

Catch on to a hi-speed diet
Eat Tru-Blu Grahams and Milk

SPRING FEVER puts the brakes on many of us every year. Thoughtlessly we continue to eat the heavy foods of winter that clog the system and slow us up. In grandmother's day everybody took a spring tonic.

Today, in the best of families, they change the diet. They're checkful of the vitamins that build strength, the mineral salts that build bone—and of bran that helps nature purify the blood.

Order From Your Grocer Now
 Every Good Grocer has Tru-Blu Grahams in blue and gold cartons and in wood boxes



TRU-BLU BISCUIT COMPANY—Spokane and Portland

Grows Hair in 90 Days
Money Back if it Fails

A minute a day is sufficient time to devote to this new method scalp treatment. Van Ess Liquid Scalp Massage is applied with a patented rubber applicator attached directly to the bottle. The healing medicament is fed directly to the hair roots through flexible rubber nipples. Van Ess stops falling hair—grows new hair in 90 days. Ask us about our 90-day treatment plan. We give a money-back guarantee. Get started now.

Nathan Fullerton The Rexall Store


Today's Cross-Word Puzzle
 THE CROSS-BUCK—Puzzle No. 155.
 EDITED BY J. C. BOYD

1	2	3	4	5	6	7	8	9	10	11	12
13											
15			16			17					18
19	20		21								22
23		24		25							26
27			28					29			
		30									
31	32						33			34	35
36				37		38		39			
40			41				42		43		
44			45					46		47	
48	49					50				51	
52						53					

- HORIZONTAL**
- 1—a function of an angle
 - 6—feminine title of respect
 - 13—Atlantic islands
 - 14—agreeable odors
 - 15—accomplish within
 - 16—perfume
 - 18—a printer's abbreviation for small letters
 - 19—termination
 - 21—stories
 - 22—a title of respect
 - 23—fastened
 - 25—affirmative
 - 26—a gambling game similar to keno
 - 27—descendant
 - 29—kendon
 - 30—water tank for flashing pipes
 - 31—author of the "Waverley" novels
- VERTICAL**
- 1—pupils in military school
 - 2—containing allotropic oxygen
 - 3—pull
 - 40—trip for action
 - 41—prefix signifying within
 - 42—behold
 - 44—republic (abbr.)
 - 45—winter muskmelon with yellow rind
 - 47—myself
 - 48—covering of a mammal
 - 50—high order of Christian clergy
 - 52—stationary part about which another part revolves
 - 53—capital of Greece
 - 17—pachyderms
 - 20—goatlike
 - 22—fisherman's weights
 - 24—duces
 - 26—longed intensely
 - 28—hard-shelled fruit
 - 29—mournful
 - 31—steep descents
 - 32—floor covering
 - 34—an evil spirit
 - 35—brushes
 - 37—small star in constellation of Fox and Goose
 - 38—an oriental wagon
 - 41—villain in "Othello"
 - 42—a death notice (abbr.)
 - 45—a domestic pet
 - 46—common tree
 - 49—note of the scale
 - 51—that man

Herewith is Solution to Puzzle No. 154.

A Hint for Beginners
 The cross-word puzzle diagram is merely a means of concealing words which are synonymous to those listed and which will interlock perfectly and so read equally well crosswise or downwards. Always look for the number of the synonym on the diagram. If horizontal, you must find a word to fit between that number and the first shaded stop to the right; if vertical, you must fit your word between the number and the first shaded stop below.



MERCHANT SHIPS GIVEN PROTECTION BY SEC. HOOVER

(Associated Press Licensed Wire.)
 WASHINGTON, April 24.—To save time, money and annoyance, Secretary Hoover favors a simplification of the tortuous legal process through which a merchant ship must pass under present regulations when she enters an American port.

These regulations bring an arriving vessel into contact with five different departments of the government, and innumerable bureaus. The process is described by Mr. Hoover as follows:

The master of the vessel first encounters the health authorities, representing the public health service of the treasury department, who board the ship at quarantine and examine into health conditions of crew and passengers.

At the same time customs officials arrive. They also are officials of the treasury department, but in this particular instance they represent also the commerce department. On behalf of the treasury they have various duties in connection with the collection of customs, and receive the manifests and other documents from the master. As representatives of the department of commerce, if there are stowage passengers on the vessel, they examine sanitary conditions and other matters relating to the enforcement of the passenger acts.

