SUPPLE & BALLIN DELIVER SHIP TO EMERGENCY FLEET

SS. Harney Proves Worth in Official Tests and Is Turned Over to Government.

CREW IS ASSIGNED SHIP

Ballin Type With Steel Topsides and Diagonal Planking Is Liked by Board.

Having completed her official trip and found to be in perfect condition, the new wooden steamer Harney, built for the government by Supple & Ballin, was turned over to the federal authorities and the crew was put aboard the vessel today by Lieutenant Jones of the local branch of the sea service bureau. The Harney will be operated by Sudden & Christianson. The Harney will sail for San Francisco for orders. It is not improbable that she will make her initial voyage to Honolulu.

The Harney is of steel and wood construction, steel topsides and double diagonal planking being features of her construction, according to the design of Fred A. Ballin. Her tonnage is 4500. Following is the personnel of the crew:

Anders Lundin, captain; S. L. Esleby, first mate; E. O. H. Larsen, second mate; W. C. Denboer, third mate; A. E. Sprague, chief engineer; A. G. Ingram, first assistant engineer; E. M. Kearney, second assistant engineer; third assistant engineer unassigned.

ALL ALONG THE WATERFRONT

That the anti-influenza vaccine has produced excellent results and that a more general adoption of the treatment as a safeguard should be followed, is the statement of Dr. W. F. Langeller of the medical staff of the Emergency Fleet Corporation. Dr. Langeller, who is especially interested in the health of shipyard employes, has just returned from Seattle.

M. A. Helquist has succeeded O. T. Olsen as master of the barge Celtic Monarch.

P. K. A. Johnson has replaced Gus Westerdale as master of the tug Gleaner.

Loaded to capacity with passengers and freight, the Siberia Maru, of the Toyo Kisen Kaisha, made San Francisco this morning from Hongkong, Yokohama and Honolulu.

The Oceanic liner Sonoma, from Sydney, Pago Pago and Honolulu, arrived at San Francisco today.

E. J. Griffith, head of the sea service bureau of the United States Shipping Board in Seattle, has announced the appointment of Captain O. Manning, as master of the new wooden steamer Brookdale, built at Grays Harbor for the government. Manning was formerly secretary of the merchant service guild of Australia, and has been a seafaring man for 28 years.

The freighter Hwah-Wu, 2769 tons, formerly the German steamship Albenga, and which was seized by the Chinese government at the outbreak of the war, has arrived at Vancouver, B. C., in the transpacific trade. The cargo consisted of 9800 cases of Oriental oil, matting, and other products of the Far East. Other German ships seized by the Chinese include the steamers Silesia, now the Twah-Yin, the Bohemia, renamed the Hwah-Ping, and the Sexta, now called the Hwah-Hain.

The department of commerce has made arrangements to discontinue the practice of free distribution of publications of the U. S. Lighthouse service, in accordance with the new congressional law. The new rule will become effective January 1, next. A charge of 30 cents a copy will be made for all light lists, and 20 cents a copy for all buoy lists, and lights lists of the district embraced by the Mississippi river and its tributaries.

OFFICIAL WORD STILL LACKING

Shipbuilders Await Decision of Government on Wood Ships.

No official word regarding the government's reported decision to allow work on wooden ships to proceed where the cost of reimbursing the builders exceeded $200,000, had been received this afternoon by Lloyd J. Wentworth, supervisor of the government's wood shipbuilding program in Oregon. Despite the fact that unofficial reports were received in news dispatches Wednesday to the effect that the government had finally stated its policy, local wood shipbuilders are still in the dark as to the immediate future. When the order suspending all work on wooden ships which were not actually under way was received, local yards laid off part of their force of employes. The announcement later that contracts for wood or steel ships for private account could be undertaken, and that wood ships could be built for foreign interests has not thus far produced results here. Eric V. Hauser, general manager of the Grant Smith-Porter Ship company, states that he is not making any attempt to obtain private contracts for the reason that there is possibility of the government's letting the builders finish the contracts they already have on hand, and which were suspended.

News of the Port

Arrivals December 12

Aiken, American steamer, from trial trip.

Arrivals December 13

Oleum, American steamer, from San Francisco, oil.

Departures December 13

City of St. Helens, American auxiliary schooner, for Shanghai, lumber.

E. H. Meyer, American steamer, for San Pedro, lumber.

Departures December 12

Tahoe, American steamer, for San Pedro, lumber, from St. Helens.

