

A Soldier's Strength
Every enlisted man would stand up stronger during the first year's service if he could have the benefits of

SCOTT'S EMULSION

because it fortifies the lungs and throat, creates strength to avoid grippe and pneumonia and makes rich blood to avert rheumatic tendencies.

Send a bottle of SCOTT'S to a relative or friend in the service.

The Norwegian cod liver oil in Scott's Emulsion is now refined in our own American laboratories which makes it pure and palatable.

Scott & Bowne, Bloomfield, N. J., 17-14

200 Rooms Near Both Absolutely
100 Baths Near Depots Fireproof

Hotel Hoyt

Corner Fifth and Hoyt Sts., Portland, Ore.
LOU HIGGS, Manager.

RATES: 75c to \$2. SPECIAL—Week or Month

"The Kaiser is a queer customer," said Jacob Schiff, New York banker and philanthropist, during a Cooper Union debate. "The more the German people ask of him the less he gives them."

"The hands of the Blue Mill, you know, waited on the owner and told him they wanted shorter hours."

"Don't you contradict yourself in some of your speeches?"

"Of course," replied Senator Sorghum. "When I have occasion to contradict myself, I very carefully observe which side of the proposition gets most applause and govern my future opinions accordingly."—Washington Star.

Deliberately Done.
"These anti-treating bills are total failures."

"I should call them teetotal failures."—Baltimore American.

MURINE Granulated Eyelids.
Sore Eyes, Eyes Inflamed by Sun, Dust and Wind quickly relieved by Murine. Try It in your Eyes and in Baby's Eyes.

Bigger Pay for You.
Belmont-Walker Business College, Portland, Ore., largest in Northwest, trains you in all business courses. Enroll any time. Free Catalog.

SHERIDAN-BECKLEY COMPY, Inc.
Produce Brokers.
Cash buyers in local and car lots.

SHIP Veal, Pork, Beef, Poultry, Butter, Eggs and Farm Produce.
In the Old Reliable Exchange house with a record of 40 years of Square Dealings, and be assured of TOP MARKET PRICES.

HIDES, PELTS, CASCARA BARK, WOOL AND MOHAIR.
We want all you have. Write for prices and shipping tags.

WANTED, TURKEYS
FOR THANKSGIVING AND CHRISTMAS trade. Write for prices. Ship us your Veal, Hops, Poultry, Eggs, Hides and Cascara bark. Top prices and fair treatment.

Produce Wanted!
We buy cash and need Hops, Veal, Beef, Mutton, Chickens, Turkeys, Geese, Ducks, Butter, Eggs, Potatoes, Beans, Onions, Canned Goods, Fruit and all other produce of the farm. Checks sent same-day shipments arrive. Top market prices at all times. Send for form.

WE WANT YOUR Poultry, Veal and Hogs
HIGHEST MARKET PRICE
NO COMMISSION
PROMPT RETURNS

BUY DIRECT
By buying direct from us at wholesale prices and saving the plumber's profit. Write us today for our "Direct-to-you" prices. It's a big deal or bust. We actually save you from 10 to 50 per cent. All goods guaranteed.

Do Your Own Plumbing
Home-made instructions for London Water Pipe and Fitter & Johnson Engine.

STARK-DAVIS CO.
212 Third Street, Portland, Oregon

Optimistic Thought.
To show mercy when punishment ought to be inflicted is not charity, but infamy.

Sammy May Keep Cow; Uncle Sam Will Feed Her
Soldiers in the American army not only may keep a cow, but they can feed it at government expense, if they consume the milk.

UNCLE SAM BIG FOOD BUYER
Board Bill for Country's Soldiers Soon Will Be \$800,000 a Day, It Is Estimated.

Vegetarian Test.
Dr. C. Decker's vegetarian test is as follows: Take an apple and a piece of steak. Set them aside for a week in a fairly warm temperature and note what happens. The steak will smell to heaven, the apple not so. Place the steak under a microscope and you will find it swarming with bacteria.

