LOCAL PORT LISTS GOOD AT NEW YORK

Loeb Kills Rumor That San Francisco Inventories Were Not Acceptable

Collector William Loeb Jr. of New York has put an end to the rumor that he would refuse to recognize the certificates issued by the San Francisco customs officials covering inventories of personal effects taken abroad by tourists.

"Such report is absolutely without merit," says his letter received here yesterday. "On the contrary, I am pleased to assure you that certificates issued by your office or copies of inventories filed with you and forwarded to this port for reference will receive the same recognition as those originally issued here."

AMUSEMENTS

SEATS TOMORROW
9 a. m. at Sherman, Clay & Co.
Prices—$3, $2, $1.

MARY GARDEN

SCOTTISH RITE AUDITORIUM
Sunday Afternoon, May 21
Thursday Evening, May 25
Sunday Afternoon, May 28

YE LIBERTY—OAKLAND
TUESDAY NIGHT, MAY 23
Knabe Piano
PEPITO ARRIOLA farewell concert
Sat. afternoon at Scottish Rite Auditorium

Columbia THE LEADING PLAYHOUSE Geary & Mason
LAST FIVE NIGHTS.
MATINEES WEDNESDAYS AND SATURDAYS.
DAVID BELASCO PRESENTS
THE LILY
NANCE O'NEIL—CHARLES CARTWRIGHT and the Famous Belasco Company.
NEXT MONDAY JOHN DREW In His Greatest Comedy Triumph "SMITH" Seats Thursday

IDORA PARK OAKLAND TAKE KEY ROUTE TELEGRAPH AND SEE
FREE SYMPHONY CONCERT
IN THE THEATER BUILDING, AT 2:15 THIS AFTERNOON, BY
CONWAY'S BAND

(Gilmore's Successor)
THIRD TRANSCONTINENTAL TOUR
Assisted by MRS. JOSEPH DUNFEE (Soprano). No charge for admission except the usual 10c gate adulttance. TONIGHT—Conway and His Band, in the new amphitheater. Friday Night—Wagner Concert.

WHERE EVERYBODY GOES
Empress
MATINEE EVERYDAY AT 2:30 TWO SHOWS NIGHTLY 7:15-9:15
Salambos | Nat Nazarro & Co
MONROE & MACK | BRUCE MORGAN & CO.
Barnes & Robinson | C. Rauf
AND OTHER FEATURES

Orpheum
O'FARRELL bet. STOCKTON & POWELL
Safest and Most Magnificent Theater in America. Matinee Every Day at 2:15—Every Eve. at 8:15.
THE STANDARD OF VAUDEVILLE
HOWARD HICKMAN and BESSIE BARRISCALE, in Mr. Hirkman's Dramatic Sketch, "Disqualified"; WILLIAM GOULD, Assisted by HATTIE LORRAINE, Interpreting Dainty Vaudeville; TOM WATERS; ROBLEDILLO; M. GOLDEN'S RUSSIAN TROUBADOURS; JONES and DEELY; J. FRANCIS DOOLEY, Assisted by Corinne Sayles; NEW DAYLIGHT MOTION PICTURES. Last Week of the Biggest Scream in Vaudeville, W. H. MURPHY and BLANCHE NICHOLS, in "From Zazu to Uncle Tom."
Eve. Prices, 10c, 25c, 50c, 75c; Box Seats, $1. Mat. Prices (Except Sundays and Holidays), 10c, 25c, 50c. Phone Douglas 70, Home C1570.

Savoy. No Phone Orders This Engagement
HOME OF THE LEADING ATTRACTIONS
MR. E. H. SOTHERN and MISS JULIA MARLOWE
IN SHAKESPEAREAN REPERTOIRE.
TONIGHT AND SATURDAY MATINEE
"MACBETH"
Wednesday, "TAMING OF THE SHREW"; Thursday Matinee, "ROMEO AND JULIET"; Thursday Night, "HAMLET"; Friday, "TWELFTH NIGHT," and Saturday "AS YOU LIKE IT."
CURTAIN RISES AT 8 AND 2 SHARP.
Prices, $2 to 50c. MR. SOTHERN and MISS MARLOWE will not appear in Oakland.

