IN STOMACH

"Pape's Diapepsin" at once

ends Indigestion and

Sour, Acid Stomach

Lumps of undigested food cause pain. If your stomach is in a revolt; if sick, gassy and upset, and what you just ate has fermented and turned sour; head dizzy and aches; belch gases and acids and eructate undigested food—just take a tablet or two of Pape's Diapepsin to help neutralise acidity, and in five minutes you wonder what became of the pain, acidity, indigestion and distress. If your stomach doesn't take care of your liberal limit without rebellion; if your food is a damage instead of a help, remember the quickest, surest, most

remember the quickest, surest, mo harmless stomach antacid is Pape's Di pepsin, which costs so little at dri

RHEUMATISM!

over 50 years ago. Like many others, I spent money freely for so-called 'cures' and I have read about 'Uric Acid' until I could almost taste it. I could not sleep nights or walk without pain.

tists for centuries past, simply send a post card

and hand this good news and opportunity to some afflicted friend. All who send will receive it

FOR EXCESSIVE

URIC ACIL

TRY THE WILLIAMS TREATMENT

75 Cent Bottle (32 Doses)

FREE

Just because you start the day worried and tired, stiff legs and arms and muscles, an aching head, burning and bearing down pains in the back—worn out before the day begins—do not think you have to stay in that condition.

Be strong, well and vigorous, with no more pains from stiff joints, sore muscles, rheumatic suffering, aching back or

or letter to H. P. Clearwater, 99-L St Hallowell, Maine. Send now, lest you for If not a sufferer yourself, cut out this no

REBELLION





EFT to right, J. W. Sherwood, state commander of the Maccabees and founder of the order in Oregon; Nixon N. Christy, district commander of the Maccabees; Mrs. Rosa Garrison, past president of Anchor Council, Knights and Ladies of Security.







## Commander of Maccabees was Order's Founder paign. Portland tent now holds first place in Oregon and seventh place in the United States for membership gains for the year. Mt. Hood tent is determined to pass Portland tent for first place in the state. J. W. Sherwood, state commander, has working with him in this district N. N. Christy and G. A. Graves.

By A. D. Cridge

SHERWOOD, state commander of the Maccabees, has been at their now seems inclined strongly to do. head in Oregon since long before 'Hector was a pup," so to speak. He founded the order, in fact, September 1, 1891, in Portland when Portland tent No. 1 was officers of Mulmonmah circle No. 744, organized by him with 26 charter members and Judge Arthur L. Fraser was at her home, 59% Trinity place, being the the first commander. Sherwood kept right on doing the field work and has organized nearly all the local tents in beautiful gifts. Mrs. Blumenthal is one he tossed in his arms in the early years of his pilgrimages are now stalwart members of the order. Portland tent now has nearly 1000 members and is still going strong. The order in Oregon has over 5000 members, and over 60 local tents. Sir Knight Sherwood is supreme chaplain of the order in the supreme tent, and enjoys the distinction.

Nixon H. Christy, district commander of the Maccabees, is one of the young men who has made good in active field work in Oregon under the direction of his chief, J. W. Sherwood, state comnander. He was born in Pennsylvania at Pitisburg in 1885 and came to Oregon in 1912. In 1917 he entered the work of the Maccabees in Central Oregon, making good at every locality he started a ing good at every locality he started a campaign. In 1918 he was made district commander and since January 1 has organized four new local tents, aided in the building of four local Maccabée halls or Mrs. Ada E. Worth, Mrs. go-getter he ranks with any district com-

100 per cent campaign in Multnomah and Mrs. Harry S. Stone. that he has a good thing for them.

The Maccabees of Portland are carrying on a campaign to double their membership, and then some, before January The two largest local tents in the state are Portland No. 1 and Mt. Hood No. 17. They have a combined membership of nearly 1500. They are divided into teams of 25 each, with a quota for each team to secure in applications. Prizes of from \$12.50 to \$250 are offered to the teams. Also suits of clothes,

Supplies for Teachers and Students, folios, studies, publica-

All the popular music while it

is popular, not merely from one

publisher, but from all the pub-

Phonograph Headquarters-all the best makes, including the

Deal Direct

"a void the middleman who

makes prices higher without

We tune pianos properly.