MARINE ALMANAC

Weather at River's Mouth

North Head, Dec. 13.—Conditions at the mouth of the river at noon: Wind, south, 26 miles; rain; sea smooth; humidity 79.

Tides at Astoria Saturday

High water.	Low water.
9:23 a. m....9.7 feet	3:16 a. m....3.2 feet
10:46 p. m....7.0 feet	4:45 p. m....0.2 feet

Tomorrow's Sun

Sun rises at 7:46 a. m. | Sun sets at 4:26 p. m.

DAILY RIVER READINGS

STATIONS	Flood Stage.	Height (in feet).	Change in last 24 hours.	Rainfall in last 24 hours.
Umatilla	25	1.7	0.0	0.00
Eugene	10	2.7	0.0	0.06
Alany	20	3.0	*0.2	0.27
Salem	20	2.1	*0.2	0.18
Oregon City	12	4.5	*0.3	0.40
Portland	15	3.1	*1.0	0.11

(*Rising.)

RIVER FORECAST

The Willamette river at Portland will remain nearly stationary during the next two or three days except as affected by the tide. High tides Saturday will occur about 3:45 a. m. and 3:30 p. m.

AT NEIGHBORING PORTS

Astoria, Dec. 13.—Arrived, at 7 and left up at 9, list night, steamer Oleum, from San Francisco.

Astoria, Dec. 12.—Arrived, at noon and left up at 2 p. m., steamer Aiken, from trial trip; left up at 3:40 p. m., schooner Golden Shore, from Sydney.

San Francisco, Dec. 12.—Sailed—Steamer Tiverton, from Columbia river for San Pedro.

Eureka, Dec. 12.—Sailed, at 8 a. m., steamer City of Topeka, from San Francisco, for Portland via Coos Bay.

Shanghai, Dec. 7. — Arrived — Auxiliary schoon Mabel Stewart, from Columbia river.

Gaviota, Dec. 12.—Sailed—Steamer W. F. Herrin, for Portland.

Seattle, Dec. 13.—(I. N. S.)—Arrived—Yesterday—Argyll, from San Francisco, at 9 a. m.; Hwah Wu, from Kobe, at 1:30 p. m.; Keishin Maru, from Calcutta, at 3 p. m.; Norwood, from Bellingham, at 7:30 a. m. Sailed—President, for San Diego, at 11 a. m.; Victoria, for Cordova, at 10:45 a. m. Sailed—Yesterday—Argyll, for San Francisco, at 6 p. m.

Cordova, Dec. 12.—Sailed — Northwestern, southbound, at 7 a. m.

Honolulu, Dec. 11.—Sailed—Astoria, for San Francisco.

Port Townsend, Dec. 13.—Passed in—Quadra, for Tacoma, at 8 a. m.; Chimo, for Seattle, at 8:30 a. m.; Richmond, for Seattle, at 8:30 a. m. Passed out—Taikai Maru, for Yokohama, at 8 a. m.

Everett, Dec. 12.—(I. N. S.)—Arrived—Willamette, from San Francisco; W. S. Porter, from San Francisco.

Port Blakely, Dec. 12.—Arrived—Santa Ana, from Seattle.

Tacoma, Dec. 13.—(I. N. S.)—Arrived—Valdez, from Seattle; Souchez, from Seattle; Eastern Light, from Seattle; Davenport, from Seattle.

San Francisco, Dec. 13.—(I. N. S.)—Arrived—Yesterday—Schooner Ottillie Fjord, from New Plymouth, at 5:30 p. m.; Windber, from Kahului, at 6:20 p. m. Sailed—Yesterday—tug Sea King, towing barge E. M. Phelps, for Port San Luis, at 11:30 a. m.; Korea Maru, for Hongkong, at 2:30 p. m.; Tiverton, for San Diego, at 3:45 p. m.; Daisy Gadsby, for Grays Harbor, at 4:15 p. m.; Spokane, for Los Angeles, at 5 p. m.; tug Hercules, towing barge Celtic Monarch and schooner Spokane, for Eureka, at 6 p. m.; Westport, for Crescent City, at 8:40 p. m.

San Francisco, Dec. 13.—(I. N. S.)—Arrived—Point Loma, from Honolulu, at 12:39 a. m.; Vanguard, from San Diego, at 2 a. m.; Admiral Dewey, from Seattle, at 3 a. m.; Arctic, from Fort Bragg, at 6 a. m.; South Coast, from Stewart's Point, at 6 a. m.; West Eldara, from Seattle, at 9 a. m.; Siberia Maru, from Oriental ports, via Honolulu, at 3 a. m.; Sonoma, from Sydney, Pago-Pago and Honolulu, at 6:30 a. m.; Sea Eagle (with Simla in tow), from Fort San Luis, at 11 a. m.; Pasadena, from Albion, at 11 a. m.

