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Even babies may use it freely (from the eighth month) with greatest benefit to not only their health but their development and growth.

When grains are "refined" the brans, salines and nutritive dark parts are removed. Only the highly starchy white parts are retained. These fine, starchy particles pack and clog the digestive tract, and ferment. The poisons thus produced enter the blood—and you feel the nasty debilitating sensation due to indigestion and self-poisoning.

If Roman Meal does not positively relieve constipation we will refund your money. If you load up your system with foods that are impoverished and lack waste, the muscles of the digestive tract just stop working, and then you have constipation. Let Roman Meal relieve it.

Roman Meal is also a perfectly balanced food. Your digestion is never upset by too much starches or too much protein. That is why it "agrees" with everybody—it is properly balanced. Ask

E. POLACK ABOUT IT

AT

## The City Grocery & Bakery

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PHONE MAIN 75

### NOTICE TO CREDITORS

In the Matter of the Estate of Isaac Shafer, Deceased.

Notice is by this given that the undersigned has been duly appointed as executrix of the estate of Isaac Shafer, deceased, and has qualified as such, and all persons having claims against the said estate are notified to present them to the undersigned at

her residence about one-half mile north of Island City, Union county, Oregon, within six months from the date of the first publication, duly verified.

Date of first publication February 19, 1917.

EMMA J. SHAFER,

Executrix.

DlyFeb19-26;Mar5-12-19

## Healing Wounds by a New Method On The French Front

By R. J. Bjurstedt, in the March Popular Mechanics Magazine.

Undoubtedly the most important medical discovery made during the war is that of Doctor Carrel, of the Rockefeller Institute, who, working at a hospital maintained by the institute at Compiègne—just behind the battle front—has discovered a method of sterilizing wounds, so efficacious that, of the hundreds of patients that have so far been treated by it, only one has died. And this one, it is interesting to know, did not succumb to the original shell wound in the back for which he was brought to the hospital, but to a violent attack of pneumonia induced by his exposing himself at an open window in the absence of his attendant.

To effect the complete sterilization of a wound Doctor Carrel came to the conclusion that it would be necessary to carry the antiseptic to all parts, rather than only to the surface, as has been the case with the practices hitherto followed. For this purpose an apparatus was perfected, consisting of a glass receptacle, of about 2-qt. capacity, to be suspended several feet above the bed on which the patient under treatment is lying and a rubber tube to carry the solution to the wound. On reaching the wound this tube divides and subdivides—by means of glass joints and elbows—into small tubes, which are buried in the torn and lacerated flesh under treatment. The small tubes are closed at the ends and perforated at intervals of every half inch or so with small round holes, so that whenever the solution is allowed to enter them the slight pressure which it is under from the elevation of the receptacle above the bed forces it out into and through all parts of the wound. Any excess of the solution drains off—carrying with it the germs of infection, and is absorbed by bandages, which are changed every time the wound is flushed—usually about every two

hours. The decrease of the bacteria of infection in the most terrible wounds under treatment by this "flushing" method astonished even Doctor Carrel and his assistants until they came to take its continued success as a matter of course. The bacteria are simply killed and washed away, where under other treatments, they were, left to be taken up by the already vitiated blood. The new way reduces the infection and, of course, hastens healing. Legs and arms that no surgeon would ever have dreamed of treating by anything but amputation in the past, are not only healed in from one to three weeks, but healed so thoroughly as to retain all their former usefulness. Men that would have been cripples for life—if they had been saved at all—under the usual treatments have gone from the Compiègne hospital direct to their regiments, appearing shortly after on the firing line.

Perhaps in no military hospital in Europe is the cooperation between clinic and laboratory so complete as in the "Ambulance Carrel." A "smear" for microscopic examination is taken once a day from every wound under treatment, and a careful record is kept of the decrease in the bacteria of infection. Should these fail to decrease, the microscope reveals the fact even before it would have been noticeable through a retardation in the rate of healing, and means are at once taken to find what is wrong and apply the remedy. The very day that the laboratory reports that a wound is free of infection, a longer and complete "flush" is given it with the solution, and it is closed for good. No provision for "draining" is necessary, as suppuration is at an end. It is even practicable—and apparently desirable—to close a bacteria-free wound over a knitting bone. Once the infection is gone, the bone appears to knit all the faster for having the flesh closed over it.

### Steep Incline Negotiated Easily By Motorcycle

During a home-week celebration at Walla Walla, Washington, some time ago, a motor-car dealer erected an incline in front of his salesroom for the purpose of demonstrating hill-climbing abilities of certain automobiles, according to the March Popular Mechanics Magazine. The slanting driveway was extended from the sidewalk curb to the cornice of the one-story building at an angle of about 45 degrees. After several machines had failed in an attempt to reach the top of the incline, a young motorcyclist resolved to try the feat. His machine proved to be even more powerful than he believed. Becoming somewhat confused, he failed to stop the engine at the point he had planned, and instead of dismounting at the top of the incline, he rode entirely over the cornice and part way across the roof of the building. He managed to slide off the seat just in time to escape accompanying the motorcycle as it plunged through a skylight into the salesroom below.

### Spring Colds Are Dangerous.

Sudden changes of temperature and underwearing bring spring colds with stuffed up head, sore throat and general cold symptoms. A dose of Dr. King's New Discovery is sure relief, this happy combination of antiseptic balsams clears the head, soothes the irritated membranes and what might have been a lingering cold is broken up. Don't stop treatment when relief is first felt as a half cured cold is dangerous. Take Dr. King's New Discovery till your cold is gone.—Adv.

