

**HOW TO BE SLIM**

If you are too fat and want to reduce your weight 15 or 20 pounds, don't starve and weaken your system, or think you must always be laughed at on account of your fat, but go to Central Pharmacy or any good druggist, and get a box of Oil of Kosein capsules, take one after each meal and one before retiring at night.

Weigh yourself once a week and note what a pleasant and reliable method this is for removing superfluous fat from any part of the body.

It costs little, is absolutely harmless and a week's trial should convince anyone that it is unnecessary to be burdened with even a single pound of unsightly fat.

**Get Your Loganberry Tickets Printed at the Capital Journal Office**

Prompt Service and the price is right

**Minimum Clearance Fixed by Commission**

New regulations relative to the minimum clearances above and on each side of freight trains, effective August 1, were today promulgated by the state public service commission. Action was taken on the commission's own motion.

On railroads and street railways moving standard gauge freight cars the minimum vertical clearance must be 22 feet, according to the order, with exceptions permitted in the case of trains in engine houses or at passenger stations. For a distance of 22 feet above the rails the minimum clearance on each side of the center line of the track shall be eight feet, six inches.

Provision is made regarding the clearance for platforms of various widths and heights. Adjacent tracks must be 13 feet apart measured from center to center, with deviations permissible in the case of tracks in a round house.

On curves, clearances must be increased. The new rules do not apply to tracks laid on public highways. Regulations were made predicated on the assumption that freight cars are not greater than 15 feet, 1 inch high or ten feet, nine inches wide. If cars of greater dimensions are moved notices of impaired clearance must be furnished train and yard crews in writing by the railroad company.

**PROPER THING NOW IS TO PEEL OFF SOLID SKIN**

Those who abhor sticky, greasy, oily, streaked complexions should religiously avoid creams, powders and rouges during the heated days. There is no need for them, anyway, since the virtues of unperfumed wax have become known. No amount of perspiration will produce any evidence that you've been using the wax. As it is applied at bedtime and washed off in the morning, the complexion never looks like a makeup. Menstrual wax gradually takes off a bad complexion, instead of adding anything to make it worse. It has none of the disadvantages of cosmetics and accomplishes much more in keeping the complexion beautifully white, soft and youthful. Just get an ounce of it at your druggist's and see what a few days' treatment will do. Use like cold cream.

Another effective warm weather ment—heat tending to cause wrinkles and flabbiness—is a skin-tightener made by dissolving 1 oz. of powdered salicylic in 1-2 pt. witch hazel. Its use (as a face bath) leaves no trace.

**GROCERS CENSOR PURCHASES**

Rainon, Ore., June 27.—Grocers have voluntarily established a food dictatorship in Rainon because the longshoremen's strike has seriously shortened the supply of fresh food.

Nobody may buy more than 50 cents worth of sugar at a time. This was the first edict of the grocers. Potatoes and fresh fruit are also short. Strawberries grown here are practically the only fruit on the market.

**FASHIONS, OR WOMAN'S HEALTH**

The first thing many persons think of finding on the Woman's Page of a newspaper is the Fashions. That is not what women most need to find there. Health is the first thing, and many women lack it. Notes telling how to preserve the health are of the greatest value and interest for women; and, if they are suffering from woman's ailments, they read with the most intense interest how other women get well from their ailments, and so they too get what made them well.

Ledia E. Melham's Vegetable Compound.

**VILLA TO BE GENERAL IN CARRANZA'S ARMY**

**Said To Have Small Army In Parral—Will Be Given Command of 5,000**

El Paso, Texas, June 27.—Villa was today unofficially reported to have sent Carranzista General Trevino a note offering to muster his followers into the de facto government's army to fight the United States if granted amnesty. Villa was said in these unconfirmed reports to be at the head of a small army camped on the Rio Florida in the Parral district.

Trevino is reported to have granted Villa a general's commission and will place him at the head of 5,000 soldiers. Many hundred former Villistas have joined Carranza's forces.

