



Health is certainly more valuable than money because it is by health that money is procured. —Johnson, 1709-1796

Today's Dangers

Modern ways of living throw a heavier burden on the organs of digestion. A careless diet, hurried eating, insufficient exercise, concentrated foods—such are today's dangers.

The bowel system is an easy prey. And so comes Constipation and its host of resultant ills.

Up to now, harsh methods have been necessary as a relief—violent cathartics, often drug-laden. The bowels become dependent upon pills, purgative waters and similar cathartics, and a habit was formed.

Stanolax ends all old make-shifts, all old dangers.

Unlike a hasty cathartic, Stanolax acts gently, but surely. It is an internal lubricant, purely mechan-

ical in action, not a medicine. It is neither digested nor absorbed. It is tasteless, colorless, odorless.

Thousands have gained relief this better way. And so will you. Stanolax encourages natural and normal functions, by preventing congestion.

One bottle is convincing. Buy it today.

Manufactured Only by Standard Oil Company (Indiana) Chicago, U. S. A.



STANOLAX FOR CONSTIPATION

STANOLAX is for sale in Salem by DANIEL J. FRY, J. C. PERRY, RED CROSS PHARMACY, FRANK S. WARD, OPERA HOUSE PHARMACY

HOT?

The Cooler is in the Bottle!

A golden brew—The Drink that Fits.

Everybody Sells It!

The PORTLAND BREWING Co.



Western Union Company Will Be Prosecuted

New York, July 26.—Charging violation of the federal law which prohibits private firms or persons entering into competition with the United States postal service, the federal grand jury here today indicted the Western Union Telegraph company. The indictments grew out of investigations which have been carried on since 1917.

Two Men At Woodburn Ignore Call for Draft

Portland, Or., July 26.—Six registrants, inducted into the service, enroute here for Fort McDowell, Cal., yesterday morning. Forty eight left yesterday afternoon for Camp Lewis. Two men have been declared delinquent, P. O. Goebel of Silverton, and E. J. Clark of Woodburn, and in 24 hours will be posted as deserters if they do not make their appearance before then.

Seventy Trucks and Cars Ordered For War

Washington, July 26.—More than 70,000 standardized trucks and passenger cars were ordered today by the war department. Four classes of trucks and three classes of passenger cars were ordered. Of the trucks ordered, two classes are of special design, while the other two are commercial trucks changed to meet the requirements of military work.

With Hindenburg it is domination; with Pershing it is cooperation. And the latter will win in war as it has in business.

Let's all be stockholders in this war business, and let our dividends be the satisfaction of having helped the country that has been helping us.

GET AT IT NOW



THIS IS ONE OF THE IMPORTANT THINGS TO KNOW ABOUT CANNING. The National War Garden Commission of Washington, D. C., issues a free book on canning and drying, which may be had upon application, enclosing two cents for postage.

CITY OF QUEER CONTRASTS

Nome, Desolate in Winter, Is Feverishly Lively During the Short Months of Summer.

Ships approaching the coast of Alaska watch eagerly for the first glimpse of a break in the low horizon line, and as the faint silhouette of a city is caught by the spy glass word goes round that Nome is in sight. The square outlines grow steadily plainer and broader. Unmindful of the heavy waves that crash so dangerously near its doors the city is reaching out to the very water's edge to greet the incoming ship. A bobbing launch comes out to meet the ship and bring in the passengers to the shore.

The gold seekers built Nome in the rush of 1898, and the gold seekers still add their quota to its population. They have made it a city of contrasts—of ostentation: wealth and hopeless desire. Where they camped on the beach and built wooden huts and saloons the city has grown up. When more space was needed, it spread its houses along the beach in long uneven rows.

From November to June it is frozen into a dull apathy from which it rouses to attend theaters, dances, and other social frivolities which make the winter tolerable. Ice bound and dark the winter may be, with only three or four hours of pale sunlight a day, but the popular idea of the wilds of Nome is an interesting myth. Electric lights, telephones, department stores, banks, hotels—Nome has all of these prerequisites of modern civilization.

When the sun begins to shine steadily and the fresh surf pounds on the beach, Nome awakes and the summer residents who have gone "outside" return. The population is practically doubled. Nome spends its summer months in wildly rushing about to make up for the enforced dullness of the frozen winter.

MUSICIANS HAVE LONG LIFE

Reasons Why Those Who Furnish Us With Sweet Sounds Are Not Cut Off in Youth.

Investigations made recently by a well-known doctor lead him to conclude that musicians who play wind instruments are exceptionally long lived.

