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THE SEATTLE STAR

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Get Out Your Shovel and Help

INACTION would never lift the snow blockade.

It would be as foolish to assume that inaction would lift that other blockade from which Seattle is suffering—the tourist blockade.

To help wrest from the Southern Pacific and its allied lines, the Union Pacific and O-W. R. & N., a passenger rate preferential that sends 97½ per cent of tourists over Southern routes, the citizens of Seattle have chosen three men—Joshua Green, Perry Polson and A. C. Mitchell.

Now, let's get out the shovels and help.

The railroads that hold the tourist monopoly discriminating against Seattle could regulate their rates and compromise with Northern lines, if they would, to permit tourists to come to Seattle, in making the round-trip from Chicago to San Francisco, without paying $17.50 more to do so.

The Northern lines have endeavored to get the Southern lines to agree to such a compromise, but without success.

It would be fair to the Southern railroads, because the distance from Chicago via Seattle to San Francisco and return by the Southern route is 253 miles shorter than the present round-trip over Southern lines for which the charge is less.

Therefore, why shouldn't the business men of Seattle bring pressure to bear on the O-W. R. & N., an ally of the Southern Pacific, in demanding a compromise?

Why shouldn't you have a talk with J. L. Brass, assistant to the general manager of the road, whose offices are in the O-W. depot?

Particularly if you do bussiness with the road, your word might have weight.

DEMAND AN EXPLANATION! DON'T LET THEM PULL THE WOOL OVER YOUR EYES!

Concerning Doubtful Birthdays

AMONG our national sins of omission is the neglect of a birth registration in the United States. This is about the only country in the world without a system of keeping birth statistics.

For the first time, the census of 1915 established a birth registration area, including ten states and the District of Columbia, covering about 10 per cent of the land area of the United States, and about 31 per cent of the population.

The returns for these states are now beginning to come in for the year 1915, and they will be available about January 1, 1917.

Foreign nations have relied upon birth statistics as a basis for their military estimates. The immediate need for birth registration in this country concerns our industrial army.

With the increase in the number of child labor laws, the problem of birth registration becomes important for the whole country. When there are no birth statistics, thousand of girls and boys find it impossible to establish the exact date upon which they may be permitted to go to work, as required by law.

Most persons fancy that birth registration is a matter for the census man to worry about. On the contrary, it is often of great benefit to individuals.

New Item in National Defense

INSTEAD of remaining the most wasteful of nations, the United States must become the most economical.

This is the latest "preparedness" cry.

The United States bureau of chemistry has already undertaken to point the way. It commences with the conservation of food at its source of supply, the farm.

It deals with the prevention of food spoilage, it develops new uses for products, new methods of preservation, new ways of detecting adulteration of foods. It deals with such matters as the breakage of eggs in transit, which is said to be enormous and preventable.

In such conservation is the key to big economy, but it is not the master key. That is in the hands of the American housewife.

The greatest waste in this land of great extravagance is that which accumulates in the garbage cans at the kitchen doors.

Lack of economy in cooking is often merely thoughtlessness, as in the case of houswives who pay the same rate for the tail and the tenderloin of a porterhouse—and then throw the tail away.

Such thoughtlessness or "culinary non-preparedness" may prove just as fatal to a nation as military non-preparedness. It is one of the pronounced differences between the self-sufficiency of Germany and th "muddling" methods of England in the present war.

Nation's Opportunity

A GERMAN writer is telling us thru the papers of the wonders accomplished by German scientists since the war began. The greatest achievement, he says, as far as is known, has been "taking from the air the nitrate of potash absolutely necessary in the manufacture of gunpowder."

Any student ought to know that since there is no potassium in the air no potash can be got out of it, even by German scientists.

What they have done is nothing new, and it does not take a great scientist to tell exactly what it is. In these columns more than a year ago Herbert Quick told all about it. German chemists take nitrogen from the air by electrical methods which all nations understand. Over 300,000 tons of nitrates were taken from the air per year before the war began, one-fifth of the amount in this country.

