

DRINK HOT WATER AND RID JOINTS OF RHEUMATIC RUST

Why rheumatism and lumbago sufferers should drink phosphated hot water each morning before breakfast



Just as coal, when it burns, leaves behind a certain amount of incombustible material in the form of ashes, so the food and drink taken day after day leaves in the alimentary canal a certain amount of indigestible material, which if not completely eliminated each day, becomes food for the millions of bacteria which infect the bowels. From this mass of left-over waste material, toxins and ptomaine-like poisons, called uric acid, is formed and then sucked into the blood, where it continues to circulate, collecting grain by grain in the joints of the body, much like rust collects on the hinge, as shown above.

Men and women who suffer from lumbago, rheumatism or sore, stiff, aching joints, should begin drinking phosphated hot water, not as a means to magic relief from pain, but to prevent more uric acid forming in the system. Before eating breakfast each morning, drink a glass of real hot water with a teaspoonful of limestone phosphate in it. This will first neutralize and then wash out of

the stomach, liver, kidneys and bowels the previous day's accumulation of toxins and poisons; thus, cleansing, sweetening, and freshening the entire alimentary canal, each morning, before putting more food into the stomach.

A quarter pound of limestone phosphate costs very little at the drug store, but is sufficient to make any rheumatic or lumbago sufferer an enthusiast on the morning inside bath.

Millions of people keep their joints free from these rheumatic acids by practicing this daily internal sanitation. A glass of hot water with a teaspoonful of limestone phosphate, drunk before breakfast, is wonderfully invigorating; besides, it is an excellent health measure, because it cleanses the alimentary organs of all the waste, gases and sour fermentations, making one look and feel clean, sweet and fresh all day.

Those who try this for one week may find themselves free from sick headaches, constipation, bilious attacks, salivaceous, nasty breath and stomach acidity.—Adv.

SIX PERSONS INJURED IN KANSAS CITY RIOT

3000 Men and Women Hurl Bricks Through Laundry and Restaurant Windows.

Kansas City, Mo., March 28.—Adjutant-General Harvey C. Clark was expected to arrive here today and take charge of the situation, following a night of rioting by strikers and sympathizers. Four men and two women were injured, one man perhaps fatally and half a dozen laundry plants and restaurants were damaged.

A mob of 3,000 led by two women and a boy carrying a large United States flag, hurled bricks through laundry and restaurant windows. Bundles taken from laundry wagons were burned. Many saloons, barber shops and manufacturing plants were closed today as a result of the general strike. With home guard infantry and machine gun companies held in reserve after dispersing the rioters last night, Police Commissioner John Ransom threatened martial law if rioting is resumed.

Labor leaders today said the 10,000 strikers will be increased to 15,000 or 20,000 by tomorrow morning. The general strike was called in sympathy with striking laundry workers.

United States (Continued from page one)

be tuned down to accommodate the slowest ship.

Segregation of the slower ships would tend to speed up the general troop movement, Wood believes.

As for shortening the period of training, there is a clash of opinion here. Wood thinks it well to train the men overseas as much as possible, so that rapid shifts in methods of fighting may be followed.

On the other hand, general army opinion is for at least four or five months' training, while most officials agree that one to two years would be preferable. The present crisis, however, makes shorter training periods necessary, according to the majority opinion.

Only a short time before the great offensive, General March and others took steps to increase the troop movements at the appeal of France. Taking of Dutch ships will improve the overseas transport of men and materials and completed arrangements for 150,000 tons of Japanese shipping will further improve the situation.

The general feeling here is that with the present ship facilities troop transport is now about up to maximum. Shifts in the convoy system, and the inclusion of a few soldiers in every cargo ship, however, would help the increase, according to suggestions of naval officials.

President Wilson's informal "war council" is seeking to straighten out kinks in the war machine to the end that there shall be:

Less railroad congestion.

More speed in ship construction.

Better facilities for handling fuel and food situations.

Increased activity from the war industries and war trade boards.

And, as a whole, more effective prosecution of the war.

This council, with Secretary Daniels and Provost Marshal General Crowder added will meet each Wednesday.

It will seek remedies for ills which have clogged the war machine.

War department officials the past few days have emphasized that American troops are counted on as the great reserve. They still said today that the Hun would be held off, but they pointed out that the future will demand of the United States a vast contribution if Germany is finally to be beaten. The process of holding and perhaps hurling back the German now will draw heavily on the strength of England and France. The struggle of meeting this offensive, Lloyd George suggested, may take a long time yet. This was taken here to indicate that he foresees the possibility of a new offensive in Italy or elsewhere on the west front.

