

Suffer No Longer from Indigestion

Do something for it, before it gets worse. Don't let it become chronic. The longer that it hangs on, the harder it is to shake off. This trouble will not right itself. It should be corrected; it may develop more serious results if it isn't attended to.

You can get rid of your indigestion quickly and easily by promptly taking

BEECHAM'S PILLS

a reliable family remedy for the stomach, liver, bile and blood. They are a helpful combination of medicinal herbs which start the gastric juices, help the process of assimilation, and carry off the impurities that clog the system and threaten to create disease.

Whenever you are troubled with indigestion, biliousness, heartburn, flatulence, sick headache or constipation—you can always depend on Beecham's Pills to

Relieve You At once and Prevent Further Trouble

At All Drugists, 10c., 25c.

Directions of special value to women with every box.

Four Jumps to Salonica, Second Lands on a Bedbug

By William G. Shepherd.
(United Press Staff Correspondent.)
Naples, Oct. 25.—(By mail).—You get your first news from the Balkan front here in Naples, second stop in the four jumps from Paris to Salonica.

It isn't news of soldiers or cannon; it's a far more important to you than that, and it comes from five American Red Cross men who have been in Serbia and wait now in Naples for a boat to take them back to the United States.

"Bed bug powder is what you fellows need," they say. "Bed bugs and lice are more deadly than bullets. And mosquitoes—why, there are mosquitoes in Serbia whose bite is certain death."

"Well, what's the answer?"

"Carry mosquito nets."

"We don't need ours any more because we're going home, thank God," said one doctor. "Want to buy them?"

We make a dicker for three dollars and a half per net and buy three of them. Also we increase our baggage with four pounds of insect powder.

There are five hours left in Naples for sightseeing and we choose the sunken city of Pompeii. When old Vesuvius belched out fire 79 years after a Christ, it nearly covered the city, but this time, nineteen hundred and fifteen years after Christ has done just as thorough a job. Seven human beings couldn't get away from Pompeii when the volcano broke out and you can still see their bones lying as the volcano shook left them.

This new volcano of war has also found seven persons who were unable to beat it. They are guides, said creatures who were too old to be called to the Italian colors but, unlike the seven boys persons, they see you first. They rush at you. They fight over you.

REWARD IS OFFERED FOR ARREST OF BARTHOLOMEW

Portland, Ore., Dec. 10.—Reward of \$500 for the arrest and conviction of George Bartholomew as the murderer of John Lind was offered in circulars mailed broadcast today. Lind's dismembered body was found in a trunk in the Willamette river a month ago.

A MERCILESS JUDGE

Portland, Ore., Dec. 10.—Reward of \$500 for the arrest and conviction of George Bartholomew as the murderer of John Lind was offered in circulars mailed broadcast today. Lind's dismembered body was found in a trunk in the Willamette river a month ago.

How To Get the Christmas Spirit

By Ella McMunn.
The merchants needn't tell me to shop early. I know them. You bet I do. What they mean is to shop early and often and buy a whole lot, and we do generally. After I had read their slogan, "Shop Early," and some prescient stuff about "tired girls behind the counters," I took my Christmas money and shopped early, once, and this is what happened: I did not see anything but such useful things as woolen stockings, fine tooth combs and cans of beans, so I bought those and wrapped them up in tissue paper, and stuck anti-tubercular Santa Clauses up on them and sat back satisfied for a while. But opening the packages every day or two, for it lasted three weeks till Christmas, I got rather tired of them, and decided they wouldn't do. No I took the money I had laid away to buy a blab for the calf and went down town again and bought some tin whistles and Limberger cheese and feather beds and wrapped those up in tissue paper and stuck mistletoe on them and was satisfied—for a while. But I continued to read anti-tubercular and got to feeling Christmas was not what I wanted. I had a notion of going to the store and buying a pair of shoes, but I had already, or how much I had left, or anything. Afterward I had a faint recollection that there was a good deal of tinsel and bangles and cotton about them, and when I'd sobered up a little—everybody does after Christmas—I realized that what I had bought at the last was about right for a Hottentot, but there weren't any of those on my gift list.

Of course by waiting till the last day I had helped to make the poor old delivery horses fall down and skin their knees, and I had kept girls away from their suppers, and little messenger boys out in the dark and rain, but I had had just the loveliest Christmas Spirit toward everybody, and I am so anxious to feel that same beautiful way again, that I have fully made up my mind to wait till the last minute.

Only One "BROMO QUININE"

To get the genuine, call for full name, LAXATIVE BROMO QUININE. Look for signature of E. W. Grove. Cures a Cold in One Day. 25c.

