



The Value of Food

Madam, the real value of food is seldom determined by the price you pay for it. Some folks think that high price is a surety of high quality; but that is almost always an error. The actual value of any Food is determined by the nutriment it contains and the ease with which that nutriment is assimilated.

Think of this! You can provide a highly-nourishing meal, for four adults, with a ten-cent package of Washington Macaroni and a small portion of cheese—or a wholesome and nutritious side dish for eight. It is by all odds the best food for growing boys and girls—an excellent food for the aged, and good for all.

Washington Macaroni is made of the best selected hard wheat grown in America. Only the heart of the wheat berry—the crown of this wonderful wheat—is milled into the Semolina of which Washington Macaroni is made. Hence Washington Brand is charged with gluten—that is nutriment; it is distinctive in flavor, appetizing as well as wholesome, and its body-building elements are easily assimilated.

So, Madam, you should always ask your grocer for Washington Macaroni—the brand that's "Famous for Nutriment." A note or a post card will bring you our little cook book—it's free for the asking.

A. F. Ghiglione & Sons
Seattle, Wash.



NOTICE, MISTER KEMPSTER

An Easy Way to Increase Weight

Good Advice for Thin Folks

The trouble with most thin folks who wish to gain weight is that they neglect on drugging their stomachs. They eat with greedy mouths, rubbing on useless "fish cream," or swallowing some foolish physical culture stunt, while the real cause of their thinness goes untouched. You cannot get fat until your digestive tract assimilates the food you eat.

There is a preparation known to reliable druggists almost everywhere which seemingly embodies the missing elements needed by the digestive organs to help them convert food into rich, fat-laden blood. This modern treatment is called Sargol and has been termed the greatest of food-builders. Sargol stimulates the digestive, reconstructive powers of the stomach and intestines. It actually seeks and fastens the elements of your food and pass them into the blood, where they are carried to the tissues, broken down into cells and tissues of your body. You can readily picture what result this means as with increased weight the blood fills out, hollows about neck, shoulders and bust disappear and you weigh 10 to 20 pounds of solid, healthy flesh is added to the body. Sargol is entirely harmless, broken-down, efficient. Bartell Drug Co., Swift's Pharmacy and other leading druggists sell this wonderful agent. Do not spend your money if you are not satisfied, as per the guarantee found on every package.

NOTE—Sargol is recommended only as a flesh builder and while excellent results in cases of nervous indigestion, etc., have been reported, care should be taken about using it to cause a gain of weight is desired. Advertisement.

OPEN NOSTRILS! END A COLD OR CATARRH

How to Get Relief When Head and Nose are Stuffed Up.

Count fifty! Your cold in head or catarrh disappears. Your clogged nostrils will open, the air passages of your head will clear and you can breathe freely. No more snuffling, hawking, mucous discharge, dryness or headache; no struggling for breath at night.

Get a small bottle of Ely's Cream Balm from your druggist and apply a little of this fragrant antiseptic cream in your nostrils. It penetrates through every air passage of the head, soothing and healing the swollen or inflamed mucous membrane, giving you instant relief. Head colds and catarrh yield like magic. Don't stay stuffed-up and miserable. Relief is sure.

HOW'S THIS, KEMPSTER?

Editor The Star: I have been

JUST THE SAME, WE'D LIKE TO RIDE ON IT ONCE

Editor The Star: While your fight for the interest of the people is heat in the cars, is going on, recommended by the people at large, it would be a good idea if you would tell the electric company not to heat the cars too much.

While riding home the other evening, the seat upon which I was sitting got so hot that I had to "change seats."

One must regulate the heat in the cars with the outside temperature. A CITIZEN.

Count fifty! Your cold in head or catarrh disappears. Your clogged nostrils will open, the air passages of your head will clear and you can breathe freely. No more snuffling, hawking, mucous discharge, dryness or headache; no struggling for breath at night.

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Who Says the Joy Has All Gone Out of Life?

Come one, come all, there is still the "same old air about the place" that made the New Cecil Cafe the most talked about and likewise the most popular place of amusement in Seattle.

To dispute the pessimistic theories of some people who are always growling, we had the above picture taken of our opening last Saturday night.

The girls never looked so pretty, and the songs were never so catchy.

The new chef had prepared a menu fit for a King, which we served after 5 p. m. a la carte. Soft drinks were in order, but every one had a good time. They just had to dance, the music was so inviting that they couldn't make their feet behave.