Having the nitrates and the potash mines, the Germans can easily get the nitrate of potash.

The moral of this is that if this government would produce the electricity at the power sites which the capitalists are trying to absorb, and make nitrates to sell at cost, this dearest of all fertilizers might become the cheapest. There is an inexhaustible supply of it in the air.

WHEN IT HAPPENS! :: A Study of a Charge :: By Robt. Minor

BY ROBERT MINOR
pean Correspondent for This Newspaper

I don't want the editor of The Star to give the impression that I actually saw this scene myself. There are enough correspondents doing that sort of thing, claiming to have seen what they have merely heard described by soldiers.

CORRESPONDENTS DON'T SEE SUCH THINGS. The authorities take pains to have them come to the trenches only when there is no chance of such activity. The above picture of the inception of a bayonet charge was drawn from a description by a lieutenant of the Frtnch army.

"You fellows have a wrong idea of a bayonet charge," he claims. "There are none of the heroics in it that you print in the papers. None of that wild exultation—just a sick feeling as it takes place.

"You don't understand that, because you imagine the surroundings to be so different from what they are.

"WE JUST STAMP AROUND IN THE MUD AND COLD FOR A LONG TIME, AND THEN WE THROW BOMBS, MAYBE, OR DODGE BOMBS. THE ORDER COMES TO THE OFFICERS TO GET THE MEN OUT TO CHARGE.

"The difficulty of starting is complicated by our own barbed wire entanglements. They are built to keep the enemy out, but they also keep us in, and we can only get thru by way of narrow alleys that we leave for the purpose. Opposite each such alley is a cut in our trench, made to get out by.

"When the word comes, we stand at these places and call to the men to come. It's a disagreeable thing to have to call the first ones; the first two or three are always doomed. The nearest man to the little step is called: 'Come, old man, you've got to do it.'

"He turns pale and comes. We catch him behind and shove him till he's out. Then he falls back on us dead.

"I HAVE HAD THREE FALL BACK INTO MY ARMS DEAD.

"We shove more and more up, until some get out alive. They can only get one out a time, so they have to come quick.

"Those that get by the first few metres alive, crouch and run like rabbits to the only place where there is a chance of life—the German trenches.

"Then they have to get the Germans out, or be killed.

"THEY KNOW THAT IF THEY CAME BACK WE WOULD SHOOT THEM."

CANDIDATES
Charlotte F. Jones

It is not of record whether William Cecil, otherwise known as Lord Burleigh, prime minister of England during the memorable reign of Queen Elizabeth, smoked Fatimas or Camels.

It may even be that he didn't smoke cigarets at all, for the fashion was just being introduced then, and maybe Lord Burleigh was a bit slow in taking it up.

Charlotte F. Jones

If our historic memory is correct, it was Sir Walter Raleigh who discovered tobacco, and it was Raleigh's nice plush coat on which Queen Bessie stepped one slushy day and mussed it all up.

Thus we prove that Sir Walter Raleigh and Lord Burleigh lived at the same period and therefore Burleigh couldn't have had much of a chance to become a real worshipper of Lady Nicotine.

Got After Smokers

Which brings us down to our day and age.

Who was it who burst upon the council with patriotic protest and loud lamentations anent the evils of cigaret smoking in public restaurants?

Who was it who planned, with malice aforethought, to put the little "pills" forevermore out of business?

It was Charlotte F. Jones, the only woman candidate for the council in the present race.

What has that got to do with Lord Burleigh, you say? Ah! 'Tis but well and meet you shall know. Listen, then:

Lord Burleigh had a daughter. Her name was Marjorie Cecil.

Eleven generations have passed, and one of the living offsprings of Marjorie Cecil today is none other than Charlotte F. Jones.

Her Independent Views

And here is the point: It doesn't make the least difference to Miss Jones whether her great-great-great forebear of eleven generations ago smoked or not.

