

"There is one remedy I always keep in the house, and that is Dr. Caldwell's Syrup Pepsin. It helps my digestion wonderfully and as a laxative it is pleasant and dependable." (From a letter to Dr. Caldwell written by Mr. J. N. Kidd, Bells, Texas.)

From youth to age the greatest menace to health is constipation, which retards digestion and disturbs the entire organic system. To relieve constipation a mild laxative, such as Dr. Caldwell's Syrup Pepsin, is preferable to drastic cathartics and purgatives, the violence of which shock the system unduly.

DR. CALDWELL'S Syrup Pepsin The Perfect Laxative Sold by Druggists Everywhere 50 cts. (10c) \$1.00

A TRIAL BOTTLE CAN BE OBTAINED, FREE OF CHARGE, BY WRITING TO DR. W. B. CALDWELL, 459 WASHINGTON STREET, MONTICELLO, ILLINOIS

MEXICANS WOULD NOT

Continued from page one

story from foreign occupation. The message was sent from Mexicali, Mexico, via Calexico, California.

Ashurst Thinks Differently

Washington, Jan. 17.—"If application of the principle of self-determination of peoples prevents acquisition by the United States of Lower California, that, of course, ends the matter," was the comment today of Senator Ashurst, Arizona, on the statement of

the governor of Lower California. "I stand by self-determination, of course. If the people of Lower California do not want to become part of the United States, so far as I am concerned, we should not and will not try to make them a part. But I still believe that the governor is mistaken and a vote of the inhabitants will be strongly in favor of annexation." Ashurst is the author of the resolution directing President Wilson to begin negotiations for purchase of Lower California and part of the state of Sonora. The resolution is pending in the senate.

Hardly a Drugstore in the Land That Does Not Sell This Remedy

On the Market Half a Century.

When you are in perfect health, and are enjoying a strong and vigorous vitality, it is then that your blood is free from all impurities.

You should be very careful and give heed to the slightest indication of impure blood. A sluggish circulation is often indicated by an impaired

appetite, a feeling of lassitude and a general weakening of the system. It is then that you should promptly take a few bottles of S. S. S., the great blood purifier and strengthener. It will cleanse the blood thoroughly and build up and strengthen the whole system. S. S. S. is sold by all druggists. Valuable information about the blood supply can be had free by writing to the Swift Specific Co., 21 Swift Laboratory, Atlanta, Ga.

SOCIETY

By CAROL S. DIBBLE

NOW when reconstruction problems of state interest are claiming first attention and consideration among the club women of Oregon, the appointment of Mrs. John H. Albert of Salem upon a state reconstruction committee of three women to represent the women of the state of Oregon, may well be considered a signal honor.

The general state committee, of which Mayor Baker of Portland is chairman, appointed Mrs. Charles Castner of Hood River, president of the State Federation of Women's clubs, as chairman of the women's committee. Mrs. Castner then chose to serve with her, Mrs. Albert and Mrs. G. J. Frankel, president of the Federation of Women's Organizations of Portland. At a meeting of the state wide committee held in Portland today, the state was divided into 20 districts, and Mrs. Castner appointed a woman representative for each district.

Clyde B. Clancey returned yesterday from a two weeks trip to San Francisco. Mr. Clancey reports weather conditions very similar to the cold frosts which have been experienced in Salem the past few weeks. However, in California the detrimental effects are more immediately apparent as the blooming season for the early spring flowers is at its height, with the result that tracts of Calla lilies and violets were frozen down day after day by the severity of the repeated frosts.

Miss Mabel Louise Cummings, head of the woman's department of physical training at the University of Oregon was in Salem yesterday in regard to the matter of a physical education bill now before the state legislature.

Miss Mattie Beatty went to Portland today to attend the executive board

Quinine That Does Not Affect Head Because of its tonic and laxative effect, LAXATIVE BROMO QUININE (Tablets) can be taken by anyone with out causing nervousness or ringing in the head. There is only one "Bromo Quinine." E. W. GROVE'S signature on the box, 36c.