Merchants' Luncheon is still being served from 11 a. m. to 2 p. m. They all fall for the Baby Chicken at 35c.

TO OPEN ALASKA MINES BY FALL

Actual Development Work to Start Soon, Lane Announces

TALKS OF HIS PLANS

WASHINGTON, Feb. 2.—Actual development of the fabulously rich Matanuska coal fields in Alaska will begin this year.

The small, independent miner will have a chance, under the lease system Secretary of the Interior Lane is expected to announce within the next few weeks, to work this coal field Uncle Sam has so carefully guarded from being opened up by the coal barons.

This is the prediction from Secretary of the Interior Lane. By fall, he plans to have the government railroad built to the coal fields.

An army of railroad builders will begin about March 1 to complete the line to Matanuska fields.

"Our immediate objective is the Matanuska fields," said Secretary Lane today. "We want to push the railroad thru so that we will be in the coal fields by the end of this year. We have drawn a lease on these coal lands."

"We hope within 30 days to be able to announce those parts of the coal fields that are reserved to the government. At the end of this year we hope to have a line from Kenai to the Matanuska fields, and we ought to press on from the Matanuska river thru the Susitna valley."

The immediate work this spring and summer on the Alaska railroad, according to Lane and Chairman Edes of the Alaska Railroad Commission, will be to complete the road from the deep water terminal at Seward thru to Matanuska.

"We plan to build this summer as much as possible of the road from Kenai Creek to Anchorage," said Chairman Edes.

The final payment for the Alaska Northern railroad, bought by the government, will be made July 5, according to Chairman Edes. The whole purchase price was \$1,150,000 and the government already has paid a half million.

That the Alaska Northern can be put into shape for \$400,000 is asserted by Secretary Lane. He insists the government got a bargain in acquiring it, as it cost \$2,750,000.

Twenty-pound rails are being laid on the new government road and new track of 15 miles from the end of the Alaska Northern has already been laid, and 20 more miles graded.

DEMANDS REFUSED

CHICAGO, Feb. 2.—It will be impossible to grant the demands of the railway employes for shorter hours, according to the executive committee of the Association of Western Railways. This may mean a country-wide railroad strike.

KEYS LEFT IDLE

KANSAS CITY, Feb. 2.—Telegraph operators were forced to leave their instruments yesterday at the Western Union headquarters. For a time the fire threatened to develop into an uncontrollable blaze.

reading what you say regarding heated cars.

I would suggest, instead, that you recommend that Mr. Kempster have his cars wired in such a manner that there would be two sockets placed at each seat, so each passenger could have a thermal heater, or, if he preferred, a cold temperature. He could use the other socket and obtain a cold blast from a refrigerating system. For this service, the company could hire fixed charges, thus doing away with the expense of equipment and maintenance of a heating system.

Yours in sympathy with the company (nit). W. M. GOODWIN.

NUXATED IRON

Increases strength of delicate nervous system. 100% FORFEIT

Star Want Ads cover the Northwest.

CYNTHIA GREY DRINKS AT BAR

But Don't Be Horrified, for 'Twas Nothing But "Lifestaff"

AT BON'S FOOD SHOW

BY CYNTHIA GREY

I have just returned from a regular free carnival of good cats. Um!

As I write, the taste of a delicious ambrosia mixture still lingers.

In other words, I have been to the pure food show at the Bon Marche, the 16th annual affair of its kind.

You who have attended any of the previous ones and attempted to sample all of the goodies must know my predicament.

That I have survived to tell the tale is a compliment to the exhibitors, the greatest number of which are local firms.

A Veritable Summertime

You enter the elevator at the Bon from a world of snow and icicles, and in just four short jumps, you land in the midst of a veritable summertime.

From a flower bedecked booth, a dainty maiden, in white frills, beckons you to taste her wares.

Here and there a fountain plays, and from a temporary stage hung with Japanese lanterns come the strains from the Mateos de La Cruz quartet.

I want to compliment Advertising Manager Rafford on his taste in music. This quartet is as good as the best I ever heard.

Fifty Booths! Phew! I started with clam bouillon, followed by several kinds of salads, baked beans, sardine sandwiches, coffee, cakes, cookies, candy, and all sorts of desserts followed in successive courses.

I couldn't begin to remember all the things I sampled. In all, there are 50 booths.

