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 woman and likewise every man could realize the wonders of the morning Salem. inside bath, what a gratifying change

would take place. nistead of the housands of sickly, "nerve wrecks," "rundowns," "brain and virile, optimistic throng of rosychecked people everywhere.

of real hot water with a teait to wash from the stomach, liver kidneys and ten yards of bowels the previous day's indigestible waste, sour fermentations and poinsons before putting more food into the stom-

Those subject to sick headache, bi!liousness, nasty breath, rheumatism, colds; and particularly those who have a pallid, sallow complexion and River, B. C.; Johnnie Dick, Silverwho are constipated very often, are ton: Frank C. Grierson, Stayton; urged to obtain a quarter pound of Claus M. Bruckman. Marion; John limestone phosphate at the drug V. Kirscher, Ellsworth Dearing, Edstore which will cost but a trifle but win M. Van Nuys, Rayford T. Goode, quick and remarkable change in both of Salem. health and appearance awaiting who practice internal sanita-

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 questionnaries, made out and mailed more than 100 classification cards. as well as cards appointing dates for physical examinations.

Delinquenta were posted Order number 1364, Earl Frederick Dickson, Salem; order number 1435. Frank Edgar Kerr, Jefferson; order number 1453, Ivan Ellsworth

number 1486, James Russell McDow-Ml. Denver, Colo. Classification cards were mailed

phnson, Salem; order number 1485.

ack Kaufman, Silverton; and order

Marshfield; William Lentz, Mohler; Lloyd H. Peterson, Powell River, fluence later. B. C.; Archie A. Hegien and Glenn Portland, and James A. Dar-

All Women's \$5 Shoes, all

All Women's \$6 Shoes, all styles go at......\$3.95

All Women's \$7 Shoes, all

styles go at.........\$4.95

All Women's \$8-\$9 Shoes, all

Hundreds of Pairs of Boys' \$3 and \$3.25 Shoes, button or lace

go at.....\$1.95

75 pairs Men's \$5 Dress Shoes in button, Neolin soles...\$2.95

300 Pairs Men's \$5 Work Shoes

black and tan, leathers and

Neolin soles, go at.....\$2.95

ExtraSpecial Friday and Satur-

day, large line Ladies' black

kid, button and lace, \$5 Shoes,

. Jessitp Strang, Salem; and Charley Tomasek, Jefferson. Class C-5-Joseph

Class B-2-Alfred A. Schram and Edward A. Schultz, Salem. Class F-5-Tony Kaspszyk and John Smith, Portland.

Class E-5-John Canich, Portland: Joachim Krogmann, Turner; and Mats Nenchch, Toledo. Class B-3-Orvan E. Freyslie and

George R. I. Putman, Salem. Class A-1-Harrison A. Bailey. Bonsell, Cal.; Albert W. Mitzner, Noti: Claus W. Bruckman, Marion; Frank C. Gierson, Stafton; Jesse vivacious—a good clear skin; a nat- Kephart and Johnnie Dick, Silverural, rosy complexion and freedom ton; Earl Brown, Aumsville; Vernon from Illness are assured only by E. Rings, Paul L. Ritchey, John W. clean, healthy blood, If only every Heglen, Edwin M. Van Nuys, Ellsworth Dearing and John V. Kirscher,

Class A-4-Marry Sundien, Oaegon City; Walter G. Chandler, Turner; Wellington D. Fletcher, Okmulanaemic-looking men, women and gee. Okla .: Langdon Stafford and girls with pasty or muddy complex- Alvin L. Raines, Gates; Harry F. instead of the multitudes of Rice, Detroit; Dallas S. McCarroll Andrew Lorence, Silverton; fags" and pessimists we should see a Archie Kinsey and Jacob J. Lambrecht, Stayton; William Frelich. Lloyd E. Weeks, John Niederhauser, An inside bath is had by drinking, Orin V. Hall, Ambrose B. Wheeler, each morning before breakfast, a Milq S. Farnell, Joseph W. Wright, M. Hicks, Edward H. Nelson, Tero spoonful of limestone phosphate in 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, Bonsell, Ca., l and Vernon E. Rings,

Salem. Those whose examinations are se for January 28 are John T. Larson. Shaw; Llord H. Peterson, Powell sufficient to demonstrate the John W. Robinson, Paul L. Ritchey.

