

INVENTORY NECESSARY FOR BODY

You Ought to Be Overhauled
Yearly Just as Much
as Your Auto

By Dr. Eugene Lyman Fisk
Medical Director of the Life Extension Institute

NEW YORK, Dec. 17.—One of the strangest facts of pathology, and one too little known to the layman is that pain is a notoriously fallible indication of disease. A pain in the region of the heart rarely indicates heart trouble; a pain in the joint of the knee may indicate an abscess in the jaw. Yet with the great majority of the laity, pain is the only factor which brings contact with physicians. This is the first condition that must be changed, if man is to live out his natural life.

To list the serious ailments for which pain gives no warning might be needlessly alarming. Yet these ailments, such as cancer, in its early stages, high or low blood pressure, Bright's disease, and the like, carry off hundreds of thousands every year to premature deaths. They are the smoldering fires of the forest, evident only when the forest is in flames—unless expert eyes are watching.

HAVE YOUR OWN "FIRE WARDENS"

Our fire wardens in the forests of the great Northwest are now regarded as indispensable to our national wealth. And in the vaster and richer forests of human lives exists the same need for vigorous and constant watchfulness. There are little smoldering fires in each life which are easily discoverable, and which can be stamped out entirely or carefully watched to prevent their doing further damage.

Public hygiene protects against disease and death by periodic examinations of streets, sewers, water supply, milk supply, and foods. Personal hygiene can protect the individual against disease and death by periodic examinations of the body.

The proper course is easy. Have your body examined at least once a year by a physician who is in tune with modern ideals in medicine. Have your jaws X-rayed, your organs tested, your blood pressure taken, and the work of your kidneys tested for sugar and albumin, and for their actual efficiency.

ANNUAL INVENTORY OF PHYSICAL PLANT

Let the doctor make an annual inventory of your physical plant. Learn the simple fundamental rules of exercise and hygiene. Don't be afraid of the words "caloric," "protein," and "vitamins," in relation to your body, any more than you are afraid of the words "magnet," "transmission," and "carburetor" in relation to an automobile.

Take your body to a "service station" occasionally, as a prudent man does his automobile, just to have it looked over. For this is the road which leads not only to a long life but to a longer period in which man can experience the full and exuberant health of youth.

Remember that there is no "law of mortality." Bear in mind that the length of man's life is largely in his own hands, and that the great extinct company of the dinosaur and dodo bird is waiting for the genus homo if he fails to make good.

Your body and your race are on trial. See that they get a fair chance.

**CATTLE MEN
GOING BROKE**
WASHINGTON, Dec. 17.—The picturesque cowpuncher is gone and the modern cattle breeder is going to follow him, George W. Armstrong, a stock man of Fort Worth, Texas, told the senate finance committee yesterday. The cattle men are all broke and the cattle yard is a thing of the past, declared Armstrong.

"The cattle men are at the mercy of the packers, who control practically all of the packing plants in the world," Armstrong urged tariff protection on "every part of the steer," but said that he was not sure that even a high tariff would restore the cattle business.

WASHINGTON, Dec. 17.—President Harding has named Secretary of Commerce Hoover as the federal member of the Colorado river commission, which is seeking to end a dispute over irrigation waters over several Western states.

To Remind You

8 DAYS TILL CHRISTMAS



Wilkes Players in 'Pot Luck'

Foy and Little Foy's at Moore



1—Ella Von Kaufman, Palace Hip. 2—Pauline, Pantages. 3—Harry Holman, Moore. 4—Georgia Knowlton.

Featured at the head of next week's bill of Orpheum circuit vaudeville at the Moore, is Eddie Foy and, of course, he is assisted by the usual big flock of younger Foy's. These younger Foy's have now arrived at such ages that they are real entertainers on their own right, and do not have to depend on father to carry them along. This year's offering is called "The Foy Fun Revue," and is really quite a pretentious offering.