The immigration officers likewise board the ship, representing the department of labor, and perform their duties in connection with the enforcement of the immigration laws.

The ship then leaves quarantine and next meets with officials of the coast guard, who designate anchorage grounds, acting under delegation from the war department, which has this duty under the law.

If the vessel violates any of the navigation laws, in proceeding through the harbor the penalties are considered and enforced by the bureau of navigation in the department of commerce. The officers guilty of violations are subject to trial by the steamboat inspection service.

When the ship finally docks, a formal entry is made with the collector of customs, who supervises the entry and unloading of the cargo. In receiving the entry, the collector acts as an official of the department of commerce.



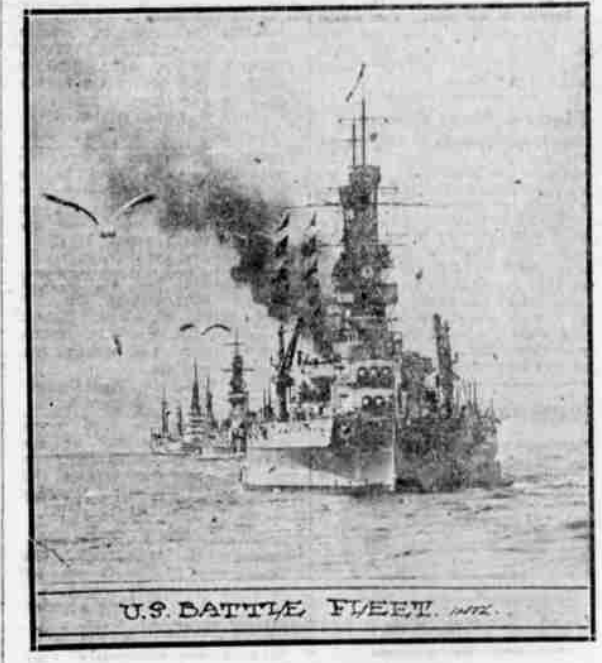
Characterized by his former West Point classmates as a "man who saw red" and a "heartbreaker," Lieutenant John Thompson has been held for court martial at Manila, Philippine Islands, for the alleged murder of eighteen-year-old Audrey Burleigh. His father, the Rev. Dr. Milton Thompson, pastor of the Russell Sage Memorial Church, Far Rockaway, Long Island, N. Y., arranged for his defense. He shot the girl, step-daughter of another army officer, while returning from a dance.

In supervising the unloading, he acts for the treasury department. The next official who deals with the vessel is the shipping commissioner, also an officer of the department of commerce, before whom the master discharges his crew. If he wants charts, he must go to the representatives of the coast and geodetic survey of the department of commerce for those covering inland waters, and to the hydrographic bureau of the navy department for those covering ocean waters.

Before ordering your engraved graduation announcements, call at the News-Review office and see the new line just received.

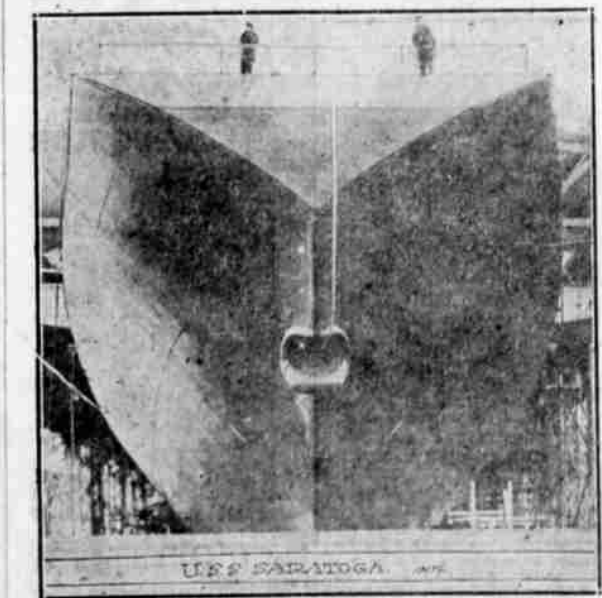
MATERNITY HOME
 1118 Winchester St. Phone 490
Mrs. D. Cornwell
 Patients Privileged to Have Their Own Doctor

Fleet to Sail for Hawaii



Here is an excellent view of Uncle Sam's combined Atlantic and Pacific battle fleet, steaming into the harbor of San Diego, Cal. The fleet soon will sail for Hawaii, where it will engage in the greatest maneuvers in the history of the navy.