Samuel W. Orr has replaced H. B. Jones in command of Steamer Yakima.

Ernest Smith has replaced M. C. Parle as master of steamer Daisy Gadsby.

Notice to Mariners

The following affect the aids to navigation in the Seventeenth Lighthouse district, as announced by Superintendent Robert Warrack:

Washington—Puget Sound: Decatur reef buoy 2, reported dragged out of position December 5, will be replaced as soon as practicable.

Washington—Puget Sound, Port Orchard: Point Herron buoy, 2, reported dragged out of position in a southerly direction December 5, will be replaced as soon as practicable.

Oregon and Washington—Columbia river, Astoria to Tongue Point: Middle Ground buoy, 5, reported carried away December 9, was replaced the same date.

Oregon—Coos Bay: Utter Rocks light reported carried away December 2, will be replaced as soon as practicable.

Oscar W. Schwarz, nautical expert, U. S. N., of Portland, has received a report that a barge was adrift December 10 two miles northwest of Yaquina Head.

Bandits Shoot Up Brooklyn, N. Y., Bank

New York, Dec. 13.—(I. N. S.)—Two armed bandits entered the Eastern Savings Bank of Brooklyn this afternoon, shot and killed a clerk, wounded a watchman and a bookkeeper and escaped. It is not known whether they succeeded in getting any money.

Mrs. Doersch Heads O. E. S.

Centralia, Dec. 13.—Officers were elected Tuesday night by the local chapter of O. E. S. as follows: Mrs. Ida Doersch, worthy matron; L. F. Doersch, worthy patron; Mrs. Dagmar Hamilton, associate matron; Mrs. Lillian Davis, secretary; Mrs. Mary Armstrong, treasurer; Mrs. Georgia Robinson, conductress, and Mrs. Lola Williams, assistant conductress.

ATTENDING STATE CHAMBER OF COMMERCE SESSIONS

Front row, left to right—F. S. Bramwell, Grants Pass; F. C. Graham, Cove Orchard; F. R. Brown, chairman of the agricultural committee, Heppner; M. Langley, Forest Grove; J. T. Borick, The Dalles. Second row—George Quayle, Portland; Charles McKnight, Marshfield; J. H. Overturff, Bend; S. W. Segeler, Dayton; C. C. Pease, The Dalles. Third row—W. E. Meachem, Baker; R. C. Paulus, Salem; W. W. Smead, Heppner; F. A. McMannian, Heppner; C. K. Cranston, Pendleton; S. J. Simpson, Bend; A. W. Nelson, La Grande. Back row—C. C. Chapman, Portland; Emery Olmstead, Portland; F. J. Chapman, Salem.

SPEAKERS DISCUSS STATE ACTIVITIES

Commerce Chamber for Oregon Will Elect Directors at Saturday's Session.

The purposes of the newly organized Oregon Chamber of Commerce were presented in a speech by C. C. Chapman before the meeting of delegates representing all sections of the state in the green room of the Portland chamber this morning.

Delegates were in attendance from more than 20 cities and towns in 15 Oregon counties, and all are entering upon the work of the state organization with an enthusiasm which promises to make it a potent force in the commercial and industrial development of the Northwest.

Portland Promises Cooperation

Emery Olmstead addressed the convention on the importance of the agricultural development of the state, calling special attention to the value of the millions of acres of logged-off lands.

W. D. B. Dodson, secretary of the Portland Chamber of Commerce, explained the relation of the local chamber to the state chamber and promised the closest cooperation of the two bodies in the important work about to be undertaken.

The committee on by-laws made its report at this morning's session and the by-laws submitted were adopted. Members of the committee were F. R. Browne, Charles McKnight, F. C. Brownell, C. C. Chapman, C. L. Barr, Louis Lachman and J. V. Tallman.

At the afternoon session, which opened at 1:30, William H. Crawford gave an interesting talk on "The Farm Unit," L. J. Simpson delivered an address on "Cooperation," and J. W. Brewer explained proper methods of reclamation. A. G. Clark was on the afternoon program for a talk on "Home Industries," and Dean Morton for an address on "Commerce."

