

### Why Lack of Iron Keeps Women Weak, Nervous, Fretful and Run-Down



**While Plenty of Red Blood Rich in Iron Helps Make Them Strong, Healthy and Beautiful.**

**How Organic Iron—Nuxated Iron—helps Solve Problem of Supplying Iron Deficiency, Thereby Increasing the Strength and Endurance of Delicate Care-worn Women in Two Weeks Time in Many Instances.**

Many a woman who ought still to be young in feeling is losing the old-time vim and energy that makes life worth living simply because her blood is thinning out and possibly starving through lack of iron. It is through iron in the red coloring matter of the blood that life-sustaining oxygen enters the body and enables the blood to change food into living tissue, muscle and brain.

In commenting upon the alarming iron deficiency in the blood of the average woman of today, Dr. George H. Baker, formerly Physician and Surgeon Monmouth Memorial Hospital of New Jersey said:

"What women need to put roses in their cheeks and the springtime of life into their eyes is not cosmetics or stimulating drugs, but plenty of rich pure red blood. Without it no woman can do credit to herself or to her work. Iron is one of the greatest of all strength and blood builders and I have found nothing in my experience so effective for helping to make strong, healthy, red blooded women as Nuxated Iron. For a careful examination of the formula and my own tests of Nuxated Iron I feel convinced that it is a preparation which any physician can take himself or prescribe for his patients with the utmost confidence of obtaining highly beneficial and satisfactory results."

Dr. Ferdinand Knap, a New York Physician and Medical Author says: "I have

strongly emphasized the fact that doctors should prescribe more organic iron—Nuxated Iron—for their nervous, run-down, weak, haggard-looking women patients. Lack of iron in the blood may often transform a beautiful sweet-tempered woman into one who is cross, nervous and irritable—some who makes life a burden to herself, unbearable for her husband, and disagreeable for her children. When the iron goes from the blood of women, the roses go from their cheeks."

If you are not strong or well you owe it to yourself to make the following test: See how long you can work or how far you can walk without becoming tired. Next take two five-grain tablets of ordinary Nuxated Iron three times per day after meals for two weeks. Then test your strength again and see how much you have gained.

## NUXATED IRON

For Red Blood, Strength and Endurance

Sold in This City by Daniel J. Fry and J. C. Perry

#### PEACE SUMMARY

(By The Associated Press)

The German peace plenipotentiaries at Versailles are to make known in full to the delegates of the allied and associated powers by Thursday on what points the peace treaty they acquiesce and what points they object to and desire modified.

Thursday is the time limit for the German reply and no extension has been granted.

Although leaders throughout Germany have declared that the treaty is unacceptable and will not be signed, the opinion in Paris seems to prevail that after the representatives of the allied and associated governments have considered the objections raised by the German plenipotentiaries and formulated their final reply, the Germans will affix their signatures to the compact.

Marshal Foch is taking nothing for granted as regards the probable action of the Germans at Versailles. He has made a visit to the occupied area and has informed the commandant of four of the military preparations that have been made contingent on

the Germans refusing to accept the allied peace terms. Likewise, General Pershing, the American commander, is wide awake to the possibilities of the situation. A trip to London planned by him for the present week, has been indefinitely postponed and he will remain on the Rhine until all is settled at Versailles.

American financial experts are still discussing economic matters with the Germans at Versailles. The reply of the council of four to the German note regarding reparations will declare that it is impossible to dissociate responsibility from reparations and also decline to admit that the German people may disclaim responsibility for the actions of the former German government.

#### Double Program Will Be Given at Macleay Friday

The Macleay school and the Red Cross auxiliary of Macleay will unite in an all day session at the Grange hall Friday of this week. The

school will furnish the forenoon program, beginning at 11 o'clock. At noon a basket dinner will be served and everyone who attends is expected to bring well-filled baskets. The women of the neighborhood will furnish coffee.

The afternoon program will consist of vocal and instrumental music and addresses. Those who will speak are August Hucklestein, Mrs. E. E. Fisher, Mrs. Buckle and Dr. Edith Morehouse of New Jersey, who recently has come from France. After the program several articles will be sold at auction, including two good singer sewing machines. The public is invited to attend.

### Get the Habit of Drinking Hot Water Before Breakfast

Says we can't look or feel right with the system full of poisons.

Millions of folks bathe internally now instead of loading their system with drugs. "What's an inside bath?" you say. Well, it is guaranteed to perform miracles if you could believe these hot water enthusiasts.

There are vast numbers of men and women who, immediately upon arising in the morning, drink a glass of real hot water with a teaspoonful of limestone phosphate in it. This is a very excellent health measure. It is intended to flush the stomach, liver, kidneys and thirty feet of intestine of the previous day's waste, sour bile and indigestible material left over in the body which if not eliminated every day become food for the millions of bacteria which infest the bowels, the quick result is poisons and toxins are then absorbed into the blood causing headache, bilious attacks, foul breath, bad taste, colds, stomach trouble, kidney misery, sleeplessness, impure blood and all sorts of ailments.

