THE MORNING OREGONIAN. TUESDAY, MARCH 21, 1916.



Objections raised by the crew of the Norwegian bark Olivebank against go-ing to sea again until certain rivets were replaced in the stern of the ship Records Found at Variance. Records of the United States engi-neers do not agree with those of the Port of Portland Commission that there

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trouble spreading along the Coast, this not feared, as it is regarded as c having to do only with condition

Records of the United States enginers do not agree with those of the port of portiand Commission that there will be of the second the site of the second the sec

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In the bar and river depths, wider roads in both places, with five Navy ships having been here in that time, and not a single scratch was sustained

Shipping men are asking the ques-tion why the Government does the channel work, stands behind official statements as to depths, and yet is, at least in the case of the Pittsburg, the last to demonstrate that the channel is all that is boasted for ft. UNDINE IS ON KELSO ROUTE State of Washington Replaces Dia-mond O for Short Time. For the next two weeks the steamer tundine will operate on a new run for her, that between Portiand and Kelso, she having been taken over yesterday Shipping men are asking the ques-

State of Washington Replaces Dinmond O for Short Time.
The steament line forther milling of the construction of a division of the steament Diamond O line, the steam

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believe that the co-operative plan we mabel Latta and Hazel Brown, Hen-are developing will bring this about." The Commissioners have interviewed about 8000 growers and shippers in the Beaumont Meeting Is Today.

Coffee Facts

Read what the 19th edition United States Dispensatory (page 253), the guiding authority for chemists, druggists and physicians, says about the drug caffeine, of which there is about 21/2 grains in the average cup of coffee:

> "Given in large dose to the lower animals, caffeine produces hurried respiration, restlessness, slightly lowered, followed by a markedly elevated temperature, tetanic and clonic convulsions, progressive paralysis, and final-ly death from paralytic arrest of respiration."

Although man is stronger and more resistant, it is a well-known scientific fact that caffeine, in coffee, is a frequent cause of headache, nervousness, biliousness, heart flutter and many other ills.

Not at one large dose, but little doses repeated regularly does this subtle, habit-forming drug get in its work, and, sooner or later, many coffee drinkers suffer.

Before that time comes, suppose you make a personal test-quit coffee ten days and use

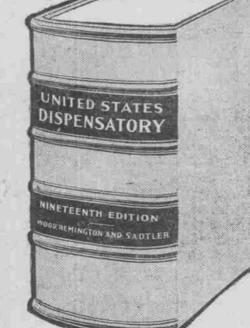
POSTUM

Made of wheat and a little wholesome molasses, this famous pure fooddrink has a rich, snappy flavour much like that of mild, high-grade coffee, and it contains no drug or other harmful element.

There are two forms of Postum. The original Postum Cereal must be boiled; Instant Postum is the original Postum reduced to soluble form; a level teaspoonful in a cup with boiling water makes a perfect cup instantly. Both forms are equally delicious, and the cost per cup is about the same.

The change from coffee to Postum is pleasant as well as highly beneficial, and with the better health that comes with freedom from caffeine, the drug in coffee, you'll know

"There's a Reason" Grocers everywhere sell Postum.



Movements of Vessels.
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Vestigations and have found the vast majority eager to participate in the movement. The plan provides for a uniform contract between grower and datory for all selling agencies in the new organization to co-operate within