University And College Happenings

University of Oregon

Eugene, Or., March 3.-With a \$2300 total as the goal, a campaign is on at the university to raise funds for the relief of sufferers in the war prison camps of Europe. The movement is receiving support from both students and faculty. One girl who is working her way through college gave \$4 to

Thanks to the big home audience which greeted the organization at its concert in Eugene, the University Glee club has reduced its debt from \$200, the legacy of last season, to \$29,25. The club is managed by Bothwell Avison, of Oregon City.

Migures just given out show an enrollment of 847 in classes conducted by the extension division of the university. This is an increase of 36 over the enrollment of last year. Education has the greatest number of extension students, 186, closely followed by English with 160.

Professor John F. Boyard, head of the zoology department of the university, will spend six weeks this summer as a member of the faculty at the Puget Sound marine station at Friday

A committee of students of dramatic Interpretation has been named to handle the management of "The Admirable Crichton," the play to be put on by campus March 30 and 31.

The Campus Players will meet Mon-day night to select the cast for "Allof-a-Sudden Peggy," to be presented in the spring.

A. Whitney, William G. Holford, Alfred H. Smith, and W. C. Knighton, architects of Portland, were guests of the Architectural club of the University Tuesday night at a banquet held at the Hotel Osburn. These architects were the judges of an architectural exhibit here and a feature of their visit was the awarding of prizes in the con tests in the various classes.

Mrs. J. Frederic Thorne, instructor In the department of public speaking, has returned to her work in the uni versity after 10 weeks of serious illness. She is assisting Professor A. F. Reddie in coaching plays to be staged by classes in dramatics.

Reed College.

Dr. Joseph K. Hart, Dr. William F. Ogburn, and Robert D. Leigh will give and they will be given on alternate Fridays. They will be as fellows: Friday, March 9, "The American Ideaf of Education," Dr. Hart. Friday, March 23, "The Causes of

the War," Dr. Ogburn, Friday, April 6, "The Political Problem of Permanent Peace," Mr. Leigh, Reed college. Friday, April 20, "The World-Peace Problem, and America's Part In It,"

Friday, May 4, "The Prejudices of Democratic Government," Mr. Leigh. Dr. Joseph K, Hart spoke before the teachers' convention at Kelso last Tuesday and Wednesday. Dr. E. H. Lindley spoke before the convention on Tuesday afternoon and evening. Professor Norman F. Coleman spoke on the same day at the Clarke Teach-

ers' Institute at Vancouver. The Scientific Monthly for January has an article by Professor Harry B. Torrey on "Instinct and the Rational has an article in the Educational Review for March under the title "Should Specialists Specialize?" Dr. William F. Ogburn will be a

member of the faculty of the summer school of the University of Washington this summer. President Foster will speak

"America and the World Crisis" at the public forum in Tacoma on

John Spargo will be the speaker at the assembly of students and faculty in the college chapel on March 15. Dr. E. H. Lindley will give the ser mon at the vesper service in the chapel this afternoon at 4 o'clock. His subject will be "The Plateau of De spond." The public is invited.

University of Washington.

require a minimum of 68 hours of her master, Captain Irvine, the ship's helping hand. college work for admittance to journalism studies.

be under direction of the department. It will be principally in language, science. English, political and social science and psychology. One of these ples still walked to and fro on the subjects the department expects the decks. In the saloons men smoked, student to pursue intensively, so that played cards or told stories. Of all nes and Taylor were still on their 8. It had been swamped, its occupants upon arrival at junior standing he can those on board probably only the cap- jobs. Not until they had made cer- being thrown into the icy waters sufcome to his journalism studies with a goodly background of general information and a mind disciplined by the which the liner was just then speedspecialized study he has pursued. Two mere men have ventured to en-

roll for courses in the department of proaching the Lusitania's grave. me economics of the University of Washington to study the composition of textiles. They are George A. Cuddy the first of the two bells announcing and Angus L. O'Neill, both registered 11:30. in the commercial division of the crash that shook the sea leviathan as college of liberal arts, and both taking if it were a skeleton. A torpedo had courses in advertising.

The fourth annual open house of the gine room, penetrating the ship's engineering colleges of the University vitals, the engines. A second later of Washington will be held in the the huge vessel, now a helpless monafternoon and evening of March 29, ster and a tool of the sea, stood edge-The colleges of mines, forestry, civil, wise, listing heavily to starboard, mechanical, and electrical engineering sinking inch by inch into its grave have charge of the affairs.

