TEICHERS TOMEET
HERE MRRH $26-27$
Kexping up school piay grounds Wheipat J. G. Pace, Amarillo. What apparatus is necessary-
Superintendent R. A. DeFee, Channing

The annuat meeting of the
Panhandle Teachers Association will be held in Otaiyon Ma
and 27 . H. . W. Stilwell, dent of the assuciation, this week
sent out programs to the mem sent ont programs to the mem
bers- A very large attendance
is.expected. The following will is expected. The following will
be the program, the general sub. be the program, the general sub-
jeet being: Rural School Im.

The general subject for the meeting of the Panhandle Teach ers' Association is one that is of
interest to all engaged in the interest to all engaged in the
work of education. For just as work of education. For just as
the whole commercial structure of our nation is bassed upon the rural activities, so also is improvement in school work based to a large extent upon the imAnd it is hred, all school men in the Panhe, that all school men in the Panhandle needs of our district in the rural school line. Further much alike to rural and urban commu nities.

FRIDAY, 9:00 A. M.
Address of welcome in behalf of the city-Mayor F: M. Wilson Address of welcome in behalf of the city scho
ent E. F. King.
Address of welcome in behal of the Normal-Professor B. A Stafford.
Response-Superintendent W R. Silvey, Clarendon

The New freedom in educa-tion-Professor J. A. Hill.

FRIDAY, 2:30 P. M
How-may a teacher fulfill his mission as a leader in the com-
muninty? - Superintendent B. M. Harrison, Plainview.

A few things accomplished in our own community. - Superin
tendent O. S. Miller, Hughlett. In making the school house center for community activi-
ties: How can a Teacher secure and succeed in lectures on civi $1 \begin{aligned} & \text { subjects - Mr. J. K. Wester } \\ & \text { Plainview. }\end{aligned}$ Plainview
Lectures on home improve
ment-Mrs. ment-Mrs. Vince Reeves, Can Lectures on agricultural subjects - Superintendent Chas Smith, Floydada.
Boys' and girls' clubs-Super
intendent S. intendent S. L. Rives, Hale Center:
Continuance schools - Super intendent M. B. Johnson, Sweet

FRIDAY, 8:30 P. M.
Vocational education
dent R. B. Cousins
Libraries for country schools W. B. Lewis, County
tendent of Hale County

The Old Field school professor and the modern rural school Sisk, Childress.

## Appointment of Committies

## SATURDAY, $9: 00 \mathrm{~A} . \mathrm{m}$.

The Gary School System --Superintendent M. H. Duncan, Am arillo.
SATURDAY 10:00 To 12:30 A. m. Visits to the Training School: showing the classes which may be visited and the time of the meeting of the class. Section meetings: In order to
divide the crowd, during the divide the crowd, during the
time of the visits to the training school, section meetings will be held at the following times.
The School Grounds, room
4; West building, $10-11 .-$ J. G. 4, West building Pace, Chairman.

What Adornment is Possible
Miss Sula Cook, Miami. Miss Sula Cook, Miami.
How can the grounds
How can the grounds be kept
up in vacation times-Mr. Lin Pertsch, Hereford.
Play and Games, Room ${ }^{\text {Past building, } 11-12 \text {. }}$ Intosh, Chairman.
Interscholastic
A. MeIntosh, Amarillo.

What games can be played in the rural schools-Superintondent G: W. Thurman, Higgins. 12, East building, 10-11. Super 12, East building, 10-11. Super-
intendent W. G. Seers, Silverton, Chairman.
Place in rural school. SuperManual Training-
Donald, Silverton.
Sewing and Cooking - Miss Agriculture - Superintendent
Agigns, White Deer. W. P. Bright, Panhandle. Hygrene, Music Room, 11-12 Superintendent 0. K. Story, T lia, Chairman
Importance of attention to Hy
gene - Superintendent gene -
Story.
What

What are the Unsanitary Con-
ditions-Miss Annie Wilson, deline.
Wha
What can be done to improve
hem - Superintendent D. M. Laurence, Shamrock.
How should we handle sick
children-Superintendent W. B. Bishop, O'Donnell.
saturday, 2:0
Business Meeting What recognition should be
given for work done given for work done out of
school during the school termSuperintendent N. M. Dupre, Lubbock.
What r
What recognition should be given for work done out of
school during the vacation-Supschool during the vacation-Sup-
erintendent J. N. Anderson, Dal-

SATURDAY, 8:30 P. M.
Music in the cou
Practical direction
Practical directions about buy-
ng books-Miss Tennessee Ma

| ing bo |
| :--- |
| lone. |
| Hist |

Historical and literary slides Professor J. W. Reid.
EXHIBITIONS: All schools are urged to send or bring some Express any material express Express any material, express prepaid, to the president of the
Association; such material will Association; such material will material is brought with the teachers, they will be assisted in placing it. EXCURSIONS: The Santa Fe and Denver have granted an excursion of one and one-third fare Prom all points on their lines in the
Panhandle. The Rock Island has not been heard from at the printing of the program. But it is expected that they, too, will give excursions. Thets
on sale Thursday, March 25 , good on sale Thursday, March 25, good
for return until Sunday, March 28. It is hoped that all to whom
these programs come will adver these programs come will adver-
tise the meeting among all the tise the meeting among all the
teachers in their schools and in their counties. An effort is made to send programs to all schools in the district, but it is nearly impossible to find the addresses of all the rural schools. Therefore, the president urgentceive programs should notify teachers in their coünties of the meeting.
Most of the wide-awake teachrs of the district will be pres ent. May
tendance?

