## Never Neglect Colds; **Treat Them Promptly**

Often they lead to those pulmonary troubles which are responsible for more than one-tenth of all lives lost

more than one-tenth of all lives lost through illness. Heavy colds which develop deep-seated coughs or cause inflammation of the air-passages and persist in spite of medication, weaken the sys-tem to a point where realisance easi-ly is overcome-and asthma, bron-thial and pulmonary troubles are the result. To renew normal resistance, Eckman's Alterative has been found highly beneficial in many instances. Its lime content is so combined with other remedial agents as to be easily assimilated by the average person-and it contains no narcotics to it's safe to try. At your druggist's. Bekman Laboratory, Philadelphia.

At your druggist. Eckman Laboratory, Philadelphia. At your druggist. Eckman Laboratory, Philadelphia. GIRLS WILL HIKE Scattle, Wash., July 12.—Miss Ora Barnes of Scattle and Martha Barnes of Castle Rock, struck out from Georgetown early today to walk to San Francisco. They expect to make the second trip in five weeks. This is the second verture of the sort for the girls. Two verture of the sort for the girls and the construction.—Alta Martin. The auction sale at Mr. E. E. Wirs-The auction sale at Mr. E. E.



Salem woman? You can verify this Salem endorse-

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Find woman:
You can verify this Salem endorsement.
You can verify this Salem endorsement.
Meet tais:
Mrs. B. Scruggs, 725 S. Thirteenth
K. Salem, says: 'I know from personal experience that Doan's Kidney
Pills are a medicine of merit and 1
Pin through my udneys. Other sympmain through my udneys. O Fills are a medicine of merit and I liberty where they will pick logander-don't hesitate to recommend them to anyone I hear complaining of back-ache or kidney trouble. I had a dull pain through my ...dneys. Other symp-toms of kidney disorder convinced me that my kidneys were the cause of backache. I took two boxes of Doan's Kidney Fills and they stormed that ache or kidney tround. pain throngh my diages. Other symp-toms of kidney disorder convinced me that my kidneys were the cause of back ache. I took two boxes of Doan's Kidney Fills and they stopped that misery in my back and put my kid-seys in good condition.'' Price 50c it all dealers. Don't simp-ly ask for a kidney remedy-get Mrs. Seruggs and. Foster-Milburn Co., Mrs. Seruggs and foster diageneric for the corn as he find the local cemetert As Jefferson did not celebrate out people had to go to other places to hear tended at Salem and Marion than oth-tended at Salem and Marion than oth-tended at Salem and Marion than oth-tended at Salem and Salem Smith, wife and son, W. J. Looney and family, Mr. Booth, wife and children, and Johnnie Chute. Wm. Wikon, Jr., is quite siek. He Wm. Wikon, Jr., is quite siek. He Wm. Pathand during the week for Wm. Psetak and family, of Bethel, are picking for Mr. Lentz. Personals.

North Head, Or., July 12.—The government wireless station here today son and wife, and R. P. Goin and family. B. S. Riehard-son and son and wife, and R. P. Goin and family and family had the first direct news from the Sam made the trip to Waterloo by auto Sun-francisco and Scattle codifishing flexts in Bering sea. The word came in a Captain Jacobs of the schooner Charles R. Wilson, reported a catch of 110,006 redifish since he left Seattle for the Bering sea April 7. This catch is con-idenbly scheme to any seator is con-idenbly scheme to any seator is con-idenbly scheme to any seator is the schooner to any seator is con-idenbly scheme to any seator is the schooner to any seator Bering sea April 7. This cat siderably above the average.



When you wash your hair, be careful what you use. Most soaps and prepared shampoos contain too much alkali, which is very injurious, as it dries the scalp and makes the hair brittle.

and makes the hair brittle.
The best thing to use is just plain mulsified cocoanut oil, for this is pure and entirely greaseless. It's very cheap, and beats the most expensive soups or anything else all to pieces. You can get this at any drug store, and a few onnces will last the whole family for months.
G. Chester Miner, L. S. S., Roy Snodderly; L. S. S., I'dge; R. S. S., Roy Snodderly; L. S. S., J. G. Fortaine, J. G. Fortaine, Johnnie Chute and Varion Goin drove to Sheridan where they visited for a week with Dr. and Mrs. J. W. Goin, a They stopped over at Dallas and visited Mrs. J. L. Brown, who is an aunt of Varion Goin.

