

Hopes Women Will Adopt This Habit As Well As Men

Glass of hot water each morning helps us look and feel clean, sweet, fresh.

Happy, bright, alert—vigorous and vivacious—a good clear skin; a natural, rosy complexion and freedom from illness are assured only by clean, healthy blood.

Instead of the thousands of sickly, anaemic-looking men, women and girls with puffy or muddy complexions; instead of the multitudes of "nerve wrecks," "run-downs," "brain fags" and pessimists we should see a virile, optimistic throng of rosy-checked people everywhere.

An inside bath is had by drinking each morning before breakfast, a glass of real hot water with a teaspoonful of limestone phosphate in it to wash from the stomach, liver, kidneys and ten yards of bowels the previous day's indigestible waste, sour fermentations and poisons before putting more food into the stomach.

Those subject to sick headache, biliousness, nasty breath, rheumatism, colds; and particularly those who have a pallid, sallow complexion and who are constipated very often, are urged to obtain a quarter pound of limestone phosphate at the drug store which will cost but a trifle but is sufficient to demonstrate the quick and remarkable change in both health and appearance awaiting those who practice internal sanitation.

With the Draft Board

The selective war draft board yesterday, in spite of a crowded office with registrants who appeared in person for aid in answering questionnaires, made out and mailed more than 100 classification cards, as well as cards appointing dates for physical examinations.

Delinquents were posted as follows: Order number 1364, Earl Frederick Dickson, Salem; order number 1425, Frank Edgar Kerr, Jefferson; order number 1452, Ivan Ellsworth Johnson, Salem; order number 1487, Jack Kaufman, Silverton; and order number 1486, James Russell McDowell, Denver, Colo.

Classification cards were mailed to the following: Class G-1—Rayford L. Goode, Salem.

Class I-1—Harry R. Nelson, Marshfield; William Lenz, Mohler; Lloyd H. Peterson, Powell River, B. C.; Archie A. Heggen and Glenn E. Lee, Portland; and James A. Darby, Silverton.

Class G-5—Harley A. Wright and A. Jessup Strang, Salem; and Charles Tomasek, Jefferson. Class C-6—Joseph W. Miller, Salem. Class B-2—Alfred A. Schram and Edward A. Schultz, Salem. Class F-5—Tony Kasprzyk and John Smith, Portland. Class E-5—John Canich, Portland; Joachim Krogmann, Turner; and Matt Nenech, Toledo. Class B-3—Orvan E. Freydale and George R. I. Putman, Salem. Class A-1—Harrison A. Bailey, Bonnell, Cal.; Albert W. Mitzner, Noti; Claus W. Bruckman, Marion; Frank C. Gerson, Stayton; Jesse Kephart and Johnnie Dick, Silverton; Earl Brown, Astoria; Vernon E. Rings, Paul L. Ritchey, John W. Heggen, Edwin M. Van Nuys, Ellsworth Dearing and John V. Kirscher, Salem.

Class A-4—Marry Sundien, Oacogon City; Walter G. Chandler, Turner; Wellington D. Fletcher, Okmulgee, Okla.; Langdon Stafford and Alvin L. Raines, Gates; Harry P. Rice, Detroit; Dallas S. McCarrroll and Andrew Lorence, Silverton; Archie Kinsey and Jacob J. Lambrecht, Stayton; William Frelch, Lloyd E. Weeks, John Niederhauser, Orin V. Hall, Ambrose E. Wheeler, Miss S. Farnell, Joseph W. Wright, Terro M. Hicks, Edward H. Nelson, Bing L. Claggett, Joseph A. Imper, Paul A. Mills, Salem.

Those who will be examined on January 25 are Clay W. Milligan, Sublimity; Harrison A. Bailey, Bonnell, Cal.; and Vernon E. Rings, Salem.

Those whose examinations are set for January 28 are John T. Larson, Shaw; Lloyd H. Peterson, Powell River, B. C.; Johnnie Dick, Silverton; Frank C. Gerson, Stayton; Claus W. Bruckman, Marion; John V. Kirscher, Ellsworth Dearing; Edwin M. Van Nuys, Rayford T. Goode, John W. Robinson, Paul L. Ritchey, of Salem.

LOAN PAYMENT RAISES INTEREST

Amounts Turned in on Second Liberty Issue; 4's Hit Low Mark

NEW YORK, Jan. 15.—On the progressive contraction on business today's stock market pursued its indefinite trend of the last fortnight.

Early irregularity gave way to moderate strength, this in turn being succeeded by another reaction in the later trading, with an irregular rally just before the close.

Suggestions that the first business day of the week be made a holiday in eastern territory, pending adjustment of existing economic strain, excited little attention at first, but probably exerted a sentimental influence later.

An advance in call loans to 6 per cent also served to restrain speculative ardor. The rise was ascribed

HEAD STUFFED FROM CATARRH OR A COLD

Says Cream Applied in Nostrils Opens Air Passages Right Up

Instant relief—no waiting. Your clogged nostrils open right up; the air passages of your head clear and you can breathe freely. No more hacking, sniffling, blowing, headache, dryness. No struggling for breath at night; your cold or catarrh disappears.

Get a small bottle of Ely's Cream Balm from your druggist now. Apply a little of this fragrant, antiseptic, healing cream in your nostrils. It penetrates through every air passage of the head, soothes the inflamed or swollen mucous membrane and relief comes instantly.

It's just fine. Don't stay stuffed-up with a cold or nasty catarrh.

to a sudden inquiry due to final payment on the second liberty loan. Incidentally, second liberty 4's fell to a low record.

