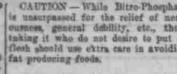
IF THIN, RUN-DOWN OR

of this people who are searching con-tinually 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 lime in public print.

While excessive thinness might be attributed to various and subtle causes in different individuals it is a well in different individuals it is a well-known fact that the lack of sufficient pheopherous in the human system; yeary largely responsible for this condition. Experiments on humans and animals by many scientists have demonstrated beyond question of doubt that a body deficient in pheopherous becomes nervous, sickly and thin. A motest author and professor is his book "Chemistry and Food Nutrition" published in 1918, says: "" " that the amount of pheopherous 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 phosphorous may now this deficiency in phosphorous 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 pears, vigor and strength replace weakness and lask 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





Our soldiers always pick



Naval Radio Plants May

Washington, July 24.—The request or mittee.

Secretary Daniels that congress anthor Chair 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 rollef from doctors, Lydia E. Pink. ham'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 abe regained fier health.

Bayy now owns 85 per cent of the radio station of the radio stations in the country.

The wireless, it is believed, would name to the long list of tourists spending their vacation outside the state. Mr. and Mrs. Russell Smith and son, Orient. Nearly all messages across the Pacific are delayed a week.

S\$\$5.—Keep Them Home.—\$\$\$\$

Mrs. Theodore M. Barr, accompanied by her son Karl and two younger Mrs. A. L. DeVine of Los Angeles,

ize the use of the powerful naval radio free stations for commercial messages seem Be Used Commercially ed to meet general approval in the iouse today as the secretary's letter

> reducing congestion on the cables. The mia. navy now owns 85 per cent of the radio

Mid-Summer Specials

Balbriggan Union Suits made from fine Quality

Egyptian Cotton. Summer Weight, all sizes.

Special

\$1.15

Oddments in Men's Suits---

Half Price

A limited Quantity Only. Exceptional Quality Suits

Must Be closed:

\$10.00

\$11.25

\$12.50

\$13.75

\$20.00 SUITS.

\$22.50 SUITS

\$25.00 SUITS

\$27.50 SUITS

G. W. Johnson & Co.

UNITED STATES NATIONAL BANK BUILDING

Outfitters For Men

By GERTRUDE BOBISON

SOCIETY

ething Like Plain Bitro Phosphate to
Put on Firm, Realthy Flesh and
to Increase Strength, Vigor
and Kerve Porce

When one stops to consider the heat
thin people who are searching can
neally for some method by which EMPLOYMENT is rife in Bel

rope.

'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 artisfs have been devoting their time in making de-signs for toys. These designs are ear-ried out by vast numbers of people and the industry promses to be a permanent

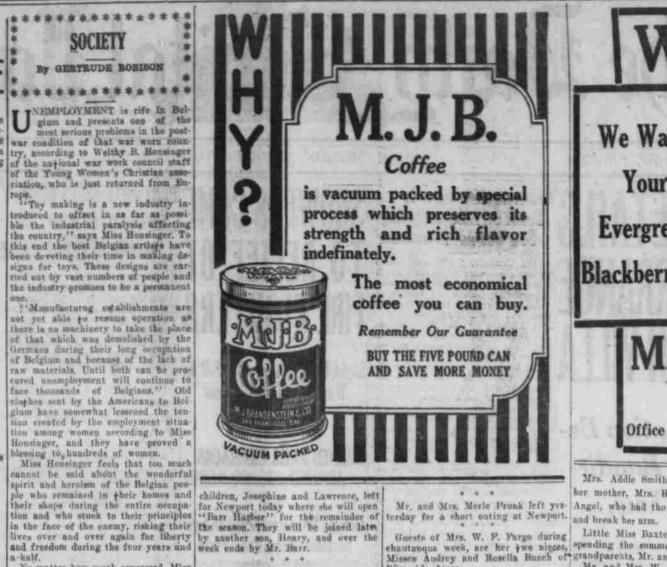
p. Manufacturing establishments are not yet able to resume operation as there is no machinery to take the place of that which was desolished by the Germans during their long occupation of Belgium and because of the lack of raw materials. Until both can be procured unemployment will continue to face thousands of Belgians." Old clophes sent by the Americans to Bel-

At the senside too, the plump well ounded figure is most admired.

At the senside tow, the plump well of the mon were ivy leaf, the symbol for endurance, when the Belgian colors were ordered down. They obeyed the law half down by their enpressors. 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 oc-Times sold at five pounds, Miss Hon-

was referred to the naval affairs committee.

