STATE CONTROL IS MAJORITY'S DEMAND

Two Sets of Resolutions to Go to Water Power Conference Today.

DECLARATORY ACT ASKED

Congress Besought to Record Itself as Recognizing That Federal Interest in Vacant Lands Is Subject to State Jurisdiction.

(Continued From First Page.)

trary, that said policy is intended to encourage and promote the settlement and development thereof; and that any act of Congress, or any administrative interpretation thereof, which is not in harmony with this policy, does an injustice to the new states by placing them on an unequal footing with the original states, and by discouraging and preventing the settlement of such new states and the development of their resources; and.

Great Area Involved.

"Whereas, the vacant land belonging to the Federal Government constitutes two-thirds of the area of the states represented in this conference, and amounts to more than twice the area of the 13 original states; and,

"Whereas, the vacant lands belonging to the Federal Government are under the law exempt from taxation, while the burden of maintaining local government over their entire area rests upon the states; and

"Whereas, the maintenance inviolate of the constitutional equality of the states of the Union is essential to that balance of power on which the perfection and endurance of our political fabric depend, and to the harmonious operation of the scheme upon which the Republic was organized; now, therefore

"Be it resolved, That we are unalterably opposed to any legislation which is in conflict with the fundamental principles above declared.

"Resolved, That the state have the constitutional right and power to control and regulate the appropriation and use of the waters within their boundaries for all beneficial purposes except navigation, and also have the right and power to control and regulate the rates and service of their public utilities.

"Resolved, That we are opposed to any policy that looks toward imposing the system of leasing generally upon the public domain, for the reason that such system is contrary to the spirit of our free institutions, and would retard the development of the resources of the states in which there is still any public land.

Recognition by Congress Asked.

"Resolved, That in view of what we believe to be administrative misconstruction of existing legislation, we are in favor of a declaratory act by Congress recognizing and acknowledging that the proprietary interest of the United States in the vacant land within the states is subject to the jurisdiction and eminent domain of those states for all uses which are declared by the laws of those states to be public uses and which are so essential to the development, well-being and prosperity of those states.

"Resolved, That the purposes of encouraging the development and utilization of the natural resources of the country by private enterprise, which actuated Congress in the enactment of the right-of-way acts of July 26, 1866, and March 3, 1891, and in the enactment of the acts of March 3, 1877, and June 4, 1897, making all non-navigable waters on public lands, including forest reservations, free for appropriation for beneficial uses, should actuate Congress today in the enactment of any further legislation upon these subjects.

Federal Control Opposed.

"Resolved, That any legislation by Congress, the purpose or effect of which is to substitute arbitrary or discretionary authority of executive officials for fixed rules of law governing the administration, sale or other disposition of public lands and reservations and rights of way over the same will be unwise and inconsistent with the spirit of the Constitution.

"Resolved, That we are opposed to the ownership or control, either direct or indirect, by the United States Government or intrastate public utilities."

Senator Walsh's resolution, which he will present as a minority report, upholds the principle of Federal control of water power development, and follows the lines of the Ferris bill.

It provides for the lease of power sites by the Government for a period of 50 years, the lessee to pay an annual rental for the use of the site based on so much per horsepower produced and sold, and retains for the Government the right to take over the power plant at the end of the lease period by paying to the lessee the fair value of the property.

His resolution, which is in the form of a statement of policy, follows in full:

"It is the opinion of this Congress that no subject likely to engage the attention of the National Legislature at its ensuing session transcends in importance that which will deal with the disposition of power sites on the public domain. Development is retarded if not wholly interrupted because capital does not find in the existing law the security to which it is entitled.

"An act framed upon the following principles, would, in the judgment of this Congress, prove inviting to investors, safeguard the public interests and be generally acceptable to the people of the states directly interested, namely:

"1. The sites should be leased for a period of 50 years.

Irrevocable Lease Suggested.

"2. The lease should be irrevocable, except upon a decree of a competent court, for a breach of a condition expressed in it.

"3. The lessee should be required to pay an annual rental for the use of the premises, to be calculated on a basis of the power produced and sold at a rate per horsepower to be fixed in the lease.

