

## TO DISCUSS NEW SCHOOL LAWS

Judiciary Committee of Board Will Meet Civic Council; New Teachers Elected.

The school board at its meeting yesterday afternoon decided to allow J. V. Beach and H. C. Campbell, the Judiciary committee of the board, to meet with the members of the civic council for the purpose of discussing a new set of school laws and providing for legislation on the measure. The matter was referred to the board yesterday after the two members had had an unofficial meeting with this council, but the idea was not very favorably commented upon and the meeting sanctioned by the board is more in the nature of a concession rather than an indication of any endorsement of the proposed plans.

A discussion which may lead to the discharging of many of the aged janitors in the service of the local schools followed a report by the assistant superintendent that the janitor work at the Shaver school was unsatisfactory. The janitor, Albert Gee, is an old man and in addition to his age he is handicapped by the loss of three fingers on his right hand. The board has decided that he shall be transferred to some post where less strenuous work is required of him, or else find a position of watchman for him. He will continue at the Shaver school until the end of the present term. However, the trend of the discussion was that younger and better equipped men would hereafter be considered in making selections for janitors.

Two new teachers, Miss Myrtle Chamberlain and Miss Mae Munson, were elected to take vacant places.

At the end of the regular session the members of the board convened in executive session at which it is said several recommendations for the dismissal of teachers and election of new ones were made. The names, however, were not made public.

Unless the members of the naval reserve which meets every Monday for drill in the Lincoln high school desist from ogling the young women of the night school in session there, and also discontinuing the use of tobacco while in the building, the city school board will not allow them the use of the building for drills. Complaint has been made to Assistant Superintendent D. A. Grout that the conduct of these boys has been objectionable.

### A Chance for Shoppers

We carry appropriate and acceptable gifts for man or woman. Smokers' conveniences, pipes and the best of cigars and tobacco, as well as Mullane's Taffies, Pign Whistle Chocolates and Park & Tilford's delicious Christmas bonbons. Sig. Sichel & Co., 92 Third, or Third and Washington.

Renton coal is best. It's washed, Costa less, Burns best. L. Truscott Fuel Co., wholesale agents, 12th and Overton, M 55, A-1055.

A Farmers Electric Railway company has been organized at Vale.

## NURSES HAVE LONG YEAR AHEAD OF THEM



The Visiting Nurse association is anxious that the purchasers of Red Cross seals do not lose sight of the long year's work ahead of the nurses. The campaign for the funds covers but the month that is filled with the good will and enthusiasm of the holiday time, but the work itself goes on during the whole year and is robbed of the glamour of any holiday spirit.

Much is to be done, and two nurses for the tubercular work are sadly needed. One afternoon and an evening are devoted to the clinic for tuberculosis at the Free Dispensary. The work of visiting the tubercular patients early taxes the time and strength of the one nurse and draws on the time of the two nurses assigned to the regular work of the association. Many seals must be sold to meet the necessary expenses.

## AUTOS TO RUSH STARS TO PRESS CLUB SHOW

Rather than have chauffeurs waste precious minutes arguing with policemen about speed laws and arrest, the Portland Press Club has deposited \$200 with the clerk of municipal court as bail and fines for any of its taxi drivers who may go too fast conveying artists to the Hellig theater Monday night. The club is determined to have the talent arrive on time, so there will be no tedious "stage waits" during the performance.

All of the artists will go from the theater or their homes to the Hellig in the autos engaged for them by the club. The drivers have been instructed to deliver their passengers at the playhouse at the very minute scheduled, even if they have to shove their speed levers up a notch.

If some watchful policeman halts a speeding press taxi about a little matter of law, the driver has only to show his orders from the club. Then he can continue the dash to the Hellig. The police know that ball and all that sort of thing have already been provided. The exchange of tickets for reserved seats for "A Night Out" is on at the box office of the Hellig and will continue until the time for the performance.

Following the show, artists who appear in the celebration and members of the club and the guests will be

## OBSTRUCTIONISTS ARE IGNORED BY BOARD

Showing their contempt for the petty methods of Broadway bridge obstructionists, the city executive board yesterday afternoon unanimously voted to approve a bill of \$5,000 presented by Ralph Modjeski, for engineering services on the preliminary construction work of the great span that is to be put across the river.

When the bill came up before the board Mayor Simon postponed action until a communication from R. R. Dunaway could be read.

This letter declared that in the opinion of Frank Klarnan "and numerous other tax payers" there is no authority for constructing the Broadway viaduct and that consequently the city has no right to pay for any engineering services in connection with its construction.

The letter did not contain the names of any of "the numerous taxpayers" and the board did not hesitate long enough, even to comment on the communication. Modjeski's bill was ordered paid.

## Hair Health

If You Have Scalp or Hair Trouble, Take Advantage of This Offer.

We could not afford to so strongly endorse Rexall "32" Hair Tonic and continue to sell it as we do, if we were not certain that it would do all we claim it will. Should our enthusiasm carry us away, and Rexall "32" Hair Tonic not give entire satisfaction to the users, they would lose faith in us and our statements, and in consequence our business prestige would suffer.

Therefore, when we assure you that if your hair is beginning to unnaturally fall out or if you have any scalp trouble, Rexall "32" Hair Tonic will promptly eradicate dandruff, stimulate hair growth and prevent premature baldness, you may rest assured that we know what we are talking about.