Chairman Butler stated he believed it would prove to be the only way of reducing congression on the cables. The



Felicitations and good wishes are be-ing showered upon Mr. and Mrs. H. L. Newcomb (Beatrice Crawford) of Cleve

Mrs. Newcomb is well known in Sa lem and was very popular during her residence here. At present she is visit-ing her parents, Mr. and Mrs. J. H. Crawford.



FILEXMEN ED S

Men's Summer Hats

Made in good quality Khaki Cloth, Well Ventilated

Priced at \$1.00 and \$1.25

Special Showing of

Working Men's Garments

Coveralls, Overalls, Heavy Cotton Socks, Gloves,

See Window Display

Shirts, Belts, Odd Pants, etc.

tion, Mills county, lowa, arrived at Brooks this week and will spend a visit with her mother. Mrs. Ella Barker, her sister, Mrs. Bell Grosseng and her two Mrs. Anna Edwards of Pacific Junerothers, John and Edd Barker.

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. Groshong will accompany her to Pacific Junction. Pacific Junction.

Miss Vivian Pearce has arrived in Oregon for the purpose of inducing Governor Oleott to call a special ses-sion of the legislature to ratify the suffrage amendment. Miss Pearce, to-gether with about twenty five or thir-ty 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 920 election.

An interesting visitor in the city is Miss Bell Shields who is a guest at the Dan Fry home. Miss Sheilds has recently returned from oversons where she saw duty as an army nurse at base hos-pital 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. Toothacre are en-

oying a fifteen day camping trip in the Caseades.

Miss Lorn Purvine has as her guest turing chautauqua, Miss Maima Fox.

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

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

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

. The Illihoe country club will enter-tain with an informal dunce at the golf links this evening. All members are invited to attend.

Mrs. Burns' Letter

Here is a fetter that is certain to prove of interest to people in this vi-ciaity, as cases of this sort occur in almost every neighborhood, and people should know what to do in like cir-

metances:: Savannuh, Mo., Oct. 12, 1916. 'I used a bottle of Chamberlain's Colie and Diarthoen Remedy about nine years ago and it cured me of flux (dysentery.) I had another attack of the same camplaint some three or four years ago and a few doses of this rem-ody cured me. I have recommended Chamberlain's Colic and Diarrhoca Remedy to dosens of people since I first used it."

SCOTTS MILLS NEWS

(Capital Journal Special Service.) Scotts Mids, Or., July 24.—Items are area in this locality. The farmers are costly 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 as better at present writing. Their daugh tor, Durothy of Portland, came home to help care for her father.

A. Merry has sold over one hun fred dollar of cherries from turce trees. Mr. and Mrs. Addleman were in Sa-lem last week where Mrs. Addleman had an operation for her cars. She is much

improved in hearing.

Mr. and Mrs. W. H. Commune, accompanied by Mr. and Mrs. Charic. Scharbach of Mt. Angel visited relatives near Albany last week. Returning home Sunday evening.

We Want Your Evergreen Blackberries **Red Raspherries** Black cap Raspberries 10c lb. Blackberries (Lawtons) 8c lb. Loganberries -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.

Warehouse--High and Ferry Sts. PHONE 717

Office 542 State St.

Salem, Oregon

Mrs. Addie Smith has been nursing his way home from France, stopped to Mr. and Mrs. Merle Prunk left yes. Angel, who had the misfortune to fall that he expects to be at home in the relay for a short outing at Newport.

Little Miss Baxter of Portland is have been taken out for an association

land, Ohio, upon the birgh of a baby who have been guests of Governor Ol- Mrs. J. E. Coulson, who has been seri- daughter at the Deaconess hospital in this city. She will be named La Verg. home in Blooming Prairie, Minnesota, some better though still under the doc-

We understand incorporation papers Guests of Mrs. W. F. Fargo and the summer here with the summer here town and that ever nine thousand the summer here. Mr. and Mrs. W. L. Taylor of Portland have been subscribed for that purland who have been visiting relatives pose by some of the prune growers here. There is the summer here with the summer here. We will have been subscribed for that purchase here with the summer here with the summer here.

> Mr. and Mrs. J. A. Taylor visited in "Forget It" -Buy At Home \$\$\$--Keep Them Home--\$\$\$

Save Tire Money

N 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



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