Following an address on "Cut-Over Lands" by Charles L. Wheeler Saturday morning, the convention will proceed to the election of a board of directors. Five directors will be chosen from Eastern Oregon, five from Western Oregon, and two from Portland. Later three directors will be selected from affiliated organizations.

Officers of the State Chamber of Commerce will be elected by the board of directors and a program of work for the coming year will be outlined.

Michael Hostettler Dead

Chehalis, Wash., Dec. 13.—Michael Hostettler died Saturday night at his home, 316 Franklin street, aged 60 years. Funeral services were held Thursday afternoon.

SPANISH INFLUENZA MORE DEADLY THAN WAR

Said That Epidemic Cost More Lives Than American Loss in Battle. Danger Not Over. Great Care Necessary To Prevent Further Outbreak

The appalling ravages of Spanish Influenza in this country are perhaps best realized by the statement recently made, that more deaths have resulted in little more than a month from this disease than through our whole eighteen months participation in the battles of the European War.

Our greatest danger now, declare authorities, is the great American tendency to forget easily and to believe the peril is over. Competent authorities claim the coming of cold weather is very apt to bring a return of this disease and there should be no let-up throughout the winter months of the following easily observed precautions, remembering that Influenza is far easier to prevent than cure.

Influenza is a crowd disease. Avoid crowds as much as possible. Influenza germs spread when ignorant or careless persons sneeze or cough without using a handkerchief. Cover up each cough or sneeze. Do not spit on the floor, sidewalk, in street cars or public places. Avoid the use of common drinking cups and roller towels in public places. Breathe some reliable germicidal and antiseptic air to destroy the germs that do find lodgement in your nose and throat.

Remember, no safer precaution against Influenza could be employed in this manner than to get from the nearest drug store a complete Hyomei Outfit consisting of a bottle of the Pure oil of Hyomei and a little vest-pocket hard rubber inhaling device, into which a few drops of the oil are poured. You should carry this Inhaler about with you during the day and each half hour or so put it in your mouth and draw deep breaths of its pure, healing germ killing air into the passages of your nose, throat and lungs.

By destroying germs before they actually begin work in your blood, you may make yourself practically immune to infection.

All these suggestions about Spanish Influenza are equally true in the prevention of colds, catarrh of nose and throat, bronchitis and even pneumonia. Don't become careless. Do your part. Keep the germs away. You may save yourself a serious illness and the loss of several weeks' work. For sale by Owl Drug Co.—Adv.

Deputy Governor Federal Reserve Bank Visits City

J. U. Calkins, deputy governor of the federal reserve bank of San Francisco, arrived this morning from Spokane and will leave for the south tonight. Mr. Calkins has charge of branch banks in the Twelfth federal reserve district and is on a tour of inspection of the branches in the Northwest, including Portland, Seattle and Spokane. He will later visit Salt Lake City and Los Angeles.

Mr. Calkins was taken for a drive along the water front and through the Union Stockyards this afternoon by John C. Ainsworth, president of the United States National bank. He is most favorably impressed with Portland opportunities for development and prophesied immense prosperity for the north Pacific states. The Portland branch of the federal reserve bank ranks highest in volume of business transacted and net earnings, among the branches in the Twelfth district, according to Mr. Calkins.

Soldiers to Travel Home at Expense of U. S. Government

John K. Kollock of the State Council of Defense has received from D. M. Reynolds of the National Council of Defense a telegram stating that all soldiers are to receive one month's pay plus transportation allowance of 3½ cents a mile at the time of their discharge.

Soldiers, the telegram adds, will be demobilized at the camp nearest the home of the majority of the soldiers affected. Mr. Reynolds asks that his message be given publicity to clear up uncertainty in the minds of some as to what disposition is to be made of returning veterans.

Service Medal Is Given Gen. March

Washington, Dec. 13.—(I. N. S.)—In the name of President Wilson and upon recommendation of General Pershing, the distinguished service medal was presented to General Peyton C. March, chief of staff, by Secretary of War Baker this afternoon. The medal is in recognition of General March's services when in command of the artillery forces of the A. E. F., and as chieff of staff in this country.

RELEASE OF WOOD SHIPS IS POSSIBLE

(Continued From Page One)

is now managing 34 steel and wooden ships for the government.

In absence of the conditions on which the charters are to be granted, no definite expression could be learned today from local shipping firms. Manager Stubbe of the local branch of Sudden & Christensen, large ship operating concern, said today that he was not prepared to state what advantage, if any, his firm would take on the question of chartering the wooden ships from the government. This question must be solved at the San Francisco offices of the firm, he said. Sudden & Christenson are now operating 40 ships for the government.