"4. The Government should have the right at the expiration of the period of the lease to take over the plant through which the site is utilized by paying to the lessee the fair value of the property, not including, however, anything on account of rights in lands secured under the act of other laws of the United States, or appurtenant water rights secured by appropriation or on account of the franchises under which the operations of the lesse are carried on.

"5. Rates for intrastate service should be fixed and the issuance of stocks and bonds by any lessee corporation be regulated by the duly designated board or officer of the state in which the site is situated; if there is no such board or officer authorized in that behalf by any such state, then by the Secretary of the Interior.

"6. Rates for interstate service should be fixed by the Secretary of the Interior.

"7. One-half of the rentals derived from leases should be paid into the treasury of the state in which the site is located for the support of schools and the other half into the reclamation fund."

The real fireworks of the conference will come probably this morning, after the conclusion of the formal programme of addresses, which, contrary to expectations, was not completed yesterday, when the motion is made to substitute the minority report for the majority report.

Senators Equally Divided.

Of the four United States Senators attending the conference, two favor the principle of state control of water power resources, and two stand for Federal control.

The two advocates of state control are Senators Smoot, of Utah, and Clark, of Wyoming. Senator Clark arrived yesterday morning. As the only member of the Wyoming delegation, he was made that state's representative on the resolutions committee.

The two advocates of Federal control are Senator Chamberlain, of Oregon, and Senator Walsh, of Montana, both Democrats and strong supporters of the present Administration, which has fathered the Ferris bill.

Several Representatives in Congress are also here. Julius Kahn, for 16 years Representative in Congress from the San Francisco district, arrived yesterday morning to attend the session of the conference, though not as a delegate. He is strongly in favor of state control.

On the other hand, A. E. Chandler, chairman of the California Water Commission, and as the only delegate of that state at the conference, has lined up with the Federal control forces.

Mr. Humphrey Against Federal Control.

W. E. Humphrey and Albert Johnson, Representatives in Congress from Washington, are also here, though neither one is a delegate. Representative Humphrey is unalterably against the Federal control principle.

"The whole argument of those who favor Government control," he said yesterday, "is based upon the theory that the people of the Western states have not the intelligence or the honesty properly to care for the water power in their states.

"They all proclaim that when the Government loses title, the property is forever lost to the people. If you listen to them you would believe that the rivers will cease to flow to the sea if the Government permits the states or private parties to control these power sites.

"It is admitted that the states have the power to tax these power plants. But suppose at the end of the Government lease the Government takes over the plant as advocated by those favoring Federal control. Can the state still tax it?

"Suppose the plant is used for irrigation and the Government fails to operate it and damage comes to the communities dependent upon it. Can they sue the Government?

"If the Government cannot again lease the plant, what power has it to operate it? This dual control of state and Federal government is what discourages investment. No man with sufficient intelligence to earn a dollar is going to invest it under such conditions. Those who urge this dual control seem to forget the Scriptural injunction that a man cannot serve two masters."

Representative Johnson is also in favor of state control and is warmly opposed to the provisions of the Ferris bill.

C. N. McArthur, Representative in Congress from Oregon, is another member of Congress at the conference who opposes Federal control.

Governors, Too, Are Divided.

Of the four Governors here, three oppose Federal control and one is inclined to espouse it. The three against the Ferris bill are Governors Spry, of Utah; Alexander of Idaho, and Withycombe of Oregon. Governor Lister, of Washington, who suggested compromise at the first day's session with the advocates of the Ferris bill, is the fourth Governor.

There has not as yet been any debate on the floor of the conference. It had been expected that discussion of the various addresses on the programme would begin yesterday, but there were so many of them that two still remain to be delivered.

One of these is by Frank H. Short, of Fresno, Cal., who will speak this morning on "Constitutional Aspects of the Ferris Bill," and Senator Clark, of Wyoming, who will discuss "Duties of Government Toward Development of the West."

United States Senators Borah, of Idaho, and Jones, of Washington, who were on the programme of Federal control of waterpower resources and the Ferris bill.

The speakers at the afternoon session were John H. Finney, of Washington, D. C., and S. Z Mitchell, of New York City.

