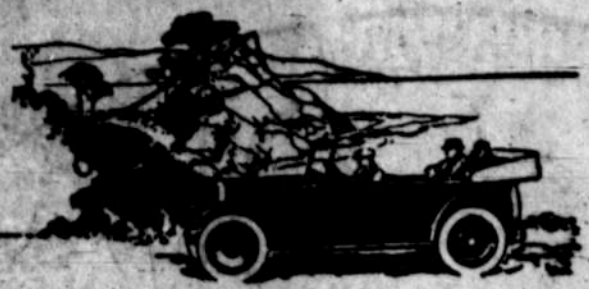


The Del Monte Properties Company, Hotel Del Monte, Calif., use Zerolene oils and greases exclusively in their 23 pieces of automotive equipment.



At DEL MONTE service counts too

Equally important with the quality of Zerolene, which we believe to be the best oil made for the lubrication of the modern automobile, whether of eastern or western origin and irrespective of price, is the service offered by over 700 Standard Oil Company Service Stations and thousands of Zerolene dealers throughout the Pacific Coast states.

A recent letter from the Del Monte Properties Company, Del Monte, Calif., makes this point:

"We operate a fleet of twelve Winton cars in the guest passenger service in addition to quite a fleet of commercial type vehicles, ranging all the way from Fords to five-ton Packard trucks, all of which are lubricated with the Zerolene oils and greases supplied by your company.

"The uniformly prompt and courteous treatment which we have received in connection with this service is a credit to your organization and it is putting it mildly indeed to state that our experience both with your products and service has been highly satisfactory."



ZEROLENE F for FORDS
—the Standard Oil Company's new improved oil for Ford cars, "Beats Those Oil-Starved Fords."

Big users don't pay tribute to the superstition that there is something mysteriously "better" about "eastern" oils just because they cost more — why should you? Insist on Zerolene, even if it does cost less.



This booklet reports independent service tests of Zerolene made by a number of large users. Ask any Standard Oil Company sales representative or Zerolene dealer for a copy.

STANDARD OIL COMPANY (CALIFORNIA)



In Time Of War Prepare For Peace

The winter months are the time to have your farming machinery and implements repaired. Now's your spray rig? Don't wait until you start work next Spring to find out.

HOWELL BROS.
Tel. 2551 FOURTH STREET

MT. HOOD RAILROAD COMPANY

Time Table No. 37
Taking effect Sunday, July 29th, 1923.

SOUTHBOUND				NORTHBOUND			
No. 5	No. 3	No. 1	Stations	No. 2	No. 4	No. 6	No. 8
Motor Daily	Motor Daily	Daily Except Sunday		Daily Except Sunday	Daily Except Sunday	Motor Daily	Motor Daily
P. M.	A. M.	A. M.		P. M.	A. M.	P. M.	P. M.
4.15	11.40	8.00	Ly. Hood River	3.15	9.15	2.55	7.30
4.18	11.43	8.06 Powderdale	3.18	9.12	2.52	7.27
4.28	11.53	8.15 Switchback	3.28	9.02	2.42	7.17
4.38	12.03	8.25 Van Horn	3.38	8.52	2.32	7.07
4.41	12.06	8.30 Mohr	3.40	8.48	2.28	7.03
4.46	12.11	8.43 Lenta	3.45	8.43	2.23	6.58
4.52	12.17	8.48 Odell	3.49	8.39	2.19	6.51
4.57	12.22	8.53 Bloncher	3.55	8.31	2.11	6.46
5.01	12.26	9.03 Holstein	3.58	8.27	2.07	6.42
5.05	12.30	9.08 Winans	4.00	8.24	2.04	6.39
5.10	12.35	9.15 Dee	4.05	8.20	2.00	6.35
5.15	12.40	9.20 Trout Creek	4.10	8.13	1.52	6.27
5.25	12.50	9.35 Camp 1	4.15	8.06	1.45	6.20
5.30	12.55	10.00 Ar. Parkdale	4.20	8.00	1.40	6.15
P. M.	P. M.	A. M.		A. M.	A. M.	P. M.	P. M.

