

EMPLOYERS CHOOSE
8 NEW DIRECTORS

Association at Annual Dinner
Votes to Hold Three Ses-
sions Each Year.

PROBLEMS ARE DISCUSSED

Seattle Man, Present, Tells of Ef-
forts Made There for Open Shop.
Professor Ogburn Talks on
"Duties of Citizen."

Gathered in annual meeting Tuesday
night, the Employers' Association
voted to have three banquets each year,
instead of the usual annual dinner.
Directors were elected and problems
that confront the employer were dis-
cussed. The banquet was spread in
the main dining-room of the Hotel
Portland. About 100 covers were laid.
H. C. Campbell, president of the or-
ganization, acted as toastmaster. Fol-
lowing the dinner the minutes of the
last annual meeting were read and
minor business matters transacted.
Eight directors were elected as fol-
lows: A. O. Jabbe, D. A. Fattulo, R. G.
Littler, Ralph Hahn, W. F. Prier, A. E.
Holcomb, H. J. Blasing and Joseph W.
Beveridge. Five will serve for three
years, two for one year and one for
two years. The directors will meet
the first Wednesday in April to elect
officers for the coming year.

Several Guests Present.
Present as guests last night were
the County Commissioners, members of
the City Council, representatives of the
School Board, Manufacturers' Associa-
tion, and other bodies. Governor Withy-
combe and Mayor Albee were invited
but were unable to attend.

Prof. Ogburn's address was on "Duties of the
Citizen." He said employers' associations are
necessary to preserve the industrial
balance, and their work is to see that
the pendulum does not swing too far
in any direction. He said the present
situation in the Washington Legisla-
ture to prevent the carrying of
picketing banners, after the organiza-
tion had spent considerable money to
make up the losses caused by business
houses that had been picketed by the
unions.

Dock Strike in Hand, He Says.
"We do not deal with strikes in
which the question of wages alone is
involved," he said, "but we do take
action in strikes that are calculated to
close the open shop, for which we
stand. The situation in Seattle in re-
gard to the dock workers' strike is in
hand. There has been no violence
and since the strike started 700 men
have been put to work."

Professor Ogburn Speaks.
"The Duties and Obligations of the
Citizen of Today" was the subject of
the address made by Professor Will-
iam F. Ogburn, of the University of
Chicago. He argued that differences between
capital and labor can largely be done
away with by a better understanding
of the other. The rough spots, he
said, in the record of each may be
charged to lack of knowing each other,
since there is a growing difficulty to
understand the problems of another
group in society of which one is not
a member.

Changes Come Swiftly.
"Perhaps the most striking aspect of
our life today is change in many var-
ied phases. In a decade there is al-
most a revolution, so rapidly do
changes take place. It is inevitable
that change is inevitable following
invention. It cannot be stopped,
however much we may want to do so,
however fondly we look back to what
we recall as the good old days. He
urged that we must keep up with the
changes that come over modern life
and must leave off outgrown customs
and institutions.

Thomas McCusker, secretary of the
Employers' Association, was asked to
give the status of the open shop. He
said that the matter was being con-
sidered by the city council and that
he had been suggested that the matter
be submitted to the people at the June
election. It was thought likely this
will be done.

SPRAY OF FIRE IS USED

FRENCH SAY ENEMY FORCED RE-
TIREMENT FROM TRENCH.

Minor Attacks and Repulses Mark Day
on Western Front—Bombs Dropped
on Ostend and Rheims.