Another big spot on the program is filled by Harry Holman and company, in "Hard Boiled Hampton." Rockwell and Fox call themselves "two noble nuts," and have one of those nonsensical acts that current patrons like so well in vaudeville.

William Demarest and Estelle Collette sing a little, dance a little and talk a little, but they do these common things so well and so much different than they are usually done that they find their names in big type on the program.

Raymond and Schram have a song offering called "A Syncopeated Cocktail." Lucas and Inez are a 1921 Apollo and Venus. Lucas is in size a giant, and Miss Inez is trim, neat and bewitching.

Ward Brothers are novelty double-act jugglers.

**WILKES PLAYERS
IN 'POT LUCK'**

"Pot Luck," one of Broadway's successes of the present season, is to be presented by the Wilkes company, beginning with the matinee tomorrow afternoon. The play, which is from the pen of Edward Charles Carpenter, author of "The Cinderella Man," was produced on Broadway in September and is still playing in the East. Its performance by the Wilkes company will be its first presentation by any stock company. Thomas Wilkes, on learning that the original company was not to be sent on tour, opened negotiations at once and obtained the play for use of his stock companies in Seattle, Los Angeles, Salt Lake, Sacramento and Denver.

"Pot Luck" is described as a comedy-drama. It tells an original and appealing story of a girl who obtains a husband through a matrimonial advertisement. The groom was a party to a conspiracy to swindle the young woman, but the tables are neatly turned and her influence brings about his regeneration.

The play is the one in which Clara Moore, of Seattle, was featured on Broadway, and in which she won warm praise from the New York critics. James Rennie, known in pictures and the husband of Dorothy Gish, played the leading male role in the New York production.

**BEGGARS' OPERA
CALLING TO MEET**

Seattle will have the Beggars' Opera for a week, beginning December 25, a delightful Christmas and holiday attraction, at the Metropolitan. This gay and racy old music play has been the delight of Los Angeles and San Francisco, where it has been playing to great audiences for the past month. Those who love comedy, those who love music, and those who love an artistic ensemble are looking forward to its engagement here at the Metropolitan theater.

MADE WIFE AID HIM IN BIGAMY

Jean Riley Says She Bore
Expenses of Wedding

SAN FRANCISCO, Dec. 17.—William S. Mooney, husband of Jean Riley, motion picture actress, made her pay the expenses of his marriage to Verna Drokas, 17, wife No. 2, according to the story told by Jean when she obtained a warrant for Mooney's arrest on a charge of bigamy yesterday.

She charged that Mooney married the girl to escape prosecution on a charge of contributing to her delinquency. Jean Riley is the 19-year-old actress who mysteriously disappeared from her home in Hollywood several months ago. It was feared she had been abducted. After a long search by friends and police she was finally found unconscious in the hills back of Hollywood. The circumstances were shrouded in a good deal of mystery, which was never cleared up.

City Loses Point in Big Damage Suit

Notwithstanding the fact that another suit growing out of the same accident is pending, Charles Machek pressed his suit against the city for \$35,000 for the death of his daughter, Sophia Machek, according to a ruling of the state supreme court. Miss Machek died January 29 as a result of injuries suffered in a Green Lake car accident January 5.

OF INTEREST ONLY TO DRINKING FOLKS

This will be of interest to all Seattle drinking people. Great Northern thru trains, for the first time in five days, ran Friday between Seattle and Vancouver, B. C. Floods in the Skagit valley had stopped their service. The trains are back on the old lines, except a few miles south of Sedro-Woolley, where a slight detour is made over the Northern Pacific tracks.

Gets Long Term for Forging 75 Checks

Five to ten years in the state penitentiary at Walla Walla is the sentence imposed by Presiding Superior Judge Everett Smith upon Bert E. Anderson, who pleaded guilty Friday to charges of forgery in the first degree. Anderson is alleged to have passed more than 75 forged checks in Seattle. In his room, officers found rubber stamps, a photostamp and other accessories.

