

Society Rides A-Wheel

Fashion Turning to the Simple Pleasures of Cycling

One of the many causes that have been attributed to the return of cycling is the fact that cycling is so generally indulged in at Palm Beach and other southern winter resorts.

At Palm Beach there are many beautiful road ways, called trails, for the use of cyclists and pedestrians, extending miles along the lake and ocean fronts. So general

is on the wheel without a moment's preparation. Besides, from the healthful exercise and the pleasure obtained from cycling, the bicycle is used as a means of locomotion to the bathing house, ocean beach.

Few people have to learn to ride a bicycle in these days. Many men who have not been on a bicycle for years are able to jump upon a wheel without a moment's hesitation. Possibly the wonderful climate and environment does it, but learning to ride is so easy that those of the older generation who recall their struggles to acquire mastery of the bicycle are astounded at the ease with which the new generation takes to the popular two-wheeled steed.

With the closing of the winter season, the popularity of the bicycle still maintains its hold, and roadways and bypaths about summer resorts, such as Newport, East Hampton and other northern summer resorts will be marked by hundreds of enthusiastic outdoor lovers, who relearned the delight of cycling during their sojourn in the south.

BEST EXERCISE FOR WOMEN

A characteristic feature of cycling, and one which belongs to no other form of exercise in a similar degree, is that it is suited to persons differing widely in physical condition—in other words, the exercise can be

made gentle, moderate, or violent at will. Of course the process of learning is apt to be a little tiresome, but, that over, the exercise can be regulated at pleasure. In this connection, a peculiar advantage is that gentle exercise on a cycle produces better and more lasting results than does any other gentle exercise. On this account it is simply unapproached as an exercise for women; it seems to be suited to their needs in a most remarkable degree, and to furnish them with precisely what they require to build up their health and strength.

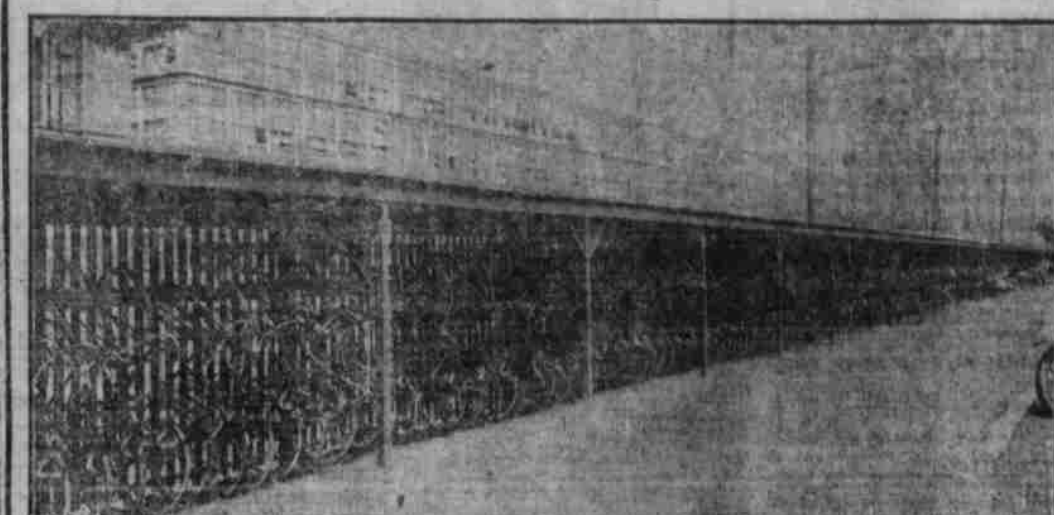
It requires but a short ride to start a sluggish circulation, into healthy activity, to quiet strained nerves, refresh wearied muscles, and clear the clouded brain. It is well-nigh impossible to be so wearied, physically or mentally, that half an hour on a bicycle will not refresh the system like food and sleep combined, and impart to it a far better and more lasting tone than any stimulant can produce.

When moderate exercise is required, it is obtained by taking a longer ride or a faster pace, or the two combined; and violent exercise can be had by still further lengthening the ride and increasing the speed. These simple changes adapt cycling to all needs.