PARIS, March 24.—The War Office
tonight made public the following offi-
cial statement:
"In Belgium, in the region of Neu-
port, our artillery has destroyed several
observation points and points of sup-
port, from which we saw the occupants
take flight.
"To the northwest of Arras at Ca-
mery we captured a German trench,
which we destroyed, and also took some
prisoners.
"At Soissons, there was a fresh at-
tempt at bombardment, which was
stopped almost immediately by our ar-
tillery.
"In Champagne the enemy bombarded
the positions taken by us during the
last few days, but did not attack. At
Vauquois, near the church, the Ger-
mans sprayed one of our trenches with
an inflammable liquid. At this point
our troops have retreated some 15
meters.
"At Les Eparges the enemy made two
attacks, which were completely stopped.
"At Hartmann's-Werkkopf we cap-
tured a line of trenches and a block-
house."
The earlier official report said:
"The enemy bombarded Rheims. A
German aviator dropped bombs on the
town and claimed three victims among
the civilians.
"In the Champagne region we made
slight progress to the east of Hill 196.
"In the Argonne, near Bagatelte, the

enemy twice delivered violent counter-
attacks to recapture the ground he lost
on Sunday. Both counter-attacks were
completely repulsed."
BERLIN, March 23.—The German
war office report today said:
"Two French night bombers near Ca-
rancy northwest of Arras, were cap-
tured."
"In Champagne German troops suc-
cessfully blew up mines and repulsed
a night attack north of Beausjour.
"Minor French advances near Com-
bres, Apremont and Flirey were with-
out success. An attack against the
German positions northeast of Badou-
viller broke down under the German
fire. The enemy sustained heavy losses.
"Hostile aviators again threw several
bombs on Ostend. No damage was
done to the military establishments,
but several Belgians were killed or
wounded. Northwest of Verdun a
French aviator was shot down. A
French aircraft manned by two French
non-commissioned officers, was forced
to land near Frouges. The occupants
of the airplane were captured."

ROOT WARNS OF CRISIS

BUSINESS MEN URGED TO FIGHT
TO PRESERVE UNION.

Republican Party's Duty Declared to
Be to Restore Confidence and Curb
Federal Bureaucracy.

PHILADELPHIA, March 24.—Elihu
Root, ex-United States Senator from
New York and ex-Secretary of War,
was the guest of honor at a reception
given here tonight by the members of
the Union League. The league's histo-
ric gold medal of honor, the first re-
cipient of which was President Lincoln
and which had been given on 19 oc-
casions, was presented to Senator Root.
Senator Root, in outlining what he
termed the mission of the Republican
party in this crisis of the Nation's
history, said:
"The party's duty is to restore con-
fidence in business, wipe out the mis-
understanding which has arisen be-
tween the farmers of the West and
South and the capitalists of the East
North, and to the last ditch stand
against increased governmental regu-
lation of business and prevent the
power of the Federal bureaucracy from
becoming stronger."
In the present lack of confidence, he
declared, the Nation is facing a crisis
as great as that of the Civil War and
"the men who are doing all these things
to business are good and
patriotic Americans, but they do not
understand," declared the speaker. "It
is a question again of restoring con-
fidence. The first thing is that the
business men of America should be-
come vocal. Talk, agitate and explain.
"The trouble has been that the busi-
ness men have taken all these appear-
ances lying down. Fight to clear the
air. Try to make the people under-
stand that business is honest, fair and
just. At the same time, the business
men will rally to the standard, the task
can be accomplished."

DEFENSE OF ROADS IS MADE

Oregon City Club Says Clackamas
Routes Are Passable.

OREGON CITY, Or., March 24.—(Spe-
cial)—"As far as Clackamas County
roads are concerned, we hardly think
it necessary for the highway engineer
to be at the gateway of the most im-
portant valley of the Willamette and 'shoot
birds of passage around by the way of
the desert," says County Judge Ander-
son in answer to the Oregon City
Commercial Club to the assertion of
State Highway Engineer Rowley that
the roads of the Willamette Valley were
not in good condition at any time of
the year, and passable only in the sum-
mer.
The letter continues:
"At this date, not June 1, no serious
difficulty would be experienced in driv-
ing a car from Portland to the south
boundary of the county near Aurora,
and road conditions will improve con-
siderably from now on both on account of
clearer weather and road work."

BETTER MILK TO BE URGED

Campaign Planned by Commission
to Reach Small Dairyman.