Uncle Sam's New Airplane Carrier



Here is a view of the strange bow of the U. S. S. Saratoga, the first fast airplane carrier built for the United States Navy, now being fitted out at Camden, N. J. The Saratoga, originally designed as a battle cruiser, but ordered converted by the arms conference, is capable of carrying seventy-two planes, and is equipped with electric propulsion machinery, designed to drive this 25,000-ton ship at forty miles an hour through the water.

Too Much Inspiration

A poet at a window, a brunette came along. The poet liked her looks, began to pen a song. In just another moment a blond came into view. She was so very pretty she got a line or two. And then there was a red-haired girl, and she was not so worse. She gave a lot of color to the ensuing verse. The poet couldn't sell his songs, could not a quidnet get. It served him right—he should have been true to the brunette.—Louisville Courier-Journal.

Milk Made From Tree Sap

In the West Indies a tree known to the natives as "yahya" has a sap so rich that when the bark and pits are crushed they will yield a milk-like fluid that is richer than cow's milk. The Chinese also have a milk tree, known as the "kirig-human," while in the forests of Para there is a tree known as the "massendendron," which provides a milk that does not turn sour. It will keep indefinitely.

Merely Preparatory

"I have been told," said the football player to his fiancée, "that you have been engaged before; that I am not the first."

The intensity of his passion made her shudder, but she quickly recovered herself. "And is it not proper," she demanded, "before playing a match game, to try a few practice games with scrub teams?"—Boston Transcript.

The Reason

Brown and Jones, at the club, were lamenting the absence of their mutual friend Robinson, who had just married.

"We don't see much of Robinson now," said Brown. "I fancy his movements are not so free as they used to be."

"That's true," replied Jones. "Since he tied the knot he's not had so much rope."

Few Druses in America

Druses are people of mixed origin who inhabit a district in Syria. Their religion is fundamentally Mohammedan, but their faith mingles the teaching of the Moslem law, the Christian Gospels and the Sunn al-ghorib with those of the Koran. They believe in the transmigration of souls with constant advancement and purification. Their teachings enjoin abstinence from wine and tobacco, from profanity and obscenity, and polygamy is unknown among them. There are a few hundred of this sect in the United States.

Why the Strife?

We are told that Cines the philosopher once asked Pyrrhus what he would do when he conquered Italy.

"I will conquer Sicily."

"And after Sicily?"

"Then Africa."

"And after you have conquered the world?"

"I will take my ease and be merry."

"Then," asked Cines, "why can you not take your ease and be merry now?"—Sir John Lubbock.

LOCAL MEN PLAN NEW DRUG STORE

A new drugstore to be owned and operated by F. W. Haynes, now receiver in the Roseburg Land Office, and Storey Iles, who has been employed for a number of years at the Rexall store, conducted by Nathan Fullerton, will probably be opened within a few weeks. The two men, who are both experienced in the drug business, have been contemplating the establishment of a drug business in this city for several years, and their plans are now fully matured. At the present time they are seeking a suitable location for a store of this kind, and as soon as a building, suited to their needs, is obtainable, they plan on opening a thoroughly equipped pharmacy.

Mr. Haynes, who is now in the land office, and who will remain in his present position until the store can be opened, was engaged in the drug business for five years in Portland, and for two years in Alaska, before he took up the profession of dentistry, which he followed until the time of his appointment to the government office he now holds.

Mr. Iles has been employed as a pharmacist in several drug stores of this locality for the past 15 years, and is leaving the employ of Mr. Fullerton this week, after serving in the local Rexall store for a long period of years.

If you were as careful about what you eat as you are about what you wear GRIMM BROS. would supply the State of Oregon with MILK BREAD. Phone 133.

NEURITIS, NEURALGIA NERVE PAIN, RELIEVED

A new discovery, a physician's prescription, quickly ends nerve pain. No longer need you endure the torture and suffering of nerve pain; darning, shocking, creeping nerve sensations; neuritis and neuralgia, which slowly, surely and dangerously undermine the entire nervous system, often producing serious nerve exhaustion which results in physical and mental nervous debility.