These reports do not agree with previous official Mexican announcements that Carranza's amnesty was to be denied outlaws. Villa was once declared an outlaw by the de facto government.

**Report is Confirmed**

Washington, June 27.—Private advices to the state department office today are said to confirm reports that General Villa is still alive.

Authorities said information from these sources had previously proved reliable. They think in case of war, Villa will be found heading a force controlled by Carranza.

**STREET PAVING TO COMMENCE AGAIN**

**Other Machinery Ordered South, Commercial and Fair Grounds Road First**

Street paving is coming back. After a period of quiet for a couple of years Salem will busy this summer laying concrete, asphalt, macadam and other forms of surfacing.

The city is eager to take a crack at unsightly streets with its new machinery. Today the first move is being made in paving Commercial street from Mission to the south city limits. Then the Portland road from the Fairground road to the railroad tracks is to be surfaced and the Fairground road from Summer street to the tracks will receive similar attention. Hard surface is to be put down on various portions of D, Church, Fifth and Twelfth streets.

In the business section a few alleys that have never been paved are to be put in shape this season.

Last night the council authorized the purchase of testing apparatus so that the city will know whether or not its mixtures are up to the standard. A road roller costing \$1900 has been ordered and the council has about decided to purchase a "scarifier" for tearing up old streets. Then, to complete the paving equipment, the city rock quarry is getting busy turning out rock of various sizes and grades.

The asphaltum to be used in Salem will come from the Union Oil company, whose bid to the council last night was favorable.

**Ponce de Leon Failed; His Prize Is Found**

Ponce de Leon, the daring explorer, searched among the swamps of Florida for the Fountain of Youth, which the Indians said would restore power and make people young. He did not find it. Thousands of chronic intestinal, low acid and stomach ailments have written to Geo. H. Mayr, 154 Whiting St., Chicago, in quest of health. They have found it. His remedy, composed of healing vegetable oils from France, has indeed given them back the health of youth.

Why suffer from indigestion, gases on the stomach, fainting spells, torpid liver, constipation and all the evils of a disordered stomach when there is permanent relief here? Mayr's Wonderful Remedy is said by leading druggists everywhere with the positive understanding that your money will be returned without question or quibble if ONE bottle fails to give you absolute satisfaction.

For sale by J. C. Perry, druggist.

**Northern Sonora Is Famine Stricken**

Douglas, Ariz., June 27.—Increasing seriousness of the famine throughout northern Sonora is causing the gravest concern to Americans along this section of the border, it was indicated in reports received here today.

Sheriff Wheeler of Hereford telegraphed for additional deputies today, following reports that 300 Mexicans were marching on San Pedro valley. At Fort Huachuca, guarding the valley, only 46 soldiers and civilian guards are stationed, Wheeler said. Valuable supplies of ammunition are said to be stored at the fort.

Shortly after midnight, the home guard at Bisbee, organized since the departure of the militia, was called out, when fifty citizens of Don Luis, a branch, rushed into the city in automobiles with the report that a large force of Mexicans already approaching Naco, where the Bisbee water source is located.

Matchfield Record: The longshoremen's strike has closed both the lumber mills at North Bend, the Bushner industry at Porter, closing last night when the steam schooner Hardy departed with a cargo of lumber. There is no definite date for the mills to reopen.

**RULES FOR ENTRIES IN BABY PARADE**

**Read These Carefully, Follow Them, and You Will Make No Mistake**

In order that mothers as well as fathers and other relatives who are interested in the baby parade of next Monday may be fully informed as to what is and is not expected of them during the parade, the parade committee in charge of Miss Elizabeth Lord has drafted several rules to govern all entries.

Rule one is about like this: Tricycles, autos and vehicles driven by animals must have a rider or driver under the age of ten years.

Rule two provides that all other child conveyances must carry one or more children under the age of seven and must be in charge of a boy or girl under the age of 15 years.

Rule three clearly specifies that no entry is eligible to more than one class.

