

"For six years we have used Dr. Caldwell's Syrup Pepsin in our family and feel we could not possibly do without it, especially for the children." (From a letter to Dr. Caldwell written by Mrs. Earl Cowell, Cement City, Mich.)

Children become constipated as readily as do their elders, and the result is equally distressing. Dr. Caldwell's Syrup Pepsin is ideal for children because of its pleasant taste, positive, yet gentle, action, and its freedom from opiates and narcotic drugs.

DR. CALDWELL'S Syrup Pepsin

The Perfect Laxative
Sold by Druggists Everywhere
50 cts. (Per) \$1.00

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

Former Kaiser Sawing Wood For Castle Fires

Amerongen, Jan. 24.—Sawing wood continues to be a favorite occupation of the former German emperor, who spends several hours each morning and afternoon within the castle grounds working hard, while several men servants respectfully hand him logs and then pile the short sticks in heaps for use later in the furnaces of the castle. The shortage of coal in Holland compels the burning of wood, plentiful supplies of which are obtainable from the surrounding estate. William Hohenzollern works so well that he is able to furnish the entire consumption of the castle fires. The former emperor rarely speaks to his attendants while at work. The two moats which encircle the castle are covered with ice sufficiently

thick to bear skaters. The villagers, however, have been given to understand that the accustomed permission to skate in the moats cannot be afforded while the former emperor is in the castle.

There are various reports in circulation concerning the alleged intention of the former German emperor to return to Potsdam. The former emperor, it is said, has no intention of leaving his husband in Holland.

Colds Cause Grip and Influenza.
LAXATIVE BROMO QUININE Tablets remove the cause. There is only one "Bromo Quinine." E. W. GROVES signature on the box. 30c.

Yolo county, Cal., claims to be the richest county in the United States. Its purchase of liberty bonds and war savings stamps aggregate \$285 per capita.

How Long Must I Suffer

From the Pangs of Rheumatism?

Is there no real relief in sight? Doubtless, like other sufferers, you have often asked yourself this question, which continues to remain unanswered. Science has proven that your rheumatism is caused by a germ in your blood, and the only way to reach it is by a remedy which eliminates and removes these little pain demons from your blood. This explains why liniments and lotions can do no permanent good, for they cannot possibly reach these germs which infest your blood by the millions.

S. S. S. has been successfully used for rheumatism for more than fifty years. Try it today, and you will find yourself at last on the right track to get rid of your rheumatism. You can get valuable advice about the treatment of your individual case by writing to the Chief Medical Adviser, Swift Specific Co., Dept. D, Atlanta, Ga.

SOCIETY

By CAROL S. DIBBLE

MRS. CLIFFORD BROWN was hostess today for the Illihee Red Cross auxiliary, which met this afternoon at her home on State street. The meeting today was the second one held this year, the first being of a purely business nature, when a few additional matrons were admitted to membership including Mrs. J. L. Van Doren, Mrs. Ben Oleott, Mrs. James Walton, Mrs. Chester Cox and Mrs. W. L. McLoughlin. Work was begun on the layettes for the French and Belgian babies, the Illihee auxiliary having undertaken to complete a large number of these layettes. The workers will assemble every Wednesday at the various homes of the members, devoting themselves additionally to this worthy post-war relief work.

Miss Josephine Elgin, went to Portland yesterday, where they will visit friends, remaining over the week end.

Mrs. Adley Gregg and daughters, Misses Frances and Isabelle, returned today from a sojourn of several weeks in Portland, having gone up before the holidays. Miss Frances Gregg was taken ill in Portland and the visitors' stay was necessarily lengthened. Mr. Gregg went to Portland last evening accompanying his family home today.

Mrs. Roy Shields has as her guest at her home on North Fifth street, Miss Florence Patty. Miss Patty is attending the Oregon Agricultural college and will return to Corvallis Monday.

Miss Lora Purvine returned home yesterday after spending the week in Portland as the guest of Miss Celestia Brace.

Mrs. E. M. La Fore has left for Los Angeles, where she will pass the remainder of the winter.

Mrs. George Hickman of Blodgett is visiting in Salem with her daughter, Mrs. Westinghouse, who is ill with influenza.

Mrs. J. C. McLeod left yesterday for Bellingham, Washington, where she will visit her mother, Mrs. Whitney. She was accompanied by her small son, Bruce.

Mrs. H. Smith has as her guest during the legislature, her niece, Miss Lilla McCoy of Brownsville. Miss McCoy has accepted a position as stenographer at the legislature and will remain with Mrs. Smith at her home on North Liberty street during the present session.

