



**CAMELS** are in a class by themselves—easily the most refreshing, the most likable cigarette you ever smoked. You can prove that! Simply compare Camels puff-by-puff with any cigarette in the world at any price! Put quality, flavor and cigarette satisfaction to the utmost test!

Made to meet your taste, Camels never tire it, no matter how liberally you smoke them! The expert blend of choice Turkish and choice Domestic tobaccos makes Camels delightful—so full-bodied, yet so fascinatingly smooth and mellow-mild. Every time you light one you get new and keener enjoyment!

Freedom from any unpleasant cigarette after taste or any unpleasant cigarette odor makes Camels as unusual as they are enjoyable.

In fact, Camels appeal to the most fastidious smoker in so many new ways you never will miss the absence of coupons, premiums or gifts. You'll prefer Camel Quality!

Camels are sold everywhere in scientifically sealed packages of 20 cigarettes or ten packages (200 cigarettes) in a glassine-paper-covered carton. We strongly recommend this carton for the home or office supply or when you travel.

R. J. Reynolds Tobacco Co. Winston-Salem, N. C.

# Cigarettes

## Tillamook Headlight's Trade Mart.

One cent a word per issue.

Singer Agency—H. F. Cook, Prop. . .

For Sale—One ton Maxwell Truck in good condition, 1919 model. Inquire at this office. Dec-25.

International one ton truck for sale. This truck is practically new, fully equipped. Price right. Can give terms. See F. B. McKinley.

For Sale—Top buggy and single harness. At a bargain if sold at once. Apply to L. C. Daniels, 1 1/2 miles north of Tillamook, Mutual Phone.

For Sale—Baled hay. Inquire of C. Hanenkrat or phone 4F2.

Pigs for sale—W. H. Banke, Netarts

For Sale—Good second hand range. Price \$25.00. Mrs. D. Billings.

For Sale—Two good work horses—1200 and 1400 lbs. N. Hanson one half mile north of Tillamook.

For Sale or Trade—3 ton turntable wagon, lard press, 200 account register, 30 pound computing scale, gold finish, 1100 pound meat beam, Fairbanks. Want 3 to 5 H. P. Electric motor or gasoline Engine—Walter Nelson, R. F. D.

Cash for old organs even tro out of repair. H. F. Cook, Opp. P. O. Both phones.

For Sale—7 room modern house, corner 3rd Ave. and 5th St. East, two toilets, large laundry room with stationary tubs, lot 52 1/2 x 105 ft. Price \$2,500 cash if taken at once. Also two story store and lot on second Ave. East, price \$5,000. Terms. Address W. A. Williams, 10 N. Higgins Ave, Missoula, Mont.

Miscellaneous Advertisements. Dr. Wise—Dentist.

Now is the time to can your meat. Let me fill your order from grain fed cows. Prices right and satisfaction guaranteed—Mutual Phone, Wm. Stuiwenga.

Wanted to rent a dairy farm or will work on a dairy farm. Have had good experience. Good milker. Apply to John Zwald, Tillamook. 2

Lost, Jersey heifer calf, year old in January, slate grey color. Notify Jack Robertson, Long Prairie. 4

A better piano for the same money. Cook's Music House, Tillamook.

20 acres prairie land 2 1/2 miles from Santa Rosa Cal. on highway. For sale or trade for good Tillamook County bottom land close in. Inquire Box 152 Tillamook, Ore.

For Life Insurance, there is nothing better than what the Mass. Mutual offers. Ask to see specimen policy.—W. A. Church.

If you are in need of a heating stove, it will pay you to call and see my line of new and used heaters. I also exchange new stoves for old stoves.—Allen Page.

Wanted: Men or women to take orders among friends and neighbors for the genuine guaranteed hosiery, full line for men, women and children. Eliminates darning. We pay 50c. an hour spare time or \$24 a week for full time. Experience unnecessary. Write International Stocking Mills, Norristown, Pa. Dec 30.

Dr. Allen and Sharp, Dentists. National Building.

Let W. A. Church write your hay insurance.

Dr. J. B. Grider, dentist, I. O. O. F. Bldg., Tillamook, Oregon.

Counter Sales Books—Order your Sales Books from W. F. Baker, agent Pacific Sales Book Co. Call 68 Headlight.