STACY V. JONES, graduate of the University of Washington and former editor of the Washington Daily, has been appointed to the executive council of Sigma Delta Chi, national journalism fraternity, according to word received from the fraternity convention held recently in Ames, Ia. Jones is now on the staff of the Washington, D. C. Herald.

CHICAGO.—A lady barber shaved her way to the affections of Edward C. Rice, his wife declared at hearing of their divorce suit.

Begins Today THOMAS MEIGHAN

In a Tinging Tale of the Sea

"CAPPY RICKS"

Also
A Mack Sennett Comedy

An Interesting Travelogue

WINTER GARDEN THEATRE

A Sparkling Draught of
French Frivolity

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The Great American Home



To Santa Claus
with Love
U.S.A.

Legion to Spread Christmas Cheer

A Christmas tree for every hospital ward is the plan of the American Legion of Seattle, which is making preparations for Christmas cheer to be distributed among all wounded and disabled veterans in hospitals and all former service men who are out of work and their families thru-out the state. Gifts and baskets of food are being prepared at the state headquarters of the Legion at 309 Douglas building. The public is invited to co-operate with the Legion in the work.

Injunction Breaks Up Corner on Eggs

CHICAGO, Dec. 17.—The "corner" on eggs, which has caused the price to advance steadily for several weeks, has been broken, officials believe today, by the injunction which prohibited speculation on the Chicago butter and egg board. Prices have fallen 10 to 12 cents per dozen since the injunction was issued and now are selling around 47 cents.

6,997 in Seattle Aerie of Eagles

Seattle Eagles Friday night inflated 48 candidates into Aerie No. 1 before 700 members of the organization. According to records of the lodge the total number of members, with the initiates, reaches 6,997 in Seattle.

OMAHA.—After rifling the cash register, an unmasked bandit forced W. E. Huttenlocher, tailor, to press his trousers.

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7-8-9 A. M. and every 30 minutes until 6 P. M.
Hourly thereafter — 7-8-9-10-11 P. M.

Main 1427

Chile Makes Move to Conciliate Peru

Preliminary steps toward a peaceful settling of the boundary dispute between Chile and Peru have been taken, according to word received in Seattle by Lucio Villegas, Chilean consul in the Northwest.

Chile, according to Consul Villegas, has made the proposal to Peru that a plebiscite of the border provinces of Tacna and Arica be held to settle their nationality.

Porto Rican Chief to Face Accusers

WASHINGTON, Dec. 17.—Gov. E. Mont Heilly of Porto Rico, whose removal from office has been sought by factions on the island, has been directed to return there, it was stated at the White House today.

Reilly, who was called here because of the charges against him, probably will be back in Porto Rico by January 1.

Mrs. Zellerbach Is Dead in New York

SAN FRANCISCO, Dec. 17.—Mrs. Theresa Zellerbach, widow of the founder of the Zellerbach Paper Co., is dead in New York city, according to a private telegram received here today.

Full course dinner, 75c, at Boldt's. Served 5 to 8 p. m.—Advertisement.

PEARL WHITE in The Mountain Woman

Vivid, Dramatic, Heart-Touching Story of the Kentucky Hills.

Muti & Jeff - Pathe News

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In order to introduce our new (whalebone) plate, which is the lightest and strongest plate known, does not cover the roof of the mouth; you can bite corn off the cob; guaranteed 15 years.

Whalebone set of Teeth \$5
85 Crowns \$4
85 Bridge work \$4
85 Amalgam Filling \$1

All work guaranteed for 15 years. Have impression taken in the morning and get teeth same day. Examination and advice free.

Call and See Samples of Our Plate and Bridge Work. We Stand the Test of Time

Most of our present patronage is recommended by our early customers, whose work is still giving good satisfaction. Ask our customers who have tested our work. When coming to our office, be sure you are in the right place. Bring this ad with you.