### Japan's Railroad Gauge May be Changed

When the railways of Japan were first planned, the narrow gauge of 3 feet 6 inches was selected for them, because it was cheapest to build and equip and was thought best suited to the country's narrow highways and steep grades. Now the 6,000 miles of Japanese railways, all of narrow gauge, are found to be sadly behind the times, and a movement is on foot to rebuild them to standard gauge, although the cost is estimated at nearly \$450,000,000. At present the trains are slow, the fastest expresses making less than 30 miles an hour, the coaches are low and narrow, and the sleeping cars are cramped and inconvenient; while most of the railways inventions of other nations cannot be used because of the difference in track gauge and size of cars. The director of the imperial railways favors the change, in spite of the cost, and estimates that the main Tokaido line could be converted to broad gauge in 12 years and the other lines on the main island of Japan within 25 years.—From the March Popular Mechanics Magazine.

### Chamberlain's Cough Remedy a Favorite for Colds.

J. L. Easley, Macon, Ill., in speaking of Chamberlain's Cough Remedy, says, "During the past fifteen years it has been my sister's favorite medicine for colds on the lungs. I myself have taken it a number of times when suffering with a cold and it always relieved me promptly."—Adv.

### American Ditch Diggers Cut Battle Trenches

Among the various types of trench diggers employed on the battle fields by Germany and its allies is a big machine of American manufacture which before the war probably was used for cutting drainage ditches or making excavations for pipes and conduits. It is of the same general character as some of those used in many of our own cities for more peaceful purposes. Caterpillar treads enable it to negotiate fairly soft fields in spite of its heavy weight. It is equipped with the usual series of buckets about the circumference of a big revolving wheel and is operated by a gas engine mounted at the front end. The buckets are dumped as they reach the top, the dirt falling onto a belt conveyor and being distributed along one side of the excavation—forming a parapet—as the machine travels ahead. Such an apparatus requires the attention of only three or four men and accomplishes the work of a hundred or more.—From the March Popular Mechanics Magazine.

### A Bilious Attack.

When you have a bilious attack your liver fails to perform its functions. You become constipated. The food you eat ferments in your stomach instead of digesting. This inflames the stomach and causes nausea, vomiting and a terrible headache. Take Chamberlain's Tablets. They will tone up your liver, clean out your stomach and you will soon be as well as ever. They only cost a quarter.—Adv.

### In Loving Memory

A little old man came into the office of the Chicago Charities and laid down \$150, "to help out some needy families." Then, says the Chicago Herald, he told them a story:

"Years ago, when all of my folks were living, I couldn't afford to give presents. Things are different now, but most of my folks have gone. I went shopping, just as if my folks were alive. I picked out a shawl for an aunt of mine. She's dead and so I didn't buy it, but I put down the amount of money I would have spent. Then I went and got some things for my dead brother and dead father and mother, and for a few old friends of mine. I didn't really get them, you know, but I picked the things I thought they would like. When I added up all the money I would have spent, it came to almost \$150, so I added a little to it and here it is."

Has anyone heard of a finer, more beautiful way of showing a man's love for his dead? The things he had wanted to do, it was too late to do now. He might, it is true, have spent money on stone to make more artificial and melancholy the quiet hillside where his folks' rest. He found a better way to spend his affection, to remember in fancy those he could no longer reach and then to see that his loving memory of them went to make others happier. He made his love for his dead a power to gladden the living. He laid tribute on grief and made it a blessing. It is not a sad story; we need not pity him. But we cannot help loving him.—Oregon Journal.

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To lasso aroma—lasso Omar, crowded with aroma to the last genial whiff!

Omar aroma! It's a racy yet smooth aroma—a thrill to the senses, a joy to the soul.

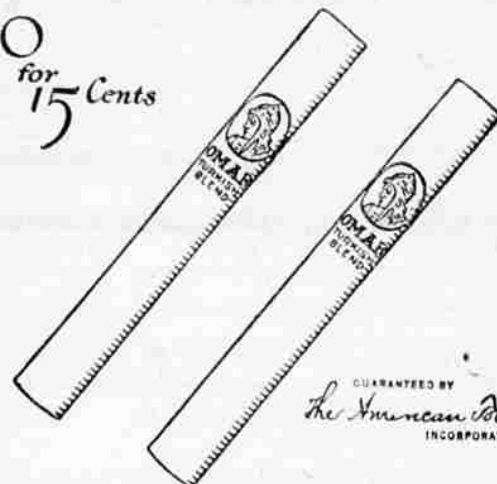
Aroma makes a cigarette—they've told you that for years. And Omar is aroma. It's the perfect Turkish blend—the triumph of rich Turkish and ripe accentuating leaves. Then Omaromar spells aroma. Even the words blend.

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When you stop to think that you spend between five and six thousand hours every year in your corset, you must realize how important it is that you have a perfectly comfortable one. A poorly fitting corset frequently leads to sore nervous and organic troubles which cause years of suffering. In the MODART Corset we have a garment that always gives genuine comfort, sitting, standing or lying down.

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are good, dependable products made by expert paint men, and guaranteed to give satisfaction. They are sold at a price which would not be possible if we depended upon an exclusive paint organization to market our product.

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