

Your Other Brain

Down in the abdominal cavity lies a great "plexus" or network of nerve centres, that has been called the "abdominal-brain." It cannot think. Its functions are to superintend and keep in operation various mechanical processes, such as the proper secretion of moisture by intestinal glands and adequate action of intestinal muscles in the walls of the bowels.

It receives messages from nerves in various regions of the body, but being unable to reason, it often acts blindly, imperfectly, or improperly. It may stop secretion, lessen muscular action—and the result is constipation.

Castor oil, pills, salts, mineral waters, etc., do not reason with the abdominal brain, they force it to temporary action, until the bowels move. But this is followed by a sulky attitude or even a "strike" by your other brain, and the constipation is increased not cured.

90% of human illness results from self-poisoning, caused by constipation.

But Nujol acts differently. Nujol is not a drug, does not act like any drug.

Nujol acts mechanically to coax the bowels to move easily and thoroughly at regular intervals.

Nujol supplies necessary moisture to bowel contents, makes it easier for tired intestinal muscles to act, absorbs poisonous matter, overcomes stagnation and by so doing persuades the abdominal brain to act rationally and efficiently. Nujol has no deleterious after effects, forms good habits instead of bad ones, overcomes constipation at any age, under any conditions.

Get a bottle of Nujol from your druggist today and send coupon for free booklet—"Thirty Feet of Danger."

Warning: Nujol is sold only in sealed bottles bearing the Nujol Trade Mark. Insist on Nujol. You may suffer from substitutes.

Nujol Laboratories
STANDARD OIL CO. (NEW JERSEY)
50 Broadway, New York



Nujol Laboratories, Standard Oil Co. (New Jersey), 50 Broadway, New York. Please send me free booklet "Thirty Feet of Danger"—constipation and auto-intoxication in adults.

Name _____
Address _____

PERSONAL

Ret. E. N. Avison is spending the day in Eugene, leaving on the Oregon Electric this morning.

Supt. J. A. Churchill left this morning for Portland on a business trip.

H. W. Booth of Roseburg is a visitor in the city today, stopping at the Masonic hotel.

Among recent arrivals at the Capital hotel are F. Watson of Klamath Falls; J. J. Simmons, Dallas; R. E.

Spicer and Myrtle Zimmerman of Albany.

Mrs. Thomas F. Ryan of Gladstone, wife of former assistant state treasurer Ryan, came to Salem yesterday to undergo an operation. She is at the Salem hospital.

Mrs. H. L. Marsters, formerly a resident of this city, left Saturday afternoon for Salem where she now resides. She has been visiting for the past two weeks with friends in this city. *Roseburg News.*

W. P. Brager, manager of the Dinger Fruit Packing Co., spent the day in this city inspecting the local plant and attending to business matters. He

states that he anticipates a great fruit year and that all of the process plants will be crowded to capacity during the coming season. *Roseburg Review.*

Wenatchee Boy Elected President Of Philodorian

Ralph Thomas of Wenatchee, Wash., was elected president of the Philodorian Literary society of Willamette University at the last meeting. Thomas is a prominent sophomore, being at present treasurer of the State Oratorical association and manager-elect of the Willamette Collegian. Other officers were Howard Mori, vice-president; Bryan McKittick, secretary; Bayard Finley, assistant secretary; Leslie Fisher, treasurer; Laurene Bowersox, critic; Orville Reppert, and Harold Nichols, sergeant-at-arms.

A one-act farce play entitled "Graft" will be put on in the society hall Wednesday at 8 o'clock. All junior and senior male students of the high school are invited to be present.

Three Salem Men On Board Hospital Train Bound West

Portland, Or., May 6.—A special hospital train carrying 130 sick and wounded soldiers will arrive in Portland at 6:30 o'clock this evening, stopping until midnight when the journey to Camp Lewis will be resumed. Among those aboard are the following: Fred D. Haughwout, 33rd bakery company, Salem; Private William M. Murphy, 307th infantry, Salem; Private Joseph L. McCombs, 305th infantry, Salem; and Sergeant William Baker, 33d telegraph battalion, Eugene.

