

Keep Comfortable on the Summer Washday

Use Fels-Naptha and you may avoid boiling and hard rubbing, save work and finish the wash in far less time.

Summer washday is so much more comfortable when there's no boiling or hard rubbing. The clothes wear longer, too. Continual boiling weakens any material and hard rubbing puts more holes in skirts and waists than daily wear.

Full directions inside the red and green wrapper

FRANCO-AMERICAN

(Continued from page one)

marked by German dead. I saw American and French officers and men alike, holding up their "Chow Ladies" for hot food.

We raised by Residents. American soldiers entering Chateau-Thierry with the French were overwhelmed by the greetings of the civil jans. More than 200, mostly old men and women, had remained in the towns during the German occupation. They were locked in the cathedral when the boches evacuated, but liberated themselves.

The boches looted the town thoroughly breaking into shops and private houses and taking all valuables. There were barricades in all the principal streets but apparently they had been lightly held during the last few hours of German occupation. It was not greatly damaged by the allied artillery.

Took Few Prisoners. The French took five prisoners when they entered. One of the boches had overstepped and that other members of his company failed to awaken him when they withdrew. The other four were telephone operators who volun-

tarily remained to maintain communication with their retreating comrades. Some of the German steel pontoon bridges are being used by the Americans and French, while all along the line up to Soissons German cannons have been turned around and are firing at the boches.

Weakening of the German artillery fire near Chateau-Thierry was explained by prisoners to be due to lack of ammunition. Allied artillery along the communicating roads prevented the enemy from bringing up supplies. The French were the first to enter Chateau-Thierry, the Americans later coming up and moving through the village to positions well to the northward. One American unit, advancing northwest of Chateau-Thierry, encountered so little resistance, including artillery fire, that it marched through one town in squad formation.

Dr. and Mrs. W. H. Lytle left last week for a motoring trip thru Oregon and Washington. They are planning to be gone about a month and to visit among other places Camp Lewis and Pendleton.

Friday Miss Muriel Grant motored to Albany to visit friends there, while she spent Sunday with her parents at Dallas.

Miss Meryle Whitney left this week end to visit friends in Portland. She plans to be gone about a month on her vacation.

Have the Journal Job Dept. estimate on your printing needs—you get the benefit of cash buying. Phone 81.

SOCIETY

By MABEL GARRETT

The many Salem friends of Dr. and Mrs. W. I. Northup, formerly a dentist of Portland, will be interested to know that since June he has been stationed as a dental surgeon at the United States navy training camp at Great Lakes, Illinois. Among the twenty eight men in this department he bears the rank of lieutenant, junior grade. Dr. Northup is taking this training as preparation for his work on the sea. He left in June while Mrs. Northup joined him several weeks ago. They are living at Wankegan, Illinois, which is several miles from the camp. Mrs. Northup is a distinguished tennis player having won in the past the honor of state championship.

Dr. and Mrs. Northup are well known in Salem and have been the guests of Dr. and Mrs. H. H. Olinger many times.

Prof. and Mrs. T. S. Roberts (Ethel Harding) have returned from a two weeks wedding trip to the coast and Portland. For the present they will live at the former residence of Mr. and Mrs. George Gray, 1381 State street while the A. L. Johnson family, who have leased the home are at the coast.

Among the campers who left this week were a group, who are going near Siletz for a fortnight's vacation. The party included Dr. Willis Morse, Mrs. Myrtle Lawrence, Miss Jessie Holcomb and Allen A. Hall.

Mrs. R. Monroe Gilbert went to Portland over the week end in order to be with her husband, who is employed in the shipyards there.

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BELLANS

Absolutely Removes Indigestion. Druggists refund money if it fails. 25c

YANKEES ADVANCE NORTH

(Continued from page one)

British Troops Active. London, July 22.—British troops gained more ground yesterday southeast of Hebeuse, north of Albert, Field Marshal Haig reported today.

Further ground was made by our troops yesterday southeast of Hebeuse and a hostile bombing attack in this neighborhood was repulsed, the statement said. "We captured a few prisoners."

"In conjunction with French troops, we carried out a successful minor enterprise last night south of Villers-Bretonneux, capturing a few prisoners and machine guns."

"Our raiding parties entered the enemy's trenches during the night at Neuville-Vitasse, at Calonne-Sur-La Lys and north of Bailleul and brought back prisoners."

"A hostile raid in the last mentioned sector was repulsed."

"Hostile artillery was active in the Lechre sector."

Hard Counter Attacks

Paris, July 22.—(Noon)—Desperate German counter attacks on a five mile front north of Chateau-Thierry were completely repulsed, the war office announced today. Elsewhere on the front the German resistance consisted only of artillery fire.

