Radical President of Argentine Has Bill to Give Duties of Custom Officers to Soldiers in the Army



# Irigoyen Would Make Army Pay for Itself <br> <br> 


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## Senate Will Not Discuss His <br> Plan for World Peace League <br> <br> - - man and <br> <br> - - man and <br> 



## Physical PreparednescEating


 your stomarh. Have your bolus of have previonsly dimagreed with gou.
food in a fine pulp before you swat.

 not uive to nee how minch and what regularly and happlly. you can eat.
The food we put into our bodies,
three tmes a day, nerver much the DR. A. A, HOULE, County Coroner.

$\left\lvert\, \begin{gathered}\text { yame function as the coal or oil does } \\ \text { that to put into an ensine. It fur- } \\ \text { nithes the energy for all movementa } \\ \text { of }\end{gathered}\right.$ of the body and tts parta, and fur--
nishes the heat to keep the body warm, ase whell as supplife for crowth
and repair. The energy value of foods is mossured in a unit, called a calorie. One calorie of heat energy would
Warm about two quarts of water one warm about two quarts of water one
degree. The ordinary perion needs
ebout 2,500 celogen bbout. 2,500 calorien a day. We all eat too much, eappecially of
meat. We only need about 800 cal -
ories of hest energy at a meet ories of hest enercy at a meel. This
amount we can moon obtain, for each
of the fello on the following bave 100 calories of
onergy
onerse loat or lump and a half of sugar, emall lamb chop. one ezg.
alice of white bread, an ordinary plece allice of wh
of butter.
Variety
Variety of food, however, in as im-
portant as the amount. Meat and erge and the protelds in peas, beans
and cheese should porer and chrese should constitute 15 per
cent only, and the other 85 per cent $\left|\begin{array}{l}\text { should be in vegetables, fats, cream, } \\ \text { butter, starch and sugar. Raw fruit } \\ \text { and vegetables are important for their }\end{array}\right|$ $\left\lvert\, \begin{aligned} & \text { aid } \\ & \text { mineral salts and a curloust substance } \\ & \text { called vitamins }\end{aligned}\right.$ by cooking.
A bomely. rule for a well balanced
diet would be to apend as much for milk, veretables and frult as for meat fish and egss: and as much for milk
and egss as for meat and fish. Amerand esks as for meat and hish. Amer--
loan people are intemperate in the
eating of meat eating of meat. proper breathing, as measures for preparednes. If, you want peace with

So one illicen to be a deed one, but
everybody mast come to it mome day. Better are a Hife tmauramee policy

whlle you are a tive ome. Ank Chir whillo you are a tive ome. Ank Chit | cole |
| :--- |
| pany of Americe:. |

## Shife tex kefps

 ${ }^{2} \mathrm{C}$ Cum

## If your noatrine are eooged and

 breathe freely because of a cold or catarrh, Just gut a amall bottio of Apply a litile of this fragrast aathet it penem into your noetrily anad cealing the your mead, moothing and
 Ab! how good it forla, Your not.
tris are open, your heod th rils are open, your, heend to cur sor, so
more bawkings, snumas, blomis. ore h-alache, drynese or atructitha hat sufierevs from Cream Balu is Just atarrh need. It's a dellighe-Adr.

## Passengers

 and Baggege Angwhere in the Cuy Qich Service Reascmalle Rives PHONF 187 Westen Irnsifa CompanySensational Offers do not effect our trade
,
ar
1otes advancing age. We all know the
idvent idrantages of a youthtul appearance.
cour tair is your charm. It makes or vara the tace. When. it tades, turns
cray and looks streaked tuat a cray and looks streaked, Juat a few ap
دlicutions of Sage Tee and Sulphur ep
 noat otay krayl Look young! arther preparse the roetpe at bome or
 Hof "Wyoth's sage and Bulphur Come
sonesh," which is morely the old time
velpe improved by the addultion of oth. $\rightarrow$ tagrediental. Thousands of folthe scomanond this readyeo-ues prepara-
lon, because it dartens the hair beat tfully, besides, no one can poselbly
ell, as it darkens so naturally and venty. You moisten a spoonge or sofi vash, with it, drawing this through the
valr, taking one small strand at a tme nair, taking one small strand at a time
ly morniug the gray halr disappears; ifter another application or twoa, the
itat intrulal color it restoned, and it be
inmes thlek, zlosisy and lustrous, and omee thlek, glosiy and lustrous, and ou appear years younger.
pound ta a deltghtrul tollo:
It in an intended for the curs, mititeaTo not intended for the cure, mitige.
Wroth' game and suiphur come
ton or mrevenation of dixemane - Adv

Wood and liy W. F. Sechorn Company
$\qquad$
WOOD ton. He to the mana who can eolve Klanath Fuel Co.


Underwood's Pharmacy