We move pianos correctly.

We buy pianos, phonographs,

We sell pianos, etc., at prices

We store pianos right.

adding to quality.'

Pianos for rent.

that are right.

jeweled emblems and various other in-ducements to instill "pep" into the cam-paign. Portland tent now holds first They have made a good record wherever they have worked, and the trio is capable of exceeding the goal if the membership bucks up to the game, as it On Wednesday evening, October 15,

Neighbors of Woodcraft, with a dinner Oregon. For the last 28 years he has of the oldest members of Woodcraft in visited up and down the state until he the city, and for the past 18 years has celebrated her birthday by serving a dinner to the officers of the circle which she is a member. She was the first musician elected in a Woodcraft circle and rarely misses a meeting. At the present time she is grand musician of the order as well as musician in Multnomah circle, which office she has held continuously since that circle was organized, being a charter member. Durorganized, being a charter member.

ing the early part of the evening games were enjoyed by all. Mrs. E. C. Love winning the price, and at 11 o'clock dinner was served, during which time Mrs. Blumenthal's accomplished daughter, Mrs. Harry S. Stone of Condon, Or., and Mrs. Blumenthal's son, Edward, recently returned from overseas,

loyal staff of officers increased the local treasury assets from \$100 to over \$1000, and recorded a gain of 216 members. For more than 20 years she worked in behalf of the lodge in every capacity, and always with a willing spirit. Many a kindly word and deed is to the credit of Sister Garrison, and Anchor council wes her much in gratitude for overcoats, banquets, theatre parties, faithful services.

Edison laboratory model Phonographs, all styles, including the original "William and Mary" de-

The place where business-like

buyers go who want the best

Everything for the Musician

# 300 Candidates

of Portland. A class of more than 300 candidates will be initiated at headpuarters hall in the evening, the festivities closing with the serving of re-freshments and a brief program of music

Not only will the 11 circles of Portlan be represented in the big doings, but the circles at Vancouver, Oregon City and Astoria are to send delegations and participate in the initiatory work. A special car will be chartered by the Oregon City circle to bring 25 candidates and an equal number of their friends. The ceremony will begin at 8 o'clock sharp.
A general committee representing all the organizations in Portland has charge of the initiation. The hall will be gaily decorated for the occasion, and lunch will be provided for 500 persons. An invita-tion is extended to neighbors visiting in the city to be present. The meeting will be closed to the general public, but will be open to all neighbors in good

Thursday evening Utopia Rebekah Lodge, I. O. O. F., will celebrate its twenty-fifth anniversary with a home coming. There are six of the charter. members left who will be present. The celebration will be held in Orient hall, East Sixth and East Alder streets. The program is in charge of a committee as follows: Mrs. Grace Christiansen, Mrs. Mary Swan, Mrs. Christine Anderson, of Mrs. E. C. Love, Mrs. Matilda Hurst, large attendance of members is desired, Mrs. Rosa Garrison, past president of Anchor council, Knights and Ladies of vocal solos by Mrs. Minnie Hoff and Security, during her term of office made William Walker. Henry S. Westbrook. past grand master of the I. O. O. F., will deliver an address in honor of the charter

> Corvailis Tent of the Maccabees is to have a game supper Monday evening, at nome in the pig-wigw and a score of valiant knights are scouring hill and swamp to secure the founda-tions. G. A. Graves, deputy state commander, is at Carlton hustling for that ts membership before November. Linnon Maccabees are divided into three each in the lead of the others-according to their individual assertions. Portland Tent has a smoker for October 30. A turkey is promised each who brings in two or more applications. The state silver loving cup won last year will be offered this year by State Commander Sherwood as a prize.

Plans are under way for the entertainment of the executive council of the grand circle, Neighbors of Woodcraft, which will meet in Portland, November which will meet in Portland, November 6. A committee has been named to arrange for a Woodcraft rally, to which all members will be welcome. Refreshments will be served, and a program of addresses and music will be rendered. The executive council will hold the regular and approximately approximat ular annual meeting, at which a number of important matters will be considered. Representatives from each of the nine states in the jurisdiction will be present Grand Guardian Van Orsdall of Port-land will preside.