Return of The Bicycle

Evidence is not lacking that the old-time safety bicycle, so popular as a means of locomotion before the advent of the automobile, is gradually coming into vogue again. As a matter of fact, the bicycle as a means of locomotion and exercise, did not at any time lose its popularity. It owed its decline as a country road conveyance to reckless driving of automobiles, which made the life of the rural bicyclist a burden. Little consideration was, or for that matter is, given to the modest rider of a bicycle by dominating drivers of motor cars. Yet the truth remains that a solitary bicyclist has as many rights on the highway as the owner or driver of the most pretentious touring car. When the bicycle riders again form themselves into clubs, and insist upon their road rights, much of the arrogance of automobile drivers will disappear. For it is coming to be understood that the ownership, or partial ownership, of an automobile does not carry with it prior rights to the use of the highway.—Rochester (N. Y.) Democrat-Chronicle.

How Workers Solve the Transportation Problem



Bicycle Racks at the Pierce Arrow Motor Car Co.'s at Buffalo, N. Y.

Efficiency experts are turning to the bicycle as the solution of one of their knottiest little problems—getting the workers to work on time. The Pierce Arrow Motor Car Company of Buffalo, New York, found their men hampered by unusually poor trolley service, threatened increase in trolley fares and possible trolley freight, all of which tended to react unfavorably on the workmen, and took matters in their own hands by building bicycle racks, one of which is shown in the above

photograph. This rack accommodates 891 bicycles, and keeps the wheels safe while the workmen are at work. The racks were constructed under the direction of F. B. Hubbard, the Plant Engineer, the work being done by the company's own carpenters. The actual cost of the rack, \$2.96 per running foot, even though the work was done in the spring of 1918 at a time when the cost of labor and materials was far above normal.

Ever since the war started, there has been a big increase in the number of bicycles used by workers, both men and women, who find the bicycle economical and more convenient than the crowded trolley or the jitney. The bicycle takes one all the way to work, all the way home, enables one to go home for lunch with no increased expense, and it is estimated that it pays for its cost in six months or less.

Matrix of this Page will be Mailed on Request.

MEHAMA NEWS NOTES

(Capital Journal Special Service.)
Mehama, Or., May 30.—Mrs. F. C. Hooley of Sparta, Michigan, arrived Friday of last week for an extended visit with Mrs. Susan Fenton. Mrs. Hooley has been visiting since February with relatives in Toledo, Oregon. She visited here twelve years ago.

Heater Kubin motored to Salem Tuesday to meet his brother, Sergeant Otto Kubin, who has received his discharge and will spend the summer on the farms owned by the Kubins. So, notwithstanding the hardships of army life, Sergeant Kubin is looking fine and we're glad to see him back home.

Word has been received from Oscar Baird stating that while working in a sawmill at Bates, Oregon, he got the index finger of his right hand cut off. Oscar seems to have had luck, but we're hoping fate will deal more gently with him in the future.

Our school closed the 23rd of May. Mrs. Alta Brown has proven a splendid teacher and we hope she will accept our school another term.

Ernest Kubin and Lenora Boyce, the eighth grade examination. The scholars enjoyed a picnic on Friday on the banks of the beautiful Santiam river.

Mrs. Wasson and Gourley of Harbush shipped a mixed car of sheep and cattle the first of the week from Mehama and surrounding country. They expect to ship another car the last of the week.

Mrs. Lizzie Bordick left Tuesday for

SAGE AND SULPHUR DARKENS GRAY HAIR

Brush This Through Faded,
Streaked Locks And They
Become Dark, Glossy,
Youthful.

Almost everyone knows that Sage Tea and Sulphur, properly compounded, brings back the natural color and lustre to the hair when faded, streaked or gray. Years ago the only way to get this mixture was to make it at home, which is messy and troublesome. Nowadays, by asking at any drug store for "Wyeth's Sage and Sulphur Compound," you will get a large bottle of this famous old recipe, improved by the addition of other ingredients, at a small cost.