Yours truly,
H. W. STti
President of the Association.
Come to Canyon to live.

Steel frame IS
BEIM ERECTED

## 胜tatakr

0idid yur puer make a mitatake?

Did you ever make a mistake? How many have you ever made

Did you ever "set" type?
Did you ever stop to think how
asy it is to make a mistake in easy it is to make a mistake in setting type?
Do you "cus
Do you "cuss" the newspapers for makitg mistakes, especially
when it happens to be your when it happens to be your name they have mis-spelled?
Did you ever stop to think that every little letter in this issue of
the News must be picked up by hand out of a case of type and after the paper is printed it must be thrown back into the case,
thereby causing each letter to be thereby causing each letter to be
handled twice in the printing of handled twice in the prin
one issue of the paper?

## one issue of the paper?

Can you find mistakes? Its a
whole lot easier to see the other
whole lot easier to see the other
fellow's mistakes than it is your
own.
The News is going to give each to find mistakes chis a chance to find mistakes this week. Its newspaper and find all the errors that just will creep in. But here is your chance.
Take your News this week and read every ad in it. Mark every
mistake you find. Makealist of the mistakes after this fashion: Name of $z_{z}$ ad. Mis-spelled Ford.
For instance if the News had an ad of its own with the word "ready" and the compositor it spell like this, "redy" you Randall County News. Ready Read every display and every
local ad in the paper. Mistakes in the regular reading matter don't count this time.
For the person finding the largest number of mistakes we
will give one year's subscription. All lists must be in by Tues. day morning, March 16.
Get busy and find mist

## Will Fight for Englan

Chas. Rust has sold all his possessions in Randall county to Grant Belles and will sail for his native land, England, to join the army. He has had four years of service. He stated to
friends that he has not seen his friends that he has not seen his
mother for fourteen years, but has accumulated enough to keep her the rest of her days and will

## Bell <br> Connection

Adds to Farm Choer It was s busucer March evening, but inside the
cozy sitting room of the
Brown's all was cheery Browns al
and bright.
Mrs. Brown stepped to
the telephone. Her husband smiled-for he knew
the pleasant custom for the pleasant custom for
years had been to call the years had been to call the
daughter, in the distant
village, each week
Have you a Telephone
connected to the Bell Sys-

## The Southwestern

Telegriph \&
Telephitione Co .
W. D. Howren, Contracting Engineer CONCRETE, PLAIN and REINFORCED

## Call on or write to me regarding that watering tu

 tank, silo, dam or anything else you wish to build. NO TROUBLE TO ANSW ER QLESTIONS Room 26, First National Bank Building Phone 1 P, O. Box 505 Canyon, TexasGREAT REVIVAL NOW II Progeress

Despite the stormy weather, the cold and the mud, there has been a large congregation at the Methodist church every night exceedingly good 70 have been Sunday afternoon when since call was made for then firs call was made for those who
wished to get right with their Lord.
Dr. Holder has been preaching
wonderful sermons since he ar rived last Thursday night. He is a highly spiritual as well as intellectual man and preaches the plain go
ful manner.

## ful manner.

has a large choir each price
has a large choir each nigh
Price has a fine tenor voice and
his solos are greatly appreciat-
Rev.
the meetings will anounces tha next week, possibly Wednesday or Thursday. Services will continue each afternoon at 3 o'clock and 7:30 at night. The women hold prayer meetings at the var Sunday morning Dr. Holder wil talk to the Sunday School at 9:45 o'clock. The afternoon meeting on Sunday will be similar to last Sunday's.
All of the churches of the
town are taking active part in the services and the meeting
resulting in great good. resulting in great good.

## Look Out for Fuzz.

I just borrowed a car load 26,000 pounds, groceries, can goods, rice, syrup, etc. Will ar fur will week in Marcha. The and see as, we want to move i quick. All high quality stuff
fully guaranteed. $\quad$ D. N. Red fully gu
burn.

## District Court New

Judge Umphres has set aside his order of continuance in the Bunker criminal cases which were transferred here from Armstrong county and has se
the cases for next Monday morning. More than forty wit nesses will come from Claude than a week.
The case of Price Taylor and Anna P. Taylor was tried before
a jury this week, verdict being a jury this week, verdict being
rendered yesterday for the plaintiffs.

## Umbarger News.

At the last reports George pital is much better.
Roy Bader and S. T. Raymond sold a simall bunch of cattle to Tom Bussett of near Vega. Jno
Simms helped deliver the catie
ger met Wednesday night at the school house to organize a farm ers' telephone company.
Clayton Gambel went to Ama rillo last week to under go an
M. Hollenstein bought a wind mill at Canyon and moved it to Gladys N. Bader spent Sunday at the Wansley home.

