

One in Four of Our Men Called for Draft Examination Was Physically Deficient

CITY PHYSICIAN STRONGLY ADVISES ALL PERSONS TO HAVE BLOOD EXAMINATIONS MADE BY FAMILY DOCTOR SAYS THOUSANDS SUFFER FROM IRON DEFICIENCY

And think it is "overwork," "too much worry," "a case of nerves," or some other trouble. Ordinarily, Nuxated Iron will increase the strength and endurance of such folks in two weeks' time in many instances.

In General Crowder's report to Congress, he states that twenty-nine per cent of the men called for physical examination were physically deficient; that more than one out of four of the flower of our land was sick and weary of life; perhaps did not know it.



Dr. James Francis Sullivan, formerly Physician of Bellevue Hospital, New York, and the Westchester County Hospital.

DR. SULLIVAN SAYS: "One-fourth of the people are sick—not of the normal lethargy shown by General Crowder's reports to Congress on the draft examination. I strongly advise everyone who feels weak, nervous or run-down at times, to go to their family physician and have a blood examination made. Thousands suffer from iron deficiency and do not know it. In my opinion there is nothing like organic iron—Nuxated Iron—to help give increased strength and energy to the weak, run-down and aged."

If you feel tired in the mornings; restless at night; if you suffer from weakness or lack of vitality; go to your family doctor and have him take a specimen of your blood and examine it, and if it shows iron deficiency, get him to give you a prescription for organic iron—Nuxated Iron. Do this so as to be sure that you do not get hold of some of the numerous forms of metallic iron preparations on the market which may do you far more harm than good. Or if you do not want to go to this trouble, purchase an original package of Nuxated Iron and see for yourself.

Sold in this city by Dan J. Fry and J. C. Perry.

Salem Man Is Mentioned in Portland Newspaper

Accompanying the picture of Captain Dana H. Allen, printed in the Sunday Oregonian, is the following article, telling of his military exploits. Captain Allen is a former Salem man. The Oregonian says of him:

"Captain Dana H. Allen, of Salem, Ore., was at Nougat in Baseline, France, when last heard from. Captain Allen is the son of R. D. Allen, former county clerk of Marion county. He was born in Silverton, Ore., in 1885. He attended the University of California and later graduated from the Willamette law school at Salem, in 1910.

"His military experience began when he served 44 days in the California National Guard during the great fire following the earthquake of 1906. He was a member of the National Guard at Salem for a number of years. In 1914 he was elected to the state legislature on the republican ticket, receiving the highest vote in both primary and general elections.

"He was sent to the Mexican border during the trouble there and when war was declared on Germany he was made a first lieutenant. He left for France in December, 1917. On October 31, 1918, he was made a captain and on November 3, assistant adjutant. He took part in the last six days of fighting before the armistice was signed."

PUT CREAM IN NOSE AND STOP CATARRH

Tells How To Open Clogged Nostrils and End Head-Colds.

You feel fine in a few minutes. Your cold in head or catarrh will be gone. Your clogged nostrils will open. The air passages of your head will clear and you can breathe freely. No more dullness, headache, no hawking, snuffling, mucous discharges of dryness; no struggling for breath at night.

Tell your druggist you want a small bottle of Ely's Cream Balm. Apply a little of this fragrant, antiseptic cream in your nostrils, let it penetrate through every air passage of the head; soothe and heal the swollen, inflamed mucous membrane, and relief comes instantly.

It is just what every cold and catarrh sufferer needs. Don't stay stuffed-up and miserable.

Reported as Successor of Lord Reading in U. S.

Paris reports that Lord Reading will not return to the United States as British high commissioner. Lord Robert Cecil, a member of the British peace mission, is said to have been chosen to succeed him. Lord Cecil formerly was assistant secretary for foreign affairs.