United States Senators Chamberlain, Walsh and Smoot were the morning speakers.

BAR TO CAPITAL CITED

PUBLIC UTILITY BANKER EXPLAINS DEVELOPMENT OBSTACLES.

S. Z. Mitchell Declares Regulatory Interference by Government Is Discouraging Investment.

"Why financing water power development is not practicable where Government land is involved," was explained, in interesting detail, before the water power conference yesterday by S. Z. Mitchell, well-known public utility banker, of New York.

Mr. Mitchell asserted that the regulatory interference of the various Government bureaus has had the effect of discouraging capital under present conditions, and predicted that under the provisions of the Ferris bill this kind of destructive exercise of authority on the part of the Federal authorities would be even more pronounced.

He objected to the Ferris bill principally on account of the almost unlimited power that it proposes to extend to the Secretary of the Interior.

Mr. Mitchell made plain that changes in the administrative heads of the Interior Department never are accompanied by a change in the method of administration.

"It is not the individuals who are wrong," he asserted, "it is the system."

He criticised particularly those provisions of the Ferris bill that empower the Secretary of the Interior to revoke leases made under it almost at will.

In response to the theory advanced in some quarters that the rules governing regulation can be changed, he declared sharply:

"Would you expect even a Mexican bona bandit to change the rules of the game after the cards had been dealt and the money on the table? Yet this is exactly, in effect, what the Ferris bill authorizes to be done.

"Now would any of you gentlemen like to build and own a $5,000,000 hotel on leased ground, the lease being revocable at the pleasure of the lessor? And, particularly, how would you like to have a clause in the lease that the lessor could not only cancel the lease at any time, but could require you to transfer not only your hotel property, but all your adjoining property in the block, the usefulness or value of which was affected by its connection with the hotel, to someone else, possibly a competitor in your same line of business at the request of the lessor?

"The disturbing thing is that apparently from reading the Ferris bill it is the intention that this state of affairs shall in a large measure continue."

CHAMBER HOST TO VISITING DELEGATES

At Feast Fund of Information on Water Power Needs Is Conveyed.

PICTURES HOLD INTEREST

H. J. Pierce, of Seattle, Addresses Members and Shows "Movies" Which Explain Much of Need of Development.

Feasting, music, motion pictures and stories served to entertain the visiting delegates to the Water-power Conference at the Chamber of Commerce last night.

Combined with the levity of the occasion was a vein of serious utterances that reminded the large crowd in attendance of the real purposes of the gathering, and that did not fail to impress nearly everyone of the importance of converting the idle water powers of the West into agencies of great usefulness in the further development of the western country.

Speeches Informal and Witty.

It was an informal gathering and the several speeches were largely informal. Ex-Governor James H. Hawley, of Idaho; Representative Albert Johnson and William E. Humphrey, of Washington, and Representative Julius Kahn, of California, spoke briefly, mingling humorous anecdotes with apt utterances on the main subject that the conference has under consideration. Edgar B. Piper, on behalf of the Chamber of Commerce, presided as toastmaster.

One of the most interesting details of the entertainment, however, was the address and the accompanying pictures presented by Henry J. Pierce, of Seattle.

Mr. Pierce has made an analytical study of the water power question and its relations to the social, economic and industrial life of the Nation, and he has come to the conclusion that the future progress and development of the country—not only of this Western country, but of the Eastern portions as well—is dependent largely upon the use that is made of the water power that is now going to waste.

Greatest Power in West.

Mr. Pierce referred to the United States Geological Survey's estimates that only 6,000,000 of the 61,000,000 potential horsepower in the United States have been developed and that 44,000,000 of all this power is contained in the states represented at the present conference.

He continued by pointing out that the three principal uses for electric energy are to operate pumping plants for irrigation purposes, to electrify railroads and to manufacture fertilizers, explosives, electro-chemicals, woodpulp, paper, iron, steel, etc.

He reviewed the possibilities for profitable development in the West through the irrigation of millions of arid acres by pumping water upon the lands with electric power and predicted the rapid electrification of many important railroads, with the consequent saving of coal, as soon as the water powers now inactive are released. He referred to the Milwaukee Railroad and the Butte, Anaconda & Pacific Railroad as an example of sucessful installation of electric motive power in place of steam.