One would expect such a place to be a favorite haunt of women and children, but I didn't know men were guilty of such things, too. I saw fully as many men there as women.

The presence of some of them might be explained by the "Lifestaff" bar in the far corner.

She's No Slacker! Dances to Raise Defense Fund

"Lifestaff," you know, is the prohibition beer, upon which the department of chemistry at the U. has placed its O. K.

Of course, I couldn't be a piker, so when a pretty little bar maid held out a golden goblet to me and smiled, I drank, just as all the others were doing.

I must confess my knowledge of beer is rather limited, but if my taster isn't sady out of whack, this perfectly safe and sane drink ought to dispel the gloom of a poor old "wet" grouches in a hurry.

WOMEN JOIN HANDS

Word has been received here that a federation of women's clubs has been formed in Alaska. All of the organizing was done by correspondence, as well as the election of officers.

Mr. Thomas V. Connors of Douglas was chosen temporary chairman of the body.

NEED ARMED FORCE

T. Phillip Terry of Massachusetts declared yesterday at the Washington hotel that an armed force is needed to quiet Mexico.

Mr. Terry has written several books on Mexico, and is thoroughly familiar with the present situation.

TO WORK TOGETHER

PUYALLUP, Feb. 2.—Before another year local fruit growers and those in California will be cooperating. This is according to President W. H. Paulhamus of the Puyallup and Sumner Fruit Growers' association.

WILSON TAKES SLAP AT TEDDY

Speaks at Des Moines of Those "Who Are Preaching War"

HARD TO KEEP PEACE

DES MOINES, Feb. 2.—Gratified by the reception accorded him by thousands here last night, President Wilson left at midnight for Topeka, the next main point of his preparedness "touring around the circle."

That he feels his mission has been a success was indicated from his speech last night, in which he replied to critics of "note" writing, and in which he inferentially took a slap at Col. Roosevelt and former Secretary of State Bryan.

"There are actually men in America who are preaching war," he declared, while at the same time absolving himself from any alarmist views.

This remark, interpreted as referring to Roosevelt, was followed by a declaration that some men advocating peace are "preaching the doctrine of peace at any price."

Tells of His Troubles

He declared he could follow neither group, as he desired America should maintain peace with honor, if possible.

As for the difficulties of keeping the U. S. out of war, the president declared:

"It cannot be disclosed now, perhaps it can never be disclosed, how anxious and how difficult that task has been, but my heart has been in it."

Appeals to Patriotism

On the subject of "Note Writing," Wilson said: "Do you want the situation to be such that all the president can do is to write notes and utter words of protest? If breaches of international law, which are in daily danger of occurring, should touch the very honor of the United States, do you want to do nothing about it? Do you wish to have all the world say that the flag of the United States can be stained with impunity?"

Following the Kansas City speech tonight the president is booked for St. Louis for the wind-up address of his tour. Then he will go direct to Washington.

THREATENED WIFE

PORTLAND, Feb. 2.—Thomas Ferguson of Everett was arrested here yesterday for writing threatening letters to his wife. The couple do not live together.

DEATH LIST GROWS

SAN DIEGO, Feb. 2.—There are 2 known dead in the flood stricken Gray valley. One arrest has been made for looting.

CHILD GETS SICK, CROSS, FEVERISH IF CONSTIPATED

"California Syrup of Figs" Can't Harm Tender Stomach or Bowels

A laxative today saves a sick child tomorrow. Children simply will not take the time from play to empty their bowels, which become clogged up with waste, liver gets sluggish; stomach sour.

Look at the tongue, mother! If coated, or your child is listless, cross, feverish, breath bad, restless, doesn't eat heartily, full of cold or has sore throat or any other children's ailment, give a teaspoonful of "California Syrup of Figs," then don't worry, because it is perfectly harmless, and in a few hours all this constipation poison, sour bile and fermenting waste will gently move out of the bowels, and you have a well, playful child again. A thorough "inside cleansing" is oftentimes all that is necessary. It should be the first treatment given in any sickness.

Beware of counterfeit fig syrups. Ask your druggist for a 50-cent bottle of "California Syrup of Figs," which has full directions for babies, children of all ages and for grown-ups plainly printed on the bottle. Look carefully and see that it is marked by the "California Fig Syrup Company."