Today's early news gave authorities confidence. It is likely, the experts said, that Germany will be held soon.

New York, March 28.—"It is impossible to exaggerate the importance of getting American reinforcements across the Atlantic in the shortest possible space of time," was the appeal from Premier Lloyd-George to the United States today.

The message was delivered by Lord Reading, British high commissioner, at a dinner of the Lotus club. It was in the form of a cablegram from the premier and said:

"We are at the crisis of the war, attacked by an immense superiority of German troops. Our army has been forced to retire. The retirement has been carried out methodically, before the pressure of a steady succession of fresh German reserves, which are suffering enormous losses.

"The situation is being faced with splendid courage and resolution. The dogged pluck of our troops has for the moment checked the ceaseless onrush of the enemy, and the French have now joined in the struggle. But this battle, the greatest and most momentous in the history of the world, is only just beginning. Throughout it the French and British are buoyed with the knowledge that the great republic of the west will neglect no effort which can hasten its troops and its ships to Europe.

"In war, time is vital. It is impossible to exaggerate the importance of getting American reinforcements across the Atlantic in the shortest possible space of time."

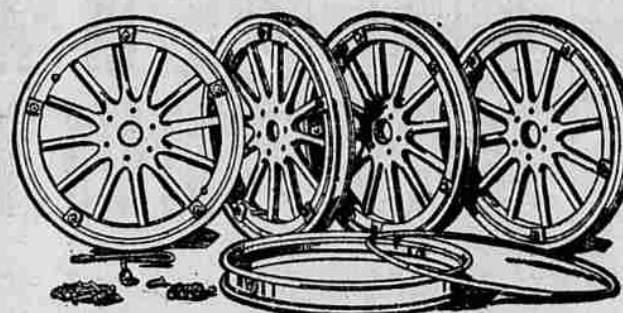
Lord Reading showed great emotion as he read the premier's message, then followed it with his own promise that every British soldier would die rather than let the enemy pass through. Four hundred diners stood up and cheered while Charles E. Hughes, Governor Whitman and others crowded about to grip Lord Reading's hand.

Ford Owners

Save Your Tires With Firestone Demountable Rims

PUT Firestone Wheels on your Ford. These Wheels are equipped with Firestone Demountable Rims which give your tires every chance to produce maximum mileage. The continuous grind of the "wobbly," uneven rim wears the tire in spots. The Firestone Continuous Wedge Ring insures uniform wear and eliminates all unnecessary road friction.

Firestone Wheels for Fords are supplied in three colors: black, cream and natural varnish finish.



Firestone

WHEELS FOR FORD CARS

You owe it to yourself to find out how Firestone Ford Wheels are made to save tires and money. With the same secure fastening as the Firestone Demountable Rims used on the largest, most expensive cars. Get in touch with the nearest Firestone dealer. Have him show you that:

1. The perfect fit of the rim keeps water and sand from seeping into the casing.

2. Rust can not make rim stick to the fellow band. Removal is made easy.

3. Squeaking is impossible.

4. "Wobbling" is prevented by the wedge ring which grips the rim evenly and firmly.

5. Tire changed in five minutes—you can do it yourself.

FIRESTONE TIRE AND RUBBER COMPANY, AKRON, OHIO

SPRINGFIELD NEWS

Leaves for Vancouver.

Jimmy Reed, son of Mrs. R. H. Reed of this city, who enlisted some time ago received his call and left this morning for Vancouver and expects later to be sent to Virginia.

Motors to Portland

The Knights and Ladies of Security ter, Mrs. L. Anderson and Mr. Anderson, motored to Portland where Mr. Kepner and Mr. Anderson will work in the shipyards, while Mrs. Kepner will go to her daughter, Helen's, in Washington on a visit.

Have Big Dinner

The Knights and Ladies of Security held a big dinner Wednesday evening at 6:30 at their hall in the W. O. W. building for members only.

Holds Business Meeting.

The Red Cross Springfield auxiliary held a business meeting at the city hall Tuesday evening just the regular routine of business was gone through.

John Burns Some Better.

John Burns who has been quite low at his home on N. Mill street is reported today as being greatly improved and able to sit up. Mr. Burns has been ill for some time. His recovery is expected if complications do not set in.

Goes to Goldson.

Mrs. Jessie Cox left Tuesday for Goldson where she will spend a few days visiting at the home of Mr. Cox's parents. Mrs. Cox was until recently Miss Jessie Rathbun.

Here for Easter Holidays.