Don't stay gray! Try it! No one can possibly tell that you darkened your hair, as it does it so naturally and evenly. You dampen a sponge or soft brush with it and draw this through your hair, taking one small strand at a time; by morning the gray hair disappears, and after another application or two, your hair becomes beautifully dark, glossy and attractive.

STAYTON AND SUBMITT VISIT FRIENDS FOR A FEW DAYS

Lanett and Baker's show which played here Saturday night drew quite a crowd. They put on a clean show and everyone seemed well pleased.

Mrs. Sylvia Goodell and two cousins arrived Sunday from Tacoma for a visit with her parents, Mr. and Mrs. Alvin Litz and other relatives. Mrs. Alvin Richards, a sister of Mrs. Goodell's, who has spent the past six weeks visiting in Tacoma, arrived home also.

GREAT WHEAT CROP OUTLOOK

Portland, Or., May 30.—Our local crop conditions continued to improve and the department of agriculture report issued recently indicates a winter wheat crop in the northwest of approximately 56 million bushels. Oregon will have about 20 million, Washington 27 million, and northern Idaho 9 million bushels. It is estimated that the spring wheat acreage for the three states will be about 14, million acres, which gives a total promise of from 75 to 20 million bushels of all wheat. A great deal will depend on the weather conditions during June, as hot winds and untimely rains can easily reduce this total. New wheat will begin to move to market from Texas about the middle of June and our local crop about a month later.

Hay Is Scarce

There is present scarcity but prospective plenty. Crop promises to be record-breaking. Government estimates 115,000,000 tons against 90,000,000 last year. This will mean 25,000,000 tons increase. The sentiment among growers is to cut down on feeders; however, a large crop and lower prices might be an incentive for them to try it again. The hay growers are in a very independent position, however. High prices during the past two or three years has caused most of them to junk their feds and buy an automobile, and still have a fat bank account left. It may take several months slow movement to wear the growers away from their ideas of high prices, but the tendency will be toward lower values. We can look for some arrivals of new alfalfa about the middle of June.

NDEATH OF EDNA MILLER

The whole community was saddened Tuesday when it was learned that Edna Miller, daughter of Mr. and Mrs. Fred J. Miller, had passed away at 8 o'clock this morning at her home in this city after a lingering illness.

Edna Gertrude Miller was born on the farm home near Donalds October 3, 1900, and moved to Woodburn with her parents several years ago. She attended the St. Benedict's school in this city and afterward was in the Woodburn high school until her health failed her two years ago. Surviving her are her parents, two brothers, Harold and Kenneth, and numerous relatives.

Deceased was a young lady of sweet disposition and winning personality, talented, a loving daughter, and had many girl friends who deeply mourn

LIFT OFF CORNS!

Freezone is magic! Corns lift off with fingers without pain



Hurl No, not one bit! Just drop a little Freezone on that tough corn, instantly it stops aching, then you lift one particle of pain, soreness, or irritation. Freezone is the mysterious ether that bothersome corns right off. Yes, magic corns only a few cents.

Try Freezone! Your druggist sells a tiny bottle, sufficient to rid you of corns of every hard corn, soft corn, or corn between the toes, and calluses, without discovery of a Chinaman's goose.

her demise. Much sympathy is felt for the bereaved family.

The funeral is this morning, services to be held at St. Luke's Catholic church (this Thursday) morning at 9 o'clock. Interment will be in the Catholic cemetery.—Woodburn Independent

COMMISSIONER'S COURT

West, G. E. clerk 73.00
Swart, H. deafness 4.00
Court House.
Morgan, Carl janitor 60.00
Kirby B. P. do 60.00
Hobson L. do 60.00
School Superintendent
Raid, Cora E. clerk 60.00
Smith, J. W. L. supervisor 120.00
Fulkerson, Mary L. do 100.00
Poor Accountant
Byrd, W. H. county physician 50.00
Jackson, Hattie M. spec. officer 70.00

