PAGE NEL



# Is All Wheat-

R OLLED, baked, toasted and enriched with a blend of barley malt in cooking which makes it supreme in flavor and digestibility.

Wheat has all the natural elements that re-inforce the body, build muscle, brain and nerves, and all of the best wheat is in "Force,"

Good for the growing child, the stalwart man, the old and feeble-good for everybody. Order "Force" today.

Made by The H-O Company, Buffalo, N.Y.

# Hygienic Care Should Begin in Infancy

Madame Quivilla will be glad to answer any questions pertaining to womanly beauty. Personal replies will be given if a stamped and self-addressed envelope is enclosed.

The old superstition of clipping the tend greatly to stimulate the healthful On top of all this the asylum farm is hair during the first quarter of the secretions of all the glands. So valu- in need of a central heating plant, and moon has at least the merit of fixing able is this treatment for both young a root and fruit house. At the last a periodical date, so that it shall not and old that when properly under- session of the legislature a request be overlooked; and there is also a stood and appreciated we shall see was made for an appropriation for a right and wrong, way of doing even fewer bald-heads and a vasily higher central heating plant, but it was dethis simple thing. In clipping, unless average of beautifully abundant tress- nied. The asylum and asylum farm the hair is falling very fast, indicating es than we do now. Massage is to the will also need a number of other imacute alopecia, the pointed, intact hairs scalp what physical culture is to the provements, and, taking them all toshould not be trimmed until they reach body, and not only promotes the gether, they will materially increase the maximum length. When a hair growth of the hair by exciting to in- the appropriation over last year.

clipped, it will drop out much sooner which contribute to the cellular struc- school for the feeble minded is in good than it should. In order to accom- ture, but also prevents the relaxing of condition, more buildings are needed plish anything like a thorough clip- the muscular layers forming the scalp, to take care of the large waiting list. ping of the split ends it is necessary to toning them up to their duty; and by The last legislature made an appropribraid the long hair and then draw the increasing the circulation prevents ation for a girls' dormitory, but this braids through the fingers upward, atrophy of the papilla and the conse- will not begin to take care of those so as to ruffle up the short hairs. It quent turning of the hair gray. is easy thus to distinguish between When the bas is three months old a tory will also likely be asked for when

the blunt or split ends and the pointed weekly shampooing and oiling will be the legislature convenes. ones. But the task can be much more sufficient; but, even if the hair has The penitentiary will ne effectually done by a second person come in quite thick, for the first year ber of improvements, but not many, than by oneself, and it is therefore best no comb, and only the sofest brush and the cost will not be so great as at to have recourse to the hair dresser should be used upon its head. This the other institutions, as material when possible. treatment will prevent all the family alone need be purchased, the labor be It will do much to insure beautiful of eczematous eruptions to which some, ing performed for the most part by the hair through life, if its hygienic care people seem to consider an infant's convicts.

teeth. One split or rough tooth can do a great deal of damage to the hair by splitting and breaking it, as well as inflict some pain. Shell or celluloid hair pins should be used to hold the hair in place.

Yours for charming womankind, MADAME QUIVILLA. 614 Oregonian Building, Portland, Or AN UPSIDE DOWN

LEGAL ENTANGLEMENT

Will the fact that the sheriff posted a notice of sale of property under the hammer upaide down makes the sale vold!

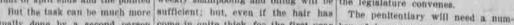
The circuit court of this county will have to answer that question for the Combination Manufacturing company has instituted suit in the court here against the Falls City Lumber company to have a sale of property set aside on this ground. An execution had issued against the property and the lumber company purchased it. The Combination Manufacturing company irw alleges that, in view of the fact that the notice of sale was posted upside down, that no one read it and as a consequence the lumber company was the only bidder and secured the the property at its own figure. This, it is maintained, was illegal and bemuse of these grounds the court is wked to set the sale sside.

## **APPROPRIATIONS** WILL HAVE TO **BE INCREASED**

Tentative estimates made by memera of the state board for appropriaions to be asked for from the next legislature for the various state institotions discloses the fact that because of many needed improvements that the appropriations this year will exceed y a considerable sum those requested of that body at the last session

To begin with, the appropriation for the asylum will be considerably swelled as the hog houses for that institution have been condemned and new ones will have to be erected and these will cost not less than \$3000. and probably \$4000. The hog houses at the asylum farm are also in bad shape, and will have to be replaced.

splits it loses its vitality, and if not creased activity the minute glands. While the main building at the on the waiting list, and a boys' dormi-





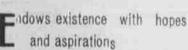
DAILY CAPITAE JOURNAL, SALEM, OREGON. SATURDAY, JULY 27, 1912.

