

The Capital Journal

AN INDEPENDENT NEWSPAPER

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Odds and Ends

WHO SAID IRON MEN?

We used to have a lot of respect for the dollar. It was made of silver, and bore the imprint of the United States government, and carried the portrait of the artist's beautiful model, and said, "In God We Trust"—implying, of course, that there was no one else that could be trusted for a dollar.

We felt that way particularly in the case of the dollars that had been stamped in Philadelphia. Philadelphia, the city of brotherly love, and city of Ed Bok, and Ounie Mack, and of all that kind of thing.

Then when the high cost of living came around we cherished more than ever those bright disks. We like to have them not only sound, but around us.

TURNER LOCALS

(Capital Journal Special Service.) G. W. Farris has bought the Bicknell residence and will move as soon as Mr. Hammet vacates the house.

Clatsop Officers Go East To Bring Back Safe Blower

V. F. Bektovich, deputy sheriff of Clatsop county, and Tom Belcher, a special deputy, were here Wednesday to receive from Governor Olcott's requisition papers on the governor of Missouri requesting the release to the Oregon officials of Frank Barrett alias Frank Wagner.

Bombing Planes Will Not Stop Here: Field Plowed

The aviation field here, having been torn up by plowing demonstrations during state fair week, there is no landing field available at this time for the accommodation of the bombing plane which is making a tour of the Pacific coast.

BORN.

COOPER—To Mr. and Mrs. Cecil T. Cooper, 1397 North Commercial street, Tuesday, September 30, 1919, a son, to be called James W. Cooper.

PLAY SAFETY FIRST.

INFLUENZA is again making its appearance in northwestern cities. Sporadic cases are being reported in Oregon from Portland to Ashland, which constitute a warning that effort should be general to prevent another epidemic.

Seattle has inaugurated a flu prevention campaign. Measures suggested are:

Enlisting physicians in co-operative prevention army. Compelling citizens to quit spitting on the sidewalk and persuading them to be careful about it elsewhere.

Forbidding the sale of non-sterilized second-hand bedding.

Enforcing other sanitary laws.

Salem should play safety first and do everything possible to prevent another epidemic. Individuals should observe the laws of hygiene, live cleanly, take plenty of exercise in the fresh air, and curb their spitting, coughing and sneezing propensities.

UTILIZE THE LOFTS.

THERE are a number of buildings in Salem with vacant upper stories. Some of these lofts are unfinished. Others have been empty for years.

There is apparently no reason why these lofts should not be utilized, modernized and equipped as lodging and apartment houses. The returns would justify the investment, enhance the property and improve the city.

The improvements could be made quickly at comparatively small cost and they would provide immediate housing accommodations for many now unable to locate here and help solve the housing problem.

The present dirty, unkept appearance of these upper floors is discreditable alike to the owners and the community. A healthy public spirit as well as the possibility of profits should furnish the inspiration for the remodeling and utilization of idle upper floors.

HUNTING A HUSBAND

By Mary Douglas

ABOARD THE BLUE JAY

Mr. Arnold has invited us to spend the day on his yacht. The big Pierce-Arrow was waiting for us. I snuck back into the luxurious stateroom naturally. Lazily I watched the flying bits of landscape, the white winding road, and the blue waters seen from sudden hills.

A girl who polished her own shoes. And must scrimp and save for a new dress. To whom luxury was a forbidden thing. And now it is so perfectly natural. It is second nature, in two short weeks time, to ring for a maid. To have every comfort, convenience, elegance, at command.

Maybe I shall never need to go near to that other Sara Lane. That Sara Lane who has lived and struggled for twenty-five long years. For George Arnold has everything. He is a Pittsburgh millionaire. That mythical thing to me—two weeks ago. My thoughts came to an end. We were at the yacht club.

The little tender was waiting for us. We saw Mr. Arnold's yacht, the "Blue Jay," for the first time. It lay like the petal of a water-lily on the waves. As we came nearer, it was even more beautiful, intricate. George Arnold waited for us on the bridge. As I stepped aboard, I could not help a little thrill of excitement. In some way I knew I was the guest of honor. He was doing it all for me.

He took us over the "Blue Jay." And smiled at my delighted exclamation.

