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"GETTING WELL AFTER RECOVERY FROM INFLUENZA."

"Good Health," the magazine edited by Dr. Kellogg of the Battle Creek Sanitarium, has in its January issue an article written by that noted physician and vegetarian, with the caption of this article.

Following are some excerpts:

"The cause of high fever is the large amount of toxins in circulation in the blood. These poisons are produced by the germ cause of the disease. It is of the greatest importance to promote the elimination of these toxins. Fortunately there are simple and most effective means of accomplishing this. Here are a few of the best: "First of all must be placed water drinking. By diluting the blood through the introduction of water, the poisons may not only be diluted and so attenuated, but may be eliminated, for the body always maintains a certain standard specific gravity for the blood, and eliminates through the skin and kidneys any excess of water that may enter the blood through the stomach or bowels.

"The amount of water taken daily should be at least three quarts, and better, four quarts. When the patient refuses to take the amount of water required, retaining enemas should be given. "It is better to have the patient drink a glassful of water every half hour. Dilute fruit juices may be used instead.

"Copious water drinking is the sheet anchor of the successful treatment of grip. The paramount importance of water drinking is now recognized by all our most eminent medical authorities.

"Another matter of very great importance is feeding. A fever patient needs food, and in about the same amount as a well person. The fever is a burning, a real combustion. If food is withheld, the tissues must supply the fuel, and this is the cause of wasting.

"Meats of all sorts and meat extracts and broths are rank poisons. "A fever patient needs from 1500 to 2000 calories of food every twenty-four hours. An ounce of grape juice contains about 25 calories, and so four ounces, or half a glassful, supply 100 calories of sugar, and approximately two quarts of grape juice could supply 1500 calories of nutriment.

"But more concentrated food may be given, such as a small amount of fresh cream added to the gruel and malt sugar added to the fruit juices. An ounce of flour, rice, oatmeal or cornmeal supplies about 100 calories.

"And bran must not be forgotten. The addition of bran to gruels greatly aids bowel action, which is most important.

"Finally, the patient (when convalescent) should live in the open air, night and day.

"The morning cold bath, the tepid evening bath, and skillful daily massage are invaluable aids."

Goodbye, John Barleycorn.

Talk all you please, but build the roads.

Of course, not a dollar should be wasted in the construction of paved highways in Oregon. But the paved highways should be built, to the limit.

The United States will pay Norway \$11,000,000 for the use of ships. The average Norwegian did not know there was that much money in the world.

With Mexico on a gold basis Col. Bryan's horrible example has disappeared. The free and unlimited coinage of silver was too much even for the Carranza land.

The ways and means committees of the legislature have the important task of cutting to the quick, without leaving any vital needs uncared for. And that is not an easy job, either.

Ten thousand starving people in Petrograd, marching and crying for bread, were yesterday fired upon by the Bolsheviks. Those murderous visionaries expect the people to live on hot air, or die.

Henry Clews, the Wall street authority, says the tendency of prices of commodities is downward, notwithstanding denials. A good tendency, too. Only there should be no injurious panic. "Things that go up too high must come down."

Somebody ought to suffer for the unwarranted delay in the delivery of mail to and from our soldiers overseas. It might be well to introduce proper business methods in our own Postoffice Department instead of taking on the contract to regulate the affairs of the world. If this be treason, put it in your pipe and smoke it.—Los Angeles Times.

Greece wants the parts of Turkey where Greeks make up the bulk of the population; and she wants to hold Constantinople in trust for the world. Rather ambitious; but few people in the world outside of Turkey are going to worry over what happens to any part of that assassin of the nations; so that she is left without power to continue her former criminal career.

logic of industry and commerce by the world war—although still more of them have been dispelled as the idle vapors of a clouded intellect. Mr. Vanderlip pointed out in his able address that the country has a duty towards reconstruction as clearly as it had a duty towards war; and he said that the first duty is to continue to be altruistic. He believes that if this country will devote itself to rendering a real service to the peoples of the devastated countries of Europe we shall have no occasion to worry about the reward. He held that one of the pressing problems to solve at the beginning is so to organize industry that labor will produce sufficient to earn the wages it receives.

Mr. Vanderlip predicted an era of expansion for American trade and industry that is without a parallel. He quoted statistics showing the demand that will be made upon this country alike for raw material and manufactured articles, and added that the only limit to our production will be that of other peoples to pay for our goods. He said the problem of labor is to double production, and that of the financiers to solve the problem of foreign credits so that the foreign purchases can be successfully financed.

When financiers of the standing of Mr. Vanderlip turn optimists the load of industry is lightened.