These three rules cover all entry propositions. One of the most important things urged by the parade committee is that entries be made at the Commercial club Saturday afternoon from 1 until 5 o'clock. This especially applies to Salem people who can just as well make their entries Saturday afternoon and not wait until the rush and confusion of Monday morning just before the parade.

Entries can be made Monday morning July 3 at the registration booth on the northeast corner of Wilson avenue from 8:30 until 9:30 o'clock. In making entries either Saturday next or Monday morning, it will not be necessary to bring the children but they must be promptly on hand Monday morning at 9:30.

Now here is something for each mother or those having charge of the entries should remember, to avoid the general confusion of organizing a parade.

Entries in classes A, B, C, D and E will form on the south side of Court street.

Entries in classes F, G and H will form on the north side of the court house, between Summer and Capital streets.

Entries in classes I, J, K and L will form on the east side of Summer.

Entries in classes M, N, O and P will form on the west side of Summer street between Chemoletta and Court.

Animal entries will enter Capital street from Chemoletta street.

Large placards will mark the location of each class.

No automobiles, vehicles or other conveyances will be allowed in the roped off section for the entries. Streets will be kept clear and the babies will be looked after by able assistants. The Cherrians will act as guards of honor.

**COAST CITIES LOSE DIFFERENTIAL RATES**

**The Commission Authorizes Change of Freight Rates by Railroads**

Washington, June 27.—An order taking from the Pacific coast cities the advantage they now enjoy over intermediate cities in transcontinental rates was issued by the interstate commerce commission today. Slides in the Panama canal and the transfer of practically all vessels heretofore in the coast to coast trade to the ocean trade as the result of the war has removed the water competition, the commission held, that formerly justified granting lower rates to coast cities.

The commission's previous order finding coast cities entitled to the advantage was rescinded effective September 1, and transcontinental carriers directed to file new schedules. The order applies to a wide range of commodities of domestic commerce ranging from articles of food, to iron and steel from Pittsburgh.

The commission in its order says: "Should conditions materially change so as to justify such action, petitions for further orders may be presented and they will be dealt with as the circumstances then appearing may warrant."

**San Francisco Amazed.**

San Francisco, June 27.—The decision of the interstate commerce commission, in Washington abolishing low terminal rates because of water competition, was received with amazement by shippers here today. It was freely declared that the ruling would prove a blow to Pacific coast business.

Sam Mann, who represented the San Francisco chamber of commerce in the original hearings before the commission in Washington, declared the decision is the most radical in years and it was asserted that it will wholly overturn overland freight rate practices.

"The commission does not reserve its policy that water terminals are entitled to a lower rail rate than intermediate points," Mann said, "but it evidently takes the ground that these terminals are entitled to less advantages when their water carriers are eliminated."

The decision puts Pacific coast merchants at a disadvantage as against eastern competitors, according to Mann. Mann predicts that coast shippers will carry their contentions to the supreme court of the United States.

Under the new ruling, the 192 terminal rate points that have been built up on the Pacific coast, will be wiped out.

Mann declares that the ruling creates an unique situation, inasmuch as coast shippers must now await the termination of the war in Europe before getting a restoration of previous conditions. If the war ends soon, releasing the shipping that has been tied up by the great conflict, the situation would be quickly reversed.

Today's decision is the latest move of a case which has been in process of development for 12 years, when merchants of Spokane, Reno and Phoenix, Ariz., joined in a contention that the railroads have no right to charge these cities higher rates for shipments from the east than water terminals pay. The commission ruled against the cities, holding that water cities have actual water competition and are thus entitled to lower overland rates. This ruling was apparently overturned today.

**BRYAN REFUSES TO JOIN ARBITRATORS**

**Wants Matter "Settled" Would Act Only at President's Request**

St. Paul, Minn., June 27.—"Unless the administration asked a civilian peace commission to intervene in the Mexican situation, it would be unwise and inopportune at this time to meet with any one to prevent armed clashes in Mexico," W. J. Bryan told the United Press today, while here changing cars to fill a chautauqua date at Stillwater.