Columbia lodge No. 1, Degree of Honor, will entertain Tabor lodge No. 55, together with visiting members and friends at a dinner Monday evening to be followed by cards and dancing at the East Side Business Men's club rooms, Grand avenue and East Alder street Dinner will be served at 6:30 p. m. The

### SAGE TEA DARKENS HAIR TO ANY SHADE

Don't stay gray! Here's a simple recipe that anybody can apply with a Mir brush.

The use of Sage and Sulphur for restoring faded, gray hair to its natural color dates back to grandmother's time. She used it to keep her hair beautifully dark, glossy and attractive. Whenever her hair took on that dull, faded or streaked appearances this simple mixture was applied with wonderful effect. But brewing at home is mussy and out-of-date. Nowadays, by asking at any drug store for a bottle of "Wyeth's Sage and Sulphur Compound," you will get this famous old preparation, improved by the addition of other ingredients, which can be depended upon to restore natural color and beauty to the hair.

A well known downtown druggist says it darkens the hair so naturally and evenly that nobody can tell it has been applied. You simply dampen a sponge or soft brush with it and draw this through your hair, taking one strand at a time. By morning the gray hair disappears and after another application of the becomes beautifully dark and glossy.—Adv.

The use of Sage and Sulphur Tor restores in that social and fraternal center.

Saturday evening. October 25, the K of P. band and the D. O. K. K. Brigands will have K. of P. hall overcrowded for the dance and social a large committee is preparing for.

New Zealand Likes.

New Zealand finds delight in the way Oregon does things, according to an article about the Oregon Almanac in the Evening Post of Wellington, August 23. A portion of the article relative to the merits of the bookiet as a source of information follows: "Here is a perfect model of what a handbook should be for any country, province or county it bears the impress of truth on every page and does not attempt to coir the facts with a rosy tint." The article continues with a comparison of Oregon and New Zealand

#### committee in charge is Mrs. J. L. Gil-christ, Mrs. S. E. Moore, Mrs. J. C. Williams, Mrs. Fannie Colver, Mrs. Rose Coulter, Mrs. H. L. Camp and Mrs. Attraction Attractions W. A. Trites. Fram assembly, United Artisans, spent Announced a little over \$1700 this last season on its

social events, including the expensive hall rent at the Multnomah hotel, an excursion of membership getters to Til-lamook and Seaside and other coast points. The total receipts were about \$1600. The difference is made up out of the general fund, but is considered a small price to pay out for its hundreds of new members and the banner for membership in the entire order. AURENCE A. LAMBERT anne

Oregon assembly No. 1, United Artisans, is getting back into its old form. and for September secured mere new members than its two nearest rivals. Its social features are attracting many young folks. Next Tuesday an old time dance at W. O. W. temple is scheduled, with Grandma Spoith's doughouts Lem

with Grandma Smith's doughnuts, Lem Wilson's cider and Charlie Armstrong's fiddlin'. There will be a deck of cards or two and everybody who can dance is invited. The dances will mostly be the old fashioned square dances with a real old time caller.

After the regular meeting Monday evening, Service Circle No. 850, Neigh-eors of Woodcraft, served refreshments. Four applications for membership were received and three candidates were in-

Bonnie Rose Castle, Royal High-landers, will hold its first social of the season Monday evening at Turn hall, 255 Thirteenth street, and has invited mem-bers and friends to enjoy the occasion, There will be cards and dancing. Bonnie Rose Castle doubled its membership in 1918, and its officers and members are ledged to do it again in 1919.

