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Aid to appetite and digestion — benefit and enjoyment in lasting form.
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The Flavor Lasts

TECHNICAL TRAINING

(Continued from Page 1.)
been paid to physical culture in the elementary grades during the year, although the schools have been handicapped by lack of gymnasium rooms. There has been definite instruction in exercises that are considered as essential, including postures, work, drills, marches, folk games and dances. These latter were carried out to strains of music and proved very attractive to the children. There has been a uniform program of physical work in all the buildings under competent instructors, and with good results.
In the carpentry department there has been a novel and very gratifying experiment — the interior remodeling

and finishing of the lower portion of a 12 room dwelling house. This has given a class of boys the most exacting training in this line of work, and as the job stands today would be a credit to a first class builder. As to the cost of the work to the school district which has taken over the building, the report of the instructor E. W. Becker, shows that the materials have cost the district something over \$500; whereas a contractor who submitted an estimate on the work, placed it at about \$1100. As there is no means of showing by figures the benefits to the boys in the line of technical training, it is impossible to show just how good an investment the high school has made in this project. It should be noted in this connection that all the boys who wished to follow up this line of work this summer have been given positions with regular contractors.

STRIKERS ASK

(Continued from page one)
the system. He said 15 of the Chicago office who walked out yesterday returned today.
Collins said he did not know why the men were striking—that no demands had been placed before company officials.
President Kosonkump said all demands had been given to Postmaster General Durlison. "The only man who has jurisdiction in the case," he said, "is the one of the two telegraph companies can do nothing."
Little Change Seen
New York, June 12.—With both sides apparently satisfied the telegraphers strike situation in New York was unchanged today.
Traffic officials at the Western Union stated there was no interference with business; that conditions were normal. At the Postal, it was announced that Edward Reynolds, vice-president, would make a statement after he had had time to survey the situation.
The last utterances from strike leaders here were to the effect that more than 1,000 operators were on strike in New York and that this number would be increased. The pickets who were on duty before the Postal and Western Union main offices yesterday were not on duty this morning.
B. F. Shrimpton, secretary of the Eastern division of broker telegraphers, said today that a special meeting would be called for tonight or tomorrow to vote on the proposition of a sympathetic strike, in aid of the striking commercial operators.

Men Ordered Back

Indianapolis, Ind., June 12.—Henrikah Everead, president of the local telegraphers union, announced today he has ordered those men in Indianapolis who responded to the call for a nationwide strike to return to work. He said "the odds against us here are too great."
Everead said a few had left the Western Union and five men walked out of the Postal yesterday. The Western Union strongly denied this and the Postal, while admitting it yesterday, denied that anyone left the boys.

SOCIETY.

By Gertrude Robinson
A LL roads—good or otherwise—lead to Portland this week. One would think, to see the crowds who are leaving by motor or railroad, that the rose city was the Mecca of Oregonians; that no where else in the state were the roses in bloom or the sun shining. Looking at the magnificent hedges that border the grounds of the public buildings, or form fragrant barriers to the exclusive residences on Court and State streets; or peeping into the old-fashioned gardens on Liberty or South Commercial, where the abject beauty of the rose beds or lauded porches almost take one's breath away we know better. Nevertheless, we surrender. We admit magnanimously that nowhere in the world do the roses smell so sweet, as they do in Portland; that in no other place in the state do they flaunt their bloom in such abundance, and that it is only quite natural that an exodus should be staged in other towns while the sister city celebrates. Because we always have the consolation of knowing that earlier in the spring, we had our day when the white wonder of a blossoming world proclaimed to all mankind our right to the title of "Cherry city."

Governor and Mrs. Olcott went to Portland yesterday and this evening they will be among the prominent men and women of the state who will act as patrons and patronesses for the Devon Dog ball at the Multnomah hotel. The ball will be one of the largest features of the festival and will be as military in aspect as possible. The Cherrians and their wives and relatives will be special guests at the ball.

Among the many functions at which the Cherrians will be guests of the Royal Rosarians during the festivities in Portland this week, will be a luncheon and dance at Cotillon hall Friday night.