ALCAZAR Sutter and Steiner
Phone West 1400 Home Phone S4242
BELASCO & MAYER, Owners and Managers.
TONIGHT—ALL THIS WEEK—TONIGHT
Izetta Jewel, Sydney Ayres
And the Alcazar Company in
THE CALL OF THE NORTH
George Broadhurst's Dramatization of Stewart Edward White's Stirring Story of the Hudson Bay Country, "Conjurors' House."
PRICES—Night, 25c to $1. Mat., 25c to 50c.
MATINEE SATURDAY AND SUNDAY.
Seats for Sale at Box Office and Emporium.
NEXT WEEK—William Gillette's Version of "SHERLOCK HOLMES."

LURLINE
BUSH AND LARKIN STREETS
OCEAN WATER BATHS
Swimming and Tub Baths
Salt water direct from the ocean. Open every day and evening, including Sundays and holidays, from 6 a. m. to 10 p. m. Spectators' gallery free.
Natatorium reserved Tuesday and Friday mornings from 9 o'clock to noon for women only.
"Filtered Ocean Water Plunge"
COMFORTABLY HEATED.
Hot Air Hair Dryers for Women Bathers.
The popular resort for a winter's day or evening. Temperature of building adjusted to suit weather.
BRANCH TUB BATHS, 2151 GEARY ST. NEAR DEVISADERO.

SHIP ROSAMOND BATTERED BY GALE

Lumber Laden Windjammer Arrives at Sydney Badly Damaged and Leaking

THE schooner Rosamond, one of the best known windjammers on this coast, has arrived at Sydney, Australia, in a badly battered condition. The Rosamond is commanded by Captain Thomas Peabody, who is even better known than the Rosamond. He was formerly in the army transport service and long before that made a name for himself in the Yankee clipper school. The Rosamond carried a cargo of lumber from Grays Harbor and arrived at Sydney yesterday leaking and in considerable distress.

The Rosamond made the run from Grays Harbor to Sydney in 64 days and appears to have been favored with fine weather until last Friday, when a heavy storm was encountered. During the gale the deck lashings parted and about 150,000 feet of lumber went over the side.

The loss of the lumber relieved the stress on the schooner, but before the lashings parted the Rosamond's topside had been badly strained and was leaking when the vessel arrived at Sydney. According to a cablegram received yesterday, the Rosamond's chain plates were torn adrift, the cabin was gutted and the ship's stores were spoiled by the salt water. The schooner also lost a number of sails. A preliminary survey was made of the damage, and it is estimated that repairs will cost $3,500.

Many Passengers for Manchuria

The Pacific Mail liner Manchuria, Captain Andrew Dixon, will sail today for the far east with 165 cabin passengers, 125 Asiatics and about 6,000 tons of freight. Among the passengers for Honolulu will be L. von Tempsky, one of the best known residents of the island of Maui, and his two daughters. Another well known resident who is going home on the Manchuria is William Waterhouse. With him will be his sister, Mrs. B. B. Waterhouse, and Miss B. Waterhouse. Mrs. W. Whiting, a cousin of Rear Admiral Whiting, and her daughter, will also be passengers.

Among the local people going to Honolulu will be a party including C. F. Runyon, president of the Mill Valley and Tamalpais railroad, and his wife; Miss H. Runyon, Miss Helen Sweet and Miss E. Eames.

A. C. Donnells, cashier of the Equitable life insurance company in this city, his wife and son will be passengers on the Manchuria to Yokohama. Passed Assistant Surgeon E. L. Woods of the marine hospital service and his wife will also be passengers. Doctor Woods has been assigned to duty at Peking.

The Manchuria's cargo of 6,000 tons includes 2,000 tons of army and navy stores for Manila, 500 bales of cotton for Japan, 500 tons of nitrate and 150 tons of flour. The liner will also take 1,000 tons of hay, half of it for Honolulu and the balance for Manila.