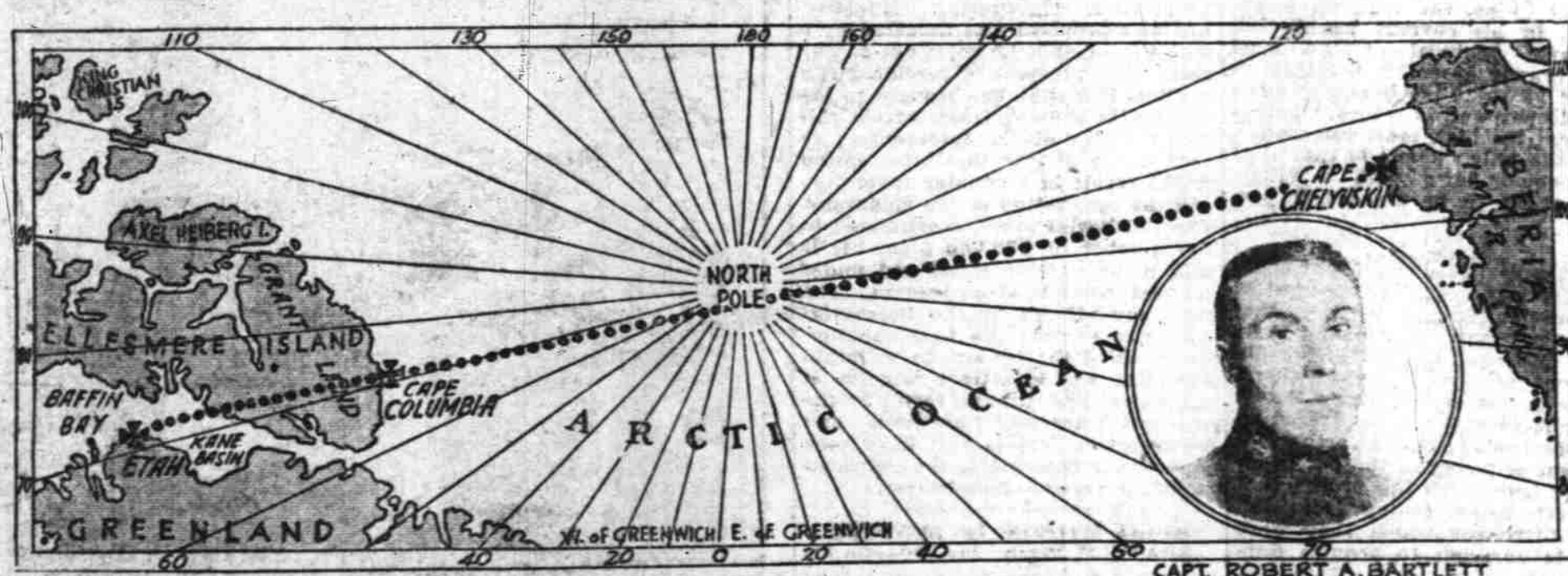


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Lutherans to Raise Fund for Reconstruction Work

CHICAGO, Jan. 21.—Plans for raising \$1,000,000 to carry out proposed reconstruction work of the Lutheran church in Europe were discussed at a conference of leaders of that denomination held here today. Rev. H. C. Stubb of New York presided at the meeting. Rev. Laurits Larsen said there were 9,000,000 Lutherans in the devastated sections of France, Finland and Russia, and it was planned to rebuild all churches destroyed in the war. The campaign for raising the fund will begin February 16 when mass meetings of Lutherans will be held in every large city in the country.

Route American Explorers Will Follow in Airplane Race for the North Pole



Racing for the North Pole in airplanes is to be the latest novelty. No sooner had Captain Robert A. Bartlett, commander of Admiral Robert E. Peary's ship on his last voyage,

announced that he had the backing of the Aero Club of America in an attempt to fly over the point farthest north than there came cables from London stating that plans have been made quietly for a British airplane expedition to start for the pole in April, two months ahead of the proposed American expedition. This

MRS. LEBAUDY IS EXONERATED

Wife of "Emperor of Sahara" Cleared of First Degree Murder by Jury

MINEOLA, Jan. 21.—Exonerated by the Nassau County grand jury of a first degree murder charge, Madame Jacques Lebaudy returned late today to her home in Westbury, where, on January 11, she shot and killed her eccentric husband, the self-styled "Emperor of Sahara."