To Relieve Congestion

Dant & Russell, lumber exporters, say that they are not in the market for the particular type of wooden ships built by the government. The vessels are not suited for lumber carriers.

That the release to private interests of the fleet of wooden ships will go a long way to relieving the congested freight situation in some quarters, is admitted, however, by W. D. B. Dodson, executive secretary of the Portland Chamber of Commerce. There is a field for more ships on the coastwise run and the west coast of South America and Honolulu and Australia offer a field for the ships.

It is the belief of Mr. Dodson that the determination to charter the government built wooden ships is forerunner of the extension of the same policy to the steel freighters, later on. It is not expected that the steel ships will be included, however, until the troop and supplies requirements overseas have been taken care of.

To Deliver 34 Ships

In the Oregon district alone some 34 wooden ships are scheduled for delivery to the government between now and January 15, according to Lieutenant Jones of the sea service bureau. These ships are:

December 13, Harney and Itanca; December 14, Medford, Irsaqueena, Latoka and Belding; December 16, Cabesa; December 18, Bonifay; December 20, Kanakee, Makanda and Mattapan; December 21, Aiken; December 23, Ashburne; December 26, Benvola, Cresap and Benzonia; December 27, Blue Eagle; December 28, Kokuma; December 30, Fort Scott and Musketo; December 31, Cadura, Anthera, Cotterai, Clackamas, Callabasas and Aimwell; January 4, Fort Stevens; January 5, Capines and Maratanza; January 8, Wakiki; January 10, Kangi; January 15, Wanzu and Fort Sill; indefinite, Bellbrook.

ORGANIZATION FOR RED CROSS DRIVE VIRTUALLY READY

Soldiers Home From Overseas Service Are Asked to Report to Help in Membership Work.

CITY MANAGER AT HOME

Mrs. A. R. Innes, Assistant City Manager, Has Taken Up Work of Mr. Reed, Pending Return.

Unless something gets out of gear at the last minute, the Red Cross membership campaign will be in full running order Monday morning. The state and city organizations are virtually completed down to the last worker although, of course, a few more workers can always be used.

A request is issued by State Manager Witham that soldiers who have returned from overseas service report at 500 Gasco building. The state management is anxious to get in touch with as many returned fighters as possible, hoping to enlist their aid in the coming drive.

The industrial division, with Mrs. K. McM. Mason as colonel, has organized every plant in the city. Mrs. Mason has Miss Ruth Teal as her lieutenant colonel and the following captains: Mrs. J. R. Bowles, Miss Henrietta Failing, Mrs. C. E. Swigert, Mrs. Richard Wilder, Mrs. Walter Beebe, Mrs. David T. Honeyman, Mrs. A. E. Richards, Mrs. S. Grutz, Mrs. George W. Nolan, Mrs. Don Steffa, Mrs. S. W. Unander, Mrs. Ralph E. Williams, Mrs. Julius Louisson, Mrs. A. G. Labbe, Mrs. George Maxwell, Mrs. Henry Kirk, Mrs. K. K. Baxter, Mrs. A. M. Ashley, Mrs. C. E. Rumelin, Mrs. J. J. Panton, Mrs. L. D. Freeland, Mrs. D. C. Burns, Mrs. Thomas Robertson, Mrs. J. C. Costello and Mrs. John Banks.

One of the noticeable features of this campaign is the thorough cooperation among the women in the various divisions. The theory on which the women are working is that they want results and they are willing to help one another to get them.

Henry E. Reed, city manager, is confined to his home with a cold and his physician refuses to sanction his return to Liberty Temple for the time being. This is throwing the responsibility of keeping the city drive organization moving on Mrs. A. R. Innes, assistant city manager.

Governor Withycombe assured State Chairman Wilbur E. Coman Thursday by long distance phone that he would lend every help to the membership drive. While no quota has been given to the state, the management knows that if Oregon is to maintain her record, twice the number of memberships of a year ago must be enrolled. Word comes that Salem chapter of the Red Cross is already starting its enrollment.

Reported Missing; Is in Hospital

Chehalis, Wash., Dec. 13.—George M. Morton, reported missing in Thursday's casualty list, was reported missing to his wife in Napavine September 30. A letter from him about October 5 said he was in a base hospital in France, and his wife has heard from him, from the hospital, up to November 5.