OHIO Cut-Rate Dentists

207 UNIVERSITY ST.
Opposite Frazer-Peterson Co.

She Says Arbuckle Case Wasn't Smutty

SAN FRANCISCO, Dec. 17.—There was nothing salacious about the trial of Roscoe (Fatty) Arbuckle, according to a report submitted to the San Francisco Housewives' league by Mrs. Robert A. Dean.

Mrs. Dean attended all sessions of the comedian's trial on charges of taking Virginia Rappe's life, as a representative of the women's vigilance committee.

"I think it is an excellent thing for women to attend trials, especially those in which sex is involved," her report said.

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SECOND AVE. AND PIKE ST.

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"My baby strangled with croup so he could not sleep. But Foley's Honey and Tar stopped it, and she rested well." Mrs. C. T. Jackson, Nebraska City, Neb.

That's why careful mothers prefer Foley's Honey and Tar to all other cough medicines.

Safe, Sure, Reliable.

FOLEY'S HONEY AND TAR

Sold Everywhere.

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FOR MEN & WOMEN
EASY PAYMENTS

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GERMANS BUILD "ZEP" FOR U. S.

Biggest Airship in World to
Sail to America

PARIS, Dec. 17.—The council of ambassadors has authorized Germany to construct the largest Zeppelin in the world for the United States, it was learned here today.

The air monster is to be built by German experts and will sail across the Atlantic when completed. It is to replace the share of the United States in Zeppelins destroyed in German hangars in 1919.

The ship is to be constructed according to the L-70 model, the highest type of flyer, and will rival the ZR-2, which crashed into the river Humber in England shortly before it was to be delivered to the United States.

There is some opposition here to the authorization, which will keep a large number of German technical air experts in training for the building and testing of the ship, it is said.

Problems of Life

As the
Days
Go By

By EDWIN J. BROWN

THIS IS THE THIRD AND LAST ROUND on boxing shows in Seattle. If boxing should be sanctioned by our colleges and should become one of the leading athletic sports, it would soon be as popular as football now is. If the art of boxing was proper training for physical and mental development in time of war, it certainly should be in time of peace. I have seen striplings of boys and men with hollow chests and sluggish minds take up boxing for exercise and in two years they were alert, strong, robust and hearty. Boxing is the best training in the world for an ill-tempered or quick-tempered person. It is seldom that a real boxer ever discharges himself by assaulting or striking another person.

AS I HAVE SAID BEFORE, Seattle's Boxing Commission has not regulated boxing in Seattle, and boxers take all the chances of loss, injury and even death. These boys are in fact and in name, but not in spirit, also it's childish ruling suspending such men as Harry Campbell, an overseas soldier, from the American Legion, and a taxpayer in Seattle, simply because he was going to box, is a disgrace to the city and its officials. These boys are always willing to box for benefits and charities.

IT'S AUTOCRATIC USURPATION of authority to say who shall conduct boxing shows, where boxing shows may be held, and then naming its own rules. It is a gross abuse of privilege that shocks the common sense of honest people. BOXING IN SEATTLE IS PERMITTED by ordinance, and the Commission is guardian of this privilege. To say that it is not abused and it seems to me that the Boxing Commission is guilty of abusing its own privilege in appointing a guard when it appropriates to itself the right to box. These boys are shows which belong to the boys who box. Metaphorically speaking, it has its finger in the business of boxing. Its sheriff, prosecuting attorney and mayor should gracefully remove the Boxing Commission. The wrong conductor is getting the money.

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Special Run, Trips 7 to 9 p. m.
50c for One Ticket
80c for Two Tickets

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DAILY AT MIDNIGHT

SAN JUAN ISLAND POINT
Sunday, Thursday,
12:00 Midnight

BELLINGHAM-ANACORTIS
DAILY 11:30 P. M.

PORT TOWNSEND-RAIL CUNNINGHAM AND MILL PORTS
DAILY, 9 A. M. 5 P. M.

HOOD CANAL POINTS
Tuesdays and Fridays, 4:00 a. m.—freight only.
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10:30 P. M. Tuesday

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