Madame Lebaudy was accompanied by her 15-year-old daughter, Jacqueline, for the preservation of whose happiness, more than for her own safety, she says, she killed her husband.

"My fondest wish is that I will be permitted now to rest in seclusion," was her only comment as she left the jail.

News of her exoneration was taken to Madame Lebaudy by Mrs. Phineas Seaman, matron of the jail at 3 o'clock, shortly after the grand jury had reported "no indictment."

Madame Lebaudy, who paced her quarters in the jail nervously throughout the afternoon, fainted, but quickly recovered. She was weeping with a crucifix pressed to her breast and offering fervent prayer in French when her attorney entered to confirm Mrs. Seaman's report.

"Thank God, it's all over," she cried, bursting into tears. Before she left the jail, Madame Lebaudy kissed Mrs. Seaman, shook hands with the sheriff and other jail attendants, and asked that her thanks be conveyed to the members of the grand jury which had freed her.

Deals in Real Estate

John Abbott to Leonard M. Denburger, lot 3, block 23 Capital park addition; w. d.

Jennie Anderson to John N. Peterson et ux, lot 2, block 5, Brown's addition, Silverton, \$650; w. d.

E. R. Lawrence to Richard A. Daniel, et al, lot 58, Friends Oregon Colony, 6-1e containing 15 acres, w. d.

For general real estate business, mortgages and insurance see C. W. Niemeyer, 544 State St. Phone 1000.

Members of Armed Guard Commended by Secretary

WASHINGTON, Jan. 21.—Secretary Daniels announced today that he had officially commended the armed guard of the steamer Westbro, consisting of 23 men and five other enlisted men of the navy for acts of courage performed in connection with their duties. The armed guard of the Westbro volunteered to aid the ship's crew in shifting the cargo at sea to save the vessel which was in a dangerous condition. The members of the Westbro's armed guard included:

Archie W. Nicol, Starkville, Colo. Darrell W. Mendenhall, Sheridan, Ore. Clark P. Erwin, 1212 W. Seventh street, Spokane, Wash. Edward S. Adkins, 143 N. Pasadena avenue, Pasadena, Calif. Gerald M. Harris, Portland, Ore. Franklin E. Wilder, Olympia, Wash. Samuel E. Bliss, Tekamah, Neb.

It is quite evident that Mrs. Wilson is enjoying the trip. What else is necessary, in all conscience?—Exchange.

NO TONIC LIKE HOOD'S

Sarsaparilla for a Time Like This. After influenza, the Grip, When purified blood, rebuilt strength and regulated bowels are essential.

In the after-effects of influenza, the grip and other prostrating diseases, Hood's Sarsaparilla has remarkable health helping effect.

It expels the poisons that have weakened and depleted the blood, causing pallor, anemia, flabby flesh and lax muscles. It is the standard blood remedy with a successful record of nearly fifty years.

Many people—it is really astonishing how many—need a fine, gentle, easy cathartic in these trying times. We recommend Hood's Pills, used in the best families, and equally effective with delicate women or robust men. Easy to take, easy to operate.

BREAKS A COLD IN FEW HOURS—TRY IT!

First Dose of Pape's Cold Compound pound Relieves All Grippe Misery.

Don't stay stuffed up! Quit blowing and snuffling! A dose of "Pape's Cold Compound" 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; stops nasty discharge or nose running; relieves sick headache, dullness, feverishness, sore throat, sneezing, soreness and stiffness.

"Pape's Cold Compound" is the quickest, surest relief known and costs only a few cents at drug stores. It acts without assistance, tastes nice, and causes no inconvenience. Don't accept a substitute.