A statewide campaign to raise the
standard of the milk sold throughout
Oregon is to be inaugurated, according
to an announcement made yesterday by
J. D. Mickle, Oregon Dairy and Food
Commissioner. Particular emphasis, Mr.
Mickle said, is to be placed on the qual-
ity of milk supplied by the small dairy-
man, that is, the man with one or two
cows.
"It is the small dairyman which the
Dairy and Food Commission finds diffi-
cult to regulate," said Mr. Mickle.
"The Commission will inaugurate a cam-
paign of mass meetings in the various cities
throughout the state at which instruc-
tion in the care of milk and of the
cow will be given."

THIEF CHOOSES BUSY SPOT

Purse Snatched From Woman at
Broadway and Washington.

Snatching a purse at the busiest
down town corner, Broadway and
Washington street, a thief, just before
the Legislature adjourns, today was
passing, made off with 50-cents
and a card case belonging to Minnie
Krookich, who resides at 284 Lincoln
street.

George Hill reported to the police
that a man stabbed him in the knee
while trying to rob him at Fifth and
Oak streets last night.

SUFFRAGE LOST IN MAINE

Measure Has Good Majority, but
Falls of Two-Thirds in House.

AUGUSTA, Me., March 24.—The cause
of equal suffrage met defeat in the
Legislature here today, although it had
a good-sounding majority. A resolution
which came up in the House providing
that the question should be submitted
to the people fell short of the two-
thirds vote required for its adoption,
the vote being 55 to 53.
The resolution had been adopted by
the Senate.

Express Wagon and Auto Crash.
P. Reynolds, driver of an express
wagon owned by T. D. Craven, 265 Fifth
street, ran into an automobile at the
corner of Second and Everett streets
yesterday, breaking the tongue of the
wagon and doing about \$3 damage to
the machine. F. B. Schoenborn of
Oregon City, was in the auto.

German Unemployment Decreases.
BERLIN, March 24, by wireless to
Seattle, N. Y.—The labor condition is
better in Germany than in January,
the percentage of unemployed in Feb-
ruary being 5.5 per cent, as against 6.7
per cent in January.

JAPAN AND CHINA
AGREED ON 5 POINTS

Tokio's Supervision Over Fi-
nancial Affairs in South
Manchuria Conceded.

MONGOLIA SEPARATE ISSUE

Demand by Japan for Joint Police
Administration of "Important
Places" Withdrawn—Riots
in Shanghai Reported.

PEKIN, March 24.—Five articles
bearing on the Japanese demands on
China were initiated as concluded by
the Chinese Foreign Minister, Lu
Cheng-Hsiang, and Eki Kioki, the
Japanese minister, at the conference
which was held at the Japanese legation
yesterday. The Japanese minister
fall from a horse. His condition did
not permit him to go to the Chinese
Foreign Office, and for this reason the
meeting was transferred to the legation.
All the articles concerned Man-
churia. China agreed to the following
stipulations:
First—The Japanese Government's
consent shall be obtained before a loan
is made with a third power involving
the pledging of local taxes in South
Manchuria.
Second—The Japanese Government's
consent shall be obtained whenever
permission is granted to a subject of
a third power to build a railway, or
when a loan is made with a third power,
for the building of a railway in
South Manchuria.
Third—If the Chinese Government in
South Manchuria employs advisers or
inspectors for financial or military
purposes, the Japanese government
shall be first consulted.
Fourth—The transfer of the Kirin-
Changchun railway to Japanese control
for 99 years.
The fifth article was proposed by
China, and provides for the continuance
of such treaties as are not affected by
the present treaty.
East Mongolia Separate Issue.
The Japanese have conceded the
point of a separate discussion regard-
ing East Mongolia and South Man-
churia, which were combined in their
list of demands.
In the Manchuria group, the immi-
gration and land ownership clauses
have not yet been settled, but definite
progress has been made. This is the
case also with respect to the mining
clause.
The Japanese government has finally
withdrawn what is known as
"article 2 of the fifth group," namely,
the demand for a joint police adminis-
tration of "important places" through-
out China and also has indicated its
willingness, it is announced, to with-
draw one or two other articles from
this so-called general group.
Riots Reported in Shanghai.
The Chinese government has re-
ceived advice from the report that
600 additional Japanese troops have
arrived at Tai-nan, making a
total of about 2000.
Boycott by the Chinese on Japanese
goods are reported from several places
in the South, where it is considered that
the Chinese are most likely to get be-
yond the government. This is the
case also with respect to the mining
clause.
A Shanghai dispatch says that riot-
ing occurred within the foreign set-
tlement Monday night, Japanese the-
aters and shops being looted. The
police were called out and made some
arrests.