Miss Helen Stevens who is attending a school in Portland is home for the Easter holidays which she will spend with her father, Welby Stevens.

SPRINGFIELD PERSONALS

A committee composed of Mrs. Hannah Hill, Mrs. Kathryn Horton and Mrs. Myrtle Eggmann, members of the Ladies of the G. A. R., cleaned, arranged and decorated the Winkler and Peery hall for the War Benefit dance to be held tonight.

Johnnie Hill and family of Reserve spent Tuesday in town on business.

Mrs. R. M. Baker of Oakridge spent Tuesday in town on business.

Henry Korf and Fred Barnard attending the Eugene I. O. O. F. lodge Tuesday night when they put on the second degree.

Charles Elliott who has been confined to his home for several days by illness, is again able to be out and at work.

America Plays

(Continued from page one)

denburg from throwing at least a quarter of a million more men into the western combat at this critical moment.

America's part in the war on a major scale, therefore, has already begun to be played, though in silence and without any large activity.

Hindenburg cannot push much farther

forward to a decision against France and England without risking the capture of the Rhine this summer by the American armies. That is the principal reason why heavy German reinforcements are no longer being hurled against the British and French fronts.

The initiative in the combat is now passing to General Haig. His report today of captures of German prisoners and guns is the most satisfactory news that has come from the allies since the battle began one week ago. It may be too early yet to look for an allied counter attack in France, but the way is being prepared for it by the new local offensives which the British are developing.

BY FRED S. FERGUSON

United Press Staff Correspondent

With the American Army in France, March 27.—Thirty-one more crosses of war have been awarded American troops for bravery.

Twelve were given to Iowa soldiers, in addition to the citation for gallantry of two platoons and one company.

The Minnesota artillery received thirteen crosses and the Maryland trench mortar battery six.

Lieutenant Colonel Tilly was included among the Iowans who were decorated.

There has been no real artillery fighting in the Knoxville sector. A German raid was directed against trenches to the right of the American lines early this morning. The enemy barrage fell in our outposts, but our men remained at their places and there were no casualties. Several German dead were observed on the American wire.

In one clash an American patrol encountered a patrol of the enemy and reported it had killed five Germans.

Captain Archie Roosevelt, recently wounded and decorated, continues to improve. His temperature is normal.

Big Battle

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divisions back of his line, lest the allies' stubborn stand totally halt his last chance for victory.

In the vicinity of Albert, along the blood-soaked valley of the Ancre and at Bequigny (five miles west and north of Bapaume) and Hebuterne (six miles north of Albert and two and a half miles south and west of Bequigny) the British are holding tenaciously.

Reports from the Franco-British forces to the south indicate a little progress there. The British rushed the enemy infantry at Sully-le-Sec (seven miles south and west of Albert, on the north bank of the Somme) driving them out in a panic. In seven days one unit of 180 "specialists" had ninety-odd casualties, yet men begged for the privilege of filling up these vacancies.

Young men, for the love of adventure, made dashes during the night, full into the enemy columns, fighting their way back again.

An officer told me the Germans were using a species of tank to bring up artillery ammunition. This is the only mention of enemy tanks I have heard.

I don't believe the battle will die out. Every soldier with whom I have talked firmly believes it will go to a finish—a great, decisive engagement, concluding both it and probably the war.

61 DAYS IS TIME FOR BUILDING STEEL SHIP

Portland, Or., March 28.—American shipbuilders, gathering momentum in their race to beat the German submarine, had a new achievement record to aim at today. Launched in 61 days—a world's record—the West Grove, an 8800-ton steel ship, is awaiting her machinery.

The best previous time was 64 days, accomplished by Skinner and Eddy at Seattle. This firm also holds the record for delivering a completed ship—88 days.

The Columbia River Shipbuilding corporation, builder of the West Grove, intends to beat both records held at Seattle. The West Grove's machinery is on the ground. Two shifts will be worked.

The company pays tribute to the workmen, declaring their loyalty and patriotism is responsible for the speed.

Spirit of French

(Continued from page one)

tion could be more easily bombarded at night, French columns are steadily arriving.

Long columns of artillery constantly are following up to the battle front, where they go into action with mechanical certitude, the result of nearly four years of warfare.

After taking over part of the British line, the French are solidly holding the

left bank of the Oise between Tergnier and Noyon, commanding the bridge and fighting with a spirit unequalled since the battle of the Marne.

Nowhere in the entire war have I seen calmer confidence. With the police convinced the Germans are playing their last card, they are performing individual miracles.