Great Plants Pictured.

But the greatest possibilities in the use of hydro-electric power, he declared, lie in the fixation of atmospheric nitrogen for the manufacture of commercial fertilizers. He told what already had been done in this industry at Niagara Falls, Ont., and in various parts of Sweden. The pictures with which he subsequently illustrated his address showed views of those plants.

Mr. Pierce emphasized the advantage to the agricultural industry by the increased use of fertilizer containing a large percentage of nitrogen and declared that the production of every kind of cereal can be largely increased if full use is made of the possibilities of converting the nitrogen in the air into fertilizer by means of hydro electric energy.

He pointed out what wonderful progress has been made in Germany, where the full benefits of thei iberal use of fertilizing material are understood and practiced.

Nitrogen Needed in Explosives.

The importance of having large quantities of nitrogen for use in the manufacture of explosives also was pointed out. In case of war, he asserted, the United States now would be almost entirely dependent upon foreign nations for its supply of nitrogen.

In like manner he clearly presented the importance of utilizing electric power in manufacturing paper, woodpulp and other products of common commercial usage.

Under these conditions, he explained, capital is ready and willing to invest if only the present restrictive laws are remedied.

Last night's meeting was the principay social function in connection with the Conference. It was offered by the Chamber of Commerce, as explained by Mr. Piper, as a testimonial of appreciation by the people of Portland for the selection of this city as the meeting place for this important gathering.

Hospitality Brings Thanks.

Ex-Governor Hawley, in his brief address, referred particularly to the hospitality extended by the people of Portland and expressed the gratitude of the delegats and all the visitors in the splendid entertainment that has been offered them.

Representative Johnson referred proudly to the fact that he represents the "highest Congressional district in the United States, it containing three great glacial peaks and two distinct mountain ranges." He related many humorous incidents of his early career as a newspaper man.

Representative Kahn grew eloquent in his appeal for development of the Western water powers by the individual states.

"The people of the West," he declared, "re opposed to their resources being tied up and administered by bureau chiefs back in Washington.

"I believe that the people of the United States believe in that kind of conservation which is opposed to wilful waste."

As a California Representative in Congress, Mr. Kahn took occasion to thank the Oregon members of Congress and the people of Oregon for the loyal support and assistance that they gave in securing the Panama-Pacific Exposition for San Francisco.

Slap at West Is Seen.

Representative Humphrey, who at all times championed the rights of the individual Western states, reiterated his belief that the water powers should be developed under state control instead of under Federal control.

"I cannot help believe," he said, "that those who advocate Federal control have a feeling—sub-conscious, no doubt—that we Western people are not intelligent enough or honest enough to conduct our own affairs.

"We may make mistakes, but we want the right to make them ourselves."

Following the several addresses in which the attitude of the Federal Government toward water power development was criticised, Mr. Piper took occasion to explain, for the members of the conference and for the benefit of the representatives of the Federal Government present that th uttrancs of the speakers were not intended to reflect upon the policies or the official conduct of the individual Government officials having those affairs in charge.

"I am sure that we all believe," he said, "that the men who are responsible for the conduct of the departments affecting our resources are patriotic citizens and that they are acting for what they think is the best interest of the people."

FILM AROUSES ACTORS

PRETTY CHORUS GIRL QUITS NATIONAL IN HUFF.

Musical Comedy Players Refuse to Brook Rivalry of Chaplin As Added Attraction.

Charlie Chaplin in slap-stick film comedy and the artistic temperament don't run well together in double harness.

That has been the sad experience of Frank Rich, manager of the Frank Rich Company, which has been playing a short engagement in musical comedy at the National Theater.

To the true artist, whether she be in the chorus, or getting the spot light nightly, Mr. Chaplin's celluloid antics are a thing abhorrent. For instance—

The chorus in "The Girl From Vassar" at the National is one girl short today. Miss Lilian Modine, one of the prettiest and by all odds the most temperamental of a temperamental chorus, resigned her position.