WOOD SUBSTITUTES STEADILY FAVORED

Uncle Sam's Sudden Demand for Lumber Does Not Change Situation.

PRICES ARE NOT LOWERED

Timber Shortage Reported in Many Regions and There is Need for Growing Forests Larger Than Planned.

Twenty-five years ago lumber was regarded as almost as much of a necessity as wheat, while today it is steadily being replaced by various substitutes, says a report by the forest service on "The Substitution of Other Materials for Wood."

Disregarding the temporary effect of the war, with Uncle Sam's sudden demand for lumber and its great enhancement of prices of many substitute materials, the report points out the tendency in the long run. Each year more steel, concrete, brick, or tile is being used in places where lumber was formerly employed. This is particularly true in cities where enactment of building codes and the development of new forms of construction have created a demand for more durable building material. Shingles have given way largely to composition and tile roofing, wooden sidewalks have been almost wholly replaced by cement, while the modern skyscraper with its steel framework, and stone, brick, or tile walls occupies the site of some former frame structure. Railroad crossings and mine props are about the only forms of wood which are not affected.

How hard this substitution has hit the lumber business is shown by the government estimate that the total replacement of lumber in all forms of use is 8,000,000,000 board feet, or 21 per cent of the lumber consumption of the United States in 1915. The rate of substitution seems to be increasing and is now in excess of 500,000,000 board feet a year. Approximately 70 per cent of the lumber cut goes into forms of use whose demands appear to be decreasing. Twenty per cent more goes into strongly competitive fields. In the remaining 10 per cent of wood uses, there seems to be a much better opportunity for a larger consumption.

Prices Steadily Advance.
Increasing substitution has not, however, lowered lumber prices to the consumer, the report points out. On the contrary they have steadily advanced, while the cost of many substitutes has decreased. Exhaustion of the stands of local timber and discovery of new sources for the manufacture of other building materials are given as some of the reasons for these changes. More than 75 per cent of the replacement of wood, however, is made in spite of higher initial cost of the substitute.

The effect of the growing use of other materials has been to accentuate competition and decrease profits in the lumber business. As a result of this and other reasons, alternate periods of curtailment and over-production have made the lumber market unstable. This in turn has resulted to the disadvantage not only of the persons whose money is invested in timber and sawmills, but to the many hundreds of thousands who are dependent upon the lumber industry for their living.

Lumbermen have felt, it is said, the effect of the replacement of their product by other materials, but have not realized the extent to which it had taken place. They have failed to adopt aggressive selling methods and have been unable to supply the consumer with reliable information regarding lumber, because they did not have it. A complicated system of grades is in use which is not intelligible to the average consumer and is even the subject of considerable dispute among lumbermen.

Lumbermen Must "Brush Up."
Manufacturers of other building material have spent large sums of money to obtain reliable information about their products. They have had to advertise extensively to make a "place in the sun" for themselves. Substitutes for lumber are guaranteed to meet specifications which are easily understood by the consumer.

For lumbermen to hold their markets against competing materials, it will be necessary for them to learn more about the fundamental properties of wood, the author of the report says. They can do this either by scientific research for themselves or by co-operating with agencies already established. Better manufacturing and selling methods, and the development of by-products should enable them to make a profit in spite of the limitations on the prices of lumber which may be imposed by competing substitutes.

Even with the increasing substitution for wood, the report points out, there will be need for all the wood in the United States, and more. The total consumption of the country for many years has been far in excess of the growth. Already in many regions timber shortage and high prices have followed the exhaustion of the local supply. From the public standpoint there is a real need for growing forests vastly larger than are now planned for.

To Mend Coat Pocket.
When mending the corner of a man's side coat pocket, thread sewing machine with black thread, lay coat under machine foot, fix each piece of cloth straight and with a pin push little threads under; with machine sew six-zig back up; cut thread, put down pocket flap and see what a neat job you have done.

No Difference.
She—"Don't you think you ought at least to make enough money to support me?" He—"It wouldn't make any difference; even then I couldn't support you."—Life.

MANY UNITS IN NAVY

Regular Strength Increased by Reserve in War Time.