WARNING AGAINST CANCER

The American society for the control of cancer sounds a tremendous warning against cancer in the following vital facts:

- 1. During the great war the United States lost about 30,000 soldiers. During the same two years 180,000 people died of cancer in this country. Cancer is now killing one out of every ten persons over 40 years of age.
2. Many of these deaths are preventable, since cancer is frequently curable, if recognized and properly treated in its early stages.
3. Cancer is not a constitutional or "blood" disease; there should be no thought of disgrace or of "hereditary taint" about it.
4. Cancer is not a communicable disease. It is not possible to "catch" cancer from one who has it.
5. Cancer is not inherited. It is not certain even that a tendency to the disease is inherited. Cancer is so frequent that simply by the law of chance there may be many cases in some families, and this gives rise to much needless worry about inheriting the disease.
6. The beginning of cancer is usually painless; for this reason its insidious onset is frequently overlooked, and is too easily neglected. Other danger signals must be recognized and competent medical advice obtained at once.
7. Every persisting lump in the breast is a warning sign. All such lumps are by no means cancer, but even innocent tumors of the breast may turn into cancer if neglected.
8. In women continued unusual discharge or bleeding requires the immediate advice of a competent doctor. The normal change of life is not accompanied by increased flowing which is always suspicious. The return of flowing after it has once stopped should also be considered suspicious. Do not expect the doctor to tell you what the matter is without making a careful physical examination.
9. Any sore that does not heal, particularly about the mouth, lip or tongue is a danger signal. Picking and irritating such sores, cracks, ulcerations, or treating these skin conditions by home remedies, pastes, poultices, caustics, etc., is playing with fire. Warty growths, moles, or other birthmarks, especially those subject to constant irritation, should be attended to immediately if they change in color or appearance, or start to grow. Avoidance of chronic irritation and removal of just such seemingly insignificant danger spots may prevent cancer.
10. Persistent indigestion in middle life, with loss of weight and change of color, or with pain, vomiting, or diarrhea, call for thorough and competent medical advice as to the possibility of internal cancer.
11. Open warfare by open discussion will mean the prevention of many needless deaths from cancer. The common belief that cancer is a hopeless malady is partly due to the fact that cases of successful treatment are frequently concealed by the patient and his family, while cases of failure (too often resulting from delay) are likely to become common knowledge.
Miss Bertha Dorris, a graduate of the University of Oregon and recently police matron at Eugene, is now in charge of a department on the police force of New Orleans.
Little Olivia Smith, daughter of S. R. Smith, was seriously injured at Cottage Grove when she was struck by a bicycle as she was returning home from school.
Leaving a note on the back porch of his father's home, telling of his intention to commit suicide, A. D. Moore, living at Ashland, shot and killed himself some time Saturday night.

Bend Woman Is Here to Claim Reward Money

Mrs. E. Keeney of Bend, Or., was a state capital visitor Wednesday, calling on Warden Steiner of the state prison to claim the \$50 reward offered by the state for the capture of Dave Briehoux, who had escaped from the state hospital flax pulling crew.

Mrs. Keeney provided the information leading to the capture of Briehoux, which, according to the usual custom, is regarded as entitling her to the reward money although it is understood that the sheriff of Deschutes county is also laying claim to a share of the reward for his part in the capture.

Glendale Boy Killed By Falling Tree Wednesday

Roseburg, Or., Oct. 2.—P. W. Zwright, son of M. D. Zwright, a lumber manufacturer at Glendale, was killed Wednesday morning when a huge limb of a tree he was felling struck him on the head, crushing the skull.

Zwright was 25 years of age and until Saturday last was employed by the Standard Oil company at Roseburg, when he resigned his position to take charge of a crew of men at the Glendale mill. It was while directing the work of his crew that the accident occurred.

Medford Students Vote To Give Help To Orchard Men

Medford, Or., Oct. 2.—At the high school assembly hour Tuesday the student body of 320 boys and girls voted unanimously to work in the orchards a week whenever the high school should be adjourned for that purpose. The school board decided to close the high school Monday for a week. The question of closing the grade schools of Medford and a number of the county rural schools will be acted on later.

LIBERTY BOND QUOTATIONS

New York, Oct. 2.—Liberty bond quotations: 3 1/2's 100.02; first 4's 95.22; second 4's 95.99; first 4 1/2's 95.70; second 4 1/2's 94; third 4 1/2's 96; fourth 4 1/2's 94.14; victory 3 3/4's 99.94; 4 3/4's 99.88.

If Back Hurts Use Salts For Kidneys

Eat less meat if kidneys feel like lead or bladder bothers you—Meat forms uric acid

Most folks forget that the kidneys, like the bowels, get sluggish and clogged and need a flushing occasionally, else we have backache and dull misery in the kidney region, severe headaches, rheumatic twinges, torpid liver, acid stomach, sleeplessness and all sorts of bladder disorders. You simply must keep your kidneys active and clean, and the moment you feel an ache or pain in the kidney region, get about four ounces of Jad Salts from any good drug store here, take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and is harmless to flesh, clogged kidneys, and stimulates them to normal activity. It also neutralizes the acids in the urine so it no longer irritates, thus ending bladder disorders. Jad Salts is harmless, inexpensive, makes a delightful effervescent lithia-water drink which everybody should take now and then to keep their kidneys clean, thus avoiding serious complications. A well known local druggist says he sells lots of Jad Salts to folks who believe in averting kidney trouble while it is only trouble. (Adv.)

