

RUSSIAN VESSEL MAKES FAST TRIP

Mariechen Starts Slowly but Finishes Run From Callao in 42 Days.

TIME RECORD NEAR BEST

Crown of Seville, With Cargo of Lumber, Flour and Grain Valued at Over \$80,000, Loses No Time in Getting to Sea.

Though she has been listed on the board at the Merchants' Exchange for several months, having been chartered early for lumber loading, the Russian bark Mariechen...

BIG LOG RAFT SCATTERED

Zealous Crew Gets Setback When Fine Time for Game.

Just as the steamer Shaver was about to start yesterday for towing logs, in that she departed from Portland through the O. W. R. N. bridge in less than an hour with 200,000 feet of timber trailing astern...

FLINTSHIRE IS ON THE WAY

Waterhouse Completes Arrangements Abroad for Royal Mail.

With the British steamer Flintshire having sailed from Singapore for Hongkong March 29, on her way from Europe to Portland as the leader of the Royal Mail carriers in the new Portland-Oriental European service...

WOMEN TRAVELERS NUMEROUS

Exodus to Southern California Helped by Convention.

Of 60 passengers to embark yesterday aboard the steamer Multnomah, of the McCormick fleet, headed for California harbors, 23 were women...

MIMI INQUIRY NOT CLOSED

Investigation Covering Loss of Bark Held in Private.

Testimony in an investigation of the loss of the German bark Mimi and the death of 16 persons aboard, was not closed yesterday and the hearing is to be resumed at 10 o'clock this morning...

LOGAN GIVES NEWS

Attorney Scores McPherson's Stand on Charter.

John F. Logan, a prominent Portland lawyer, who recently raised a question as to the right of the city to abolish the direct primary nominating law...

"DIATRIBE WASTE OF TIME"

Lawyer Takes No Stock in Asserted Czar-Like Power of Mayor and Questions Validity of Primary Abolition.

The accuracy of the assertions of Mr. McPherson in his effort to uphold the proposed charter amendments is about as correct as his statement that Mr. Montague has not been an aspirant for office...

MAN SAYS WOMAN IS WRONG

"Mistaken Identity," Declares Frank Sundberg, Bank Employee.

An aged mother in Moline, Ill., is asserting a Portland man is her son, from whom she has not heard for over four years, but the man is positive that there must be a mistake of identity...

ART EXHIBITION TO OPEN

Display of Drawing and Arts and Crafts Work Begins Saturday.

The annual exhibition of the art department of the Portland public schools will open on Saturday evening at the Museum of Art, Fifth and Taylor streets, and will continue until May 5...

MOVEMENTS OF VESSELS

Table with columns: Name, Due to Arrive, Date, From, To Depart, Date. Lists various ships like Beaver, Reanola, Alliance, etc.

STEAMER INTELLIGENCE

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COLUMBIA RIVER BAR REPORT

Condition at the mouth of the river at 3 P. M., smooth; wind south 12 miles; weather, cloudy.

TIDES AT ASTORIA WEDNESDAY

High, 5:57 A. M., 2.5 feet; 1:16 P. M., 3.2 feet; 10:07 P. M., 1.6 feet; 4:1 P. M., 0.4 foot.

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EILERS MUSIC HOUSE SUED

Advertising Man Asserts He Was Not Paid All Due Him.

Arthur A. Schell has started suit in Circuit Court to collect extra compensation to which he declares he is entitled from Eilers Music House...

OWL TRAIN SERVICE DUE

Grays Harbor Cities to Get Innovation by May 10.

HOQUIAM, Wash., April 16.—(Special.)—Announcement was made yesterday, following a conference between officials of the O. W. R. N. and representatives of the Hoquiam Chamber of Commerce...

FOILED "HERO" IS PAROLED

Indian Held for Blocking Track Given Over to School Official.

Louis Sires, an Indian youth living near Chemawa, who confessed to W. P. Lillis, special agent of the Oregon Electric, that he placed ties across the Oregon Electric tracks near Chemawa...

COOS BAY LINE

STEAMSHIP "BREAKWATER" Sails from Astoria 10:30 A. M. daily, except Saturday.

STEAMER HASSALO For Astoria Leaves Portland 9:30 P. M. daily, except Saturday.

NEW YORK-PORTLAND

REGULAR FREIGHT SERVICE. Low Rates. SCHEDULED BY AMERICAN-HAWAIIAN S. S. CO.

CONSTITUTION CURES RHEUMATISM

Quickly Eases Stiff, Sore, Swollen Joints and Muscles — Drives Rheumatic Pains Away.

It is needless to suffer any longer with rheumatism, and be all crippled up, and bent out of shape with its heart-wrenching pains...

HAMBURG-AMERICAN

Largest S.S. Co. in the World. Over 400 Ships, 1,306,819 TONS.

"IMPERATOR" WORLD'S LARGEST SHIP will make her first trip from HAMBURG May 24, arriving here May 21. Sailing from here June 7, 14, 21, 28, 1 P. M.

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Can't Get Away From It

Is it possible to nourish, strengthen and Rebuild the Brain by Food? Every man who thinks uses up part of the brain each day. Why doesn't it all disappear and leave an empty skull in say a month of brain work? Because the man rebuilds each day.