COURT HOUSE

Mrs. Beatrice E. Townsend, administratrix of the estate of Thomas E. Townsend, appeared before the county court yesterday and presented her account as administratrix. The personal property amounted to \$15,622.28, the real estate \$200, and interest collected \$50.56, making the total value of the estate \$15,872.84. The administratrix, the report shows she has expended \$849.95. June 4 was set as the date for the final hearing.

A marriage license was issued this morning to Phillip H. McLaughlin, 51, of Silverton, a farmer, and Mrs. Helene Caplin, 54, also of Silverton. This was his first marriage and the second for her.

The final account of A. R. Siegpund, administrator of the estate of Orville Courville, was approved by the county court this morning.

In the matter of the suit of Felicité M. Manning against Mary F. Gregoire, the motion of the defendant to set aside the decree was overruled by Judge Bingham.

In the suit of O. E. Fletcher, versus Sophia Fischer and others, which was tried at the last term of court, the defendants object to the suit bill of witness Geiser, claiming he traveled only 36 miles instead of 72. Also that of witness F. S. Appleman, who was allowed in the case bill two days and whose defendant claims should have been allowed but one day.

Tena A. Hoesdahl has brought suit against John Hoesdahl for a divorce. They were married in 1910. She alleges that he called her bad names and threatened to kill her. The plaintiff conducts the store at McKee station and she alleges he hangs around the store after dark.

City News

A meeting of the veterans of the late war will be held Thursday evening at the armory to discuss plans for observing memorial day and for the July 3-4-5 homecoming event. It is understood that the young veterans are planning to take part in the Memorial day exercises. At the meeting there will be adopted by-laws and constitution of the organization.

The Cherrians responded to the weekly drill last evening to the number of 65. Captain Mangis put them through the work for about two hours. With this number responding to the Monday drilling, Captain Mangis believes they will be ready for the Odd Fellows state convention Memorial day exercises, Rose festival, or the great homecoming and Fourth celebration and for the annual junketing trip to be taken some time next August.

Now that the war is over, Irish investment houses are looking to this part of the country for desirable investments. The head office of one firm, located at Westland Row, Dublin, Ireland, writes the Salem Commercial club it is sending competent engineers to this country, and if there is anything that requires inspecting before the making of a loan, the office is willing to send its engineers here.

G. I. Lewis, of the Oregon Agricultural college, who addressed members of the Commercial club yesterday at the weekly Marion hotel luncheon, said that he knew of many districts without one tenth of the resources of this valley that did ten times the advertising done in the Willamette valley. He was of the opinion that the advertising of the valley should be brought to some high standard and that it should be uniform.

With revenue stamps amounting to \$26.50, showing that the transaction involved \$20,500, a deed was filed yesterday in the county recorder's office transferring title to 167.43 acres of land in township 7 south, of range 2 west, Charles B. Durbin and wife were the grantors and William Both the purchaser. The farm is just a few miles directly east of Salem.

A party consisting of Mr. and Mrs. W. T. Stolz, Margaret and Richard Stolz and Miss Nina McNary will leave this evening for a six weeks visit in Washington, D. C., with Senator McNary. They will travel direct to Colorado Springs and then through to the north on their way east. Mrs. Stolz and Miss McNary are sisters of the senator.

At the meeting held yesterday between Judge Bushey and the county commissioners and the committee appointed by the good roads meeting, no changes were made in the location of the proposed 100 miles of hard surface and 50 miles of gravel roads. The main work was that of figuring out the apportionment for each road district. As the matter now stands, each road district will get on its roads, the amount it pays in from special taxes and the bonds to be issued, plus a proportion of the amount raised in Salem. The big work of this committee, cooperating with the county court, is to determine just what part of the road in each district is to be hard surfaced and what part shall be gravelled. The hard surfacing is estimated at \$15,000 a mile and the gravel roads at \$4000. If a district has a certain amount of money, the problem before the county court and the committee is to distribute the money to the best advantage of the district. Two thirds of the money raised in Salem will be given to the Salem market roads district, and one third to the outlying district. By this method, the weaker road districts get a proportion of Salem money.