LOAN PAYMENT RAISES INTERES

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 irregu-lar rally just before the close.

Suggestions that the first business day of the week be made a holiday Class G-1-Rayford L. Goode, in eastern territory, pending adjustment of existing economic strain. excited little attention at first, but probably exerted a sentimental in-

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

All Men's \$6 Shoes, all styles

All Men's \$7° Shoes, all styles

go at.....\$4.95

All Men's \$8-\$9 Shoes, all styles

go at.......\$5.95

While they last, \$5 \$nag Proof

Rubber Boots go at \$8.95

While they last, \$4 Rolled Edge Rubber Boots go at \$2.95

While they last, \$7 Snag Proof

Hip Rubber Boots go at . . \$5.95

300 Pairs Men's and Women's

House Slippers, all styles, to

100 Pairs Men's \$9 Dayton Log-

gers, best grade, while they last

..... \$4.95

Extra Special Friday and Sat-

urday, U. S. Army Shoes to go

Witch Elk Boots

Ball Band Boots

Dux Bax Oil

HEAD STUFFED FROM CATARRH OR A COLD Says Cream Applied in Nostrils Opens Air Passages Right Up.

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

Get a small bottle of Ely's Cream Balm from your druggist now. Apply a little of this fragrant, antisep 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 stuffedup 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 to remain as least for the period of of certain industrials. The cut in the Willys-Overland 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 recovcries. 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 3 1/2's were quoted, the new minimum of 96.14, Total sales, par value, aggregated \$4,-

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 deterioriation 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

Representative McCormick and cause the farmer has no place to attitude of the livestock men toward store the crop. The failure to save the meatless day program and askins the corn, Mr. Hoover declared, is the government to make alteration resulting in increased prices of milk in accordance therewith. and other dairy products and also

stuff necessarily conflicts with the movement of coal Grain moves in pianos, furniture, gramaphones, beer. easter, 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."

Junior Red Cross Now Ready to Launch Work

Organization of the Junior Red ross which is to be organized in all 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

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

DIED

MAC KENZIE—In the city, Tuesday, January 15, 1918, at 7:20 o'clock, J. W. Mackenzie, who was 55

He leaves a wife in Portland. The ody will be sent there today by Webb & Clough, for burial. , The deeased had been in Salem only three

MEATLESS AND WHEATLESS TO STAY FOR WAR

Food Administration's Resolution

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

SALT LAKE CITY, Utah, Jan. 15. -Meatless and wheatless days are

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 afternoon session, just after the market committee of the organization had submitted its anrual 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 at 98.58 to 98.50, first 4's at 97.58 by the subtsitution of porkles sdays to 97.40 and second 4's at 96.44 to 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 neef 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 coast 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 pres-

Hog Price To Stay. Mr. Cotton assured the hog grow ers 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 Mr. Hoover were agreed that corn government and food administration now on the farms or in the country to alter its meatless day program elevators must be moved within the was received by the convention with next few weeks in order to avert unanimous expression of approval. shortages in many parts of the The resolutions committee is now country. Reports to the food admin- considering the framing of a resoluistration showed that millions of tion to be summitted to the conbushels are rotting in the fields be- vention tomorrow, setting forth the

The report of the market cimittee, which was one of the most im-"It does not appear to me," said portant documents before the con-Mr. Hoover, "that the movement of vention today, not only took a firm this most critical and essential food- stand in the matter of urging a change in the meatless day program, but also urged the convention to box cars and coal in open top cars. provide funds hecessary to enable I am informed that a large number this committee and officials of the of box' cars are daily loaded with federal trade commission in its probe of the packing industry with a view whisky, etc. It is estimated that the to disclosing the influence, if there be sucn, of the packers upon the livestock markets and the prices of livestocks product as applied to the pro-

ducer. Danger Seen In Policy.

A. E. Dericqles of Denver, who addressed the convention on the subject of "a livestock policy for Washington" saw a red flag of danger for the livestock industry in the present program of the national food administration.

Mr. Dericqles classed the meatless day inovation as one of the errors which he believed should be corrected to the extent of restoring a normal dictary upon beef, at least until

A Doctor's Prescription for Indigestion

Usually Gives Instant Relief.