300 Candidates

Monday evening the members of the Modern Woodmen of America in this city will gather at M. W. A hall to witness the initiation, adoption and instruction of a class of 100 applicants. Captain C. P. Smith has been drilling his team three times a week in preparation for the event, and Rose City camp and officers will extend the glad hand to all visiting neighbors. Rose City camp and officers will be a gala day for the Neighbors of Woodcraft

Thursday

Monday evening the members of the Modern Woodmen of America in this city will gather at M. W. A hall to western United States and Canadian territory. Such operas as "Pinafore." "Pirates of Pensance." the "Mikado." "Pirates of Pensance." the "Mikado." and the "Geisha." featuring the new Japanese soprano, Shimosumi, in the "Geisha" and "Mikado." St. Cecilla Symphony orchestra of 100 all visiting neighbors. Rose City camp layed include Winnipeg, Vancouver, Spokane, Tacoma, Seattle and Portland. The condition is Mollanari, and there day for the Neighbors of Woodcraft are that it will be accomplished. Visiting nbers without the current password should bring their last receipt and help swell the crowd to witness the proseedings. Rose City camp has recently secured an entire new outfit of uni-forms, regalia and accessories.

Members of Oregon Rose Camp of Royal Neighbors of America are busy with preparations for the entertainment of the Multnomah County convention, triple celebration in one. The convention will participate in a Hallowe'en frolic and the twentieth anniversary of Oregon Rose's charter. The degree work will be exemplified by past oracles of nearby and Portland camps of the R.

The Court of Honor has arranged for dancing social at M. W. A. hall, Cleventh and Burnside streets. Wednes. day evening. It has appointed a wel-come committee and has arranged for five piece orchcestra to entertain mbers and their friends. The proceeds of the dance will go to relief of a member with sickness in amily. All services are donated.

The Junior Order of Moose is going to celebrate the sixth anniversary of Portland lodge Wednesday evening. It is the intention of the officers and committee to make the entertainment one of the finest ever given by the lodge. sinder in the West.

Sir Knight Christy has charge of the Sir Knight Christy has charge of the Mrs. J. O. Forsloff, Mrs. J. W. Schmale come. The program will include an admost of the mounty, and is making good, doing good.

Willamette Tribe, Improved Order of Red Men, will give one of its series of entertainments Monday evening at Auditorium hall, Third near Clay street, and the public is cordially invited to participate. Every effort will be made to make all strangers and palefaces feel

Multnomah camp, Woodmen of the World, Friday night had a class of 102 ocal tent with fair prospects of doubling cation cards were laid on the desk of Clerk Joe Wilson. The camp intends teams under Sir Knights Dr. C. E. Brous.

inight. Deputy Head Consul E. P. Mar
Joe Lemma and B. Harndon, who are tin made a congratulatory speech. to have a class of 200 next Friday "Jimmy" Ruddiman, chairman of the membership committee, replied in characteristic manner.

Columbia legion, Mooseheart Legion of the World, held its quarterly ceremonial at the Moose temple Friday night, Judge R. G. Morrow, North Moose, presiding. After a class of neo-phytes had crawled over the sharp sands of the seashore and performed acts that elicited great applause, a banquet was provided of more good things than can be enumerated.

Fraternal brotherhood meets every Wednesday night in Women of Woodcraft hall. It is carrying on a spirited campaign for members. On Wednesday night, October 22, a class will be initiated and the ceremony will be followed by an entertainment. Some high class talent has been arranged for. The emertainment will be open and free.

The Foresters of America in Court Multnomah have appointed Joe Ruvensky, Nathan Carl and Charles Fertig as a social and pep committee with orders to prepare a social program with some ginger and jazz in it and present at the next meeting.

Fram Assembly, United Artisans, will give a card and dancing social at the Crystal room of the Multnomah hotel Tuesday evening. There will be good music and a reception committee to make everybody welcome.

important business brought out a large attendance. After regular order, apples were distributed and gifts of government A New Home Method That Anyone

supplies distributed.

Alberta camp, M. W. A., Friday night

## TWO piano students to be presented by Charles Dierke, Above, Bernice Helme; below, Pauline Wolf.

Prior to coming to Portland in April, 1918, Lambert was owner and manager of the Western Canada Concert bureau, with headquarters at Calgary, Alberta, operating from Winnipeg to Victoria.