Another Two Inch Snow.
A two inch snow fell daring Monday night. Tuesday was s

COUSINS RETURNS
FROM THE GAPITAL

Pres. Cousins returned Saturday from Austin where he had been called to a meeting of the was call regent. The boara bility of getting through the legislature an appropriation bill or $\$ 69,000$ to complete the work on the Normal. Owing to the fact that it is quite probable Gov. Ferguson will not call an extra session of the legislature immediately after adjournment of the regular session of March 20 , it is very important that this appropriation be secured for the Normal in order to continue the work with no extra expense. The regents must notify the Gross Construction Co. by May ist whether the wings will be built: To postpone work on
these wings to a later time wonld these wings to a later time would
cost the state nearly $\$ 10,000$ as cost the state nearly $\$ 10,000$ as arrangements must necessarily be made to either construct this portion of the building or close the ends o
that date.
The board decided to try to get the appropriation through Johnson and Representative Tit Johnson will do their besentative TIlbill through, although they stat ed it would be hard tos sta bills are demanding the attention of the legislature during the closing days. The entire board visited the appropriation com mittees and stated the needs of the school.
The board instructed Architect Endress to complete the plans for the heating, lighting

## The Call of the Cumberlands

## By Chartes Moville Buck <br> 







 excent that the docke are




 tion that the geotemen were oll aid






##  

## $\left\lvert\, \begin{aligned} & \text { He } \\ & \text { him } \\ & \text { hand } \\ & \text { and } \\ & \text { bon }\end{aligned}\right.$ <br> <br> 

 <br> <br> }


HERANDALL COUNTY NEWS

2
 her as neek and gente as a iamb.
And another tme he sald: We've
oot to start all over and replenish the capped, professor. You ain't got no
wife, and werre up against a regular in't proud. I'll tell you what, profes-
or. He pointed at their Hitte intant,
orely a pear sarely a year old. 'Theres your wift,
though you'll have to walt till she
srows up. It's rich, aln't it? We're
 den's daughter. Ann't it cussed bad
dhat Van Warden ain't here to see? "I Ilved three weeks of Infinite And then, one day, tiring of me, or
of what to. 1 m was my bad effect on
Vesta; he told me that the year before wandering thrbugh the Contra Costa
tils to the strats of Carguinez, across the stralts he had seen a smoke. Thls
meant that there were still other huhe had kept this inestimable prectous
information from me. I departed at eyed across the Contra Costa halls to to
he stratts. I saw no smoke on the ther slae, but at Port Costa discove
ored a small steel barge on which
was able to embark my animals. was abie to embark my animals. Old
canvas which I found served me tor
asil, and southerly breeze fanned ruins of Vallejo. Here, on the out.
skirts of the cety 1 found evidences of
a recently occupled camp. Many clam had come to the shores of the bays
This was the Santa Rosa tribe, and i followed its track along the old rail-
road right of way across the salt
marshes to Sonoma valley. Here, at
 The other was Harrigon, a retired
pawnbroker, who had taken for ate wite
the matron of the State Hoepltal for





 of the women who came through the
plague. She was one of the world's
most noted sing most noted singers, and the world's
had caught her at San Francisco. She
had
had talked with me for hours at
time,

# COME TO THE PANHANDLE THIS YEAR 

MAN has acquired a hunger for land which he can call his own. The supply is limitodthe demand unlimited! Land values have risea to prohibitive prices in older settled states!

## The Panhandle is Ready for the Farmer

Here is a deep, rich soil, ready for the plow. An ample rainfall and a most healthful and splendid climate. Adequate railroad facilities by which to reach the markets of the world.

A return to normal climatic conditions, a greatly increased acreage of winter wheat, spring wheat, oats and barley, an unqualifiedly successful demonstration that Kaffir corn and Milo maize cannot be excelled as material for ensilage, the "better farming" spirit and the results of studying and developing this land assures a prosperous year.

Farms can be bought here now cheaper than they can later on, at prices which are certain of a steady advance as the summer and fall emigration stimulates the demand.

My farms are all favorably located, as regards towns and railroads and give the buyer a wide range in selection. All the improved farms are rented to good farmers and will produce a aubstantial revenue this year.

I am in a position to give terms to suit the purchaser.

# C. 0. KEISER 

Canyon, Texas
Keota, lowa



Attention Investors.
In order to close up an estate I have the following lands for sale in Randall county 166. 1-3 acres being the N. W. 1-4 of See. No. 63, 1-2 mile south of the public school in Canyon Texas, consisting of 20 acres of up land and 146 acres of valley land. 130 acres of which are now in alfalfa. This would make an ideal location for any
one wanting a good farm cloes to town, and one that will pay a good return on the m.eney invested cach year. Price $\$ 80.00$ per acre. Also the south half of Sec. No. 74, Block B 5 . This land is about 2 miles southeast of the town of Umbarger. Price $\$ 8.00$ per acre, bonus. This is a bargain for some man. For further information write,
J. E. BELL,

Waynesville, III.
Mr. and Mrs. C. o. Keiser Mr . and Mrs. C. O. Keiser
returned Sunday night from Florida where they have been
visiting relatives
ives.
I have made arrangements with the Wichita Creamery of Wichitr, Kans., to establish a cream station in Canyon. I will recieve cream at any time, com mencing Friday. Will test the cream here. You can deliver
the cream, have it tested and the cream, have it tested and
get settelment the same day Mr. and Mrs: W. G. Baker re turned to Canyon yesterday from Pampa where Mr. Baker was recently transferred by the Western Union. H. R. Chäp man has been moved to Amarillo The many friends of Mr. and
Mrs. Baker are glad to see them Mrs. Baker back to Canyon.
Build that home on a CON
CRETE foundation.
Plowing-I want to do your Aiso want to rent 500 or 600 acres to put in sod crop. J. A Harbison.

