

IF THIN, RUN-DOWN OR NERVOUS, TRY PHOSPHATE

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

When one stops to consider the loss of this people who are searching continually for some method by which they may increase their flesh to normal proportions by the filling out of ugly hollows, the rounding off of protruding angles with the attendant bloom of health and attractiveness is no wonder that many and varied suggestions along this line appear from time to time in public print.

While excessive thinness might be attributed to various and subtle causes in different individuals it is a well known fact that the lack of sufficient phosphorus in the human system is very largely responsible for this condition. Experiments on humans and animals by many scientists have demonstrated beyond question of doubt that a body deficient in phosphorus becomes nervous, sickly and thin. A noted author and professor in his book "Chemistry and Food Nutrition" published in 1918, says: "It is the amount of phosphorus required for the normal nutrition of man is seriously underestimated in many of our standard text books."

It seems to be well established that this deficiency in phosphorus may now be met by the use of an organic phosphate known throughout English speaking countries as Bitro-Phosphate. Through the assimilation of this phosphate by the nerve tissue the phosphoric content when absorbed in the amount normally required by nature soon produces a welcome change in our body and mind. Nerve tension disappears, vigor and strength replace weakness and lack of energy, and the whole body soon loses its ugly hollows and abrupt angles, becoming enveloped in a glow of perfect health and beauty and the will and strength to be up and doing.

CAUTION—While Bitro-Phosphate is unsurpassed for the relief of nervousness, general debility, etc., those taking it who do not desire to put on flesh should use extra care in avoiding fat-producing foods.



Our soldiers always pick out the plump, rosy-cheeked girls.



At the seaside too, the plump well rounded figure is most admired.

BUCKHECHT ARMY SHOE

For the man who is on his feet all day—a more comfortable shoe was never made. Hence the widespread popularity of the Buckhecht Army Shoe among business and professional men, sportsmen, outdoor workers, miners, farmers, mechanics, etc. A good, practical shoe for everyday wear! Built for comfort and service—built for you! Remember the name BUCKHECHT—stamped on every shoe for your protection.



BLACK GUNMETAL MAHOGANY CALF OR INDIAN TAN CALF

Get a pair today! Exclusive Agent PARIS BROTHERS 457 State St., Salem, Ore.

Former Oregon Stockman Decorated For War Work

San Francisco, July 17.—Major D. O. Livesley, noted in the livestock world and formerly connected with the Portland Union stockyards, has been

decorated with the Order of St. Stanislaus with swords by the governor general of northern Russia, according to word received by the Pacific division of the Red Cross today. The decoration was in appreciation of his work in distributing foodstuffs among war victims.

Livesley was director of the live stock exhibit at the Panama-Pacific International exposition here. He went to Archangel in August 1918 with a shipment of foodstuffs.

The Apple Growers' association of Hood River expect to ship eight carloads of cherries to Minneapolis.

POISON OAK
Wash with weak solution of blue stone or lime water, dry thoroughly, follow with light application of—
VICK'S VAPORUB
"YOUR BODYGUARD"—30¢, 60¢, 1.20

SOCIETY

By Gertrude Robinson

SINGLY, and in groups, the boys with the golden stripes are coming home. Daily from Brest and St. Nazaire the great grey ships put out to sea with their precious cargoes; daily at Hoboken and Newport News the painted vessels surround their olive drab loads and return for more. The paths across the ocean are kept smooth and straight by the passing of the endless caravans. With a rapidity that is record breaking, in spite of the fact that, for those who are waiting still, the time drags by at a snail's pace, demobilization is taking place. One by one, or in groups of two or three the Salem boys are returning. For the countries in which they traveled, the ancient and historic places they have seen, they have a great deal to say. The sights of Paris, the wonder of Versailles, the beautiful chateaux of France—even the towered castles and fortresses above the Rhine, come in for their share of praise. But for the deeds they performed the feelings they experienced, the thoughts that robbed their nights of sleep or filled them with dreams of the past and future—of all the things that we cannot find in histories and geographies, they say nothing. Perhaps the day will come, in the years ahead, when the remembrance of the years of 1917 and 1918 will come to be synonymous with grief and horror, and they will tell us the things we want the most to hear. Until then, we know that by reason of their very silence they have been heroes all.

One of the latest arrivals from overseas is Captain John J. Elliott who is at present awaiting his discharge at Camp Lewis. Tuesday, when he passed through Portland on his way north, his parents, Mr. and Mrs. F. A. Elliott, spent the day in the metropolis with him.

Mrs. Ben W. Oleott is the house guest of her sister, Mrs. Oswald West, at Eccla beach.