Lambert has associated with him on his board of directors Calvin Hellig of the Hellig theatre as president and Charles E. McCullogh, attorney, as secretary. Other members include Mrs. Warren E. Thomas, president of the McDowell club, and a leader for many years in musical activities in Portland; also John F. Logan, attorney, who has been actively connected with musical and theatrical interests throughout the Northwest for many years. Lambert is Northwest for many years. Lambert is vice president and general manager. Others associated with the bureau include Mr. and Mrs. Samuel C. May and

The list of attractions offered by this new bureau will contain some of the most brilliant attractions of the operatio, theatrical and musical field.

theatrical and musical field.

The list is as follows:

Mme. Tetrazzini, famous colorature soprano, one of the most distinguished artists and biggest box office attractions in the country. Mme. Tetrazzini will be presented in Portland at The Auditorium on December 200 be presented in Portland at The Auditorium on December 29 or 30, assisted by Warren Procter, lyric tenor of the Chicago Opera company.

The Gallo English Opera company, playing an elaborate revival of the Gilbert & Sullivan operas, for the entire western United States and Canadian territory.

Such operas and Canadian territory.

The conductor is Mollanari, and there will be a strong list of eminent soloists.

For the big course being condusted in Winnipeg, Canada, by the bureau with the official backing of the board of trade, the following artists have been secured in addition to the others mentioned in this list: Jascha Heffetz, the renowned violinist; Alma Gluck, the great soprano, and Efrem Zimbalist, vio-

The bureau has secured for the entire western Canadian territory, also parts of the Northwestern states, Sophie Bras-lau, contraito, and Lambert Murphy,

Other big attractions for the entire western United States and western Canada iaclude Alice Neilsen, famous lyric soprano, accompanied by William Red-dick; also Ruth St. Denis and her distinguished concert company, congisting of nine dancers, with Ellis Rhodes, dra-matic tenor, and Pauline Lawrence, Those who heard the French Army

band in Portland last spring will be pleased to know that the bureau has secured the two soloists, Dubruille, vio-linist, and George Truc, pianist, to ap-pear-in joint recital The bureau will also present in Portland in the end of November Clarence Whitehill, baritone of the Metropolitan, and Winifred Byrd,

the Northwest. Artists now under the management of this section include Beatrice Barlow, planist, and Katherine Neal-Simmons, soprano. Other artists will be announced later.

Miss Ruth Agnew, soprano, was solo-ist at a banquet given by the National Hospital association in the Arcadian Garden of the Multnomah hotel Saturday evening. Her numbers were "Roses of Picardy" by Haydn Wood, "Hayfields and Butterflies" by Teresa Del Riego, and "Love's Lullaby" by Theodore Morse.

The Portland Oratorio society has grown so rapidly this year that a new rehearsal place has been procured. In order that members of the various male chcruses meeting on Mondays and those

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A Safe, Sane and Scientific Method of
Overcoming Disease by increasing the circulation of the blood and eliminating the waste
products of the body. It is a well established fact that nearly every known allment
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The Radio-Active Solar Pad imparts energy,
restores vitality and overcomes disease by
increasing metabolism and causing a healthy
circulation of the blood. Rheumati-m,
Sciatica, Gout. Neuraigia, Nervous Prostration, High Blood Pressure and diseases of
the Stomsch, Heart, Lungs, Liver, Kidneys
and other allments quickly and permenently relieved.

and other aliments quickly and permanently relieved.

Many complicated and chronic cases that have failed to yield to other forms of treatment have been quickly and permanently benefited by the use of the Radio-Active Solar Pad. To prove the remarkable restorative and vitadizing effects of this wonderful appliance, we will send it on ten days trial with an absolute "money back" guarantse if it falls to give entire antisfaction, you to be sole judge of its merits. No matter what your aliment.

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RADIUM APPLIANCE CO.
128 Bradbury Bidg., Los Angeles, Chi.

#### get a one ounce package of zintone for about 50 cents from your druggist and mix the contents with two tablespoonfuls FREE TO of glycerine in a pint of water. The cream will then be ready, and this will Webfoot camp, Woodmen of the World. ASTHMA SUFFERERS

Can Use Without Discomfort or Loss of Time.

Alberta camp, M. W. A., Friday night gave one of the best social entertainments at Albina and Killingsworth avenues that have been known for some time in that social and fraternal center.