Dr. W. E. Lebow—Dentist with Dr. Wise.

### Notice of School Meeting.

Notice is hereby given, that a special school meeting of School District No. 9, of Tillamook County, Oregon, will be held at the school house in said district on the 19th day of December 1919, at the hour of 2 o'clock p.m., for the following purposes:

1st. To authorize the school board of the said district to purchase for a school site the following described tract of land situated in Tillamook City, Tillamook County, Oregon, to-wit: Beginning at a point 1775.5 feet south and 570 feet west of the northeast corner of the Edrick Thomas D. L. Claim and running thence south 620 feet; thence west 209 feet; thence south 209 feet; thence west 271 feet; thence north 829.3 feet; thence east 480 feet to the place of beginning, less tract beginning at the northeast corner of said tract and running thence west 240 feet; thence south 235.5 feet; thence east 240 feet; thence north 235.5 feet to the place of beginning.

Also beginning at a point 2386.3 feet south and 570 feet west of the northeast corner of said Thomas D. L. Claim and running thence south 119 feet; thence west 209 feet; thence north 119 feet; thence east to place of beginning, all being known as the Hays tract of substantially five acres, for the sum of Ten Thousand and no-100 (\$10,000.00) Dollars. And to authorize said board to contract an indebtedness therefore in accordance with Sub. 6 of section two of chapter 172 of the General Laws of Oregon for the year 1913.

By order of the board of directors of School District No. 9, of Tillamook County, Oregon.

H. H. Rosenberg, director  
Chairman pro tem.  
J. M. Smith, director.  
Attest: C. A. McGhee,  
School District Clerk.

### Announcement.

Twentieth Century wood saw now in operation.  
All orders promptly attended to. Call Bell phone 6F2 or leave orders at Star Grocery or Sutton's Market.  
Karl Wilhelm.

### School District Bond Election Notice.

State of Oregon, County of Tillamook, School District No. 9: ss.

Notice is hereby given that the school district bond election hereby called to be held at the school house in Tillamook City, Oregon, in and for School District No. 9, of Tillamook County, Oregon, on Friday, the 19th day of December, 1919, between the hours of 2 o'clock p.m. and seven o'clock p.m., there will be submitted to the legal voters thereof the question of contracting a bonded indebtedness in the sum of \$17,000 for the purpose of providing funds with which to erect and furnish a school building for a gymnasium in and for said school district. Said building to be erected on the site of the present high school building in said district.

The vote to be by ballot upon which shall be the word "Bonds—Yes" and "Bonds—No," and the voter shall place a cross (X) between the word "Bonds" and the word "Yes," or between the word "Bonds" and the word "No" which will indicate the choice.

The polls for the reception of the ballots cast for or against the contraction of said indebtedness will, on said date and day and at the place for said, be open at the hour of two o'clock p.m. and remain open until the hour of seven o'clock p.m. of said day when the same will be closed.

By order of the district board of School District No. 9 of Tillamook County, Oregon, made this 25th day of November, 1919.

H. H. Rosenberg,  
Chairman pro tem.  
J. M. Smith,  
Members of School Dist. Board  
Attest: C. A. McGhee,  
District Clerk.

### For Sale.

Dairy-man, this is a snap for a man who wants to make money. 180 acres, 2 1/2 miles south of Coquille, 40 acres cleared, 3/4 mile frontage on river, about 5 acres up land, balance the very finest bottom easy to clear. Fair barn on place, no house. My price is \$90 an acre if taken soon, worth \$150 now, easy terms to right man. Address Mrs. K. A. Cole, Myrtle Point Oregon.

### For Sale.

Registered Holstein Bull calf, born Nov. 14, 1919. His Dam Lady Ruth Payne; Sire, Hollywood Lillith Korn-dyke, was sold at the J. W. Pomeroy sale, July 25, 1919, for \$3,000.00 His Dam's 7 day record; Milk, 460 lbs.; butter, 18.72 lbs.; per cent fat 4.02, at Jr. two year old.  
His Sire's Dam 7 day record: Milk 638.75 lbs.; Butter 32.92 lbs. percent fat 4.25.  
Further particulars and price enquire of Chris Reichen, R. F. D. No. 1, Hillsboro, Oregon.