"North of the Ourcq and between the Marne and Rheims, especially in the Courton and Roi woods, the Germans simply employed artillery fire," the communique said.

"Between the Marne and the Ourcq in the Grisolles and Beau-St. Germain regions German counter attacks were broken up."

"Beau-St. Germain is four miles directly north of Chateau-Thierry. Grisolles is five miles northwest of Beau-St. Germain."

"On the whole front our positions were maintained."

Hold Marnes at Places

London, July 22.—(1:56 p. m.)—The Germans are heavily counter attacking along the Marne front, but their assaults are unsuccessful, it was learned authoritatively today.

French and American forces are experiencing great difficulty in crossing the Marne in the Dormans region, as the Germans are shelling the bridges and using immense quantities of gas.

American troops have completely cleared Barbillion wood of the enemy and have driven the Germans five miles north of Chateau-Thierry.

(Barbillion wood extends from Chateau-Thierry eastward along the north bank of the Marne and extends about five miles northward.)

Fourteen Planes Downed

London, July 22.—Fourteen enemy airplanes were brought down Friday by British aviators and in addition three others were driven down out of control and three observation balloons were destroyed, the British air ministry stated today in its communique.

Seven British machines are missing. "Eighteen tons of bombs were dropped by us on different targets, including Courcel and Lille railways, the Bruges docks, three large ammunition dumps and hostile billets on various parts of the front."

"Slightly more fighting took place on the previous day and fourteen enemy machines were brought down. Three other hostile machines were driven down out of control and three German observation balloons were destroyed. Seven of our airplanes are missing."

"As a result of a photographic reconnaissance carried out on the twentieth instance, extensive damage is revealed at the hostile aerodrome at Morange, attacked on the night of the 19th. One large shed and three hangars were destroyed."

German Withdrawal

Paris, July 22.—The Germans have withdrawn through Epiais to Beauvaries, La Libertre declared today.

Epiais is four miles northeast of Chateau-Thierry, while Beauvaries is seven miles northeast of Chateau-Thierry and six miles north of the Marne and Fossey. This indicates a withdrawal north of Chateau-Thierry of nearly three miles more than previously reported.

SOLDIER MURDERED

San Francisco, July 22.—The body of an American soldier, his hands tied behind his back and a rag knotted floating in San Francisco bay today, floating in San Francisco bay today. Some of his clothing bore the initials "S. I. S. H." and a laundry mark. Otherwise there was no mark of identification. The soldier evidently had been dead more than a week. About six dollars was found in his pocket, indicating that he was not murdered by robbers.

The army intelligence bureau is cooperating with the police in probing the mystery.

THE JOY OF COMING MOTHERHOOD

A Wonderful Remedy That is a Natural Aid and Relieves the Tension.

The expectant mother revels in her mind all we understand by destiny. And it is of the utmost importance that her physical comfort be our first thought.

There is a most splendid remedy for this purpose, known as Mother's Friend. It is applied over the muscles of the stomach, gently rubbed in, and at once penetrates to relieve strain on nerves, cords and ligaments. It makes the muscles so pliant that they expand easily when baby arrives and pain and danger at the crisis is naturally less.

Mother's Friend is for external use only, is absolutely safe and wonderfully effective in enabling the expectant mother to preserve her health and strength and also remains a pretty mother by having avoided the suffering and danger which would otherwise accompany such an occasion. Every nerve, muscle and tendon is thoroughly lubricated.

Mother's Friend is prepared by the Brad-Bold Regulator Co., Lamar Bldg., Atlanta, Ga. They will mail you an interesting "Motherhood Book." Write them to send it to you, and in the meantime send 1¢ please to your druggist today for a bottle of Mother's Friend.

Every woman should aid nature in her glorious work. Mother's Friend makes it possible for you to do so, and should be used regularly, without fail, night and morning.

JOB PRINTING THAT

Gives you satisfaction—and at Rates you can afford to pay—

THE CAPITAL JOURNAL

Children Cry FOR FLETCHER'S CASTORIA

Every woman should aid nature in her glorious work. Mother's Friend makes it possible for you to do so, and should be used regularly, without fail, night and morning.

WE ARE PREPARED

To supply your needs in Women's, Misses' and Children's Ready-to-Wear and Ready-to-Use Merchandise for Vacations or Outings.

QUALITY MERCHANDISE POPULAR PRICES

U. G. Shipley Company

WHERE SHOPPING IS A PLEASURE

HOW UNDER WEIGHT MEN GAIN FLESH TO ENTER THE ARMY

Army And Navy Officials Issue Instruction on This Subject

The two Stayton boys who were told by the recruiting officer to put on a few pounds before they would be accepted for service, are not the only ones by any means, according to information at hand from both navy and army recruiting stations in the city.