Mrs. A. N. Bush was re-elected treasurer of the board of trustees of Willamette university at the annual meeting of that body in the administration building Tuesday. Other Salem people on the board are Dr. B. L. Steeves, president and I. N. Van Winkle, secretary. C. B. Moores of Portland was re-elected vice president. A petition from the student body requesting the establishment of fraternities in the university, was taken into consideration by the board and will be reported on next January.

Mr. and Mrs. A. F. Fiegel, who were the guests of Dr. and Mrs. R. E. Leo Steiner during the Willamette commencement activities, have returned to their home in Portland.

The Westminster Guild announces the postponement of their picnic until next week.

The local hospitality committee in Centralia reports that they have already received 200 requests for room reservations for the twenty third annual convention of the State Federation of Women's clubs which will be held there next week.

"CAN I BE CURED?" SAYS THE SUFFERER

How often have you heard that sad cry from the victims of disease, perhaps the disorder has gone too far for help, but clearer it is just in its first stages and the pains and aches are only nature's first cries for help. Do not despair. Find out the cause and give nature all the help you can and she will repay you with health. Look after the kidneys. The kidneys are the most overworked organs of the human body, and when they fail in their work of filtering and throwing off the poison that constantly accumulates in the system, everything goes wrong. GOLD MEDAL Haarlem Oil Capsules will give almost immediate relief from kidney and bladder troubles and their kindred ailments. They will free your body from pain in short order. But be sure to get GOLD MEDAL. Look for the name on every box. In three sizes, sealed packages. Money refunded if they do not help you.

Shipley's For The June Bride "Dainty Lingerie"

Never have we shown such delightfully dainty garments, trimmed gracefully in laces and embroideries, including soft silks, crepe de chine and Georgette crepe and wash satins. Just the shade for Summer Lingerie.



- Camisoles 98c to \$5.95
- Envelope Chemise...\$2.98 to \$10.50
- Bloomers.....\$3.75 to \$5.95
- Envelope Chemise...\$2.89 to \$10.50

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Liberty Street

Salem, Oregon

The annual reception and banquet for the alumni of Sacred Heart academy will be held this evening. All graduates of the institution are invited to be present.

The closing recital, planned by Miss Beatrice Shelton for her junior class has been unavoidably postponed. A very interesting program had been arranged, and about 45 little guests were to have been entertained. The children having the highest standing during the year are Lena Medler and Mary Blumling, among the girls, each having won nine stars, and Darrell Myers among the boys, with ten stars to his credit. Little Maxine Myers deserves honorable mention, having a showing of eight stars for her first year. The following children, assisted by Bernice Mulvey, in readings, and some of Mrs. White's pupils in dances, were to have taken part in the program: Gladys Edgar, Maxine Myers, Darrell Myers, Catherine Mulvey, Bernice Mulvey, Pauline Johnson, Ruth Buchanan, Mina Logan, Euvette Jenks, Eleanor Schmidt, Dorothy Bell, Gladys Lamar, Bertha Babcock, Ruth Rose, Caroline Lambirth, Lena Medler, Mary Blumling, Rolla Graber, Leona Geer and Loren Geer.

Among the numerous Salem folk in Portland this week are Mrs. W. M. Plimpton and children, Sherman and Janet. While there they are guests of the W. W. Plimptons.
Miss Gertrude Campbell of Portland is in Salem as the guest of friends, having come up to attend the alumni banquet and graduation festivities of Sacred Heart academy. Miss Campbell is the daughter of T. K. Campbell, formerly connected with the public service commission in Salem for a number of years.

Miss Deryl Helt, accompanied by her house guests, Miss Helen Westall of Portland and Miss Lucille McCulley of Joseph, are taking in the festivities in Portland.

Miss Vesta Smith is spending the week in Portland, having motored down with a party of friends Sunday evening. She will return during the early part of next week.

Mrs. E. E. Waters went to Portland this morning to visit with friends and relatives for about a week and to attend the remainder of the Victory festival.

