

# How To Preserve Good Sight

The proper reading distance is twelve to fourteen inches from the eyes.

Always turn your back to the source of light when reading, or let the light fall over the left shoulder, so that the light may fall on the book or paper instead of coming into the eyes.

Always lean back when reading; if this is not possible, rest your book on the table in such a manner that top and bottom of page are equally far from your eyes.

Never read, nor permit your children to read, with an imperfect light. Short sight is often produced in this way, especially in young people.

Never read in railroad trains when they are in motion. If necessary to do so, it is somewhat of a help to hold a card under each line, moving the card down as you read. Never read when the body is exhausted, and read but little when recovering from an illness.

Do not sleep in a bed so placed that your eyes are opposite to a window, and never read when lying down. If your eyes need attention see

## DR. L. HALL WILSON

EYESIGHT SPECIALIST  
Fits Eyeglasses Correctly  
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Getting down to Coal facts

### PROMPTS US TO ASK

What's the use in having a cozy home—an inviting dinner—splendid light—a comfortable chair—a friend to drop in if your house is not warm and comfy.

Better order your Coal Now, \$10.50 per ton, up, Delivered  
**LARMER TRANSFER CO.**  
Phone 930

# Of Importance to car owners

The Republic Rubber Co., for whom we are Distributors wired us January 8th, as follows: "Prices of Republic Tires and Tubes advance, this date, 7 1/2 per cent with war tax added. Notify all your dealers to this effect."

We have decided to place this advance January 15th, and give the public the advantage of buying Republic Tires and Tubes at the old price.

## This means a saving to you of approximately 12 1-2%

Remember that Republic Tires are adjusted on a 6000 mile basis for Fabric and 10,000 miles on Cords.

The advance will go on January 15th and we advise you to look your tires over and if you need a new tire, or a full set to take advantage of this offer.

We do our own adjusting on Republic Tires and our policies are always liberal.

We are the only distributors of tires, that we know of, that make adjustments on STONE BRUISES.

We honestly believe in Republic Tires and will positively make our claims good.

## Salem Automobile Co.

F. G. Delano A. I. Eoff

# CHURCHES

### First Christian

Center and High streets, two blocks north of the court house, Bible school at 9:45 a. m. Our 12-piece orchestra is a great help; come and hear it. Morning worship at 11; sermon, "The Authority of the Church"; the second of a series of twelve Sunday morning sermons on the great fundamental doctrines of the New Testament. C. E. at 6:00, led by Miss Pearson. Evening worship at 7:30, sermon, "Enlarging Our Own Beliefs." Leonard W. Porter, pastor.

### Court Street Christian

North Seventeenth and Court street. Bible school 10 a. m. "Saul Chosen King" will be the story for the children. The morning sermon: "Unanswered Prayer," the seventh of a series on prayer. Junior C. E. 3:30 p. m. Y. P. S. C. E. 6:20 p. m. Song service and sermon 7:30 p. m. Wednesday 7:30 p. m. choir practice under leadership of Prof. S. J. S. Thursday 7:30 p. m. prayer meeting and teacher training class 8 p. m. A cordial welcome is extended to the public to worship with us. R. L. Putnam, pastor.

### First Congregational

Liberty and Center streets. W. C. Kanner, minister. 10 a. m. Sunday school, with classes for 11 ages. W. T. Staley, superintendent. 11 a. m. "A Congregational Memorial"; 6:30 p. m. Christian Endeavor. A live society with live meetings. Miss Bertha Clark, leader. 7:30 p. m. "Queen Esther's Heroic Decision," motion picture. Annual church meetings Thursday, January 15.

### Central Congregational

South Nineteenth and Ferry streets. H. C. Stoen, minister. A combined service of the Sunday school and morning worship at 10 a. m. Mrs. B. E. Edwards in charge of the Sunday school. Christian Endeavor at 6:45 p. m. Evening service at 7:30 p. m. Theme "The Man Across the Street." Music by the choir. Prayer service Thursday at 7:30 p. m. The men's club of the church meets Monday evening. Dinner at 7 o'clock. Speaker, Judge Henry L. Benson; subject, "Capital Punishment."

### Liberty Street Evangelical

G. F. Liening, Sr., pastor. Sunday school at 10 a. m. B. Maves, superintendent. Preaching services at 11 a. m. There will be no evening services in this church; we join in the union services at 7 p. m. at the Chemeketa street Evangelical church.