Edith Carter Kusey, daughter of Mr. and Mrs. C. C. Kusey has returned from Spokane and will spend the summer with her parents at their home on South 19th street. Miss Kusey, who is well and very favorably known in Salem has been head of the Spanish department of the Lewis and Clark high school in Spokane and will return in the same capacity next year. At present she is in Portland and will bring home with her as her guest, her sister, Mrs. R. O. Ashley and small son Karl, who will stay for a visit of indefinite length.

Among the Salem women who are attending the synodical meeting of the missionary societies of the Presbyterian church, which is being held in Eugene, are Mrs. Thomas S. Anderson and Mrs. Charles A. Park.

That the University of Oregon will be able to start building the proposed woman's building this summer seems assured. The board of regents has decided that the building can not be started until the first \$50,000 has been raised, this to be matched by another \$50,000 by the state. Of the first \$50,000, President Campbell and Mrs. George T. Gerlinger, regent of the university and head of the building campaign, estimate \$16,000 has been raised. It is planned to make the effort to raise the remaining \$34,000 by August 1, when it is hoped that the contract for the shell of the building may be let.

Friends of Mr. and Mrs. Roy Vinyard (Alla Patterson) will be pleased to learn that they have returned from their wedding trip and are in Salem for a short time before going to Portland to make their permanent home. Immediately after their wedding, which was one of the prettiest affairs of early June, the young couple left for an extended tour of the far north. Among the most beautiful sights they saw in Alaska was Taku glacier, and a picturesque and pleasant trip was taken to Skagway over the Yukon and White Pass railway.

Heal Skin Diseases

It is unnecessary for you to suffer with eczema, blotches, ringworm, rashes and similar skin troubles. Zemo, obtained at any drug store for 35c, or \$1.00 for extra large bottle, and promptly applied with usually give instant relief from itching tortures. It cleanses and soothes the skin and heals quickly and effectively most skin diseases.

Zemo is a wonderful, penetrating, disappearing liquid and is soothing to the most delicate skin. It is not greasy, is easily applied and costs little. Get it today and save all further distress. The E. W. Rose Co., Cleveland, O.

Mrs. J. A. Sellwood and Mrs. Henry Earl will serve as hostesses for the women's auxiliary of St. Paul's parish, Friday, July 17 at 2:30 p. m. at the home of the former, 463 North Front street.

Mrs. Mattie M. Sleeth, state president of the Oregon Women's Christian Temperance Union, left yesterday for an extended trip in the interest of the jubilee drive and general work of the union. She will speak in Riddle, Medford, Central Point and at the Ashland chautauqua and then go to Klamath Falls. On her return she will fill dates at Eugene, Gardiner, Myrtle Point, Powers, Bandon, Marshfield, Coquille and North Bend.

After visiting for several weeks at the R. E. Carrier residence, Mrs. Nelson Carrier has returned to her home in Chicago.

Mrs. Harry Mohr has returned from a two weeks vacation in Seattle.

Miss Lena Baumgartner who has been visiting friends in Roseburg is home again.

Mrs. Burns' Letter

Here is a letter that is certain to prove of interest to people in this vicinity, as cases of this sort occur in almost every neighborhood, and people should know what to do in like circumstances:

Savannah, Mo., Oct. 12, 1916. "I used a bottle of Chamberlain's Colic and Diarrhoea Remedy about nine years ago and it cured me of flux (dysentery). I had another attack of the same complaint some three or four years ago and a few doses of this remedy cured me. I have recommended Chamberlain's Colic and Diarrhoea Remedy to dozens of people since I first used it."

Compromise Expected To Settle Strike In Mines

Butte, Mont., July 17.—(United Press)—President Cornelius F. Kelly of the Anaconda Copper Mining company has offered a compromise wage increase of \$1 a day to all the employees of the company's mines.

If the workers accept the offer, underground miners will receive \$3.75 per day. Other crafts will be paid a proportionately higher wage.

It is believed the offer will be accepted by the unions and a general strike averted.

TO MAKE HAIR WAVY AND CURLY IN ONE NIGHT

Someone has made the discovery that simply applying liquid salmerine with a clean tooth brush will actually make straight hair beautifully curly overnight! The liquid, which is of course perfectly harmless, has the peculiar property of drying in pretty waves, creases and ringlets. It also serves as a splendid dressing, keeping the hair delightfully soft and glossy. A few ounces of liquid salmerine obtainable at any drug store, will keep the hair curly for weeks. It is neither sticky nor greasy, but quite pleasant to use. It produces a curliness which is the nearest thing to "Nature's own."

STAYTON NEWS NOTES

(Capital Journal Special Service.) Stayton, Or., July 17.—Mrs. Eliza Taylor and baby have gone for a visit with relatives in Portland. They will also visit Tacoma, Seattle and Victoria, B. C., before returning.

