

HOT WATER THE BEST LIVER AND BOWEL MEDICINE

Says Glass of Hot Water Before Breakfast Washes Poisons from System

Physicians the world over recommend the inside bath, claiming this is of vastly more importance than outside cleanliness, because the skin pores do not absorb impurities into the blood, causing ill health, while the pores in the ten yards of bowels do.

Men and women are urged to drink each morning, before breakfast a glass of hot water with a teaspoonful of limestone phosphate in it, as a harmless means of helping to wash from the stomach, liver, kidneys and bowels the previous day's indigestible material, poisons, sour bile and toxins; thus cleansing, sweetening and purifying the entire alimentary canal before putting more food into the stomach.

Just as soap and hot water cleanse and freshen the skin, so hot water and limestone phosphate act on the eliminative organs.

Those who wake up with bad breath, coated tongue, nasty taste or have a dull, aching head, sallow complexion, acid stomach; others who are subject to bilious attacks or constipation, should obtain a quarter pound of limestone phosphate at the drug store. This will cost very little but is sufficient to demonstrate the value of inside bathing. Those who continue it each morning are assured of pronounced results, both in regard to health and appearance.

John D. Spreckles Makes Visit to Portland

Portland, Or., April 21.—For the first time in the 82 years of his life, John D. Spreckles of San Francisco, is in Portland. He will testify in federal court today in the suit brought against him and the Southern Pacific company by R. A. Graham. Graham alleges Spreckles 16 years ago forced a \$500,000 claim against a projected Coos Bay railroad without proper legal procedure.

Spreckles will return to San Francisco tomorrow.

DEAD ON HIS FEET

GOLD MEDAL Haarlem Oil Capsules will bring new life and quickly relieve that stopped-up congested feeling. They will thoroughly cleanse and wash out the kidneys and bladder and gently carry off the ill effects of excesses of all kinds. The healing, soothing oil soaks right into the walls and lining of the kidneys and expels the poisons in your system. Keep your kidneys in good shape by daily use of **GOLD MEDAL** Haarlem Oil Capsules and you will have good health. Go to your druggist at once and secure a package of this time-honored, world-wide remedy. It is not a "patent medicine." It is passed upon by U. S. Government chemists and declared pure before coming into this country. **GOLD MEDAL** is the pure, original Haarlem Oil, imported direct from the ancient laboratories in Holland where it is the National Household Remedy of the sturdy Dutch. Look for the name **GOLD MEDAL** on every box. Accept no substitute. Your druggist will gladly refund your money if not as represented.

BOOZERS GO TO ALASKA

Juneau, Alaska, April 21.—Returning several secret indictments, the federal grand jury has adjourned a 22 days' session here today.

The jurors called attention to an "unbelievable" amount of crime and vice going unpunished for want of a special department of investigation. Many undesirable, it was pointed out, have come here since Washington and Oregon went dry, and the jury reported that liquor investigations revealed astonishing conditions.

Does Your Stomach Trouble You?



And One Dose Has Often Dispelled Years of Suffering.

Mayr's Wonderful Remedy can really be termed WUNDERFUL. No matter where you live — you will find people who have suffered with Stomach, Liver and Intestinal Ailments, etc., and have been restored to health and are loud in their praise of this remedy. It acts on the source and foundation of these ailments, removing the poisonous catarrh and the secretions, taking out the inflammation from the intestinal tract and assists in rendering the same antiseptic. Sufferers are urged to try one dose — which alone should relieve your suffering and convince you that Mayr's Wonderful Remedy should restore you to good health. Put it to a test today. Send for booklet Stomach Ailments to Geo. H. Mayr, Mfg. Chemist, 156 Whiting St., Chicago, or better still, obtain a bottle from your druggist, J. G. Perry, 115 South Commercial street.

MOTOR MOBILITY FOR CITIZEN TROOPS MAY DOOM CAVALRY?



Some military experts profess to see much less use of cavalry in the possibilities by which an entire army of infantry may be rushed to a given point with motor truck transport. They predict that, after the present war, the horse will largely vanish from one of his most ancient fields of endeavor.

This theory was tested by Ohio national guardsmen over the admirable system of brick paved highways which radiate from Cleveland. They

found that a speed of twenty or more miles an hour could easily be maintained in the movement of a considerable body of troops. Under these conditions many of the ordinary problems of a military campaign disappear. If wood and water are lacking at a camp site, both commodities are easily brought.

Field pieces can be hauled behind such vehicles at a speed determined by the ability of the gun carriage to withstand the vibration. The existence of 2,500,000 motor vehicles in

America has led to the suggestion of a motor militia, to be armed with machine guns, a force which could be concentrated with deadly rapidity in case of attempted invasion.

A part of such a plan would be a system of paved highways leading to points of vantage and enabling complete resistance against landing forces at close range. These highways would of course be more than a mere military investment, having all the utility of market highways in times of peace.