GET AFTER THE DOCTOR.

Springfield, Ill., Dec. 9.—Secretary Drake of the state health board, announced today Dr. Halseid will be cited to appear before the board to show cause why his license should not be revoked as a result of his action in letting Baby Bollinger sub-normal child, die without surgical aid. This will probably be at the January meeting in Chicago.

MEXICO HAS AMBASSADOR

Washington, Dec. 9.—Elias Arrando, previously head of the Carranzista junta here, has been appointed Mexican ambassador to the United States, the state department announced today.

THEY REFUSE TO EAT BIRTHS, DEATHS AND HEALTH STATISTICS

At periods in most children's lives they fail to relish their meals and refuse to eat even the delicacies prepared to tempt their appetites. They lack ambition, and growth seems impeded, which causes anxiety and worry.

To compel them to eat is a grave mistake, because nutrition is impaired. Healthful exercise in fresh air and sunshine is important, but equally important is a spoonful of Scott's Emulsion three times a day to feed the tissues and furnish food-energy to improve their blood, aid nutrition and sharpen their appetites.

The highly concentrated medicinal-food in Scott's Emulsion supplies the very elements children need to build up their strength. They relish Scott's—it is free from alcohol.

Scott & Bowne, Bloomfield, N.J. 15-34

Tells of Goiter, Cancer, Small Pox, Measles, Marriage and Other Troubles

According to the quarterly bulletin of the Oregon state board of health, just issued for the quarter ending September 30, the births in Marion county were as follows:

July, male 39, female 29, total 59.
August, male 29, female 22, total 42.
September, male 29, female 24, total 53.

The deaths for the three months in Marion county were as follows:

July, male 17, female 11, total 28.
August, male 29, female 20, total 49.
September, male 24, female 17, total 41.

The same report gives the marriages in Marion county for the three months as follows:

July, 31.
August, 26.
September, 27.

Very few cases of typhoid fever were registered during the three months. During July, four cases were recorded with no deaths, August had six cases with one death, and September showed no cases reported.

The only cases of measles reported during the three months were in August, when 12 cases are of record, with no deaths. One case of small pox was reported in Marion county in July, one case in August and none in September.

In the entire state, September was the most popular month for marriages as 396 are reported for that month, 336 for August and 341 for July.

In a discussion of goiter, the report states that while it is possibly true that the specific cause may be carried in water, yet it is by no means proven, as goiter is found in many flat countries where there is little or no snow falling and where glaciers are untraced. The report states there is doubt as to the cause of goiter, although for years it has been supposed to be due to water from the mountains, especially as in Switzerland, many cases are found.

Another theory to be exploded, says the report, is that cancer is caused by the caffeine in coffee. While it is true that the taking into the stomach of very, very hot coffee may irritate the lining cells of the stomach, that the caffeine therefrom is the cause of cancer has not been proven.

Through its children's bureau, the United States department of labor will celebrate "Baby Week" March 4 to 17. Regarding this "Baby Week" the report, as issued by the Oregon state board of health, has the following:

"This is not to be a baby show where babies are brought to some cold store room to be stripped naked and viewed by a committee consisting of old maids and childless divorcees, but a sane sensible effort will be made to instruct the whole people as to the possibilities of proper child hygiene."

FRUITLAND NEWS

(Capital Journal Special Service.)
Fruitland, Ore., Dec. 9.—M. H. Stauder is doing some grubbing with a capstan.

P. J. Egglas is doing some tiling.

Thursday evening our correspondent attended the anti-Sunday law mass meeting at Ye Liberty theatre. The building was filled to crowding by an audience which gave strict attention to the speakers, Prof. C. S. Longacre of Washington, D. C., editor of "Liberty," a monthly publication, and W. H. Hendy of San Diego, Cal. Both speakers scored good points and were frequently applauded.

Judging from the temper of those assembled the speakers had their sympathy given even a synopsis of the arguments used by these clever and wide awake speakers. They should be heard to be appreciated. In a comprehensive way I may say the argument was, Sunday laws, are, always have been, and ever will be in the nature of religious legislation, which has been relegated to a past age as contrary to the spirit and genius of our republican form of government. Also such legislation has resulted in religious intolerance and persecution being a logical outcome of such laws.

Saturday night the pie supper at the school house drew a big crowd of pie eaters. Some specimens of the culinary invention sold for well up to two dollars each. A two dollar supper consisting of an individual pie might not fill a long left arm but it might a hollow stomach. Fruitland pies are good—first class I tell you never cause night-mare nor kill an Indian.

W. F. Kupfinger did the selling, and what Kap don't know about selling pies is not worth speaking of. He being a bachelor probably conceals his own pie, and if so knows the value of peppermint tablets.