Morehouse, W. G. county veterinarian 33.00

Health Officer

Cashier, C. E. county health officer 37.00
Sealer of Weights and Measures
Jones, J. F. salary and expenses 51.65
Smith, B. E. motorcycle officer and deputy sheriff 99.70
Co. Court and Commissioners Cont'd
Gould, W. H. co. commissioner 120.00
Hunt, J. T. do 114.20
Reg. and Elections
Boyer, U. G. adv. for stamps 10.00
Ginger Printing Co. voters notices 4.00
Glass & Friedman Co. oaths of official reg. 05
Oregon Statesman advertisement 1.20
Shaver, B. A. registration cards 5.25
Sims, Paul M. rubber stamps 79
Expense Sheriff's Office
Commercial Book Store, The rubber stamps 4.00
Moore & Co. Ross E. pig postal cards 6.60
Needham, W. I. Sheriff adv. for post cards 20.00
Needham, W. I. Sheriff use of auto 10.00
Northwestern Long Dist. Tel. Co. calls 75
Pacific Tel. & Tel. Co. The phone and calls 11.45
Patton Bros. No. machine, paper etc 12.70
Portland Railway L. & P. Co. gas service 75
Hillman & Gibson Co. H. & M. carbon paper 7.80
Rodgers Paper Co. bank receipts 12.25
Sims, Paul M. badges 1.50
State Industrial Accident Commission contribution acct insurance 2.70
Clark's Office
Boyer, U. G. adv. for stamps 10.00
Burroughs Adding Machine Co. machine stand 10.00
Commercial Book Store, The, erasers and bands 1.75
Pacific Tel. & Tel. Co. The phone and calls 4.70
Rodgers Paper Co. ledger leaves etc 11.90
Sims, Paul M. repairing typewriter, etc 1.50
Recorder's Office
Brooks, Mildred E. adv. for stamps and express 7.08
Commercial Book Store, The stamp pads 1.20
Pacific Tel. & Tel. Co. The phone and calls 3.25
Rodgers Paper Co. gum strips 1.20
Shaver, B. A. printing and lettering records 9.30
Sims, Paul M. work on typewriter, etc 1.50
Smith & Bros. Typewriter Co. L. C. overhaul typewriter 15.00
Commercial Book Store, The penholders 2.00
Draper, D. G. adv. for stamps 5.00
Patton Bros. rep. pencil sharpener etc 1.45
Surveyor's Office
Lizet Co. The L. transit 125.20
Patton Bros. roll blue print pa-

