

Look and Feel Clean, Sweet and Fresh Every Day

Drink a glass of real hot water before breakfast to wash out poisons.

Live is not merely to live, but to live well, eat well, digest well, work well, sleep well, look well. What a glorious condition to attain, and yet how very easy it is if one will only adopt the morning inside bath.

Folks who are accustomed to feel dull and heavy when they arise, splitting headache, stuffy from a cold, foul tongue, nasty breath, acid stomach, can, instead, feel as fresh as a daisy by opening the sluices of the system each morning and flushing out the whole of the internal poisonous stagnant matter.

Everyone, whether ailing or sick or well, should, each morning, before breakfast, drink a glass of real hot water with a teaspoonful of limestone phosphate in it to wash from the stomach, liver, kidneys and bowels the previous day's indigestible waste, sour bile and poisonous toxins. The action of hot water and limestone phosphate on an empty stomach is wonderfully invigorating. It cleans out all the sour fermentations, gases, waste and acidity and gives one a splendid appetite for breakfast.

The millions of people who are bothered with constipation, bilious spells, stomach trouble, rheumatism; others who have sallow skins, blood disorders and sickly complexions are urged to get a quarter pound of limestone phosphate from the drug store which will cost very little, but is sufficient to make anyone a pronounced crank on the subject of internal sanitation.

CHURCHES

Leslie Methodist Episcopal. . . . South Commercial and Meyers streets. Horace N. Aldrich, pastor. 9:45 a. m., Sunday school, with classes for all ages. International uniform lessons. E. A. Rhoten, superintendent. Primary department under the direction of Mrs. Mason Bishop. 11 a. m., public worship.

U. S. Tires

Quackenbush Auto Supply and Vulcanizing

Phone 66

219 N. Commercial St.

TIRE BARGAINS

Standard Makes

These tires are all new fresh goods and are retreaded or so-called rebuilt tires. STOP IN AND SEE THEM or WRITE Goods shipped U. S. D., express or parcel post. Money refunded on goods returned to us intact within 10 days.

TUBES		
NON-SKID	Guaranteed	
3500 miles	Gray	Red
38x3	\$11.40	\$2.35
38x3 1/2	11.90	2.35
38x4	14.95	2.85
38x4 1/2	19.00	3.00
38x4 3/4	24.75	3.65
38x4 1/2	25.20	3.75
38x4	26.35	3.85
38x4 1/2	27.25	3.95
38x4 3/4	32.50	6.00
38x4 1/2	33.50	4.90
38x4 3/4	38.75	4.80
38x4 1/2	46.00	4.85
38x4 3/4	64.50	5.10
38x5	46.50	6.00
38x5 1/2	49.00	6.20
38x5 3/4	49.00	6.20

All sizes in stock. Write for them or call and see them.

Malcom Tire Co. Corner Commercial and Court Sts., Salem, Oregon. Branch, 82 N. Broadway, Portland, Or.

with sermon by H. W. Lewis, of New York City. Dr. Lewis will bring a very interesting down-to-the-minute message. Hear him. 3 p. m. The Junior League will meet, with Miss Bertha Lettner in charge. 8:30 p. m. the devotional meeting of the Epworth League, under the direction of Miss Bertha Miller, Ivan Corner, president. 7:30 p. m. an inspirational service will be held, featuring Rev. William Nichol in his oration, "The Sword Hathed in Heaven." Also, selections by Orville C. Miller, and special musical numbers. This will be a very interesting hour. You are invited.

Ministerial Association. The Salem Ministerial association will meet in regular session Monday morning at ten o'clock, in the Y. M. C. A. The message will be delivered by Rev. J. D. Springston, D. D., of Portland. Subject, "A Discussion of Labor Problems." A large attendance is desired, not only of ministers, but any who are interested and would like to hear the discussion.

State Institutions. Services at the State institutions will be held Sunday as follows: 9 a. m., State hospital, by G. F. Leining. 3 p. m., Girls' Industrial school, by G. F. Holt. 3:15 p. m., Tuberculosis hospital, by L. W. Porter.