Electricity is generated by a windmill so successfully at a German technical school that it is estimated a similar plant could supply light and water his officers the disembarking of pasfor 100 persons at a cost of \$125 a sengers began. There was no panic, no

Count Fifty! No Rheumatic Pain board side, for it was there that most of the lifeboats were launched. Only

Don't suffer! Instant relief around. There was no sign of the sinister assailant. In the wireless follows a rubbing with "St. Jacobs Oil."

Stop "dosing" rheumatism. It's pain only; not one case in 50 seemed theirs, teeth set with grim derequires internal treatment. Rub termination, their eyes calmly gazing southing, penetrating "St. Jacobs Oil" out of the window where fear haunted right on the "tender spot," and by the time you say Jack Robinson - out comes the rheumatic pain and distress. St. Jacobs Oil" conquers pain! It is of them upon his arrival here. "I was a harmless rheumatism liniment which jolly well happy that the old apparanaver disappoints and doesn't burn the skin. It takes pain, soreness and stiffness from aching joints, muscles and bones; stops sciatica, lumbago, back- in an orderly, systematic fashion. As Limber up! Get a small trial bottle toward starboard the launching of old time, honest "St. Jacobs Oil" | boats on that side became more and from any drug store, and in a moment you'll be free from pains, aches and Don't suffer! Rub rheuma-

SUNK AT SEA IN DEAD OF NIGHT



around was deep darkness in which flares and rockets seemed ridiculous by this time but there was increasing worry. Donnes and Taylor jumped difficulty in getting the remainder overboard. It was not a big jumpoff. Then a Godsend almost, in the they could almost step into the water, circumstances, a second missile hit for the sea was already licking the Three things stand out in the disthe liner, this time striking the en-The death from exposure of two American women, Mrs. and Miss Hoy — "buried at sea" as the laconic official telegram from the American conformal for a few seconds, clumsily regaining the engines on the port side. Again the big ship shook to its foundation, then staggered from one side to another for a few seconds, clumsily regaining the engines on the port side. Again the big ship shook to its foundation, then heard from—personally.

Three Outstanding Features.

The bravery of Mrs. Frank Harris,

an American woman, who will go down

in the history of marine disasters as

The conduct of the liner's two wire

less operators who stuck to the ship

until the radio room was almost on a

level with the sea as it greedily swal-

lowed up the ocean giant-imperturb-

Prepared for Disaster.

was prepared to the minutest detail.

gers had gone to bed. Isolated cou-

the U-boats, that the Laconia was ap-

Ship Is Shattered.

struck on the starboard abaft the en-

whence the wreck of the proud Lusi-

What followed was a classic of dis-

cipline and presence of mind. Under

mad trampling down of fellow passen-

gers, no violent pushing aside.
Through the darkness of the night

was not well. Glaring rockets shot

skyward, illuminating the waters all

faces passed by like shadows, they

"Closest call I ever had," said one

One Boat Overturned.

Meanwhile, the rescue work went on

the big liner leaned lower and lower

stuck to their jobs.

tus stuck to us."

tania beckoned welcome

The bridge clock had just sounded

The second was drowned in a

The great majority of the passen-

ably they kept sending the fateful

the heroine of the Laconia.

"S. O. S." signal.

sul puts it.

American Woman Heroine.

few seconds, clumsily regaining

of a former governor of Pennsylvania, bridge could be clearly discerned. had been quietly doing what from the At a speed of 17 knots, the Laconia into scores. Immediately after the vivors of the 18,000 ton vessel were was gliding through the waters of the first torpedo had struck the ship, she being tossed about in their lifeboats. Irish sea Sunday night, on the last had hastened to the captain's side and Carefully skirting the waters that had lap of her voyage from New York to there she remained until every other swallowed the liner, so as to avoid Liverpool. If there had been any passenger had left the boat. She fear among her passengers it had been checked up every woman and child as ing dragged down to its victim's grave, pretty well dispelled by the proximity they were placed in the boats. Here of the liner's destination and of the and there, where hysteria threatened University of Washington.

