

ORANGES AND LEMONS AID RECORD BREAKER

Directors of training tables throughout the country, and dietitians generally, will be interested in what is possibly the solution—just revealed—of the unusual physical endurance of the Greek athletes of ancient times during the period of Hellenic athletic supremacy.

A few days ago Sidney Hatch, a nationally known Marathon runner, uncovered a new set of rules for nourishment during his all-night record-breaking road run from Milwaukee to Chicago.

The only nourishment, either liquid or solid, taken by Hatch during 14 hours and 5 minutes of running, in which he covered 55.7 miles, was orange juice and hot lemonade. He ate nothing solid between 6 o'clock in the evening, when he took three pieces of toast before his start which he made at 8 o'clock, and at noon the next day, when he ate a chicken dinner. He made only three stops, totaling, altogether 20 1-2 minutes, while covering the distance, and each time drank either a hot lemonade or orange juice.

The Greeks, we know, grew oranges and lemons and used them freely and there seems no doubt that these fruits played an important part in the physical excellence and remarkable feats of strength known to have been performed by their athletes. No nation since that time has evolved such a large proportion of genuine athletes.

The recent run by Sidney Hatch most certainly has a message for the average man or woman, as well as our athletes both professional and amateur, whose activities require endurance and strength. Orange Juice has of course, been long used as an easily digested liquid food for babies and convalescents. Now it takes ranking with, and supercedes in this case, the old established liquid beef drinks, so long used as endurance builders and quick strengtheners.

Hot lemonade, aside from being a dependable cold preventive of real merit, is shown to be a nourishing drink without a reaction. Hatch ran against a brisk autumn wind off Lake Michigan, and doubtless the hot lemonade acted as a guard against possible sudden chilling and as an easily digested thirst quencher.

The automobiles which accompanied him on his run carried coffee also as it was thought possible he would need some mild stimulant; but the records show that the did not call for a drink of it during any of his three brief stops. Hatch broke all previous records for the distance.

OREGON THEATRE COMMENCING SUNDAY, Nov. 19 ALEXANDER

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SATES ON SALE AT THE DELTA.

CHILDREN UNDER FIVE YEARS OF AGE NOT ADMITTED

LABOR FEDERATION IS MUCH INTERESTED IN RAILWAYS FIGHT

BALTIMORE, Nov. 17.—The American Federation of Labor delegates are intensely interested in the big railroads action in fighting the Adamson law. There is much speculation regarding the speeches the leaders of the big four railroad brotherhoods before the federation next week.

GERMANW ACKNOWLEDGES RECEIPT OF BELGIAN PROTEST

WASHINGTON, Nov. 17.—The state department has announced that Germany formally acknowledged the receipt of the American protest against the transportation of Belgians into Germany. She promises a full report later. America will take no further action.

PURE RICH BLOOD PREVENTS DISEASE

Bad blood is responsible for more ailments than anything else. It causes catarrh, dyspepsia, rheumatism, weak, tired, languid feelings and worse troubles.

Hood's Sarsaparilla has been wonderfully successful in purifying and enriching the blood, removing scrofula and other humors, and building up the whole system. Take it—give it to all the family so as to avoid illness. Get it today.

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Oh yes, there are many, many kinds of powders on the market, but this one is absolutely different from any you have ever had. The price is reasonable, too—

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Have It.

BRITISH ARTILLERYMEN WEAR GAS MASKS



BRITISH MASKED ARTILLERY

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Gas masks are popular in the war zones this season. All of the more prominent infantrymen, artillerymen

and aviators are wearing them—but we forgot, this is not a fashion note.

The use of poison gas has become so general on both sides that prac-

tically all of the troops in action anywhere near the fighting lines are equipped with helmets. This photograph shows a British gun crew prepared to face a gun attack.

MOTHER! DON'T TAKE CHANCES IF CHILD'S TONGUE IS COATED

IF CROSS, FEVERISH, SICK, BILIOUS, CLEAN LITTLE LIVER AND BOWELS.

A laxative today saves a sick child tomorrow. Children simply will not take the time from play to empty their bowels, which become clogged up with waste, liver gets sluggish, stomach sour.

Look at the tongue, Mother! If coated or your child is listless, cross, feverish, breath bad, restless, doesn't eat heartily, full of cold or has sore throat or any other children's ailment, give a teaspoonful of "California Syrup of Figs," then don't worry, because it is perfectly harmless, and in a few hours all this constipation poison, sour bile and fermenting waste will gently move out of the bowels, and you have a well, playful child again. A thorough "inside cleansing" is oftentimes all that is necessary. It should be the first treatment given in any sickness.

Beware of counterfeit fig syrup. Ask your druggist for a 50-cent bottle of "California Syrup of Figs," which has full directions for babies, children of all ages and for grown-ups plainly printed on the bottle. Look carefully and see that it is made by the "California Fig Syrup Company."

Claud Alexander Conlin" with getting \$500 from a man named Ed Thompson by selling him an interest in a mine, Thompson charged through false representations.

WILSON IS BUSY WITH HIS CONGRESSIONAL MESSAGE
WASHINGTON, Nov. 17.—President Wilson is preparing a message to congress. It is understood he cannot take a vacation before it convenes. Tumulty denied the diplomat's corps will be changed during the second term.

MYSTIC IN TROUBLE IN WALLA WALLA

"Alexander" Is Arrested on a Warrant from Spokane charging Grand Larceny.

WALLA WALLA, Wash., Nov. 17.—Alexander, the mystic, who got into the limelight at Spokane recently over the kidnapping of his child, again had the spotlight turned on him Wednesday night just before the evening performance at the Kaylor Grand theater when he was arrested on a warrant from Spokane.

The warrant charged grand larceny, but this, Mr. Alexander said, is a trumped up charge, an aftermath of the kidnapping case and is furthermore mistaken identity.

None in the big audience knew that Alexander was under arrest nor that two deputy sheriffs, George Thompson and Sam Bryan were back on the stage, as Alexander went through his performance as smoothly as on any other night. After the show he went to the sheriff's office, dug up \$2000 and walked out. He will complete his engagement here and later go to Spokane to fight the case.

"The charge is a trumped up one and I am not the man they want in connection with this alleged mining deal," said Alexander, for his return from the sheriff's office.

The complaint received by telegraph from Spokane charged "J. E. Cradick and Joe Doe, alias Sahara, alias

Build Up for Winter

Clear out the congestion that has disturbed your breathing and weakened your digestion, and reinvigorate all the bodily processes to do their full share in cold weather, and thus build yourself up to perfect health.



PERUNA IS INVIGORATION

It is a tonic that restores the balance in your bodily functions, cleans away the waste matter in your system, and keeps you up to increased effort and better health. For nearly half a century, thousands have found it a valuable aid in all catarrhal conditions. These experience points the way for you. PERUNA has stood the test that proves its value. Tablet form is convenient for quick administration. Pleasant to take and easy to carry with you.

Manila Tablets are the ideal laxative. They correct the habit of constipation, arouse the liver and help the kidneys. Your druggist has them.

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- Reversible Smyrna Rugs, size 30x60, Oriental and flower designs \$1.75
- Bungalow Aprons 50¢, 65¢, 75¢
- House Dresses 75¢, 85¢, \$1.00
- Wool Stockings 25¢, 35¢, 40¢
- Mexican Lace Bureau Scarfs 35¢
- Mexican Lace Table Scarfs 35¢
- Mexican Lace Tray Scarfs 15¢

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