

# How Much More Tobacco Will My Heart Stand?

## A Vital Question for Every Man Who Smokes or Chews to Answer.

May Cost a Life to Find Out By Experiment

The heart of every user of tobacco bears a double burden. It does its allotted task and then fights nicotine for supremacy. As long as the heart wins he lives; when it loses he dies, but before the final victory of nicotine you pass through many stages of decline and decay and suffer many pains. Hearts are like human beings—some are stronger than others, therefore some hearts will stand more tobacco than others, but there is a limit to what any heart can stand. The man who puts this additional strain on his heart a dozen times a day by smoking cigarettes, a pipe or cigars—or chewing tobacco—is taking a madman's chance with health and life to lose and nothing to win but the chance that he may lose them. He is indulging in a costly habit at the expense of precious health. Ask any doctor anywhere, and he will tell you that using tobacco is injurious and that it is far better to quit the habit than to experiment to find out how much tobacco your heart will stand without serious results.

But the thought of quitting is unpleasant to most men—even to those who know that tobacco injures them—

and to really quit takes more will power than they have and causes more suffering than they can voluntarily endure. To quit the habit, make it easy for yourself by getting Nicotol tablets and taking them as directed. The habit really quits you and its departure is a pleasure equal to its indulgence.

If you want to know how much easier it is to quit the habit with Nicotol than without it, go twenty-four hours without tobacco and note what an effort it costs you, then begin using it as usual and take Nicotol tablets. At the end of a week discontinue smoking or chewing for a day and it is probable you will have no desire to resume. At least your desire will be greatly diminished and another week or two should make it not only possible, but a pleasure to quit.

Manufacturers' Note: Nicotol is sold under the positive guarantee that it is not injurious; that it contains no habit-forming drugs; that it will help any man to throw off the tobacco habit, and that any druggist will refund the entire purchase price if it fails. It is dispensed in Salem under this guarantee by D. J. Fry and other good druggists.



E. R. PARKER (Painless Parker)

### SAYS:

Making artificial teeth on plates is a specialty. You need not suffer with loose plates that move about in your mouth when you talk or eat. Under the E. R. Parker System specialists in this work have developed plate making to its highest point.



**PAINLESS PARKER DENTIST**  
State and Commercial Streets

### NON-STOP

(Continued from page one)

They began when half an hour after starting the armature shaft of the dynamo generating electricity for the wireless was fractured. We received

no information from any source and didn't exchange a single wireless signal.

"Our experiences show the need of dependable weather observations. Reports here led us to believe that conditions were favorable, but almost immediately we ran into banks of clouds and sleet and fog. During the night it was unaccountably not knowing how high we were or whether we would at any moment plunge into the sea. Several times sleet froze our radiator shutters and the petrol gauges were covered with ice. Indeed, I do not believe we saw water more than six times during the flight and we saw the sky for not more than half an hour at any time."

### HAZEL GREEN NOTES

(Capital Journal Special Service) Hazel Green Or, June 16.—Mr. and Mrs. David Peterson of St. John's visited relatives here last week. Mrs. W. G. Davis spent the week end in Salem.

E. A. Dunigan and wife visited relatives at Mill City last Sunday and were accompanied home by their daughter-in-law, Mrs. Harry Dunigan. Rev. F. Fisher and Miss Emma Fisher went to Philomath Monday to attend the college commencement.

Miss Pers Grimes entertained several girl friends at dinner last Sunday in honor of her sixteenth birthday. Mrs. Reeves of Seattle is the guest of her sister, Mrs. Arthur Lander. Chas. Zailinski of the 125th Infantry recently returned home from France. Mrs. G. G. Looney gave a birthday party on the 8th of June for her young sons, Gay and Glenn. About eighteen children and mothers were present.

A good audience greeted G. F. Phelps Sunday evening and were greatly pleased with his discourses of of France. Mrs. L. S. Overman of Philomath accompanied Miss Emma Fisher on her return Thursday and will spend the week end. G. G. Looney and family motored to

# LABOR WETS PROTEST WITH DEMONSTRATIONS

## Gompers Heads Delegation Which Marched Upon Congress Saturday.

Washington, D. C., June 14.—(United Press.)—Organized labor, backed by many anti-prohibitionists, today marched on congress with an appeal for the repeal of the time prohibition. Delegates from the American Federation of Labor convention at Atlantic City and scores of local unions swarmed the capitol plaza, until it was one big mass of people, carrying flags and banners urging congress to act.

From the capitol steps several short speeches were made by President Samuel Gompers of the American Federation of Labor who is back of today's demonstration, and other labor leaders. Representatives from the various states were assigned to personally talk to their congressmen. Meanwhile labor leaders asked the senate judiciary committee to act before June 30 on the question of prohibition.