Notice of Loss.
The public is hereby notified that the following numbered fir Fire and Marine Insurance Co of Detroit, Michigan, Nos. 4355 to 43600 have been either lost or stolen from the office of A. H. Detroit Fire \& Marine Insuranc $C_{0}$., will not recognize any lia bility for loss
bered policies
Cravens \& Cage, Managers, Mre. MoCiating Experienco with
 mas mbjeot to corop, and I wmas almay, Congh Remed por proved Ar betber than
 portio ount foveroup." Prition Mr. W.

We will sell our entire stock of 50 c ties next Satarday for 25 c
each. Sapply Co .
R. L. Marquis was a business caller in Amarillo Monday.
Your can't make a mistake in buying our candies. Holand Drug
Mr. and Mrs, L. G. Allen in Amarillo Monday
G. A. Jones lett Sunday for Marion, Okla, to visit his father for ten days.
Its hard to get good, home dressed beef this time of the
year, but my patrons deserve year, but my patrons deserve the best so I have gone to extra
trouble in securing a line which trouble in securing a line which
will greatly please you. Vetesk Market, phone 12 .
Duff Caraway arrived Súnday from Hico to visit his sister Mrs J. C. Black- Last summer Dufi fell from a telephone pole in Hico sustaining injuries so that his leg was removed above the knee.
Call Redburn before you sell your eggs at 15 c per dozen. He is paying 20c and will continue
to do so as long as the market will permit. know about that good produce market. Bring on your chickW. W. Stephenson of Tulia W. W. Stephenson of Tulia
was in the city over Sunday to visiting his mother who is quite il.
Our tie sale starts at 6 o'cleok Saturday morning. Supply Co. Mr. and Mrs. Tom Lair Mon to Mr.

I have a special man and out. it for plowing gardens. Great trees. First class work guaranteed. J. A. Harbison. tf G. A. Stratton of Happy visited at the home of his son, Chas.
Monday night. He was Monday night. He was on his
way home froin Sau Francisco way home from Sau Francisco
where he attended the world's fhere he attended he world
fair. He reports that the fair is great success and is very fine Every time you sell 20 dozen eggs at 15 c when you should
have had 20 c you loose 81.00 , and have had 20c you loose 81.00 , and
contributed a little belp in re ducing your neighbor's produce as well as your own. Quite giv ing your produce away. Don pay two prices for coffee. as. Work more for your own
interests, let's all pull together. I want your produce. D. N. want your produce

## 塱uin

Miss Sue Redfearn of Plain view is visiting at the home of the Redfearn sisters.
See Harbison for moving van, draying, baggage and house service. J. W. Dalton of Lubbock was in the city Monday.
WHY WORRY about that pro blem of how to build, see W. D Howren, the ENGINEER, he
W. G. Word's horse fell with with him Saturday night, rolling
over him and bruising him up over him and bruising him up pretty. bady. He bo fortunate
Them Redfearn Sisters sure do sell things cheap. You'd think so too if, you'd give doods, millinerry, queensware glassware, enamelware, tinware, window shades, rugs. schoo supplies, candy and a thousand little things in racket goods to numefous to mention.
Miss Ada Redfearn will leave Saturday for San Antonio to at tend the Gran
beckah order.
Mr. and Mrs. J. Grady Ho land returned home Tuesda from a weeks visit in EI Paso. All the fresh country eggs
you want at the Supply Co. for 15 c per dozen.
nis




We have about 10,000 pounds of flour from our last car at ex actly what the next car will cost as. Better buy a supply. Can yon Supply Co.
J. S. Hundley, who has been in Canyon for six wéeks, returned to Roswell Sunday.
A farmer that will persist in selling his eggs at 15 c per dozen when Redburn is paying 20 for eggs and 80 c for butter, pay too much for his goods and then kick at the small returns for his produce, should be arrested for malpractice.

## You may find a mistake in this ad

but you'll find no mistakes in our wiring jobs. Electric work requires careful work and our experiences have taught us to be careful. See us for electric reparing

Canyon Power Company I can't protect your interest if
you don't help a little by bring. ing your produce to me.
Miss C. Maude Wheaton has been taking an extended visit in Crosbyton and Post City with friends.
See Mrs. Hunt at the Leader for plain and faney sewing. Satisfaction guaranteed; prices reas
onable. Fred Ragge returned yester day from Bishop, Texas, wher he has been visiting friends. The guy who sets this local son allways gets your hauling done with no mistake.
Wm Willard returned Friday from Wichita, Kansas, where he was looking after his farm. Make it of CONCRETE an defy TIME and WEATHER con ditions.
Miss Lamb requests parents and others interested in the pu pils in the Normal training school to meet at the auditorium with the Parent-Teachers association Friday afternoon, March 19, at 3:30 o'clock.
Sick Two Years with Indigestion.

