

Our Weekly Health Talk

By DR. R. H. DANIELS, Editor "The Hygienist."

HEALTHOGRAMS

The fewer kinds of food in a meal the easier it is digested.

It requires almost two quarts of fluid every day to carry the waste out of the body easily and thoroughly.

It is tobacco and alcohol that make hardening of the arteries so much more prevalent in men than in women.

Hard work is the scapegoat for most of our physical ills, overeating, tobacco and bad air cause about fifty times as much sickness as is caused by hard work.

Pain in the back scarcely ever means actual kidney disease, but almost always indicates a condition of the body in which the kidneys are being overworked.

The dyspeptic must build up his power of digestion just as the athlete learns to lift heavy weights; he must begin with small meals that his stomach can easily digest, and increase his diet as the working capacity of his stomach increases.

Coffee contains no food of any kind. It is a stimulant, and the final effect of all stimulants is to deplete our vitality. The man who has to have his coffee for breakfast in order to "get braced up for the day" is placing a mortgage on tomorrow, or on the last years of his life, that must be paid with sickness.

Why not lay up a little health for old age? Good health goes farther toward making our declining years comfortable than does money. Remember that senile gastritis, chronic Bright's disease, hardening of the arteries with its long train of disorders, and most of the other disorders that shorten our years and rob old age of its comfort, are the result of years of over-eating and bad body care in general.

Because our fathers and grandfathers ate "anything and everything" is not a good reason why we can do the same. Because of such habits of eating they did not transmit to us the same degree of vitality they possessed. Each generation is physically weaker. Furthermore, they lived out of doors, and were not subjected to the nervous strain of present-day civilization.

What's Before the Nation Tomorrow

(Continued on page 3)

California, Oregon and Washington are all interesting and bitter. The women voters will cut a decided figure in the results there.

The general situation presents some very interesting contests. In New York state Ambassador James W. Gerard is the democratic candidate for senator, and has taken absolutely no part in the campaign, being too busy in Berlin. He is opposed by James W. Wadsworth on the republican ticket and Bainbridge Colby on the progressive.

In Pennsylvania Boise Penrose is opposed for re-election by Representative Michael Palmer with the backing of Wilson, and Gifford Pinchot, backed by former President Roosevelt. The tariff has been made the main issue, and the three candidates have stumped the entire state night and day for more than a month.

Olio also presents a very interesting situation. The prohibition issue there seems to have dwarfed the interest in the election of a senator, representatives and the state ticket. The voters will pass upon absolute prohibition of the manufacture and sale of liquor, and also upon an amendment repealing the Rose county local option law, and the interest is intense.

In Illinois a genuine "Kilkenny cats" fight is in progress. Here the senatorship is the big issue, overshadowing everything else. Roger C. Sullivan, for some years the democratic boss of Illinois, whose defection from Champ Clark at Baltimore started the slump for President Wilson that made the latter's nomination possible, won the democratic nomination at the primaries.

In Iowa the struggle is a determined one. Senator Albert B. Cummins is opposed for re-election by Representative Maurice Connolly, democrat, and Casper Schenk of Des Moines, progressive. The democrats are hopeful that the split in the republican ranks will help them, and they are also making a determined effort to land a governor.

Election and fighting are synonyms in Kansas and this year is no exception. Senator Bristow was bowled out at the primaries by former Senator Curtis, but the latter has no certainty of election. Red-headed Victor Murdock, running on the progressive ticket, has been working night and day for the toga. His efforts have been ably seconded by the democratic candidate, George A. Neeley, who insists that he alone is certain of election.

In Missouri Senator William J. Stone is a candidate for re-election. He is opposed by Thomas J. Akins, republican, and Arthur N. Sager, progressive. There is intense interest in the women's suffrage amendment, many of the leading advocates of equal rights, headed by Dr. Anna Howard Shaw, have stumped the state for the "cause." There is also a prohibition fight on a constitutional amendment, which would make counties units in liquor elections, which would do away with cities voting wet and counties in which they are dry.

