

"A teaspoonful of Dr. Caldwell's Syrup Pepsin each night at bedtime has done me a world of good, as I am 62 years old and was getting badly constipated. I had previously taken a lot of salts and pills without real relief." (From a letter to Dr. Caldwell written by Mr. A. Forester, Princess Anne, Md.)

Constipation is one of the penalties of age that should never be neglected—Dr. Caldwell's Syrup Pepsin is a combination of simple laxative herbs with pepsin that relieves constipation in an easy, natural manner, without gripping or strain, and is as positive in its effect as it is mild and gentle in its action.

DR. CALDWELL'S Syrup Pepsin

The Perfect Laxative

Sold by Druggists Everywhere 50 cts. (Per Bottle) \$1.00

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

WILL RETURNING MEN BE CONTENTED WITH COMMON ROAD WORK?

This Was Question Discussed Yesterday Evening By Highway Committee.

Whether the returning soldier and sailor boys will be content with a pick and shovel in the road construction program of the state was discussed among other things at the meeting held last evening in the house of representatives between the senate and house committees on roads and highways and the State Highway Commission. Commissioners Booth and Thompson were present.

The commission stated that it would place an extra burden of expense to begin road building at once and also that the placing of men on manual work part of which could be done by machinery would be another burden of expense.

Commissioners Booth and Thompson were inclined to think that not a large proportion of the returning soldiers would be unwilling to accept jobs in the way of pick and shovel work, especially at this season of the year.

While the legislators had passed a resolution asking the state highway commission to employ 1000 soldiers, it developed that the expression was mostly in the way of a suggestion and that the commission was not to be held to this number of men.

SPANISH INFLUENZA IS MORE DEADLY THAN WAR

The appalling ravages of Spanish influenza in this country are perhaps more realized by the statement recently made, that more deaths have resulted in little more than a month from this disease than through out whole eighteen months participation in the battles of the European war.

Our greatest danger now, declare authorities, is the great American tendency to forget easily and to believe the peril is over. Competent authorities claim the coming of cold weather is very apt to bring a return of this disease and there should be no let up throughout the winter months of the following easily observed precautions, remembering that influenza is far easier to prevent than cure.

Influenza is a crowd disease. Avoid crowds as much as possible. Influenza germs spread when ignorant and careless persons sneeze or cough without using a handkerchief. Cover up each cough or sneeze. Do not spit on the floor, sidewalk, in street cars or public places. Avoid the use of common drinking cups and roller towels in public places. Breathe some reliable germicidal and antiseptic air to destroy the germs that do find lodgement in your nose and throat.

Remember, no safer precaution against influenza could be employed in this manner than to get from the nearest drug store a complete Hyomei outfit consisting of a bottle of the pure oil of Hyomei and a little vest pocket hard rubber inhaling device, into which a few drops of the oil are poured. You should carry this inhaler about with you during the day and each half hour or so put it in your mouth and draw deep breaths of its pure, healing germ killing air into the passages of your nose, throat and lungs.

By destroying germs before they actually begin work in your blood, you may make yourself practically immune to infection.

All these suggestions about Spanish influenza are equally true in the prevention of colds, catarrh of nose and throat, bronchitis and even pneumonia. Don't become careless. Do your part. Keep the germs away. You may save yourself a serious illness and the loss of several weeks' work. Dan T. J. Fry.

would be willing to take up and accept jobs in heavy road building.

FRENCH ARMY'S TREMENDOUS LOSS

3,000,000 soldiers of France, about one half her entire army, have been killed or seriously wounded, according to Andre Tardie, French high commissioner to the United States. This enormous sacrifice for liberty is larger than that of any other country. America owes France a huge debt of gratitude, not only for this, but also for the discovery by her peasants of a perfect remedy for stomach, liver and intestinal ailments which is reported to have alleviated incalculable suffering, prevented many surgical operations and saved thousands of lives the world over. Geo. H. Mayr, for many years leading Chicago chemist, imports the ingredients and sells this remedy in America under the name of Mayr's Wonderful Remedy. It is a simple, harmless preparation that removes the intestinal mucus from the intestinal tract and allays the inflammation which causes practically all stomach, liver and intestinal ailments, including appendicitis. One dose will convince or money refunded. J. C. Perry, Capital Drug Store, and druggists everywhere.