Harley White, former mayor of the capital city, is in Portland attending the festival.
The Woman's Foreign Missionary society of the First Methodist church will meet with Mrs. W. C. Bigdon, 239 North Winter street, Friday afternoon at 2:30. Mrs. A. A. Underhill has charge of the lecture hour and Miss Eugenia Savage will render a piano solo. All members of the church are invited.

The Doctor Away From Home When Most Needed
People are often very much disappointed to find that their family physician is away from home when they most need his services. Diseases like pain in the stomach and bowels, colic and diarrhoea require prompt treatment, and have in many instances proven fatal before medicine could be procured or a physician summoned. The right way is to keep at hand a bottle of Chamberlain's Colic and Diarrhoea Remedy. No physician can prescribe a better medicine for these diseases. By having it in the house you escape much pain and suffering and all risk, big it now; it may save life.

A WORKING GIRL'S LIFE

Day in and day out, month after month, she tells. Often she is the breadwinner of the family and must work that others may live. Rain or shine, warm or cold, she must be at her place of employment on time. A great majority of such girls are on their feet from morning until night, and symptoms of female troubles are early manifested by weak and aching backs, dragging down pains, headaches and nervousness. Such girls are asked to try that most successful of all remedies for woman's ills, Lydia E. Pinkham's Vegetable Compound, which for more than forty years has been giving girls strength to do their work.

LYONS

(Capital Journal Special Service.)
Lyons, Ore., June 12.—Mrs. Rogers left for her home in Portland after making a short visit in Lyons.
Mr. and Mrs. William Elder of Goshook with Grandmother Shelton of Lyons, motored to McMinnville Saturday, returning Monday.
Mr. Edd Hiatt started to Portland Sunday morning.
The many friends of Mr. and Mrs. O. D. McLeane, regret to hear of the death of their oldest son, Ralph, who died at his home in Mill City, Monday, June 9.
Miss Pearl Gienies left for Salem, where she intends to work in the cannery during the summer.
Mrs. Edd Seigmund of Fern Ridge was a visitor in Lyons Friday.
Miss Eva Hiatt is assisting Mrs.

Elder in the cook house at Goshook for a short time.

Mr. Ward Forest returned from California last week.

Miss Tunnage is a guest at the home of Mrs. H. P. Bodeker.

The dance held at the L. O. O. F. hall at Lyons Saturday night was well attended. The music was pronounced splendid.

Mr. Elmer Bradley of Portland was a Lyons visitor Sunday.

Mr. and Mrs. O. D. Bratherton were Salem visitors last week.

Lame Back Relieved

For a lame back apply Chamberlain's Liniment twice a day and massage the muscles of the back over the aching pain thoroughly at each application.

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Summer Excursion Fares Oregon and Northwest Resorts

Plan now for a quiet summer vacation for yourself and the family at the seaside or in the mountains—special excursion fares are in effect for the summer.

NEWPORT—Season tickets from Salem	\$5.55
Week end tickets from Salem	\$4.95
Corresponding fares from other points.	
TILLAMOOK COUNTY BEACHES—Season tickets from Salem	\$7.70
Fares to Neah-Kah-Nie, Mazanita and Bayocan slightly higher. Corresponding fares from other points.	
DETROIT—Season tickets from Salem	\$4.00
Corresponding fares from other points.	
McBREDIE HOT SPRINGS—Season ticket from Salem	\$5.55
GRATEE LAKE—Season tickets from Salem	\$28.30
15 day ticket from Salem	\$26.10
Corresponding fares from other points	
Park will open about July 1st.	
MARBLE HALLS OF OREGON—Season tickets from Salem	\$14.05
15 day tickets from Salem	\$13.30
Corresponding fares from other points.	
VARIOUS—Special fares in effect to Columbia River Beaches, Mt. Rainier National Park, Shasta Resorts, Yellowstone National Park and Glacier National Park.	
Inquire of ticket agent.	

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—adds strength-giving qualities to all foods in which it is used.

Sweet potatoes, cut in cubes or strips and cooked to a rich brown in **PIEDMONT**, make a most appetizing and body-building food.

Ask for **PIEDMONT**—

The food oil with the nut flavor

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