It has been such a usual thing for men under weight to go into special training to put on a few extra pounds that the navy and army officials have taken note of the fact and have issued instructions how to gain weight, part of them on a formula given the government by Mayo Bros. of Rochester, Minn.

Now if the young man is six or ten pounds short of the required weight for enlistment, there is hope for him if he will follow carefully instructions as given. While it is recognized that each man is a case by himself, there are general rules that the army and navy recommend.

The first general rule is: Drink large quantities of milk or buttermilk, eat plenty of tender steak, drink cream with the milk or buttermilk and drink a plenty. This treatment has put on as much as six pounds within 48 hours where the aspiring recruit has also eaten largely of tender steaks, and did no work.

Now to avoid getting thin or losing weight, the prospective soldier boy is advised to keep away from all sorts of anathemas, alcohol, food with bran, seeds, skins, hulls, to use but little coffee and the least amount of salt.

For the youth who has but a few days to put on extra weight and will devote all his time to the job, the army and navy officials suggest the following:

7 a. m. Drink one half pint of hot water.

7:30 a. m. Take table spoonful of his-muth mixture in little water or milk.

8 a. m. Breakfast—eat plain foods well cooked, such as eggs, plain cereals porridges, plenty of cooked fruit, puddings, cooked vegetables and plain breads, but none made of whole wheat or Graham flour, drink half a pint of milk and cream, buttermilk and cream or malted milk and cream.

10 a. m. Drink half a pint of milk and cream with a cracker or two.

11:30 a. m. Same as at 7:30 a. m.

Noon Dinner—Follow the same plan as that of breakfast, drinking plenty of milk and cream.

3 p. m. Half a pint of milk and cream with cracker.

5:30 p. m. Same as 7:30 a. m., table spoonful of his-muth.

6 p. m. Supper: Follow out the general line of bill of fare as recommended for breakfast and dinner. Eat especially large quantities of cooked vegetables, and do not forget the cream and milk.

9 o'clock p. m. Drink half a pint of hot water. Go to bed and apply hot compresses to the stomach for one and one half hours.

Watch carefully three times a week. If there is no gain in weight, double the amount of cream and milk.

The youth 15 years old who applies for enlistment must weigh at least 115 pounds and be five feet four inches tall. If 19 years old, he must weigh 120 pounds to get in the navy and not less than five feet four inches. If 20 years old, he must weigh not less than 125 pounds and be of the required five feet four inches.

If the applicant for service in the navy is over 21 years old, with a height of 64 inches he must weigh at least 125 pounds; with 65 inches, 130 pounds; with 66 inches in height, the weight must be at least 132 pounds; with 67 inches, 134 pounds; 68 inches, 141 pounds; 69 inches in height, not less than 145 pounds; with 70 inches, 155 pounds; 71 inches, 162 pounds; 72

FIFTEEN HUNDRED IN CLUB WORK

Members of Boys and Girls Industrial Clubs Will Compete For Prizes

More than 1500 boys and girls in the state of Oregon are in the industrial clubs and will compete for prizes to be given at the coming state fair. One of the awards for a certain number of winners will be a free trip next year to the Oregon Agricultural college summer school of two weeks.

One of the boys who was fortunate a year ago and who attended the college summer school was Frank Egger, age 14 years. He won a prize for the exhibition of a pork hog at the last fair. He is the son of Mr. and Mrs. Peter Egger, living on rural route 9, Salem. While attending the school he wrote the following letter:

"When I left Salem for Corvallis I felt quite big and proud of being able to go to college. I had let the people at the college know when I would arrive and so there was a man at the station with a Ford to meet me."

"At college they have fraternity houses where we boys lived and sorority houses for the girls. These houses are big with many rooms and are like real homes. The first week I was there we spent most of our time in studying live stock and the different breeds. The second and last week we studied all about fruits and garden products. Our study hours were from eight to eleven in the morning and from one to three in the afternoon. After that we had lots of fun playing tennis, basket ball, playing in the gymnasium and in swimming."

"The members of the faculty took us all to a show one night and we had parties on several other nights. While there I heard some excellent speeches by men from all parts of the country. One of them was Mr. Newbill, assistant United States club leader from Washington, D. C."

"I enjoyed every moment of my stay there and shall surely go back there again when I get through high school."

Sergeant Benjamin Now On West Front

Sergeant Harold Benjamin is especially known to the people living at Salem Heights, as for a time he was principal of their schools. After attending a special course in training at the Presidio, he enlisted in the army and is now in France. To Howard Sanders and James Wagner of rural route 3, Salem, he writes in part:

"I am sorry to disappoint you as to my rank. I am not a captain nor ever liable to be one. I am a sergeant, chief of a gun section of field artillery."