VESSEL STOPS AT NOVA SCOTIA

Rochambeau Repaired Before Continuing to Port—Is Laden With Troops

HALIFAX, Jan. 20.—The French liner Rochambeau, carrying 883 returning American soldiers, chiefly from Minnesota and Iowa, and about 600 civilians, including a daughter born at sea to Lieutenant and Mrs. T. M. Wilkinson of Whiteville, Tennessee, made an unscheduled stop at this port today to obtain supplies and coal and water. The steamer was eleven days out from Bordeaux, for New York. Rough weather and strong head winds had delayed her, and when in mid-ocean engine trouble developed. Captain Juhan decided to put in at the Azores for repairs and supplies.

However, American mechanics among the passengers were able to repair the machinery and the Rochambeau continued toward New York. Fair weather followed and the stop here was precautionary, as otherwise reduced rations would have been made necessary if wet heavy weather and subsequent further delays had been encountered.

The 339th field artillery makes up most of the fighting men aboard. With them are 10 Knights of Columbus secretaries and Red Cross, Y. M. C. A. and Salvation Army workers.

Prominent Family Moves from Shaw to Newberg

Shaw, Ore., Jan. 20.—Mr. and Mrs. Wm. Damsburg moved their household goods by auto trucks Wednesday to their new home near Newberg.

Born, Jan. 16th, a son to Mr. and Mrs. Ed Scharrf. Mother and son both doing fine.

Mr. Trumm and family moved last week in their new home formerly owned by Wm. Damsburg.

The five victims are all out with the exception of Miss Margaret Fleber who is suffering a run of pneumonia. The new cases are Mrs. Joe Perry and two children, all doing nicely.

Muriel and Byron Wells of Salem are visiting at Shaw for a few days.

Born, Jan. 14th, to Mr. and Mrs. Claude Simpson, a daughter.

Silverton Mill Reopens After Annual Cleanup

SILVERTON, Ore., Jan. 20.—The Silver Falls Timber company mill has not yet started running since it closed down for its annual clean-up. So far the managers have not decided just when it will open but it is reported that it will not open for a few weeks. Mr. Woodward, the manager is at Portland.

The Silverton Lumber company mill started work with a full crew this morning.

Mrs. F. Baker, who has been with the L. A. Tatt family during their illness, left Monday. Mr. and Mrs. Baker are planning on going to California in the near future.

Harry Carson who has entirely recovered from his long illness, returned to Seattle Sunday. Mr. Carson is with the merchant marines.

Brush Creek school opened Monday morning after four weeks' vacation.

Word has been received at Silverton that John Iverson has returned to the states and is now stationed at an eastern camp.

U. S. HEALTH SERVICE ISSUES WARNING

Increase in All Respiratory Diseases After the Influenza Epidemic Probable.

Influenza Expected to Lurk for Months. How to Guard Against Pneumonia. Common Colds Highly Catching—Importance of Suitable Clothing—Could Save 100,000 Lives.

Washington, D. C.—With the subsidence of the epidemic of influenza the attention of health officers is directed to pneumonia, bronchitis and other diseases of the respiratory system which regularly cause a large number of deaths, especially during the winter season. According to Rupert Blue, Surgeon General of the United States Public Health Service, these diseases will be especially prevalent this winter unless the people are particularly careful to obey health instructions.

"The present epidemic," said Surgeon General Blue, "has taught by bitter experience how easily a condition beginning apparently as a slight cold may go on to pneumonia and death. Although the worst of the epidemic is over, there will continue to be a large number of scattered cases, many of them mild and unrecognized, which will be danger spots to be guarded against." The Surgeon General likened the present situation to that after a great fire, saying, "No fire chief who understands his business stops playing the hose on the charred debris as soon as the flames and visible fire have disappeared. On the contrary, he continues the water for hours and even days, for he knows that there is danger of the fire rekindling from smoldering embers."

"Then you fear another outbreak of influenza?" he was asked. "Not necessarily another large epidemic," said the Surgeon General, "but unless the people learn to realize the seriousness of the danger they will be compelled to pay a heavy death toll from pneumonia and other respiratory diseases."