Centralia Pioneer Dies

Centralia, Dec. 13.—Mrs. Mary Tucker, 78, died Tuesday at the home of her daughter, Mrs. Agnes Finstead, in Silver Creek. The funeral was held Thursday afternoon from the church at Salkum, Rev. T. D. Acheson officiating and interment being in the Salkum cemetery. E. C. Fissel had charge of the arrangements. She is survived by six children, Mrs. Mary Larson, Mrs. Finstead and William, James, Fred and G. H. Tucker, all of Silver Creek.

You Can't Brush Or Wash Out Dandruff

The only sure way to get rid of dandruff is to dissolve it, then you destroy it entirely. To do this, get about four ounces of ordinary liquid arvon; apply it at night when retiring; use enough to moisten the scalp and rub it in gently with the finger tips.

Do this tonight, and by morning, most if not all, of your dandruff will be gone and three or four more applications will completely dissolve and entirely destroy every single sign and trace of it, no matter how much dandruff you may have.

You will find, too, that all itching and digging of the scalp will stop at once, and your hair will be fluffy, lustrous, glossy, silky and soft, and look and feel a hundred times better.

You can get liquid arvon at any drug store. It is inexpensive and never fails to do the work.—(Adv.)

"I'VE NEVER SEEN ITS EQUAL," SAYS CALVIN THOMAS

Declares Nothing Ever Helped Him Until He Took Tanlac. Gains 15 Pounds

"Nothing ever helped me until I got Tanlac, and now I'm feeling just like a different man," said Calvin M. Thomas of 142 Shaver street, Portland, Or., while in the Owl Drug store recently.

"Three years ago," he continued, "I was taken with a rheumatic pain and soreness in my left arm, then in my right, and soon the rheumatism got all through my body. During this time I tried all sorts of medicines, used bottle after bottle of liniments and even took electric treatment, but kept getting worse. Three months ago I got into such a bad fix that I just had to lay off from my work for two weeks. For a week of this time the pain in my shoulders was so bad that I couldn't lay down and had to prop myself up in bed in order to get any sleep or rest at night. I had fallen off 27 pounds in weight and was just going down hill all the time.

"Finally a friend of mine at the shipyards, where I work, advised me to try Tanlac, saying it had relieved him of the same kind of trouble. So I lost no time in getting me a bottle of Tanlac and I have never seen or heard of its equal. I am so much better of the rheumatism that I hardly notice it any more and Tanlac is just building me right up. I have already gotten back 15 pounds of my lost weight and am still improving right along. I am going to keep on taking Tanlac for a while yet to make sure the rheumatism is all out of my system, for I certainly don't want any more suffering like I had during the past three years. I am also going to have my wife and son take it to build them up and I cheerfully recommend it to everybody."

Rheumatism is not only one of the most prevalent, but one of the most painful and difficult to treat of all present-day diseases. When the digestive organs and bowels are not working properly and the kidneys become clogged up, the whole system becomes deranged and saturated with uric acid poisons and other impurities, which accumulate in the joints and other parts of the body and produce the condition known as rheumatism.

Tanlac is a powerful reconstructive tonic and quickly overcomes this condition by acting directly on the vital organs, toning them up and enabling them to perform their proper functions so that the impurities are soon eliminated from the system in a natural way. Liniments and external applications, as a general thing, afford only temporary relief. Tanlac is a constitutional treatment and gets right at the root of the trouble by removing the cause.

Tanlac is sold in Portland by the Owl Drug Co.—Adv.

Lose Your Fat, Keep Your Health

Superfluous flesh is not healthy, neither is it healthy to diet or exercise too much for its removal. The simplest method known for reducing the overfat body two, three or four pounds a week is the Marmola Method, tried and indorsed by thousands. Marmola Prescription Tablets, containing exact doses of the famous prescription, are sold by druggists at 75 cents for a large case, or if you prefer you can obtain them by sending direct to the Marmola Company, 884 Woodward Ave., Detroit, Mich. They are harmless and leave no wrinkles or flabbiness. They are popular because effective and convenient.—Adv.

To Relieve Catarrh, Catarrhal Deafness And Head Noises

Persons suffering from catarrhal deafness, or who are growing hard of hearing and have head noises will be glad to know that this distressing affliction can usually be successfully treated at home by an internal medicine that in many instances has effected complete relief after other treatments have failed. Sufferers who could scarcely hear have had their hearing restored to such an extent that the tick of a watch was plainly audible seven or eight inches away from either ear. Therefore, if you know of someone who is troubled with head noises or catarrhal deafness, cut out this formula and hand it to them and you may have been the means of saving some poor sufferer perhaps from total deafness. The prescription can be prepared at home and is made as follows:

Secure from your druggist 1 oz. Parmint (Double Strength). Take this home and add to it ¼ pint of hot water and a little granulated sugar; stir until dissolved. Take one tablespoonful four times a day.