WORTH \$50.00 A BOTTLE
Wm. Barnes, San Antonio, Texas, writes: "Foley's Honey and Tar has been worth \$50.00 a bottle to me. I had the flu," followed by pneumonia, which left me weak, with a persistent cough. The cough hung on. Some one advised Foley's Honey and Tar. I have completely recovered and do not cough at all." J. C. Perry.

BITS FOR BREAKFAST

Is the flu flying?

Only four new cases yesterday.

Oregon was thirty-third in the bone dry free-for-all.

Iowa and Colorado got under the wire ahead of her yesterday, and Utah and New Hampshire came in later. That makes thirty-five. It takes thirty-six to fill.

Now Nebraska, Missouri and Minnesota are in the race to be the thirty-sixth. That makes it an exciting finish for old John Barleycorn.

One year after the final ratification is the date; but on July 1st the United States becomes bone dry, as a war measure, till the armies are mustered out. So there you are.

If you have any suggestion worth offering on how to provide employment for every soldier returning to this state, the legislature will listen patiently to you—even though the members and the committees are very busy, and are attempting to curtail talk, in the interest of time conservation. The big thing is to give every soldier boy a job, and provide work for all others who want to work.

"Rich girls should wed workers," says Marguerite Clement, the most learned young woman in France. Right you are, Marguerite, but they don't do it as a rule.

Major Hume's testimony concerning the use of the money of the German government in 1915 to supply Villa with arms and ammunition in Mexico opens up a trail that should be followed closely and persistently. The evidence of German intrigue in Mexico to bedevil the situation and make it difficult there, if not impossible, for the United States government to carry through its policy toward the revolution has long been morally convincing. The tracing of the payment of funds by German agents to Mexican revolutionists now goes pretty far toward furnishing evidence that no future historian of the period will ignore.

HE KNOWS WHEREOF HE SPEAKS

J. F. Harper, 418 Navarre St., San Antonio, Tex., writes: "I consider Foley's Honey and Tar absolutely the best cough remedy on the market. I know whereof I speak, having tried it in my own family. Your remedy acts quickly and relief is permanent." Good for colds, coughs, croup. Contains no opiates. J. C. Perry.

Federation Asks That Miners Be Demobilized

LONDON, Jan. 15.—The South-west Miners' federation has unanimously adopted a resolution demanding that miners in the British army be demobilized immediately and given employment, and that those disabled in the war be paid the wages which they would have earned if they had not been hurt. The resolution asks that a six-hour day be substituted for the present eight hour day.

"OKEH"
The NEW **ARROW** Collar
25 CENTS EACH
CLUETT, PEABODY & Co. Inc. Makers

EAT LESS MEAT IF BACK HURTS

Take a Glass of Salts to Flush Kidneys if Bladder Bothers You.

Eating meat regularly eventually produces kidney trouble in some form or other, says a well-known authority, because the uric acid in meat excites the kidneys, they become overworked; get sluggish; clog up and cause all sorts of distress, particularly backache and misery in the kidney region; rheumatic twinges, severe headaches, acid stomach, constipation, torpid liver, sleeplessness, bladder and urinary irritation.

The moment your back hurts or kidneys aren't acting right, or if bladder bothers you, get about four ounces of Jad Salts from any good pharmacy; take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to flush clogged kidneys and stimulate them to normal activity; also to neutralize the acids in the urine so it no longer irritates, thus ending bladder disorders.

Jad Salts cannot injure anyone; makes a delightful effervescent lithia-water drink which millions of men and women take now and then to keep the kidneys and urinary organs clean thus avoiding serious kidney disease.

Sailor Home from New York Visits at Hull

HULL, Ore., Jan. 14.—Clifford Milligan arrived home from New York on a week's furlough. Clifford has been on the battleship Texas for nearly two years and has been privileged to take an active part in Uncle Sam's naval affairs.

S. A. Barchler and family visited with C. F. Brown last Sunday.

Miss Alice Larson of Salem returned to school duties Saturday at Bridge Creek, after several weeks of sickness at her home.

George Mals made a business trip to Silverton Monday.

J. D. Drake has quite a crew of men clearing land on his ranch near here.

Mrs. Lillian William received a shipment of lumber with which she will build a house on her homestead.

A WORKING GIRL'S LIFE

Day in and day out, month after month, she toils. Often she is the breadwinner of the family and must work that others may live. Rain or shine, warm or cold, she must be at her place of employment on time. A great majority of such girls are on their feet from morning until night, and symptoms of female troubles are early manifested by weak and aching backs, dragging down pains, headaches and nervousness. Such girls are asked to try that most successful of all remedies for woman's ills, Lydia E. Pinkham's Vegetable Compound, which for more than forty years has been giving girls strength to do their work.