In Colorado the coal strike is entering very greatly into the fight. Senator Thomas was attacked for his attitude on the sugar section of the Underwood tariff law, but he has had the advantage of a strong endorsement by President Wilson. The fight seems to be chiefly between the democrats and the progressives, with the outcome in doubt.

The situation in Idaho has been complicated by the arrest of State Treasurer O. V. Allen on an allegation of having embezzled \$70,000 from the state. The democrats have used this allegation as a campaign argument, and former Governor Jas. H. Hawley, who is opposing Senator Brady, the present incumbent, claims that he is certain to be elected. On the Pacific Coast the fights in

California, Oregon and Washington are all interesting and bitter. The women voters will cut a decided figure in the results there. In California the existence of the native wine industry hinges on the outcome of the voting on the prohibition amendment. The interest in this fight is intense.

Both the wets and dries have sent the best of their orators into the state, and they have not overlooked a single hamlet. Governor Johnson is being opposed for re-election by Captain John D. Fredericks of Los Angeles, republican, who came into fame as the prosecutor of the McNamaras, and by John B. Curtin, democrat. For the senatorship the fight is between Francis J. Heney, the progressive candidate; Representative J. B. Knowland, the republican candidate, and James D. Phelan, the democratic candidate.

In Oregon Senator George B. Chamberlain, the democratic senatorial incumbent, is opposed by William Hanley, the progressive, and R. A. Booth, republican. The fight for the governorship, however, overshadows the senatorial contest. There are six candidates: F. M. Gill, progressive; Will E. Purdy, non-partisan; C. J. Smith, democrat; W. S. U'Ren, independent; W. J. Smith, socialist, and James Withycombe, republican. In addition to the prohibition issue, the voters will pass upon the abolition of the death penalty in capital cases, abolishing the state senate, and making a universal working day of eight hours.

In Washington the big fight has been on the prohibition amendment, with both sides arguing its merits. In the senatorial contest Senator Wesley L. Jones has been bitterly opposed by Ole Hanson, the progressive, and W. W. Black, democrat. The attitude of Senator Jones in the trials of Senator William Lorrimer, for whose exoneration he voted, has entered largely into the fight here.

These are the most spectacular of the fights. In the other states the interest is keen, but for most part they are hardly as much national interest as in those mentioned above.

Legal Notices

Notice to Creditors In the County Court of the State of Oregon, for Klamath County. In the Matter of the Estate of William Martin, Deceased.

Notice is hereby given that the undersigned has been duly appointed administrator of the estate of William Martin, deceased, by the county court of Klamath county, Oregon, and that all persons having claims against said estate are required to present same to me at the law office of Rollo C. Groesbeck, Klamath Falls, Oregon, within six months from the date of this notice, properly verified as by law required.

Dated at Klamath Falls, Oregon, October 21st, 1914. SILAS OBENCHAIN, Administrator of the Estate of William Martin, Deceased. 21-28-4-11-18 h

Notice for Publication (Not Coal Lands) Department of the Interior, U. S. Land Office at Lakeview, Oregon, September 11, 1914.

Notice is hereby given that Henry A. Grimes, whose postoffice address is Klamath Falls, Oregon, did, on the 11th day of May, 1914, file in this office Sworn Statement and Application No. 67533, to purchase the E 1/2 SW 1/4, section 3, Township 39 S Range 10 E, Willamette Meridian, and the timber thereon, under the provisions of the act of June 3, 1878, and acts amendatory, known as the "Timber and Stone Law" at such value as might be fixed by appraisement, and that, pursuant to such application, the land and timber thereon have been appraised at a total of \$257.50, the timber estimated \$55,000 board feet at \$50 per M, 699 juniper posts at 5c, and the land \$50.00; that said applicant will offer final proof in support of his application and sworn statement on the 8th day of December, 1914, before C. R. DeLap, county clerk of Klamath county, at Klamath Falls, Oregon.