Work on the Valley Packing house, to be erected north of the city by Stensloff & Cross, is progressing rapidly and now it is thought that the plant will be ready for business by October 1. By the way, the packing plant will be of such proportions that the government will keep three inspectors on duty at all times. As in other large packing plants, no meats will be shipped until having received the official O. K. of the inspectors.

The police are on the track of the thieves who recently stole two Chevrolet cars. This morning one of the police force left for Vancouver, W. A., to bring back one of the thieves. The police force has been making life miserable for automobile thieves.

Dr. L. R. Springer, dentist, Moore bldg. corner Court and Liberty. Phone 114.

Dr. B. L. Steeves, who is doing the south in his Studebaker, writes friends here that it is pretty tough sledding in northern Florida and Georgia. He has just visited Savannah, Georgia, and is now heading north for Richmond, Virginia. Judging from his general comments on conditions, he has found no roads or country that compares with this part of the world.

Charles Gilmore who died in Oregon City yesterday will be buried in Salem Thursday. The services will be held in Oregon City and the body forwarded to Salem in care of Seib & Clough for burial in the Odd Fellows cemetery. He was a member of the

If you care for health and sturdy vigor, you'll care for Grape-Nuts a superb wheat and barley food. Delicious!

Tomorrow - Thursday

LILA LEE



"PUPPY LOVE"

"Let us dream of the days that are gone, Maggie, When You and I were young" —Old Song.

"NICK 'O TIME BABY"

A first class comedy

THE OREGON

Knights of Pythias. Mr. Gilmore was born in Salem and lived here until a few years ago.

Leumel E. Estob of Company D, 127th regiment, 33d division, arrived in New York today, according to a telegram received by his mother, Mrs. A. C. Estob, of 325 Myrtle avenue. He has been in the service about two years, enlisting from Willamette university. After six months of training in this country, he was sent overseas and has been in some of the heavy fighting. He was a former member of Company M.

Salem lodge No. 336, B. P. O. E. will give a dance this evening for Elks and ladies at the lodge rooms. Dancing at 9 o'clock.

The highway commission are meeting in Portland today for the purpose of considering bids on 17 paving and grading projects, and also bids on about \$500,000 worth of road bonds.

New Director General Of Twelfth Restrve Bank Named

San Francisco May 6.—(United Press.)—John G. Calkins, deputy governor, was this afternoon elected governor of the Twelfth federal reserve bank, succeeding the late James K. Lynch. Calkins became paying teller upon the establishment of the federal reserve

bank and later became deputy governor in charge of branches.

For Biliousness

Sick Headache, Sour Stomach, Bloating, Gas, Constipation—all these distressing consequences of indigestion are avoided if the bowels are kept open and regular.

FOLEY CATHARTIC TABLETS

act promptly, without pain or nausea. They clear the bowels, sweeten the stomach and tone up the liver.

VELVET THE SMOOTHEST SMOKING TOBACCO

WHEN I smoke, I want my tobacco cured by Mother Nature—not by Mother-in-law Process.

There is nothing harsh in Nature's methods—no stunts, no "hurry-up."

Her quiet, patient way with VELVET during its two years aging in wooden hogsheads, brings out all the kindly comfort of fine Kentucky Burley leaf.

The quicker, less expensive methods cannot possibly produce the fragrance, coolness and downright pipe qualities of VELVET, cured in Nature's way.

Today it is your privilege to enjoy, with hundreds of thousands of other smokers, this mild and friendly VELVET tobacco.

Roll a VELVET Cigarette 15c

VELVET'S nature-cured mildness and smoothness make it just right for cigarettes.

Cascarets CANDY CATHARTIC.

THEY WORK WHILE YOU SLEEP

Children wake up with a Clean Tongue, Sweet Stomach, Clear Head. All Feverishness, Biliousness and Constipation Gone! Delicious Laxative!

YES

The last is cut away in the shank, especially on the inside and a "hammock" constructed in the shoe supporting the arch at this point. These two features working together give a support and uplift to the foot not found in any other style. This is the "Unlocked Process" shoe for Men and Women.

If you wear these shoes you will not have bunions or callouses on your feet. You do not have to take any chances. Come to us and we will give you the names of those who wear them and you may ask them.

Paris SHOE SHOP HOME OF QUALITY

WE DO SHOE REPAIRING AND DO IT WELL