PORTLANDER AMONG PRISONERS

WASHINGTON, Jan. 15.—Names of enlisted men of the army, reported to have returned to France from prisoner camps of Germany made public today by the war department include:

Charles A. Heiss, number 4601; Lucille street, Seattle; William Nelson, Wenatchee, Wash.; Chris H. Cadonac, number 6304 Ninety-fifth street, Southeast, Portland, Ore.; Joe L. Burnett, Eureka, Calif.

POISONOUS WASTE CAUSES SICKNESS

When the kidneys are well they filter waste matter from the blood. When sluggish or overworked, the kidneys fail to clean the blood, and poisonous substances lodge in joints and muscles to cause aches, pains and soreness. Foley Kidney Pills strengthen, act quickly and relieve kidney and bladder trouble. J. C. Perry.

Schools in Dallas to Open Again on Monday

DALLAS, Ore., Jan. 15.—(Special)—The Dallas public and high school will open again next Monday after a closing of about two months due to the influenza epidemic. The school directors held a meeting Monday evening and decided that if no further breakings out of the epidemic occur here between now and the latter part of the schools would be safe to open. During the present school year the Dallas schools have been in operation but a little more than one month.

DALLAS PRUNES TO GO ABOARD

DALLAS, Ore., Jan. 15.—(Special)—Manager A. C. Petersen of the northwest district of the California Packing corporation which operated the big prune packing plant in this city has received word from the head offices in San Francisco that the embargo on Oregon prunes has been lifted and that shipments can now be made to any of the foreign countries. Large shipments of prunes from the local plant were made before the embargo was put into effect and the order of release is hailed with joy as the company enjoys a big business trade with markets in England. A large shipment of processed prunes is being made from this district this week to New York city, several cars being required to transport the shipment.

COLONEL HOUSE BETTER

PARIS, Jan. 14.—Colonel Edward M. House has been slightly ill for the past few days. He was better today, however, and expects to be out again shortly.

IN A SOCIAL WAY

By DORRIS LEAH SIKES

In the pursuance of the social hygiene campaign of the war department, Oregon is to have the opportunity of hearing Dr. Margaret Nordfelt of New York city.

When the women's section of social hygiene of the war department was organized, Dr. Nordfelt offered her services on the lecture bureau and is now appearing before the high school and college young women. It is planned that a week shall be spent at each public educational institution in a town, time being given for private interviews besides the lectures. Dr. Nordfelt has had a wide experience in this work and comes thoroughly accredited from the lecture bureau. She has been a practicing physician in New York city for a number of years.

Some time ago word came to Frances Richards, dean of women at Willamette university, and through her a date was set for Dr. Nordfelt's appearance in Salem. However, the field secretary who is acting as advance agent for Dr. Nordfelt has not yet arrived to consult her and no definite time has been decided.

Mrs. Philip Metschan, a sister of the late John D. Sutherland, who was here for her brother's funeral, returned to her home in Portland yesterday.

Mrs. Clarence Corey (Phyllis Kellogg) is stenographer for the committee on revision of laws during legislature. Mrs. Corey will be remembered as the daughter of Mr. and Mrs. H. R. Kellogg, formerly of Salem, but now of Portland. Since her husband's death from influenza in October, Mrs. Corey has lived with her parents. While in Salem she is with her husband's parents, Mr. and Mrs. W. W. Corey.

Mrs. Philip J. Gray, and little son Billy, are here to spend a few days visiting with Mrs. Gray's mother, Mrs. Bessie Kimball, secretary of the Y. W. C. A. Mrs. Kimball spent last week-end in Portland with her daughter.

Mrs. George Cherrington has gone to visit with relatives in Pratum.

Mrs. F. G. Drake, who has been here for the past ten days nursing her son Harold, will leave today for her home at Myrtle Point. Mr. Drake is convalescing at the home of Mrs. Katherine Upmeyer.

Mrs. Roy Savage and small daughter, of Portland, are the guests of Mrs. Savage's mother, Mrs. William Goodrich, 482 South High street. Mrs. Savage is convalescing from an attack of influenza.

Mrs. Lillian Marshall, of Dallas, is in attendance at the state legislature.

With her brother back from Goat Island on a furlough just in time to witness her marriage, Olive E. Hampton of Jefferson was a happy bride yesterday. Miss Hampton, who is the daughter of Mr. and Mrs. Thomas Hampton was wedded by County Judge W. M. Bushev late in the afternoon to Jesse W. McCormick, a prominent farmer of the same town. The young couple went on to Portland to spend their honeymoon before returning to Mr. McCormick's home.

George Hampton, who has been visiting his parents, accompanied his sister to Salem. Mr. McCormick is a son of Frank McCormick and is road patrolman for district 29.

Miss Hampton, who is a dainty, au-burn-haired girl made a pretty picture in her bright blue traveling gown and black plush coat. She wore a smart black hat with a fluffy blue feather of the same tint.