BURGLAR BARES LOOT

MAN WHO ADMITS ROBBING 87
HOUSES AIDS DETECTIVES.

Victor Heckler, 23 years old, who was
arrested in Salem for burglary and
sentenced to from one to seven years
in the state penitentiary and who con-
fessed to robbing 87 Portland houses
in December, aided City Detectives
Goetz, Abbott, Coleman and Snow Tues-
day in recovering lost jewelry to the
value of \$200. He was brought to Port-
land by Parole Officer Keller to assist the
detectives in locating stolen property
and in identifying the places where they
had recovered from pawnshops.
As a result of the information he
gave Hattie Root, alias Pearl Phillips,
proprietress of a rooming-house, The
Ophir, at First and Main streets, was
arrested yesterday afternoon on a
charge of receiving stolen property. Much
melting jewelry was found in a stove
at this rooming-house, and the police
believe that the woman has been acting
as a "fence" for local criminals.
While held at the police station, Heckler
admitted to Chief of Police Clark how
he had played pool with Police Chief
Welch of Salem, while the latter
was looking for him.
The property recovered included some
of that stolen from the residence of
Commissioner Hart, Heckler was the
thief who also entered the residence of
Commissioner Bigelow. Many of his
robberies were conducted with Ward
Welter and Wilbur Welter, who were
paroled by Judge McGinn for their part-
icipation in the crimes, he said. Heckler
is the son of a Seattle minister.
Heckler was returned to the peniten-
tiary last night.

WOMAN PROTESTS PROGRAMME DESIGN.

Mrs. L. Wilson has written to Mayor
Albee protesting against the nature of
the drawing on the front page of the
programme distributed at the Orpheum
Theater. The drawing complained of
represented the figure of a woman,
dressed from the waist down, Mrs.
Wilson did not protest so much
against the nature of the drawing as
against the artistic touch that, she says,
the artist did not seem to possess. The
Mayor has forwarded the letter to the
manager of the Orpheum Theater with-
out comment.

"DIVING NYMPHS" TO SWIM IN RIVER.

The Diving Nymphs appearing at the
Lyric Theater next week will give a
free exhibition of swimming and high
diving in the Willamette River this
morning at 11 o'clock. Miss Claire
Ferry, a Portland girl who is with the
act, will swim from the Hawthorne to
the Morrison-street bridges with her
hands and feet tied, and at the conclu-
sion of the swim Miss Grace Geo will
make the swim down from the Morrison
bridge. Miss Lynch and Miss Rogers
will accompany Miss Ferry in her swim.

WORLD'S OLDEST
HIGH-GRADE
TURKISH
CIGARETTES
PLAIN OR
CORK
"THE BROWN BOX"

The start will be made from the Favor-
ite bathhouse, at the foot of Morrison
street.

S. B. VINCENT RESIGNS

EXAMINER FOR CORPORATION
BODY ENTERS BUSINESS.

State Employee to Become Manager of
Bayocean Summer Resort and of
T. B. Potter Realty Company.

S. B. Vincent, examiner for the state
corporation department, has resigned
his position, effective at the conven-
ence of the Governor, to become man-
ager for the Bayocean summer resort
and of the T. B. Potter Realty Com-
pany. As soon as he is relieved of his
present duties he will begin his new
work.
Mr. Vincent has been in his present
position for nearly two years and was
the first man appointed to the office
after the department was organized.
Formerly he was manager for the As-
sociated Press in Portland. He also served
two terms as president of the Port-
land Press Club, of which he was one
of the organizers.
The program of Henry D. Schul-
derman as corporation commissioner, to
succeed Ralph Watson, is effective
May 1 and it is believed that Mr. Vin-
cent will continue in office until then.
A small crop of aspirants has sprung
up for his job in anticipation of a
change. Prominent among them is El-
mer Amidon, secretary of the Republi-
can Central committee.
Mr. Vincent will head a committee
of seven which will conduct the Bayocean
property of the T. B. Potter Realty
Company. In this committee
there will be three representing the
property owners at Bayocean and three
representing the corporation that han-
dled the Bayocean project.
The committee, under the leadership
of Mr. Vincent, will conduct the devel-
opment of Bayocean as a beach resort
and will advance the project as rapidly
as financial conditions will permit.