At the school house a new flag will be soon unfurled to the breeze. The district no long ago bought some supplies of a Portland firm. The same I think could have been bought in Salem for the same money, maybe for less. But there was the glib-tongued agent and the charm of buying things away from home.

Wednesday evening a "Dime Recital" was given at the school house. Prof. Simmons "entertained," an excellent teacher, gave several numbers which were highly appreciated. The night being rainy and very dark the at-

DON'T SUFFER—LAUGH AT STOMACH MISERY

Daniel J. Fry Will Return the Money If Mi-o-na Does Not Believe Dyspepsia.

Among all the remedies in Daniel J. Fry's popular drug store, there are few that he is willing to sell on a guarantee to refund the money if they do not cure.

Mi-o-na, the famous dyspepsia remedy has helped so many of his customers that Daniel J. Fry says, "If this remedy does not relieve you, come back to my store and I will cheerfully return your money."

Anyone who has dyspepsia, indigestion, headache, dizzy feelings or liver troubles, should take advantage of this chance to be made well without any risk of spending their money to no purpose. Mi-o-na will relieve you, will regulate the digestion, will enable you to eat what you want, if it does not do all this it will not cost you a cent.

Daniel J. Fry has sold hundreds of boxes of Mi-o-na in the last few weeks and has yet to receive the first complaint from any customer. Such a record is simply marvelous and speaks volumes for the merit of the remedy.

It is easy enough to fill a column with the symptoms afflicting those who have dyspepsia, but there is no need of describing their condition. What they want is relief and they can get it in Mi-o-na. Do not suffer a day longer with disordered digestion. If Mi-o-na relieves you it costs you 50 cents a box, if it does not, you have Daniel J. Fry's personal guarantee to return your money.

Clears Away Pimples

There is one remedy that seldom fails to clear away all pimples, black heads and skin eruptions and that makes the skin soft, clear and healthy.

Any drugist can supply you with Zemo, which generally overcomes all skin diseases. Acne, eczema, itch, pimples, rashes, black heads in most cases give way to Zemo. Frequently, minor blemishes disappear overnight. Itching usually stops instantly. Zemo is safe, clean, easy to use and dependable. It costs only 25c; an extra large bottle, \$1.00. It will not stain, is not greasy or sticky and is positively safe for tender, sensitive skin.

Zemo, Cleveland.

A WELL STUFFED PILLOW

Minneapolis, Minn., Dec. 10.—A lodging house pillow stuffed with silver and bills led today to the arrest of three out of four youthful bandits who yesterday held up the Western State bank, for the landlady told the police of her find. The fourth bandit, with most of the \$3,000 loot escaped.

HAVE COLOR IN YOUR CHEEKS

Be Better Looking—Take Olive Tablets

If your skin is yellow—complexion pallid—tongue coated—appetite poor—you have a bad taste in your mouth—a bad, so-called feeling—you should take Olive Tablets.

Dr. Edwards' Olive Tablets—a substitute for calomel—were prepared by Dr. Edward's over 17 years of study with his patients.

Dr. Edwards' Olive Tablets are a purely vegetable compound mixed with olive oil. You will know them by their olive color.

If you want a clear, pink skin, bright eyes, no pimples, a feeling of buoyancy like childhood days, you must get at the cause.

Dr. Edwards' Olive Tablets act on the bowels and remove all calomel—yet have no dangerous after effects.

They start the bile and overcome constipation. That's why millions of boxes are sold annually at 100 and 25c per box. All drugists.

Take one or two nightly and note the pleasing results.

The Olive Tablet Company, Columbus, O.

Most Eminent Medical Authorities Endorse It. A New Remedy for Kidney, Bladder and All Uric Acid Troubles.

Dr. Eberle and Dr. Braithwaite as well as Dr. Simon—all distinguished Authorities—agree that whatever may be the disease, the urine seldom fails in furnishing us with a clue to the principles upon which it is to be treated, and accurate knowledge concerning the nature of disease can thus be obtained.

If backache, scalding urine or frequent urination bother or distress you, or if uric acid in the blood has caused rheumatism, gout or sciatica or you suspect kidney or bladder trouble just write Dr. Pierce at the Surgical Institute, Buffalo, N. Y.; send a sample of urine and describe symptoms. You will receive free medical advice after Dr. Pierce's chemist has examined the urine—this will be carefully done without charge, and you will be under no obligation.