Miss Anna Mullen and Miss Julia Iverson entertained Tuesday night at dinner in their apartment on Liberty street. The table was prettily decorated and places were set for Mrs. and Mrs. J. E. Donovan, Mr. and Mrs. Vase and Miss Clem Standard.

The M. O. club, recently organized under the leadership of B. H. Wagner, held its first election of officers Monday evening in its club rooms in the Masonic Temple. The officers are president, Earl McDon-

SAGE TEA DANDY TO DARKEN HAIR

It's Grandmother's Recipe to Bring Back Color and Lustre to Hair.

You can turn gray, faded hair beautifully dark and lustrous almost overnight if you'll get a bottle of "Wyeth's Sage and Sulphur Compound" at any drug store. Millions of bottles of this old famous Sage Tea Recipe, improved by the addition of other ingredients, are sold annually, says a well-known druggist here, because it darkens the hair so naturally and evenly that no one can tell it has been applied.

Those whose hair is turning gray or becoming faded have a surprise awaiting them, because after one or two applications the gray hair vanishes and your locks become luxuriantly dark and beautiful.

This is the age of youth. Gray-haired, unattractive folks aren't wanted around, so get busy with Wyeth's Sage and Sulphur Compound tonight and you'll be delighted with your dark, handsome hair and your youthful appearance within a few days.

THINGS THAT NEVER HAPPEN



ough; secretary-treasurer, Dewey Hamhill; assistant secretary-treasurer, Warren Brasher.

Members of the club are Rex Howard, Clifford Townsend, Warren Brasher, Harold Millard, Kenneth Wilson, Vern Drayer, Earl McDonough, Armin Berger, Dewey Hamhill, and John Fields.

Dr. B. L. Steeves returned yesterday from Portland where he had been to attend the meeting of the board of trustees of Willamette university. Dr. Steeves is president of the board.

Miss Muriel Steeves has returned from a week's visit with Miss Grace Young in Portland. Miss Fay Peringer, who accompanied her to Portland, is visiting with friends in Vancouver.

Miss Marie Bennett, after an absence of several months in Dallas, has returned to Salem to spend a few weeks.

Mr. and Mrs. B. C. Sheldon of Medford, are occupying the residence of Miss Callista Moore at 920 Oak street during legislature. Mrs. Sheldon arrived last evening from Portland. Miss Moore will spend the time in Portland as the guest of Mrs. F. M. Miles. She is accompanied by her small nephew, Don Moore.

Mrs. Joseph Baumgartner has as her guest, Mrs. George F. Rodgers, of Astoria, who will visit in Salem for several weeks. Mr. Rodgers has gone east on a business trip.

Mrs. L. K. Page is back from a week's visit at Donald. Those who

entertained Mrs. Page on her visit were Mrs. Freda Moore and Mrs. Frances Mercer.

Mr. and Mrs. George McKilligan of Vancouver, returned to their home in Vancouver the fore part of the week after a visit with their daughter, Mrs. Carl Armprist.

One trouble is there are too many people in this world who are looking for a position and not a job.

SEEMS EVERYONE IS ANXIOUS TO TRY IT

Recent Discovery of Ether Compound That Dries Up Corns So They Lift Out.

Good news spreads rapidly and druggists here are kept busy dispensing freezons, the ether discovery of a Cincinnati man, which is said to loosen any corn so it lifts out with the fingers.

Ask at any pharmacy for a quarter ounce of freezone, which will cost very little, but is said to be sufficient to rid one's feet of every hard or soft corn or callus.

You apply just a few drops on the tender, aching corn and instantly the soreness is relieved, and soon the corn is so shriveled that it lifts out without pain. It is a sticky substance which dries when applied and never inflames or even irritates the adjoining tissue.

This discovery will prevent thousands of deaths annually from lockjaw and infection heretofore resulting from the suicidal habit of cutting corns.

AN ECONOMICAL, DELIGHTFUL, LIGHT PLACE TO TRADE

The Famous \$2.00 Welworth Blouse

Many Favorable Factors had to combine to enable us to sell Blouses like these at \$2.50



—If the materials out of which these Blouses were made were purchased on today's market, and if the Blouses were made and sold in the usual way they could never be sold at this low price. The factors that make this price possible are far-in-advance, advantageous purchase of materials, elimination of selling expense, lower making and overhead costs through the manufacture in large quantities for good stores the Country over. The styles are exclusive and can be sold here only.

We are sole distributors for this city for the nationally-known and nationally-favored, Welworth Blouses. These Blouses come to us under a style service which permits us to show the same new models on the same day they first appear in the style centers of the Country and to sell them at the same low uniform price, \$2.50.

Just a limited quantity and no more of the same styles will be obtainable.

Kafoury Bros
THE STORE FOR THE PEOPLE
416 State St., Salem.