### United Evangelical

Cottage and Center streets. Rev. G. L. Lovell, pastor. The Sunday school will meet at 10 a. m. S. P. McCracken, superintendent. Preaching service and divine worship at 11 a. m. The pastor will speak on "When a Man Counts." The evening services of this church will be held with the people of the Evangelical association in a union service at their church. Seventh and Chemeketa street. The union service of Christian Endeavor at 6:30 p. m. and the evening hour of worship and sermon at 7:30 p. m. Prayer service on Thursday evening at 7:30 o'clock.

### Evangelical Church

Seventh and Chemeketa streets. F. W. Larmer, pastor. Sunday school 10 a. m. Sermon 11 a. m. There will be a union service held in the church in the evening. The Young People's meeting will be held at 7 o'clock, led by the Y. P. A. of the Evangelical church on Liberty and center streets. Rev. G. L. Lovell of the Evangelical church of Cottage street will preach.

### Fruitland Evangelical

F. W. Tanner, pastor. Sunday school under the leadership of O. Fagg, at 10 a. m. Sermon at 2:30 p. m. Kenneth Runner, leader of the Y. P. A. at 7:30. There will be revival services held during the week conducted by the pastor. Rev. H. Abel of Tacoma, is expected to help.

### First Methodist Church

State and Church streets. Rev. [Richard N. Avignon, pastor. 9:15 a. m. old fashioned class meeting in room 4, down stairs. W. L. Cummings, leader. 9:45 Sunday school. Prof. J. W. Todd, superintendent. 11 a. m. Message to boys and girls from Luke 22-19, holy communion 3 p. m. Dr. Alson will administer the sacrament of the Lord's supper at the Old People's Home, Twelfth and Ferry streets. 6:30 p. m. Senior Epworth League. Herald Ennes will lead and special music will be provided. Junior League in Epworth hall, with Elizabeth S. Taft to lead. 7:30 p. m. Sermon by the pastor; topic: "The Hearts Cry for God." 7:30 p. m.

## LOOK! HERE IS GENUINE ASPIRIN

Safe, proper directions in each "Bayer" package



The "Bayer Cross" marked on tablets means you are getting the genuine "Bayer Tablets of Aspirin," proved safe by millions of people. In the Bayer package are proper directions for Colds, Headaches, Toothache, Earache, Neuralgia, Rheumatism, Lumbago, Sciatica, Neuritis and for Pain generally. Handy tin boxes of 12 tablets cost only a few cents. Druggists also sell larger Bayer packages. Aspirin is the trade mark of Bayer Manufacturing of Monoaceticacidester of Salicylicacid.

## STIFF NECK, LUMBAGO

Aches and Pains of Rheumatism Sometimes Almost Unbearable

There are weather conditions that make rheumatism worse. They are not the same in the cases of all persons. Some victims of this disease suffer more in dry warm weather than in moist cold weather, but all suffer more or less all the time.

The cause of rheumatism is an excess of uric acid in the blood, affecting the muscles and joints. Hence the blood must have attention for permanent results in the treatment of this disease.

Hood's Sarsaparilla has given entire satisfaction in thousands of cases. Do not fail to give it a trial.

If a laxative is needed, take Hood's Pills—they don't gripe.

Thursday, mid-week prayer and praise service.

### Leslie Methodist Episcopal

South Commercial and Meyers streets. Horace N. Aldrich, pastor. 9:45 a. m. Sunday school with classes for all ages and grades. E. A. Rhoton, superintendent. The primary department meets in Leslie hall under the direction of Miss Sue Williams. 11 a. m. public worship, with sermon by the pastor; "Equipment for Our Present Task" will be the theme. Devotional meetings of the Epworth League at 5:30 p. m. Song service, led by the choir at 7:30 and a gospel message by the pastor.

### Salvation Army

Street meetings Saturday evening 7:15; Salvation meeting in the hall at 8 o'clock. Street meeting Sunday morning at 10:30. Holiness meeting in the hall at 11 o'clock. Sunday school at 2 p. m. sharp. Program by the young people in the hall at 8 o'clock. Special meetings this week-end, the occasion being the Sunday school anniversary. Prizes to be distributed Sunday evening at the close of the program. Everybody cordially invited. Ensign and Mrs. Hunter, officers in charge.

### State Institutions

Services at the state institutions Sunday will be as follows: 9 a. m. Feeble-minded institute, by H. E. Pemberton; 2:30 p. m. Cottage Farm, by Captain George Hunter; 3 p. m. Girls' Training school, by A. Wells; 3:15 p. m. Tuberculosis hospital, by T. S. Anderson.

### Jason Lee Memorial Methodist

Winter and Jefferson streets. Thomas Acheson, pastor. The program for Sunday, January 11 is as follows: Sunday school 9:45. Chas. Hagerman in charge. Strangers are welcomed to a school that is wide awake and full of interest. We have a place for you. Public worship 11 a. m. Subject: "The Test of Christian Character." Class meeting 12:15. Epworth League devotional meeting 6:30 p. m. Miss Grace Tyler, president. Young people are welcomed with a glad hand. Evening service 7:30. The following program will be rendered by the choir: We cordially invite the public to worship with us.