Governor Sails for the South

With more than 350 passengers the Pacific Coast steamship company's Governor, Captain Cousins, sailed yesterday for southern California. Among the passengers were many University of California and Stanford students going home for the vacation. Prof. A. C. Smith of Stanford university and Mrs. Smith were passengers on the liner. R. S. Guinan, president of the Imperial land company of San Diego, and Mrs. Guinan were also among those on board.

Sierra Due Today

The Oceanic steamship company's liner Sierra, Captain Houdlette, is due today from Honolulu. The Sierra was 500 miles from the lightship at 8 o'clock Sunday night and is expected to arrive early this morning. The liner is bringing 125 cabin passengers, 30 in the steerage, and 2,000 tons. Among the passengers are L. B. Kerr and wife of Honolulu, who are hurrying to London to attend the coronation. Kerr engaged their railroad and Pullman accommodations yesterday by wireless and arranged for passage across the Atlantic so that their visit to San Francisco will be merely a pause in their long journey.

Yale Handles Big List

The Pacific navigation company's steamer Yale sailed for San Pedro yesterday afternoon with more than 300 passengers. Among them were about 50 Stanford students homeward bound for the summer vacation. Eugene Ely, the aviator, was a passenger. The passengers also included the theatrical company that has been playing at Idora park. The Yale arrived from the south at noon with about 200 passengers and sailed again at 4 p. m.

Did Not Call at Mazatlan

The Pacific Mail liner City of Panama, which is expected to arrive here late this afternoon from Panama and way ports, is coming direct from San Blas. Acapulco and Mazatlan were omitted on this trip on account of unsettled conditions at the Mexican ports. The Panama left San Blas May 10.

Water Front Notes

Receipts of lumber yesterday by sea amounted to 3,941,000 feet.

The Pacific Mail freighter Pennsylvania sailed yesterday for Panama direct with a cargo of New York freight.

A. H. Nettleton, freight agent for the American-Hawaiian line, was on the street yesterday exhibiting a fine coat of tan acquired in southern California, where he has been spending a month's vacation.

The Matson liner Honolulan, bound from Honolulu for this port, was 1,665 miles from here at 8 o'clock Saturday night.

The United tSates lighthouse tender Madrono went to Mare island yesterday for a general overhauling.

The travel between here and Portland has never been heavier than at present. Every berth was sold by noon yesterday on the steamer Rose City, which sails at noon today for the Columbia river.

By United Wireless

Monday, May 15.

STEAMER LURLINE—Hence May 13 for Honolulu; May 14, midnight, 410 miles from lightship; fresh northwest wind; moderate sea; temperature 60; barometer 30.18.

STEAMER HONOLULAN—From Honolulu for San Francisco; May 13, 8 p. m., 1,665 miles from San Francisco; strong trade winds; moderate sea.

STEAMER YALE—From San Pedro for San Francisco; May 15, 6:45 a. m., off Point Sur; will arrive at noon.

STEAMER ATLAS—Hence May 14 for Seattle, with barge 93 in tow; May 15, 9:20 a. m., off Fish rock; light northwest wind; hazy weather; small southwest swell and sea; barometer 29.92; temperature 54.

STEAMER WASHTENAW—From Port San Luis for Portland; May 15, 8:30 a. m., off Point Arena; light northwest breeze; moderate swell; hazy; barometer 29.96; temperature 47.

STEAMER SIERRA—From Honolulu for San Francisco; May 14, 508 miles from lightship; light northwest wind; moderate sea; cloudy weather; barometer 30.35; temperature 53.

STEAMER SANTA ROSA—From San Diego for San Francisco; May 15, 11:30 a. m., off Point Sur; will arrive 6:45 p. m., May 15.

STEAMER WHITTIER—At 8 a. m. was reported 8 miles south of Point Sur; light southerly wind and smooth sea.

STEAMER REDONDO—Passed Point Arena at 3 p. m.; will arrive in San Francisco early tomorrow morning.

STEAMER CHEHALIS—Hence May 15 for San Pedro, was reported passing Pigeon point at 9 p. m.