Large Number of New Training Camps Built by Uncle Sam to Take Care of Great Number of Recruits.

The various navy units now existing in addition to those of the regular navy are the naval reserve force, the marine corps, the marine corps reserve, the naval militia and the coast guard. The total enlisted strength of the navy is about 186,000 men. The number of enlisted men in the navy has more than doubled since war was declared. In addition to this large number, about 85,000 enlisted in the naval reserve force and 10,000 national naval volunteers, which is the federalized naval militia.

Besides the men for duty in the sea-man branch the navy needs men for service in special branches, such as artificers, yeomen, electricians, the commissary, hospital corps and so on, to be selected on a basis of previous experience and of special aptitude.

To provide for the many new recruits, a large number of new training camps are being built. Work on these new training camps for naval recruits and reserves is being rapidly rushed to completion. Several large camps have already been completed, including camps for the marine corps, quarters will be provided for more than 80,000 men, and the approximate cost will be \$9,000,000.

All members of the naval reserve force, except the naval auxiliary reserve, must be citizens of the United States. Members of the naval auxiliary reserve must be citizens of the United States or its insular possessions.

Members of the naval reserve force are not required to perform any active service in time of peace, but they may be assigned to duty at their own request. However, they are obliged to serve through a war or national emergency, and no members of the naval reserve force are eligible for confirmation in rank or rating until the completion of not less than three months' active service.

The fleet naval reserve is the reserve composed entirely of ex-service officers and men whose last service with the navy terminated honorably. Officers and men are enrolled in the rank or rating last held in the navy. Active service pay in this branch of the navy, in addition to the regular retainer pay and is the full pay of the corresponding rank in the navy of the same length of naval service.

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UNCLE SAM BIG FOOD BUYER
Board Bill for Country's Soldiers Soon Will Be \$800,000 a Day, It Is Estimated.

"War has made Uncle Sam the biggest buyer of food in this country and the board bill for his soldiers will be \$800,000 a day," according to Charles Lathrop Pack, president of the national emergency food garden commission of Washington.

"We are to have two million men under arms shortly, according to the best reports. At 40 cents a day it will be seen what that means. True, these men are before becoming soldiers to make the world safe for democracy. They doubtless ate more than 40 cents' worth daily which Uncle Sam figures is the cost per man, but you must remember that these men have suddenly become non-producers and they must be fed. The army is making great plans for camouflage to deceive the eyes of the enemy, but you cannot deceive a soldier's stomach. He must have real food."

"I am told that the reserve stock of foodstuffs at each camp is \$125,000, and there are 83 camps in the country today; that means that food valued at \$4,125,000 is taken out of the regular channels of the trade. These figures give only an idea of the need of food conservation on the part of the individual at this time."

American Product Displaced.
Japanese cotton yarn is replacing the American product which formerly dominated the Hongkong, China, market, Uncle Sam's consular agents report. Exporters in this country, however, are still supplying high grade yarns in China.

Pictures Appeal to Arabs.
Pictorial advertising posters help greatly to sell several lines of American goods in Aden, Arabia. The highly colored posters appeal strongly to the natives, according to one of Uncle Sam's consular agents.

Vegetarian Test.
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No Difference.
She—"Don't you think you ought at least to make enough money to support me?" He—"It wouldn't make any difference; even then I couldn't support you."—Life.

EAT LESS AND TAKE SALTS FOR KIDNEYS

Take a glass of Salts if your Back hurts or Bladder bothers.

The American men and women must guard constantly against kidney trouble, because we eat too much and all our food is rich. Our blood is filled with uric acid which the kidneys strive to filter out, they weaken from overwork, become sluggish, the eliminative tissues clog and the result is kidney trouble, bladder weakness and a general decline in health.

When your kidneys feel like lumps of lead; your back hurts or the urine is cloudy, full of sediment or you are obliged to seek relief two or three times during the night; if you suffer with sick headache or dizzy, nervous spells, acid stomach, or you have rheumatism when the weather is bad, get from your pharmacist about four ounces of Jad Salts; take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to flush and stimulate clogged kidneys; to neutralize the acids in the urine so it no longer is a source of irritation, thus ending bladder disorders.