People who feel good one day and badly the next, but who simply can not get feeling right are urged to obtain a quarter pound of limestone phosphate at the drug store. This will cost very little but is sufficient to make anyone a real crank on the subject of internal sanitation.

### MRS. M'CRACKEN ON COMMITTEE

#### Credentials of Music Teachers Are Passed on by Appointed Board

Superintendent of Public Instruction J. A. Churchill, announces the appointment of Mrs. Jean P. McCracken as a member of the committee of music teachers to pass upon the credentials of the teachers of the state who wish the work of their pupils accredited in the high schools of Oregon. This appointment was to fill the vacancy caused by the resignation of Mrs. Thomas Carriek Burke, who has moved to New York City. The personnel of the committee is now Dr. John Landabury, chairman, Mr. Frederick Goodrich, and Mrs. Jean P. McCracken.

The high schools of the state are permitted to give three credits toward graduation for pupils who have successfully completed the required work in music outside of school under the direction of an accredited teacher. The plan of accrediting these teachers has been in operation during the past year and has proven very successful. Any teacher who wishes her work accredited sends her credentials to the superintendent of public instruction, who has them passed upon by this committee. If they are found satisfactory, a certificate is issued by Superintendent Churchill. Practically all the high schools of the state are now accepting the work of students for work in music completed outside of school, provided the work has been done under an accredited teacher. To be accepted for full credit, a pupil must take not less than two 30-minute lessons or one 60-minute lesson a week. The pupil must practice not less than seven and a half hours a week. A pupil may be accepted for half credit by taking one 30-minute lesson and practicing four hours a week. In vocal instruction assignments for physical exercises and theoretical studies which bear directly upon the development of the voice, will come within this requirement. The music lessons must be taken during the entire semester for which credit is desired.

#### Sure Way to Get Rid of Dandruff

There is one sure way that never fails to remove dandruff completely and that is to dissolve it. This destroys it entirely. To do this, just get about four ounces of plain, ordinary liquid arvon; apply it at night when retiring; use enough to moisten the scalp and rub it in gently with the finger tips.

By morning, most if not all of your dandruff will be gone, and three or four more applications will completely dissolve and entirely destroy every single sign and trace of it, no matter how much dandruff you may have.

You will find, too, that all itching and digging of the scalp will stop instantly, and your hair will be fluffy, lustrous, glossy, silky and soft, and look and feel a hundred times better.

You can get liquid arvon at any drug store. It is inexpensive, and four ounces is all you will need. This simple remedy has never been known to fail.

## To-Day DR. PARKER IS SALEM VISITOR

Head of Big Dental Business Says He Likes State of Oregon



CHAPLIN COMEDY

Big Feature and VAUDEVILLE BLIGH THEATRE



"PAINLESS" PARKER

Dr. E. R. (Painless) Parker was a Salem visitor yesterday. Dr. Parker's home is in Santa Clara valley, California. He is a farmer. He raises prunes. Incidentally, he is a dentist.

He conducts 25 dental offices in the United States; three of them being in the city of New York, three in Brooklyn, and the rest in California, Washington and Oregon.

One of his offices is in Salem, at the corner of State and Commercial street.

And he is pleased with the business being done at his Salem office. April was the biggest month in the history of the Salem office—and the outlook is splendid.

Dr. Hylander has charge of the Salem office.

"Painless" Parker is an advertising dentist.

He believes in advertising. He thinks it is the greatest educational force in the world.

He says statistics show that 67 per cent of the people have never been inside of a dental office; but there are precious few of the people who do not need the services of dentists.

But there has been a sort of mystery about dentistry in the minds of many people.

Dr. Parker thinks this ought not to be the case.

He says there is no mystery about dentistry. It is just a matter of mechanical science, mainly.

He thinks a dentist ought to be almost human.

He thinks also that the prices for good dentistry ought to be kept low, and put lower, if possible, in order that all the people who need the

services of dentists should have this need supplied.

So he advertises; invites people to come to his offices and have their teeth attended to. And they come, in continually large numbers.

He is out after that 67 per cent. He is willing to have part of them go to his competitors—just so they go and get the dental service they need.

He does not even object seriously if he has to pay the biggest share of the advertising bills to educate the people who attend to their real needs, or rather have them attended to.

Dr. Parker likes Oregon. He believes this is a great state; and that it will grow greater fast; especially

with the paved roads program.

He likes to come to Oregon. He likes our trees—they appeal to him, almost like individuals; they are the finest trees in the world.

And he likes the green fields and the appearance of growing things everywhere.

In fact, Dr. Parker, thinks a little of becoming an Oregon farmer. He may raise prunes here, too.

This trip, he will spend but a week in Oregon, looking over his various offices, and preparing for greater campaigns for the extension of his dental business.

"Tifina" Individual Chocolate—Made in Salem, Or everywhere.

## REAL ESTATE Auction Sale

THURSDAY, MAY 22nd, 1:30 P. M.

