



Swamped

When a man's efficiency is on the decline—when after a long day of effort the mass of work still stares him in the face—it's time to find out what is wrong.

Frequently a lack of certain necessary nutritive elements, in the daily diet, lessen metal and physical activity. A prime factor in efficiency is right feeding.

No food supplies, in such splendid proportion, all the rich nourishment of the field grains, for keeping the mental and physical forces upbuilt and trim, as

Grape-Nuts

Made of the whole wheat and malted barley this famous pure food supplies the vital mineral salts, often lacking in the ordinary daily diet, but imperative in building sturdy mental, physical and nervous energy.

Then, too, there's a wonderful return of power for the small effort required in the digestion of Grape-Nuts, which with cream or good milk, supplies complete nourishment.

"There's a Reason" For Grape-Nuts

Sold by Grocers Everywhere.

BIG MINSTREL SHOW TOMORROW AT ANTLERS

Tom Powells Minstrel Boys will be in town tomorrow with their big brass band, and will no doubt make the streets lively during the parade and free evening concert.

There are 25 in the company, all white, and reports from Seattle and Portland give them a very good send-off.

This is the first of a series of

"road shows" to be sent over the complete companies or so-called Sullivan & Considine circuit. They are the whole show and give a complete performance. The first part follows traditional minstrel lines, except that an exceptionally fine stage setting is provided by the company which is marvelously effective and enhancingly beautiful.

The second part is a series of first-class vaudeville stunts, among which "The Singing Five" and "Billy

Clark" deserve special mention.

Seats are now being reserved for this show at Chapman's pharmacy.

Thursday and Friday will see the finest "Paramount" feature yet shown at the Antlers theatre. It is a five reel subject known as "Wild-flower" with Marguerite Clark as the bright particular star. A fine new paramount "news picture" will also be shown on this program.

CONVERTED YEGGMAN WILL LECTURE HERE

Billy Eastman, a man who has spent fifteen years of his life behind the walls of various state prisons, and was a criminal for more than thirty, will speak at the Presbyterian church on Wednesday night at



7:30. He became converted while serving his last sentence, and is now doing evangelistic work, and during the one short year since he left the prison stripes behind him, he has been instrumental in the conversion of hundreds of wayward men and boys. He is presented under the auspices of the Pacific Coast Rescue and Protective Society. There is no admission charge to this talk, and the public is cordially invited to come out.

SOMETHING ABOUT PRINCIPALS IN THE MOHR MURDER CASE

PROVIDENCE, R. I., Jan. 11.—Mrs. Mohr, wife of the murdered physician, whose trial began here yesterday, was Miss Elizabeth Tiffany Blair, formerly of Tauton, Mass. When Dr. Mohr first met her she was employed as a sales girl in a Providence department store. She was 19 and the doctor was 35 when they were introduced 11 years ago. Mrs. Mohr is tall and of medium weight with black hair and eyes. She is said to have a very emotional nature.

Closely connected with the principals in the tragedy are two other women, Miss Emily G. Burger, who was seriously wounded at the time of the murder, and Miss Florence Ormsby, who succeeded Miss Burger as Dr.

PROGRESSIVES' COMMITTEE MEETS IN CHICAGO TODAY

CHICAGO, Ill., Jan. 11.—Preliminary steps in outlining the progressive campaign for 1916 on national, not state issues, were taken today when the national committee of the progressive party met here.

State, not national issues, were the basis for the fight last election, progressives cited. The progressive party was founded on national issues and its strength is there, party leaders asserted.

Chicago, Denver and Cleveland were bidders for the bull moose national convention in June. Predictions were that the convention will be held June 21, one week after the democratic national convention at St. Louis.

Forty-seven national committeemen were to attend the meeting today. A task for the committeemen was to decide how many delegates from each state would be seated at the national convention, based upon the ratio of Roosevelt's vote in each state in 1912.

A difference between the committee meeting today and the impromptu conference that led to the bolt of the T. R. faction from the republican party four years ago, was the probable absence of Roosevelt himself. He was not seen anywhere about early in the day. Victor L. Murdock, of Kansas; George W. Perkins, of New York; and Governor Johnson, of California, were mentioned today as presidential possibilities from the bull moose standpoint. A full ticket probably will be put in the national race in every state, if possible.

It was predicted that President Wilson's preparedness policy will not be attacked by the progressives, but that they will adopt a similar policy as one of their platform planks.

W. B. Strawn, manager of the Golden Rule store, left this morning for Salt Lake City, where he will attend a meeting of the managers of the John Penney stores. He will go from there to New York City where he will attend a similar meeting. On his return he will be accompanied by his wife, who is at present visiting with relatives in New York City.

None the worse for their 100-day water trip around Cape Horn, the stock of kodak folders, mounts, and calendars has arrived safely at the Roseburg Book Store, 1334-17

Mohr's secretary, Miss Burger is 23, tall and good looking. Her father was a master brewer and now conducts a saloon in Huntington avenue. She worked for Dr. Mohr at his office on Stewart street until last March when, she has stated, she was compelled to leave her position because of Dr. Mohr's attentions. Five days before the shooting she went to work for the doctor as his housekeeper at "Montpelier," his Newportville, while his regular housekeeper was on a vacation.

Miss Ormsby, who is to be one of the state's star witnesses, is 19 and was born in Danbury, Conn. She will tell of alleged threats, oral and written, made against the doctor by his wife, and also of alleged threats to kill Miss Burger or disfigure her features with vitriol. Miss Ormsby was allowed to read and write confidential letters for the murdered physician and says she is familiar with all the threatening notes Mrs. Mohr is said to have sent her husband.

WOMAN AIDS ALLIES' SCOUTING THROUGH THE AIR.



Princess Shachovchaja

Russian women cannot fight in the trenches, but some of them can make flights through the clouds and serve the czar's army as spies. The Princess Shachovchaja, a member of the royal family of Russia, recently joined the Russian air corps and she is now an accredited military aviator. The princess has made many daring flights and she is considered one of the most intrepid air warriors in the allied army.



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