SEATTLE AND TACOMA

(Continued from page one)

constant session today forming plans for the furtherance of the strike and the protection of the union involved.

STOP WORK AT TACOMA.

Tacoma, Wash., Jan. 21.—Nearly 15,000 union metal workers in four shipyards and 19 contract shops in Tacoma stopped work at 10 o'clock this morning in the most far-reaching strike that this city has ever experienced.

The walkout is in protest against the May board's refusal to grant increases in wages demanded by the shipyard workers, and for a universal wage scale to apply to metal trades and affiliated crafts in the northwest.

Sixteen metal trades unions are directly involved, while the strike includes various members of nearly every other union in the city.

A launching marked the last hours before the strike order became effective. The Ferris type wood vessel Broughton was sent down the ways at Babare Brothers yards at 8 o'clock.

At the Seaborn yards one ship which had nearly finished, was tied up in port by the strike.

STRIKE AGAINST THEIR WILL.

Seattle, Wash., Jan. 21.—Eight thousand men in the Puget Sound shipyard are being drawn into the strike vortex against their will, according to John C. Ince, publicity director of the Puget Sound maritime district council of carpenters.

Following an all-night session of council delegates from throughout the district last night, Ince, in an authorized statement declared that the metal trades strike committee was improperly functioning for the ship carpenters.

"We are not on strike," asserted Ince. "Five thousand of our members in Seattle and a total of eight thousand in the Sound shipyards have had their jobs imperilled by the action of the metal trades council. We are advising our men to stay on the job where possible, but in a great many cases the carpenters are automatically thrown out of employment by the closing of the yards."

A resolution passed by the delegates called on the metal trades council to recognize that it is functioning outside its jurisdiction in presuming to speak for the shipyard carpenters.

OLYMPIA TO KEEP OUT.

Olympia, Wash., Jan. 21.—About 1000 shipyard workers employed in local plants voted overwhelmingly today not to strike.

The Journal Job Department will print you anything in the stationery line—do it right and save you real money.

SERGEANT NORWOOD OF SALEM CAME ACROSS ON NORTHERN PACIFIC

Has Many Interesting Tales To Tell Of Big Fight And Trip Across.

Several letters have recently been received by relatives from Sergeant Howard E. Norwood, who served with Co. M on the Mexican border and later joined the U. S. forces in France. His company was pushed up to the firing line in the fall and he saw some of the hardest fighting of that period. It was during this period that he received wounds that put him out of military duty. One of the letters was written from a hospital, shortly after the recovering from an attack of diphtheria. He goes on to say:

"I recovered from the diphtheria and celebrated my birthday by moving to the convalescent camp. I was there classified and put into Class D, which means that I am physically unfit for military duty. My head is still stiff from the wound, but otherwise I am as good as ever. I am to be shipped back to the states for reconstruction and I presume they will give me some kind of treatment to limber up my joints. In this camp they give us four hours a day of close order drill just for exercise. I haven't seen any pay in four months, but I'll try to get hold of some dough before leaving France. When I get paid I'll send the biggest part of it over for you to take care of. I won't spend it here, for these French frogs aren't a bit bashful about charging."

Wrote from New York.