If Too Fat Get More Fresh Air

Be Moderate in Your Diet and Reduce Your Weight. Take Oil of Koraen.

Lack of fresh air it is said weakens the oxygen carrying power of the blood, the liver becomes sluggish, fat accumulates and the action of many of the vital organs are hindered thereby. The heart action becomes weak, work is an effort and the beauty of the figure is destroyed.

Fat put on by indoor life is unhealthy and if nature is not assisted in throwing it off a serious case of obesity may result. When you feel that you are getting too stout, take the matter in hand at once. Don't wait until your figure has become a joke and your health ruined through carrying around a burden of unsightly and unhealthy fat.

Man Accused of Murder Arrested in Argentina

Seattle, Wash., April 21.—Accused of the murder of Mrs. Charles Manz here last night, Francisco Sisto, alias Fortunato Tartistano, is under arrest today in Buenos Aires, Argentina.

When Mrs. Manz's body was discovered in a clump of bushes in Schmitz Park here on August 3, 1915, it was learned that Sisto, who, it is alleged had been intimate with her, had disappeared. He had been seen with her at noon of June 23, when the murder is believed to have been committed.

LEFT \$100,000,000

New York, April 21.—The bulk of Lamou V. Harkness' \$100,000,000 estate will go to his son Henry, and his daughter Mrs. one of whom is Mrs. Myrtle, the Mosbacher of Paicines House, near Hollister, Cal., it developed today after the will was taken into the surrogate's court here for the settlement of technical details. Harkness was the second largest stockholder in the Standard Oil company. He died in California in January, 1915.

SOME BIG LANDSLIDES

Santa Monica, Cal., April 21.—Many Japanese fishermen deserted their homes today at the Japanese fishing village north of here, following a landslide early today which narrowly missed covering a number of dwellings.

"Drop" in Setting Eggs Causes Police To Ventilate Station

A few nights ago the merchant's patrolman discovered a good sized package on the rear steps of the express office and fearing that it might be stolen by some night prowler he carried it over to the police station for safe keeping. Night Sargeant Poland put the package away but a few moments later his nose caused him to investigate and he found the package marked "setting eggs" and consigned to a resident of this city.

Officer Poland said he was glad to find that the eggs were good for setting because they did not appear to be good for anything else and several had been broken and their contents indicated that they should be buried rather than "set." However, he "set" them on the desk of Chief Welsh when he left the next morning and the chief, without a moment's hesitation, "set" them outside on the window sill and closed the window.

DRUGS EXCITE YOUR KIDNEYS, USE SALTS

If Your Back Is Aching or Bladder Bothers, Drink Lots of Water and Eat Less Meat

When your kidneys hurt and your back feels sore, don't get soared and proceed to load your stomach with a lot of drugs that excite the kidneys and irritate the entire urinary tract. Keep your kidneys clean like you keep your bowels clean, by flushing them with a mild, harmless salt which removes the body's urinous waste and stimulates them to their normal activity. The function of the kidneys is to filter the blood. In 24 hours they strain from it 500 grains of acid and waste, so we can readily understand the vital importance of keeping the kidneys active.

Drink lots of water—you can't drink too much; also get from any pharmacist about four ounces of Jad Salts; take a tablespoonful in a glass of water before breakfast each morning for a few days and your kidneys will 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 clean and stimulate clogged kidneys; also to neutralize the acids in urine so it no longer is a source of irritation thus ending bladder weakness.

Jad Salts is inexpensive; cannot injure; makes a delightful effervescent lithia-water drink which everyone should take now and then to keep their kidneys clean and active. Try this, also keep up the water drinking, and no doubt you will wonder what because of your kidney trouble and backache.

Cliffs fronting the ocean at this point are 150 feet high. Thousands of tons of earth crashed down shortly after 2 a. m., covering the state highway and railroad tracks for nearly a hundred yards. No one was injured. It was feared that there may be more slides.

HIGH EASTER SERVICES

Portland, Ore., April 21.—Easter services will be held on top of Larch mountain, one of the highest peaks of the Cascades near the Columbia river. A party of 75 will leave Portland tomorrow night to climb the tortuous path leading up the mountain. Services will be held at sunrise.

Mexican Papers Deceive People As To Situation

(Continued From Page One.)

officers, and when it does, it is likely to result in Carranzistas openly opposing the Americans.

Constitutionalists have not been active in the pursuit of Villa. They have been too busy watching the American expedition. Only a small detachment under General Garza was reported hunting Villistas. Gutierrez declared Garza defeated the Villistas under Martin Lopez at Naica, killing five and wounding many.

This city's regular American colony is depleted to 25. These say that if the American expedition is withdrawn now they will leave the country also.

All Movements Halted.