FIRST YANKS TAKEN BY

30,000 Russians are already buried. "The Germans are slowly starving us to death." "Well, the general got pretty red in the face and said it was all a lie. Red Cross Packages Come. "But the next week a bunch of American Red Cross packages showed up, each with 22 pounds of food. After that, they appeared regularly, and we grew fat and strong. We never ate another bite of German food. We turned our prison rations over to the Russians in the camp with us, while we had the time of our lives eating good old American food. "When the revolution broke the revolutionary troops disbanded our guards and told us we were free." Lester took another bite of his bar of American milk chocolate, took another delighted look at the pretty Red Cross worker from San Francisco in the chair opposite him, and continued. "No, I don't know a thing about internal conditions in Germany. The people may be starving or wallowing in plenty for all I know. They never let us outside the prison fence except when they took us to the train after the armistice. And as the railroad seemed to run through a desolate uninhabited part of the country, we didn't get a chance to get a line on things then. "We came through Holland to England. "Say, but isn't this chocolate great?"

COURT HOUSE

An amended complaint was filed in the case of A. C. and G. B. Whitney vs. Geo. W. Case, a suit to recover damages to the amount of \$750 for the destruction of a quantity of grain in the stack. It is alleged that the defendant, while threshing for the plaintiff, in August, 1918, was guilty of negligence in allowing sparks from his engine to set fire to the grain.

DONALD NEWS NOTES.

(Capital Journal Special Service) Donald, Jan. 17.—W. A. Hillis of Libby, Montana, who owns a farm adjoining the Donald townsite, returned from Seattle last week and will remain here for a short time. He will move his family to Donald at the close of the school year. They have nine acres of their farm planted to Loganberries. He has it in fine shape now, and expects to reap a good harvest of berries and money, too, from it next summer. Mr. Hillis expects to leave for Alaska about the 1st of February. Mr. Hillis is interested with F. G. Horner of Seattle and Alaska in an auto sleigh and at this time they will leave for a trip to Nome and back by

THIS WEEK, NERVOUS MOTHER

Tells How Lydia E. Pinkham's Vegetable Compound Restored Her Health.



Philadelphia, Pa.—"I was very weak, always tired, my back ached, and I felt sickly most of the time. I went to a doctor and he said I had nervous indigestion, which added to my weak condition kept me worrying most of the time—and he said that I could not get well. I heard so much about Lydia E. Pinkham's Vegetable Compound that I bought a box to try it. I took it for a week and felt a little better. I kept it up for three months, and I feel fine and can eat anything now without distress or nervousness."—Mrs. J. WORTHLINE, 2842 North Taylor St., Philadelphia Pa.

AND MORE IS NEEDED.

Another Donation For The Purchase Of Instruments For The Salem Symphony Orchestra.

Prof. John R. Sites, received the following letter from one of our well-known public-spirited physicians: Dear Prof. Sites: Enclosed herewith find check for \$25 being a contribution towards the payment of the instruments which you find necessary to equip your orchestra. I am very glad to note the progress you are making and of course think that there should be twenty citizens in Salem who would be willing to donate \$25.00 each, which would make you a sum sufficient to start your work. I believe that the number of citizens can be found who would be willing to give that much and we will be only too glad to do our bit in the support of so grand an enterprise as the "Salem Symphony Orchestra."

So far \$125.00 has been donated; but \$500 is needed for buying instruments and music.

Who will be next in helping build up Salem, the capital of our great state, in musical matters and make a "musical center" of our glorious town? All those who want to contribute to the fund please communicate with Prof. John R. Sites, 656 Center street. Phone 926.

RICKEY NEWS.

(Capital Journal Special Service.) D. A. Harris has as house guests his daughter and husband, Mr. and Mrs. Andrew Baker of Kerry, Oregon. Mr. Baker is associated with the Hammond Lumber company. C. Grinnam was a business visitor in Salem Wednesday. Misses Iva and Vera Roth of Bethel spent Friday with Mrs. A. A. Prason. Mr. Burke and family and Mr. and

No Need To Be Thin, Scrawny Or Sallow

It's Only Because the Stomach Doesn't Furnish Enough Nourishment to the Body. If you are thin and want to be plump; if you have wrinkles in your face that you are not proud of; if the skin is sallow or subject to pimples or blackheads, take Mi-o-na stomach tablets for two weeks and notice the change.

The majority of the thin people are thin because the stomach does not perform its duties properly. It is not secreting sufficient of the natural digestive juices and in consequence does not extract from the food enough nutritive matter to nourish every part of the body. When the stomach does not do its work properly, the nourishment in the food you eat is not extracted and passes through the body without leaving any flesh building elements. Mi-o-na stomach tablets are intended to build up the stomach so that it will act properly and extract from the food all elements necessary to form good, solid flesh. If you are thin try two weeks treatment of Mi-o-na stomach tablets—they are small, easily swallowed and have made many friends by their proven value. Mi-o-na stomach tablets are sold on the guarantee of money back if they do not overcome indigestion, acute or chronic, stop stomach disturbance, belch ing, heartburn, sour stomach and any after dinner distress. For sale by D. J. Fry and all leading druggists.