CLUB FOR ROAD BONDS

NORTH PORTLAND MEMBERS VOTE
TO HELP IN CAMPAIGN.

Benefit to Accrue to Labor From Big
Construction Work Makes Mis-
sionaries of Audience.

After Roadmaster Yeon had ex-
plained the proposal to issue \$1,250,000
in bonds to pay for hard surfaces on 71
roads in the county, the North
Portland Commercial Club Tuesday
night gave its enthusiastic indorsement
and began to lay plans to assist in
spreading the gospel of good roads.
The North Portland library was well
filled when Mr. Yeon explained the
phases of the plans and answered
questions that were raised. The declara-
tion that 80 per cent of the money obtained
for the bonds would be paid for labor
at a time when a large number of men
are unemployed made a strong appeal
to the Commercial Club members and
indorsement of the project was prompt.
In resolutions that were adopted the
club pledged its support in the cam-
paign for the bonds.
William Kluge, secretary, C. L. Mc-
Kenna and a number of others said
that the club members should enlist
in the campaign for the bonds since
they had indicated the project and
urged all of the voters of the district
to become missionaries.
Mr. Yeon will speak at Montavilla
school on Tuesday, when the Mount Ta-
ble club will have a special meeting to
consider the proposal in the next
few days.

ACCUSER CLEARS HUME

CHARGES OF MONEY OFFER IN
MINE CASE WITHDRAWN.

Attorneys for Defendant in Helm Suit
for \$50,000,000 Announce Exoner-
ation of Portland Attorney.

SAN FRANCISCO, March 24.—(Spe-
cial)—Attorneys for J. L. Wilson, who
is the defendant in an action by Mrs.
Ella Helm for a \$50,000,000 share in the
Ophir mine of Alaska, on a grudge
claim, announced in Superior Judge
Troutt's court today that the charges
made in an affidavit by Joseph Wright
against Attorney W. D. Hume, of Port-
land, had been withdrawn. Wright al-
leged that Mr. Hume, of counsel for
Mrs. Helm, had offered him a percent-
age of whatever was recovered if he
would testify in Mrs. Helm's behalf.
The announcement of the withdrawal
was made today when Judge Troutt
was hearing argument on a motion
by the defense for a new trial of the
case, in which Mrs. Helm had won a
decision for an order for an account-
ing of the mine property.
Explanation of the withdrawal was
not made by Wilson's attorneys.

Two With Gaining Devices Held.
With a black-jack, a hypodermic out-
fit, cards, dice and other parapher-
nalia of the gambler's profession in his
room, Harry S. Bartley, alias S. Ther-
ian, who is suspected of complicity in
recent Portland hold-ups, was arrested
by City Detectives Hellyer and Tack-
berry yesterday for investigation. With
him was taken Cecil Lawrence, alias
William Lewis, a boy of 19 years. Both
have served terms for crimes com-
mitted in Seattle and may know some-
thing of recent hold-ups here, think
the detectives.

