THE DAILY CAPITAL JOURNAL, SALEM, OREGON. WEDNESDAY, FEBRUARY, 19, 1919.

FOR WASHING HAIR

PRATUM NOTES.

(Capital Journal Special Service) Pratum, Ore., Feb. 19.-Mr. and Mrs Salmon and family were recent Salem * * * * * * * * * * * * * * * * * * If you want to keep your haar in good condition, he careful what you visitors. Miss Hulda Krehbiej spont the week-end with her sister, Mrs. Herbert Hum-

Wiss Hulda Krehbiel spont the week end with her sister, Mrs. Herbert Humphreys of Salem.
Little Paul Silke celebrated his 4th birthday on St. Valentines Day. A number of his small friends enjoyed the afternoon with him.
Mr. and Mrs. Lambert and family spent Thursday with their son's family at Newberg.
Mr. and Mrs. Fred De Vries were Salem visitors on Saturday.
Miss Barbare Heyerly is visiting with relatives at Pratum.
Miss Lenna Greig was a recent Sliver ton visitor.
Sond condition, he careful what you wash it with.
Most soaps and prepared shampoos contain too much alkali. This dries the sealp, makes the hair heir their son's family greaselees), is mach better than the most expensive soap or anything else you can use for shampooing, as this can't possibly injure the hair.
Simply moisten your hair with wat er and rub it in. One or two tenspoon fuls will make an abundance of rich, creamy lather, and elcanses the hair and sealp thoroughly. The lather rinses out easily, and removes every particle

TELLS DYSPEPTICS

Miss Lonn Greig was a recent Sliver on visitor. Joe Cruhane was a Salem visitor on saturday last. TELLS 'DYSPEPTICS WHAT TO EAT Indignation and prostigally all farm

COCOANUT OIL FINE

Indigestion and practically all forms of stomach trouble, say medical author-ities, are due nine times out of ten to HAZEL GREEN NOTES an excess of hydrochlorie neid in the stomach. Chronic "neid stomach" is (Capital Journal Special Service) Hazel Green, Ore., Feb. 18.-Mrs. Daisy Bailey went to Portland Friday in

exceedingly dangerous and sufferers hould do either one of two things.

should do either one of two things. Either they can go on a limited and often disagreeable diet, avoiding foods that disagree with them, that irritate the stomach and lead to excess acid se-cretions or they can eat as they please in reason and make it a practice to counteract the effect of the harmful acid and prevent the formation of gas, sourness or premature fermentation by the use of a little Bisurated Magnesia at their meals. There is probably no better, safer or more reliable stomach antincid than Bi-ter, and Mrs. Mark Aspinwall are going to live in the M. J. Montgomery house. Mrs. Matilda Van Cleave and daugh-ter, Bertha, left Wednesday for Seat-tle and Dayton where they will visit relatives. A baby boy arrived at the Lukeen-beal home last Wednesday. G. G. Looney and the Williamson family have been having a round of colds.



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IN THE ARMENIAN CAMPAIGN The Russians seized Widje and an	AMUSEMENTS THE SOLDIER BOYS-Pool and bill hard parlor is now open under new monotomical and it conders non and	600 . bet on sto fre

and pieced a quilt; Mrs. R. H. Simpson 42 pairs of sox; Mrs. T. F. Kelsey, 25 pairs; Mrs. R. Stevenson, 38; Mrs. Hariet Richards, 27 and two sweaters.

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Right side down between two.

YESTERDAY'S ANSWER

The Capital Journal

Daily Market Rep

There were 38 active knitters under Mrs. Lorence's direction during has winter when most of the work was ac-

WAR PUZZLES

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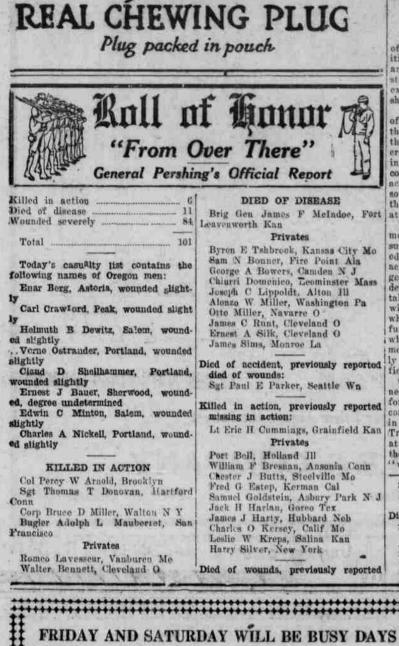
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