Saturday evening, October 25, the K. of P. band and the D. O. K. K. Brigands will have K. of P. hall overcrowded for the dance and social a large committee is preparing for.

New Zealand Likes.

Oregon's Methods

New Zealand finds delight in the way Oregon does things, according to an article about the Oregon Almanac in the Evening Post of Weilington, August 23. A portion of the booklet as a mour series of the cour series of the series of ANSWERS TO QUESTIONS MISS C. J. H .- On the scalp is constantly forming a film of grease and scale which it is almost impossible for soap to remove thoroughly. You need something to dissolve away these accu-mulations, and if you will dissolve a teaspoonful of eggol in a half cup of water and use as a head wash you will find your scalp and hair will be cleaner than ever before, and your hair will take on a very marked sheen of vigor and health. You can get enough eggol for 25 cents to give a dozen or more luxurious head washes.

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attending night schools, the rehearsal night has been changed to Tuesday. Hereafter, beginning next Tuesday, Octoper 21, the chorus will meet in Library hall, downstairs is the same building, the Central library building, at 8:15 p. m. All singers, trained or otherwise, are welcome. Joseph A. Finley is the conductor. Two additional concerts, besides "The Messiah" in conjunction with a recital by Alice Nielsen, grand opera sograno, probably December 30, will be

porter of the orchestra, gave an interview to the Philadelphia Ledger setting A special section of the bureau has been arranged to promote Northwestern ar- forth why he, a busy business man, is

"Every man is more or less fond of

### WOMEN SHAVE UNKNOWINGLY

When you only remove hair from the surface of the skin the result is the same as ahaving. The only common-senie way to remove hair is to attack it under the akin. Delitracie, the original sanitary liquid, does this by ghoorytion.

Only genuine Delifracie has a money-back guarantee in each package. At tellet counters in 60c, 31 and 83 since, or by until from us in plain wrapper on receipt of price.

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Produced on the Skin. Some

Beauty Secrets of Great Value to

By Valeska Suratt

THE wish which is nearest to every

plexion to a supreme and unblemished

quickly than you perhaps ever thought

It possible. But to do it, you must make up the formula yourself at home. You cannot get the same richness, the same

ingredients, if you do not. Now, just

make much more cream than you can

get already prepared in the stores, and

you will be assured, moreover, that the results will be achieved quickly. Your

skin will be as spotless as the petals of

COMBFUL—The length of the hair can be increased very perceptibly within a month by the use of the following formula. The ingredients given here are very readily absorbed by the hair roots, and a quick result is obtained. Bald spots will fill in rapidity and the hair will stop falling. Mix one cunce of beta-quinol, which you can obtain from the drug store for about 50 cents, with a half pint of water and a half pint of bay rum, or if preferred with a full pint of witchhasel instead of the bay rum and water. The hair grower is then ready.

woman's heart is to bring her com-

Every Woman,

a rose.

man that music is only a feminine pursuit, let him consider that the greatest omposers were men, and that many of their works will live after the work done by the average man of business is forthe patrons of these musicians were business men and lovers of art. They knew that their money and their support could not be better given than to the advancement of struggling musical genius.

"Without that support many a great sician would have died unknown. Without that support today the opera and musical organisations of America could not exist.

"The crying need of today, when so many and momentous questions are be-fore us hourly, is a sane reasonable form

of relaxation. And a man who hears good music, whether at an opera, a con-cert or an orchestral performance, will find himself afterward rested and re-freshed in a way which he cannot other-

The Treble Clef club had its first rehearsal last Thursday and took up the study of Seasr Franck's "Processional" and "The Sirens," a cantata by Herman. Following is a list of the members for this season: Mrs. Sanderson Reed, Mrs. John H. Tuttle, Mrs. Frank Taylor, Mrs. Helen Fromme-Schedler, Miss Gertrude Porter, Mrs. O. B. Riddle, Mrs. Beatrice Kimmons, Mrs. Norris B. Gregg, Mrs. Raymond McKalsen, Miss Gertrude Hoeber, Miss Genevieve Butterfield, Mrs. J. J. Kennedy, Mrs. E. L. Caples, Miss Hermina Albers, Mrs. G. M. Brink, Mrs. Thornton A. Mills, Mrs. J. F. Daneke, Miss Nina Dressel, Mrs. Donald Lamont, Mrs. P. L. Fales, Mrs. Belle Willis-Sherman, Miss Helen Dekum, Mrs. W. H. Chatten, Miss Gertrude Ost, Miss Grace Squires. Accompanist, Mrs. Geraldine Coursen-Barnes; director, Mrs. Rose

Coursen-Barnes; director, Mrs. Rose Coursen-Reed.