Trouble broke when the National engaged a Chaplin film as an added feature. "What, any mere movie actor come it over us?" queried the chorus indignantly. The temperamental Miss Modine, however, asked no questions. She simply announced that when it was necessary to run a Chaplin film as an added attraction when she was appearing, she thought it wisest to withdraw. Which she did last night, leaving for her home in Revelstoke, B. C.

Silk hosiery becomes increasingly popular. American factories turned out 150,000 pairs in 1899, 9,218,000 pairs in 1905, and still larger quantities now.

NEW PLAN OFFERED

Water Power Commission Favored by Electrical Engineer.

MEN IN CABINET PROPOSED

Right to Grant Development Permits, Regulate and Control Rate Without Action by Congress Is J. H. Finney's Idea.

A definite plan for developing the hydro-electric resources of the West was proposed to the water power conference yesterday by John H. Finney, well-known electrical engineer of Washington, D. C., and representative of the American Institute of Electrical Engineering.

Mr. Finney's proposal provides for the creation by Congress of a waterpower commission consisting of the Secretaries of the Interior, War and Agriculture.

Rate Regulation Provided.

The further provisions of Mr. Finney's plans are:

"The aforesaid state charter to contain specific provisions as to use; as to oversight of financing; as to regulation of rates and charges at the hands of a state commission; as to the rights of recapture by the state for a public use on a fair and equitable basis at the end of an agreed period, whether that be fifty years or more; as to the rights of the grantee if recapture is not effected; together with such other safeguards as may be wisely bargained for between the state and its created agency of operation, in any given case.

"The Federal commission thus having a responsible agency with which to deal, with its purposes named, its financial methods approved, its proper regulation assured, need then only be concerned to impose the minor restrictions which the general public interest demands. These are:

(a). The obtaining of a fair value of, or fair rental on, any Government lands which the enterprise may require.

(b). Safeguards as to navigation, such as locks, storage of water, etc., on navigable streams.

(c). Supervision or approval of plans for proposed structures, dams, etc., as to the safety thereof, and

(d). The possible supervision or regulation of rates or reservation to regulate, when the project is engaged in interstate commerce.

Mr. Finney pointed out that hydro-electric development is of comparatively recent origin and explained the interests of the several states and of the Federal Government in seeking to work out a satisfactory solution of the problem.

"It is my opinion," he said, "that there is a sincere desire on the part of the present Administration to work out some definite legislation for the development of power, both on navigable streams under a new, general dam act, as well as for power located on streams in the public domain and in National forests. It is believed that this desire will be reflected in new bills to be presented at the next session, and, as the Ferris bill passed the last House and has the backing of the Interior Department, it is likely that it will again be introduced and urged for passage, as will perhaps also be the case with the Adamson bill."

He continued by outlining the wants of both the states and of capital seeking an investment, which he summed up about as follows:

"What does capital want?

"First—It seeks the opportunity to invest, ordinarily as a public utility, in an urgently needed legitimate business in the hope and expectation of profit.

"Second—It requires conditions that will make for stability of the investment and of the enterprise for all time, or until such time as the property becomes necessary for public use.

"Third—It requires assurance of repayment in full for capital expenditures used in the upbuilding of the property, if and when the state or Nation should exercise its rights to purchase it for a more beneficial use.

State Wants Development.

"What does the state want?

"First—It wants development so that the state's activities can be furthered.

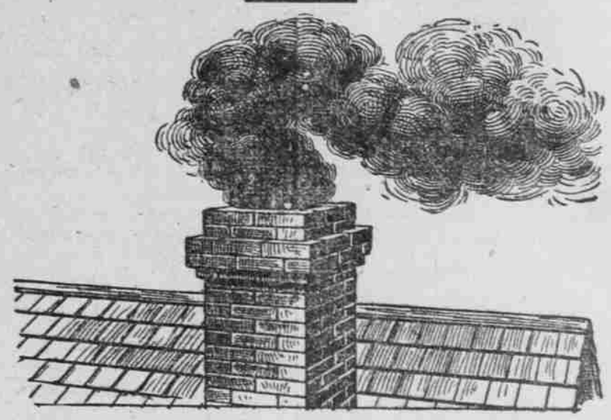
"Second—It wants electric service at the lowest price that conditions justify, but it wants service first. Low price power is a relative term, and through the regulation of rates at the hands of its public utility commission, to prevent oppressive monopoly.