Several days in the house are planning a counter demonstration in the form of scores of telegrams to show many local unions in prohibition territory particularly do not approve of the stand of Gompers.

A St. Louis delegation headed by Marvin J. Cassidy appeared before the house judiciary committee.

"The only place where prohibition has been in effect is Russia, and Lord deliver us from conditions there," Cassidy said.

"The beer special," as the passengers called it, left Atlantic City at 8 o'clock. It carried nearly 400 labor delegates who are attending the American Federation of Labor convention. The train carried a special baggage car fitted up as a bar which was detached at Baltimore to be restocked for the return of the delegates to Atlantic City tonight.

Sodaville and Lescumb this week and spent a couple of days with friends. Mrs. Adah Jones returned from Philomath Friday.

The W. M. A. met at the home of Mrs. Myrtle Bechtel Friday afternoon. A very pleasant and profitable time was enjoyed by those present.

Henry Dunigan came down from Mill City Thursday and took his family home. Mrs. Kirkpatrick and son Elroy of Salem, spent the week end at the home of W. G. Davis.

### T. MARKLAND DIES

A message was received here Tuesday from Stanfield, Oregon, announcing the sudden death of T. Markland, a well known citizen of Silverton. Mr. Markland had been called to Stanfield last Friday to pass judgment upon some land about to be purchased by Mr. and Mrs. Fred Thorne, who had much faith in Mr. Markland's judgment of land values. Mr. Markland was about 73 years of age and had been making his home with his son-in-law, John Davenport, south of town. He left home the middle of last week for eastern Oregon in apparent good health and the news of his death comes as a distinct shock to his relatives. Mr. Davenport left for Portland Tuesday to bring the body here, having met the remains there. —Silverton Appeal.

Salem's a Good Place to Trade

### HALLS CAMP NEWS

(Capital Journal Special Service) Halls Camp, Or., June 16.—D. E. Devine was called home to Lebanon Wednesday morning on account of his son Harold, who is to undergo a small operation.

Mrs. S. V. Hall was a Friday and Saturday visitor and doing some shopping in Albany.

The dance given at the hall Saturday evening for Mrs. Ralph Heath was enjoyed by all. Mrs. Heath and little daughter Irene left Wednesday morning for California where she will make an extensive visit with relatives and to improve her health. Mrs. Wayne Argotsinger accompanied her as far as Albany.

Mr. and Mrs. Geo. Gassner of Kington are visiting Mr. and Mrs. Clinton Parker. Mrs. Gassner is Mrs. Parker's mother.

Mrs. Arley Brown who was in Albany several weeks taking treatment is at home again with the family. Miss Mabel White, of Detroit, is doing the housework.

Mr. J. P. Parker left camp Wednesday morning for his home in Seio. On account of not being well he will not take up the work again here.

### U. S. TROOPS CROSS

(Continued from Page 1.)

Mexican territory south and east of Juarez, capturing or killing every Villista soldier they can find.

The American advance into Juarez was undertaken at 11 p. m. Sunday, by orders from General J. B. Erwin, commander in the El Paso district to prevent further firing into this city as the result of the fighting in Juarez which was under heavy assault from a large Villista force.

Plotted by three armored cars, a number of American machine gun crews and one pounder led the advance. They were closely followed by negro troops of the 24th United States infantry, wearing trench helmets and campaign packs.

Two companies of the United States 19th infantry followed across the bridge to Juarez.

### Field Guns Made Ready

The preparations for the American entry of Mexico began at 7:30 Sunday evening when the first detachment of the colored infantry reached the American side of the international bridge. Colonel Arthur Hadsell was in command of the foot soldiers.

At about the same time the artillery took up its station at Old Camp Cotton, on the north bank of the Rio Grande. The field guns were immediately trained on Juarez ready for action.

The companies of the 10th infantry, long stationed at Fort Bliss for border duty, and the colored troops brought from Columbus, N. M., had machine gun and ambulance detachments. The American field hospitals on this side were cleared for action. Practically the entire force of American troops at Fort Bliss and along the border were kept under arms.

### City Like Cemetery

Juarez appeared to be a city of the dead when the United States soldiers entered. Three American business men of Juarez and the United Press staff correspondent had taken refuge in a building awaiting developments when the sound of a muffled engine was heard in the dark.

Three dark shapes crawled around the corner. They were three American military armored motor cars. Close behind tramped a dark mass. This proved to be the soldiers of the 24th infantry. As they passed the sentina the four Americans in hiding there stopped

# MOTHERS



## LET US HELP YOU

We have for your convenience and the health of your child a "Play Suit," that completely cover them up and protects the child in every way. A child to be healthy should have plenty of exercise and certainly all the fresh air they can breathe—that means outdoors. This beautiful weather they should be outdoors enjoying their young lives.