LONG WEIGHT AND SHORT WAITS

FRYE'S QUALITY MARKETS

Thursday Specials:

Fancy April Eggs (storage)....	30c
Choice Spare Ribs.....	9c
Pork Back Bones, 10 lbs. for.....	25c
Choice Steer Round Steak.....	18c
Choice Club Sausage.....	10c
Choice Shoulder Pork Steak.....	12c
Choice T-Bone Steak.....	20c
Dry Salt Pork Flats.....	9c

AT THE FOLLOWING MARKETS:

OLYMPIC MARKET, 118 Pike Street.
MERRILL MARKET, 605 Third Avenue.
WESTERN MARKET, 1000 Westmore Avenue.
WATKINS MARKET, Cor. 1st Westlake and Pine.
ARTLE MARKET, 12 1/2 Jefferson Avenue.
HARD MARKET, 12 1/2 Jefferson Avenue.

Look Jones, S. Purdie Stamp
It Signify Purity and Quality
Shop Until 6:20 P. M.

JAP FREIGHTER CALLS FOR AID

Believed Sinking Off Atlantic Coast After Collision

VESSEL STANDING BY

HALIFAX, Feb. 2.—Hope for the safety of the Japanese freighter Takata Maru flashed out over the sea to the Cape Race wireless station today, after it was feared she had sunk in a collision last night.

This hope was based on the following message to the marine department from the station:

"At 4 a. m. received wireless from S. S. Takata Maru. She reports her engine room and stokehold flooded and also reported that she had been sending out numerous calls for help and that the S. S. Silver Shell is now standing by. The Silver Shell reported all well."

The message threw no light on reports that the two ships had collided, the previous message indicated that stories that she had sunk probably originated from her inability to reach other ships by wireless.

The Takata carries a crew of 75. "The first we heard about a collision in a dense fog," said the Charlestown wireless station today, "was at 10:30 p. m. We picked up an S. O. S., followed by 'I'm sinking, come and save me.' Immediately afterward we heard, 'you are badly hit, we will stand by.' At 11:30 we picked up the last message saying, 'We will trust you. Stand by and life boats will be sent over.'"

Meantime, one vessel signaled that she was the Silver Shell and gave her position. We did not get the name of the other, nor how badly she was hit."

Other wireless messages gave a code signature, however, indicating that the second ship was the Takata Maru.

MURPHINE WILL HOLD MEETING

Ready to carry the fight of corporation counsel into every precinct in the city, supporters of Thomas F. Murphine will meet Thursday evening at 8 p. m. in his office, 601 1/2 New York block.

Murphine spoke Tuesday before meetings in the North End of the city, of which he is a resident. The North End Progressive club gave him an enthusiastic hearing.

Wednesday night a meeting will be held by the Ross Improvement club in the Ross pharmacy, to be addressed by Oliver T. Erickson and Austin E. Griffiths, candidates for mayor, and J. E. Bradford and H. C. Caldwell, candidates for corporation counsel.

Yield P. Hart, candidate for the council, will speak at Hillman City Wednesday night and in Dugdale's hall, Rainier beach, Thursday evening.

TRAVEL TOO MUCH

WASHINGTON, Feb. 2.—Government agricultural officials use too much money for traveling purposes. Such was the denunciation of Republican Leader Mann yesterday in the house.

AMERICA CIVILIZED 102 YEARS BEFORE CHRIST, SAYS SAVANT

WASHINGTON, D. C., Feb. 2.—The only man in the United States who can decipher the ancient glyphic inscriptions of the Maya, the early inhabitants of Southern Mexico and Northern Central America, has just identified the oldest American dated antiquity in existence.

A small stone statuette found near Vera Cruz, Mexico, by a peon in 1902, has been identified by Sylvanus G. Morley of the Carnegie Institution as a bearing, an inscription showing that it was made 102 years before Christ.

This is the oldest authenticated date in the New World.

The little Maya date of age, which came "102 B. C." to the United States through the courtesy of R. E. Ulbright, is composed of very hard grayish green stone, a variety of nephrite or jade, carved into a rounded conical form, about 3/4 inch in height and 3/8 inch in diameter at the base.

Its general outlines give the impression of an old Mexican idol or priest, in a cape or cassock.

On the front, sides and back of the figure are the peculiar characters called glyphs in which the Maya wrote their early history and achievements.

So far, only dates can be deciphered. Thirty years ago Maya inscriptions were a sealed book.



A nephrite statuette found near Vera Cruz, Mexico, whose date shows it was carved 102 years before Christ.

but now the outline of Maya history can be followed by means of the calendric parts of the ancient inscriptions.