Cornet players are credited by him with an average life of 69.1 years. Clarinet players are next with 64.4, while the average oboe and bassoon player lives to be about sixty-three years old. The lowest duration of life by these players of wind instruments is in men who handle the flute. Because of the formation of their instruments, they do not have opportunity for full exercise of their lungs. Therefore the flute player, according to this authority, reaches an average age of 67.2 years.

It is interesting to observe the number of seemingly aged men who are members of orchestras. The theater orchestra that does not number one or two men who have left their hair far behind with the years, or are so gray that they appear well upon the century mark, is an exception. The truth is that a steady and moderate daily use of the lungs, which is called for by the performance of professional duty, is responsible for this remarkably high average of existence.

Why Iron Chimney Stacks Corrode.

The cause of corrosion of galvanized iron extensions to chimneys is laid generally to condensation which forms inside the stack, and which in conjunction with the carbon which has been deposited in use, creates a galvanic action which soon destroys the zinc coating and finally eats through the iron or steel base. To prevent the condensation an air space around the stack is recommended. The stack is made double from the base to a point close to the top, with small iron braces between the inner and outer casings. These may be riveted close to the ends of the sheets in course of construction. The air space may be one or two inches, according to size of stack, and local conditions.—Scientific American.

Man in the Making.

We are all sculptors of life. From the anthropoid ape stage clear up through the ages, in the slow process of evolution, man has been at work chiseling himself. Always on the whole bettering himself a little, eliminating the animal, the brute qualities more and more, in spite of setbacks, he has persistently struggled toward the realization of his ideals—the higher man, the ideal man.

"Nuts" of Prisrend.

Prisrend makes remarkably modest demands on orthography for a Balkan town, being spelled in only six different ways. It has no need for a water board, because the river Biritza, called the Maritza by casual geographers, cuts the town in two, while in almost all the streets there are brooks that become torrents after heavy rains. The Prisrendian "nuts" are the most gaudily dressed people in the Balkans, and the local bazaars blaze with garish garments, beside which the rain-bow-hued neckties inflicted on innocent Englishmen at Christmas would look drab.—London Chronicle.

MOTHER OF 14 HAS OWN WAR GARDEN

Was So Run Down Before Taking Tanlac Couldn't Do Anything Worth While

"Yes, sir, I have gained twenty five pounds and now I can do all my house work and attend to my 'war garden,' and other small patches about the house, but before taking Tanlac I couldn't do anything worth while," said Mrs. Amelia Mann, wife of a well-known farmer living on R. 2, D. No. 2 Oregon, Utah, recently in a statement that is both interesting and remarkable.

Mrs. Mann is the mother of fourteen children and although sixty one years of age, she says she feels many years younger now. Continuing, she said: "I commenced suffering with stomach trouble sixteen years ago and gradually kept getting worse until seven or eight years ago, when I had a spell that laid me up for nine or ten weeks. I simply suffered agony and from then on I began having such terrible pains in all about my stomach at times that I could hardly stand it. I would get in all kinds of positions trying to get some ease, but the only way I could get any relief was to lay hard on my stomach, and for two weeks I never slept two hours a night. I was under treatment several times, and tried all kinds of medicines, and still got no relief and when they told me I could never get well without an operation I felt that my trouble must be very serious.

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Draft Notes From District Number 2

The board has selected the following for checkerman to leave for Vancouver on the 29th: E. J. Holt, Brooks; W. J. Ball, Woodburn; B. A. Orth, Mt. Angel.

Herbert E. Moisan and Virgil Lane London have been chosen to take a course of training at the Modern Auto School, Spokane, and are to be there by August 15.

The seven for general military service at Camp Fremont, to entrain August 5, have not been selected at this writing.

The board has received word from the adjutant-general that the provost marshal has decided to make the August calls as large as those in July. In the opinion of Clerk McCord, of the Woodburn board, the August calls will take about 40 of the new registrants physically qualified and September will exhaust the list. The board has been instructed to hurry with all examinations and have all in class at ready for service. If 40 are inducted in August it will take two-thirds of the new registrants who are qualified.

P. J. Semolke, Scotts Mills, and A. E. C. Miller, Monitor, who were rejected on account of not meeting the requirements as to height, will now be admitted the government recently making the minimum height 60 instead of 63 inches and the weight 110 instead of 115 pounds.—Woodburn Independent.

Sugar Consumption Must Be Curtailed

Washington, July 26.—Short sugar stocks and need for increased exportation today caused the food administration to call upon the American people to reduce consumption to two pounds per person per month from August 1 to January 1. This is to include all sugar used on the table and in cooking. The present allotment is three pounds per person per month. Eating places are asked to limit sugar to two pounds for every ninety meals served.

HEALTH CONDITIONS GOOD

Washington, July 26.—Health conditions in army "continue satisfactory," the surgeon general reported today. There were 94 deaths during the week ending July 19, as against 100 the previous week.