She's against smoking in restaurants—especially cigarets—whether ants — especially cigarets—whether

She's not afraid to hold independent views. No, siree. In spite of the blue blood of lords and knights which courses thru her veins—she being also a descendant of Sir William Plumstead, one of the Colonial governors of Pennsylvania—she's a socialist today and proud of it—a red card socialist, if you please.

She's Fond of Fight

"I would rather fight than eat," she calmly announces.

Another pronunciamento is this: "I expect to do ten times more for women, children, and the working class when I get into the council than all the men who have sat in that body put together."

Breaking tradition again, Miss Jones boldly gives her age. She was born January 3, 1879, and is therefore 37 years old.

She is a graduate of Linden Hall, Litiz, Pa., was formerly a public stenographer, and is now a practicing attorney, having taken the U. of W. night law school course while ..rking in an office during the day.

She comes of a family of lawyers.

A Family of Lawyers

Her grandfather was the first district attorney of San Francisco, Elbert F. Jones.

Chief Justice Salmon F. Chase was a relative of her mother's.

Her great-grandfather was John E. Penrose of Philadelphia, and U. S. Senator Penrose of Pennsylvania, Judge Penrose of the Philadelphia county court, and President Penrose of Whitman college belong to younger branches of the family.

Miss Jones came to Seattle in 1909 as a delegate to the National American Woman's Suffrage association.

She liked the place and has remained here since.

HAG—No, Dicebox Chickenfoot never wore pink whiskers—your friend is mistaken. Bock beer blue is his favorite hue. His tie number is 67543. Don't mention it.

When You're Well KEEP WELL

Another Article in The Star's Health Campaign Being Conducted With Cooperation of American Medical Association

OUTDOOR SLEEPING

That which is looked upon as a fad today becomes the necessity of tomorrow. This is largely the case with outdoor sleeping.

With the beginning of the active campaign against tuberculosis but a few years ago, outdoor sleeping was recommended for those suffering from tuberculosis and others whose general physical condition seemed to warrant it.

These pioneers were looked upon by their friends and neighbors with interest and they openly expressed belief that if they survived this exposure, which was doubtful, they would soon tire of the experiment anyhow. As a matter of fact there are a hundred open-air sleepers today where there was one a decade ago and it is no longer limited to those who are in ill health.

All who have tried open-air sleeping are enthusiastic about it and they constitute an ever growing group.

A sleeping porch is coming to be looked upon as an essential part of the home.

The proper garb to insure warmth, despite the temperature, is essential. With a warm room for dressing accessible, there is no reason why this invigorating and stimulating custom should not continue to grow in popularity.

Many men and women who of necessity must spend their working hours indoors can obtain during their rest at night, at least a portion of the outdoor air that Nature intended us all to have.

DELIVERYMEN MAKE PLEA TO CUSTOMERS

August Oleson, proprietor of the Ballard dairy, Ballard, suggests that residents who wish the tradesmen of the city to make deliveries today clean off the parking strips in front of their residences.

"People clean off their walks," said Oleson Thursday, "and pile the snow in a huge bank along the parkings, making it nearly impossible for the men in the delivery wagons to make their deliveries. I have talked with butchers, dairymen and grocers and the general feeling is that unless the parkings are cleaned off, as well as the walks, no deliveries will be made today."

PAGE :-: 4 :-: LAST COLUMN

(Here 'tis. Those answers to questions about the movie players and plays by the world's most famous answerer, the renowned, the wonderful, the astounding, yes, the amazing Flossie Flim Flam. The editor of the Knutty Kolum also wishes to call your attention to the marvelous work of art which accompanies said contribution. Remember, folks, Flossie Flim Flam writes for the Knutty Kolum only. Subscribe now.)

ANSWERED BY MISS FLOSSIE FLIM FLAM

JULIAN BEEK — Yes. Those were real garlics used in "Lost in the Spaghetti Mines."