"Two years ago I whe "Two years ago I was greatly benefit Chamberlain's Tablets," writes Mrs. s. A. Keller, Elida, Ohio. "Before taking them I was sick for two years with in digestion." Sold by all dealers.-Adver | $\begin{array}{l}\text { digestion." } \\ \text { tisement. }\end{array}$ |
| :--- |

Miss Sarah Winn and Mr. and J. W. Caraway is here preparMrs. W. Finley are at the paren- atory to moving back to Canyon tal Winn home from Waxahachie, with his family. called by the serious illness of Ohamberlatn's Oough nemedy-The the ladies' mother
Brigitening up time! Get I give Chamberlain's Cough Remedy Brigntening up time! Get to my children when they have coldas or S. V Wirt. Best line in the of S.
city.

Mr. and Mrs. Wm. Sydow Vandergrift, Pas "It al waya holps them
and is anr maperior to any other cooght
medicine I have used. I advise anyone er

## Canyon Grocery Co.

We carry a full line of Groceries. Our stock is FRESH. The price is right. Bring us yore produce.

PHONE 80
CANYON GROCERY CO.

Don't overlook seeing Th Leader's line of footwea for ladies and children.

If The Leader pleases you tell your friends. If they don't, tell them.

The nicest line of groceries to be found in Canyon at The Leader.

Bread and cakes fresh and fine when bought of The Leader.

The Leader has an order for 24 Brown Leghorn hens. Who'lll bring them in.

If you want that Easter dress, better see Miss Gober quick.

The Leader wants more eggs and butter.

Special for Saturday Only

1 gal. good Syrup 45c 12 lbs dry peaches $\$ 1.00$ Cabbage per lb 2 1-2c Huminy grits 3 for 25 c $\$ 1.00$ pail coffee 80 c.


## Keeping Up the Service

The European war brought to our attention with very great force the dependence which modern industry places upon the complete and continuous transportation service. Let something happen to disturb the action of transportation facilities and the whole machinery of modern commerce slows up.
In this country the raiload systems are the arteries of the commerce system, and the service rendered by them is so important that any difficulty is speedily felt by everybody. All materials which enter into the running of the railroad must be carefully selected for quality and service in order to avoid disastrous interruptions.
TEXACO QUALITY AND SERVICE have made themselves felt in keeping up the railroad service. On the books of The Texas Company as customers are almost all the railroads of any importance in all parts of the country-using "Made in Texas" Texaco Products because of the quality which insures the reduction of operating difficulties and the prompt service which insures supply.
The same quality and service which have inducod these inmense transportation systems, with their difficult requirements, to use Texaco Products are to be secured by you.
Call up the nearest agent. He will be delighted to serve you.
The Texas Company
General Offices, Houston, Texas


THE MAGIC SHOES

 all the mones very bade for she took

 Folke Can't Holp Feelling Acquainteo
After They Have Enjoyed Hearty
Lavgh Together.




Choose two captalns and let them
select players tor each side, the play. select players for each side, the play-
ers standing in wo rows frocing aech
other as in in spelling matech When



 the brim up. the right tine must lautg
and tryto to win back the players they lost, and as many others as they can
coax into mile the gam tis con.
tinued til one side whe ame all the play.

## sympathy In sunny Hours. It is any amount easter to sy

 It it any amont easter to sym.pathzse with those tn tabie than
keep the command. Refolce with

 high spirits over some good fortune,
and feels a little pang of envy. Some thing to wrogs with your sympathy it
it is reeserved for your friendes dark hours.-Girlo Companion. TWell, young mo was, R1ght, looking uncle to his nephew, " "will you
pleane tell me mhat the end of thit
ye
pity 7 yt or