"Third—It wants reliability and continuity of efficient service, capable of indefinite expansion at the hands of a well organized and financially responsible agency.

"Fourth—It may want the possible right of recapture for some public use at the end of some definite period."

Why Catarrh Bothers Your Nose and Throat

Living, Vital Facts For All Who Suffer With Any Form of Catarrhal Infection and Chronic Colds



Would a Salve in the Chimney Stop the Smoke? Where's the Fire?

Everywhere people marvel at the results of S. S. S. in overcoming catarrh. To the mind not versed in the wonders of the human body it will be interesting to understand why this most famous of all blood purifiers, S. S. S., has such a remarkable influence in clearing the nose, throat and air passages of catarrh.

Your nose, as are all the important cavities of the body, is lined with mucous membrane. So is your throat and even your skin covering is a modified form of mucous tissue. Now, all toxins or blood impurities are eliminated by way of this membrane. Stomach distress, intestinal bloating, liver engorgement, kidney weakness, sore lungs and bronchial tubes that produce cough; an irritated bladder, diarrhoea and other bowel troubles all may be and often are inflamed and involved in a general state of disturbance which is recognized as catarrh. And it is through their mucous membranes that the impurities or hypersecretions of mucus must be eliminated. In such an event it is often necessary that these secretions be prepared by some internal medicinal influence or action before they can be effectually gotten rid of. And if not so prepared for elimination they are usually deposited in some vital parts and remain as points of concentration for various forms of chronic inflammation.

Now, the action of S. S. S. is to so prepare the various blood impurities for elimination that they are readily seized upon by the mucous membranes for expulsion. And if S. S. S. were more generally used as a membraneous catalytic there would be no catarrh.

But along comes LaGrippe and "Bad Colds," all the mucous membranes are involved and the nose, throat, bronchial tubes and lungs being closely allied in the process of burning up impurities these become clogged, hence catarrh, bronchitis, chronic sore throat, pneumonia, cough, and then the general involvement of the stomach, kidneys, bladder and all other organs of the body.

Cough remedies, nose greases and throat tablets, gargles, sprays and so on are merely salves on a smoking chimney.

The fire may be down in the stomach or in the liver or in the kidneys.

The very fact that the nose is constantly pouring out or is plugged up with mucus must convince anyone that the supply is coming from many deeper sources.

This explains why local treatment for catarrh is and always has been a total failure. The action must be internal and there are ingredients in S. S. S. which not only eliminate catarrhal impurities by way of the mucous membranes but they put a stop to their seeking the point of concentration in the nose and other parts of the breathing apparatus.

These facts have been demonstrated for many years and are known to thousands in every community where catarrh abounds. But people cannot seem to shake off the notion that the nose is the seat of trouble. The nose is merely an outlet, the same as the bladder, bowels, skin and the expulsive process of the lungs.

Urge yourself to get a bottle of S. S. S. today. Get your mucous linings in order and not only will catarrh disappear, but away goes a myriad of other symptoms that usually distress nine people out of ten. S. S. S. is guaranteed absolutely vegetable, no acids, no minerals, no poisonous substance of any kind—just a remarkable blending of the most potent, most searching, most powerful blood purifiers known to man.

Do not permit any one to substitute anything else for S. S. S.

Send for an interesting book on catarrh. There are many people so discouraged over blood impurities that they will find a new lease of life by consulting freely our Medical Department. Write to The Swift Specific Co., 605 Swift Bldg, Atlanta, Ga.

Last Chance Summer Excursions to the East

On sale daily to September 30.

Chicago and Return $72.50

St. Paul, Minneapolis, Duluth, Omaha, Kansas City and return $60.

Reduced fares to many other destinations.

Final return limit, October 31.

Good for stopovers going and returning.