Common Colds Highly Catching. "It is encouraging to observe that people are beginning to learn that ordinary coughs and colds are highly catching and are spread from person to person by means of droplets of germ laden mucus. Such droplets are sprayed into the air when careless or ignorant people cough or sneeze without covering their mouth and nose. It is also good to know that people have learned something about the value of fresh air. In summer, when people are largely out of doors, the respiratory diseases (coughs, colds, pneumonia, etc.) are infrequent; in the fall, as people begin to remain indoors, the respiratory diseases increase; in the winter, when people are prone to stay in badly ventilated, overheated rooms, the respiratory diseases become very prevalent."

Suitable Clothing Important. "Still another factor in the production of colds, pneumonia and other respiratory diseases is carelessness or ignorance of the people regarding suitable clothing during the seasons when the weather suddenly changes, sitting in warm rooms too heavily dressed or, what is even more common, especially among women, dressing so lightly that windows are kept closed in order to be comfortably warm. This is a very injurious practice."

Could Save 100,000 Lives. "I believe we could easily save one hundred thousand lives annually in the United States if all the people would adopt the system of fresh air living followed, for example, in tuberculosis sanatoria. There is nothing mysterious about it—no specific medicine, no vaccine. The important thing is right living, good food and plenty of fresh air."

"The Bureau of Public Health, Treasury Department, has just issued a striking poster drawn by Berryman, the well-known Washington cartoonist. The poster exemplifies the modern method of health education. A few years ago, under similar circumstances, the health authorities would have issued an official dry but scientifically accurate bulletin teaching the role of droplet infection in the spread of respiratory diseases. The only ones who would have understood the bulletin would have been those who already knew all about the subject. The man in the street, the plain citizen and the many millions who toil for their living would have had no time and no desire to wade through the technical phraseology."

USE THE HANDKERCHIEF AND DO YOUR BIT TO PROTECT THE PUBLIC

COLDS, INFLUENZA, PNEUMONIA, AND TUBERCULOSIS ARE SPREAD THIS WAY

Copies of this poster can be obtained free of charge by writing to the Surgeon General, U. S. Public Health Service, Washington, D. C.

Ain't it wonderful how easily this country can get along without a president in the White House?—Exchange.

Carter's Little Liver Pills

You Cannot be Constipated and Happy

Small Pills, Small Dose, Small Price

A Remedy That Makes Life Worth Living

Genuine bears signature

CARTER'S LITTLE LIVER PILLS

will greatly help most pale-faced people

BOARD WILL CONTINUE TO EXIST

Commission on Training Camp Activities Is Considered Too Important to Cast Aside—Work Is Summarized

WASHINGTON, Jan. 20, 1919.—The work of the war department commission on training camp activities has proved so important, it was announced here today, that it would be made a permanent part of the country's military establishment, instead of being conducted in future by the civilian body appointed at the beginning of the war to handle physical and recreational activities among the new soldiers, the work has been taken over by the war department itself. Assistant Secretary Koppel has been placed in charge of the administration of it, with line officers transferred from other service to take charge of all duties in the camps.

The civilian commission, of which Mr. Raymond B. Fosdick was chairman, will continue to act in an advisory capacity. Mr. Fosdick is now in Europe, where at the request of General Pershing he is engaged in co-ordinating the work of the civilian relief organizations serving the expeditionary forces.

When the government began raising its huge new army and the men who were drafted began pouring in to the camps by thousands, it became evident that some agency must be created to supply for them a substitute for the social life they had enjoyed at home. This the commission on training camp activities was formed to do. It undertook to organize recreational facilities, not only in the camps themselves, but in the communities adjacent to the camps. A department of athletics was built up under Dr. Joseph E. Raycroft which enrolled athletic instructors and sent them to the camps, where soon the soldiers were enjoying boxing, games and mass athletics which not only kept them in fine physical trim and built up their morale, but proved an important aid in preparing them for military duty. A department of camp music was organized by Mr. Lee F. Hamner which selected song leaders and furnished them to the camps. "Soldier Songs" are tremendously popular now, not only among the men in uniform, but with the general public. Some of the best of the modern songs have come out of the camps. The Liberty theatres, another big contribution to the happiness of the soldiers, were under the direction of Mr. Malcolm L. McBride, who also had charge of the organization of the post exchanges in the cantonments, later taken over by the army officials when they had become self-sustaining.