Nothing So Delicious as Our Fountain Specialties
Use the Coupon
SOME THERMO BOTTLE
PRICES, PICK THE ONE
YOU WANT.
One - Pint Corrugated
Bottle.....\$1.50
One-Pint Plain Nickel
Bottle.....\$2.00
Pint Fillers now.....85c
One-Quart Corrugated
Bottle.....\$2.50
One-Quart Plain Nickel
Bottle.....\$3.00
Quart Fillers.....\$1.50
Half Pint Food Jars.....\$1.75
Fillers.....\$1.00
One Pint Food Jars.....\$2.00
Fillers.....\$1.25
One Quart Food Jars.....\$1.75
Leather-covered Bottles,
pint \$3, quart.....\$4.00
Leather Cases.....\$1 to \$5.00
TOILET GOODS.
25c Spiro.....15c
25c 4711 White Rose
Soap.....15c
25c De Meridol Talcum
Powder 15c.....25c
25c Freshman 3 1/2 c m
Powder.....15c
50c Veloute Face Pow-
der "Paris".....20c
25c Bath-a-Sweet Tal-
cum 15c, two for.....25c
Cucumber and Elder
Flower Cream 50c.....75c
\$1 Othine.....85c
SOME ODDS AND ENDS IN
HIGH-GRADE
BATHROOM FITTINGS.
30c Adjustable Turn-
er Holder.....49c
\$1.65 Tumbler and Tooth
Brush Holder.....98c
\$1.20 Bath Tub Soap Tray
30c Soap Holder.....39c
NEW TENNIS RACKETS.
Large assortment.....\$8.00
Price \$1.25 to.....\$5.00
CAPONIZING TIME.
You are loading 10 per cent
yearly by not caponizing
those cockerels. It is easily
done and a child can do it with
one of our new Caponizing
Sets. Try It, Prove It.
MAKE OLD HATS NEW.
All makes and colors of
Hat Dye, per pkg.....25c

MISS TEYTE CHARMS

Heilig Audience Won Early and
16 Recalls Granted.

VOICE AND PRESENCE LIKED

Singer Gives Best Efforts to Her
Hearers and Note of Sincerity
Marks Concert; Costumes Do
Much to Aid Effect.

By JOSEPH MACQUEEN.
Seldom has the advent of a high
class concert singer been awaited in
this city with such curiosity as has
Miss Maggie Teyte, English-prima
donna soprano.
"Teyte! How do you pronounce that
name?" one wise man asked.
"Have you or have any of your
friends in traveling abroad, heard Miss
Teyte sing?" asked one woman at a
meeting of her club, and the woman
addressed and others near her, shook
their heads. Only two or three of the
musically elect in Portland said they
had heard Miss Teyte sing, and that she
was charming and artistic.
Miss Teyte sang in concert at the

Big Jobs

are gained largely by doing common tasks
uncommonly well.

But—to do unusually good work of any kind,
fitness of body and mind are required.

Food plays a big part in this matter—food that
contains true nourishment. And true nourishment
—be it remembered—must include certain impor-
tant elements which unfortunately are often lack-
ing in the ordinary dietary—especially in white
bread. These elements are phosphorus, iron, lime,
sulphur, etc., stored by Nature in her field grains,
and absolutely necessary for building strong, vig-
orous bodies and active brains.

Grape-Nuts

FOOD
—made of choice wheat and malted barley, affords
all the nutrition of these grains, including these
important mineral elements, in form for easy,
quick digestion.

Grape-Nuts food is always fresh, crisp, sweet
and ready to eat—with cream or milk.

Thousands have found that a ration of Grape-
nuts each day makes for real progress towards the
bigger things of life.

"There's a Reason"

—sold by Grocers everywhere.

WOODARD CLARKE & CO.
DRUGS
"Ten extra 'S. H.' Green
Teaing Stamps given today
with any ice cream or soda-
service in our Fountain
Fountain in the Basement, be-
tween 2 and 3 M. and Mr. M.
Bring this coupon when pay-
ing the cashier."
DRUGS AND PATENTS.
25c Chloroform Disinfect-
ant.....15c
Pa. 47c Insulated Towel.....75c
Der 15c, 25c, 50c.....15c
Pa. 47c Insulated Towel.....\$1.00
Wood-Lark Silver
Shine for polishing
silver.....25c
10 oz. Enginol and car-
bon tetrachloride for
a fine lubricant for
open gears.....35c
\$1 Bronzo Seltzer.....75c
50c Sal Hepatic.....39c
\$1 4711 White Rose.....85c
Color Testator.....85c
50c Antiphlogistine.....65c
50c Robinson's Hair.....30c
\$1 Scented.....79c
\$1 Scented.....85c
50c Listerine.....49c
\$1 Pella's Vermifuge.....49c
\$1 Pella's Vermifuge.....85c
"ARGENTAL"
Polish cloth for clean-
ing brass, nickel, chrome
and silver.....19c
SHOE POLISHES.
Full line Hixby's and
Whittemore's Polishes
in all the dif-
ferent finishes. Prices 5c to 25c
Polishing Sets 25c and 35c
Polish Brushes 25c to 50c