Miss McCoy has just returned from Washington, D. C., where she has held a government position in the ordnance department the past year.

Mrs. George McMath, a leading club woman of Portland, spent yesterday in Salem in the interests of the vocational training bill now before the legislature. Mrs. McMath is on the state board of vocational training and is bending her energies to secure passage of the measure, which is like the Smith Hughes act in that it would tend to have the state give an equal amount to that spent by the school districts for vocational training. Mrs. McMath is also a member of the advisory board for the girls industrial school, receiving her appointment from Governor Withycombe. She will fill a temporary vacancy on the board caused by the absence of Lola G. Bawwin, who is in California. The other members are Mrs. W. H. Daney and Mrs. A. N. Felts.

Mrs. Charles F. Elgin and daughter,

ROSE REAL BEAUTY
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—and foster natural "Rose Real" Beauty.
MRS. IRENE SCOTT
125 N. High St.

ACIDS IN STOMACH CAUSE INDIGESTION

Create Gas, Sourness And Pain How To Treat.

Medical authorities state that nearly nine tenths of the cases of stomach trouble, indigestion, sourness, burning, gas, bloating, nausea, etc., are due to an excess of hydrochloric acid in the stomach and not as some believe to a lack of digestive juices. The delicate stomach lining is irritated, digestion is delayed and food sours, causing disagreeable symptoms which every stomach sufferer knows so well. Artificial digestants are not needed in such cases and may do real harm. Try laying aside all digestive aids and instead get from any druggist a few ounces of Bisulphate of Magnesia and take a teaspoonful in a quart of water right after eating. This sweetens the stomach, prevents the formation of excess acid and there is no sourness, gas or pain. Bisulphate of Magnesia (in powder or tablet form—never liquid or milk) is harmless to the stomach, in expensive to take and is the most efficient form of magnesia for stomach purposes. It is used by thousands of people who enjoy their meals with no more fear of indigestion.

Mitchie Wins Decision From Jones In Portland

Portland, Or., Jan. 23.—A right swing delivered by Peter Mitchie of Portland sent Harold Jones of Tacoma to the floor in the second frame of their six round battle here last night. Jones was back on his feet in a second, however, and managed to stick out the round by holding on Jones put up a game fight during the remainder of the go, and made an offensive rally in the fifth but Mitchie easily won the decision.

Walter McDevitt of San Francisco was receiving a beating from Alex Trambitta of Portland when the seconds in the sailor's corner tossed a towel into the ring. The Johnny Cashill-Joe Gorman bout was halted in the sixth, the referee giving Gorman the decision, disqualifying Cashill for what he called roughing.

Frank Kendall won from Harry Williams in a heavyweight event.

Longworth Seems Ahead In Race For Speakership

Washington, Jan. 24.—The race for the speakership of the house of representatives is at the stage where the proverbial dark horse may take the lead at any time. There is a growing sentiment evidenced by talk about lobbies and offices that republican chances in 1920 would gain by dropping old leaders for a "new deal all round."

This feeling, strong today, is likely to be heightened when sixty one new republicans of the next house are heard from. Those men for the most part owe nothing to the old order and would gain by helping the move for a change of leaders.

Democrats who are watching the republican race from the sidelines declared that Representative Longworth of Ohio already has Representative Mann of Illinois and Representative Gillett of Massachusetts, the two candidates who have announced themselves, outdistanced.

A plan to get republicans and republican members-elect together for a caucus to settle the speakership muddle is being discussed. All sides declare themselves in favor of this, but none is pushing it very hard.

The Joy of Motherhood Told

Women Tell How They Made Event One of Great Happiness.



In every part of the land there are women who tell how, through the application of Mother's Friend, they entirely avoided the suffering usually incident to motherhood. They relate in no uncertain terms how from its use the days were made bright and cheerful and the night is calm and restful, how the crisis was passed without the usual suffering experienced when nature is unaided, and how they preserve their health and strength to devote it to the rearing of their children and to the things life holds for them.

Mother's Friend is a most penetrating remedy, prepared especially for expectant mothers from a formula of a noted physician. Strain upon the ligaments is avoided, and instead of a period of discomfort and constant dread it is a season of calm repose. The hours of the crisis are less, and Mother's Friend enables the mother to retain her natural grace, and her skin is not cracked and does not become hard or disfigured.

Write to the Bradfield Regulator Company, Dept. L, Lamar Bldg., Atlanta, Georgia, for their Motherhood book, and obtain a bottle of Mother's Friend from the druggist nearest you.