• • •

REBA—In the last Fake release, "All for the Janitor," Harold Oatcake was stabbed with a can opener. No, he wasn't really killed. Yes, I am sorry.

• • •

DELIA—Jay Hyde Marblebrow has the distinction of being the

only Simp star who knows how to eat tripe. You are welcome.

SCHMALTZ—Question 345623—Yes. Question 23—No. Question 89796435—Possibly. Question 87645—Perhaps. Come again.

• • •

VINCENT BRUISE—I. Rene Iodine likes the dangerous parts. In a recent scene she had to act in a

cage with a drove of ferocious clams, while stage hands stood around with loaded bean blowers in case of trouble.

• • •

EMMA—Archibald Hick uses goose grease on his hair. His favorite color is long green.

• • •

BELLA SOFTSOAP — Percy Stantyn Filibert, who played the walrus in the "Five Swordfish," never eats pomegranates. He likes prunes, the dear! No trouble to answer your question.

For Piles

A Free Trial of Pyramid Pile Treatment Will Be Just Like Meeting a Good Old Friend

Have you tried Pyramid? If not, why don't you? The trial is free—just mail coupon below—and the results may amaze you. Others are praising Pyramid Pile Treatment as their deliverer—why not you? Mail coupon now or get a 50c box from any druggist anywhere. Take no substitute.

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Letters To Cynthia Grey

Q.—I am a stenographer and about to be married. Do you think I ought to learn to cook before I start housekeeping, or can I learn by doing it? I have never had an opportunity to learn before.

MILDRED.

A.—If there is still a little time before your marriage, I advise you to take a few lessons in the fundamentals of domestic science and cooking. Of course, an intelligent woman may learn by doing, as you say, but the experience is expensive. Husband will be much happier, I am sure, if not subjected to those experimental menus. They are not recommended either for abandons the dietary.

Q.—I am a girl 18 years old. Last summer I met a young man who seemed to think quite a bit of me. He had asked me out a number of times, and I, like most girls do, just "took possession of him." After a time he began to treat me differently, and then went away, not even saying good-bye. I did not know he was going until after he had gone. He has been away quite a while now, and is soon coming back, so his sister says.

My question is: How shall I treat him when he comes back, so as to gain his respect? It will be necessary for me to meet him often, as his sisters and I are great friends. I want to win back his respect, well, really more than I have ever wanted to do anything before. I don't hardly dare own to myself how much this means to me. Will you please answer this letter as soon as possible?

YOUR ADMIRER.

A.—Before I attempt to advise you, I cannot refrain from pointing out to other girls the good lesson in your experience, which proves that "familiarity breeds contempt."

You can best correct this young man's impression of you by wrapping all of the reserve and modesty of girlhood about you and meeting him just half way. Too many girls ignore this half-way boundary line and find themselves in the embarrassing position you now face. Let your greeting be cordial and cheery, but do not appear too eager for his attention. Let him make the advances. A girl is never out of place if she remains on the safe side of the fence. Let the man do the climbing-over stunt.

My Dear Miss Grey: Joy and pride were mine in your courageous article concerning Mrs. Sanger's return from Europe to stand trial for publishing pamphlets disseminating knowledge to the poor of scientific "birth control," when she might have remained away.

The birth of a new idea is the most painful birth known! Brave Emersons or Eddys we would make, if, in our conventional or creedal cozy corners, we dare not conceive a new scientific precept! And those who understand know that science is at base spiritual truthseeking.

The thinking club women have determined to demonstrate Mrs. Sanger's prosecution due to preconceived prejudice—provincial in its paucity—proves their own probity and parage. Opponents of this dissemination to the poor better climb a tall tree daily. It broadens horizons; it dispels "philosophical false alarms."