Physicians who have specialized in the treatment of stomach troubles are naturally in a position to judge intelli-gently as to the best thing to use. It gently as to the best thing to use. It is therefore a matter of vital interest to those who suffer from indigestion, gastritis, dypepsia, pain after eating, heartburn, etc., to learn that physicians who have devoted their lives to the allevation of human suffering are more and more instructing these sufferers to get a package of Bi-nesia from the druggist and take a teaspoonful in a little hot water immediately after eating or whenever pain is felt. Doctors who prescribe Bi-nesia, do zo because they know it gives immediate relief in nearly every included by the formula is printed on the label and last but not least, because it is obtainable of all least, because it is obtainable of all druggists and every package coucains a binding guarantee of satisfaction or money back. In view of the quick and lasting relief obtained in nearly every case it fails it costs you nothing, suf-ferers from dyspepsia, indigestion and

ferers from dyspepsia, indigestion and stomach troubles generally are strongly advised to get a package of Binesia from their nearest druggist and begin its use without delay.

IMPORTANT—The Bi-nesia mentioned above is a harmless but wonderfully effective remdy which you can make at home or any druggist can prepare for you by mixing 1½ ounces bisoma carbonate with I ounce magnesia carbonate. If however, you wish a guarantee of satisfaction or money back, be sure to ask for an original sackbe sure to ask for an original pack age of Bi-nesia.

Physicians Warn Public Against Taking Substitutes for Nuxated Ire

Say That Ordinary Metallic Iron Preparations Cannot Possibly Give the Same

Livestock Men Are Told of STRENGTH, POWER AND

Besides, they may upset the digestion, disturb the secretions and thereby do far more harm than and that Health Officials and Physicians everywhere should caution the pubic against these inferior products

used in every hospital and prescribed by

well past my

Dr. James Francis Sullivan, formerly Physician of Believue Hospital (Outdoor Dept.). New York, and the West-chester County Hospital; Pormer Health Commissioner Way New York, and the West-chester County Hospital; Pormer Health Commissioner Waynelean in the Baltimore Hospital and a Medical to Baltimore Hospital and a Medical and Medical Author, and others give valuable advice and Information on the use of organic from as a tonic, strength and blood builder.

Careful investigation by physicians among druggists and patients by the policy of assimilation by the blood and tissues. No one would hardly of pome and policy of assimilation by the blood and tissues. No one would hardly of the policy of th from eating raw potatoes that he would from eating cooked potatoes, yet according to the opinions of physicians who have made a careful study of the subject, taking raw, unprepared, metallic iron is a good deal like eating raw potatoes.

Therefore physicians advise those who feel the peed of a strength and

Therefore physicians advise those who feel the need of a strength and blood builder to go to their family doctors and obtain a prescription calling for organic iron—Nuxated Iron—and present this to their druggist so that there may be no question about obtaining the proper article. But if they do not wish to go to the trouble of getting a prescription for Nuxated Iron then be sure to look on the label and see that the words NUXATED IRON are printed thereon. Not Nux and Iron nor any orther form of Iron, but NUXATED IRON.

The remarkable results produced by well past my wel

but NUXATED IRON.

The remarkable results produced by Nuxated Iron and its widespread sale (it being estimated that over three million people annually are today using it) has led to the offering of numerous that the control of the years and want to say that I believe my own great physical activity is due largely today to my personal use of Nuxated Iron." substitutes and physicians say health officials and doctors ev where should caution the p against accepting these

substitutes which may be nothing more pound which may in many of raw pota-

L. E. Swift of the Swift Packing

company of Chicago, who is in the

lieved in the livestock market.

city to address the National Wool side of the issues between the live-

Growers association, consented to- stock producer and the packer.



Dr. A. J. Newman, Former Police

m great European Medical inst said: "Nuxated Iron i- a wa remedy. Not long ago a man me who was nearly half a ceht and asked me to give him a nary examination for life im nary examination for life insurations is was astonished to find him with blood pressure of a boy of the and as full of vigor, vim and visas a young man. In fact, a young he teally was, notwithstanding age. The secret, he said, was to Iron—Nuxated Iron had filled him renewed life. At 30 he was in health, at 46 he was careworn nearly all in—now at 50, after to Nuxated Iron, a miracle of vit and his face beaming with the lancy of youth.

If people would only take Nu

If people would only take I lron when they feel weak of down, instead of dowing the with habit-forming drugs, stir and alcholiq beverages, I am con three score Commissioner Kerr years and want to say that I believe my own great physical activity is due largely today to my personal use of Nuxated Iron."