"There is probably no person that wants the Mexican matter settled without a clash of arms, more than I," said Bryan. "But please remember that I said 'settled,' he continued. 'If I were asked by the administration to represent it at the border, I think I would accept, but without our president's sanction, the conference would be too easily misunderstood.'"

Thus the commoner declined to meet with Dr. David Starr Jordan, Frank P. Walsh and three Mexicans at El Paso to attempt to prevent conflict, as suggested by the American Union Against Militarism.

**Great Crowds See New York Boys Start**

**Big City Feels First War Thrill As Guardsmen March to Ferry**

New York, June 27.—The east caught its first thrill since the days of '98, as national guardsmen from several states departed for the Mexican border amid women's shouts of God speed.

Wives and sweethearts crowded the sidewalks and streets. They were greeted by noisy cheers. Bands stretched to shake farewells to the guardsmen nearest in line and girls pressed forward with flowers.

The Seventh swung down Lexington avenue. Heads popped from windows swung with flags.

"God bless you, boys," shouted a gray haired woman, waving a stream of busting.

"Good bye, Billy—good bye," cried a red eyed girl from the sidewalk.

Guests at hotels turned out to cheer as the Seventh streamed across Fifth avenue. Women in negligee threw down flowers.

A crowd of 3,000 was gathered about the ferry when the Seventh came tramping down.

—others, wives, sweethearts, brothers, fathers were grouped about the ferry home.

There was no chance for farewells. The Seventh marched ahead. The women stood in little knots, sobbing softly as the ferry drew away for the Jersey shore. The brothers and fathers puffed vigorously at cigars and stared straight out toward the river at a few uniforms grouped upon the rear deck of the departing ferry. There was no cheering.

Something like the same scene was

**Steamer Grabamona Meets With Accident**

The river steamer Grabamona, of the Oregon City Transportation company's line, which went aground on the Eola bar Saturday night, arrived at the dock in this city last night and proceeded to Portland this morning under its own steam.

The accident resulted from the boat striking a floating stump which threw it off its course, and on the bar. A riverman report that a hole many feet long was torn in the hull near the bow.

The Gray Eagle of the Spaulding Logging company went to the Grabamona's assistance with a powerful pump which lowered the water in the hold so that temporary repairs could be made.

On the return trip Sunday the Gray Eagle brought freight and livestock destined for up stream points.

Captain Bloom was in command when the Grabamona struck.

for it is said all along the coast the ship owners have decided to make it a general tight and to the end. Vessels not belonging to the trust combination are loaded and sailing on regular time. The vessels affected are those which carry lumber and the waterfront manufacturers of small capacity, since they can decide whether lumber shall be unloaded in San Francisco.

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**WASHINGTON EXPECTS 100,000 MILITIAMEN FOR POSSIBLE SERVICE IN MEXICO**

Washington, June 27.—The War Department today announced that it expects to mobilize 100,000 men for possible service in Mexico. The men are being trained in the various states of the Union and are being equipped with the latest military equipment. The War Department has also announced that it expects to mobilize 100,000 men for possible service in Mexico. The men are being trained in the various states of the Union and are being equipped with the latest military equipment.

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**The Latest Designs in French Wilton Rugs**

**Are Now on Display in Our Furniture Dept.**



**We are agents for W. & J. Sloanes Karnack and Shuttlewarch Wiltons, all sizes; Pallock-Huston Co. Mahal Wiltons, all sizes; Hartford Carpet Co., Royal Wiltons, all sizes.**

**Being very fortunate in early purchasing, we are enabled to make very attractive prices considering the state of the present market.**