Any person is at liberty to protest this purchase before entry, or initiate a contest at any time before patent issues, by filing a corroborated affidavit in this office, alleging facts which would defeat the entry. JAS. F. BURGESS, Register. 10-2; 12-4 h

Sheriff's Notice of Sale of Personal Property

Notice is hereby given that a certain mortgage executed and delivered by E. C. Greeley, mortgagor to Clyde Witter, mortgagee, dated the 31st day of July, 1912, and filed for record on the 31st day of July, 1912, at 2 p. m., and recorded in Book 2 of Chattel Mortgages at page 428, has been handed to me for foreclosure. Default has been made in the terms of said mortgage by mortgagor, and the mortgagee has taken possession of the property described therein. There is due on the said mortgage the sum of \$800.00 and interest from August 15th, 1913, at 8 per cent per annum thereon, together with \$100.00 attorney fee as provided in said mortgage. The said mortgage covers the stock of plumbing supplies, tools, machinery, merchandise and equipment in the store at 706 Main street, Klamath Falls, Oregon, formerly occupied by E. C. Greeley, the mortgagor.

Notice is hereby given that on Tuesday, the 10th day of November, 1914, at 3 o'clock p. m., at the store at 706 Main street, Klamath Falls, in Klamath county, I will sell the above described property to the highest bidder for cash, and distribute the proceeds according to the terms of the mortgage. C. C. LOW, Sheriff of Klamath County. By GEO. A. HAYDON, Deputy. 31-6t h

Subscribe for the Herald, 50 cents a month.

DEAD STORAGE For Autos, Vehicles, Furniture, Etc. E. C. ARGRAVES 637 Willow St., near 6th

Summons (No. 827 Equity) In the Circuit Court of the State of Oregon, for the County of Klamath. Marion A. Clement, Plaintiff, vs. Oscar F. North and J. W. Newhart, (doing business under the firm name, style and description of North & Newhart), co-partners, Orr Lake Lumber Company (a corporation), and Oscar Fanno, Defendants. To Orr Lake Lumber Company, a corporation, one of the defendants above named: In the name of the State of Oregon, you are hereby required to be and appear and answer the complaint filed against you in the above entitled cause, on or before the fifth day of November, 1914, and if you fail so to

Summons (In Equity, No. 626) In the Circuit Court of the State of Oregon, for the County of Klamath. J. W. Siemens, Plaintiff, vs. The Unknown Heirs of Charles Percy Nichols, otherwise known as C. P. Nichols, deceased; the Unknown Heirs of Louisa Gerz, deceased; Sophia Schadde, William A. Schadde, and Jane Doe Schadde, his wife; Edward Schadde, his wife; Henry D. Schadde, and Mary Doe Schadde, his wife; Augusta Elsie Hartman, her husband, and Emma Bertha Witte, her husband, also all other persons or parties unknown, claiming any right, title, estate, lien or interest in the real estate described in the complaint herein. Defendants. To the Unknown Heirs of Charles Percy Nichols, otherwise known as C. P. Nichols, deceased; the Unknown Heirs of Louisa Gerz, deceased; Sophia Schadde, William A. Schadde, and Jane Doe Schadde, his wife; Edward Schadde, his wife; Henry D. Schadde, his wife; Mary Doe Schadde, his wife; Augusta Elsie Hartman, her husband, and Emma Bertha Witte, her husband, also all other persons or parties unknown, claiming any right, title, estate, lien or interest in the real estate described in the complaint herein. You, and each of you, are hereby required to appear and answer the complaint filed against you in the above entitled suit on or before Saturday, the 21st day of November, 1914, that being the last day of the time prescribed in the order for publication of this summons; and, if you fail so to answer, for want thereof the plaintiff will apply to the court for the relief prayed for in the said complaint, to-wit: For a judgment and decree against you: 1.—That you, or any of you, have or has no estate or interest whatever in or to the lands described in said complaint, being the following described real property, situated in the County of Klamath, State of Oregon, to-wit:

All of lot numbered one (1), and the east thirty feet of lot numbered two (2), in block numbered sixty-two (62) in Nichols Addition to the City of Klamath Falls (formerly the Town of Linkville), Oregon; being situated in the southwest quarter of the southeast quarter (SW 1/4 of SE 1/4) of Section twenty-nine (29), in Township thirty-eight (38), south of Range nine (9), east of the Willamette Meridian, in Oregon; or any part thereof, and that title of the plaintiff thereto is good and valid. 2.—That you, and each of you, be forever enjoined and debarred from asserting any right, title, interest or claim whatever in or to said premises, or any part thereof, adverse to this plaintiff; and for such other and further relief as to this court shall seem meet, or as in equity may appertain. This summons is served by publication thereof in the Evening Herald, a daily newspaper of general circulation, published in Klamath County, Oregon, by order of the Honorable Wm. S. Worden, County Judge of said county, acting in the absence of the Judge of the Circuit Court of said county, by virtue of the authority by law in him vested in such cases, made, dated and filed in said suit at Klamath Falls, Oregon, on the 8th day of October, 1914; which said order requires that summons in said suit be published once a week for a period of six successive weeks. The date of the first publication of this summons is October 9th, 1914. HAY & MERRIMAN, Attorneys for Plaintiff. 9-16-23-30-6-13-20 h

Beginning at cattle guard number 418A on the Southern Pacific right of way, in Section five, township forty-one, south range eight, east of Willamette Meridian, Klamath county, Oregon, extending thence southerly along said right of way one thousand feet; thence westerly and at right angles with said right of way, one thousand feet; thence northerly and parallel with said right of way one thousand feet; thence easterly to the place of beginning; and The west half of the northeast quarter of Section six, township forty-one, south range eight, east of Willamette Meridian, Klamath County, Oregon. That said property sold upon execution, and the proceeds applied to the payment of said sums of money above mentioned, due the plaintiff herein, and that you be forever barred and forever foreclosed of all right, title and interest in and to said property, and for such other and further relief as to the court may seem meet and as to equity appertain. This summons is served upon you by order of the Honorable Henry L. Renner, Judge of the above entitled court, which order is dated September 19th, 1914. The date of first publication is September 23d, 1914, and the last date of publication is November 4th, 1914. MARION A. CLEMENT, Plaintiff. W. H. A. RENNEN, Attorney for Plaintiff. 23-30-7-14-21-28-4 h

Notice Inviting Proposals to Purchase City of Klamath Falls Improvement Bonds. Sealed proposals will be received by the undersigned until Thursday, November 12, 1914, at the hour of 5 o'clock p. m. of said day, at the city hall in the city of Klamath Falls, Oregon, (and at such time and place all proposals received will be opened) for the purchase of \$25,021.15 city of Klamath Falls, Oregon, coupon improvement bonds, payable ten years from date of issue, bearing a rate of interest not to exceed six per cent per annum, interest payable semi-annually, principal and interest payable at the office of the city treasurer or at the fiscal agency of the state of Oregon, in New York, principal and interest payable in gold coin of the United States of America. Said bonds will be issued in denominations not exceeding \$500 each, and numbered from one to ... inclusive. Said bonds are authorized by Ordinance No. 341 of the city of Klamath Falls, Oregon, for the purpose of providing funds to pay the cost of improving parts of the following named streets, to-wit:

Eighth street, from Main street to High street; High street, from Eighth to Ninth street; Ninth street, from High to Prospect street; Prospect street, from Ninth to Upham street; Upham street, from Prospect street to White avenue, and White avenue, from Upham street to Delta street, including intersections. Said bonds will be sold to the highest bidder for cash, and for not less than their par value and accrued interest. Each proposal to purchase said bonds must be accompanied by a check for five per cent of the amount of the proposal, certified by some responsible bank, payable to the order of the undersigned. Proposals must be sealed and endorsed, "Proposals to Purchase Improvement Bonds." The Council of said city reserves the right to reject any and all bids and proposals to purchase said bonds. Said bonds will contain a provision to the effect that the city reserves the right to take up and cancel such bonds upon payment at any time of the face value with accrued interest to date of payment, at any semi-annual coupon period, at or after one year from the date of such bond or bonds. Dated at Klamath Falls, Oregon, October 12, 1914. A. L. LEAVITT, Police Judge of the City of Klamath Falls, Oregon. 10-12 11-12 h

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OF INTEREST TO WOMEN

BY MARGARET MASON (Written for the United Press)

American made for American maid. As a slogan is really first rate; As a fashion fete smart. Next week here they'll start, That will settle our fashionable fate.