Parmint is used in this way not only to reduce by tonic action the inflammation and swelling in the Eustachian Tubes, and thus to equalize the air pressure on the drum, but to correct any excess of secretions in the middle ear, and the results it gives are nearly always quick and effective.

Every person who has catarrh in any form or distressing rumbling, hissing sounds in their ears, should give this recipe a trial.—Adv.

A Dead Stomach

Of What Use Is It?

Thousands? yes hundreds of thousands of people throughout America are taking the slow death treatment daily.

They are murdering their own stomach, the best friend they have, and in their sublime ignorance they think they are putting aside the laws of nature.

This is no sensational statement; it is a startling fact, the truth of which any honorable physician will not deny.

These thousands of people are swallowing daily huge quantities of pepsin and other strong digesters, made especially to digest the food in the stomach without any aid at all from the digestive membrane of the stomach.

Mi-o-na stomach tablets relieve distressed stomach in five minutes; they do more. Taken regularly for a few weeks they build up the run down stomach and make it strong enough to digest its own food. Then indigestion, belching, sour stomach and headache will go.

Mi-o-na stomach tablets are sold by druggists everywhere and by The Owl Drug Co., who guarantee them. (Adv.)

BELL-ANS FOR INDIGESTION

WAR RESTRICTIONS OFF!

Send us your orders for STRUCTURAL STEEL, PLATES, RIVETS, BOLTS *for any purpose*

Northwest Steel Co.
PORTLAND, OR.

Catarrh of the Stomach Is Dangerous

"Thousands Have It and Don't Know It," Says Physician. Frequently Mistaken for Indigestion—How to Recognize and Treat.

"Thousands of people suffer more or less constantly from furred, coated tongue, bad breath, sour burning stomach, frequent vomiting, rumbling in stomach, bitter eructations, gas, wind and stomach acidity and call it indigestion when in reality their trouble is due to gastric catarrh of the stomach," writes a New York physician.

Catarrh of the stomach is dangerous because the mucous membrane lining of the stomach is thickened and a coating of phlegm covers the surface so that the digestive fluids cannot mix with the food and digest them. This condition soon breeds deadly disease in the fermented, unassimilated food. The blood is polluted and carries the infection throughout the body. Gastric ulcers are apt to form and frequently an ulcer is the first sign of a deadly cancer.

In catarrh of the stomach a good and safe treatment is to take before meals a teaspoonful of pure Bisurated Magnesia in half a glass of hot water, as hot as you can comfortably drink it. The hot water washes the mucous from the stomach walls and draws the blood to the stomach while the bisurated magnesia is an excellent solvent for mucus and increases the efficiency of the hot water treatment. Moreover, the Bisurated Magnesia will serve as a powerful but harmless antacid which will neutralize any excess hydrochloric acid that may be in your stomach and sweeten its food contents. Easy, natural digestion without distress of any kind should soon follow. Bisurated Magnesia is not a laxative, is harmless, pleasant and easy to take and can be obtained from any local druggist. Don't confuse Bisurated Magnesia with other forms of magnesia, milks, citrates, etc., but get it in the pure bisurated form (powder or tablets), especially prepared for this purpose.—Adv.

Dainty Maidens Prefer Cuticura

To clear the skin and keep it clear. In purity, delicate Cuticura medication, refreshing fragrance, convenience and economy, Cuticura Soap with touches of Ointment now and then as needed meet with the approval of the most discriminating. Ideal for every-day toilet uses.

Sample Each Free by Mail. Address post-card: "Cuticura, Dept. 23A, Boston." Sold everywhere. Soap 25c. Ointment 25 and 50c. Talcum 25c.

CAN'T FIND DANDRUFF

Every bit of dandruff disappears after one or two applications of Danderine rubbed well into the scalp with the finger tips. Get a small bottle of Danderine at any drug store for a few cents and save your hair. After several applications you can't find a particle of dandruff or any falling hair and the scalp will never itch. Adv.

Break A Child's Cold by Giving Syrup of Figs

Look, Mother! Is tongue coated, breath feverish and stomach sour?

Cleanse the little liver and bowels and they get well quickly.