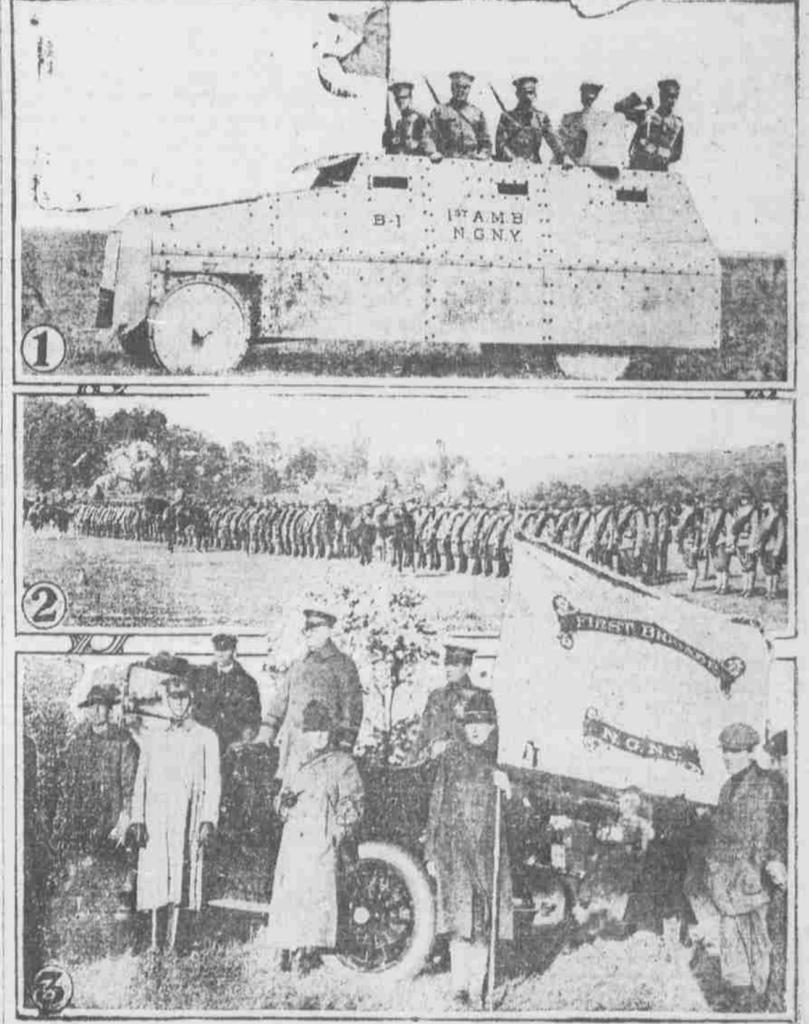
**We have some of the patterns in our south window and shall be pleased to show you whether purchasing or not.**

**We Trade New for Old**



**Use Your Credit**

**WASHINGTON EXPECTS 100,000 MILITIAMEN FOR POSSIBLE SERVICE IN MEXICO**



No. 1 in the accompanying pictures shows an armored car recently acquired by the national guard of the state of New York for field use. The letters "A. M. B." mean "First Armed Motor Battery." No. 2 is a line of New York militiamen in field uniform drawn up for inspection (photograph made on June 18). No. 3 is a picture of the commanding officers of the First Brigade, national guard of the state of New Jersey. No compilation has been made by the war department indicating the exact number of men that will be produced by the militia call for possible service in Mexico. The best estimate available is that it should produce about 100,000 men, when skeleton organizations are recruited up to their maximum enlisted strength. Exclusive of the coast artillery there were on Jan. 1, 1916, 7,700 officers and 117,802 enlisted men in the national guard making an aggregate of 125,502. There were an additional 451 officers and 8,320 enlisted men in the militia coast artillery service, which would make a grand total of 134,423. If the guard were recruited up to its minimum strength it would aggregate about 145,000 men. Some of the organizations called out are not up to their required minimum enlisted strength. These are to be recruited up to minimum strength in the mobilization camps it is estimated that there should be in the neighborhood of 100,000 men produced by the call.

He said that back in the hills there seems to be an abundant supply of the myrtle wood, though the supply is not so great that the people should allow it to be cut down and burned for firewood.

**You can make money by reading the Journal New Today column.**