Jad Salts is inexpensive; cannot injure, makes a delightful effervescent lithia-water beverage, and belongs in every home, because nobody can make a mistake by having a good kidney flushing any time.

Qualification.
Master—What! Forgotten your pencil again? What would you think of a soldier who went to war without a gun?
Tommy—I'd think he was an officer, sir.—Passing Show.

Flashed From the Star.
"Ah, Miss Ethel, may I not dream that one day you will be mine?"
"You may, but it won't come true."

Better Than Mutton.
It was a "knife and fork do" in a Lancashire town, and the catering had been done in the good old-fashioned way. The board groaned beneath the weight of good things. The champion eaters of the town sat together, and one of them began to eat slice after slice of meat with a great gusto. His friend watched him for a moment, then glancing around the array of sweets, burst out:

"Good heaven, man! Surely you're not going to throw away that beautiful appetite upon a leg of mutton?"—Exchange.

It All Depends.
"Does the removal of the appendix make any difference in a person's weight?"
"It does, if the person is accustomed to carrying all his money in his pocket," replied the man who had recently paid a surgeon's bill.—Birmingham Age-Herald.

Its Effect.
"What on earth is Amelia in such a stew about and fussing so?"
"She's afraid she'll be late to the meeting of the Don't Worry club."—Baltimore American.

GRANDM USED SAGE TEA TO DARKEN HAIR

She mixed Sulphur with it to Restore Color, Gloss, Youthfulness.

Common garden sage brewed into a heavy tea with sulphur added, will turn gray, streaked and faded hair beautifully dark and luxuriant. Just a few applications will prove a revelation if your hair is fading, streaked or gray. Mixing the Sage Tea and Sulphur recipe at home, though, is troublesome. An easier way is to get a 50-cent bottle of Wyeth's Sage and Sulphur Compound at any drug store all ready for use. This is the old time recipe improved by the addition of other ingredients.

While wispy, gray, faded hair is not sinful, we all desire to retain our youthful appearance and attractiveness. By darkening your hair with Wyeth's Sage and Sulphur Compound, no one can tell, because it does it so naturally, so evenly. You just dampen a sponge or soft brush with it and draw this through your hair, taking one small strand at a time; by morning all gray hairs have disappeared, and, after another application or two, your hair becomes beautifully dark, glossy, soft and luxuriant.

This preparation is a delightful toilet requisite and is not intended for the cure, mitigation or prevention of disease.

Force of Circumstances.
"Artesian laborers are more healthy than other people, I suppose."
"Why should they be?"
"Aren't they all well diggers?"

Dr. Pierce's Pellets are best for liver, bowels and stomach. One little Pellet for a laxative—three for a cathartic.

A Sure Way.
"Old Millions can't please his young wife any way he tries, and yet he lives only for her."
"Then let him try dying for her."

NURSING THE WOUNDED
It takes strength and courage to nurse the wounded. Every woman should make herself fit for war's call at home or abroad. Health and strength are within the reach of every woman. They are brought to you by Dr. Pierce's Favorite Prescription. Take this medicine, and there's a safe and certain remedy for the chronic weakness, derangements, and diseases peculiar to the sex. It will build up, strengthen, and invigorate every "run-down" or delicate woman. It regulates and assists the natural functions.

requires a special tonic and medicine. At some period in her life, a woman if you're a tired or afflicted woman, you'll find it never fails to benefit. Sold in tablet or liquid form. Send Dr. Pierce, Free Medical Advice and Surgical Instruments, Buffalo, N. Y., 10c for trial pig-tablets.

You will escape many ills and clear up the coated tongue, the yellow complexion, the dull headache, the heavy liver, if you will take a laxative made up of the May-apple, leaves of aloes, root of jalap, and called "Pleasant Pellets."

PARIS HAS FIRST U. S. POSTOFFICE

Departments in Charge of Selected Men Who Volunteered Their Services.

