16 NEW FACES TO BE SEEN IN SENATE

Body Which Convenes Monday to Include 42 Repulicans and 54 Democrats.

NO BIG MEN ARE TO RETIRE

Several Conspicuous Figures Will Be Missed, However, as Result of Defeats—Majority Party Leader Is One to Go.

OREGONIAN NEWS BUREAU, Washington, March 3.—The new Senate, which is to convene at noon Monday, will be made up of 42 Republicans and 54 Democrats, a gain of one Republican over the Senate which is about to expire and a gain of two over the Senate prior to the time three vacancies were filled at the recent election.

There will be 16 new faces in the next Senate, not counting the three Senators who took the oath at the beginning of the short session, December 4, but, reckoning them with the Senators about to be sworn in, the new Senate will find in its midst 19 men who were not in the Senate prior to the late November election.

Among the 16 Senators who will retire to private life with the organization of the new Senate is none who achieved any particular distinction during the past six years; few of the retiring Senators will be missed; several will be missed, but will not be mourned. None of the big men of the Senate went down to defeat in November.

Democratic Leader Retires.

Most conspicuous among the retiring Senators is Mr. Kern, of Indiana, conspicuous merely because he has, for four years, been the Democratic floor leader and chairman of the Democratic caucus. As a leader, Senator Kern decidedly failed to "make good." He makes way for a Republican—Harry New.

On the Republican side no retiring Senator attained more notoriety than Senator Clapp, of Minnesota, who was defeated for the nomination, and gives way to Frank Kellogg, who won renown some years ago as a Government trust-buster. Kellogg is today the better known of the two men, and is probably the most famous of all the men about to enter upon senatorial careers. Senator Clapp, in his day, has made considerable trouble in Republican ranks, for he was a follower of Roosevelt in 1912, and has been not much of a Republican since then. He was, however, a decided disturbing element in the Senate and is one of those who will be missed, but not mourned.

Nor will there be any grief over the departure of Senator Works, of California, a Senator now famous for his multiplicity of swan songs and for his ill-tempered scolding speeches, delivered at great length to empty chairs and equally empty galleries.

Johnson Is Successor.

Senator Works makes way for Hiram Johnson, too well known to need comment.

The Senate is going to lose Senator Sutherland, of Utah, but it gains Senator Sutherland from West Virginia. Both are Republicans. Sutherland of Utah is to be succeeded by a Democrat, William H. King, once a Representative to Congress, and Sutherland of West Virginia displaces a Democrat, Senator Chilton.

In point of downright ability, Senator Sutherland, of Utah, ranks way above every other Senator who is to retire; his legal attainments are of an order that would guarantee him a place on the Supreme Bench if a Republican President should come into office.

Senator Clark, of Wyoming, is another able Senator and able lawyer, but he had a faculty for "hiding his light under a bushel," a fact that helped bring about his defeat. In the retirement of Senator Clark, the West will lose a good friend, for since the death of the late Senator Heyburn, of Idaho, there has been no man in the Senate more obstinate in opposing the theories of Gifford Pinchot than Senator Clark, and none more forceful in the advocacy of legislation which will turn loose the resources of the West and open up an era of development. Senator Clark gives way to Governor Kendrick, a Democrat.

Two Defeated by Wilson.

Two of the retiring Senators can charge their defeat to the opposition of the Administration, Senator Martine, of New Jersey, and Senator O'Gorman, of New York. It was Woodrow Wilson, as Governor of New Jersey, who forced the election of Martine to the Senate, and it was Woodrow Wilson, as President, six years later, who so opposed Martine as to make certain the election of a Republican in his stead.

Although Martine owed his election to Wilson, he maintained that he was not, for that reason, obliged to be a puppet, to be voted by the President, and it was the assertion of his independence that finally cost him his job. But he had a good time being defeated, for he had the great pleasure of beating out Woodrow Wilson's candidate in the New Jersey primaries, something like 3 to 1. The Democratic split and the weakness of the President in his own state—affecting the entire Democratic ticket—brought about the election of a Republican Senator, Mr. Frelinghuysen, the man who can boast of having the longest name on the new Senate roll.