Stops Medicine—Health Recovered By Internal Baths

Mr. A. Czarniecki, 657 Montgomery St., San Francisco, Cal., writes Tyrell's Hygienic Institute of New York as follows: "I must admit that the cure of the J. B. L. Cascade has ended chronic constipation from which I suffered. Since May 12, 1913, I have never even tasted any kind of patent medicine or purgative. My health is excellent in every respect."

Over half a million bright, keen, intelligent Americans have found that internal bathing is more essential to their health than external baths. Have found that used occasionally at night they feel like different people the next morning. No more of that bilious, tired, nervous feeling, but having by nature's own cleanser—antiseptic warm water—removed all the poisonous waste from the lower intestine, they awake thoroughly refreshed by normal sleep, with all their functions acting properly, clear headed, happy and confident, eager and capable for the duties of the day. Why not learn more about this rapidly growing and natural practice? The "J. B. L. Cascade" is the invention of Chas. A. Tyrell, M. D., of New York, and is now being shown and explained by Daniel J. Fry in Salem, Ore., who will give you—free on request—an interesting booklet on the subject called "Why Man of Today is Only 5 Percent Efficient." (Adv.)

MOTHER'S FRIEND For Expectant Mothers A Speedy Recovery At All Druggists Special Bulletin on Maternity and Baby, Free. MAIL TO: REGISTER CO., 200 S. ANCHOR ST.

The Clatsop County Dairymen's League announces an increase in the price of milk of 40 cents a hundred on October 1.

A Fool At 40

It is an old proverb that every man is either a fool or a physician at 40. Well, I fooled along for 40 years in the practice of pharmacy and the study of medicine and therapeutics before I discovered the wonderful prescription for Number 40 for the Blood. There is more of this wonderful prescription sold and used by the citizens of our home city than all other blood medicines combined. It is indicated in all depraved conditions of the system, in blood poisoning, in sores, ulcers, eczema and skin diseases. In chronic rheumatism, catarrh, constipation, stomach-itch and liver troubles. J. C. Men-

denhall, 40 years a druggist, Houston, Texas, Jan. 22, 1919. J. C. Mendenhall, Evansville, Ind. Dear Sir: "Having suffered from 12 to 18 months with a nervous breakdown, said by physicians to be sciatic neuralgia, causing general toxic poisoning and seeing your advertisement in the San Antonio Express, I called on Dr. A. M. Fisher, druggist. He recommended your prescription Number 40 which I have used for three months and have received great benefit from it. Sleep well, good appetite, have gained several pounds in weight, get up feeling fresh every morning. Have no pains. My nervous system has become nearly normal." Respectfully, J. L. Dupree, 1715 Common St. Number 40 is sold by Schaefer's drug store.

D.D.D. Prescription for Eczema THE Lotion for Skin Disease Soap - for 10 years the standard skin remedy—a liquid used externally—instant relief from itching, the mildest of cleansers—keeps the skin always clean and healthy. Come in and ask us about both. J. C. Perry's.

LADD & BUSH BANKERS Established 1868 General Banking Business Office Hours from 10 a. m. to 3 p. m.

Overdoing How American Women Break Down Owing to the modern manner of living and the nervous haste of every woman to accomplish just so much each day, they overdo, and as a consequence develop ailments peculiar to their sex, as is indicated by backache, headache, nervousness, the blues, displacements and weakness. Women who find themselves in this condition should slow down, and depend upon that good old fashioned root and herb remedy, Lydia E. Pinkham's Vegetable Compound, to restore them to health and strength, for there is no other remedy known that so quickly restores a healthy, normal condition. Here is the Story of a Most Remarkable Recovery Minneapolis, Minn.—"I was run down and nervous, could not rest at night, and was more tired in the morning than when I went to bed. I have two children, the youngest three months old, and it was drudgery to care for them as I felt so irritable and generally worn out. From lack of rest and appetite my baby did not get enough nourishment from me, so I started to give him two bottle feedings a day. After taking three bottles of Lydia E. Pinkham's Vegetable Compound I felt like a new woman, full of life and energy. It is a pleasure to care for my children and I am very happy with them and feel fine. I nurse my baby exclusively again, and can't say too much for your medicine." Mrs. A. L. MILLER, 2633 East 24th St. Surely this proves the curative value of Lydia E. Pinkham's Vegetable Compound LYDIA E. PINKHAM MEDICINE CO., LYNN, MASS.