A French battery facing Noyon fought three days and three nights without food. After being completely surrounded by Germans, the gunners fought their way out, saving their guns and carrying off their dead and wounded.

The captain of a French machine gun company told me he went into action with thirty thousand rounds, which were exhausted against the solid masses of the enemy. He declared he could have easily fired sixty thousand rounds.

Meantime hundreds upon hundreds of man-killing soixantequines (seventy-fives) are performing to the utmost the role for which they were created, namely, the mowing down of infantry.

The heavy artillery is pounding with deadly relentlessness against the German rear. A battery captain told me his guns had for targets advancing columns, each of which consisted of solid battalions of Bavarians.

Prisoners say half the German strength on the west front was facing the French on Monday.

Refugees who had partially repaired their homes after last year's retreat are the saddest sight of the German advance. They are rebandoning everything.

Henry Foster and New Fowler, University students will spend the week-end at Cottage Grove with a fraternity brother, Harold White.

BRITISH CROSS RIVER JORDAN
London, March 28.—British mounted troops were within a mile of Amman at 4 o'clock yesterday afternoon, according

Keep Your Liberty Bonds.

Our Secretary of the Treasury expresses the hope that every purchaser of a Liberty Bond will realize that the only help he gives his government is by keeping his bond as an investment.

Hold your Liberty Bond and Save For More!

Help Yourself and Help Your Country.

First National Bank,

Eugene, Ore.

The Patriot's Calendar

REMEMBER THE DAYS

SUNDAY.....One meal Wheatless; one meal Meatless
MONDAY.....All meals Wheatless; one meal Meatless
TUESDAY.....All meals Meatless; one meal Wheatless
WEDNESDAY.....All meals Wheatless; one meal Meatless
THURSDAY.....One meal Wheatless; one meal Meatless
FRIDAY.....One meal Wheatless; one meal Meatless
SATURDAY.....All meals Porkless; one meal Wheatless; one meal Meatless.

On Wheatless Days

Use no bread, crackers, pastry or breakfast foods containing wheat. Use no wheat flour in cooking except the smallest amount necessary for thickening soups and gravies, or as a binder in corn or other cereal breads. If you buy bread, pastry or cakes from baker or grocer, buy only wheatless products or Victory Bread (containing at least one-fifth other cereals than wheat) or Victory Pastry, etc., (containing at least one-third other cereals than wheat.)

On Meatless Days

Use no beef, pork or sheep products.

On Porkless Days

Use no pork, bacon, ham, lard or other pork products, fresh or preserved.

On All Days

With each purchase of wheat flour for home use you must buy also an equal amount of other cereals (corn meal, corn starch, corn flour, hominy, corn grits, barley flour, rice, rice flour, oatmeal, rolled oats, buckwheat flour, potato flour, sweet potato flour, etc.) The housewife or cook may use these non-wheat products separately in making bread, cakes and pastry, or may mix them with wheat flour, except for wheatless meals.

WIN THE WAR BY PREPARING THE LAND SOWING THE SEED AND PRODUCING BIGGER CROPS.

Work in Joint effort the Soil of the U. S. and Canada—Co-operative Farming in Man Power Necessary to Win the Battle for Liberty.

The Food Controllers of United States and Canada are asking for greater food production. Scarcely 100,000,000 bushels of wheat can be sent to the allies overseas before the crop harvest. Upon the efforts of the United States and Canada rest the burden of supply.

Every Available Tillable Acre Must Contribute; Every Available Farmer and Farm Hand Must Assist.

Western Canada has an enormous acreage to be seeded, but man power is short, and an appeal to the United States allies in for more men for seeding operations.

Canada's Wheat Production Last Year Was 225,000,000 Bushels; the Demand From Canada Alone, for 1918, is 400,000,000 Bushels.

To secure this she must have assistance. She has the land, but needs the men. The Government of the United States wants every man who can effectively help to do farm work this year. It wants the land in the United States developed first, of course; but it also wants to help Canada. Whenever we find a man we can spare to Canada's fields after our own are sowed, we want to direct him there.

Apply to our Employment Service, and we will tell where you can best serve the combined interests.

Western Canada's Help Will Be Required Not Later Than April 5th. Wages to Competent Help, \$35 a Month and up, Board and Lodging.

Those who respond to this appeal will get a warm welcome, good food, good board, and find comfortable homes. They will get a rate of one cent a mile from Canadian boundary points to destination and return. For particulars as to routes and places where employment may be had, apply to

U. S. Employment Service, Dept. of Labor. PORTLAND, OREGON.