Senator Martine, during his six years of service, earned the title of "clown of the Senate," and he also made a reputation by championing the cause of the "wets" as no other Senator did. This was only another illustration of Martine's fatal independence.

O'Gorman Driven Out.

Senator O'Gorman of New York, who will be succeeded by Mr. Calder, Republican, did not become a candidate for re-election, but nevertheless he was virtually driven out by the Administration. During the past four years, Senator O'Gorman was given the cold shoulder at the White House; he was denied control of patronage, which instead was turned over to the President's son-in-law, Secretary McAdoo, and it was made plain to Mr. O'Gorman that if he sought renomination, he would be opposed by the Administration. His treatment by the President convinced Senator O'Gorman that the fight was not worth making, and he sidestepped to let ex-Chairman McCombs make a try for the election The result was a Republican victory.

Of the other retiring Senators there is little to be said. The names of Bryan of Florida, Catron of New Mexico, Johnson of Maine, Lea of Tennessee, Lippett of Rhode Island, Lee of Maryland, and Oliver of Pennsylvania, mean little to the public generally. They are not men who have figured prominently in the affairs of the Senate, and they left no particular impress upon the Government records, while they were in office.

Mention should be made, however, of the three new Senators, sworn in last December, who will hold over into the next Congress. There is Senator Watson, of Indiana, who succeeded the renowned Tom Taggart, who in turn had been appointed to fill temporarily the vacancy caused by the death of Senator Shively. In Watson the Republicans gained one seat. Senator Fernald, Republican, was elected in Maine to succeed the late Senator Burleigh, and Senator Kirby was chosen in Arkansas to fill the unexpired term of Senator Clarke.

RELEASE DATE CONFIRMED

Spanish Physician to Visit Americans in Prison Camps.

WASHINGTON, March 3.—Confirmation of advices from the Swiss Minister that the American prisoners taken into Germany on the prize ship Yarrowdale would be released March 7 was contained in State Department dispatches today from the Spanish Ambassador in Berlin, transmitted by American Ambassador Willard at Madrid.

The dispatches said the German Foreign Minister expressed regret that the Americans had been detained and had asked that a neutral physician be sent to the detention camp to testify as to the typhus outbreak, the German explanation of delay. Ambassador Willard said that a Spanish physician has been sent.

REPUBLICANS PLAN TO ORGANIZE HOUSE

Modern, Responsive Procedure of Progressiveness Is Idea of Leaders.

MANN SLATED FOR SPEAKER

Lenroot Picked for Floor Leader, With Power of Naming Standing Committees Lodged in Committee Is Programme.

CHICAGO, March 3.—(Special.)—Modern, responsive organization that will appeal to the progressiveness of the times is the plan of organization of the new Congress, decided on by Republican-Progressive leaders at Washington, it was learned today. James R. Mann for Speaker of the Sixty-fifth Congress and Irvine Lenroot, of Wisconsin, for floor leader, with the power of naming the standing committees lodged in a committee of committees instead of the Speaker as has been the custom in Republican organization heretofore, are the high spots in the proposed Republican-Progressive organization.

The war crisis has convinced Republican wheelhorses in Washington that the party must assume control of Congress. Until the situation grew in gravity the guiding heads in the party were reluctant to assume responsibility with President Wilson in the Executive chair. The war situation has convinced these same men it is imperative that the Republicans organize the House.

A call has gone out to all Republicans elected to the Sixty-fifth Congress to be ready to reach Washington at least five days ahead of the time the expected special session of Congress is set for by the President.

Medill McCormick, who will sit in the next Congress as a member-at-large from Illinois, is back fresh from some time put in at the National Capitol, and persons who have talked with him say the programme outlined is likely to carry.

Republican organization became more certain with the death of Michael F. Conry, of New York City, a Democrat, which gives the Republican side one majority in an out-and-out party alignment.