*Steam. †Motor.
Owing to limited space on Motor Cars all trunks and heavy baggage will be handled on the steam trains, either in advance of or following the passengers.
Nos. 3, 4, 5, 6 and 8, Motors, have right of track over Nos. 1 and 2. Steam Trains will clear time of Motor Cars at all meeting and passing points Five (5) Minutes. Steam Trains will occupy Main Line at meeting and passing points, but will permit motor to pass without delay. Motor Cars will approach sidings and Stations cautiously, expecting to find main line occupied.
H. L. McKITTRICK, Despr. F. M. SHURTLIFF, Supt.

Fuel - Fuel - Fuel

Call us for wood or coal. We also do heavy freighting, as well as light hauling. Sand, gravel and builders' materials.

The Transfer & Livery

Tel. 4111

GEORGE T. COCHRAN CALLS ON ELECTORS

Geo. T. Cochran, returning home from Albany, where he has been to attend annual grand meetings of high Oregon Masonic bodies, stopped here last week in the interest of his candidacy for the Republican nomination for representative in congress.

Mr. Cochran made many acquaintances here from the years 1914-18 when he had charge of securing data on the fertile lands of the valley for an adjudication of the water rights of Hood River. Mr. Cochran's parents formerly resided in the Odell district.

H. L. Hasbrouck, optometrist.

We will be glad to see you and your friends at any time at
THE APPLE BLOSSOM CAFE

HOOD RIVER MATERNITY HOME

1802 May Street
Graduate Nurse Always in Attendance
Phone 3291
J. L. BLACK, M. D.
(Homeopathic Physician)
Office at residence 724 Cascade Ave.
Telephone 294

B. B. POWELL
Plumbing, Heating and Sheet Metal Work
310 Cascade Avenue
HOOD RIVER, OREGON

OLD CITY HALL PLUMBING SHOP
has moved—the new location is 908 12th Street where there will be a large display of Plumbing and Heating Goods at reasonable prices. The new location will be known as—**TOM FISHER'S**
Plumbing & Heating 908 12th Street, Hood River

Hood River Abstract Co.
Real Estate and Insurance
Accurate Abstracting of Land Titles.

J. D. McLUCAS
CONTRACTOR
Practical worker in Stone, Concrete, Brick and Plaster.
Excavating, Grading, Etc.
Telephone 5934

H. L. DUMBLE
PHYSICIAN AND SURGEON.
Office promptly answered in town or country.
Telephone: Residence, 1231; Office, 1242.
Office in the Brooks Building

DRS. ABRAHAM & SIFTON
PHYSICIANS AND SURGEONS
Rooms 17, 19, 20. Brooks Building
Res. Phone: Dr. Abraham 4123.
Dr. Sifton 3613. Office 4151.

DR. W. DONALD NICKELSEN
Surgeon
STEVENS BLDG., PORTLAND
Consultation Hood River by appointment. Phone 5699

DRS. THRANE & ROGERS
PHYSICIANS & SURGEONS
Davidson Bldg., Office, phone 2172
Res. phone: Dr. Thrane 2174
Dr. Rogers 2201

L. R. ALEXANDER, D. M. D.
DENTIST
Office, 4, 5 and 6, Smith Building.
Office Phone 2021 Res. Phone 3144
Hood River, Oregon

E. L. SCOBEE, D. D. S.
BROSIOUS BUILDING
Office Hours: 8 a. m. to 6 p. m.
Office Tel. 3181 Residence Tel. 3412

C. H. JENKINS, D. M. D.
DENTIST
Telephone: Office 1081; residence 2331
Office over Butler Bank

DR. S. L. PETERSON
DENTIST
Eliot Building, Hood River, Oregon.
Phone: Res. 2748, Office 3612

L. L. MURPHY
Dentist
COMPLETE X-RAY EXAMINATION
Suite 5, Brooks Bldg.

A. J. DERBY
Lawyer
HOOD RIVER, OREGON.

We will please you with our
Dressmaking
Hemstitching a Specialty
FLORENCE SIMONTON
AT THE PARIS FAIR

STRANAHAN & SLAVEN
General Contractors and Builders
HOOD RIVER, OREGON.

See **O. A. LAKIN**
for Painting, Kalsomining, Paper Hanging, Decorating.
Have your work attended to in the Winter and avoid the Spring rush.
Telephone 3122

M. E. WELCH
LICENSED VETERINARY SURGEON
Is prepared to do any work in the veterinary line. He can be found by calling at or phoning to the Fashion Stables.

