

# IF THIN, RUN-DOWN OR NERVOUS, TRY PHOSPHATE

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

When one stops to consider the host of thin 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 medical author and professor in his book "Chemistry and Food Nutrition" published in 1918, says: "It is estimated that 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 Nitro-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 Nitro-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 checked girls.



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

## Naval Radio Plants May Be Used Commercially

Washington, July 24.—The request of Secretary Daniels that congress authorize...

### CONSIDER THIS WOMAN'S CASE

Mrs. A. L. DeVine of Los Angeles, Cal., says: "After I had suffered from a female trouble for years, not being able to do my housework, or get any relief from doctors, Lydia E. Pinkham's Vegetable Compound made me a well woman, and I want to tell the world the good this medicine does." This woman is perfectly justified, and should be commended for telling others how she regained her health.

use the use of the powerful naval radio stations for commercial messages seemed to meet general approval in the house today as the secretary's letter was referred to the naval affairs committee.

Chairman Butler stated he believed it would prove to be the only way of reducing congestion on the cables. The navy now owns 85 per cent of the radio stations in the country.

The wireless, it is believed, would prove a big factor in establishing much more satisfactory relations with the Orient. Nearly all messages across the Pacific are delayed a week.

\$\$\$—Keep Them Home—\$\$\$

## SOCIETY

By GERTRUDE BOBISON

UNEMPLOYMENT is rife in Belgium and presents one of the most serious problems in the post-war condition of that war worn country, according to Veliky B. Honsinger of the national war work council staff of the Young Women's Christian association, who is just returned from Europe.

"Toy making is a new industry introduced to offset in as far as possible the industrial paralysis affecting the country," says Miss Honsinger. To this end the best Belgian artists have been devoting their time in making designs for toys. These designs are carried out by vast numbers of people and the industry promises to be a permanent one.

"Manufacturing establishments are not yet able to resume operation as there is no machinery to take the place of that which was demolished by the Germans during their long occupation of Belgium and because of the lack of raw materials. Until both can be procured unemployment will continue to face thousands of Belgians." Old clothes sent by the Americans to Belgium have somewhat lessened the tension created by the employment situation among women according to Miss Honsinger, and they have proved a blessing to hundreds of women.

Miss Honsinger feels that too much cannot be said about the wonderful spirit and heroism of the Belgian people who remained in their homes and their shops during the entire occupation and who stuck to their principles in the face of the enemy, risking their lives over and over again for liberty and freedom during the four years and a-half.

No matter how much oppressed, Miss Honsinger says, the Belgian people stuck at their posts defiantly wearing green ribbon bows and green clothes and decorating their stores and houses in green—the color of hope, while all of the men were in leaf, the symbol of endurance, when the Belgian colors were ordered down. They obeyed the laws laid down by their oppressors but never once gave up their idea of freedom and worked consistently toward that end. During the time of occupation single copies of the London Times sold at five pounds, Miss Honsinger was told.

Miss Honsinger will lecture on her experience in Belgium, England, France and Italy on the summer circuit of the Chautauqua association of Pennsylvania.

Another Salem family has added its name to the long list of tourists spending their vacation outside the state. Mr. and Mrs. Russell Smith and son, Russell Jr., are enjoying a two weeks' motor trip in Washington.

Mrs. Theodore M. Barr, accompanied by her son Karl and two younger children, Josephine and Lawrence, left for Newport today where she will open "Barr Harbor" for the remainder of the season. They will be joined later by another son, Henry, and over the week ends by Mr. Barr.

# WHY? M. J. B. Coffee



is vacuum packed by special process which preserves its strength and rich flavor indefinitely.

The most economical coffee you can buy.

Remember Our Guarantee BUY THE FIVE POUND CAN AND SAVE MORE MONEY

Mr. and Mrs. Merle Prunk left yesterday for a short outing at Newport.

Guests of Mrs. W. F. Fargo during chautauqua week, are her two nieces, Misses Audrey and Rosella Bunch of Riverside Acres.

Mr. and Mrs. Victor Hendrickson, who have been guests of Governor Olcott, are in Portland en route to their home in Blooming Prairie, Minnesota.

Mrs. Anna Edwards of Pacific Junction, Mills county, Iowa, arrived at Brooks this week and will spend a visit with her mother, Mrs. Ella Barker, her sister, Mrs. Bell Grubbs and her two brothers, John and Edd Barker.

This is the first reunion in thirty one years. From Brooks she will go to Medford to spend a week's visit with her brother, Clay Barker and then, accompanied by her mother, will be the guest of another brother, Tom Barker, at Newport. Before leaving for home she will pass a few days in Portland. Mrs. Grubbs will accompany her to Pacific Junction.