Corner Jefferson and North Summer streets. Just at the end of North Summer street car line, in south half of block No. 76 in North Salem. Consisting of:

Lot No. 1. Block 76, with 4 roomed house, wood shed, chicken house, well, raspberries, 4 cherry trees, 2 plumbs, 1 apple, best of garden soil, corner lot on Jefferson and Summer streets, 60 feet 4 in. by 125 feet. This is a fine building lot and would make a fine residence property. Also lot 4, block 76, size 50x125 feet, lot 5, block 76, size 50x125 feet, lot 6, block 76, size 50x125 feet; lot 7, block 76, size 60 feet 4 inches by 125 feet. This lot corners on Jefferson and North Capital. This is all fine residence property and good garden soil. Close to schools and churches and paved streets. Speculators and home seekers should take advantage of this sale as the above will be sold to the highest bidder. Abstract and title clear. Terms 1/2 cash, balance arranged. NOTE—This sale will be sold promptly on time and will be over in time for the big I. O. O. F. parade.

Mrs. Kate Stallman, P. N. WOODRY, the Auctioneer OWNER Phone 510 or 511

MORAL—Salem is booming—Get in the swim.

## BIG Auction Sale

High Class Household Furniture Friday, MAY 23, 1:30 p.m. 975 Center St., Consisting of

1 waxed oak davenport, upholstered in imitation Spanish leather; 1 waxed oak lounge; genuine Spanish leather; 1 waxed oak rocker; 1 waxed oak buffet; 1 waxed oak extension table, round; 4 waxed oak diners; 1 waxed oak side board, extra large; 1 waxed oak floor clock; 1 waxed oak rocker, Spanish leather seat and back; 2 oak commodes; waxed oak library table, large; 2 oak dressers; 1 Singer sewing machine, drop head, new; 1 polished top 6-hole range, a dandy; 1 Satin finished brass bed; 1 wish bone steel spring; 2 silk floss mattresses; 1 white enamel bed; 1 Yum Yum spring; 2 body Brussels rugs; 9x12, good designs; 1 magazine rack and books; 1 mantle clock; 1 library lamp; 1 oak roll seated rocker; 1 kitchen treasure; 1 sanitary couch; 1 patented ironing board; 1 4-hole gas range; 1 mandolin; 1 silver cornet; 2 galvanized wash tubs; 15 dozen fruit jars, and many other things.

NOTE—This is all high class furniture and as good as new. So if you are in need of furniture attend this sale. Everything goes to the highest bidder. Goods on inspection day of sale only. House is for rent.

Mrs. H. Dayton, F. N. WOODRY, the Auctioneer OWNER "BE ON TIME" Phone 510 or 511

## Auction Sale Farm Stock, Machinery, etc.

Monday, May 26, 10:30 a. m., 1 mile east of Macleay, Oregon

H. A. Russell, F. N. WOODRY, the Auctioneer OWNER Phone 510 or 511

**DON'T BUY ASPIRIN IN A "PILL" BOX**

Ask for "Bayer Tablets of Aspirin" in a Bayer package—marked with "Bayer Cross."

You must say "Bayer." Never ask for merely Aspirin tablets. The name "Bayer" means you are getting the genuine "Bayer Tablets of Aspirin," proven safe by millions of people.

Don't buy Aspirin tablets in a pill box. Insist on getting the Bayer package with the safety "Bayer Cross" on both package and on tablets. No other way!

Beware of counterfeits! Only recently a Brooklyn manufacturer was sent to the penitentiary for flooding the country with talcum powder tab-

lets, which he claimed to be Aspirin. In the Bayer package are proper directions and the dose for headache, toothache, earache, neuralgia, rheumatism, lumbago, sciatica, colds, grippe, influenza-colds, neuritis and pain generally.

"Bayer Tablets of Aspirin," American made and owned, are sold in vest pocket boxes of 12 tablets, which cost only a few cents, also in bottles of 24 and bottles of 100—also capsules. Aspirin is the trade mark of Bayer Manufacture of Monoaceticacidester of Salicylicacid.

## WANTED

Cherries  
Pears  
and  
Logan-berries

OUR PRICES TODAY—  
Royal Ann Cherries ..... 7c lb.  
Logan-berries ..... 8c lb.  
Bartlett Pears ... \$60 ton

## MANGIS BROS.

Phone 717  
542 State St. Salem, Oregon

## WHITE OXFORDS

For Young Women

Fresh new models just received from the famous

## KEITH KONQUEROR

"Arch-fitting" factory

Ankle-hugging styles that are snug and chummy.



Our Prices: \$4.50 to \$7.50

High heel or sensible walking heel as you choose.

## PARIS SHOE STORE

S. Commercial St., Opp. Marion Hotel

1919 SCRIPPS-BOOTH 5-PASSENGER TOURING CAR GOOD AS NEW

Has Run Only 2000 Miles

ONLY \$1100

MUST BE SOLD BEFORE NOON TODAY

## MARION GARAGE

S. Commercial St., Opp. Marion Hotel