Advertisement for Post Toasties featuring a child and the text: "Tell your mother what my mother feeds me says Bobby. POST TOASTIES. Square meal corn flakes."

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

THE FRENCH KNEW

Continued from page one

They would, the reason probably being the necessity to allow recuperation of the slightly wounded men and to get the masses of 1919 entirely ready for the campaign.

At first the French were certain the attack was coming July 7 and that it would be in the Champagne west of Rheims. On July 10 it was thought the departing the Germans would expect the French not to be ready, because of their national fête, and would hope to accomplish a great moral advantage from the effect of hitting the French on their independence day.

When it did not come the night of the fourteenth, General Gouraud ordered a sally de main, capturing 27 prisoners from whom definite knowledge was obtained that the battle would start at midnight. Thereupon, the artillery opened up on the German lines.

Only Outposts Held. It was realized from the outset that the French first lines could not be held. A zone of outposts was formed, with little groups of officers and men, whose duty was to fire and break up the advancing waves as much as possible, while maintaining careful communication with the main force by means of underground wires, pigeons, etc.

Gouraud's army consisted entirely of French, except one American reserve division, (27,500 men). General Bertollet's army, besides the French, had one Italian corps and two American divisions—one in the line and one in reserve.

Execution of Artillery. When, at midnight, the movement began under cover of shells, gas and smoke, the fourth army dropped back, leaving only its outposts. Then the French 75's and other guns which had been silent several days, and their presence unknown to the enemy, cut loose, guided by the outpost's instructions. They wrought terrible havoc and seriously interfered with the German advance. In many cases the Germans' sentry lines, keeping a time table, walked directly into their heaviest losses. Nowhere did they reach the line of resistance the first day and Gouraud was able to report the Champagne attack stopped.

German shells and a smoke screen called them to pass the Marne the first day and go well forward, reaching the line of resistance at some points.

Great Offensive Falls. The next day, the Champagne effort ended, while the other pushed slightly toward Epernay. It was now seen that the German plan was to take Epernay and Châlons, join their two armies, throw in all their reserves and smash one or the other of the divided French armies. This was obviously impossible of realization and the French counter attack was then decided on.

The minimum number of men needed to hold the lines were set aside for that purpose. All other available were pooled in the region between Compiègne and Montdidier. When it was certain the Germans were thoroughly engaged, these were concentrated in the Villers-Cotteret.

Advertisement for White Shoe Dressing: "KEEP YOUR SHOES NEAT. White Shoe Dressing. FOR MEN'S, WOMEN'S AND CHILDREN'S SHOES."

Children Cry FOR FLETCHER'S CASTORIA. Library has on exhibition. They show pictorially the food values of our common foods. It is an unusually helpful study which they make. "A wasteful cook is the enemy of her country."

Kaiser Willing To Lose Half Million Soldiers. Rome, July 25.—General Ludendorff told the kaiser before the recent German drive that he was prepared to sacrifice half a million men, according to a dispatch from Berne today. The kaiser approved.

New Books Received At The Public Library. "The glory of the trenches," is the newest book written by Coningsby Dawson, while on leave to recover from wounds received in the trenches. It is full of manly heroism, pictured in his usual fine style.

WOMEN OF MIDDLE AGE. Need Help To Pass the Crisis Safely—Proof that Lydia E. Pinkham's Vegetable Compound Can be Relied Upon.

Urbana, Ill.—"During Change of Life, in addition to its annoying symptoms, I had an attack of grippe which lasted all winter and left me in a weakened condition. I felt at times that I would never be well again. I read of Lydia E. Pinkham's Vegetable Compound and what it did for women passing through the Change of Life, so I told my doctor I would try it. I soon began to gain in strength and the annoying symptoms disappeared and your Vegetable Compound has made me a well, strong woman so I do all my own housework. I cannot recommend Lydia E. Pinkham's Vegetable Compound too highly to women passing through the Change of Life." —Mrs. FRANK HENSON, 1316 S. Orchard St., Urbana, Ill.

Women who suffer from nervousness, "heat flashes," backache, headaches and "the blues" should try this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound.

Advertisement for Chautauqua Brings "An Evening in Hawaii" featuring a group of performers and the text: "Singers and Players from the Islands with Mildred Leo Clemens, Travel Lecturer"

Advertisement for Corns Lift Off featuring an illustration of a foot and the text: "Corns Lift Off. Doesn't hurt a bit to lift any corn or callus off with fingers."

Advertisement for Prisrend featuring a child and the text: "Prisrend makes remarkably modest demands on orthography for a Balkan town, being spelled in only six different ways."