Seattle, March 3.—Beginning next and child was ready for any eventualfew soothing words and where a child fall, the department of journalism will ity. Under the cautious direction of seemed too thinly covered, she lent a passengers and crew had drilled every

Finally, after all except two had day from the time they had left the left the liner, she took the arm gal-Statue of Liberty behind. Everything lantly held out by Captain Irvine and with him stepped into the last boat to leave the sinking ship. Even then there came from the

radio room the methodical "tick, tick, victims and prospective rescuers, tick" of the wireless apparatus. Don-

upper deck.

Meanwhile, the U-boat had been The lifeboats had been its balance, and finally stood upright the swells for nearly half an hour, again, sinking lower and lower all the sometimes dangerously near each other, until it was possible for the oarsmen to scatter widely so as to All this time, Mrs. Frank E. Harris, avoid collisions when the author of who is the wife of an American army all the misery suddenly bobbed up on officer. Colonel Harris, stationed at the surface, It came nearer and nearer Fort Dupont, and the granddaughter its victim until the commander on the first she had conceived her "duty." To after the first torpedo. Where she her perhaps is due the fact that the had been, pieces of wreckage were

ramming her remnants and thus bethe U-boat drew near a group of lifeboats, one of which contained the Laconia's second officer. Then the submarine commander offered this bit of A Grim Greeting.

"You are only a short distance from shore," he shouted in clear English The patrol (British) will save you." It was a grim illustration of the capacity of U-boats for "listening in" on the radio messages between their Mrs. and Miss Hoy were in boat No. fering terribly from the exposure. The

which the liner was just then speed-ing were favorite hunting grounds of the U-boats that the Laconia was an-Farmers at Last Are Thoroughly Awake

> Realization Is at Hand That Through Cooperation Full Fruits of Labor Can Be Enjoyed-Landcraftman's Creed Is Optimistic.

By Fred Lockley. Vancouver, Wash., March 3. - In

many ways we of the United States behind the older countries of Europe. This is particularly true of the lack of cooperation among the farmthe direction of Captain Irvine and ers of this country. In a recent is-sue of the International Review of Agricultural Economics, published by the International Institute of Agriculture at Rome there is a most inter-Through the darkness of the night sesting discussion of the work that tion that caused much discussion and has been accomplished by the coop- was finally passed almost unanito by an almost uncannily measured erative societies of Germany in the shuffling of feet toward the starcollective sale and purchase of goods used by the members of the societies. Not only do these societies see that the cries of children rudely awakened their members in purchasing supplies, from their slumber indicated that all secure goods of irreproachable character, but they see that in the sale of cereals and livestock their members secure fair dealings and top prices. In the purchase of fertilizer, for examroom two youths-Donnes and Tayple, the cooperative societies have lor, by name,—quietly, persistently ticked away on their apparatus: S. O. proved their value not only to the individual but to the country at large. 8 .- S. O. S. Not a worry in the world Cooperative Societies Many.

There are in Germany 97 central cooperative societies. There are 2823 cooperative societies for collective sale and purchase and 3588 dairy societies. There are 4353 other cooperative societies for various other purposes and 17,781 saving and loan banks.

ing together and putting aside incon-

or any other organization in which farmers are interested to see that they are beginning to take a deep and vital interest in legislation and in securing a more equitable return for

Taxation on Improved Land. At a recent meeting of the Pomona grange in Clarke county I listened with great interest to the discussion members. Here is a resolu-"Whereas, we believe our mously: present system of taxation is wrong and unjust inasmuch as we are taxed for improving the land though we spend our life's best effort to do so. hence we believe we should be encouraged in our efforts to improve our farms and whereas we believe a lower rate of assessment on improved lands with an increased rate of assessment on unimproved lands would have a tendency to develop our country more rapidly, therefore be it resolved that Columbia Pomona Grange No. 1 favors an adjustment of assessment in this manner and that copy of this resolution be sent to the county assessor." Some of the arguments used in urg-

ing the passage of this resolution were logical and convincing. One speaker told how in Alberta the man The farmers of this country have on the land was encouraged to put not in the past correlated their efforts up substantial buildings, to plant orchards and to get his land into cultivation by having no higher asticles at less cost and securing better cultivation by having no higher as-prices for their products but they are sessment made upon the highly im-beginning to realize the need of work- proved land than was placed on the unused land of the non-resident owner. more menacing. One of them over-turned in the launching. Twenty min-utes had elapsed after the first tor-pedo. Most of the boats were clear to streng a few sessions of the grange by a farmer resulted in raising the

assessment, the thrifty man being penalized for his industry while the land speculator who let his land grow up to weeds while waiting for his more valuable was let off with a low

Farmers Are Awakened. The farmers are beginning to ask questions and to demand that the taxaters give some service for the pubhows that the volume of taxes and a half times more in proportion than has the population, four times as compared with the assessed valu-

ation of real estate and nearly three

valuation of all property, including public service property. ing they can secure better quality did riches. goods at less cost than under the present system. To show how deepthese problems I quote herewith a improve and strengthen it, I of the Landcrafters' creed Union county and now farming a section of land near Langdon.