NEW YORK, Nov. 2.—It will surely be some fete, but American designers and dressmakers and milliners are pretty certain to land with both feet when the home fashion fete is pulled off in our midst on November 4th, 5th and 6th at the Ritz-Carlton Hotel. Maybe it isn't so much patriotism as it is desperation now that the Parisian road to fashion is closed to lovely women, that has caused her to start this agitation to boost American styles. Anyway, all the little Yankee Doodle milliners and dressmakers and tailors are too busy getting ready to prove their long sustained cry that they can produce just as good models as the Parisians if only the women would give them a chance, to bother about the motive. This gala affair which is intended to show Americans what Americans can do in the clothes line was started by a well known fashion publica-

tion and the list of its exclusive and numbered patronesses has grown and waxed exceedingly strong. It numbers the names of such fashionably elect as Mrs. Vincent Aster, Mrs. Stuyvesant Fish, Mrs. Philip Lydig, Mrs. Conde Nast, Mrs. Amos R. E. Pinchot, Mrs. T. Hoffer Tailor, Mrs. Frederick Townsend and Mrs. French Vanderbilt. With such advocates ready to don the homegrown models, Mrs. Harlow Flat and, indeed, Mrs. Everywoman, U. S. A., are bound to follow suit—and hat and gown also. Here's the idea: on the evenings of November 4th, 5th and 6th and

(Continued on page 4)

DANCE FRIDAY EVENING NOVEMBER 6TH And Each Two Weeks Thereafter Bonanza Opera House New Management New Music Dance and Supper, \$2.00 E. E. Dayton Manager

Eat Rogue River Apples The Best in the World To anyone returning 1,000 Blue Triangle Wrappers taken from ROGUE RIVER APPLES The following grocers will present Free of Charge One Box of Apples Ward & Obenchain Oscar Shive Van Riper Bros. Sunset Grocery Roberts & Whitmore Martin Bros. Orville Elliott Mulkey & Dixon Marvin Cross The Rogue River Fruit & Produce Association, Medford, Oregon

LADIES! DARKEN YOUR GRAY HAIR USE GRANDMA'S SAGE TEA AND SULPHUR RECIPE AND NOBODY WILL KNOW The use of Sage and Sulphur for restoring faded, gray hair to its natural color dates back to grandmother's time. She used it to keep her hair beautifully dark, glossy and abundant. Whenever her hair fell out or took on that dull, faded or streaked appearance, this simple mixture was applied with wonderful effect. But brewing at home is messy and out of date. Nowadays, by asking at any drug store for a 50 cent bottle of "Wyeth's Sage and Sulphur Hair Remedy," you will get this famous old recipe, which can be depended upon to restore natural color and beauty to the hair, and is splendid for dandruff, dry, feverish, itchy scalp and falling hair. A well known downtown druggist says it darkens the hair so naturally and evenly that nobody can tell it has been applied. You simply dampen a sponge or soft brush with it, and draw this through your hair, taking one strand at a time. By morning the gray hair disappears, and after another application or two, it becomes beautifully dark, glossy, soft and abundant. (Paid advertising.)

Dissolution of Partnership Notice is hereby given that the firm of Harris & Co. is this day dissolved by mutual consent, I having sold all my interest in said firm to O. A. Harris and Albert Bowers, who will hereafter conduct the business and be responsible for all obligations of said firm. ALEX MARTIN SR. Klamath Falls, Ore., Oct. 31, 1914. 31-3t h

PLENTY OF MONEY On hand here for all legitimate banking purposes. We loan money on approved stocks, bonds, etc., and also on properly endorsed commercial paper. We also issue drafts and letters of credit. If you need cash or want to remit some we shall be glad to serve you if possible. FIRST STATE AND SAVINGS BANK KLAMATH FALLS, OREGON