### Cantata: "The Christian King"

"Hall to the King," Gabriel. Chorus  
O'er the Silent Eastern Hills... Duet and Chorus  
Mrs. Hageman, Miss Houmard and Choir  
Follow the Guiding Star... Men's Chorus  
Glorious Morn... Chorus  
The Song is Ringing Still... Solo  
Mrs. Anderson  
Crown Him! (Gabriel)... Chorus  
Cradle Hymn... Solo and Chorus  
Mrs. Hageman and Choir  
Praise Ye the Lord... Chorus  
Fairrest Lord Jesus... Duet  
Mrs. Mason Bishop, Mr. Herman Clark  
There is Room in My Heart for Thee... Quartette  
Mrs. Hageman, Mrs. Frazier, Mr. Hageman, Mr. Clark  
Come and Worship... Chorus  
Choir

### First Church of Christ, Scientist

Sunday service is held at 440 Chemeketa street at 11 a. m. Subject of Bible lesson, "Sacrament." Sunday school at 9:45 a. m. Wednesday evening testimonial meetings at 8. Reading room, Masonic temple, open every day except Sunday and holidays. All are invited to our services and to our reading room.

### Seventh Day Adventist

Tonight Evangelist A. R. Bell will give the second sermon study of the series he is giving. The subject will be: "The World's Cry for Peace." They cried peace before the war. They said, "Another world war is a physical impossibility." And now, after the most frightful shedding of blood the world has ever known, they are crying peace again. What does it all mean? The answer is in the Book of Books. Come and hear Services at 7:00. S. D. A. church, North Fifth street and Gaines Ave. Take North Commercial car.

### New Park United Brethren

Bible school 10; preaching 11; Christian Endeavor 7; preaching at 8 p. m. prayer meeting Thursday night at 7 o'clock. C. W. Corby, pastor.

### First Presbyterian

Thomas S. Anderson, minister. Church School at 9:45. Joseph H. Albert, superintendent. Everybody invited. Morning worship at 11 o'clock. Theme, "Take heed What Ye Hear." Mark IV 24. Young People's meeting at 6:30 and the evening worship at 7:30. Subject: "Keeping the Heart Right." Miss McCloud and Miss Peterson, young mission workers from Alaska, will speak and sing at the evening service.

### St. Paul's Episcopal

First Sunday after Epiphany. 7:30 a. m. holy communion; 9:45 a. m. church school; 11 a. m. morning

prayer and sermon, "The Light of the World"; 7:30 p. m., evening prayer and address, "Recent Changes in the Prayer Book." Everybody welcome. Monday evening at 8 o'clock the annual parish meeting, for the election of vestrymen and the transaction of other business, will be held. This will be followed by a social hour in the rectory when the members of St. Paul's Guild will act as hostesses to the members and friends of the parish. All interested in our work are cordially invited to attend both the parish meeting and the informal reception. Chas. H. Powell, rector.

### Scandinavian Tabernacle

Fifteenth and Mill streets. Service will be held at 3 o'clock p. m. Two lady missionaries, Miss Christine Peterson and Miss Marie MacLeod will speak on their work in Alaska. Miss Peterson will speak in the Danish language and Miss MacLeod will speak in English. The church school will meet at 2 o'clock. Your presence shall encourage us.

### First Baptist

Dr. S. J. Reid, evangelist, will speak at the First Baptist church at 11 a. m. and 7:30 p. m. Morning topic: "The Religion of Monkeys." Evening topic: "Sleeping in Church." A large chorus choir under the direction of J. W. Troy will lead the musical services. Sunday school 9:45 a. m. Young People's and Intermediate Society meetings at 6:30 p. m. Evangelistic services will be held every evening (except Monday) under the leadership of Reid and Troy. Opening song service 7:30. Meetings for boys and girls will be held Monday, Wednesday and Friday afternoons at 4:10. Doors open at 4 o'clock.

### Ministerial Association

The regular meetings of the Ministerial association will be held in the Y. M. C. A. Monday at 10 o'clock. The theme: "The Church and the Problem of Recreation" will be presented by R. L. Putnam.

## CLUB PLANS BIG MEETING JAN. 14

### Commercial Club Secures Grand Opera House for Open Forum Gathering

The first open forum meeting of the year and one in which a number of surprises will be sprung and a program of special entertainment will be given will be held by the Commercial club in the Grand opera house Wednesday night. The meeting was planned to be held in the Commercial club and first advertisements and notices were to that effect. Because of the capacity crowd which is expected to attend the Grand was secured by special arrangement with T. G. Bligh.