A Landcraftsman's Creed. nce, profession, art or craft. It is as better than any other? vide as the confines of the earth and so vital that the human family would land, for farming is my work, my shells") and that of cretonne cannot perish within a tragically short period play, my religion. So I am going to be criticised if they harmonize with withtout its golden stores. Its busi- strive ness stature is so gigantic that but comfortable and enjoyable. I will pass are inclined to become tiresome if one claimed for a new French incandesce for its products railroads and ocean through this life but once, so I am has them to every room in the house, light with greenish-yellow glass in liners would rot in idleness.

"And as this is my destiny, my occupation, my profession, I am going to love it. I am going to make my profession both pleasant and profitable. I am not going to run slip-shod over my work, thinking I will some day leave the farm. I am going to make my work attractive and beautiful. I have all the forces of nature at my command. I have all the seasons to render me their homage, their service. ic money expended in their behalf. I have the soil, the air, the streams, Leaving municipal taxes out of con-the sunlight, the fresheaing rains to sideration the Taxpayers' league of serve me. So I have a retinue of ser-Clarke county in its recent report vants such as no king can boast of. "This farm is my workshop, my against county property has increased studio, my sanctum. I am going to since Washington became a state two strive to be an artist in my profession. I am proud that I am able to take a spot of the earth's surface, savage, raw and untamed, and convert

times as compared with the assessed delight. "Since life is a business, I am going be skillful, intelligent, thoughtful The establishment of more coop- in my calling. I am going to study erative societies such as the coopera- my farm. Every acre of it I am gotive cheese factory at Battle Ground, ing to scrutinize and control. I will will prove to the farmers that they fondle it, pamper it, and caress it; can secure larger returns from their but it must work for me-it must give products and that in cooperative buy- me its richest dower, its most splen-

it into a place of beauty, profit and

Dedicated to Study.

"If there is a barren or non-prothe farmers are thinking over ductive spot on it I will study to study to understand it as an engineer written by Bert Huffman, a wheat knows and loves his smoothly running raiser and practical farmer born in engine. I will study at a chemical composition, so that I may plant the seed that will be most thrifty, most productive, most profitable for such soil. He says: "Landcraft is the science Am I not a scientist, an artisan? Am of knowing, trusting and understand- I not closer to nature than any other ing Mother Earth. It is the science of worker? Then why not use the margrowing things, of building homes, of velous knowledge nature holds out to reducing the miracle of the harvest. me? Do I not tread the dirt reads, "Landcraft comprises within its travel the bridle paths, live, work and nagic brotherhood more members of walk upon the earth's bosom constantthe human family than any other sci- ly? Then why should I not know it "I expect to pass my Me upon the

going to gather about me all the com-

ace and skill to get the most out of it, as I go through. life while shrewd manipulators ex-

ploit his labor and take the cream from his harvest "So I am going to be a student as well as a farmer. I am going to know what conditions surround me, what dangers threaten my interests, what enemies lie in wait for me. All to me. All the schools, colleges, universities, books, newspapers and magazines are within my reach, so I am going to educate myself and remove the stigma of ignorance with which I am branded.

A Worthy Calling.

"There is no more worthy or sublime calling than mine. There is no more divine art than that of living upon and intelligently cultivating a spot of the earth. What artisan de-serves better of humanity than he who takes a parcel of raw land, wild and stubborn with ages of idleness and disuse, and who by skill, patience and intelligence makes that parcel of land support himself and family, yield profits, year after year, and which, being transmitted from father to son. generation after generation, returning the same bountiful harvests, furnishing the same shelter, support and pleasure, age upon age!

"So I am proud that I belong to the landcraft. I am going to try to be an ornament to the brotherhood. I will strive to so live and work among my fellows that friends will be plen-tiful and faithful as harvests are countiful and unfailing."

Pretty Lamp Shades.