Fundamental Principles of Healtheiger




In the case of the human betng
complete removal thduced a like var
lety of symptoms, a state resembing
myxedema and cretinism (a condition
nyxedema and cretinism (a condition
of deflent development and 1 diocy).
besides anemia a
besides anemia, a readiness to fatigue,
a sensation of cold and occasionally
tetany (convulsions). The four insignificant pealike par-
athyrold (near-thyroid) glands tucked away behind the more prominent
thyrolid gland for a long time escaped
the eye of the and the eye of the anatomist, and for a
long time after they were discovered
chey were given no particular consideration. But careful Investigation of
heese baby glands by anatomist, his-
cologist and embryologist proved them to be independent organs structurally
and functionally distinct from any
other tissues, and of vast fimportance in the economy.
Experimental investigations demon-
otrated the parathyrodds to be vital organs of remarkable physiological
activity in a wide range of antmal
organisms. It was demonstrated that rabbits deprived of these tiny bodies
died in convulsions. Gradually the died in convulssions. Gradually
signinifanee of this observation dawn
upon surgeons and physiologitsta. When the parathyrolds alone are re
noved the antmal dies quickly wth
cute symptoms, Including convul.
ions; but when the thyroids alone are removed the antmal may survive
for a long period, but will develop a
condition of chronic malnutrition sim lar to the disease known to myx-
lema in man. The experimental evidence in the
case of the parathyrofds tends to support the view that their funcetlon con
sists of in some way neutralizing toxic substances formed elsewhere in
body; they are poison destroylig body; they are poison destroyting or
gans, whose princlpal function most
probably is to neutrallize the metabolic poisons particularly detrimental to
the nervous system. Therefore, rem nervous system. Therefore, atter
removal of these glands, death ocurs
from the accumulation of the so-called metabolic tetany polsons formed in
the blood and tissues, attacking the
nerves in the absence of the norina The throld secretions.
$\qquad$
$\qquad$ softening of bone), decaying teeth and rickets. It is known that lack of lime
(calefum) In the organtsm leads to
tetany, bence calctum metaboilsm is doubteess. influenced by the parathy-
roid glands and the parathyroids in rold glands and the parathyroids in
turn are, of course, gravely influ-
enced by lack of caletum. This is a act of vast importanc Many observers hape reported that
njections of parathyroid gland ex
racts cuase the tetany to disappear
vithout, however, protecting the ant without, however, protecting the than-
mal from a fatal outcome. But in 1908 Macallum and Voegtlin reported that
itjeetion or ingestion of calctum salts completely and Instantly checks the
symptoms of tetany arising from the removal of the parathyrolds and re
stores the animal to an apparently normal co
been obtal
ferling tro
nintent tering fro
anintentio
oolds
the begtinting of
disturbance in parathyroid function
This pontsts strongly toward a mineral
defle to the fact that there ts undoubtediy some close relation\&bip between the
widespread use of demineralite for stuifs and the large number of care-
worn, Irritable and muscle twitching Individuals to be observed everywhere
about us. The prevention ts the ue about us. The prevention is the use
from Infancy upward of natural un
processed food matter.
the suprarenal glands.
The next time you wake with
start tn the middle of the night whi
your
all gooseflesh, with those pecultar ting ling thrills of fear running up and
down your splne and all over your body, and you are consclous that you
heart is pounding like a steam trip hammer, do not say you, are "nerv
ous" and place all the blame on your
$\qquad$
$\qquad$
$\qquad$ The brain is essentially an inhibitory,
a restraining and controling organ And exactly in proportion as the brain is developed and intelligently directed and banished. Permitting the brain
to run wild and around a circle tende to derange the entire economy, as we
shall see. But returning to the shall see. But returning to the fear
mentioned above. Possibly eome nerve
impulse $\cdot$ beginning in a subconselous the brain down the pneumogastric
$\qquad$
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$\qquad$
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$\qquad$
 again returned to the blood.
SInce 1891, when Jacobl described (Vviseceral nerves) and the splanchnice and Dreyer
subsequently demonstrated that elee subsequently demonstrated that elec
tric stimulation of the splanchnils be
low the dlaphragm produced in the renal blood an increased amount o
the substance increasing arterial too pressure, more and more a attention hat
been given to the invest gation of the been given to the investigatio
function of the suprarenals.
It has been demonstrated that there which is constantly secreted by the
adrenal bodies and which has a marked stimulating effect upon the tone and perhaps upon the skeletal musceles
It is assumed that the indernal It is assumed that this internal sece
ton is essential to the full activity o the sympathetic self-governing nervou
system and its fallure or diminutlo Will be folfowed by impairment of th
function enervated This substance, eplinephyr
In (adrenalln) has been In (adrenalin), has been isolated and
injected into animals, the cat, for in
stance, and is found to induce all the princtpal emotions characteristic
discharges along the sympathetic nerve paths; that is to say, the pupll
dilate, the stomach and Intestines are Inhibited, the heart beats rapidily, the
hairs of the back and the tall stand erect-in than, the normal quantity
if more that adrenal is introduced into the bloo
stream. Also it has been demonstrate that when adrenalin is injected int
the blood it causes a marked disturb ance in the carbohydrate metabolisme
of the body and sugar appears in the urine. Following these lines it ha
been demonstrated by Cannon an others that tright and rage increase
adrenalin secretion and that suga related to the emotional state of the cat. In other words, the more excttable
the animal the quicker the sugar ap
pears.
Great grief, prolonged anxlety, ange
and fright then become important physiological factors $\mathrm{m}^{-}$sympathetic
disturbances and have the power derange carbohydrate metabollsm an derange carbohydrate murine of an an
produce sugar in the
mal. Adrenalln ts found to posses the power to produce results. In ex
ceedingly small quantities; Hoskin ceeding muscular contractions in solu
shows musion
tion of a strength of one to less that tion of a streng
$500,000,000$ parta
The principal duty of the adrena
bodies appears to be to keep the clr culatory system-the heart and blood
vessels-n proper elastcic tone, in thit
$w i y y$ through the body in an easy and eve manner.
The adrenals are also demonstrated
to have the power of neutralizing to have the power of neutrailizin
In some way the polsonous product
resulting from muscular work. The
active substance, adrenalln extrecte active substance, adrenalin, extracte
from the medulary part of the supr remal glands has found many uses in
the hands of the medical protession Among these chlefty is fts use
checking nosebleed and hemorrhage checking operations, and in shrinking
in minor one

the tiseues of the nose in hay fever Its action in this hater dishase opent | $\begin{array}{l}\text { he duet } \\ \text { the ducte } \\ \text { sensitive }\end{array}$ |
| :--- | sensitive

cause
the atr.

Hints to Farmers

Now is the time that you realize on your season's work.

As you sell your grain, stock or produce, place your money on open account with a reliable Bank.

Pay your bills by check which makes the best kind of a receipt, and avoid the worry and danger attending the carrying of large sums of money.

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kinds of garden plants.