NEWS OF THE OCEAN

Shipment of Crude Oil

The tank steamer Roma sailed for San Jose de Guatemala, via Port Harford, on Saturday. The steamer went to Port Harford to load 26,000 barrels of crude oil, valued at $15,600.

Exports by the San Juan

The steamer San Juan sailed for Ancon and

Continued on Page 17, Column 4

The Smart Set

THEY studied the menu: Chiffonade salad, 70 cents; St. Francis salad, 75 cents.

"What is the difference," one of them asked a waiter, "between chiffonade salad and St. Francis?" The waiter looked at the card. "Five cents," he said.

Worth recording as the earnest mathematical effort of an obliging servitor, on Saturday. The same sort of thing may happen other days in real life as it does constantly on the stage. But it could never be accomplished with more perfect simplicity than on Saturday. There was the literal mind in its highest development revealed.

It is an interesting phase of human intelligence—the literal condition. Before it frivolous exaggerative persons are always singularly foolish, and may become physically affected. Not infrequently after an encounter with some serious mind the frivolous person will wear a forced expression of amiability beneath which a deadly pallor and shadows about the eyes will indicate his wretched state. He has discovered the absurd futility of anything like humor in life, and knows he is all wrong and merits the scorn of the ponderous wit, beneath which his idle persiflage is crushed and broken. It can be so terrible in results, an encounter.

At one of the winter receptions a frivolous person was marooned with a mighty intellect. The first, ventured comments on the crowd—not especially successful. The second preferred his meditations. But roused from them to greet a queer little Dickens figure that passed, to the delight of the frivolous one at once eagerly curious.

"Who was that fascinating Mr. Pecksniff?" she asked; for it was a woman this time, though like tragedies are known among men, or, in this advanced period, with the gender reversed; that is, the great intellect may be feminine.

"Mr. Pecksniff?"—a grave inquiry.

"Yes the man you just spoke to."

"No. You're mistaken. I don't know Mr. Pecksniff. Is he here?"

It may have been artlessly literal; or it may have been cold blooded and deliberate, meant to register a large disapproval of light irreverence. The victim has never decided.

* * *

Mrs. H. Clay Miller will entertain this afternoon at an elaborate tea to be given at her country home in Sausalito, when the complimented guest will be Mrs. Camillo Martin. Mrs. Miller was formerly Miss Madeline Bohrmann, whose wedding was an event of two seasons ago.

* * *

The musicale given last evening under the direction of Miss Margaret Kemble attracted a large audience of society people to Kohler & Chase hall. There were several dinner parties preceding the concert, and among those who attended were:

Mr. and Mrs. Henry J. Crocker
Mr. and Mrs. Edwin W. Newhall
Mrs. Eleanor Martin
Mrs. James Ellis Tucker
Mrs. Emma Shafter Howard
Mr. and Mrs. J. A. Chanslor
Mr. and Mrs. Walter MacGavin
Mr. and Mrs. Douglas Fry
Mrs. Henry Ferguson
Mr. and Mrs. James Shea
Mr. and Mrs. W. C. Van Fleet
Miss Marie Rose Dean
Mr. and Mrs. Campbell Shorb

* * *

Recent letters from Mrs. William Mayo Newhall and Miss Marian Newhall report their arrival in Paris after a visit in Rome. They will be in London early in June, but expect to return from abroad about the middle of August. They will go to Santa Barbara, where they will be met by Mrs. Athole McBean. Mr. and Mrs. McBean will leave for San Mateo June 1, where they will visit the parents of the former, Mr. and Mrs. Peter McBean, until Mrs. Athole McBean leaves for the south to join her mother and sister upon their return from Europe.