There are five other members who do not owe complete allegiance to either major parties. The proposed Republican-Progressive plan is said to appeal to this group of five, who are classified as Independents.

Democrats Hope for One.

The five Independents, so-called, are Thomas D. Schall, of Minnesota, who was elected as a Progressive; Whitmell Pugh Martin, of Louisiana, who is classified as a Progressive-Protectionist; Charles H. Randall, of California, Prohibitionist, with Progressive and Democratic leanings; Myer London, of New York, Socialist, and A. T. Fuller, Massachusetts, Independent.

The Democrats are said to be more hopeful of Randall than any of the others, but they have lost heart regarding London, the Socialist.

Miss Jeanette Rankin, the woman member from Montana, was elected as a Republican and is counted to go along with the Republican organization.

SENATE CHANGES WHICH ARE TO BECOME EFFECTIVE MONDAY.

Retiring Senator.	State.	Incoming Senator.
N. P. Bryan (Dem.)	Florida	Park Trammell (Dem.)
T. B. Catron (Rep.)	New Mexico	A. A. Jones (Dem.)
W. E. Chilton (Dem.)	West Virginia	Howard Sutherland (Rep.)
Moses E. Clapp (Rep.)	Minnesota	Frank B. Kellogg (Rep.)
C. D. Clark (Rep.)	Wyoming	John B. Kendrick (Dem.)
H. A. DuPont (Rep.)	Delaware	Josiah O. Wolcott (Dem.)
C. F. Johnson (Dem.)	Maine	Frederick Hale (Rep.)
John W. Kern (Dem.)	Indiana	Harry S. New (Rep.)
Luke Lea (Dem.)	Tennessee	K. D. McKellar (Dem.)
Blair Lee (Dem.)	Maryland	Joseph I. France (Rep.)
H. F. Lippitt (Rep.)	Rhode Island	Peter G. Gerry (Dem.)
J. E. Martine (Dem.)	New Jersey	J. S. Frelinghuysen (Rep.)
J. A. O'Gorman (Dem.)	New York	William M. Calder (Rep.)
George T. Oliver (Rep.)	Pennsylvania	P. C. Knox (Rep.)
George Sutherland (Rep.)	Utah	William H. King (Dem.)
John D. Works (Rep.)	California	Hiram W. Johnson (Rep.)

WATER COMPANY FOR SALE

Clackamas Court Gives Judgment Involving 10 Portland Lots.

OREGON CITY, Or., March 3.—(Special.)—Judgments against six prominent Portland business men were allowed by Circuit Judge Campbell here today when he settled the case of G. Orlo Jefferson against the Minthorne Springs Company and others.

Mr. Jefferson sued for foreclosure of mortgage protecting loans made to the company. The court today ordered that the company hand over for sale approximately 10 lots in Minthorne's Addition to Portland, the equipment of the pumping station operated at Milwaukie, its water franchise, and that each of the six men pay $500.

The men are E. W. Barnes, John H. Gibson, Edmund C. Glitner, Oliver G. Walker, Charles B. Moores and B. Lee Paget.

AUSTRIAN CHIEF DEPOSED

Emperor Charles Dismisses Field Marshal Von Hoetzendorf.

LONDON, March 3.—Emperor Charles of Austria, has dismissed Field Marshal Conrad von Hoetzendorf, Austrian chief of staff, according to a Vienna dispatch to Reuter's by way of Amsterdam. Baron Strauzenberg succeeds Von Hoetzendorf.

Field Marshal von Hoetzendorf has been one of the leading military figures of the dual kingdom for several years and has played an important part in almost all the major operations of the Austro-Hungarian forces since the outbreak of the present war. He was credited with the recapture of Lemberg from the Russians and was promoted to be Field Marshal for his services on the Italian front.

BRIDE OF 3 WEEKS DIES

Mrs. Clara Helsby, Native Daughter of Clackamas, Passes.

OREGON CITY, Or., March 3.—(Special.)—Mrs. Clara Helsby, wife of William Helsby, a bride of three weeks, died suddenly at the family home in this city today after a brief illness. The pallbearers are to be her former schoolmates.