St. Paul's Church. Fourth Sunday in Lent: 7:30 a. m., holy communion; 9:45 a. m., church school; 11 a. m., morning prayer and sermon, "The Divinity of Man;" 7:30 p. m., evening prayer and address, "Life's Judgement Seats." Everybody welcome. Chas. H. Powell, rector.

Jason Lee Memorial. Jefferson and Winter streets, Thomas Acheson pastor. Sunday school 9:45. Classes for all ages under the care of efficient leaders. Public worship 11 a. m. Subject, "American Methodism Facing World Opportunity." Speaker: Dr. Charles E. Bowen. Come and hear him. Epworth League devotional meeting 8:30. A cordial welcome awaits all young people. Evening service 7:30. The special speaker of the evening will be Mr. A. B. Lewis, Portland, Oregon. He will present the layman's viewpoint of the Methodist Centenary. Sunday will be a great day at Jason Lee Memorial. We cordially invite the public to come and worship with us.

Newsy Notes of State Industrial Growth

March 24.—Madras—North Unit Irrigation district carried election for \$5,000,000 bond issue, to be guaranteed by state.

Salem—State fair grounds to be landing place for airplane fleet. Pendleton and Walla Walla soon to be connected with permanent highway.

Oregon City fishermen's union again submit measure to limit taking of salmon for commercial purposes to gillnets.

Waldport—Reports from oil field continue encouraging.

Astoria completing reservoirs to supply city 4,000,000 gallons daily.

Salem labor unions and employers adopting voluntary mediation councils.

Toledo—Yaquina bay sawmill, electric plant and logging road to be in full operation by new company by March 25.

Willamette valley tie manufacturers are organizing to extend output.

France is in the market for 2,000,000 railroad ties.

Heavy Ford looking for water power to establish motorcar plants.

Railroad fares from Portland to San Francisco to be increased from \$20 to \$22.51 or full three cents a mile. All special and excursion rates are abolished under new ruling of government operation.

Astoria—California capital planning large milk and vegetable canneries to be located here. Greatest obstacle is shortage of suitable labor to milk cows and grow vegetables.

Portland—N. W. Steel Co. authorized to finish two more steel ships.

Portland macaroni factory has 200-barrel per day drier.

Astoria—Clatsop county cranberries averaged 35 bushels to the acre. Pendleton to get \$25,000 Standard Oil distributing station.

Echo—Contract let to Warren Co. for \$1,000,000 irrigation project.

Portland school board will cut out school cafeterias.

Sutherlin—New cannery incorporated here for \$50,000.

Bend to get new theater this summer.

Reedsport and Smith River to be connected by Smith River Mutual Telephone Co.

Prarie—Work on highway between John Day and Fish Creek to start soon at cost of \$111,000.

St. Helens—Contract for new schoolhouse let for \$38,000.

Bend—Immediate construction to begin on The Dalles-California highway.

Bend—1160 acres of land, 2300 ewes and 200 tons of hay in this vicinity sold for \$75,000.

Linn county to get hard surface roads. First unit of 6.9 miles between Santiam River and Albany to be built this summer at cost of \$168,000.

Highway commission awards \$146,000 contract for grading and paving of 7-mile Albany to Jefferson road.

Pendleton—About 8 miles more of Wild Horse road, passing through Athena and Adams, will be immediately surfaced.

Salem—\$500,000 paper mill to be established here.

Twenty-two miles good road will be constructed from Medford to Crater Lake this year by state and county assisted by federal government. Cost \$246,000.

Marshfield—Coos county dairymen organize to better their herds.

Drummond—New bank established here.

Sutherlin—Cannery and fruit drier to be built here.

Marshfield—Management of Bea-

DEALERS AND CONTRACTORS MAY HAVE CREDIT

PRICES CUT To the Core

SPENCER HARDWARE STOCK BEING SHOT TO PIECES

Our time is coming to a close. If there is anything you need in the line of Hardware, Paints, Garden Tools, Window Glass, Blacksmith Supplies, get it right now while the time is ripe. We do not want to move a thing, every article being closed out regardless of any profit. Here are just a few sample Bargains; thousands of others too numerous to mention.