* * *

Miss Innes Keeney entertained at a luncheon given yesterday at the Fairmont in compliment to her cousin, Miss Mary Keeney, whose marriage with Talbot Walker will take place June 27. The table decorations were pink bridesmaid roses, and each of the 17 guests received a corsage bouquet of the same flowers. The place cards were a variety of miniature silver bells and slippers, but the name card for the guest of honor was a wee bride radiant in water colors. The guests bidden to meet the bride elect were:

Miss Ethel McAllister	Miss Esther Moreland
Miss Janet Coleman	Miss Helen Dean
Mrs. William Burke	Miss Jeanne Gallois
Mrs. Baldwin Wood	Miss Gertrude Thomas
Miss Louise Boyd	Miss Cora Otis
Miss Bessie Zane	Miss Esther Denny
Miss Alice Oge	Miss Kathleen de Young
Miss Augusta Foute	

* * *

One of the June weddings will be that of Dr. Walter C. Chidester and Mrs. Dollie Wheaton, and the midsummer event will be of interest to the friends of the couple in town and at San Mateo. Doctor Chidester is the director of the Red Cross guild hospital in San Mateo, an institution which was founded by Mrs. Whitelaw Reid. He has made his home at San Mateo for five years, or practically most of the time since his retirement from the army. Doctor Chidester's first wife was Miss Marie Bull, a sister of Miss Edith Bull and Mrs. Covington Pringle. She died about three years ago. Doctor Chidester's fiancee is a member of a well known Stockton family.

* * *

Theodore P. Murphy will leave next Friday for St. Louis, where his marriage with Miss Marie Garneau will take place June 8. He will be accompanied on the eastern trip by his mother, Mrs. Eugene P. Murphy, and his sisters, the Misses Murphy, but his brothers, George and Jack Murphy, will not leave until June 1 for the east to attend the wedding.

* * *

An engagement which will come as a surprise to their many friends is that of Miss Rae Ona Walters, only daughter of Mr. and Mrs. George J. Walters of this city, and Eric C. Wickenden of San Luis Obispo. The announcement was made at a tea given by Mrs. and Miss Walters on Saturday last at their home in Larkin street.

Although the engagement has existed for the last year Miss Walters carefully guarded her secret from her most intimate friends. The father of the prospective bride is George J. Walters, prominently connected with the Southern Pacific company. Miss Walters is petite and unusually attractive and a favorite among her friends.

The groom to be is a son of Mr. and Mrs. William F. Wickenden, well known residents of San Luis Obispo. The Wickenden ranch at Los Alamos, Santa Barbara, 7,000 acres, upon which oil has recently been discovered, belongs to the grandfather of the bridegroom elect. The wedding date has not yet been set, but is announced for some day in July. The future home of the couple will be in San Luis Obispo, where the groom is engaged in business pursuits.

* * *

Mr. and Mrs. J. B. Coryell entertained a party of friends at their country home last Sunday, and those who enjoyed the outing and motored back to the city were the Misses Collier, Mrs. Henry Ferguson, Miss Helen Ferguson and Hugh Ferguson.

* * *

Miss Marie Louise Foster and Miss Minna Van Bergen write enthusiastically of their visit in New York. They were guests of honor at a tea given last week by Miss Amy Scoville, who will be remembered as the pretty New York girl who was a visitor here last year. Miss Miriam McNear postponed the date of her departure from New York that she might welcome her friends from this city. Miss McNear will return in time, however, to be one of the bridesmaids at the wedding of Miss Mildred Whitney and Ernest Goodrich Stillman, which will take place June 7. Mr. and Mrs. Foster, with the Misses Marie Louise and Enid Foster and Miss Minna Van Bergen, are visiting the J. W. Hoyts on Long island. They will sail Thursday for their tour abroad.

* * *

Mr. and Mrs. Leon Roos have gone abroad for the summer and are in Germany, where they intend to pass the next few months visiting the various cities of that country.

* * *

Judge and Mrs. M. C. Sloss are established in their attractive country home at Ross, where they will remain during the summer.

* * *

Rev. Edward Morgan has gone abroad to join the contingent from this city that is summering in Europe, but he sailed last Saturday from New York for the Mediterranean trip instead of going directly to London or Paris, as many of the travelers have done this season.

How Women Can Have Beautiful Hair

(From Style and Fashion Magazine.)

"All women should have beautiful hair, and nearly every woman could have an abundance of rich, glossy tresses if they would stop washing the life out of it. A soft, pliant scalp means luxuriant hair, and to have it it is necessary for the scalp to contain the right amount of oil to properly nourish the hair follicles.