### Krout, Krout.

Who wants' krout this winter? Stuiwenga has got the cabbage. Send him your order, prices right. Mutual Phone, Wm. Stuiwenga.

## FATIGUE CAUSE OF DISEASE

That Fact Being Admitted, It Follows That the Best of All Cures Is Rest.

From time to time somebody proposes the "rest cure" for all maladies, and for a time we hear a great deal of it. Then the subject is dropped, and little appears in the public prints concerning its value. But invariably it comes up again, and the "rest cure" is advocated for all manner of ailments.

Just why we should not go ahead and accept it as a fact that the best treatment for most diseases is rest, we do not know. It is well settled in science as anything pertaining to diseases that absolute rest is of the greatest benefit; that most diseases are the actual result of fatigue of one kind or another. The human body is able to take care of itself when it is not tired; it cannot take care of itself when it is overworked, no matter how many drugs are poured into it.

There is a splendid work to be done by the physicians in the matter of teaching the people how to rest. Not one person in a hundred understands it. Unless the average person actually feels fatigued, he doesn't realize that his body is tired—or that his mind and nervous system are crying for rest. The average person doesn't know there is anything the matter with him unless he feels pain, and yet there are many maladies that are not accompanied by pain.

## FAMOUS PALACE AND JAIL

Historic Tower of London Easily "Most Ancient and Most Poetic Pile in Europe."

Palace and prison, once noted also for its menagerie and its pagentry, birthplace and death house of monarchs, scene of hairbreadth escapes and reputed hidden treasures, ghostly and sacred for its martyrs, the Tower of London amply warrants description as the "most ancient and most poetic pile in Europe," reads a bulletin of the National Geographic society.

William the Conqueror gave London a charter, but built the White tower to show the people how little that charter might mean. Like the English constitution the rambling London Tower of today is a product of centuries, and not one, but many towers, are now scattered over some 13 acres. The site had been a fortress since Roman times.

To the Middle Tower Elizabeth came back a queen five years after her jealous half sister, Mary, had kept her here a prisoner. The humpbacked Richard III hired three assassins to murder his nephews in Bloody tower. Not until years later were their bones found and taken to Westminster abbey. Lady Jane Grey, she who "had the birth of a princess, the life of a saint, and the death of a malefactor," was beheaded in London tower.

### Fraudulent Old Clocks.

The brass lantern clocks of the sixteenth and seventeenth centuries have made a strong appeal to collectors, and this fact has led to the manufacture of replicas of the old clocks. When these are sold frankly as replicas, there is nothing to be said against such a practice; but, unfortunately, the matter does not stop here and too often the attempt is made to palm off an imitation as a genuine old clock. Famous makers' names are added and various expedients adopted to make the new clock pass muster as an old one. Such frauds are deplorable from every point of view, and the ignorance of many collectors makes success possible. Every one, it is obvious, cannot possess a genuine old clock. It would be well if this fact were faced, and the clocks bought simply as reproductions, by all those who are not in a position to make reasonably sure that they are really purchasing a genuine old English clock.—Christian Science Monitor.

### Quackery Sometimes Effective.

"Faith and foolishness will cure any disease," says the cynic, and judging by some instances of miraculous wholesale cures, there seems to be some ground for the assertion.

There is the historical episode of the prince of Orange, for instance, who during one of his campaigns, cured those of his soldiers who were dying of the scurvy by a piece of quackery.

With his doctors, who were in the secret, he said he had procured a medicine—really a decoction of camomile, wormwood and camphor—of the greatest rarity and value from the East. It was so strong that two or three drops would impart a healing virtue to a gallon of water. The men took the medicine with faith and cheerful faces, and, so historians tell us, grew well rapidly.

### Risky Food Combinations.

An Argentine doctor in a Spanish medical review states that there are many articles of diet in hot weather, which, although sound and nutritious in themselves, are positively dangerous when taken with other foods. Everybody today recognizes the harm of drinking tea with a meat meal, the tannin of the tea rendering the meat as indigestible as leather. Yet in these days of summer dishes, one is not aware perhaps of the fact that vinegar retards the digestion of food, and that the smallest quantity will lengthen digestion by 30 minutes at least. Milk and cherries together are held to be singularly harmful, and were said to have caused the death of Franklin Pierce, president of the United States.