Dr. H. B. Vail, formerly Physician in the Baltimore Hospital, and a Medical Examiner says: "Throughout my experience on Hospital staffs and as Medical Examiner, I have been astonished at the number of patients who have vainly doctored for various diseases, when in reality their delicate run-down state was simply the result of lack of iron in the blood. Time and again I have prescribed organic iron—Nuxated Iron—and surprised patients at the rapidity with which the weakness and general debility were replaced by a renewed feeling of strength and vitality. I took Nuxated Iron myself to build me up after a serious case of nervous exhaustion. The effects were apparent after a few days and within three weeks it had virtually revitalized my whole system and put me in a superb physical condition.

Dr. A. J. Newman, Former Police

furn is hing Dr. James Prancis Sulnard in the Baltimore Hospital, and Medical Author, and the Baltimore Hospital, and Medical Author, and others, so that the public may be informed on this subject and protected from the use of metallic iron under the delasion that it is Nuxated Iron, or at least something as good as or recting digestive disorders."

A. Sewman, Former Police in 18 of the public for the physical surgeon of Chicago, and former House Surgeon, Jefferson Park Hospital, Chicago, says: "It has been my particular duty during the past six years to aspect the stomach; on the contrast in keeping Chicago's five thousand by Dr. James Francis Sullivan, former Jophysician of Bellevae Hospital duty during the past six years to aspect the stomach; on the contrast in keeping Chicago's five thousand by Dr. James Francis Sullivan, former Jophysician of Bellevae Hospital duty during the past six years to aspect the stomach; on the contrast in keeping Chicago's five thousand by Dr. James Francis Sullivan, former Jophysician of Bellevae Hospital duty during the past six years to aspect to keeping Chicago's five thousand by Dr. James Francis Sullivan, former Jophysician of Bellevae Hospital duty during the past six years to aspect the stomach; on the contrast in keeping Chicago's five thousand by Dr. James Francis Sullivan, former Jophysician and the Westing the past six years to aspect the stomach; on the contrast in keeping Chicago's five thousand by Dr. James Francis Sullivan, former Jophysician and the Westing the past six years to aspect the stomach; on the contrast in keeping Chicago's five thousand by Dr. James Francis Sullivan, former Jophysician and the Westing the past six years to aspect the stomach; on the contrast of the past six years to aspect the stomach; on the contrast of the past six years to aspect the stomach; on the contrast of the past six years to aspect the stomach; on the contrast of the past six years to aspect the stomach; on the contrast of the past six years to aspect the stomach; on the c

the present congested condition is re-, night to make an address before the Has the shaving brush she you for Christmas began to National Livestock convetnion tomor-

The carning value of a ship is from \$400 to 500 a day.

The Little Things Count

row morning, giving the packers'

A great deal is a well known fact and the J. C. Penney Co. will save you little amounts on little NOTION ARTICLES as well as other lines. When a person knows he can save, about 20 per cent by buying at a J. C. Penney Store they will certainly buy there. Look at the prices on these few articles which will convince any one that

WE WILL SAVE YOU MONEY

Palm Olive Soap3	for 25c
Laundry Soap6	for 25c
Colgate's Talcum Powder	12c
Colgate's Shaving Sticks, and Cream.	19c
Williams' Shaving Soap	4c
Two in One Shoe Polish	8c
Colgate's Dental Cream8c a	nd 19c
Whittemore's Shoe Polish	8c
Cashmere Bouquet Soap8c a	nd 19c

Colgate's Bath Soap	
Dress Fasteners	5e
Pins	.4c and 5c
Bias Fold Tape	80
Stickerei Brand	80
Crochet Hooks	80
Rie Rac	80
Long Round Shoe Laces	80
Safety Pins	.3c and 5c
Soutache Braid	210

J. C. PENNEY CO.

Storage and Repairs.

Hanan Shoes

Next to Ladd & Bush Bank

ALL THIS WEEK

This is positively the last week of this wonderful sale, so if you want shoes at these prices get them before Saturday night.

Prices That Will Prevail for the Rest of the Week

Wizzard Foot Appliances Fox Party Pumps

Republic Trucks, Goodrich Tires, Overland Service, All Accessories

Mt. Angel Garage

CROWE & SCHNEIDER Preprietors. Mt. Angel, Or.