News of the day threw little light on the foreign situation, but rumor again dealt with the dividend status of certain industries. The cut in the Willits-Oregon dividend accounted for the advance of the motor division, but other equipments and specialties were lower most of the day.

United States Steel fluctuated within a radius of two points, but closed virtually unchanged at 90, contributing fully one-third to the day's operations. Rails averaged one point recessions, with partial recoveries. The few issues of strength were represented by shipping, Crucible Steel, Mexicans and several of the less active miscellaneous issues. Sales amounted to 485,000 shares.

In the general bond list heaviness ruled, both as to rails and industrials. Liberty 2 1/2's were quoted at 98.58 to 98.50, first 4's at 97.58 to 97.40 and second 4's at 96.44 to the new minimum of 96.14. Total sales, par value, aggregated \$4,475,000.

United States bonds, old issues, were unchanged on call.

FEAR IS FELT FOR CORN CROP

Priority Orders Discriminating is Charge; McAdoo Appealed To

WASHINGTON, Jan. 15.—Priority orders have discriminated against corn to such an extent that a large part of the nation's bumper crop of 1917 is threatened with serious deterioration if not destruction, Director General of Railroads McAdoo was told today by Representative McCormick of Illinois, who backed by a letter from Food Administrator Hoover, urged immediate appointment of a railroad executive experienced in handling corn shipments.

Mr. McAdoo took the matter under advisement. Representative McCormick and Mr. Hoover were agreed that, corn now on the farms or in the country elevators must be moved within the next few weeks in order to avert shortages in many parts of the country. Reports to the food administration showed that millions of bushels are rotting in the fields because the farmer has no place to store the crop. The failure to save the corn, Mr. Hoover declared, is resulting in increased prices of milk and other dairy products and also meat.

"It does not appear to me," said Mr. Hoover, "that the movement of this most critical and essential foodstuff necessarily conflicts with the movement of coal. Grain moves in box cars and coal in open top cars. I am informed that a large number of box cars are daily loaded with pianos, furniture, gramophones, beer, whisky, etc. It is estimated that the roads have anywhere from 20,000 to 40,000 box cars belonging to grain roads and unless these can be returned and be put into their proper employment, there is little solution of the problem."

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Organization of the Junior Red Cross which is to be organized in the schools in Salem and Marion county, and which will be under the guidance of Willamette chapter, American Red Cross, was completed at a meeting of all teachers and principals of Salem at the high school yesterday afternoon, and which was attended by Henry W. Meyers, chairman of Willamette chapter; Mrs. E. E. Fisher, chairman of the membership committee, and Mrs. Millie Trumbull, secretary of the Oregon child welfare commission, who has been made field secretary for the Junior Red Cross in Oregon.

A chapter school committee which will effect the organization throughout the county was appointed with City Superintendent John W. Todd as chairman. The other members are County Superintendent W. M. Smith, Mishler of Silverton, Yonell of Woodburn, Miss Catherine Sterling, Mrs. L. Moine Clark, Miss Bertha C. Byrd, Miss Mabel Robertson and Paul Irvine. Miss Sterling will serve as treasurer for the committee.

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MEATLESS AND WHEATLESS TO STAY FOR WAR

Livestock Men Are Told of Food Administration's Resolution

HOG PRICES WILL STAY

Some of Speakers Find Fault With Washington's Program of Economy

SALT LAKE CITY, Utah, Jan. 15.—Meatless and wheatless days are to remain at least for the period of the war.

Such was the message brought to the annual convention of the American National Livestock association today by Joseph P. Cotton, chief of the meat division of the federal food administration and principal representative of the food administration at the convention.

This message from headquarters at Washington was delivered to the assembled livestock men of the country at their first session just after the market committee of the organization had submitted its annual report at the morning session urging the necessity for the convention to take some action looking toward the securing of a change in the government's meatless day program by the substitution of porks sdays for the present meatless Tuesdays.

Meatless Days Maintained. Mr. Cotton, speaking as head of the meat division of the food administration, stated that already the administration had announced its plan to lift the restriction upon beef on meatless days in the Pacific coast states, but he assured the convention that this is but a temporary holiday; that meatless days as first inaugurated will be maintained throughout the country and restored its full extent in the Pacific states after the present congestion of beef at the country's packing plants shall have been relieved.

Mr. Cotton assured the livestock men that the situation in relation to accumulation of beef products would be relieved by rushing the completion of means of transportation and the resulting increase in exportation of this form of food.

The chief of the meat division also assured the livestock men that the federal food administration would not materially interfere with present prices.

Hog Price to Stay. Mr. Cotton assured the hog growers that the price of \$15.50 on hogs established some time ago would not be changed. He urged increased hog production on ranches and farms.

The demand of the market committee that the convention urge the government and food administration to alter its meatless day program was received by the convention with unanimous expression of approval.

The resolutions committee is now considering the framing of a resolution to be submitted to the convention tomorrow, setting forth the attitude of the livestock men toward the meatless day program and asking the government to make alteration in accordance therewith.

The report of the market committee, which was one of the most important documents before the convention, is in a position to judge intelligently as to the best thing to use, it is therefore a matter of vital interest to those who suffer from indigestion, gastritis, dyspepsia, pain after eating, heartburn, etc., to learn that physicians have devised their lives to the alleviation of these troubles. It is more and more instructing these sufferers to get a package of Bi-nesia from the drug store, and take it as directed. A little hot water immediately after eating or whenever pain is felt. Doctors prescribe Bi-nesia because they know it gives immediate relief in nearly every case. 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