Besides this work, the commission carried on a tremendously important campaign of education and law-enforcement to protect the soldiers against the evil effects of liquor and sexual indulgence. By lectures, posters, pamphlets, moving pictures, the truth about venereal disease was laid before the men in uniform. The country was divided into districts, in each of which agents of the commission worked for the enforcement of the laws against liquor selling and vice. Through their efforts, new laws and ordinances to protect the soldiers—and incidentally the communities—were adopted, new agencies for handling such problems built up. Restricted vice districts were abolished, and their inmates interned in detention houses where under proper medical treatment they could be cared for until they were no longer a menace to the public health.

This work has so demonstrated its value that state and municipal governments have taken it up on their own account, carrying out, in some instances even extending, the commission's plans. It is due in great part to this phase of the commission's work and particularly the educational side of it, that the American expeditionary force was able to show a smaller percentage of venereal disease among its members than any other army.

In addition to the work of its own agents, the commission supervised and was responsible for the activities of the Y. M. C. A., the Y. W. C. A., the Knights of Columbus, the Jewish Welfare board, the American Library association and the War Camp Community service in the camps in this country.

Grand Duchess Marie Adelaide

Abdication of Grand Duchess Marie Adelaide has just been demanded by large crowds who paraded before the palace in Luxembourg. The political situation in the grand duchy has been unsettled, a large part of the population demanding the proclamation of a republic. The grand duchess is 24 years old. She has been the ruler of Luxembourg since June, 1912.

Oil Well Near Dallas Permanently Abandoned

Dallas, Ore., Jan. 20.—(Special to The Statesman)—Hopes of securing oil in paying quantities from the well on the Whiteaker ranch southeast of this city has been abandoned by the Oregon Oil & Pipe Line company which prospectured around this city several years ago and the casing is being removed from the well this week and shipped to Portland. The well when abandoned was driven to the depth of some 1200 feet and at one time an excellent showing was struck of oil in paying quantities but this proved to be but a pocket and soon gave out and after drilling down several hundred more feet without securing results the prospecting was discontinued. The project was financed entirely by local capital.

Pain

Here is a message to suffering women from Mrs. Kathryn Edwards, of R. F. D. 4, Washington Court House, Ohio. "I am glad to tell, and have told many women, what I suffered before I knew of Cardui and the great benefit to be derived from this remedy. A few years ago I became practically helpless."

Expert Corner Cutters Must Watch Out for Cops

"Hold on to your hat when you go round the curves. There'll be a cop right on the job."

That was the promise made yesterday by Chief of Police Varney, when he gave out the announcement of another cleanup of violators of city ordinances.

"The police department is going to enforce the rule regarding cutting corners," he said. "The people always sojourned if they don't have warning, so here it is."

He also cautioned motorists to remember that the rule applies in residence as well as business districts. No arrests under the ordinance have been made this year, but one for passing a street car while it was letting off passengers occurred. Another violator of this regulation is also due to appear in the police court within a few days.

PLAYERS ARE TRADED.

PHILADELPHIA, Jan. 21.—Jack Coombs, manager of the Philadelphia National league club, tonight announced that Third Baseman Stock, pitcher Dixie Davis and Catcher Dillhoefer had been traded to the St. Louis Nationals for infielder Douglas Baird, pitcher Gene Packard and infielder J. S. Stewart. There was no money consideration.

Card-u-i The Woman's Tonic

"I was very weak," Mrs. Edwards goes on to say, "and could not stoop without suffering great pain. Nothing seemed to help me until I heard of Cardui and began the use of it. I gradually gained my strength. I am now able to do all my work. If you need a tonic take Cardui. It is for women. It acts gently and reliably and will probably help you as it helped this lady."

All Druggists