## WONDERFUL ANIMAL, THE GNU

And Voice Would Seem to Be Not the Least of His Remarkable Qualities.

Few people know what a satisfactory animal is the gnu. Quite a number of hoofed animals, like the ibex and the sacred ox, are mere tiresome combinations of Burbankism, but the gnu has qualities all his own. His head is homely as an unpalated barn—flat nose and very broad mouth and ears misshapen and uncouth. His body is that of an exceedingly powerful pony, with strong neck and rakish tail. His galvanic energy puts to shame the glorious abandon of a cat on a tin roof.

When I arrive before his inclosure he has usually retired to the shed in which he sleeps and stands in the doorway with far-away eyes. Efforts to entice him forth are futile. I turn at last as if to go, and as I move he bursts forth with the most heathenish cry that ever clattered from an animal throat. If it resembles anything, it is the trench klaxon that warns of an impending gas attack—a series of staccato shrieks which would shake the teeth from a band saw. I don't see how he can stand the noise he makes. Arm a rabbit with the voice of a gnu and lions will slink from his path.

Reaching the bars of his inclosure in three or four astounding leaps, the gnu halts, with head averted and feet wide apart, ignoring me literally. When I move to right or left he remains motionless until 15 feet are between us; then he closes the distance with a bound, shrieks terribly twice or three, and once more affects to be utterly oblivious of my presence. When finally I leave him the clatter of his fearful voice pursues me for hundreds of feet, drowning all other sounds.—Atlantic Monthly.

## HONOR HELD BY QUAKER CITY

First American Edition of the Hebrew Scriptures Was Put in Type in Philadelphia.

The first American edition of the Hebrew Scriptures was put in type at Philadelphia by William Fry.

The first translation of the Scriptures into English by a Jewish scholar in America was that of Isaac Leeser of Philadelphia in 1853, and the first English version prepared by a group of Jewish scholars is that of the Jewish Publication society of America, Philadelphia, 1917.

One of the most important and widely used revisions of the Rheims-Doan version was that of Archbishop Kendrick of Philadelphia, 1851-62.

Ben Franklin didn't think the language of the King James version sufficiently up to date to suit the literati of his time, and he tried his improving hand on the Book of Job with this result:

"And it being levee day in heaven, all God's nobility came to court to present themselves before him; and Satan also appeared in the circle, as one of the ministry. And God said to Satan: You have been a long time absent; where were you? And Satan answered: I have been at my country seat, and in different places visiting my friends."

### In the Philippines.

In 1917 the Philippine islands experienced two typhoons, while one hundred and fifty earthquakes were reported from different parts. The damage done was slight and the casualties few. They were not so fortunate in Formosa, where two destructive typhoons were experienced in July and August, and two in Japan in October. The appearance of the water hyacinth is reported from several places in the Philippines, and the secretary of agriculture reports that, unless legislation provides for its destruction wherever found, all still or sluggish waters will soon be impassable to craft or logs and even river steamers. The necessity for increasing the working establishment in the forests of the Philippines, if forest produce is to be preserved, is becoming an urgent necessity, and it is pointed out that in Java, Japan and British India forest officers are employed to a much larger extent than in the Philippines.

### Keep Up the Morale.

The big thing in life's battles is the morale. You may have the men and the guns, but if the men lack the ginger they are impediments to attainment. It is easy to do things when you are on the winning side. The trouble begins to brew when things go wrong. Anybody can go with the current. It's breasting the tide that shows where strength lies, and muscular strength is the least side of it. When the brain is right and nerve control dependable you can make machines do muscular tasks. There are few things that man's ingenuity has not submitted to mechanical control. So the problem of today is to keep the head right. It means more than keen thinking. There are men of the keenest intellect who need the constant urge of right morale.

### Plant All Animals Hate.

A most interesting plant is the Virginia wild ginger. There are several other species, as far south as Florida and northward to Connecticut. The plant grows in very hilly and wooded places, says the American Forestry Magazine, and is easily recognized by its kidney-shaped leaves and curious purplish brown flowers. These flowers grow one to a stem. No living thing will eat the bitter leaves, and you rarely see the flower unless you hunt for it, for it hides itself out of sight if possible.