When your child suffers from a cold don't wait: give the little stomach, liver and bowels a gentle, thorough cleansing at once. When cross, peevish, listless, pale, doesn't sleep, eat or act naturally; if breath is bad, stomach sour, give a teaspoonful of "California Syrup of Figs," and in a few hours all the clogged-up, constipated waste, sour bile and undigested food will gently move out of the bowels, and you have a well, playful child again.

If your child coughs, snuffles and has caught cold or is feverish or has a sore throat give a good dose of "California Syrup of Figs," to evacuate the bowels no difference what other treatment is given.

Sick children needn't be coaxed to take this harmless "fruit laxative." Millions of mothers keep it handy because they know its action on the stomach, liver and bowels is prompt and sure. They also know a little given today saves a sick child tomorrow.

Ask your druggist for a bottle of "California Syrup of Figs," which contains directions for babies, children of all ages and for grown-ups plainly on the bottle. Beware of counterfeits sold here. Get the genuine, made by "California Fig Syrup Company." (Adv.)

BACK LIKE A BOARD? IT'S YOUR KIDNEYS

There's no use suffering from the awful agony of lame back. Don't wait till it "passes off." It only comes back. Find the cause and stop it. Diseased conditions of the bladder or kidneys are usually indicated by stiff, lame back, wrenching pains, lumbago, sciatica, nervousness, sleeplessness, tired, worn-out feeling, pain in the lower abdomen. These are nature's signals for help!

Here's the remedy. When you feel the first twinges of pain or experience any of these symptoms, get busy at once. Go to your druggist and get a box of pure, original GOLD MEDAL Haarlem Oil Capsules, imported fresh every month from the laboratories in Haarlem, Holland. Pleasant and easy to take, they almost instantly attack the poisonous germs that are clogging up your system and bring quick relief.

For over two hundred years they have been helping the sick. Why not try them? Sold everywhere by reliable druggists in sealed packages. Three sizes. Money back if they do not help you. Ask for "GOLD MEDAL" and be sure the name "GOLD MEDAL" is on the box.

For sale and guaranteed by The Owl Drug Co.—Adv.

EADE'S GOUT PILLS
The Old and Popular Remedy for Gout, Rheumatism, Sciatica, Lumbago, pains in the head, joints and limbs. All druggists. Eade's Pillets & Co., Inc., Agents for U. S., 90 Beekman St., N. Y.

THE WORKMAN BEHIND the SWORD

It takes skill and strength to work all day in a shop or factory. Many a man is fighting just as hard behind the lines as did the boys at the front. But when a man (or woman) has to meet the attack of the influenza bacilli—ten to one he will have a close shave if his kidneys are not right. Influenza and Grippe often cause an inflammation of the kidneys—either at time of attack or afterward. It is due to nature's effort to throw off the poisons. When you are troubled with backache, or headache—when your kidneys get sluggish and clog, you must relieve them, as well as your bowels. Ward off serious troubles at once by obtaining at the drug store an anti-uric-acid tablet, first discovered by Dr. Pierce, and called "Anuric." This will flush the bladder and kidneys, and it is well to drink plenty of hot water, or better still, hot lemonade. Take occasional doses (two or three times a week) of a natural purgative, made up of May-apple, leaves of aloe, jalap, and rolled into a tiny, sugar-coated pill, to be had at all drug stores, as Dr. Pierce's Pleasant Pellets. Often this treatment will ward off the influenza. After the Grippe, when a man or woman lacks snap or energy, is pale and weak, he or she should take a good iron tonic for the blood, such as "Irontic" Tablets, made by Dr. Pierce, or his herbal tonic, so long and favorably known as Golden Medical Discovery. Next to going to the woods to build up your health is this discovery of Dr. Pierce's, made from wild roots and barks from American forest trees, and without a particle of alcohol in its make-up.—Adv.

Break a Cold In Few Hours

First dose of "Pape's Cold Compound" relieves the cold and grippe misery—Don't stay stuffed up!

Relief comes instantly.

A dose taken every two hours until three doses are taken will end grippe misery and break up a severe cold either in the head, chest, body or limbs.

It promptly opens clogged-up nostrils and air passages in the head, stops nasty discharge or nose running, relieves sick headache, dullness, feverishness, sore throat, sneezing, soreness and stiffness.

Don't stay stuffed up; Quit blowing and snuffling! Ease your throbbing head! Nothing else in the world gives such prompt relief as "Pape's Cold Compound," which costs only a few cents at any drug store. It acts without assistance, tastes nice, causes no inconvenience. Be sure you get the genuine.—Adv.