PHYSICAL TRAINING MAY BE COMPULSORY

Bill Providing For Such Training Is Now Supported By State Superintendent.

If a bill now before the legislature becomes a law physical training in the public schools of Oregon will become compulsory. The bill which was originally prepared by the physical training section of the Oregon State Teachers' Association under Dr. A. D. Browne, of O. A. C., as chairman, has been revised by J. A. Churchill, superintendent of public instruction, and meets with his entire support. It also has the backing of all the superintendents of the state. It carries with it no provision for an appropriation.

The bill provides for a course of instruction consisting of such activities as will promote correct physical posture and bearing, mental and physical alertness, self control, disciplined initiative, a sense of patriotic duty, and a spirit of cooperation under leadership. It also calls for the appointment of a committee of experts by the state superintendent of public instruction which shall confer with the superintendent in formulating a program of physical education. It provides for cooperation with the colleges of the state or the federal authorities in maintaining courses of instruction for teachers and physical instructors and others who volunteer and are accepted by the superintendent of public instruction.

The bill was introduced into the senate by Senator W. W. Banks. It was given its first reading and was placed in the hands of the educational committee of the senate.

Jump from Bed in Morning and Drink Hot Water

Tells why everyone should drink hot water each morning before breakfast.

Why is man and woman, half the time, feeling nervous, despondent, worried; some days headachy, dull and unstrung; some days really incapacitated by illness.

If we all would practice inside bathing, what a gratifying change would take place. Instead of thousands of half sick, anemic-looking souls with pasty, muddy complexions we should see crowds of happy, healthy, rosy-cheeked people everywhere. The reason is that the human system does not rid itself each day of all the waste which it accumulates under our present mode of living. For every ounce of food and drink taken into the system nearly an ounce of waste material must be carried out, else it ferments and forms ptomaine-like poisons which are absorbed into the blood.

Men and women, whether sick or well, are advised to drink each morning before breakfast, a glass of real hot water with a teaspoonful of limestone phosphate in it, as a harmless means of washing out of the stomach, liver, kidneys and bowels, the indigestible material, waste, sour bile and toxins.

Millions of people who had their turn at constipation, bilious attacks, acid stomach, nervous days and sleepless nights have become real cranks about the morning inside bath. A quarter pound of limestone phosphate will not cost much at the drug store, but is sufficient to demonstrate to anyone, its cleansing, sweetening and freshening effect upon the system.

SHIPLEY'S Store

Feminine Articles Exclusively

OUTER GARMENTS INNER GARMENTS

Toilet Articles--Yankee Notions
Haberdashery--Stationery--Novelty Jewelry

Feminine Clothes Of All Kinds
Feminine Articles Of All Kinds

Where Shopping is a Pleasure

U. G. Shipley Co.

Liberty Street Salem, Ore.
Quality Merchandise Popular Prices

HAZEL GREEN NOTES

(Capital Journal Special Service)
Hazel Green, Or., Jan. 24.—Miss Ella Smith is staying at the Tom Van Cleave home and caring for the sick.

A recent letter from Ralph Harvey, who is with the 4th Depot Division at Toul, France, says that he was not in the heavy fighting but near enough to appreciate it all of one German plane. He sent greetings to all Hazel Green friends and will be glad to return home as soon as possible.

Miss Mildred Williamson returned from Stayton Saturday.

A. Weiner went to Portland Monday on business.

Rev. F. Fisher officiated at the funeral service of Cliff Sheldon in Salem Saturday.

Harry Bennett arrived home from New York Saturday.

Miss Carrie Johnson is on the sick list.

Mark Aspinwall and Alvin Van Cleave came home last week having received their discharge from Camp Lewis.

Violet and O. C. Wilson have been tipping onions for Mr. Cady, during the past week.

Mrs. Marie McCorkle of Portland is at the Boeick home caring for the sick. Her father Mr. Boeick is in a serious condition.

Mr. Hermon, who is living near Stayton, came down to the Williamson home Tuesday.

Louie Bartruff returned from Camp Lewis last week.

Two boys from the state school were found with a wood chopper near the Dunigan farm Sunday and taken back by Maurice and George Dunigan.

Mrs. Peter Rasmussen spent a week at Monitor recently taking care of her son Henry who was sick with the flu.

Mrs. Cliff Sheldon has not improved much. Her condition is critical.

Miss Rebecca Linstrom of Polk county has been visiting at the home of Mrs. Martha Wolf.

