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Stockton

Corner Court and Com'l Street, Salem.

MONMOUTH NEWS

(Capital Journal Special Service) Independence, Or., Sept. 24.—Word has been received here that Frank M. Kirkland, son of Mr. and Mrs. P. M. Kirkland, has received a commission as second lieutenant. He joined the ordnance department and soon became top sergeant. He is now stationed at Augusta, Ga., but is expected to be transferred to France at any time. Ira D. Mix, son of Mr. and Mrs. M. W. Mix, has been chosen cashier of the Independence National bank. He is a graduate from O. A. C. and is well qualified for the position, having made a specialty of the banking business. He is associated with Dr. H. C. Dunsmore and H. B. Wolfe. Mrs. Lottie Hodges McIntosh has reopened her piano studio at her residence on Main street. She has recently been appointed county chairman of all Liberty choruses. Mrs. J. S. Cooper and Mrs. Clyde Ecker who represented the Independence Woman's club at the State Federation in Portland returned home Saturday. They report a splendid session with many interesting speakers present. Mrs. Cooper organized the club here and was the first president. Mrs. Ecker is now president. G. W. Henkle of Corvallis visited relatives here this week. The training school opened Monday with a splendid attendance. The high school will open next Monday. After a vacation of several weeks the city librarian, Mrs. Alice Skinner, has returned and the library has been opened again. A large attendance went from here to the Polk County fair this week. Mrs. Mary Weidke has recently purchased valuable real estate in Monmouth. Miss Lavilla Cooper a student nurse at the Good Samaritan hospital of Portland is visiting relatives here this week. P. R. Burnette is visiting his daughter Mrs. Sherman Hayes and Mrs. Claire Irvine. Mrs. A. L. Sperring of Portland was the guest of Mrs. Ward Butler last week. J. S. Cooper and daughter Miss Genevieve visited relatives in Portland this week. Work on the new bank building on Main street has been resumed after several days delay. Jay Bird, who has been the Jeweler in Krenner's Jewelry store will leave the city in a short time. Mr. and Mrs. Earl Rouf have moved to Salem, and are comfortably located at 732 North Commercial street. Mr. and Mrs. J. S. Cooper and Miss

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Pacific Coast Ship Building Record

Washington, Sept. 24.—Figures compiled by the Shipping board show that up to and including the first two weeks of September the Pacific coast shipyards have delivered their first million tons of completed new vessels. The Pacific coast yards lead those of the Atlantic coast by 35,000 deadweight tons and those of the Great Lakes by 611,205 deadweight tons. The Pacific coast yards have delivered about one half of all the new tonnage. The Pacific coast also leads in vessels launched but not yet completed and delivered. More than half a million deadweight tons of new ships are off the ways of Pacific coast shipyards approaching completion.

several months and besides visiting all the principal eastern and southern cities has spent some time in Cuba. She returned to her home in Boise on Saturday. Oliver Smith visited in Portland last week. Miss Martha Shinn will attend school in Portland this year. James Hanna was here from Portland this week on business. Miss Vale Hiltbrand visited in Salem this week. Mark Hanna has accepted a position as private secretary to the state university. Mr. and Mrs. Chas. Brady visited in Corvallis last Sunday. J. C. Echer of Polson, Montana, who has been visiting his son Clyde Ecker has gone to Portland to visit relatives. Miss Gladys Childs has gone to Portland to attend a business college. Mrs. E. Bascoe visited friends in Portland last week. Mrs. Jas. Ferris is visiting relatives in Oswego. Mrs. W. H. Cackle visited in Salem last week. Mr. and Mrs. J. McLeod visited in Salem the first of the week. Mrs. J. W. Richardson and son Gerald visited in Dallas this week. Mrs. Claude Skinner won three prizes at the Polk county fair this week for made over garments. Miss Vera Bell of Corvallis visited here this week. Independence singers took part in a community sing at Dallas last Thursday evening. Mrs. F. G. Feldman of Portland has been visiting Mr. and Mrs. B. R. Wolfe.