Mrs. Helsby was born at West Linn and was the youngest daughter of Mr. and Mrs. Casper Endres. She was married to Mr. Helsby February 16, 1917, and was 20 years of age. She attended the McLoughlin Institute in this city.

MRS. C. V. JACKSON DIES

Early Oregon Pioneer Succumbs at Molalla, Aged 80.

OREGON CITY, Or., March 3.—(Special.)—Mrs. Caroline V. Jackson, widow of George Jackson, one of the earliest Oregon pioneers, died at Molalla today. Mrs. Jackson was born in Ohio February 14, 1837, and was 80 years of age. She was the mother of 14.

The funeral services will be held in the Larkins Cemetery Sunday at 12 o'clock, with Rev. Mr. Shoemake officiating.

Equitable Life Names Agents.

Announcement has been made by President J. C. Cummins, of the Equitable Life Insurance Company of Iowa, of the appointment of Thomas J. Binder and Henry V. Stahl as general agent for the state of Oregon, with offices in Portland. Mr. Binder during the past six and one-half years, and Mr. Stahl during the past five years, have been salesmen for the Mutual Benefit Life and the Northwestern Mutual Life Insurance companies, respectively.

SENATE TACTICS THWART

(Continued From First Page.)

vision to further its plans of high seas assassination, and that the President certainly would be handicapped in any steps he might deem advisable to take in the assertion of American rights.

The German government would have been impressed by the solidarity of the American people. Austro-Hungary would have been impressed and Austro-Hungary might have been used as the channel through which to restore peaceful relations between Berlin and Washington.

Hope Finally Disappears.

That hope, however, has disappeared by what has happened in Congress. The Senate began discussing the armed neutrality bill at 4 o'clock yesterday afternoon. It took a recess from 1 o'clock until 10 o'clock this morning. It had been discussing the bill all day and all evening. The bill will pass probably in the cary hours of the morning, that is, if La Follette, who slept a large part of the day in his committee-room, does not start a speech designed to serve the filibustering purpose he has had in the back of his mind.

In any case La Follette and those associated with him have accomplished the plan they agreed upon several days ago. They have assured the defeat of the bill carrying appropriations for the maintenance and enlargement of the Army.

Many Bills Thwarted.

The military academy bill, under which the number of cadets under instruction will be increased, cannot be gotten to a vote. The general deficiency bill, carrying appropriations for the Army and Navy, is dead. So is the shipping bill, which proposed to authorize the Government in time of threatened war to take over shipping required for the protection of the National interests.

No other nation in the world menaced by the conditions which confronts the United States would tolerate such action.

Model Logging Camp Visited.

SEATTLE, Wash., March 3.—The delegates to the convention of the Intercollegiate Association of Forestry Clubs, accompanied by students of the School of Forestry at the University of Washington, went in motorcars today to the model logging camps of the Cherry Valley Timber Company at Stillwater, ash., and took note of the latest methods of cutting large timbers. The delegates dispersed tonight.

Factory-made butter in the United States increased from 627,145,865 pounds in 1909 to 786,013,489 pounds in 1914, and factory-made cheese increased from 311,175,730 pounds in 1909 to 377,506,109 pounds in 1914.

TAKE YOUR MEDICINES

REGULARLY—Hood's Sarsaparilla Before Meals—Peptiron Pills After.

This combination is having wonderful success everywhere.

It is sweeping poor health and fear of mental and physical breakdown out of many homes.

It is restoring lost appetite, giving the glow of health to the cheeks, making faces bright and complexions clear, and literally giving worn-out, brain-fagged people the strength of iron.

For it combines that most useful of all metals—iron—in a course of medicine that is peculiarly effective.

Hood's Sarsaparilla is made from an unsurpassed formula of blood-purifying and stomach-toning remedies, including sarsaparilla, mandrake, dandelion, yellow dock, wild cherry, gentian and other valuable alteratives and kidney and liver remedies.