Mr. Stewart and wife of Lincoln, Nebraska, have been visiting at the home of his daughter, Mrs. J. W. Mayo. Mr. Stewart is a large stockholder in the Farmers & Merchants bank. Sunday, in company with E. B. Day and family of Albany and S. C. Stewart and daughter of Lebanon they motored to the Taylor grove.

Miss Gladys Hamman has gone to Salem, where she will attend business college.

Mrs. J. P. Wilbur has returned home from an extended visit with relatives in Berkeley and other California towns. Ed Hamman and family have moved here from Turkey and are occupying the Shreve house.

The Walsh and Waluga elms, of the Waldo Hills, held a picnic at the Taylor grove on the Little North Fork Sunday. There were about 100 automobiles on the ground and more than 300 people. They enjoyed, sang patriotic songs, swam and visited themselves generally.

George A. Smith has been sending out considerable literature telling of the advantages of Stayton to inquiring persons in the eastern states. Mr. Smith has transferred a number of pieces of property the past few months, and expects to bring a number of people to this place before the end of the year.

J. P. Davis has been on the list of sick but is reported improving.

Fitz Down, who has been visiting here, has returned to Hoskins, Ore.

Edward Bell is off duty at the bank for a short vacation and is visiting in Portland.

Mrs. E. C. Caldwell is visiting her

"Forget It"—Buy At Home

Are You Progressive?

Do you prefer to go along in the same old rut for years and years? Many people do not realize what a rut they had drifted into until they get an electric washing machine and find what a labor-saver and blessing it is. Ask any one who has an electric washer if they think it is worth its cost.

PORTLAND RAILWAY LIGHT & POWER CO.

Grow Wheat in Western Canada One Crop Often Pays for the Land

Western Canada offers the greatest advantages to home seekers. Large profits are assured. You can buy on easy payment terms. **Fertile Land at \$15 to \$30 per Acre**—land similar to that which through many years has averaged from 20 to 45 bushels of wheat to the acre. Hundreds of cases are on record where in Western Canada a single crop has paid the cost of land and production. The Government of the Dominion and Provinces of Manitoba, Saskatchewan and Alberta want the farmer to prosper, and extend every possible encouragement and help to **Grain Growing and Stock Raising**. Though Western Canada offers land at such low figures, the high prices of grain, cattle, sheep and hogs will remain. Loans for the purchase of stock may be had at low interest; there are good shipping facilities, best of markets; free schools; churches; splendid climate; low taxation (none on improvements). For particulars as to location of lands for sale, lease, illustrated literature, railroad rates, etc., apply to Dept. of Immigration, Ottawa, Can., or J. L. Forie, Cor. 1st and Post Sts., Spokane, Wash. Canadian Government Agent.

Mt. Angel district, in the Silverton section there are 98 acres already bearing with 63 acres coming on. It was there are 9 acres with 14 acres coming. The Mt. Angel district has six acres in loganberries while the Silverton district of about the same size has 48 acres of logans in bearing.

Chamberlain's Tablets

These tablets are intended especially for stomach troubles, biliousness and constipation. If you have any troubles of this sort, give them a trial and realize for yourself what a first class medicine will do for you. They only cost a quarter.

Not A Blemish mars the perfect appearance of her complexion. Permanent and temporary skin troubles are effectively concealed. Reduces unnatural color and corrects greasy skins. Highly antiseptic, used with beneficial results as a curative agent for 70 years. **Gouraud's Oriental Cream** Sent Free, Cash and Sign. FERTY, HOPKINS & SONS, New York

PRINCE ALBERT

PLAY the smokegame with a jimmy pipe if you're hankering for a hand-out for what ails your smokeappetite! For, with Prince Albert, you've got a new listen on the pipe question that cuts you loose from old stung tongue and dry throat worries! Made by our exclusive patented process, Prince Albert is scotfree from bite and parch and hands you about the biggest lot of smokefun that ever was scheduled in your direction! Prince Albert is a pippin of a pipe-pal; rolled into a cigarette it beats the band! Get the slant that P. A. is simply everything any man ever longed for in tobacco! You never will be willing to figure up the sport you've slipped-on once you get that Prince Albert quality flavor and quality satisfaction into your smokesystem! You'll talk kind words every time you get on the firing line! **CRIMP CUT LONG BURNING PIPE AND CIGARETTE TOBACCO**

R. J. Reynolds Tobacco Company, Winston-Salem, N. C.

25 Cents will Buy a big package of **POSTUM CEREAL** weighing over a pound, net. What are you paying for coffee?