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of and has been made under his per-Chart H. Flitcher sonal supervision since its infancy. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children-Experience against Experiment.

## What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Parecontains neither Opium, Morphine nor other Narcotic and allays Feverishness. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colle, all Teething Troubles and Diarrhea. It regulates the Stomach and Bowels, assimilates the Food, giving healthy and natural sleep. The Children's Panacea-The Mother's Friend.





Destores man to fulness of

strength and activity.

cast and disheartened.

### An Investment in a DIAMOND requires careful thought and the proper confidence in a firm

--to warrant absolute satisfaction--to note the proper comparison you must inspect them from a large and well selected stock, such as we are able to show. In this way you can become thoroughly familiar with values and feel assured of safe and economical buying,

BARR'S JEWELRY STORE Salem, Oregon

### When at Portland Go to the BOWERS



Rates \$1.00 up. Breakfast and lunch 50c. Dinner \$1.00. Also a la Carte service in grill. One block from Oregon Elec-tric on 11th and Washington streets. Salem people cordially invited to make our house their headquarters.

#### F. P. WILLIAMS, formerly with Marion

Pianos and Organs	Edison, Victor and
from the cheapest to the	Columbia Talking
best sold on installments and rented.	Machines A full stock of Records
GEO. C. WILL	GEO. C. WILL
ueu. c. will	GEU. C. WILL



In its prompt removal a most unpleas. The scalp.

neither brush, comb, nor harsh towel regard to the proper use of the brush, the lack of paint, touched to it as they might inflict se- select one adapted to the service reforming structure.

begins with the life of the infant. The scalp liable; the inception of which, The deaf mute school is occupying scalp of the new-born babe is covered however, is almost always due to care- a new building, and the improvements with a fatty matter-the vernix lessness in removing the vernix which will be needed by it will be of a casecsa-and if care is not exercised caseosa and consequent irritation of minor character, and the appropria-

tions needed for them practically inant and unsightly condition of inflam- Brushes and combs should be select- consequential. The blind school, it is mation and scabbiness will result. Part ed with extreme care. Economy is out understood, will also need appropriaof the first care given to the ba s of place here, for cheap brushes are tions for a number of improvements. should be to anoint the whole head usually poor ones with harsh, slivery Th reform school building generally with fresh, sweet olive oil, or that of bristles. The expense should be in the is in a bad condition, and an appropriaweet almonds. After a few hours it bristles and not in the back, unless ation of at least \$7000 or \$5000 will be should be washed with warm water you can afford it in both. Stifter needed to put it into shape. The and well inthered with soap-bark or bristles will be required for one head sleeping quarters are bad, and much castile soap. The little scalp must be of hair than for another; but, remem- comodeling of the interior is neceshandled with utmost gentleness, and bering the caution already given with sary, and the building is suffering from

If the tubercular sanatorium is to rious damage to the hair follicles. This quired. The clusters of bristles should be continued as such, it will likely operation must be repeated daily for be made up in slightly uneven lengths come in for a number of improveseveral woeks, even after the vernix but set evenly in the brush; in this ments. Governor West, however, has caseosa has been entirely removed. It way they will best penetrate the hair indicated his intention of converting will do much to encourage the perma- and thus perform their cleansing, pol- it into a school for girls, to be run in neut strength and health of the hair- ishing office. Brushes must be washed connection with the reform school, and in borax-softened water, and it will lease or purchase a sanatorium for the

After the first 10 days, as soon as stiffen the bristles if the last rinsing- tuberculosis cases in Portland, Should the scalp begins to look firm and water be a weak solution of alum, the legislature fall in with this plan it strong, and does not redden violently merely shaking the brush afterwards, is not likely that many improvements under gentle manipulation, massage and letting it dry. The best combs will be needed for the building here, with the finger tips may be given twice are ivory or shell, but the indispen- but money will have to be appropriated or thrice daily. The fingers impart sible qualities of all should be smooth to either lease or purchase the buildvital warmth and electricity, which ness and regularity of well-rounded ing in Portland.