Stop the degrading effects of neuritis and its kindred nervous disorders safely and easily with Eopa Neuritis Tablets. This remarkable remedy is compounded from the prescription of an eminent physician, and is based on the Science of Homeopathy, a method of treatment endorsed by physicians and doctors everywhere.

Eopa Neuritis Tablets not only bring relief in cases of nerve pain but tone up the exhausted nerve cells, thereby revitalizing the entire nervous system. They are guaranteed harmless and are free from narcotics, bromides and coal tar products. Your druggist will recommend them. W. F. Chapman's Pharmacy will supply you. Mail orders filled.

Goodness knows how many followers



The good-coffee makers are countless who depend on Golden West in dispensing their morning cheer. They've been accumulating 40-odd years—the line growing daily.

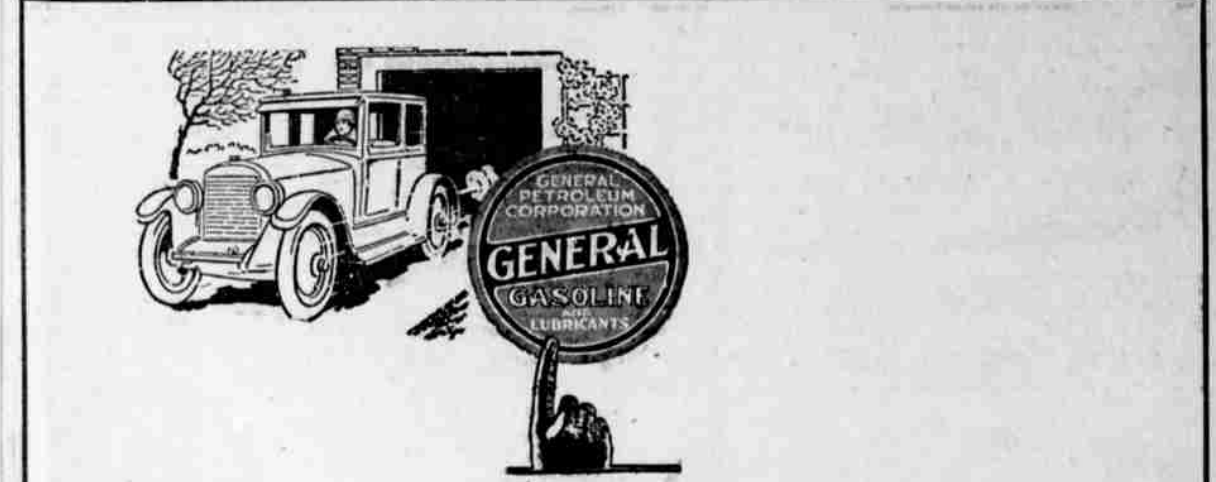
It is so easy, so certain to make good-coffee with Golden West. It's blended from the world's best-flavored high-grown berries to start with. Then it is roasted and steel cut scientifically, and comes to you in that famous key-opening vacuum can—with the quality all there.

Naturally it is economical—always seeming to yield more delicious cups to the pound.

Also try Golden West Tea—Orange Pekoe & Green Japan
 CLOSSET & DEVERS, COFFEES & TEAS EXCLUSIVELY, PORTLAND AND SEASIDE

High-Grown Golden West Coffee

Gas, oil and a complete service at the Terminal Garage. For quick results use News-Gasoline. Phone 135.



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TEST records show that as between the quality of the first shipment of GENERAL Gasoline for motor car use, which arrived here more than a year ago, and the shipment which is being distributed by our Independent Dealers today, there is no difference!

In other words, GENERAL remains unchanged. It is the same peppy, clean-burning, power-giving, old-fashioned gas that first sold itself, on its merits alone, to thousands of motorists in this territory.

Most drivers appreciate this great dependability of GENERAL. They like to know that the GENERAL that goes into their tanks today will be the same superior fuel they got six months ago. Spring, Summer—any season—you can depend upon GENERAL. It is planned for the purpose for which it is sold.

Sold Only by Authorized Independent Dealers
 "Fill Up Your Tank and Let Your ENGINE Decide!"

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 C. D. FIES, Local Distributor
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