Extra large 24 quart anti-rust dishpans, \$3.50 values \$1.85	Hand and Rip Saws, \$4.00 Values \$2.45	Yale Padlocks, \$1.25 value 69c	Spray Hose, Regular 30c 19c Foot	12 quart Heavy Reel Dairy Buckets 84c
Large Size Bottle Furniture Polish, 50c size, 29c	Hammers, Regular \$1 value 69c	Oil Cans, 5 gallon, Regular \$2.00, \$1.29	Large garbage cans, \$4.50 value, \$2.29	Ladies' Shovels, 85c value 49c
All kitchen Household Articles, values to 50c 10c	Large Iron Wheelbarrow Wheels, \$1.85 value, 90c	Granite Tea Kettles, \$3.50 values, \$1.69	Aluminum Perculator, \$3.50 value, \$1.95	Lantern Globes 2 for 25c
Paints and Varnishes, \$3.50 value, \$2.45 Gal.	White Granite Cups and Saucers, 50c values 20c	All kinds of Garden Tools, Sacrificed	Japan Slop Jars, 75c value, 39c	2 Piece Carving Sets, \$1.50 value, 85c
Large Dover Egg Beaters, 50c values, 25c	Granite Pots and Pans, Value to 75c, 29c	Spencer Hardware Co. 466 - 474 State St. Salem - - - Oregon		10 Quart Galvanized Buckets, 39c
6 lb. Splitting Wedges 95c	Glass Wash Boards, 65c			Aluminum Ware, valued to \$1.50 49c
				2.50 Tree Pruners \$1.00

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ver H 11 coal mine undertakes additional development and is increasing output.

DOES THE FARM MILK COW RETURN A PROFIT?

Most of the dairy products of the United States are produced by small herds of cows kept by farmers whose main source of income is from some other enterprise, and it is to be expected that more of the beef supply in the near future will come from this source. The difference in viewpoint as regards the milk business on dairy farms and on these general farms might be expressed by

WEAK, NERVOUS WOMAN Benefitted by Friends' Advice, Passes the Good Advice Along to Others.

Milwaukee, Wis.—"I was weak, nervous, all run down, no appetite and had taken different medicines without benefit. A friend advised me to take Vinol. It gave me a wonderful appetite, I sleep well, have gained in weight and am now strong and well."—Mrs. E. Strey.

We strongly recommend Vinol, which contains beef and cod liver peptones, iron and manganese peptones and glycerophosphates for all weak, nervous, run-down conditions, and to build up strength after sickness. Emil A. Schaefer and druggists everywhere.

P. S.—If you have skin trouble try Saxol salve. Money back if it fails.

saying that the milk products come from (1) using feed to make milk, and (2) making milk to use as feed. At least, there are these two aspects of the milk business on the farm. Methods commonly employed in the latter case prove very unprofitable when applied to a strictly dairy farm enterprise, yet on general farms they may contribute materially toward reducing expenses that would otherwise reduce profits from main enterprises.

With this aspect in mind, O. R. Johnson and R. M. Green, of the University of Missouri College of Agriculture, made a study to determine from farmers' experience the costs and certain related factors pertaining to the milk business as a subsidiary enterprise on farms organized to do a general farming business.

The results are published as Missouri Bulletin 159. The data cover a total of 155 head of common milk cows and 128 head of calves. The general conclusions reached is that keeping common cows such as were found on the farms studied is out of the question so far as profits are concerned unless

less from 40 to 50 per cent of the cost of their feed can be in pasture and unmarketable roughage. The margin of profit is then small and is mainly in growing the calf.

If national prohibition does away with after-dinner speakers, there will not be so much objection to it.

SEE RAMSDEN for

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Repairing and Tires

LLOYD E. RAMSDEN

221 S. High St.

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Used Cars

We have four five passenger Ford cars ranging in price from \$300 to \$360 that are well worth the money.

One C-37 Buick, nearly new, cord tires in front, brand new Republics on rear, in first class mechanical condition, priced right.

One 1918 thoroughly rebuilt Chevrolet Model 490, same guarantee and service as a new car for \$685.

Our used cars do not last long for the reason that we buy them for what they are worth and sell them the same way.

Salem Automobile Co.

151 North High Street