While the simple shirred silk shade (with apologies to "she sells sea! to make my farm pleasant, the furnishing scheme of a room, they One of the prettiest of styles to vary front and backed by a reflector th forts, advantages and conveniences the monotony is the paper shade made reflects enough heat to prevent moistwithin my reach. Life is short at perfectly plain and round from a cir- ure collecting on the glass.

board. These paper shades are simply painted to match the bowl or vase or "It is said by the thoughtless that the lampstand, and are usually use the agricultural class—the landerafter with the pottery base. Occasionall -is ignorant; that he drudges and they appear with a wooden standard sweats and lives a dull, unthinking and are in good taste when thus us provided with these paper shades. When the shade is left in the natural parehment color the light diffus therefrom is apt to be mellow and

viting. The girl who stencils will recognize what enemies lie in wait for me. All in her oiled stencil paper a possibility the libraries of the world are open for making one of these shades. The ciling of the board or paper makes translucent. They can be painted it designs and stripes to match the general decorative scheme. Used in the natural old gold color, they are equally lovely, especially if the base of the lamp is of a solid bright color.

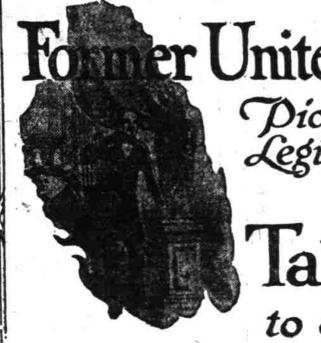
Another way to treat the paper shade is to paste cut-out designs from cre-tonne on the paper and paint in the background with black enamel thing out as much as possible. This method makes the light shine through the col ored designs and leaves the back-

Celery and Beetroot Salad. One head of celery, one small beet-

root, two small potatoes, a quarter cupful cream, one tablespoonful of vinegar, seasoning.

Boil the potatoes in their skins. When cooked peel them and allow them to get cold. Wash the celery thoroughly and cut it up quite small, using only the white part. Cut the bestroot into thick slices, and then into dice. Mix all into a salad bowl or into a glass dish. Add the vineger to the cream, with a saltspoon of to the cream, with a saltspoon made mustard, salt and pepper and a tablespoonful of castor sugar. Then pour this over the salad, mixing all well together. This salad is for light luncheon with cheese, brown bread and

Great fog-penetrating power



er United States Senator Mason Dioneer in Pure Jood & Drugs Legislation, Jather of the Rural O Free Delivery System Takes NUXATED IRON

to obtain renewed Strength,
Power and Endurance

After the hardest fought political campaign of his life, in which he was elected Congressman from the State of Illinois. The results he obtained from taking Nuxated Iron were so surprising that

The Laconia sank about 45 minutes The Laconia Sank about 45 minutes The Laconia Sank about 45 minutes The Laconia Sank about 45 minutes

Nuxated Iron Should Be Made Known to Every Nervous, Run-down, Anaemic Man, Woman and Child.

Opinion of Dr. Howard James, late of United States Public Health Service, who has prescribed and thoroughly tested Nuxated Iron in his own private practice

WHAT SENATOR MASON SAYS:

'T have often said I would never ecommend medicine of any kind I elieve that the doctor's place, How-elieve that the hardest political cam-To the Dignity of Their Own Calling

Thave often said I would never recommend medicine of any kind. I believe that the doctor's place. However, after the hardest political campaign of my life, without a chance for a vacation, I had been starting to court every morning with that horrible tired feeling one cannot describe. I was advised to try Nuxated Iron. As a pioneer in the pure food and drug legislation, I was at first loath to try an advertised remedy, but after advising with one of my medical friends. I gave it a test. The results have been so beneficial in my own case I made up my mind to let my friends know about it, and you are at liberty to publish this statement if you so desire. I am now sixty-five years of age, and I feel that a remedy which will build up the strength and increase the power of endurance of a man of my age should be known to every nervous, run-down anemic man, woman and child."

Senator Mason's statement in regard

You don't get the said a hunder times over, organic iron is the dred times over, organic iron is the greatest of all strength builders. "Not long ago a man came to me who was nearly half a century old and asked me to give him a preliminary examination for life insurance. I was atonished to find him with the blood pressure of a boy of twenty and as atonished to find him with the blood pressure of a boy of twenty and as atonished to find him with the blood pressure of a boy of twenty and as atonished to find him with the blood pressure of a boy of twenty and as atonished to find him with the blood pressure of a boy of twenty and as atonished to find him with the blood pressure of a boy of twenty and as atonished to find him with the blood pressure of a boy of twenty and as atonished to find him with the blood pressure of a boy of twenty and as atonished to f nervous, run-down anemic man, woman and child."