Deep mystery surrounds "just what will happen" but the notices and advertisements promise a lot.

## Always Room For Able Helpers

It matters little what the state of business is or how many are out of work, graduates of this school manage to keep employed.

When help is scarce, as it is now, our graduates hold the best places and command the highest wages.

Young men and women trained here readily qualify for better places and work their way up.

Ability and industry, backed by knowledge, always command recognition, especially for graduates of the

### Capital Business College SALEM, OREGON

## TIRES and TUBES

### "THE BERGOUGNAN" A Quality Tire

Wrapped Tread—Hand Made No loose threads—No stone bruises  
30 Buckles—No mold pinches  
Fabrics 6000 and 7000 miles  
Cords 8000 miles

### FIK TIRE and Service Station

Fabrics ..... 6000 miles  
Red Tops ..... 7000 miles  
Cords ..... 8000 miles

We carry the largest stock and variety of tires in Salem. See us before you buy.

### MALCOM TIRE CO.

Commercial and Court Streets  
SALEM, OREGON  
One of 40 Branches

## Tobacco Hardens the Arteries, Overtaxes the Heart and Shortens Life

Says Dr. Connor, Who Suggests a Simple Test to Find If It Is Hurting You. Can You Stand It?

New York—Dr. Connor, formerly of Johns Hopkins hospital, says: Hundreds of thousands of men who smoke and chew and who believe themselves healthy are suffering from progressive organic ailments. They would never have been afflicted had it not been for the use of tobacco and most of them would soon get well if they would only stop the use of tobacco.

The best known habit forming principle of tobacco is nicotine, but the most deadly and demoralizing is furfural. Both are deadly poisons, which, when absorbed by the system slowly, but surely affect the nerves, membranes, tissues, vital organs and vitality of the body. The harmful effect of tobacco varies and depends on circumstances and the individual. In some it causes general debility, others catarrh of the throat, indigestion, constipation, extreme nervousness, sleeplessness, loss of memory, mental confusion, etc.; in others it causes heart disease, bronchial troubles, hardening of the arteries, palpitation of the heart, tuberculosis, blindness, cancer and the common affliction known as tobacco heart.

If you use tobacco in any form you are making the following simple tests: Read aloud a full page from a book. If your voice becomes muffled hoarse and indistinct, and you must frequently clear your throat, the chances are that your throat is affected by catarrh and it may be the beginning of very serious catarrhal trouble. Next in the morning

before taking your usual smoke, walk up three flights of stairs at a regular pace, then stop. If you find that you are out of breath, if your heart beat is forced, trembling or irregular, you may be the victim of a functional or organic heart trouble. If you feel that you must smoke or chew to quiet your nerves, you are a slave to the tobacco habit and are slowly poisoning yourself with the insidious deadly drug, nicotine and furfural. In either case you have just two alternatives—keep on with your self-poisoning process regardless of the dangers, and suffer the consequences, or rid yourself of the habit and escape the dangers.

You can overcome the craving and stop the tobacco habit in a very short time by using the following inexpensive formula: Go to any drug store and ask for Nicotol. Take one tablet after each meal and in a comparatively short time you will have no desire for tobacco. The craving will have left you. With the nicotine poisoning out of your system your general health will quickly improve.

Note: When asked about Nicotol, one of our leading druggists said: "Nicotol is truly a wonderful remedy for the tobacco habit. It is way ahead of anything we have ever sold before. We are authorized by the manufacturers to refund the money to every dissatisfied customer and we would not permit the use of our name unless the remedy proved unusual merit." Nicotol is sold in this city under an iron-clad money-back guarantee by all up-to-date druggists, including D. J. Fry.

## United States Tires and Fisk Tires

Are Sold at

## Monty's Tire Shop

Service With a Smile  
134 South Commercial Street

## USED CARS FOR SALE

- 1 Buick Touring
- 1 Ford Touring
- 1 Maxwell Truck
- 1 Chevrolet Delivery
- 1 Ford Truck

When wanting a second-hand car or truck at a Bargain, remember that Bonesteel has all makes.

## H. F. BONESTEEL

Dodge and Paige Cars  
184 South Commercial Street SALEM, OREGON

## GOING TO THE "BAT" FOR BUSINESS

THAT "unvarnished" term perhaps most graphically expresses the optimistic co-operation which the United States National Bank will extend its patrons on behalf of their commercial conquest during 1920.

If you are not quite sure wherein we can fit our services to your needs—come in and talk things over.

