while at the end of 1932 the army will be in possession of 1800 planes in proper proportion as to types.

"The expansion of air activities, however, is by no means confined to the army and navy. The department of commerce, the coast guard and the department of agriculture are playing their parts in developing the air as is the national advisory committee on aeronautics. While the postoffice definitely retired from the business of carrying mails in 1928, there is provided for 1930 for contract air mail service in the United States \$14,300,000 and \$4,000,000 additional for foreign air mail. These estimates carry \$6,427,260 for the department of commerce to carry on its important task in connection with commercial aviation.

**Light Airways.** "This estimate contemplates, among other items, the construction of 4000 additional miles of lighted airways. There is provision in this estimate of \$52,560 for the department of agriculture for obtaining weather predictions, fighting the boll weevil and for forest patrol.

For the second time since national prohibition became a law a reduction in the amount of the appropriation for its enforcement is estimated. The amount asked for the bureau for next year was reduced by \$96,304, due the report said, to the reduction in financing the prohibition field units. The estimated cost of the bureau for 1929 was \$13,004,140.

Requirements of reduction in the public debt, an interest on a billion dollars to the budget total. Sinking requirements for 1929 are estimated at \$379,524,129, an increase of approximately \$9,250,000 over the estimates for the current year, while other redemptions of public debt it was estimated would require \$12,542,500, an increase of approximately \$1,200,000. For the principal of the public debt \$533,957,629, an increase of \$11,000,000 was allowed and interest on the public debt was estimated at \$640,000,000, a decrease of \$35,000,000.

The postoffice department was allotted a total of \$816,209,325 an increase of \$41,504,480; the department of agriculture expenditures for 1929 were estimated at \$127,918,923, an increase of \$4,399,770, while the department of commerce estimated expenditures were \$58,459,749, an increase of \$17,367,729.

The increase in the cost of operation of the postoffice department, the report said, was due principally to legislation enacted by congress and the decision of the interstate commerce commission increasing compensation to the railroads for transporting mail.

The estimates of cost of the treasury department for the next year was placed at \$341,658,615, an increase of \$10,359,530 over this year's estimated cost.

Provision is made in the estimates for carrying on the \$299,000,000 public buildings program with a total of \$28,040,000 to meet the 1929 requirements.

**Hunt's Craterian.** "Beggars of Life" comes to Hunt's Craterian tomorrow. Jim Tully, author, born of poor parents, worked in a factory early in life and before he was 16 took up the life of a wanderer. Finally, awakened by his real power, he studied by himself and produced masterpieces of literature. To his ability and ambition was opened to millions of people the strange wonders of the world in which he spent so many years. Tully writes with a keen sense of humor, a gentle irony and a stark realism. Into "Beggars of Life" he has projected all the force of his personality.

**At the Rialto.** Plenty of hilarious action takes place in "Love Overnight," Rod La Rocque's new star comedy, which comes to the Rialto theater tomorrow. La Rocque is seen as a subway worker, Jeanette Loff as a pretty fortune hunter and Tom Kennedy as a stupid detective. A particularly funny sequence finds Kennedy pursuing the other principals through the concessions at Coney Island, whilst comedy and thrills are nicely apportioned in a subway train holdup and the kidnaping of a bride. All the fun makers of that aggregation are reunited in "Love Overnight," which is a "hundred per cent" comedy melodrama.

Two men have been convicted twice in Cambridge Mass., for robbing a man who testified he could not remember having been robbed.

Hal E. Hoss, Oregon's new secretary of state, has been in his career canny vendor with circuses, section hand, collector, reporter, managing editor, and a governor's private secretary.

Cuba is starting an energetic drive against cancer with co-operation of the Anti-Cancer League.

Consolidation of county school is strongly advocated by Thomas H. Gentie of the University of Oregon, addressing Clackamas county teachers in convention. Great reduction in taxes by this means forecast.

NEWPORT.—Local fish company will enlarge plant. New building to handle mild cure and fillet. New machinery will be installed.