Send "Bobbie Junior" out to play in his regular clothes for just ten minutes then examine them—you'll understand just why we always keep a large and complete stock of these suits for you. They will save you hours of work at the "wash tub" and add years to your life and happiness while doing so.

They come in good heavy weight—Blue Denim, Blue Chabra, Khaki—and bear the well known "Boss of the Road" brand.

### Boy's Suits

A large express shipments of boys suits have just arrived at Bishop's for the inspection of the boy who is in need of a Bishop's Suit.

Suits from 6 years, including one for Granddad.

Will You Help? The Salvation Army helped our boys who sleep in foreign lands and those who came back. Can we do less? June 22-23—"Follow the Beat of the Drum."

Every Family in Marion and Polk Counties a Patron.

# Salem Woolen Mills Store

forth to prevent accidental shooting. They were arrested and sent under guard to the El Paso.

The American advance encountered little resistance at first. But sniping against the United States forces began within a short time. After one American soldier was reported killed orders were given to hunt down snipers and kill them on sight.

In the meantime, the gaze of the 24th United States field artillery opened a bombardment from the El Paso side against the race track east of Juarez where Villistas were entrenched.

### Cavalry Follows Barrage

The Fifth and Seventh regiments of United States cavalry drove their mounts through the shallow waters of the Rio Grande. Colonel Selah Tompkins of the Seventh, commanded the cavalry brigade. He directed an enveloping movement against the race track, following up the hex barrage of the American artillery which was intended to cut off the Villistas there from escape.

At last reports the American advance was going well. General Erwin officially announced that no intervention or invasion of Mexican soil in any punitive expedition such as followed the Villistas' raid on Columbus, N. M., several years ago, is intended in the present expedition.

As soon as the safety of El Paso and its citizens is assured, Erwin stated, the American troops will be withdrawn to this side again.

The American crossing was made with typical Yankee dash. Within ten minutes after orders were given the advance forces were entering Juarez. The preparations were made with the same thoroughness as far as a night raid on the western front, but on a smaller scale here.

### Deal Laid in Streets

The American troops found Juarez filled with dead and wounded Mexicans of both factions, while the inhabitants covered in their adobe homes. Fighting has been going on in Juarez intermittently since last Saturday night when the rebel attack opened against the Carranzista garrison.

Dead were lying in distorted attitudes over curbing. Dogs were prowling among the fallen Mexicans. The Cruz Blanca or "white cross" hospital in Juarez was caring for 32 wounded rebel and federal soldiers.

All El Paso witnessed Sunday's fighting from vantage points on the American side.

Several El Pasoans injured; also two American soldiers on border duty. General Erwin cited these cases in explanation of his order for the American troops to cross and disperse the Villistas.

### Bandits Had Advantage

The fighting in Juarez between the two Mexican factions raged at intervals throughout Saturday night and Sunday. Twice the Villistas penetrated to the center of the town. With the main Villistas force held in the reserve the situation did not look bright for the Carranzistas when the American troops came to their assistance.

Reports on possible American casualties in and around Juarez are not yet available.

After prisoners in the Juarez jail were liberated an American prisoner said to have been John Anderson was shot dead as he was trying to make his way to the international bridge.

Corporal Edward C. Kelly, mother truckman, was shot through the right leg at the Santa Fe bridge Sunday morning.

### Protection is Reason

Washington, June 16.—(By United Press.)—The sole purpose of the American soldiers in crossing the Mexican border is to protect life of Americans, Secretary of War Baker said in commenting on the situation there. "There is no possibility of a misunderstanding between the republic of Mexico and the United States with regard to the protection of life on the American side," Baker said. "In many instances previously it has been necessary for the American forces very briefly to cross the border to

disperse bandit forces. The sole purpose of the American soldiers is to protect life on the American side."

Communication with General Cahill, in charge of American forces on the border, has been interrupted, it was said at the war department today, but attempts are being made to restore it by land and wireless.

### For Skin Tortures

Don't worry about eczema or other skin troubles. You can have a clear, healthy skin by using Zemo, obtained at any drug store for 35c, or extra large bottle at \$1.00.

Zemo generally removes pimples, blackheads, blotches, eczema and ringworm and makes the skin clear and healthy. Zemo is a clean, penetrating, antiseptic liquid, neither sticky nor greasy and stains nothing. It is easily applied and costs a mere trifle for each application. It is always dependable. The E. W. Row Co., Cleveland, O.

## What MAY Children Drink?

This is a real problem where parents use tea or coffee, which they are well aware the children should not drink.

# INSTANT POSTUM

solves the problem.

This delicious cereal drink is free from caffeine, and contains nothing but healthful goodness.

Let the children drink POSTUM—all they want. "There's a Reason"

## The Perfect Oil for Cooking and Salads



## Why Mazola Saves Money in Cooking and Makes Food Better

ONE of the most important things Mazola does for cooking is to take the place of butter.

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