Out of one hundred test cases Rexall "32" Hair Tonic gave entire satisfaction in ninety-three cases. It has been proved that it will grow hair even on bald heads, when, of course, the baldness had not existed for so long a time that the follicles, which are the roots of the hair, had not become absolutely lifeless.

Rexall "32" Hair Tonic is vastly different from other similar preparations. We believe that it will do more than any other human agency toward restoring hair growth and hair health. It is not greasy and will not gum the scalp or hair or cause permanent stain. It is as pleasant to use as pure cold water.

Our faith in Rexall "32" Hair Tonic is so strong that we ask you to try it on our positive guarantee that your money will be cheerfully refunded, without question or quibble if it does not do as we claim. Certainly we can offer no stronger argument. It comes in two sizes, prices 50 cents and \$1.00. Remember you can obtain it only at The Owl Drug Co., Inc., Cor. 7th and Washington Sts.

## Holiday Suggestions

## ELECTRIC LIGHTS

FOR THE

## CHRISTMAS TREE

SAFE and easily placed  
Fruit, nut and flower lamps

Pocket Flash Lights  
Chafing Dishes  
Coffee Percolators  
Water Heaters

Make Yours an Electric Xmas!

## Electric Store

Alder Street, at Seventh

Open Evenings

# CHRISTMAS

Will Be Made Doubly Happy  
If Your Teeth Are in  
Perfect Condition

So have them attended to at once and take no chances of having the great event of the year spoiled by imperfect or aching teeth. See us.

BRIDGE WORK—Not the uncertain kind that in a short time may place your mouth in worse condition than when you had the



Dr. B. E. Wright.

work done, but perfectly balanced bridges without plates, that fit perfectly and can chew any kind of food to your perfect satisfaction.

Plates that won't disfigure you, won't fall down, to your embarrassment; won't make you wish to do bodily harm to your dentist, but plates that will give you genuine comfort, improve your appearance a thousandfold and probably last the balance of your life.

Dr. M. S. Bennett, Manager.

## READ OUR PRICES

22k Gold or Porcelain Crown for .....	\$5.00	Silver Fillings, each and up .....	50¢
22k Bridge Teeth, guaranteed, each ..	\$3.50	Good Rubber Plates, each .....	\$5.00
Gold or Enamel Fillings, each and up ..	\$1.00	Best Red Rubber Plates, each .....	\$7.50

ALL OUR WORK IS GUARANTEED

## DR. B. E. WRIGHT

PAINLESS DENTISTS

M. S. BENNETT, Manager

342 1-2 WASHINGTON ST., COR. SEVENTH

OFFICE HOURS — 8 a. m. to 5 p. m., Sunday 9 a. m. to 12. Phones A and Main 2119. Fifteen Years in Portland.

# What About Brain Food?

## This Question Came Up in the Recent Trial for Libel.

A "Weekly" printed some criticisms of the claims made for our foods. It evidently did not fancy our reply printed in various newspapers, and brought suit for libel. At the trial some interesting facts came out.

Some of the chemical and medical experts differed widely.

The following facts, however, were quite clearly established:

Analysis of brain by an unquestionable authority, Geoghegan, shows of Mineral Salts, Phosphoric Acid and Potash combined (Phosphate of Potash), 2.91 per cent of the total, 5.33 of all Mineral Salts.

This is over one-half.

Beaunis, another authority, shows "Phosphoric Acid combined" and Potash 73.44 per cent from a total of 101.07.

Considerable more than one-half of Phosphate of Potash.

Analysis of Grape-Nuts shows: Potassium and Phosphorus, (which join and make Phosphate of Potash) is considerable more than one-half of all the mineral salts in the food.

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

Further on he says: "The beginning and end of the matter is to supply the lacking principle, and in molecular form, exactly as nature furnishes it in vegetables, fruits and grain. To supply deficiencies—this is the only law of cure."

The natural conclusion is that if Phosphate of Potash is the needed mineral element in brain and you use food which does not contain it, you have brain fog because its daily loss is not supplied.

On the contrary, if you eat food known to be rich in this element, you place before the life forces that which nature demands for brain building.

In the trial a sneer was uttered because Mr. Post announced that he had made years of research in this country, and some clinics of Europe, regarding the effect of the mind on digestion of food.

But we must be patient with those who sneer at facts they know nothing about.

Mind does not work well on a brain that is broken down by lack of nourishment.

A peaceful and evenly poised mind is necessary to good digestion.

Worry, anxiety, fear, hate, etc., etc., directly interfere with or stop the flow of Ptyalin, the digestive juice of the mouth, and also interferes with the flow of the digestive juices of stomach and pancreas.

Therefore, the mental state of the individual has much to do (more than is suspected) with digestion.

This trial has demonstrated:

That Brain is made of Phosphate of Potash as the principal Mineral Salt, added to albumen and water.

That Grape-Nuts contains that element as more than one-half of all its mineral salts.

A healthy brain is important, if one would "do things" in this world.

A man who sneers at "Mind" sneers at the best and least understood part of himself. That part which some folks believe links us to the Infinite.

Mind asks for a healthy brain upon which to act, and Nature has defined a way to make a healthy brain and renew it day by day as it is used up from work of the previous day.

Nature's way to rebuild is by the use of food which supplies the things required.

"There's a Reason"

Postum Cereal Co., Ltd.,  
Battle Creek, Mich.