ESTABLISH TWO TERMINALS

New York and Chicago Distributing Points, Where Uncle Sam Sorts and Labels Mail to Various Points.

Everything possible is being done to facilitate the prompt handling of mail between this country and Uncle Sam's expeditionary forces in France, and the work has been accomplished with remarkable speed.

Postmaster General Burleson realizes that to "the boys at the front" a letter from home means much, and that the coming and going of this mail is a matter of vital anxiety on the part of the folks at home.

Nearly every family in America is interested to know how letters and parcels are dispatched to the expeditionary forces, and whether every particular individual soldier, who is the object of home affection and anxiety, will be promptly found by the "letter carrier," among the thousands who may be located at unnamed places in France.

The United States post office went to Europe in advance of the expeditionary forces. A postal agent was appointed for duty in France and a force was sent with him to provide for the opening of post offices as rapidly as the needs of the army might require. He was accompanied by a committee of postal officials. The ten highest men in each railway division, the money order, registry and other specialized branches, who volunteered for this service were selected by the department for the French service. A number of these officials sacrificed highly pay at home than they would receive for their services abroad, in their patriotic response to the call of special duty.

The "first United States post office in France" is now operating in Paris, having comfortable quarters and thorough equipment.

Use Experts Who Volunteered.
The postal force is from time to time, as the needs of the service require, being provided with experienced postal distributors, and stamp and money order clerks, who are selected from among the most expert in the postal service of this country who volunteer their services. Additional post offices have been established as rapidly as required. There are now in France six branch postal agencies or divisional offices handling the mail to and from the soldiers, selling stamps and issuing money orders. Whenever the necessity has arisen for an additional branch post office or station it has been provided and in working order within from 24 to 36 hours. To meet the requirement of additional service an organization has been worked out in advance so that a number of men are regularly on hand being trained at the post offices already established so as to familiarize them with the work.

Immediately upon the first contingent of the American troops being ordered to France arrangements were made for a distributing center at New York, where the mails are distributed by regiments, companies, etc., so that upon their receipt in France they may be promptly dispatched to the proper military or other organization, some of which are widely scattered, and delivered to the soldiers without delay. There is no delay in the delivery of mail to the Americans serving in France whether belonging to the expeditionary forces or to other organizations, if properly addressed.

The department has frequently reminded the public that the mail addressed to members of the expeditionary forces should designate the division, the regiment, the company, and the organization to which the addresses belong—as "John Smith, Jr., Company X—Infantry (Giving the number of the infantry), American Expeditionary Forces." The letter or parcel should also bear the return address of the sender, and be properly stamped. The limit of weight for a parcel is 20 pounds.

Two Military Terminals.
The method of handling the mail for the expeditionary forces is to forward to the central distributing point at New York in the Grand Central Terminal all matter mailed east of the Mississippi; and to the military terminal point on Wabash avenue, Chicago, matter mailed west of the Mississippi. At these two distributing points the mail is sorted and labeled to each of the units and dispatched by the first available steamer.

Letters originating with American troops in France are censored by the American authorities at regimental headquarters and after being passed are turned over to the post authorities to be dispatched to the United States. Unpaid letters from soldiers in France upon their receipt in the United States have been taxed at a single rate, and the postage collected from those to whom the mail is delivered, but by the provisions of the war revenue bill letter mail sent from France by members of the American forces will be delivered postage free.

"Cutting" Old Method's Mast.
Instead of the old method of cutting trees for ship's masts by the use of ax and saw, a man now climbs to the point to be cut and ties dynamite cartridges around the tree trunk. He then lights the end of a long fuse and retreats to a safe distance.

The Allibi.
A college president known for his frolics was describing the Home Guard of Connecticut: "An admirable force, whose services will be confined to the state, except in case of invasion."—Christian Register.

Breakfast in 20 Minutes

THE ONLY STEAM-COOKED OATMEAL



A package of "H.O." Oatmeal should always be on hand in every home because it can be made ready for the table with only 20 minutes' cooking. "H.O." is the only steam-cooked oatmeal—a process which retains all the natural flavor of the oats—a delicate, full aroma, more delicious than any oatmeal you ever tasted. "H.O." costs only one-half cent per dish and is good for old and young, weak or strong. Your grocer has it.