Miss Vivian Pearce has arrived in Oregon for the purpose of inducing Governor Olcott to call a special session of the legislature to ratify the suffrage amendment. Miss Pearce, together with about twenty five or thirty other workers from Washington, D. C., are covering the United States in an effort to get the amendment ratified in time for the women to vote at the 1920 election.

An interesting visitor in the city is Miss Bell Shields who is a guest at the Dan Fry home. Miss Shields has recently returned from overseas where she saw duty as an army nurse at base hospital 62, Nevers, France.

Mr. and Mrs. B. R. Strum (Bell Darby) of Toppenish, Washington, are being congratulated upon the birth of a daughter, July 22d.

Mr. and Mrs. P. M. Toothare are enjoying a fifteen day camping trip in the Cascades.

Miss Lora Purvine has as her guest during chautauqua, Miss Maima Fox.

After a week's visit with her sister, Mrs. Theodore Roth, Mrs. Claude Hill, accompanied by her small son, has returned to Portland.

Miss Flora Hummel of Spokane is the guest of her sister, Miss Ethel Hummel, an instructor in the local high school.

The regular meeting of the Salem unit of American War Mothers will be held Saturday afternoon at 3 o'clock in the Commercial club auditorium.

The Illikee country club will entertain with an informal dance at the golf links this evening. All members are invited to attend.

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."

### SCOTT'S MILLS NEWS

(Capital Journal Special Service.) Scott's Mills, Or., July 24.—Items are scarce in this locality. The farmers are mostly busy taking care of their hay. The weather is very warm and a good rain would be much welcomed.

Mr. Myers has been quite ill but is better at present writing. Their daughter, Dorothy of Portland, came home to help care for her father.

J. A. Merry has sold over one hundred dollar of cherries from three trees. Mr. and Mrs. Adelman were in Salem last week where Mrs. Adelman had an operation for her ears. She is much improved in hearing.

Mr. and Mrs. W. H. Comstock, accompanied by Mr. and Mrs. Charles Scharlach of Mt. Angel visited relatives near Albany last week. Returning home Sunday evening.

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# WANTED

We Want Your Evergreen Blackberries

Red Raspberries .....12c lb.  
Black cap Raspberries 10c lb.  
Blackberries (Lawtons) 8c lb.  
Loganberries .....8c lb  
Evergreen Blackberries 7c lb.

We furnish boxes and crates, or we will buy them in buckets or anything you bring them in. Come and see us before you sell.

## MANGIS BROS.

Warehouse--High and Ferry Sts.  
PHONE 717  
Office 542 State St. Salem, Oregon

Mrs. Addie Smith has been nursing her mother, Mrs. Hosier of near Mt. Angel, who had the misfortune to fall and break her arm. We understand incorporation papers have been taken out for an association to build a new packing plant in our town and that over nine thousand dollars have been subscribed for that purpose by some of the pruned growers here. J. A. Taylor and Mr. and Mrs. Bert Scott were Portland visitors a few days ago.

Mr. and Mrs. J. A. Taylor visited in Middleton and Newberg last week. A letter from Will McGee, who is on his way home from France, stopped to visit with relatives in Missouri, states that he expects to be at home in the near future.

"Forget It"—Buy At Home \$\$\$—Keep Them Home—\$\$\$

## Save Tire Money

IN the gray sidewall construction Firestone builders produced a tire that delivers mileage way beyond all former standards. You are entitled to this new standard of service, obtainable only in—

# Firestone TIRES

MOST MILES PER DOLLAR

## The ARMCO IRON Advertisement

In this week's Saturday Evening Post is a reminder that ARMCO IRON is used in the construction of

AMERICAN ARMCO WEDGWOOD GAS RANGES

ARMCO IRON Resists Rust. It really doubles the life of a Gas Range.

Portland Railway Light & Power Co.

# G. W. Johnson & Co.

UNITED STATES NATIONAL BANK BUILDING

## Outfitters For Men

### Mid-Summer Specials

Balbriggan Union Suits made from fine Quality Egyptian Cotton. Summer Weight, all sizes. Special \$1.15

### Men's Summer Hats

Made in good quality Khaki Cloth, Well Ventilated Priced at \$1.00 and \$1.25

### Oddments in Men's Suits--- Half Price

A limited Quantity Only. Exceptional Quality Suits Must Be closed:

\$20.00 SUITS.....	\$10.00
\$22.50 SUITS.....	\$11.25
\$25.00 SUITS.....	\$12.50
\$27.50 SUITS.....	\$13.75

### Working Men's Garments

Coveralls, Overalls, Heavy Cotton Socks, Gloves, Shirts, Belts, Odd Pants, etc.

## See Window Display

AGENTS FOR STETSON HATS, HOLEPROOF HOSE, PACKARD SHOES, STEIN-BLOCK CLOTHING

# G. W. Johnson & Co.