Through standard and tourist sleepers to Chicago leave Portland daily 7:25 P. M. Arrange for stopover at GLACIER NATIONAL PARK.

Tickets and sleeping-car reservations at City Ticket Office, 348 Washington St., and at Depot, Tenth and Hoyt Streets.

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"See America First"
GREAT NORTHERN RAILWAY
Glacier National Park

The Best Mill

Cannot grind good flour from poor wheat, nor can the human body get good health from food and drink which is not fitted to the individual.

Right food—the kind the system requires, goes a long way toward putting one on **The Road to Wellville.**

This road leads to comfort, happiness and long life.

Grape-Nuts

is a delicious food scientifically prepared from wheat and barley.

In the making, the starch of the grains is partially pre-digested for quick and easy assimilation—and furnishes the nourishment Nature requires for the daily rebuilding of body and brain.

It pays to keep oneself in the highest condition of physical and mental vigor.

WON'T MIX

Bad Food and Good Health Won't Mix.

The human stomach stands much abuse but it won't return to good health if you give it wrong food.

If you feed right you will feel right for proper food and a good mind is the sure road to health.

"A year ago I became much alarmed about my health for I began to suffer after each meal no matter how little I ate," says a Denver woman.

"I lost appetite and the very thought of food grew distasteful, with the result that I was not nourished and got weak and thin.

"There was no one to shoulder my household burdens, and come what might I must bear them, and this thought nearly drove me frantic when I realized that my health was breaking down.

"I read an article in the paper about some one with trouble just like mine being benefited by Grape-Nuts food and acting on this suggestion I gave Grape-Nuts a trial. The first dish of this delicious food proved that I had struck the right thing.

"My uncomfortable feelings in stomach and brain began to disappear and in a short time I was again myself. Since then I have gained 12 pounds in weight through a Summer of hard work and realize I am a very different woman, all due to the splendid food, Grape-Nuts."

"There's a Reason" for Grape-Nuts

Sold by Grocers everywhere.

TODAY'S BEAUTY AIDS

To clear up and whiten the skin and secure that charm of pink and white youthful freshness so much desired by all women you will find it far safer to rely upon a good face lotion rather than powder. To get rid of that shiny and muddy appearance in your complexion dissolve four ounces of spurmax in one-half pint hot water, and add two teaspoonfuls glycerine. Apply this to your face, neck and arms, rubbing gently until dry. This lotion does not show or rub off like powder and is much better. It is splendid for removing tan, freckles, pimples and sallowness.

You can make a delightful shampoo for a very trifling cost if you get from your druggist a package of canthrox and dissolve a teaspoonful in a cup of hot water. Pour a little at a time on the scalp and rub briskly. This creates an abundance of thick, white lather that thoroughly dissolves and removes all dandruff, excess oil and dirt. After rinsing, the hair dries quickly, with a fluffiness that makes it seem heavier than it is, and takes on a rich luster and a softness that makes arranging it a pleasure.—Adv

Nervous Periodical Headaches

Succumb to Anti-Kamnia Tablets

This trouble commonly called "sick headache," is said to be due to the retention of urea in the system. Often it is stated that a poor condition of the blood is a cause of these headaches, or that it is a nervous condition; and in certain cases, no doubt this is true

Where treatment is demanded, it is more for the pain than anything else, and Dr. A. F. Schellschmidt of Louisville, has found Anti-kamnia Tablets to give prompt and satisfactory relief. "Rest should be insisted upon" he says, "and the patient should go to bed, darken the room, and all the attendants and family should be as quiet as possible. An emetic will sometimes shorten the attack. The bowels should be kept open with "Actolds"; a hot bath and a thorough rub-down with a coarse towel, often give grateful relief. Two Anti-kamnia Tablets when the first signs appear, will usually prevent the attack. During an attack, one tablet every hour or two will shorten the attack and relieve the usual nausea and vomiting." These tablets may be obtained at all druggists. Ask for A-K Tablets. They are also unexcelled for nervous headaches, neuralgia and all pains.

Goiters, Tumors

and Rheumatism. Latest and best methods. No Operations, no Medicine. Consultation and Examination Free. 312 Swetland Bldg. Phone Main 5574.