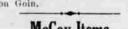
Simply moisten the hair with water Varion Goin. and rub it in, about a teaspoonful is all that is required. It makes an abundance of rich, creamy lather, cleanses thorcughly, and rinses out easily. The hair dries quickly and evenly, and is soft, fresh looking, bright, fluffy, wavy and casy to handle. Besides, it loogens and takes out every particle of dust, dirt iting friends.



week. The auction sale at Mr. E. E. Wirs-ing's was not very well attended and the livestock and other things sold did not bring as good prices as they should Mr. Wirsing traded his place for a farm near Sodaville where he will soon go to make his future home. Mr. Wilbur Funk of Sola and Mr.

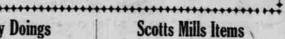
to make his future home. Mr. Wilbur Funk, of Selo, and Mrs. Rilla Bilyeu, of Jefferson, were mar-ried recently at Albany. They will make their home with the bride's pa-rents, Mr. and Mrs. F. J. Denney, for the present

son-in-law, are here from Grants Pass for a few days' visit. Mr. Smith is a candidate for re-election for state set ator of Josephine county
 Dr. J. W. Goin and wife motored over from Sheridan to spend the Fourth with home Yolks.
 The following officers of Santian todge, I. O. O. F., were installed by M. Kelly, D. D. G. M.; N. G., John Hen-derson; V. G., R. Weddle; secretary, A. L. Gördon: trensurer, W. A. Kotthoff;
 W., Fred Seehale; Con., Chas. Cox; Chap. A. C. Libby; R. S. N. G., M. Kelly; Iy; L. S. N. G., D. C. Thoms; R. S. V. G., Chester Miller; L. S. V. G., H. Wool-ridge; R. S. S., Roy Suodderly; L. S. S.



**McCoy Items** 

(Capital Journal Special Service.) Isr metror McCoy, Ore., July 11.—Miss Elsie E. afternoon, Fribbell was in Dallas over Sunday vis-, Mr. Wh



team, frightened at the noise of a pass-ing motor car, broke loose and ran through his cornfield. The greatest an automobile. damage done was to the corn as he had Mr. Warden has lately purchased him Salem Boy Attends

weed cutters instead of shovels on the services at Marquam Sunday evening,

## Independence News

Mrs. Tom Hart and Mrs. W. W. Per-ival were Salem visitors today. Miss Zelphin Cross visited the Cherry

City today. Mrs. M. A. Robinson was operated upon in a Portland hospital last week and is now on the road to recovery.

Washington, July 12. - President Wilson's course of action regarding the British blockade will in no way be influenced by internal politics in Germany or German threats that the submarine war will be renewed unless England is brought to book. Officials made this fact known to-

by Outside Threats

JCHICH Soft Local Herror(Capital Journal Special Service.)Jefferson, Ore., July 12.—Mr. andMrs. F. J. Denney and granddaughter,<br/>Bethel Bilyeu, returned Monday from<br/>eers' reunion. They also visited at<br/>Where his brothers and sisters still re-<br/>side on the old homestead.Mr. and Mrs. Ray Chute motored from<br/>Mill City Friday and are spending sev<br/>eral days visiting relatives and friends.Mr. Herman Plunkett returned Tues-<br/>day from a week's sojourn to Portland.Mr. Herman Plunkett returned Tues-<br/>day from a week's sojourn to Portland.Mr. Benney's old home at Beaverton<br/>Mill City Friday and are spending sev<br/>eral days visiting relatives and friends.<br/>Mr. Herman Plunkett returned Tues-<br/>day from a week's sojourn to Portland.Mr. Benney's old home at Beaverton<br/>Mill City Friday and are spending sev<br/>eral days visiting relatives and friends.<br/>Mr. Herman Plunkett returned Tues-<br/>day from a week's sojourn to Portland.Mr. Benney's old home at Beaverton<br/>Mill City Friday and are spending sev<br/>eral days visiting relatives and friends.<br/>Mr. Herman Plunkett returned Tues-<br/>day from a week's sojourn to Portland.Mr. Herman Plunkett returned Tues-<br/>day from a week's sojourn to Portland.Mr. Herman Plunkett returned Tues-<br/>day from a week's sojourn to Portland.Mr. Herman Plunkett returned Tues-<br/>day from a week's sojourn to Portland.Mr. Herman Plunkett returned Tues-<br/>day from a week's sojourn to Portland.Mr. Herman Plunkett returned Tues-<br/>day from a week's sojourn to Portland.Mr. Herman Plunkett returned Tues-<br/>day from a week's sojourn to Portland.Mr. Herman Plunkett returned Tues-<br/>day from a week's sojourn to Portland.Mr. Herman Pl