Art and Music
Oils, Pastels and China Painting
\$1 per lesson, or \$1.50 for two subjects or for two in same family.
ROSA PHILLIPPI
1011 May St. Phone 3482

FORD CAR OWNERS' FLAT RATE SERVICE

The Barlow-Mansfield Motor Co. was established in view—that of giving Ford owners a first class service. A total of \$10,000 has been spent on tools and equipment which were designed by foremost manufacturers of the country especially for Ford repair work.

While other automobile manufacturers are just arriving at a system of "flat rate" charges for repair work, the Ford company inaugurated the idea from the beginning and will continue to lead the field in such service. It was designed, in order that the owner of a car might know before the work is done just how much his charges will be and how long it will take to do the work.

This establishment is running under a new management and we are more earnestly striving than ever before to give Ford owners a prompt service at the lowest possible cost.

Charles Morgan, service manager, is an "honest-to-goodness" trouble shooter. He knows just how to diagnose an automobile in need of repair and to prescribe the remedy.

In all human dealings, mistakes will be made, but you will find us ever ready to rectify any error.

Nerves
(By Frederick D. Stricker, M. D., collaborating epidemiologist, Oregon State Board of Health, in cooperation with the United States Public Health Service.)

A great number of people are over-excited, worried, troubled—short they are far from healthy-minded. The mind isn't simply the brain in your skull. The mind lives in every extremity of the body, acting on every nerve and muscle, reached by every change in the body. Our thoughts can change the beating of the heart. Our emotions change the very chemistry of the body. Your actions and your health are controlled by two closely allied nervous systems.

One system is concerned with voluntary movements and acts of the will. The other system is associated with the actions of involuntary muscles in the blood vessels, heart, intestines, or other organs and secretory cells. These two systems, the cerebrospinal and autonomic, are closely associated in activity. The health of the nervous system, and indeed of the body as a whole, depends on a close adjustment of the work to be done by the two systems.

If you wish to attain the best results from any hygienic measure you will have to satisfy the mind along with the body. It is better to disregard some rules of hygiene than worry over them. Health demands the elimination of fear, worry, anger, hate, envy, jealousy, and other depressing abnormal states.

A wholesome mental attitude is not suddenly acquired. It comes only by persistent and conscientious effort to see straight, to keep the values of life clear. The secret of equality consists not so much in repressing fear or worry, as in dropping or ignoring it, that is, diverting and controlling the attention. The main art of mental hygiene consists in the control of the attention.

It is quite possible for many persons to develop wholesome mental responses and for many to achieve a higher type of control than the usual and customary. To train oneself in small things to meet the problems of life is the beginning of that power which in crises of life will find the owner strong, able, and sufficient.

Wholesome mental traits essential to health are confidence, openmindedness, unselfishness, and faith in the goodness of life. The way to develop self-confidence is to try honestly and keep at it until experience of success comes. Experience of success increases confidence. Open-mindedness means plasticity of mind, ability to feel new meanings, to find new values. It makes for variety, interest and health. Unselfishness is to be cultivated because of its wholesome effect on health. Mental health and growth feed on satisfying situations. Faith in the goodness of life means optimism. Enjoy the many wonderful things of life. The path to faith in the goodness of life lies among the commonplace, everyday affairs of work and play. The simple life makes for such faith.

To do anything well you must practice. The healthful mental state can be developed just as surely as exercise tends to muscular development. The art of nerve control must be practiced. Like penmanship, public speaking, singing, or anything else that is worth while. This is something that needs more than ordinary effort. Learn to control the power of attention and will, force a power to turn on the currents of thought as you would turn on an electric light. The most vital thing in mental hygiene is decision. Indecision is a mind worrying with itself which is a waste of much useful energy. Learn to make clean-cut decisions and you will establish a habit that does not know failure.

Editorial May Win \$100

The University of Oregon school of Journalism working with the Oregon State Editorial Association and the Associated Industries of Oregon in the promotion of a contest for the best editorial or article published in any Oregon newspaper on the benefits of patronizing Oregon industries and home-town merchants. Dan C. Freeman, of Portland, manager of the Associated Industries, is offering a prize of \$100, and the winner will be announced at the state editorial convention at Tillamook next July. The committee in charge of the contest is: Hal E. Hoak, president of the Oregon State Editorial Association; George S. Turnbull, of the school of Journalism faculty, and Mr. Freeman.