Rowland Printing Co. bill heads	6.00
Assessor's Office	3.50
Commercial Book Store pencils, Elliot, N. D. pig cards, blanks etc	30.40
Molcan, G. J. deputy assessor	20.00
Pacific Tel. & Tel. Co. The phone and calls	3.45
Patton Bros. add. machine, paper etc	4.00
Rodgers Paper Co. pencil carbon etc	3.53
West, B. F. adv. for stamps	5.00
District Attorney	40.00
Geahart, Hazelle, stenographer (Helburn, Max adv. for stamps and phone)	3.72
Holtz, Jas. G. deputy dist. atty.	25.00
County Court and Commissioners	43.20
Daily Capital Journal, The publication docket	48.00
Oregon Statesman do	4.00
Pacific Tel. & Tel. Co. The phone and calls	1.75
Ashliman, Louis plumbing repa	2.30
Bliss, P. W. covering for counter	35.00
Draper, D. G. adv. to J. Jones for wood	2.00
Evans, H. E. haul trash	2.05
Pranger Hbb Co. Ray L. jumps	2.00
Fulkerson & Director Co. cusps do	2.00
Hansen, A. M. window light put in	0.75
Oregon Statesman add. bids on wood	1.10
Portland Ry. L. & P. Co. lights	33.75
Republic Paint & Varnish Works black plastic, redoxon cement	22.05
Roth Grocery Co., soap	2.00
Salem Water L. & P. Co. water service	21.75
Smith, Homer H. premium on life policy	14.12
Stewart, A. B. repair lawn mower	37.40
Welch Electric & Fixture Co. extension light etc	1.25
Commercial Book Store, The circuit court tablets, note books etc	2.30
Derby, F. N. witness	6.40
George, W. P. meals for jury	2.20
Pacific Tel. & Tel. Co. The phone and calls	6.50
Patton Bros. Brodgen envelopes	4.45
Justice Court—Miscellaneous	30.00
Postal Telegraph-Cable Co. telegrams	30.00
State vs Baker	2.43
Mars, H. D. justice	1.50
Needham, W. I. Sheriff acting constable	4.80
State vs Day	1.80
Unruh, G. E. justice	7.95
DeLong, W. E. constable	2.40
State vs Drager	5.60
Unruh, G. E. justice	3.70
DeLong, W. E. constable	1.40
State vs Geddes	3.70
Needham, W. I. Sheriff	2.60
State vs Hing	3.70
Unruh, G. E. justice	3.70
DeLong, W. E. constable	1.20
State vs Hing	10.65
Unruh, G. E. justice	3.80
DeLong, W. E. constable	1.70
Varney, Percy M. witness	1.70
Branson, Troy do	1.70
State vs Moreland	3.35
Unruh, G. E. justice	5.00
DeLong, W. E. constable	5.00
State vs Sheridan	7.70
Unruh, G. E. justice	2.40
DeLong, W. E. constable	5.00
State vs Spicer	5.00
Unruh, G. E. justice	5.00
DeLong, W. E. constable	5.00
State vs Stotlar	7.45
Unruh, G. E. justice	1.70
DeLong, W. E. constable	5.10
State vs Winter	5.10
Unruh, G. E. justice	5.10
DeLong, W. E. constable	5.10
Miscel. Acct. Cont'd	5.10
Schwab, Fred assistant to constable (continued)	8.10
Coroner	8.20
Clough, A. M. invest. death of T. J. Cheshire	5.00
Clough, A. M. invest. death of Fred Hunt	5.00
Inmate Account	5.00
Byrd, W. H. examination	5.00
Byrd, W. H. examination	5.00
Waterman, L. D. conveying Mrs. Winner and nurse to Salem	10.00
School Superintendent	12.55
Commercial Printing Co. envelopes	10.87
Fulkerson, Mary L. supervisor's expenses	3.68
Hocksbur, H. J. services at institute	13.00
McIntosh, Alice do	6.15
Pacific Tel. & Tel. Co. The phone and calls	9.40
Patton Bros. stencil paper pencils etc	46.00
Reid, Cora E. transient officer	3.25
Rich, La Verne services at institute	14.04
Rodgers Paper Co., stamp envelopes paper etc	7.50
Rowland Printing Co., school bulletins	43.00
Smith, John W. L. supervisor's expenses	31.90
Smith, W. M. adv. for stamps	16.67
Smith, W. M. traveling expenses	5.90
Stiff & Son, R. L. rent of tables	142.50
Fruit Inspector	10.00
Van Trump, S. H. salary and expenses	10.00
Indigent Soldier	10.00
Gayer, J. P. for Victoria Penn.	10.00
Gayer, J. P. for Lucy Coffin	10.00
Dependent Mothers' Acct. Cont'd	15.00
Barnes, Letta M. relief	12.50
Hugh, Lillie P. do	10.00
Cook, Alice do	25.00
Coppock, Lulu do	17.50
Garron, Annie Alvira do	32.50
Hibson, Gladie do	7.50
Garber, Clara do	10.00
McIntosh, Rita do	10.00
Minz, Myrtle Angelina do	25.00
Rabbinson, Tessie do	17.50
Weese, Mrs. Myrtle do	10.00
Whitbee, Emma do	1.00
Poor Account Cont'd	1.00
Albright Taxi Co., conveying patients	2.00
Best Clothing House, clothing for S. Lauer, Sr.	2.00
Broughton, A. L. groceries for Mrs. Beckner	21.75
Burger, W. H. house rent for Mrs. Donaldson	6.00
Drager, D. G. adv. for R. R. fare for Mrs. A. Miller and family	50.00
Epley, C. M. groceries for Mrs. Donaldson	4.00
Graber Brothers engine for poor farm	60.00
Harlan, F. P. groceries for Mrs. Northcutt	50.00

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FOR SALE—A good double team harness, will trade for hay or grain, or will exchange for good dry wood. See Square Deal Realty company, Phone 470.