Medford, Ore., July 12. — Medford last night celebrated the result of yesterday's election at which the city conneil was authorized to award the \$300,000 contract for the construc-tion of a mileral to the Dark destruc-Mr. A. N. Commons took a load of<br/>Recitation—Dixie Sones.<br/>Vocal Solo—H. E. Martin.<br/>Reading—Mrs. H. E. Martin.<br/>Donald Murphy was received as a new<br/>member into the grange after which<br/>discussion on "Farm Failures, the Wild<br/>Cat Pest, and Farm Tractors," were<br/>held.Mr. A. N. Commons took a load of<br/>the salem cannery last Sat-<br/>urday. A cannery is needed here in<br/>Scotts Mills very much and would get<br/>a large patronage.<br/>Mr. and Mrs. Rich gave a reception<br/>to relation of the ration, Arthur, and bride last Sat-<br/>urday evening. They had just returned<br/>from Senside where they had been vis-<br/>ting an aunt. Mrs. Newman. About 30(Festerday's election at which the city<br/>souncil was authorized to award the<br/>election of a railroad to the Blue Ledge<br/>mine, a distance of 30 miles, to S.<br/>Bullis. The vote was nearly three<br/>the total vote being 1,009 for with 366<br/>against. A huge imprompta demonstra-<br/>tion quickly followed as soon as the re-<br/>suit was known, and 300 automobilied



## **'Varsity Summer School**

(Capital Journal Special Service.) University of Oregon, Engene, July 12.-J. J. Elliott, of Salem, is one of the students registered for the summer (Capital Journal Special Service.) Independence, Ore., July J. — Miss Babe Damon, of Walhace, Idaho, is vis-iting at the home of her parents in this city. Mrs. W. M. Elliott and son left ves-terday for Newport, where they will spend the summer. Mr. Kenneth Thompson, of Portland, is visiting M. W. Walker, of this eity. Mrs. Tom Hart and Mrs. W. W. Per-

TOO WEAK

The "Come-back" man never down-and-out. His condition because of over-work, lack Mrs. Dell Bash, of Portland, is visit-ing at the home of Mr, and Mrs. M. C. Williams. Ited by n Hen, ary A, ithoff:
Cox:
Cox:
(Capital Journal Special Service.)
S. V.
Miller, of Salem, is visiting with her friend, Miss Naomi Runner, this week.
Mool S. S. S., friend, Miss Naomi Runner, this week.
Mool A. S. S., friend, Miss Naomi Runner, this week.
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Mool A. S. S., friend, Miss Naomi Runner, this week.
Mool A. Barge crowd both young and old, attended a party at the Fruitland hall hest Saturday evening.
Ma Willich Ariela e. The full and full her for the full of the

attended a party at the Fruithand hall last Saturday evening. Mr. White, of the Church of God, Mr.

We Carry Them ADVERTISED LETTERS Gruber, Miss Edua Hollensteinor, E. Advertised July 11, 1916, Ohon, Hong, H. Hudson, Mr. W. H. Hull, Mr. W. R. Humphrey, Miss Anna Kazmarek, Mr. John A. Abbott, Mrs. Albert Balter, Mr. Millard Bool, Mrs. Theodore Davis, Mr. Walter L. Keith, Mrs. F. A. Kirk, Mr. Thos. F. Farr, Mrs. W. H. (2) Follon, Mr. R. Fruhling, Mr. Eimer Gluch, Mr. Geo. Green, Mrs. L. E. Lang, Mrs. Jas. C. Livingston, Miss Nora McKinney, Mr. and Mrs. Frank (2) Martinson, Miss Alice Mathers, Mr and Mrs. P. M. Heals Skin Diseases

To FIGHT
 Than was really
 To was really
 It is unnecessary for you to suffer with eczema, ringworm, rashes and similar skin troubles. A little zemo, goiten at any drug store for 20c, or \$1.00 for extra large bottle, and promptly applied will usually give instant relief from itching torture. It cleanses and soothes the skin and heals quickly and effectively most skin diseases.
 Zemo, Cleveland.



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