Waste Has Most Cherries

According to statistics of F. L. Ken, Oregon federal crop statistician, Wasco county for 1923 produced and marketed more cherries than any other county of Oregon. The total crop reached 3,500,000 pounds, valued at \$250,000. Other counties produced cherries as follows: Union, 2,500,000 pounds; Umatilla, 1,500,000; Polk, 1,500,000; Marion, 1,500,000; Lane, 1,250,000. The entire Oregon cherry crop is valued at \$1,400,000.

Sale of Potato Grader

Notice is hereby given that I will, on Saturday, the 3rd day of May, 1924, at 2 o'clock p. m. at my ranch 3/4 mile above Oak Grove store, sell to the highest bidder for cash, one Forest Grove potato grader, sale to be made to pay storage charges.
C. G. Lemmon.

Kodak Time Is Our Time

We carry Eastman Cameras, Films, Film Packs—everything to help make your picture taking a success.

New Spring stock of films now in

Let us do your developing and printing. Films in before 4:00 p. m. today, ready at 4:00 p. m. tomorrow.

Yours for Service **A. S. KEIR** Reliable Druggist
"Try The Drug Store First"

COMBINATION PURCHASE IS UNDER WAY

(From California Produce News)

Northwestern fruit organizations for the first time have combined in buying paper supplies. The experiment is being watched with interest. Bids were opened at Seattle recently for 100 cars of tissue wraps. Those taking part were Dwight Woodruff, H. L. Miller and O. P. Hastings, Wenatchee; A. F. B. Steele, Hood River, and C. H. Swigart and Fred Eberle, Yakima.

Formerly each organization bought its own supply. The combined purchase now puts all organizations on the same footing, yet secures the lowest trade price, along with the most liberal terms. It also secures a standardization of the product—again making for lower costs of production.

There are so many advantages gained under the new program, said a widely known paper salesman, "that it is now but a matter of time when all standard growers and packers' supplies will be handled the same way. The fact that it is open competitive bidding naturally forces the mills to figure closely, as well as making it reasonably certain that quality of goods supplied must be kept up to specifications."

Mrs. Ferguson At Conventions

Mrs. J. E. Ferguson, member of the executive committee, left Monday for Portland, where she will attend the annual state Sunday school convention. Mrs. Ferguson, one of the most enthusiastic Sunday school workers of the mid-Columbia, will proceed to McMinnville, where she will attend the girls' conference.

FINE LINE OF

Leather Suitcases

AND

Handbags

WM. WEBER

HEIGHTS JITNEY

Fare 15c each way
Leave Heights at Hurt Road.
Leave down town at Electric Bldg.
Other drives at reasonable prices
Office: Electric Kitchen.
Phone 1191

Cigars Tobacco

Soft Drinks Confectionery

TRY OUR

Draught Luxo

WE KEEP IT RIGHT
C. A. RICHARDS
111 2nd Street

Why We Patronize Home Industry

My home town paper's ads I scan For bargains offered by each man, Who keeps a store in this live town. His goods are all of high renown; The price is cheap; the weights are right; He's on the job both day and night. That's why I never send my cash To mail order houses for their trash, But spend it here where I can see The benefits it brings to me. Our home town merchants pave each street; Their taxes built our schools complete. So when my buildings need a coat of tan, I patronize our Home Paint Man; And all things else—Lumber, Cement and Fuel, I buy at the Tum-A-Lum, I am no fool.

TUM-A-LUM LUMBER COMPANY
LUMBER BILL, Mgr.
PHONE 4121—THAT'S OUR SELF-STARTER

IT'S O.K. **REAL MILK BREAD** IT'S O.K.

JUST LIKE MOTHER USED TO MAKE

The Electric Bakery

W. A. Osborn, Prop.
309 OAK STREET

IT'S O.K. **REAL BREAD** IT'S O.K.

WHOLESALE AND RETAIL LUMBER

OREGON LUMBER COMPANY
DEE, OREGON
Phone: Odell 406

4th of July WATCH PARK GRANGE CELEBRATE