Dr. Pierce during many years of experimentation has discovered a new remedy which is thirty-seven times more powerful than lithia in removing uric acid from the system. If you are suffering from backache or the pains of rheumatism, go to your best druggist and ask for a 50-cent box of "Amuria" put up by Doctor Pierce. Dr. Pierce's Favorite Prescription for weak women and Dr. Pierce's Golden Medical Discovery for the blood have been favorably known for the past forty years and more. They are standard remedies today—as well as Doctor Pierce's Pleasant Pellets for the liver and bowels. You can have a sample of any one of these remedies in Tablet form by writing Dr. Pierce.—Adv.

When you're in Portland visit the fine big plant of the Pacific Coast Biscuit Company. See them make thousands of delicious **SNOWFLAKE SODAS**

In the meantime, order of your dealer the **NEW FAMILY PACKAGE**
Fresh, crisp delicious Snowflake Sodas, packed in a sanitary and useful tin box, **Only 50 cents.**

Every dealer has them or can get them quickly—fresh from our ovens

**PACIFIC COAST BISCUIT CO.
PORTLAND, OREGON**



\$10 FOR PRIZE TWO-LIP

Los Angeles, Cal., Dec. 10.—A \$10 prize featured the opening festivities of the poinsettia fête at Hollywood. It was given by a pretty girl and auctioned off to O. Kehrlin.

OREGON MAN CHAIRMAN

Washington, Dec. 9.—C. W. Hudson, of Oregon, was today named chairman of the nomination committee of the national rivers and harbors congress.

SURROUND yourself with Comfort—a day—a week—all time—stop at

HOTEL NORTONIA

The Home of the Satisfied Guest—where delicious Viands with the natural HOME-LIKE flavor compel friendship.

Rooms with privilege of bath \$1 or more the day. Rooms with private bath \$1.50 or more the day. The thing that appeals—moderate prices.

114 off Washington 12th and Portland



GIFTS POURING IN.

Washington, Dec. 9.—Though President Wilson let it be known he does not want any silver plate or such like wherewith to set up housekeeping after his wedding to Mrs. Norman Galt, gifts are beginning to pour in upon his fiancee. One of the first is a bracelet of rare Brazilian jewels brought here by a delegate to the American scientific congress.

SHE PLEADS NOT GUILTY

San Francisco, Dec. 9.—Mrs. Mary Panama today pleaded not guilty to the charge of murdering Michael Weinstein in a lodging house October 21 when she appeared before Superior Judge Dunne. Her case was continued until December 16.

Grand Prize, Panama-Pacific Exposition, San Francisco, 1915
Grand Prize, Panama-California Exposition, San Diego, 1915


Baker's Breakfast Cocoa

The Food Drink Without a Fault

Made of high-grade cocoa beans, skillfully blended and manufactured by a perfect mechanical process, without the use of chemicals; it is absolutely pure and wholesome, and its flavor is delicious, the natural flavor of the cocoa bean.

The genuine bears this trade-mark, and is made only by **Walter Baker & Co. Ltd.**

Established 1780 DORCHESTER, MASS.



Washington, Dec. 9.—Elias Arrando, previously head of the Carranzista junta here, has been appointed Mexican ambassador to the United States, the state department announced today.

WAE ODDITIES

Paris.—Probably the world's family war record is held by Bernard Guichard, laborer of Soane et Loire Department, whose 17 sons are fighting and whose 18th will be, shortly.

London.—Three cigars, presented to the Captain of the White Star liner Teutonic by King Edward, the Duke of Edinburgh and the Kaiser, sold for \$110 for the Red Cross at Henley.

MANY DOLLARS WORTH OF FARM KNOWLEDGE FOR YOU IN EVERY ISSUE OF WESTERN FARMER

THE FARMER'S FRIEND

For the past sixteen years the WESTERN FARMER has been fighting the battles of the Pacific Northwest farmer—from its very inception its advice and counsel has proven the short cut to profits for its readers and the extension of its influence is shown by the fact that

WESTERN FARMER IS READ IN MORE THAN 60,000 OF THE BEST FARM HOMES

This 60,000 circulation is more than double that of any other farm paper in the Pacific Northwest.

Join the ranks of the progressive farmers in this territory. Become a subscriber to Western Farmer now and read the 1916 articles by Western Farmer's special staff of writers pertaining to every branch of farming.

You can get Western Farmer for a whole year, two issues each month, by taking advantage of our special clubbing offer with the

DAILY CAPITAL JOURNAL

Call at the office of the Daily Capital Journal and learn how to secure both of these splendid papers—The Daily Capital Journal which is Salem and Marion County's foremost newspaper and the WESTERN FARMER the best edited and most practical farm paper of the Pacific Northwest, at a special clubbing price, or write direct to

WESTERN FARMER

PORTLAND OR SPOKANE