Chris. Jensen of Monitor brought his cousin, Renny Rasmussen home last Sunday and stayed here till Tuesday.

Louis and Chester Wood are visiting relatives in this vicinity.

Joe Bartruff's family are recovering from the flu.

No new cases of flu in this district.

Senate Bills Introduced Today

S. B. 69—By Hurley—Exempting property owned by irrigation and drainage districts from taxation.

S. B. 70—By Bell—Providing for reasonable attorney fees to be fixed by court in partition suits.

S. B. 71—By Jones—To prohibit operating seines in the Siuslaw river.

S. B. 72—By Thomas and Lachmund—To prohibit operation of trusts and monopolies in restraint of trade.

S. B. 73—By Eberhard—To amend sections 897 and 2762, L. O. L., as amended by chapter 308, laws of 1917, restoring salaries of supreme court clerk and his deputies to amount where they were prior to reduction by the legislature of 1917.

S. B. 74—By Lachmund—Providing an appropriation for the construction of an armory at Silverton.

S. B. 75—By Pierce—To raise one mill additional tax for road purposes.

Aunt Of President Wilson Dies At Daughter's Home

Denver, Colo., Jan. 24.—Mrs. Helen Still Woodrow, 77, aunt of President

ECKMANS Calcerbs

FOR THROAT AND LUNGS

A Calcium compound that will bring relief in many acute and chronic cases. Provides in handiest form, a basic remedy highly recommended by science. Contains no harmful drugs. Try them today.

50 cents a box, including war tax

For sale by all druggists Eckman Laboratory, Philadelphia

Wilson, is dead today at the home of her daughter here. Stomach trouble caused death.

She was married in 1860 by the president's grandfather to a brother of the president's mother, Mrs. Woodrow was a guest at the white-house frequently.

WAR COUNCIL DECIDES

Paris, Jan. 24.—The supreme war council today decided to appoint a committee to examine the question of the apportionment of forces to be maintained on the west front during the period of the armistice.

The committee includes General Bliss, Marshal Foch, General Diaz, Winston Churchill, British secretary of state for war and Louis Loucheur, French minister of munitions.

The council also issued a public warning to all countries, particularly in eastern Europe, that the acquisition of any territory by force will prejudice the aggressors claim at the peace table.

THIN PEOPLE SHOULD TAKE PHOSPHATE

Nothing Like Plain Bitro-Phosphate to Put on Firm, Healthy Flesh and to Increase Strength, Vigor and Nerve Force

Judging from the countless preparations and treatments which are continually being advertised for the purpose of making thin people fleshy, developing arms, neck and bust, and replacing ugly hollows and angles by the soft curved lines of health and beauty, there are evidently thousands of men and women who keenly feel their excessive thinness.

Thinness and weakness are usually due to starved nerves. Our bodies need more phosphate than is contained in modern foods. Physicians claim there is nothing that will supply this deficiency so well as the organic phosphate known among druggists as bitro-phosphate, which is inexpensive and is sold by most all druggists under a guarantee of satisfaction or money back. By feeding the nerves directly and by supply the body cells with the necessary phosphoric food elements, bitro-phosphate quickly produces a welcome transformation in the appearance; the increase in weight frequently being astonishing.

This increase in weight also carries with it a general improvement in the health. Nervousness, sleeplessness and lack of energy, which nearly always accompany excessive thinness, soon disappear. Dull eyes become bright, and pale cheeks glow with the bloom of perfect health.

CAUTION—Although bitro-phosphate is unsurpassed for relieving nervousness, sleeplessness and general weakness, it should not, owing to its remarkable flesh growing properties, be used by anyone who does not desire to put on flesh.

Carter's Little Liver Pills

You Cannot be Constipated and Happy

A Remedy That Makes Life Worth Living

Small Pills Small Doses Small Price

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

First Because of the Last

The New Principle In Shoemaking

—A Shoe can be no better anatomically than the LAST on which it is made—for the LAST gives SHAPE to the Shoe.

—Brown Shaping Lasts reproduce the perfect foot, along Nature's lines of grace and beauty—Provide ample toe-room, and thus prevent corns, bunions, bent bones, and broken arches.

For Boys For Girls BUSTER BROWN SHOES

—Are the only Shoes made on these famous Lasts—The only shoes that embody these new scientific principles in shoemaking—the only shoes that insure this positive protection, which your child needs.

—BUSTER BROWN SHOES are well made, from fine leathers, with Government standard oak-tanned soles—will out-wear ordinary shoes, yet cost but a trifle more.

—Put them on your next shopping list.