BEST BUYS

10 acres fine fruit land, all cultivated, 3 miles of Salem, \$1200, easy terms.
10 acres all cultivated, house, barn, 2 1/2 acres family orchard, on rock road, 1 mile from Salem, \$5500.
14 acres, logans, family fruit, large house, barn, equipped for chickens, on good road, the best of soil, \$4000.
32 acres, joining city, best of soil, well fenced, 7 room house, barn, \$3500.
24 acres, 16 cultivated, 3 logans, 5 prunes, fair house, barn, all equipment and stock including team, cow, 10 hogs, 50 chickens, mile from station, \$2000.
50 acres all cultivated, good house, barn, well drained, best of fruit, grain or clover land, 5 miles from Salem, \$1000; land all around it not any better is held at \$200 per acre. \$3000 cash, balance 6 percent.
100 acres, 90 cultivated, house, 2 barns, spring, 10 acres timber, well fenced, close to station, \$85 per acre.
305 acres, modern improvements, all cultivated, well fenced, one of the finest mixed farm ranches in the valley; 3 miles from small town; offered for a short time at \$75 per acre on very easy terms. Owner wishes to retire and does not care to rent it.
For best house or farm buys see SOOLOFSKY Bayne Building

WATER COMPANY

SALEM WATER COMPANY—Office corner Commercial and Trade streets. Bills payable monthly in advance. Phone 606.

NOTICE

Scaled proposals addressed to Jefferson Myers, secretary of the board of regents, State Agricultural college, Corvallis, Oregon, will be received by the said board of regents until ten o'clock a. m. June 2, 1919, for the furnishing of all material and the performance of all labor required for the erection and completion of the engineering laboratory building, for the Agricultural college, state of Oregon. All bids to be endorsed "Proposals for engineering laboratory building." Said proposals to be opened upon the above date by the said board of regents. All the work and material must conform to the plans and specifications therefor on file at the office of the architect, John V. Evans, 1040 Chamber of Commerce building, Portland, Oregon. Each proposal must be accompanied by certified check of five per cent of the amount of the bid as a guarantee that the successful bidder will enter into a contract according to said plans and specifications. Said check to be made payable to the Agricultural college of the state of Oregon. If for any reason the bidder fails to execute the proper contract and bond required within ten days after notification of the acceptance of his bid, then certified check will become forfeited to the Agricultural college of the state of Oregon.

SCAVENGER

SALEM SCAVENGER—Garbage and refuse of all kinds removed on monthly contracts at reasonable rates. Cess pools cleaned. Dead animals removed. Office phone Main 167.

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Over Ladd & Bush bank; Salem Oregon

FEDERAL FARM LOANS—5% percent interest. Prompt service. 34 1/2 years time. Federal farm loan bonds for sale. A. C. Rohrbach, 401 Masonic Temple, Salem, Oregon.

INSURANCE COUNCIL—For free information about Life Insurance see J. F. Hutchinson, dist. manager for the Mutual Life of N. Y., office at 371 State St., Salem, Or. Office phone 99, residence 1396.

LAUNDRYMAN

HOP LEE, expert laundryman, 420 Perry St. I pay top market price for chickens and eggs. Office phone 1333J, residence 1333J.

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REPAIRING

STEWART'S REPAIR SHOP—Have just installed a machine that will sharpen lawnmowers the same as the factory puts them out now. Bring all your light repair work to me. Alvin B. Stewart, 947 Court St. Phone 493.

LODGE DIRECTORY

KNIGHTS OF PYTHIAS MEET AT McCracken hall on every Tuesday at 8. Walter Lenson, C. C., P. J. Kuntz, K. R. & S.

ROYAL Neighbors of America, Oregon Grange camp No. 1350 meet every Thursday evening in McCracken hall Elevator service. Oracle, Mrs. Carrie E. Dunn, 648 Union St.; recorder Mrs. Melissa Parsons, 1418 N. 4th St. Phone 1426M.