Peptiron Pills, named from pepsin and iron, include these with nux and other blood and stomach tonics—just what physicians prescribe.

Late Arrivals in Spring Furnishings

Our stock is being augmented daily with new Spring furnishings. Whether your plans include the partial refurnishing of one room or an entire house you'll find it to your advantage to inspect our stock. You'll be delighted with the well chosen designs and their variety. The economical prices will make possible unexpected economy. In any event, inspect at your leisure, and if you buy pay in monthly sums to suit your income.

Dining Tables Featured This Week

New Patterns at Prices Exceptionally Low

A massive quartered oak dining-table exactly like the illustration. The top is 42-in. extending to 6-ft. flush rim—beautiful grain with wax finish. Price now $37.50
Pay $1.00 a Week.

A beautiful flush rim oak table with wax finish with a 45-inch top extending to 6 feet. A table out of the ordinary at the low price of $19.75

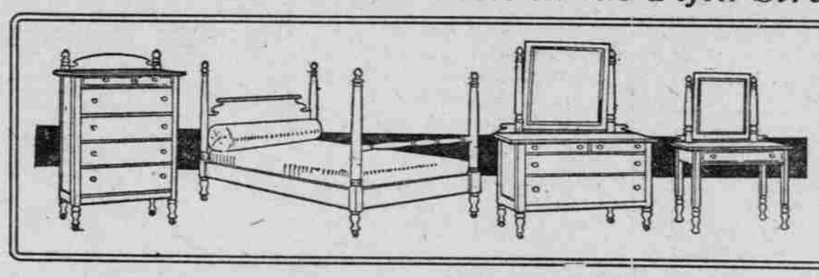
William and Mary wax finish dining-table of selected quartered oak stock with 48-inch top extending to 6 feet. Price now, this week only $29.90

Quartered oak dining-table with plank top wax finish. Extends from 48 inches to 6 feet. A sturdy handsome table worth considerably more than $24.95

A beautiful quartered oak top table with fine wax finish. The top is 42-inch and extends to 6 feet. A splendid value for $15.75

A solid oak table with rubbed wax finish. The top is 42 inches and extends to 6 feet. Special all this week for $13.45

See These Tables in the Fifth Street Windows



Mahogany Bedroom Suite $139.75

This beautiful mahogany suite is exactly like the illustration on the left. There are 4 pieces in William and Mary design, consisting of bed, dresser, dressing table and chiffonier. Splendidly made and handsomely finished. See them in the window.

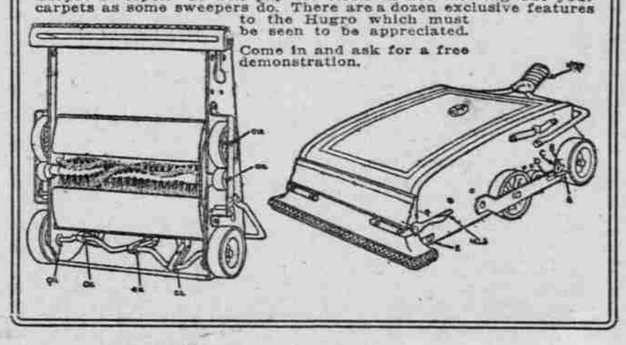
Pay $15 Now, Balance $2 a Week

Special All This Week Adjustable Pin Curtain Stretcher, Worth $2.75, Now $1.79

Hugro Carpet Sweeper $7.50

Pay 75c now and 50c a week for this Hugro Combination Vacuum Carpet Sweeper. It will pay for itself in not wearing out your carpets as some sweepers do. There are a dozen exclusive features to the Hugro which must be seen to be appreciated.

Come in and ask for a free demonstration.



$10, 9x12 Bristol Art Rugs, Special $7.85

These splendid rugs come in a magnificent variety of designs and colors; all good and many entirely new and exclusive here. These rugs were originally woven from patterns most suitable for bedrooms, but they are now made in designs suitable for and extensively used in dining and living-rooms. These values are exceptional. Choose early in order to secure best choice. Out-of-town folks, please write us quick.