SHIPLEY'S New Face Veils 10c, 25c, 50c New Yard Veiling 25c, 50c, 75c New Chiffon Veiling 75c, 85c, \$1.00 Outing Flannel Gowns \$1.98, \$2.48 JANUARY SPECIALS. Women's Lingerie Waists 98c, \$1.48, \$1.75 Women's Georgette Crepe Waists \$3.98, \$4.98 Women's Suits \$19.75 to \$34.75 Women's Coats \$16.48 to \$42.50 Women's Dresses \$14.75 to \$34.75 U. G. Shipley Co. Liberty Street Salem, Ore. Quality Merchandise Popular Prices

Mrs. Yorke are ill with influenza at the Burke home. Joe Tulajsh spent Wednesday in Salem. Mr. and Mrs. C. Gesner and daughter Frances La Jane, were dinner guests at the George Edwards home Sunday. The Fitzpatrick children who have been ill with the flu, are entirely recovered. The Killian home was the scene of a small blaze. There was but slight loss, owing to early extinction of the fire. Mrs. Burpee who is recovering from an operation is reported much improved. Warren Wallace, eldest son of Thomas Wallace, is the second local boy to receive his honorable discharge. He volunteered for mechanical work, studying at the Benson Polytechnical school in Portland. Later he was transferred to Camp Lee, Virginia. For the present he is with his parents. W. Horner, K. Wheeler and D. Gesner are cutting wood near Fruitland. W. Horner recently purchased a gasoline saw. Mrs. Ada Gardner is a house guest at the Mrs. E. Lewis home. Mr. and Mrs. Wm. Beaver were entertained at the D. A. Harris home Sunday. Mrs. J. Kerchner left today for Cushman to be at the bedside of her son, Arthur, who is ill with influenza. A letter recently received from Private Frank Harris stated that he spent New Years with friends in New York city. Although he enjoyed his stay there yet he much prefers the west as his home. Fred Dickman and Orvon Frysley are clearing land. J. Caplinger butchered hogs Monday. Salem visitors today were Mr. Drorbaugh and E. Lewis. Construction of the new mill of the Crescent Shingle company at Kelso started this week.

Rose Real Beauty MARINELLO Toilet Preparations supply the very help nature requires. They rectify morbid skin conditions—then from the source of skin health, springs loveliness of natural beauty. Don't confuse Marinello Preparation with ordinary cosmetics. They're different. They correct faults—restore natural "Home Real" Beauty. MRS. IRENE SCOTT 125 N. High St.

WE HAVE SOME WONDERFUL BUYS IN 2nd-Hand Fords AND FORD (SMITH A FORM) TRUCKS Valley Motor Company ELBERT THOMPSON, MGR. 227 STATE ST.

Barnes Cash Store DR. SAWYER CUSHION SOLE WHITE HOUSE SHOES Warm Dry Feet Dampness from within or without is absorbed by the Piano-Hammer Felt Insole of the DR. SAWYER CUSHION SOLE WHITE HOUSE SHOE. This felt is so very good that it does not pack, nor bunch, nor crawl, but remains in place. The "cold-footed," "tender-footed," the "sweaty-footed," find this shoe dry, warm—with that velvety feel. No. B278½. All Sizes. We illustrate our Men's Dr. Sawyer Cushion Sole Kangaroo Blucher, made over our famous Foot Form Last. Note the general lines—the substantial soles. The uppers are of selected kangaroo, the most serviceable of all dress leathers. KANGAROO \$8.65 KID \$7.65 VELOUR CALF \$7.65 BOX CALF \$8.55

UMBRELLAS AND RUBBER FOOTWEAR We carry a good assortment of both. We can fit most styles of Shoes with first quality Rubbers. Also Laced Rubber Shoes for men and Rubber Boots for Men, Women and Children. ROOTS LEGGINGS Heavy Duck Rubber Boots with John H. Parker leather soles, sizes 10 and 11 only, at less than wholesale price \$6.25 Best, heavy Aquapella thigh Leggings—the only clothing that is absolutely water-proof, pair \$1.85

POST TOASTIES always make my meals more enjoyable Most delicious corn flakes ever made Bobby