Analysis of Grape-Nuts shows Potassium and Phosphorus (which join and make Phosphate of Potash) is considerable more than one-half of all the mineral salts in the food. Dr. Geo. W. Carey, an authority on the constituent elements of the body, says: "The gray matter of the brain is controlled entirely by the inorganic cell-salt, Potassium Phosphate (Phosphate of Potash). This salt unites with albumen and by the addition of oxygen creates nerve fluid or the gray matter of the brain. Of course, there is a trace of other salts and other organic matter in nerve fluid, but Potassium Phosphate is the chief factor and has the power within itself to attract, by its own law of affinity, all things needed to manufacture the elixir of life."

Grape-Nuts contain that element as more than one-half of all its mineral salts. We must remember that nearly 95% of the brain is composed of water and albumen, but the little worker Phosphate of Potash must be present in order to blend the more bulky materials into useable form.

So with Grape-Nuts. The Phosphate of Potash is more than one-half of all the mineral salts, but the total volume of those elements is exceedingly small as compared with the greater bulk of other food elements contained in Grape-Nuts.

We should also remember that this small ingredient should not be put into the food in the form it might come from a chemist, because man cannot produce these elements in as digestible a form as Old Mother Nature, when she puts them in the wheat and barley from which Grape-Nuts is made.

Further on he says: "The beginning and end of the matter is to supply the lacking principle, and in molecular form, exactly as Nature furnishes it in vegetables, fruits and grain. To supply deficiencies—this is the only law of cure." The natural conclusion is that if Phosphate of Potash is the needed mineral element in brain and you use food which does not contain it, you have brain fog because its daily loss is not supplied.

On the contrary, if you eat food known to be rich in this element, you place before the life forces that which nature demands for brain-building. Mind does not work well on a brain that is broken down by lack of nourishment. A peaceful and evenly poised mind is necessary to good digestion. Worry, anxiety, fear, hate, etc., etc., directly interfere with or stop the flow of Ptyalin, the digestive juice of the mouth, and also interfere with the flow of the digestive juices of stomach and pancreas.

Therefore, the mental state of the individual has much to do (more than suspected) with digestion. Brain is made of Phosphate of Potash as the principal Mineral Salt, added to albumen and water. Postum Cereal Co., Ltd. Battle Creek, Mich.

Nature's way to rebuild is by the use of food which supplies the things required. Brain rebuilding material is certainly found in a very natural and perfect form in Grape-Nuts. "There's a Reason"

True, Nature provides these elements in a variety of edible things. We submit the following facts for those who care to know something definite on the subject: Analysis of brain by an unquestionable authority, Geoghegan, shows of Mineral Salts, Phosphoric Acid and Potash combined (Phosphate of Potash) 2.91 per cent of the total, 5.33 of all Mineral Salts. This is over one-half. Beaunis, another authority, shows "Phosphoric Acid combined" and Potash 73.44 per cent from a total of 101.07. Considerable more than one-half of Phosphate of Potash.

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COOS BAY and EUREKA

STEAMER ALLIANCE Sails Friday, April 18, at 6 P. M. NORTH PACIFIC STEAMSHIP CO. 122-A Third St., Near Washington.

SYDNEY

SHORT LINE—San Francisco to Australia, 18 days via Honolulu and Sydney. Sailed 10,000 tons steamer (class) by the O. W. R. N. 1111 Honolulu—Sydney round trip—\$100. \$125—GRAND TOUR SOUTH SEAS—\$125. \$150—1st Class Round the World; 2nd Class \$380. Visiting 6 continents and world's great cities (400-600) weekly—Sailing April 22, May 6, etc. 50 days every 25 days. Apr. 5, May 8, etc. Send for folder. Oceanic S. S. Co., 675 Market St., San Francisco.

Indigestion Causes Many Ills

The hurry and hustle of modern life in cities and villages and in the busy seasons of farm and stock raising, has impaired digestion lies at the bottom of most human ills, because lack of proper nourishment reduces the natural disease resisting powers of the body. Poor digestion affects all relations in life, including earning power. Impoverished blood follows if food is not thoroughly digested and poor blood results in physical weakness and reduced nervous energy. There is no reserve store of energy and strength which is required to push through and accomplish the things desired. Success depends upon good health. Duffy's Pure Malt Whiskey when taken just before meals stimulates the secretion of saliva for the digestion of starches and the secretion of gastric juice for the digestion of other foods, thereby improving the use and assimilation of the food and giving to the system its full proportion of nourishment. This action upon the digestive process is of great importance as it brings to all the tissues and organs of the body the nutrition necessary to their sustenance and indirectly to the whole system strength and vigor.

Get Your FREE Copy Of This Choice Book

Contains a choice collection of witty, sparkling toasts—flashes of humor and bits of sentiment appropriate for all social occasions which is required to push through and accomplish the things desired. Success depends upon good health. Duffy's Pure Malt Whiskey when taken just before meals stimulates the secretion of saliva for the digestion of starches and the secretion of gastric juice for the digestion of other foods, thereby improving the use and assimilation of the food and giving to the system its full proportion of nourishment. This action upon the digestive process is of great importance as it brings to all the tissues and organs of the body the nutrition necessary to their sustenance and indirectly to the whole system strength and vigor.

Quaker Maid WHISKEY

"The Whiskey With A Reputation" The stimulant of supreme quality—Gold Medal from the three great exhibitions back in time as the world's finest whiskey. Quaker Maid Whiskey is guaranteed pure and under the Pure Food Law. At all first class hotels and restaurants. Send name and address today for your copy of Quaker Maid Whiskey. S. Hirsch Distilling Co., Kansas City, Mo.