#### Why Women Are Not RICH.

Man is a millionaire many times over in the possession of blood cells. Wom-an is not quite so rich, for scientists have proven that the normal man has five mil-lion—the woman only four and a half million to a cubic millimetre of blood. A decrease in number of red blood corpuscles and a person "looks pale"—in fact, is anaemic, the blood does not get the right food and probably the stomach is discreted.



diaordared. Dr, R. V. Pierce found years ago that a glyceric extract of golden seal and Oregon grape roots, queen's root and bloodroot with black cherrybark, would help the assimilation of the store of the second in the store of the sto

bigs, ancorps went at hight and in retreased in the morning. "I was attacked with a severe nervous disease, which was cauged disordered atomash and liver," writes Mit Jaz D. Liver, to Was arren Jenne, Route 2, Box 33. "All my friends thought I would de a he best physicians guvo me up. I was advised to try Dr. Piere ase had run so long, it had become so chrongle that nothing would eff here recommend it. I hearthy advise its use as a spring twoic, a run as have run so long the All results of the more a here recommend it. I hearthy advise its use as a spring twoic, a run as have run to long that there is no chance to be cured.

Dr. Pierce's Medical Advisor, 31 stamps, to pay for wrapping and mailing only.

#### THE AUGUST WIDE WORLD MAGAZINE

The Wide World for August is particularly interesting number. A. E Johnson describes and Illustrates "The Black Forest and Its People;" Randall R. Howard writes a stirring paper on "Hunting the Wild Horses of the West" and Jack Woodson describes The Dog-Derby of Alaska." John Boyes continues the romantic story of "How I Became a King," and F. Harris Deans brings to a conclusion the amusing account of his European walking tour in which he covered ourteen hundred miles on foot. "The Bridge Assignment," "Alone on a Runaway Train" and "A Death-Voyage at Niagara" are accounts of thrilling adcontures. The number is excellently Illustrated.



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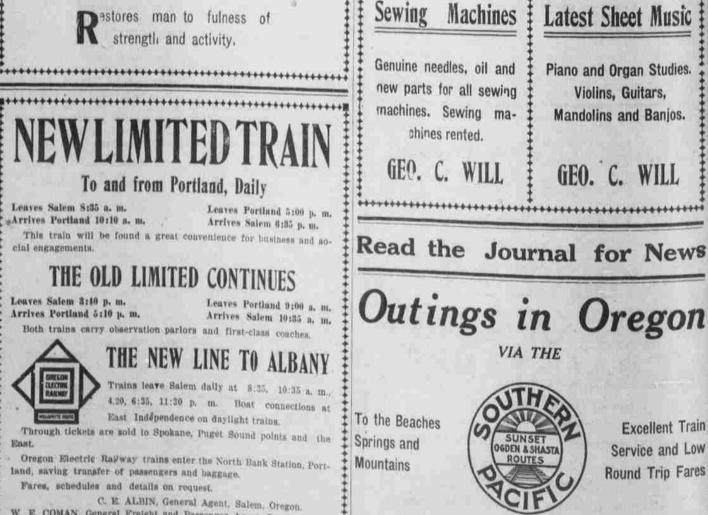
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To and from Portland, Daily	G
alem 8:35 a. m. Portland 10:10 a. m. rain will be found a great convenience for business and so- ugements.	Rea
THE OLD LIMITED CONTINUES alem 3:40 p. m. Portland 5:10 p. m. rains carry observation parlors and first-class conches.	Οι
THE NEW LINE TO ALBANY Trains leave Salem daily at 8:35, 10:35 a. m., 4.30, 6:35, 11:30 p. m. Boat connections at East Indépendence on daylight trains. th tickets are sold to Spokane, Puget Sound points and the	To the I Springs

Oregon Electric Rapway trains enter the North Bank Station, Portland, saving transfer of passengers and baggage. Fares, schedules and details on request.

C. E. ALBIN, General Agent, Salem, Oregon, W. E. COMAN, General Freight and Passenger Agent, Portland, Ore.



are baked here. You don't have to put up with the same kind day after day as is generally the case where bread is baked at home. So if only for a change come and try some other kind of bread than that you make. You'll like it because everyhody does who tries it. CAPITAL BAKERY 439 Court Street



If you are looking for an ideal place to spend a portion of the summer, where you can find rest, health and recreation, the outing " sorts reached by way of the Southern Pacific are par excellence. Newport, Yaquina Bay, Tillamook County Beaches, Crater Lake, Colestin Springs, Shasta Springs, Cascadia, Breitenbush Hot Springs and many other springs of more or less note.

### LOW ROUND TRIP TICKETS

With long limits on sale daily to the above resorts. Our booklet "Vacation Days in Oregon," describing these and other outing places can be obtained from any agent, who will cheerfully furnish information as to fares, train service, etc., or a postal card to the undersigned will receive prompt attention

JOHN M. SCOTT,

General Passenger Agent, Portland, Oregon.