"Dry shampooing invigorates the scalp and hair roots, keeps out dandruff and excess oil and promotes growth of fine, glossy and fluffy hair.

"An excellent dry shampoo powder can be made at home by mixing 4 ounces of orris root with 4 ounces of therox. A tablespoonful sprinkled on the head, then brushed out carefully, leaves the scalp cool and refreshed and the hair fresh, clean, fluffy and beautifully lustrous."

AUSTRALIAN GIRL WILL DANCE—Miss Pearl Schaeche, who is visiting in this city from Melbourne, Aus., and who is a well known exponent of Irish dancing, will give an exhibition before the Original Gaelic dancing club in Knights of the Red Branch hall, 1133 Mission street, this evening. Miss Schaeche, who is only 14 years old, is considered a remarkable exponent of Irish and Scotch dancing.

BAPTISTS OF WEST MEET THREE DAYS

Convention for Young People to Be Held in Oakland During June

A Pacific coast convention of the Baptist Young People's societies will be held in the First Baptist church of Oakland June 17, 18 and 19. This gathering, if it is successful, will be made an annual affair for the benefit of the young people of the west who are unable to attend the eastern conventions.

Among the speakers from other cities who will be present to address the convention are: Prof. Ira M. Price of the University of Chicago; Rev. J. R. Sampey of the Southern Baptist theological seminary; W. N. Hartsorn, Mrs. M. S. Lamoreux, of Chicago; Doctor Brougher of Los Angeles, and Dr. W. B. Hinson of the White temple.

The program for the three day gathering is:

SATURDAY, JUNE 17
Morning—Sight seeing.
3 o'clock p. m.—Conference of workers.
6 o'clock p. m.—Banquet.
7:30 o'clock p. m.—Evening session.
SUNDAY, JUNE 18
Pulpits filled by visiting speakers.
3 o'clock p. m.—Mass meeting.
6:30 o'clock p. m.—Young people's prayer meeting.
7:30 o'clock p. m.—Addresses.
MONDAY, JUNE 19
Morning—Sight seeing.
3 o'clock p. m.—Convention session, election of officers, etc.
7:30 o'clock p. m.—Concluding rally.

SMALL LIST OF GUESTS SEES COUPLE MARRIED

E. T. Mullin and Miss Birdie B. Marks United

At a quiet ceremony, performed by Superior Judge Cabaniss, Miss Birdie B. Marks and Edwin T. Mullin were married Sunday afternoon at the bride's residence, 2505 Clay street.

Only relatives and a few friends of the couple were present. The bride was attired in white and carried white roses. The couple left for southern California, where the honeymoon will be passed.

Miss Marks is unusually pretty and has a host of friends in this city. Mullin is one of San Francisco's well known commission merchants. After June 1 they will be at home in their new residence, 2659 California street.

SONGS AND AN ADDRESS ARE GIVEN IN GERMAN

At the last social event of the German Verein of the Humboldt evening high school, Adolf Koshland delivered an illustrated lecture on "Country Life in Germany." The address was delivered in German. A program of German music was given by the students. The accompanyists were: Miss Rosel Faulkner and Fred Reinecker, violinists, and Miss Irene Murphy, pianist.

BEAUTY SPECIALISTS PRAISE THIS SHAMPOO

"The best hair specialists no longer recommend soap for shampooing," writes Mae Martyn in the Boston Examiner. "The alkali in soaps has been found to have a ruinous effect on the hair by destroying the luster and color, causing dull, lifeless, streaky hair with bleached, split ends.

"In place of soap and prepared shampoos, experts on hair culture almost invariably recommend a very simple, inexpensive shampoo that is prepared by dissolving a teaspoonful of canthrox in a cup of hot water. The abundant lather of this shampoo cleanses perfectly, removes all dust and dandruff, rinses easily and makes the hair dry very quickly.

"Canthrox destroys dandruff, stops itching of the scalp and leaves the hair lustrous, soft and very fluffy."