Morley has outlined the fall of several cities in relation to

one another, and has followed the course of the native development, even though the task-ground cannot be filled in.

SHIP STILL LOST

VANCOUVER, B. C., Feb. 2.—The largest vessel of the Vancouver harbor fleet, Onward Ho, is still missing. No clue to the boat has been received. She was last seen on January 21.

CHANGE PREMIERS

LONDON, Feb. 2.—Advices from Petrograd says Jean Goremykin has been relieved as premier, by his own request. He is said to be in ill health.

Catarrh of the Stomach

A Pleasant, Simple, But Safe and Effective Remedy for It

Trial Package Mailed Free

Catarrh of the stomach is considered practically incurable. The symptoms are a bloating sensation after eating, accompanied sometimes with sour or water risings, formation of gases, causing pressure on heart and lungs and difficult breathing, headaches, fickle appetite, nervousness and general played-out feeling.



"Gee, I Can Hardly Wait for This Rich Soup to Cool! And to Think That I Wouldn't Have Dared Eat It Before I Began Using Stuart's Dyspepsia Tablets!"

Most druggists know that Stuart's Dyspepsia Tablets have relieved more people of catarrh of the stomach, indigestion, heartburn and run down condition generally than all the patent medicines and doctors' prescriptions.

Stuart's Dyspepsia Tablets are the simplest and most convenient remedy for indigestion, catarrh of the stomach, biliousness, sour stomach, heartburn and bloating after meals.

Get a 50c box from your druggist, or send coupon below today for a free trial package.

Free Trial Coupon

F. A. Stuart Co., 222 Stuart Building, Marshall, Mich.; Send me at once a free trial package of Stuart's Dyspepsia Tablets.

Name.....
Street.....
City..... State.....

VINDICATED BY THE COURT

Medical Board Ordered to Restore License to Dr. J. Eugene Jordan After Evidence of Remarkable Cures Was Produced in Court

Cured of Tuberculosis by Dr. Jordan's Remedies

Doomed to a Crippled Condition for Life by Other Physicians, Absolutely Cured by Glandular Remedies

READ HIS TESTIMONIAL

Seattle, Nov. 1, 1914.

Twelve years ago I had tubercular abscesses on my neck and under my arms, and the doctors here offered to cut them out for \$500, but admitted that it might result in crippling my arm for life. Doctor J. Eugene Jordan cured me without an operation, and I have remained well ever since. (Signed) C. R. BOYD, 215 Fourth Ave. North.

I have been giving practical demonstrations of the merits of my system right here in Seattle for the past thirty years, and hundreds of signed testimonials on file in my office, written by grateful patients whom I have cured, will attest to its wonders. Cures of Asthma, Anæmia, Blindness, Chronic Inflammation of the Bladder, Deafness from Paralysis of the Auditory Nerves, Diabetes, Protrusion Uteri, Dropsy, Chronic Dyspepsia, Epilepsy, Chronic Erysipelas, Chronic Gastralgia, Hard Lumps in the Breast, Heart Disease (including Heart Leakage), Hip Disease, Infantile Paralysis, Locomotor Ataxia, Sclerotic, Senile Gangrene, Jaundice, Rheumatism, Meningitis, Neuralgia, Paralysis, Spinal Curvature, Goitre, Strabismus, St. Vitus' Dance and most of the other so-called incurable diseases.

There being a number of Doctors Jordan in Seattle, it is well to bear in mind the full name and address: Doctor J. Eugene Jordan, 619 1/2 First Avenue, Seattle. Office hours, 9 a. m. to 5 p. m.; Sundays from 2 p. m. to 5 p. m. Consultation free. Correspondence solicited. Watch each Saturday Star for remarkable cures.

To involve moral turpitude on the part of Doctor Jordan and judgment will, therefore, be for Doctor Jordan.

GREATER VINDICATION COULD NOT BE DESIRED

The Medical Board claimed that these diseases were incurable, meaning, of course, that they could not cure them. Doctor Jordan not only claimed to cure them, but produced in court scores of actual cured patients as witnesses for his case. The stories of their remarkable cures have been stated under oath.

Doctor Jordan has caused this statement to be published in order to acquaint the public and his many friends with the proven facts in the case.

Dr. Jordan is now located on Second Floor of the Mutual Life Building, First and Yesler.