A second letter was written from New York just after his arrival from France. In this he says in part: "I am back again in the good old United States, and I swear I'll never leave it again. We came over on the Northern Pacific, and outside of a shipwreck we had a nice trip. There was plenty of excitement when the vessel struck, and believe me there wasn't any fun in it at all. She was run in among the breakers in such a position that the waves would slip against her sides and shoot clear over her. A cold shower like that, along with zero weather did not go very nice. She began to list over on her side until we couldn't walk on the deck without holding onto a line, and we were afraid she might turn over any minute. The sea was too rough to get any of the men off the first day, but the second day the coast guards got a line across and some of the men were shot across in a basket. But the line was so slack that the basket tipped into the water and everyone got soaked."

That was too cold for me, so I waited and finally they got the life-boat out to us and began to take them out to the beach. They had made several trips when a big wave caught the boat and flopped it over and two of the boys were drowned. That didn't look good to me either, so I waited for it worse came to worse I knew I could swim to shore, which was only about a quarter of a mile away. I stayed on that cussid thing for two days and nights, waiting for it to turn over.

Used Sub Chasers.

"The third day at high tide they got some sub chasers along side and I got on one of these and they took us to the hospital ship Solace. If the Northern Pacific had turned over there would have been a lot of men drowned, for there were over 500 litter cases on board, and many of the others were minus an arm or a leg. The whole bench was lined with moving picture cameras when we landed, and you want to see it when it comes around. I don't know whether it's a comedy or a tragedy, but I thought I'd die laughing while those boys were sliding down the ropes."

Another letter was written from a hospital near New York and indicated that he was very comfortably situated, with nothing to do but eat and sleep, plenty of entertainment and sightseeing in the city. In this letter, he recalls some of his experiences on the front.

Hold Position 20 Days.

"You know where the Alsace sector is—over next to Germany? Well, we hadn't been in France two weeks before they shipped us up there to relieve the 'frags.' We held that position 20 days before we were relieved, and of all the hair-raising stunts we had there, sixteen nights out of 20 I was on a patrol on No Man's Land. We lost quite a few fellows there, but I was lucky for I never got a scratch; but I came very near being a nervous wreck. You can't realize the awful suspense it is to be out there expecting every minute some Hun would blow us up with a grenade. I've got good nerves, but it gets all of them. I was glad when they moved up from there, for it's a lot more fun to fight in the daytime when you get a chance to draw a bead on a Hun once in a while.

"We moved from there to the Verdun sector, always hiking by night and sleeping in the daytime. We took up our positions back of the lines and a little later we were over and at them. The damndest thing happened there. We had just gone over the top and hadn't hardly taken a dozen steps when a shell hit about 20 feet from me and killed two of my best pals. It gave me cold chills and made me pretty blasé sick. Finally Wounded.

"I had fine luck for nine days; then they came too fast for me to dodge and I got hit in the hand and in the left thigh. I didn't tell you this for fear you would think I was all shot to pieces. When I look at some of the poor kids here I think I'm one lucky fellow."

His last letter, written January 12, told of his leaving Hoboken on his way across the continent, expecting to arrive shortly in San Francisco. Norwood whose home is on Route 2 is well known in this vicinity.

The low cost of IDEAL Heating

"Yes, sir, I used to feel cheap in my own home whenever callers kept on their wraps, and I realized my house was chilly and drafty as a barn. When the cold winds came, there was "spotty" heating in the rooms on the protected side of the house, and on the wind-swept side of the house there was utter discomfort." . . . "So I threw out the old-time heating and put in IDEAL-AMERICAN Heating, like I have proved at my factory and office is genial, reliable, cleanly, and gives utmost coal-economy."



"This protective heating in the home as well as in the office is my best investment."

AMERICAN & IDEAL RADIATORS & BOILERS

Now offered at 25% reduction to quicken and increase new building and remodeling!

We stopped pushing the sale of IDEAL Boilers and AMERICAN Radiators because iron was so greatly needed for munitions, but with the ending of the war there is a popular demand to find construction work for the returning heroes. Hence we have made a 25% price reduction to stimulate building, and the changing of old heating devices which have been so wasteful of coal.