If the Steinway Has a Reputation the Piano Merits It

¶ A Piano can not live on empty reputation. There must be continued merit, advancement and superiority back of it.

¶ The Steinway entered the world over a half century ago on such a high plane of merit that no other piano could approach it. The Steinway *then* established a STANDARD.

¶ The Steinway has never stood still—art, science, knowledge and experience have been continually drawn upon to their utmost to increase the Steinway merit and advance the Steinway standard.

¶ The Steinway, as in the last half century, is still acknowledged the STANDARD, and, if the Steinway has this reputation, the Steinway itself *merits* it.

¶ *"HOUR OF MUSIC"—Player-Piano and Victrola Recital Next Saturday afternoon at 3 o'clock in our Recital Hall. Public cordially invited. Take elevator to eighth floor.*

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STEINWAY AND OTHER PIANOS. PLAYER PIANOS OF ALL GRADES.
VICTOR TALKING MACHINES. SHEET MUSIC AND MUSICAL MERCHANDISE
Kearny and Sutter Streets, San Francisco
Fourteenth and Clay Streets, Oakland

The Doctor's Answers On Health and Beauty Questions

By DR. THEODORE BECK

The questions answered below are general in character; the symptoms or diseases are given and the answers will apply to any case of similar nature.

Those wishing further advice, free, may address Dr. Theodore Beck, College Bldg., College-Elwood Sts., Dayton, Ohio, enclosing self-addressed, stamped envelope for reply. Full name and address must be given, but only initials or fictitious name will be used in my answers. The prescriptions can be filled at any well-stocked drug store. Any druggist can order of wholesaler.

Asthma — Asthma has been conquered by careful regard to diet, exercise and general health when the following treatment has been persistently and regularly used for from two to six months.

Try it, and if it gives relief you can rest assured that it will be most effective as a cure in your case, as it has in many others.

Oil eucalyptus 1 dram, Terebene 1 dram, Essence Mentho-Laxene 2½ ounces, Glycerine, pure, 6 ounces. Mix. Shake the bottle and take a teaspoonful every hour or two during attacks and 6 doses daily at other times.

Della—Your distress is due to complication of ills due in a great measure to poor circulation, which affects the delicate organs of your sex, causing the usual abnormal symptoms of pain, griping, headache and soreness in the chest and under the shoulder blades. Your weight is 20 pounds below normal and your blood is in poor condition. Have this prescription filled and use regularly for several months:

Viburnum Prunifolium 1 ounce, Tincture Cadomene Comp. 1 ounce, Comp. Syrup Hypophosphites 6 ounces. Mix, and take a teaspoonful every three hours during the day, followed by a glass of water.

Also obtain 3-Grain Hypo-Nuclane Tablets and take as per directions accompanying sealed package.

Downhearted—The trouble with your feet will require a long course of treatment to correct, but by patience and persistency the following treatment will do it. This, also, will relieve and cure tired, aching, sweaty, calloused feet, as it is a local tonic and stimulant to the muscles, ligaments and cells. To a gallon of hot water add a teaspoonful of Vilane Powder and a teaspoonful of alum. Immerse the feet 15 to 20 minutes each night. Then bathe the feet in cold water and dry.

Rose—Your acute indigestion, accompanied by constipation, has brought on rheumatism through mal-assimilation or a constant absorption of poisons which should have been eliminated. You must first regulate your diet. Discontinue coffee and tea. Omit meat almost entirely; also starches such as fresh bread, pastry and potatoes, except baked. Always eat less than your appetite craves. For the indigestion, take Tablets Tripeptine; pink after breakfast, white after dinner, blue after supper. Also take ½ to 1 teaspoonful of the following to correct liver and bowels: Fl. ext. Mandrake 3 drams, Aromatic Fl. Cascara 1 ounce, Comp. Essence Cardiol 1 ounce, Aromatic Syrup Rhubarb 4 ounces. Mix three or four doses daily. After three weeks alternate and take the following as a powerful tonic to improve the circulation: Comp. Syrup Hypophosphites 5 ounces, Tincture Cadomene Comp. 1 ounce (not Cardamon).