"It is a great life if you do not weaken. I am in the regular army. The days I spent in the national guard and in the Mexican affair and in the officers' training camp at San Francisco are fast becoming dim and shadowy memories."

"I am sorry I cannot tell you a wonderful narrative of artillery duels and dashing advances and of hair raising episodes wherein a Colt's automatic add nine inch shells might figure prominently. But, alas, there are censors as you know and this is a time of war, as the French say."

"We need young men. I am rather old, you know, but I carry my years lightly. This war is a fight between right things and wrong. You are young chaps and perhaps in years to come some one will tell you that this was a rich man's war and a poor man's fight, and that it was brought on by unscrupled interests. If some one tries to tell you that, stand up and tell him he is a black hearted liar."

"We are fighting that little piece like Salem Heights may be safe places for men and for women to rear their sons and daughters."

IT STOPPED MY SUFFERING

Said Mrs. Jaynes, Speaking of Lydia E. Pinkham's Vegetable Compound.

Anderson, S. C.—"I got into an awful condition with what the doctors said was an organic displacement. I would have pains so badly that they would have to put hot clothes on me and give me morphine. The doctor said I would never be any better without an operation and I would never have any children without it. A neighbor who knew what your medicine would do advised me to give Lydia E. Pinkham's Vegetable Compound a trial. I did so and it made me a well woman and the next September I gave birth to a healthy baby boy."

Red Cross Supplies Are Sent Into Russia

Washington, July 22.—American Red Cross supplies are being sent into Vladivostok, the state department revealed today.

Later it may be found desirable to ship there some rifles made on Russian account before the Slavs quit the war. On this subject however officials are maintaining silence.

Rumors said Germany and Finland had reached an agreement. This is doubted here.

The Germans are said to have eighty thousand troops in Finland in anticipation that the Finns sooner or later will make demands upon Russia involving the Marmank railway and perhaps give Germany a chance to move up to the line.

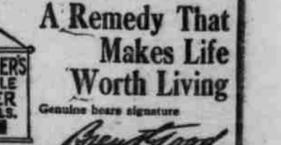
inches, 169 pounds and the limit of height for the navy, 73 inches, not less than 176 pounds in weight.

Carter's Little Liver Pills

You Cannot be Constipated and Happy

A Remedy That Makes Life Worth Living

GENUINE BEARS SIGNATURE



ABSENCE of Iron in the Blood is the reason for many colorless faces but CARTER'S IRON PILLS will greatly help most pale-faced people

Catarrh is a Real Enemy and Requires Vigorous Treatment

Do Not Neglect It. When you use medicated sprays, atomizers and douches for your Catarrh, you may succeed in unstoping the choked-up air passages for the time being, but this annoying condition returns, and you have to do the same thing over and over again. Catarrh has never yet been cured by these local applications. Have you ever experienced any real benefit from such treatment?

Throw these makeshift remedies to the winds, and get on the right treatment. Go to your drug store to-day, get a bottle of S. S. S., and commence a treatment that has been praised by sufferers for nearly half a century. S. S. S. gets right at the source of Catarrh, and forces from the blood the germs which cause the disease. You can obtain special medical advice regarding your own case without charge by writing to Medical Director, 22 Swift Laboratory, Atlanta, Ga.

MAN WANTED—Experienced in men's furnishings and shoes. Permanent position for the right man. References required.

New Collars

A collection of dainty new creations has made its appearance in our Women's Neckwear Department. The fichues are pretty much to the fore but closely pressed by the ever-popular Organzaes, Epaues, lovely Georgette Crepes and attractive Lace Collars. The designs are quite unique and very pleasing.

Priced at 25c to \$2.95

PRETTY ORGANZA PLEATED AND LACE TRIMMED COLLAR AND CUFF SETS 65c

Buckles

We have just received a large assortment of BELT BUCKLES for which there is such a great demand of celluloid, bone and sea shell, some are metal trimmed and they come in a great variety of shapes, sizes and colors

Prices 35c, 50c, 75c, 95c

Foulard Silks ALL GO ON THE BARGAIN TABLE

This is another exceptional opportunity for those of thrifty inclinations. Foulard is simply another word for softness, service, WEAR, when speaking of Silks. Now here is our ENTIRE line of these Foulards—and they come in good patterns too—out on our bargain table divided into two groups!

Regular prices up to \$2.00, now, per yard... \$1.35
Regular prices \$2.25 to \$2.95, now, per yard... \$1.95

Barnes Cash Store