With the Fingers! Says Corns Lift Out Without Any Pain

You reckless men and women who are pestered with corns and who have at least once a week invited an awful death from lockjaw or blood poison are now told by a Cincinnati authority to use a drug called freezone, which the moment a few drops are applied to any corn or callous the soreness is relieved and soon the entire corn or callous, root and all, lifts off with the fingers.

Freezone dries the moment it is applied, and simply shrivels the corn or callous without inflaming or even irritating the surrounding tissue or skin. A small bottle of freezone will cost very little at any of the drug stores, but will positively rid one of every hard or soft corn or hardened callous. If your druggist hasn't any freezone he can get it at any wholesale drug house for you.

Congratulations.
"I'm afraid my speech was not much of a success."
"Why," exclaimed Senator Sorghum, "I have called to congratulate you."
"People either went to sleep or walked out of the hall."
"Yes, but nobody threw anything at you."—Washington Star.

Subsidized.
Mrs. Townley—What! You pay a girl \$10 a week to cook for you?
Mrs. Subbuss—Not exactly. We pay her \$4 for cooking; the other \$6 are for staying.—Exchange.

Johnny's Luck.
Country School Teacher—Now, Johnny, can you name a cape in Alaska?
Johnny (stumped)—No'm.

Teacher—None; that's right, Johnny. Now, next boy name another.
Boston Transcript.

He Knew.
Son—Father, I'm thinking of taking the political economy course at college.
Alderman Clancy—All right, me son; but remember this: ye can't never depend awn a vote ye buy cheap.—

An Unfailing Sign.
"My dear, this child is going to have lots of spirit in its voice."
"How can you tell that now?"
"Because it already shows a tendency to high bawls."—Baltimore American.

SKIN TORTURES
That Itch, Burn and Scale Quickly Relieved by Cuticura—Trial Free.

It takes about ten minutes to prove that a hot bath with Cuticura Soap followed by gentle applications of Cuticura Ointment will afford relief and point to speedy treatment of eczema, itching and irritations. They are ideal for all toilet purposes. Free sample each by mail with Book. Address postcard, Cuticura, Dept. L, Boston. Sold everywhere.—Adv.

Too Many Operations

The Right Medicine in Many Cases Does Better than the Surgeon's Knife. Tribute to Lydia E. Pinkham's Vegetable Compound.

Doctor Said Operation or Death—But Medicine Cured.



Des Moines, Iowa.—"My husband says I would have been in my grave today had it not been for Lydia E. Pinkham's Vegetable Compound. I suffered from a serious female trouble and the doctors said I could not live one year without an operation. My husband objected to the operation and had me try Lydia E. Pinkham's Vegetable Compound. I soon commenced to get better and am now well and able to do my own housework. I can recommend Lydia E. Pinkham's Vegetable Compound to any woman as a wonderful health restorer."—Mrs. BLANCHETTE JEFFERSON, 703 Lyon St., Des Moines, Iowa.

Another Operation Avoided.
Richmond, Ind.—"For two years I was so sick and weak from female troubles that when going up stairs I had to go very slowly with my hands on the steps, then sit down at the top to rest. The doctor said he thought I should have an operation, and my friends thought I would not live to move into our new house. My daughter asked me to try Lydia E. Pinkham's Vegetable Compound as she had taken it with good results. I did so, my weakness disappeared, I gained in strength, moved into our new home, did all kinds of garden work, and raised hundreds of chickens and ducks. I cannot say enough in praise of Lydia E. Pinkham's Vegetable Compound."—Mrs. M. O. JOHNSON, Route D, Box 190, Richmond, Ind.

Of course there are many serious cases that only a surgical operation will relieve. We freely acknowledge this, but the above letters, and many others like them, amply prove that many operations are recommended when medicine in many cases is all that is needed.

If you want special advice write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.