This course of treatment should be continued until entirely relieved.

Helen—Excessive perspiration under the arms can be relieved by washing morning and night with a pint of warm water to which has been added a level teaspoonful of Antiseptic Vilane Powder, but to cure, the only sure method is to bathe the entire body once daily and keep the bowels active. The perspiration should not be checked altogether.

Mrs. Lay—Your stomach trouble is due to an excess of acid, causing much gas, rumbling, headache, sour risings, etc., especially after eating acid fruits etc. Take Tablets Tripeptine as per directions accompanying sealed package. Also take ½ teaspoonful of Sodium Phosphate—in water—after each meal. If constipated, take 3 grain Tablets Sulphur, put up in sealed tubes. Never take a substitute for anything I prescribe.

George—Your questions and symptoms have been answered and explained several times heretofore in these columns, but as they may have escaped your attention I will repeat my advice, as I have for many others. Your description indicates your blood is poorly circulated and your main trouble is pruritis ani (itching piles). The only reliable treatment is as follows: Mix Hyposulphite of Soda 2 ounces, Antiseptic Vilane Powder 2 ounces. Add a teaspoonful to a pint of warm water and wash the parts thoroughly with it twice daily, after which apply the following ointment: Carbolic Acid 40 minims, Citrine Ointment 1 ounce, Rose-Kaylolin 2½ drams, Lanolin 1 ounce. Mix, and apply twice daily. Continue until cured. To improve the circulation, take a teaspoonful 3 to 6 times daily of the following: Tincture Hamamelis 2 ounces, Tincture Cadomene Comp. 1 ounce, Aromatic Syrup Rhubarb 3 ounces. Mix.

Julia—I do not know the formula you refer to. An excellent and reliable stain for the hair, which is not harmful but beneficial as a hair tonic, follows: Take six heaping tablespoonfuls of coffee and boil it in 3 pints of water until reduced by evaporation to 1 quart. Strain thoroughly, let cool and then add one ounce of Vilane Powder. Shake and dampen the hair twice daily. By making the coffee stronger or weaker you can make any shade you desire. The odor of coffee is lost by long boiling.

Margaret—Use same treatment as "Rose."

A. F. D.—Your trouble being of a serious private nature you should write, giving full particulars, name and address. I can not answer in these columns. Send for my examination chart.

USE CALL WANTS—THERE'S A REASON: SUCCESS

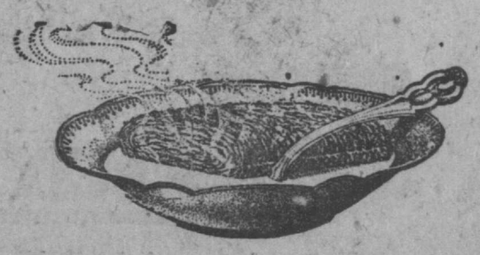
Our Kitchen Is Your Kitchen

We offer you our two-million dollar sunlit kitchen in the cleanest, finest, most hygienic food factory in the world, in which we bake every day in the year, two million crisp, golden brown Shredded Wheat Biscuits. Our kitchen is your kitchen when you eat

SHREDDED WHEAT BISCUIT

the food that contains all the strengthening, body-building material in the whole wheat grain made digestible by steam cooking, shredding and baking. It is the one cereal food that has survived the ups and downs of public fancy—always clean, always pure, always the same price.

Always heat the biscuit in oven to restore its crispness; then pour hot milk over it, adding a little cream. Salt or sweeten to suit the taste. Being in Biscuit form it makes delicious and wholesome combinations with stewed prunes, apple sauce, sliced bananas or other stewed or fresh fruits. Try it for breakfast for ten days and see how much better you feel. Your grocer sells it.



TRISCUIT is the Shredded Wheat wafer—a crisp, tasty, nourishing whole wheat Toast, delicious for any meal with butter, cheese or marmalades. Always toast it in the oven before serving.

"You are invited to visit our new Miniature Factory in THE EMPORIUM, Grocery Department, where we show you every detail in the process of manufacturing Shredded Wheat BISCUIT and TRISCUIT."