Today's ideal bargain in heating

IDEAL Boilers and AMERICAN Radiators free you from the ancient pests of hoddling, fire-poking, ash-sifting, coal-gas breathing, blackening, annual storing, repair bills, fire-risk, etc. In all the world they have no equal—hence their use in over a million stores, schools, churches, offices, public buildings, farm and city homes, old or new, at home and abroad. Money put into these outfits is an investment—not an expense. Accept no substitute! No higher than asked for ordinary makes. Fully guaranteed.

To secure 5700 winter hours yearly of IDEAL Heating comfort and economy, and to take advantage of price reduction, ask for book (free) "IDEAL Heating." Phone your local dealer today for estimate. Put in quickly without tearing up or disturbing present heater until ready to start fire in the IDEAL Boiler.

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Write Department S-48 1219-1221 Fourth Ave Seattle

U. S. PEACE DELEGATES FAVOR INVESTIGATION

Would Place Guilt On All Responsible For War From Kaiser Down.

By Robert J. Bender. (United Press Staff Correspondent.) Paris, Jan. 21.—American peace delegates today appeared to favor authority investigation to fix responsibility

for the war—that no culprit might escape and that punishment might be meted out to all those sharing the guilt from the Kaiser down.

With the conference program calling for memoranda from all the powers regarding responsibility for starting and continuing the war, there was tremendous interest in the attitude of the American delegation, particularly President Wilson. The French already have drafted a proposal that the Kaiser be tried before an international court. Premier Lloyd-George, in his recent political campaign made punishment of the Kaiser one of his principal planks. Wilson has been silent thus far, but a survey of his associates' viewpoint today indicated they favor the most careful investigation to determine who is directly responsible—the Kaiser or others.

The president has always held guilt to be personal and it is recalled that when he was governor of New Jersey he advocated a law to determine personal responsibility for the acts of corporation officials. Application of the principle of personal guilt to the Kaiser is stayed by doubt whether he was the perpetrator of crimes growing out of the war, or was merely a tool of the military clique which surrounded him. Hence, it appears that the Americans will advocate the most thorough inquiry to determine every person who is guilty and the extent of their guilt.

GIRLS! GIRLS! TRY IT! STOP DANDRUFF AND BEAUTIFY YOUR HAIR

Hair Stops Falling Out And Gets Thick, Wavy, Strong And Beautiful

Your hair becomes light, wavy, fluffy, abundant and appears as soft, lustrous and beautiful as a young girl's after a "Danderine hair cleanse." Just try this—moisten a cloth with a little Danderine and carefully draw it through your hair, taking one small strand at a time. This will cleanse the hair of dust, dirt and excessive oil and in just a few moments you have doubled the beauty of your hair. Besides beautifying the hair at once Danderine dissolves every particle of dandruff; cleanses, purifies and invigorates the scalp, forever stopping itching and falling hair. But what will please you most will be after a few weeks' use when you will actually see new hair—fine and downy at first—yes—but really new hair growing all over the scalp. If you care for pretty, soft hair and lots of it, surely get a small bottle of Danderine from any druggist or toilet counter for a few cents.

Administration Promises Aid To Sumpter Valley Road

Edward Chambers of railroad administration promised Sumpter Valley definite aid in meeting wage raise \$25,000 to \$30,000 annually, method to be yet determined. Thus reads a message received last night by the public service commission from Edward Meacham, secretary of the Baker Commercial club who is in Washington in the interest of the Sumpter Valley road. This relief will mean that the wage increase demanded by

the employees can be met and operation of the road resumed.

The Journal classified ads are great favorites with people who do things—Try one.



GIRLS OF ENGLAND'S LAND ARMY ASSIST IN A SEA ANGLING COMPETITION AT IDEAL, FOR THE SAILORS AND SOLDIERS WHO TOOK PART IN THE RAID ON ZEEBRUGGE AND OSTEND. Photo by Underwood & Underwood.