Pay 85c Now, 50c Week

Your Credit Is Good

You can furnish your home here and save on the first cost and pay the bill in weekly or monthly sums to suit your income. In a surprisingly short time you'll have your furnishings paid for. Don't hesitate to ask for credit at Edwards—it is cheerfully and graciously extended.

Edwards Is the Exclusive Portland Agent for Monarch Malleable "The Stay Satisfactory Range"

This is the range with a hundred distinctive features. All simple to understand and appreciate upon explanation, which we are pleased to do at any time you desire to call. The top of the Monarch Malleable Range is of blued steel and requires no blacking.

The Monarch is a great fuel economizer. Pay $5.00 a month.

Out-of-Town Folks

Out-of-town folks, order your Spring house furnishings early. Our new catalogue is about ready for the mail and you will find a copy a great convenience in making your selections. Write today for a copy. Remember, your credit, too, is good. Buy now, pay later.

Royal Push Button Chairs

Did you see the Royal Push-Button Chair advertised in the Ladies' Home Journal? Edwards show a full line of the Royal Chairs—see them when down town next time.

For the Baby

Babies are not overlooked at Edwards. There are chairs—cribs, beds, etc., in variety and abundance. Whatever you want for baby's room you'll find it here.

Exchange Department

The exchange department offers many saving opportunities. Besides goods taken in exchange this department also sells damaged and shopworn stocks at prices about half the articles' real worth.

A GOOD PLACE TO TRADE
EDWARDS CO
FIFTH AND OAK STREETS

Draperies

Our new Spring draperies are different in design and coloring. Whether you expect to recurtain a bedroom or two or the entire house inspect our draperies. We know that we can save you money. Use your credit.

DUTCH SCORE GERMANY

PLOT FAILURE REGARDED AS DISASTROUS DEFEAT.

Immense Harm to Berlin, Especially in Future Relations With United States Forecasted Effect.

THE HAGUE, via London, March 3.—News of the German intrigue in Mexico caused a sensation here. It is regarded as a stroke of great good fortune for the cause of the entente and as immensely strengthening the hands of President Wilson. The Amsterdam Handelsblad, speaks of Von Bernstorff's "crazy intrigue," and the Rotterdam Maasbode says:

"This trick of the black magic of secret diplomacy beats anything hitherto seen. Now that the cards are on the table the German game, instead of being grandiose, appears merely grotesque. The diplomatic trump card is beaten and its player loses the game."

The Amsterdam Nieuws van den Dag judges the failure of the German maneuver a diplomatic defeat of far-reaching consequences, which will do immense harm to Germany now and especially in her future relations with America.

The Hague Nieuw Courant referring to Germany's "double game" asks if it hazarded "this wildest move because it felt cornered, it was that it was confronted by a new enemy"

A. S. Cory Re-elected Director.

CHEHALIS, Wash., March 3.—(Special.)—Arthur S. Cory was re-elected School Director here today for a three-year term without opposition.

England Buying Coos Cheeses.

MARSHFIELD, Or., March 3.—(Special.)—England seeks to purchase all the cheese manufactured in this county, other than sufficient to supply the local trade. The district has been scoured by H. A. Emerson, of New York, representing F. M. Coughlan & Son Inc., of New York, who ship to the British Isles.

George Isenhart, of Stayton, Dies.

STAYTON, Or., March 3.—(Special.)—George Isenhart, of this city, who died last week, was buried in the Stayton cemetery. He leaves a widow and two daughters, of this city, Mrs. Cornish and Mrs. Grier. Mr. Isenhart had been ill for years. He was one of the pioneers of this section, having crossed the plains in 1851. He lived at Silverton for 30 years and in Stayton for the past 15. He was 80 years of age.

Amazing Power of Bon-Opto To Make Weak Eyes Strong

Doctor Says It Strengthens Eyesight 50 per cent in One Week's Time in Many Instances

A Free Prescription You Can Have Filled and Use at Home.