Arranging Course Of Military Instruction For State High Schools

A course in military instruction for the high schools of Oregon is being issued by J. A. Churchill, superintendent of public instruction. "Every high school in the state is having as high as 35 boys should at once organize a company for military instruction," says Mr. Churchill. "A competent military instructor should be secured by each high school, or there should at least be in the corps of regular instructors one man who has had sufficient military training or military experience to enable him to teach military science successfully." Salem's experience last year with military training in its high school is cited by Superintendent Churchill as an illustration of how schools may proceed. The pamphlet issued by Mr. Churchill also contains a report from City School Superintendent John W. Todd giving an account of the work done for the benefit of the other high schools in the state. Mr. Churchill points out that the state cannot now furnish guns for high schools, and he recommends the plan followed last year whereby the school district purchased the guns and ammunition and each boy paid for his own uniform.

Children Cry for Fletcher's



The Kind You Have Always Bought, and which has been in use for over over 30 years, has borne the signature of and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment. What is CASTORIA Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other narcotic substance. Its age is its guarantee. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic and Diarrhoea; allaying Feverishness arising therefrom, and by regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

GENUINE CASTORIA ALWAYS Bears the Signature of Chas. H. Fletcher In Use For Over 30 Years The Kind You Have Always Bought THE CENTAUR COMPANY, NEW YORK CITY.

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Are You In Trouble? The Problems of Life: Fear, Worries, Sorrows, Love, Domestic and Business Affairs, SOLVED; Nervous, Mental and Physical Diseases, TREATED; and Your Natural "Place"—Vocation—on Earth, FOUND by the PERSONAL TROUBLE SPECIALIST DR. ALZAMON IRA LUCAS, Psycho-Analyst and Vocational Director. 538-9 Morgan Building. Write your troubles or wants. Enclose 5 cent stamp. Address P. O. box 97, Portland, Oregon.



You can foretell the future

You say "The man who could foretell illness would make a fortune!" Of course no man can—in the sense you mean. But you can tell pretty accurately what to expect your own body to do. How? Get this simple physiology: Your body machine has to be repaired. It also must have fuel to supply heat and energy. Your food supplies both repair material and fuel. But a furnace always produces ashes and clinkers. If these accumulate, the furnace becomes clogged and cannot work properly. If your bowels become clogged—you suffer from constipation. Perhaps you hurry to work or play and neglect to obey Nature's call. Waste matter stagnates in the bowels. You go right on eating, drinking, working. What happens? The constipation becomes established. Waste matter undergoes decay, fermentation and germ action. Poisons are formed, absorbed, carried all over the body. They attack the weakest part of you first. Then you know you're sick. In reality you've been getting sick since you missed that first movement. If you want to keep well—wholly well, all the time, so that you're on your toes every day, remove that waste. Many people take pills, castor oil, purgative mineral waters to force the bowels to act. These act, but they irritate, tire out the intestinal muscles, make the trouble worse. Others take "salts," which attract water to the intestines and flush the bowels—about as gently as a fire hose. A re-action follows that makes the intestines dryer than ever and aggravates the constipation. You needn't do this and weaken your system just because all of your ancestors did. The Nujol Treatment moves the waste regularly, and easily. It's a purely mechanical process, absolutely harmless, based on a simple principle—that you can move a softened mass out of a tube more easily than a hard, dry one. It doesn't gripe—you won't know you have taken anything until after a few days your bowels move at the regular hour. It makes you "regular as clockwork." Don't try to foretell illness. Foretell it. Don't wait until you are sick. Keep well now. Your druggist has Nujol.

Nujol For Constipation

Warning: Nujol is sold in sealed bottles bearing the Nujol Trade Mark. Insist on Nujol. You may suffer from substitutes. The Nujol Laboratories STANDARD OIL CO. (NEW JERSEY) Bayonne, New Jersey



Violin ensemble pupils of Miss Elizabeth Levy, who played at the fairgrounds last night. Members of ensemble are Misses Esther Dinwoodie, Winona Smith, Francis Parry, Barbara Robinson, Donnie Smith, Elaine Steingrube, Edna Smith, Gertrude Velchok, Blanche Hill, Arnett Collins, Nora Bagell, Alicia Welty, Clarence Ruge, Simon Velchok, John Gadeholt, Willie Solof, Howard Balch, John Frates, Ellis Welty, Howard Steingrube, Harold Berthelson, Gordon Shonnesen, Ralph Parker. Piano accompanist, Miss Mildred Brunk.