## Electricity's newest Gift

unfailing, accurate time

# Telechron Clocks

exact time from any electric outlet

TELECHRON is operated by the perfectly-timed impulses which come through your electric wire. Just "plug-in" to a convenient electric outlet, set it right once . . . . and Telechron keeps on giving you exact time day after day. No winding; no regulating; no ticking. Telechron Clocks are handsome. They cost no more than ordinary good clocks—some models are as inexpensive as \$19.00. Each model, regardless of price, keeps perfect time; and the least expensive Telechron is more accurate than high-priced spring movement clocks. Examine Telechron wherever clocks are sold. When you see this electric clock, you'll want one for yourself—and you'll discover a new kind of gift for Christmas.

**Reserve No. 130. \$97.00**  
A beautiful clock with Westminster Chimes, Mahogany lacquer finish. Spanish highlighted.

**The Duncan. \$24.50**  
A small tambour Telechron, as good-looking as it is accurate. Mahogany case.

**The Cathedral. \$21.00**  
Made of Bakelite which retains its high lustre and requires no polishing. Rich walnut color; a handsome, serviceable timekeeper.

**Caleb Davis. \$570.00**  
Westminster, Canterbury and Whittington Chimes. Solid mahogany, lacquer finish. Spanish highlighted. Height 40 1/2 inches.

**No. 455. \$19.00**  
Especially designed for the workroom of the home—your kitchen. The case is Bakelite in any one of these colors: white, ivory, light green, English grey.

**Telechron**  
ELECTRIC TIMEKEEPER

PACIFIC STATES ELECTRIC COMPANY  
Merchandise Distributor  
GENERAL ELECTRIC

## SOUTHERN OREGON ELECTRIC

Distributors for

# TELECHRON CLOCKS

409 East Main St. Phone 889

WILLAMINA.—Salmon River highway to become Federal highway. Road will be completed and graveled during 1929.

ASTORIA.—Two large vessels loaded cargoes of frozen salmon off-shore ports on recent day.

BAKER.—Production capacity of Buffalo Gold mine here doubled. MILTON.—New water filtration plant in operation here.

## Battle Creek Sanitarium Health Foods

Are Now Being Featured At

# Alexander Grocery

Your Food Critic

Battle Creek Sanitarium Health Foods are internationally known and recognized.

There are 114 dealers in Great Britain alone. Millions have tested and proved the value of the Battle Creek Diet System which is now presented to the public in our store. Our Battle Creek Health Food Department is entirely for your service.

Our trained dietical expert is here for the service of our customers.

The opportunity is offered for better health, efficiency and endurance, with lengthened life and enhanced comfort and happiness as the reward.

Mrs. Pearl Raven, a trained dietitian will be at our store all week, December 3 to 8 giving free lectures and advice to those who want better health. Come in, see her.

# Alexander Grocery

131 W. Main St. Phone 143

## MAKE THESE PERSONAL GIFTS

finished in lovely colors by yourself

Sounds interesting! It is interesting, inexpensive—certainly one of the nicest ways to put your own individuality into a gift.

Women today are decorating inexpensive pieces of occasional furniture and gift articles with Nitrokote Brushing Lacquer\*. It's astonishingly easy to do! You can take one of those new tilt-top tables, or a smoking stand, or a corner shelf (the choice of articles is large) and make it glow with the lovely colors of Nitrokote.

If it's to be just a minor gift—the merest remembrance—you can do wonders with small household articles, that cost almost nothing. It's fun to do; it's inexpensive; and what a gift to give this Christmas! A gift that is doubly welcome for its beauty of color and the personal touch you have given it.

\*Nitrokote dries in 30 minutes. It withstands the hardest wear—even hot water and soapsuds can't harm it.

# IF FULLER NITROKOTE Brushing Lacquer

For those who prefer an enamel, Decoret Enamel may be used instead of Nitrokote. It comes in the same colors.

This Fuller Booklet tells you how

Ask your Fuller dealer or Fuller store listed below for this booklet by Zona Dore, the Fuller author on home decoration and color. It tells how to finish furniture and gift articles and it suggests and illustrates in full color many pleasing color combinations. . . . Time in to the "Woman's Magazine of the Air" National Broadcasting Network and KSL every Wednesday morning for interesting, practical suggestions for making these modern, colorful gifts.

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45 Branches in 34 Pacific Coast and Inter-mountain Cities. Factories in San Francisco, Portland, Los Angeles  
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Get the Fuller booklet and Fuller products from your dealer, listed below.

# Rogue River Lumber Co.