Most Old People
Are Constipated

The wear of years impairs the
action of the bowels. With ad-
vancing age people are disposed
to restricted activity and exer-
cise, which is responsible for the
constipated condition of most old
folks. The digestive organs are
more sensitive to the demands
made upon them and rebel more
quickly.
A mild, effective remedy for
constipation, and one that is espe-
cially suited to the needs of
elderly people, women and chil-
dren, is the combination of sim-
ple laxative herbs with pepsin
that is sold in drug stores under
the name of Dr. Caldwell's Syrup
Pepsin. A free trial bottle can
be obtained by writing to Dr. W.
D. Caldwell, 432 Washington St.,
Monticello, Ill.

TAKE SALTS TO
FLUSH KIDNEYS

Eat Less Meat If You Feel Back-
ache or Have Bladder
Trouble.

Meat forms uric acid which exerts
an overwork on the kidneys as
efforts to filter it from the system.
Regular eaters of meat must flush
the kidneys occasionally. You must re-
frain from eating of those foods
which are rich in uric acid, such as
bowels; removing all the acids, waste
and poison, else you feel a dull misery
in the kidney region, sharp pains in
the back and aching joints. Cleanse
your stomach, sour, tongue is coated
and when the weather is bad you have
rheumatic twinges. The urine is
cloudy, full of sediment; the channels
often get irritated, obliging you to get
up two or three times during the
night.
To neutralize these irritating acids
and flush off the body's urinous waste
get about four ounces of Jad Salts
from any pharmacy; take a table-
spoonful in the acid of grapes and
lemon juice, combined with lithia, and
has been used for generations to clean
and stimulate sluggish kidneys and
stop bladder troubles. Jad Salts is
inexpensive; harmless and makes a
delightful effervescent lithia-water drink
which millions of men and women take
now and then thus avoiding serious
kidney and bladder diseases.—Adv.

Ponce de Leon Failed;
His Prize Is Found

Ponce de Leon, the daring explorer,
searched among the swamps of Florida
for the Fountain of Youth, which the
Indians said would restore power and
make people young. He did not find it.
"Thousands of chronic intestinal,
bowel and stomach troubles have writ-
ten to George J. Mayr, 154 Whiting st.,
Chicago, in quest of health. They have
found it. His remedy, composed of
healing vegetable oils from France,
has indeed given them back the health
of youth.
"Why suffer from indigestion, gases on
the stomach, fainting spells, torpid
liver, constipation and all the evils of
a disordered stomach when there is
painless relief here? Mayr's Wonder-
ful Remedy is sold by leading drug-
gists everywhere with the positive
understanding that your money will be
refunded without question or quibble if
ONE bottle fails to give you absolute
satisfaction.—Adv.

OPEN NOSTRILS! END
A COLD OR CATARRH

How To Get Relief When Head
and Nose are Stuffed Up.

Count 50! Your cold in head or
externally disappears. Your clogged
nostrils will open, the air passages of your
head will clear and you can breathe
freely. No more sneezing, headach-
ing, mucous discharge, dizziness or headache,
no struggling for breath at night.
Get a small bottle of Ely's Cream
Balm from your druggist and apply a
little of this fragrant antiseptic cream
in your nostrils. It penetrates through
every air passage of the head, soothing
and healing the inflamed and swollen
mucous membrane, giving you instant
relief. Head colds and catarrh yield
like magic. Don't stay stuffy and
miserable. Relief is sure.—Adv.