Last week marked the reorganization of the Salem People's chorus under the direction of Dr. John R. Sites of Williamette university. The chorus was formed last year and prepared to give two concerts which were necessarily postponed on account of the influenza. The organization began the 1919-20 sea. postponed on account of the influenza. The organization began the 1919-20 sears on with a membership of 40 and Dr. Sites hopes to increase it to a group of 200 singers by the close of the year. Plans for three concerts to be held this year are now under way. The chorus rehearses once a week in the chapel of Waller hall.

and body. It took Mr. Ashelman 50 years to find out the truth. He learned how to get rid of the true cause of his rheumatism, other discretes and recover his strength from "The Inner Mysteries," pow being distributed free by an authority who devoted ever twenty years to the scientific study of this trouble. If any reader of The Oregon Journal wishes "The Inner Mysteries of Rheumatism," overlooked by doctors and misner than the chapel of the coanting past simply send a post card

Mrs. Bradford Pharris, whose voice is an unusually pleasing contraito, has been engaged as soloist at the Atkin-son Memorial church. Mrs. Pharris is a pupil of Mms. Lucie Valair.

Emil Enna, planist, and Charles South, violinist, will give a recital before the students of the Hill Military academy at the regular assembly on Wednesday morning, October 22.

### **Begin Hot Water** Drinking If You Don't Feel Right

Says glass of hot water with phosphate before breakfast washes out poisons.

breath and tongue is coated; if your head is aching; if what you eat sours and forms acid in stomach, or you are bilious, constipated, nervous, sailow and can't get feeling just right, begin inside bathing. Drink before breakfast, a glass of hot water with a teaspoonful of lime-stone phosphate in it. This will flush the poisons and toxins from stomach, liver, kidneys and bowels and cleanse, sweeten and purify the entire alimentary tract. Do your inside bathing immediately upon arising in the morning to wash out of the system all-the previous day's poisonous waste, gases and sour bile before eating more food. To feel like young folks feel; like you felt before your blood and muscles be-came loaded with body impurities, get

from your pharmacist a quarter pound of limestone phosphate, which is inex-pensive and almost tasteless.

irritate the skin. This is not at all necessary. There is one way to remove superfluous hair which is really wonderful and that is by dissolving it. A little sulfo solution applied to the hairs to be removed makes them dissolve away, and they can then be rubbed off completely, leaving the skin just as though it had never been afflicted with superfluous hair. The sulfo solution will cost about a dollar at drug stores. You will surely never use anything else after trying this.

MISS M. A. M.—As the texture of the skin is made finer, the tissue "braces up" of course, and the result is that flabbiness of the skin is corrected. In this way wrinkles and crowsfeet entirely disappear. The difference which this can make in your appearance is obvious. With the contents of a two ounce package of eptol, mix one tablespoonful of giverine in a half pint of water. You do not need to use anything else at all for wrinkles, and if you will use this liberally you will quickly see a wonderful improvement in your appearance of age. Get the eptol from your druggist for 50 cents.

MRS. G. K.—Just sprinkle a little ne-roxin on a wet cloth and rub the black-heads with this. In a few minutes you will see that the blackheads will be en-tirely gone. You can prove in a few min-utes that this positively does the work. The neroxin costs about 50 cents at the drug, store.

MISS K. M. D.—An exquisite face powder, excelling in quality many of the imported products, is "Fresca Beauty Powder" which is wonderfully fine and adheres beautifully, it is sold at drug stores for 50 cents in any tint. Just try it.—Adv.

Men and almost tasteless.

Men and women who are usually constipated, billous, headachy or have any stomach disorder should begin this inside bathing before breakfast.—Adv.

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