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PLATNVIEW

TPublic Air Gardens Big Aid to Health


Since the white man came to America the hardy Indithrough having partial civilization, houses and closed living forced upon them. Highly bred cattle, with their closed sleeping quarters, develcp diseases formerly unknown. Tuberculosis is rapidly spreading as airtight houses become more common -free, untaxed, unbottled-is fought against as if so much poison.
Since humans have so degenerated that they swathe themselves in multitudinous wrappings and consider bare legs or arms highly indecent why not institute pens where the weakened, diseased and distorted get the blessed sun's rays?

After we become anemic it is common to visit some "nature cure" resort and allow air, water and sun to do their worst. The invariable result of this simple treatment is restored health.

If private air gardens can perform such miracles why not erect public In Germany people may follow nature-cure methods?

In Germany every hamlet affords public air gardens, where the people may revel in air and sunshine in the n
for both sexes, with air and sunshine. In America bathing resorts are patronized, but distorted ideas o decency make people swathe themselves in gay rags. Much vir
bathing, fresh air and sunshine is lost by so covering the body.

By no means should we bathe nude on our beaches, but municipa effort should institute publie parks where water, sun and air might be fur nished in secluded sections. Such privileges would mean an abolishment
of many hospitals, the relief of many overworked physicians and nurses of many hospitals, the ressen the number of prison guests. What would it not mean as a
and and lessen the number of pr
sociological transformation?

\section*{| mon |
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By h. M. egoert.
Gardiner had been sure that it was Gardiner had been sure that it wase
Margery the moment he tot tye on
her on board the tranastitintle liner. her on board the transatientic liner.
But, not having seen her for seeven
years, he did not know whether she vould recognize him.
It is easy to play hide-and-seek on an Atlantic steamship. During the sllmpses of the girl; caught, on the the
afth, they came face to face upon the im.
"Margery!" he exclaimed, and stood
ooking at her dumbly. She was hardly changed, except for a more womany figure and a certain wisttulness of In the old days in London. How long gag that was! The
thought occurred to both of
What happy days those had bee What happy days those had been, er the eims in Kensington Gardens,
ap the river, when the world was
oung and life seemed to stretch awas ternally.
They sat down side by side. "T
me what you have been doing," sa Margery, and, at her words, the ye
fell away and they were young on nore.
It was a frank story he told. Their
uarrel, the upheaval of his ilfe that quarrel, the upheaval of his ulfe that
followed had brought htm no good.
He had dritted upon the stream, he followed had brought him no good.
He had dritted upon the stream, he
had awakened to the consclousness that he was becoming a worse man
han he had been; then he had pulled
hmself together and faced life brave
nent. But
Why didi't
diner, fiercely
 aboard, but
I would go And suddenhout yout" hg to him, and was in aracle of joy to both years. It was that little world of smoking belnga neath the water.
"Dear," sald Margery, "I want to
tell you now that I have always loved
appro approach of death, and, side by side,
their arms and watched the hissing each other, they water untll the water won.
The now
now

only | pin |
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## 

What he did not tell her was that It was her memory which had pulled
hm back from the brink when he was upon the verge of plunging down-
ward. "And you?" he questioned, hungrily.
"K am married," she answered, and
here was a long silence. Presently: "Nou never married? No, Margery."
After a while: After a while: "Are you happy?"
he tnquired. He saw the tears come into her eyes.
If seemed so natural that she should It there and tell him about ft. They
ad always pertectly understood each
ther's hearts. she hat years ago, a man who had treated her
badly. She had left him and gone to


England-but he had pleaded with her England-but he had pleaded with her
to return to him, and she was golng
back to America, because she felt thw back to America, be
ber duty lay there. ber duty lay there. cause earh knew that at a faces, be
other would the
oollow-follow to the部感 Gardiner slept through a contuned
dream of cannonade, and awakenued hear cries and stampling upon the deck above hif. Women were screaming In fear. He then were screaming the shlp had
struck an uncharted rock and was sinck an uncharted rock and was
end. Has glad this was the
ind. The cries died away, and he heard
splasing of the the splashing of the lifeboats in the
water. Then, with a shriek, some thing struck, the vessel with a shock that made her shiver from stern to Gardiner understood. A night attack
must have been made by a arman and cruiser; she had given the a liner time
to get her and was now sinking into the boats The thought of Margery in
boat at sea
neath, manned by a dozen sturdy blue
jackets. There came the hard ply of
oars to escape the dreadful vortex, and suddenly where the liner had been
was only a great swirl of bubbling wa-
ter
$\qquad$
by side upon the warship's decks
Gardifner was studying his Gardinner was studyling his compan
ton's face. Would she regret? Would
she chas she change? Would ulfe alter her will
ingness to go with him, while her hus
ingness to go with him, while her hus-
band lived.
He knew that,
He knew that, as she had drawn
himm so she had the power to send hlm out into life, hopeles.
Margery turn
Margery turned toward him an
silpped a paper into his hand.
"Read thet." silped a paper into h
"Read that," she satc.
the wireless

## gMany Women of Today Are Derelict 

children compare with those of fifty years young people fifty years ag were found around their ing, music, and firesiden the girls learning sewing, mending, housekeeping, music, art, etc.,
never appearing on the streets at night alone. The main idea fifty year ago was steady application, thrift and industry

Alas, the change! The average child of today is placed forward a something "cute," to be played with and laughed at. I am not saying that America has no well-mannered people, because there are thousands upon
thousands of them, and well educated, ton, but today most children have thousands of them, and well educated, ton,
no respect for their parents or anyone else
The way some parents are bringing up their children is a disgrace, The girls at twelve years of age go at random on the streets, and it is
"cute" to draw attention and be seen; it is "cute" and "smart" to have some man, old enough to be their father, flirt with them.
It is no more respectable to do these things today than it was fifty years ago. The only difference is that fifty years ago the mother was in
the home, planning for her children's education and training. Today she is at the club. Today the average woman is dressed in a "hand-me-down"
suit of clothing. Fifty years ago the women made their own clothes, and good ones.