Victims of eye strain and other eye weaknesses and those who wear glasses, will be glad to know that according to Dr. Lewis there is real hope and help for them. Many whose eyes were failing say they have had their eyes restored by this remarkable prescription and many who once wore glasses say they have thrown them away. One man says, after using it: "I was almost blind. Could not see to read at all. Now I can read everything without my glasses, and my eyes do not hurt any more. At night they would pain dreadfully. Now they feel fine all the time. It was like a miracle to me." A lady who used it says: "The atmosphere seemed hazy with or without glasses, but after using this prescription for 15 days everything seems clear. I can read even fine print without glasses." Another who used it says: "I was bothered with eye strain caused by overworked, tired eyes, which induced fierce headaches. I have worn glasses for several years, both for distance and work, and without them I could not read my own name on an envelope or the typewriting on the machine before me. I can do both now and have discarded my long distance glasses altogether. I can count the fluttering leaves on the trees across the street now, which for several years have looked like a dim green blur to me. I cannot express my joy at what it has done for me."

It is believed that thousands who wear glasses can now discard them in a reasonable time and multitudes more will be able to strengthen their eyes so as to be spared the trouble and expense of ever getting glasses. Eye troubles of many descriptions may be wonderfully benefited by the use of this prescription at home. Go to any active drug store and get a bottle of Bon-Opto tablets. Drop a Bon-Opto tablet in a fourth of a glass of water and let it dissolve. With this liquid bathe the eyes two to four times daily. You should notice your eyes clear up perceptibly right from the start, and inflammation and redness will quickly disappear. If your eyes bother you even a little it is your duty to take steps to save them now before it is too late. Many hopelessly blind might have saved their sight if they had cared for their eyes in time.

Note: Another prominent Physician, to whom the above article was submitted, said: "Yes, the Bon-Opto prescription is truly a wonderful eye remedy. Its constituent ingredients are well known to eminent eye specialists and widely prescribed by them. I have used it very successfully in my own practice on patients whose eyes were strained through overwork or misfit glasses. I can highly recommend it in case of weak, watery, aching, smarting, itching, burning eyes, red lids, blurred vision or for eyes inflamed from exposure to smoke, sun, dust or wind. It is one of the very few preparations I feel should be kept on hand for regular use in almost every family." Bon-Opto, referred to above, is not a patent medicine or a secret remedy. It is an ethical preparation, the formula being printed on the package. The manufacturers guarantee it to strengthen eyesight 50 per cent in one week's time in many instances or refund the money. It can be obtained from any good druggist and is sold in this city by the leading druggists.

Not a Bite of Breakfast Until You Drink Water

Says a glass of hot water and phosphate prevents illness and keeps us fit.

Just as coal, when it burns, leaves behind a certain amount of incombustible material in the form of ashes, so the food and drink taken day after day leaves in the alimentary canal a certain amount of indigestible material, which if not completely eliminated from the system each day, becomes food for the millions of bacteria which infest the bowels. From this mass of left-over waste, toxins and ptomaine-like poisons are formed and sucked into the blood.

Men and women who can't get feeling right must begin to take inside baths. Before eating breakfast each morning drink a glass of real hot water with a teaspoonful of limestone phosphate in it to wash out of the thirty feet of bowels the previous day's accumulation of poisons and toxins and to keep the entire alimentary canal clean, pure and fresh.

Those who are subject to sick headache, colds, biliousness, constipation, others who wake up with bad taste, foul breath, backache, rheumatic stiffness, or have a sour, gassy stomach after meals, are urged to get a quarter pound of limestone phosphate from the drug store, and begin practicing internal sanitation. This will cost very little, but is sufficient to make anyone an enthusiast on the subject.

Remember, inside bathing is more important than outside bathing, because the skin pores do not absorb impurities into the blood, causing poor health, while the bowel pores do. Just as soap and hot water cleanses, sweetens and freshens the skin, so hot water and limestone phosphate act on the stomach, liver, kidneys and bowels.—Adv.