## WHY LAMB AND MINT SAUCE

English Writer Goes Far Back to Trace Custom So Popular in That Country.

Lamb is the only meat with which mint sauce is partaken, and England is the only country where the custom is practiced.

The latter fact seems to disprove the idea that it originated with the Jews, else it would have been adopted in other countries where the race predominates to an even greater extent than in our own. Hence, also, it could not have originated or been associated with the "bitter herbs" which were eaten with the Paschal lamb.

When one remembers what are the vegetables usually eaten with lamb, we get a clue to mint sauce. And it is one that leads us to what is probably the true reason of its combination with lamb. New potatoes and green peas are the adjuncts immemorial time has led us to associate with the flesh of the lamb. These, our forbears decided, were provocative of indigestion, and therefore an adjunct must be introduced to correct this tendency. Mint during all ages has been associated with such an office. The Latin poets have broken into song regarding its merits, and the giver of a feast never thought of laying the meat on the table until the boards had been scoured with this herb. So, in addition to being a corrective, mint had a reputation as an appetizer. Gerarde says, "The smell of mint doth stir up the mind and the taste to a greedy desire of meat."—London Tit-Bits.

## FOODS NO LONGER IN USE

Vegetables and Meats, Familiar in the Middle Ages, Have Disappeared From Modern Menu.

If the art of cooking has declined, it is in part due to the changing fashions in food. For instance, in Germany in the middle ages many vegetables were eaten which have long since disappeared from the table, such as violet leaves, mixed with young nettles, and green wheat, and boiled hemp seed. Salads were made of mallow leaves, celery roots, and purslane, mixed with salt and pepper, for oil was almost unknown. Olive oil was considered to smack of effeminacy and Italian luxury. Horseradish sauce was used instead.

The origin of sauerkraut is lost in antiquity. But it was certainly made by the German Maunsrau long before cauliflowers or artichokes or potatoes were known. The potato revolutionized the fare of the poor, who had formerly to rely on the roots of wild plants. The variety of meats was larger, including beavers, and in Berne bears were kept for food. Spleens and aromatics were much sought after and far more used for cooking. Ginger and nutmegs were used to flavor many dishes that have now vanished from our tables.

### Honored His Great Foe.

The Crystal palace, home of the British Imperial War museum, was the scene in its earliest infancy of a touching incident apparently unrecorded by any of Wellington's biographers. According to "Le Palais de Cristal," a French weekly published in London at the time of the great exhibition, "one day in April, when our workmen were busily engaged unpacking exhibits in the French section, the duke of Wellington appeared, in company with his daughter, the marchioness of Donro. He was expressing his interest in several products of French industry, when the workmen happened to open a case containing a statue of Napoleon. The duke stopped his conversation, removed his hat, and bowed his head. It was easy to see, both by the attitude of his body and the expression of his face, that the old soldier was deeply moved. There fell upon all present one of those deep spells of silence which imply more than an ocean of words."

### Maritime Omelettes.

The "Pele Mele" (Paris) states in a recent issue that the eggs of the dog-fish possess all the nutritive qualities of ordinary farm eggs. Until lately, the dog-fish was quite neglected by fishermen and flung back into the sea as worthless, but today the fish is being actively sought by ships specially fitted for this class of fishing. The eggs of the dog-fish are frequently found as large as hens' eggs.

Tortoise eggs are considered a great delicacy, and make excellent omelettes. They are, however, understood to be not adapted for boiling; the white of the egg does not harden as in the ordinary breakfast-table egg.

### Offended Dignity.

Gertrude was on the lawn in front of the house, playing with the baby, aged two. Gertrude herself, not more than three times the other's age, was acting the part of mother. Presently along came a young man, who thought he understood children. "Good morning!" he said, taking off his hat. "How are you ladies today?" Gertrude looked at him with dignity. "Good morning," she replied, and went on attending to the baby. The young man stooped down. "Ah," he said, "and which is which?" "I'm Gertrude," replied the older girl, "and that's which!"

### The Source.

"Experts tell us that, roughly speaking, one marriage in three results in divorce," began the chap with the fund of useless irritation. "Yes," the other chimed in, "and it's the roughly speaking part that causes most of the trouble."