Columbus, N. M., April 21.—The lull in the American expedition's Mexican operations extend to the local camp today. Few supplies were sent forward. Only hospital supplies and ambulances came in from El Paso.

A battalion of the Twenty-fourth infantry detained here today. They are the vanguard of the 2,500 reinforcements which General Funston is sending to strengthen the lines of communications.

Aviators are testing five new military aeroplanes. Only two of the original eight planes which entered Mexico are still in condition. They will be condemned as soon as new machines arrive for the airmen.

Expedition is Stalled.

San Antonio, Texas, April 21.—General Pershing withdrew the advance detachment of the American expedition in order to save it from possible massacre at the hands of Carranzistas, according to staff officers at army headquarters today.

The expedition is stalled. Future activities depend upon the conference between General Scott and Funston here. The contents of Pershing's reports were not revealed, but it is understood they detailed the Carranzistas attitude.

Macleay News

(Capital Journal Special Service.)

Macleay, April 21.—The Grange met Friday, April 14, at the Grange hall and the meeting was very enjoyable. Mr. John T. Robertson of Salem gave a talk on "New Measures for the Voters at the Nov. Election." Mrs. Fletcher also of Salem talked on "The County Agriculturist." Other Salem visitors were Miss Fletcher and Mrs. Mary Howe.

Mr. and Mrs. John Teuberg motor to Salem April 19.

Mr. and Mrs. Onie Martin spent Sunday April 16 with Mr. Martin's father in Salem.

Mr. and Mrs. Harry Martin motored to Independence, April 17. They were accompanied by the popular Macleay teacher, Miss Byers.

COMING a Puzzle FREE to Every Child Watch for Where They Will be Given Away.

OREGON Sunday and Monday MME. PETROVA in The "Soul Market"

REX MUSICAL COMEDY COMPANY

PRETTY GIRLS FUNNY COMEDIANS CATCHY SONGS

"Litty Mary Sunshine"

A 5-Reel Gold Rooster De Luxe Feature

Mutual Weekly BLIGH THEATRE Double Program

Odd Fellows Will Celebrate Anniversary

Chesapeake lodge, No. 1, I. O. O. F., of Salem, will celebrate the 97th anniversary of the founding of the Odd Fellows' order next Wednesday evening with an appropriate program and banquet.

This anniversary celebration will open with a short session of the lodge. As soon as the lodge is closed, the rooms will be thrown open for the evening's entertainment to which all the families and friends of Odd Fellows are welcome.

The evening's program is as follows: George H. Burnett, past grand master, presiding; Piano solo—F. E. Churchill. Address—Charles L. McNary, P. G. Response—E. T. Wrightman, P. G. Song—Baby Woodward. Violin and piano selection—Ruth Leek, Guy Albin. Address—"Odd Fellowship of Today and Tomorrow."—Past Grand Master Thos. F. Ryan. Selection—Rebekah Quartette. Banquet.

State House Has An Odor All Its Own

Another sign of spring has developed about the state house and it is not caused by the blooming of flowers or the perfume kissed breezes that are wafted in through the windows, from the flower beds. The lady stenographers are keeping the windows closed and their noses elevated after every shower. The particular reason is that the ground keeper has liberally besprinkled the laws with some extra strong fertilizer. It looks harmless enough on the lawn but when the warm rains soak into it, it boils up with renewed vigor. It's a penetrating smell, too, and cannot be disregarded under any circumstances but Superintendent Dunsford promises that it will not last long and that one application is all that is necessary and in this later conclusion the state house employees are unanimous in concurring.

GAME OFF—WET GROUNDS

Portland, Or., April 21.—Today's Pacific Coast Salt Lake-Portland game postponed on account of wet grounds.

SPECIAL BIG FEATURE WEEK, STARTING TODAY

Today and Tomorrow DUSTIN FARNUM in "BEN BLAIR"

A Photoplay Filled with Action and Many Amazing Moments.

Pathe Weekly--Special Orchestra Music

FREE SUNDAY-MONDAY WILLIAM FARNUM in "Fighting Blood" Tuesday-Wednesday-Thursday MARGUERITE CLARK in "Out of the Drifts"

YE LIBERTY THEATRE

THIS PICTURE SERVICE COST MORE THAN ALL OTHERS PUT TOGETHER

Vaudeville OREGON Vaudeville TODAY and TOMORROW

Brown & Paget Two Girls in the Latest Classical and Fencing Dancing

PHOTO PLAY

Ince Feature ORRIN JOHNSON in D'ARTAGNAN Thrilling--Sensational Taken from the Three Musketeers

ANOTHER BIG LAUGH CHARLES MURRAY in FIDO'S FATE Also Thrilling

TRIANGLE PICTURES--THE HIGHEST PRICED SERVICE SHOWN IN SALEM

Four Days Starting SUNDAY CLAYTON ASK HIM? HE KNOWS! BLIGH THEATRE