Senator Mason's statement in regard to Nuxated Iron was shown to several physicians who were requested to give their opinions thereon.

Dr. Howard James, late of the United States Public Health Service, said:

"Senator Mason is to be commended on handing out this statement on Nuxated Iron for public print. There are thousands of men and women who need a strength and blood-builder, but do not know what to take. There is nothing like organic iron—Nuxated Iron—to give increased strength, snap, vigor, and staying power. It enriches the blood, brings roses to the cheeks of women and is an unfalling source rigor, and staying power. It enriches to the blood, brings roses to the cheeks of women and is an unfalling source of renewed vitality, endurance and power for men who burn up too rapidly their nervous energy in the strenutous strain of the great business competition of the day."

Dr. King, a New York physician and author, said: "I heartily indores Seasator Mason's statement in regard to Nuxated Iron. There can be no vigored women is pale: the flesh flabby; the muscles lack tone; the brain fars, and the memory fails, and often they become weak, nervous, irritable, despondent and melancholy.

"In the most common foods of America, the starches, sugars, table bread, soda crackers, biscuits, macane bread, soda crac

From the Congressional United States Government.— from Illinois, was elected to the Directory, published by the "William E. Mason, Senator 50th Congress in 1887, to the 51st Congress in 1891—defeated for the 52nd Congress, 1892—to the 55th Congress, 1897 to 1903." Senator Mason is now Congressman-elect from the State of Illinois Senator Mason's Championship of Pure Food and Drugs legislation,

fight for the rural free delivery system, and his strong advocacy of a bills favoring labor and the rights of the masses as against trusts an omis tavoring labor and the rights of the masses as against trusts and combines, made him a national figure at Washington and endeared him to the hearts of the working man and the great masses of people throughout the United States. Senator Mason has the distinction of being one of the really big men of the nation. His strong endorsement of Nuxated Iron must convince any intelligent thinking reader that it must be a preparation of very great merit and one which the Senator feels is bound to be of great value to the masses of people everywhere, otherwise to be of great value to the masses of people everywhere, otherwise could not afford to lend his name to it, especially after his strong advoc

of pure food and drugs legislation.

Since Nuxated Iron has attained such an enormous sale—over the million people using it annually—other iron preparations are often recomended as a substitute for it. The reader should remember that the is a vast difference between ordinary metallic iron and the organic iron contained in Nuxated Iron, therefore, always insist on having Nuxated Iron as recommended by Dr. Howard James, late of the United States Public Health Service; Dr. Schuyler C. Jacques, Visiting Surgeon at St. Elizabeth's Hospital, New York, and other physicians. In this connection Dr. Howard

Hospital, New York, and other physicians. In this connection Dr. Howard James says:

"Iron to be of the slightest value to the human system must be in combination which may be easily assimilated. In the case of metallic salts of iron, iron acetate, etc., it is very doubtful if sufficient actual iron can be taken up and incorporated into the blood to be of any service especially in view of the disadvantages entailed by its corrosive action upon the stomach and the damaging effect upon the dental enamel. When however, we deal with iron in organic combination, such for instance as albuminate, or better still, Nuxated Iron, a far different story is told We will observe no destructive action upon the teeth; no corrosive effect upon the stomach. The iron is readily assimilated into the blood and quickly makes its presence felt by increased vigor, snap and staying power."

NOTE—Nuxated Iron, which is prescribed and recombended above by physicians in such a great variety of cases, is not a patent medicine for secret remedy, but one which is well known to druggists and whose iron constituents are widely prescribed by eminent physicians both in Europe and America. Unlike the older integrated from products, it is easily assimilated, does not injure the teeth, make them binck, nor upset the stomach: on the contrary, it is a most potent remedy in nearly all forms of inrecommended above by physicians in such a great variety of cases, is not a patent medicine great wariety of cases, is not a patent medicine nor secret remedy, but one which is well known to druggists and whose fron constituents are widely prescribed by eminent physicians both in Europe and America. Unlike the older in-organic fron products, it is easily assimilated, does not injure the teeth, make them black,