Instead of staying at home, as their mothers did fifty years ago, women of today seek the society that holds card parties seven days a week,
How can we expect many American girls to be good housekeepers when How can we expect many American girls
they have never seen good housekeeping?

G
Our Faulty Systems of Training Children

In these days when ther is being scattered abroad
much namby-pamby stuff as much namby-pamby stuff as
to methods of educating children, it is refreshing t read such sensible words a
these from the autobiog raphy of John Stuart Mill: "I do not believe that boys can be induced to apply themselves with vigor, and what is so much more difficult, perseverance, to dry and irksome studies by the sole force of persuasion and
soft words. Much must be done and must be learnt by children for whieh soft words. Much must be done and must be learnt by children for whieh
rigid discipline and known liability to punishment are indispensable as rigid discipline and known liability to punishment are indispensable as
means. It is no doubt a very laudable effort in modern teaching to render as much as possible of what the young are required to learn easy and inter-
esting to them. But when this principle is pushed to the length of not esting to them. But when this principle is pushed to the length of not
requiring them to learn'anything but what has been made easy and interrequiring them to learn anything but what has been made easy and incer-
esting, one of the chief objects of education has been sacrificed. I rejoice in the decline of the old brutal and tyrannical system of teaching, which however, did succeed in enforcing habits of application, but the new,
it seems to me, is training up a race of men' who will be incapable of it seems to me, is training up a race of m."
doing anything that is disagreeable to them."
If education is "not fop the school, but for life," then these words of Mill are worthy of serious meditation by those educators whose th Life is not carried along on flowery beds of ease ; it requires a Sparta spirit, self-denial and a certain hardness. Is not the spirit of lawlessness that is a
ideals? Gardiner
lust night
(Copyright

Pure Bred Arab Horse.
In Cairo a soclety has been forme
for preserving the pure bred Aral norse. It is sald that recent change
in the lives and habits of the Bedouin have resirn
these hor
of wide of wide experlence nays that assama rule
the Arab horse fo now no better treatef than our own horses, whatever may
hare been true of the old days when appeared: the twinililing lights appeare
Mame Fard the bow, they Niro mate for the

our In mex mixy ap nux

 ing hent itherit mamd To do things the quickest and best way. In order to get efficiency wo fit for. The only trouble about this method is that we find ourselves when it is too late.

In the schools pupils ought to be studied by vocational experts to find out what they are fitted for. This is done in the schools of Switzer-
land. If a man works at a trade or profession for which he is fitted he can do vastly more work than if he worked at a position for which he is not fitted. Consequently the concern for which he works can sell its goods cheaper and widen business.

No investments pay such big dividends as putting workmen into their ght places.. This is one of the ways to solve the unemployment question with most people is that they ask too much of their employees. Commo power, and that, consequently, business will be the loser. Give the workin people a fair wage, keep things at a fair and just price; then we can put
the unemployment question in its grave with a big tombetone on it

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## OPENING DISPLAY of New Spring Merchandise



In every department Style, Equality, Value and Assortment is the Key Note so nicely worked out in our well appointed stock.
Never have we been able to show such extensive range of popular fabrics and fashionable colorings.
We cannot attempt to discribe these charming new materials; but we urge you to pay our store a visit. Our popular ready to wear department is brimming full of new arrivals in ladies tailored dresses, Sun Shine coats ard new skirts.
Hart Schffner \& Marx suits from $\$ 20.00$ to $\$ 30.00$ guaranteed to give satsfaction. A beautiful line of cheaper suits that are guaranteed all wool at $\$ 12,50$ and $\$ 15.00$. You can't miss us if vou want a new spring suit.
We are selling our mens and boys overcoats until the first day of April at a discount of $331-3$ per cent. If you will need a new one next season, save money by buying now.
New spring shoes that we are proud of. Perfect fit. Unquestionable style, of quality that gives absolute satisfaction. Bring nis your shoe wants and you'll reduce your shoe costs.
Eagle shirts for spring. 25 dozen new ones in this week from $\$ 1.00$ to $\$ 3.00$.


## Beautiful Millinery

Miss Dehn is again in charge of our millinery department with the most beautiful line of ladies headwear that has ever been our pleasure to show. Don't fail to visit our millinery deparsment.
New shipment of Stetson and No Name hats from $\$ 3.00$ to 86.00 .
Don't miss our tie sale next Saturday. Our entire stock consisting of about 40 dozen 50 cent ties will be sold at 25 cents each. Lay in a supply. Positively one day only.
Bring your produce to our grocery department. Here is a real savlng in your every day needs.

We appreciate your business. Trade with us.





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