That the right inherent of every babe is freedom from beclouded birth, be it from liquor, lust or lassitude, there can be no denial without resort to circumlocution of sophistry—and "sophistry is an anarchist in ethics." While the truth is: the marriage-bed is the greatest promoter of lust in existence, especially among the rich and predatory minded and social parasites—and the church and the courts do nothing to annul the "double standard" in law.

Glory be! Women know no defeat! Women know only deferred victory! And the dissemination of this science women will have (hook or crook) until men become responsible, decent and developed. Abigal Scott Duniway, stale-egged many times, preached the righteousness of woman suffrage for 50 years. Today her name is written in gold in Oregon archives. Mrs. Sanger's desideratum has also the matrix of righteousness economic.

Cordially, MINNIE B. FRAZIER.

Take Iron, Says Doctor, if You Want Plenty of "Stay There" Strength Like an Athlete!

Ordinary Nuxated Iron Will Make Delicate, Nervous, Rundown People 200% Stronger in Two Weeks' Time, in Many Cases.

NEW YORK, N. Y.—Most people foolishly seem to think they are going to get renewed health and strength from some stimulating medicine, secret nostrum or narcotic drug, said Dr. Sauer, a specialist of this city, when, as a matter of fact, real and true strength can only come from the food you eat. But people often fail to get the strength out of their food because they haven't enough iron in their blood to enable it to change food into living matter. From their weakened, nervous condition they know something is wrong, but they can't tell what, so they generally commence doctoring for stomach, liver or kidney trouble or symptoms of some other ailment caused by the lack of iron in the blood. This thing may go on for years, while the patient suffers untold agony. If you are not strong or well, you owe it to yourself to make the following test: See how long you can work or how far you can walk without becoming tired. Next take two five-grain tablets of ordinary nuxated iron three times per day after meals for two weeks. Then test your strength again and see for yourself how much you have gained. I have seen dozens of nervous, rundown people who were ailing all the while, double their strength and endurance, and entirely get rid of all symptoms of dyspepsia, liver and other troubles, in from 10 to 14 days' time, simply by taking iron in the proper form. And this after they had in some cases been doctoring for months without obtaining any benefit. But don't take the old forms of reduced iron, iron acetate or ticture of iron, simply to save a few cents. You must take iron in a form that can be easily absorbed and assimilated, like nuxated iron, if you want it to do you any good, otherwise it may prove worse than useless. Many an athlete or prize fighter has won the day simply because he knew the secret of great strength and endurance, and filled his blood with iron before he went into the affray, while many another has gone down to inglorious defeat simply for the lack of iron.

NOTE—Nuxated iron, recommended above by Dr. Sauer, is one of the newer organic iron compounds. Unlike the older inorganic iron products, it is easily assimilated, does not injure the teeth, make them black, nor upset the stomach. On the contrary, it is a most potent remedy in nearly all forms of indigestion, as well as for nervous, run-down conditions. The manufacturers have such great confidence in Nuxated Iron that they offer to forfeit $100.00 to any charitable institution if they cannot take any man or woman under 50 who lacks iron and increase their strength 200 per cent or over in four weeks' time provided they have no serious organic trouble. They also offer to refund your money if it does not at least double your strength and endurance in 10 days' time. It is dispensed in this city by Bartell Drug Co., Swift's Pharmacy and all other druggists.

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"Pape's Cold Compound" Is the Surest, Quickest Relief Known—It's Fine!

Relief comes instantly.

A dose taken every two hours until three doses are taken will end grippe misery and break up a severe cold, either in the head, chest, ...ache, ...d-up nose, ...e head, ...se running, ...e, dullness, feverishness, sore throat, sneezing, soreness and stiffness.

Don't stay stuffed-up! Quit blowing and snuffling! Ease your throbbing head! Nothing else in the world gives such prompt relief as "Pape's Cold Compound," which costs only 25 cents at any drug store. It acts without assistance, tastes nice, causes no inconvenience. Be sure you get the genuine. Don't accept something else "just as good." Insist on getting "Pape's Cold Compound" if you want to stop your cold quickly.

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