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Any man with a tittle to normal health may hurl cherry defiance in the teeth of the weather, even in its wilder moods.

It's wholly a matter of blood-current and tissue cells, and everybody knows that sturdiness and vigor in these regards depend largely on good, nourishing food.

Much of the food in the ordinary dietary is lacking in certain vitalizing elements which Nature has designed for sturdy growth and resistance to disease. Especially is this true of white bread and white flour foods, because in making flour white most of the energizing mineral phosphates of the grain are thrown out in the milling process.

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Grape-Nuts

Made of whole wheat and barley, this food provides all the nutriment of the grain, including those vitalizing phosphates that mean everything in building up and maintaining a robust, vigorous body and keen intellect.

A ration of Grape-Nuts along with the other food has worked wonders for thousands. Ready to eat, economical, appetizing.

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WITHDRAWAL NOTICE.

After due consideration I have decided not to be a candidate for county treasurer before the coming primary, and herewith withdraw the previous announcement of my candidacy, and tender my sincere thanks to the many friends who have assured me of their support.

MARY FLINT RITER.

ATTENTION MASONS.

Frank J. Miller, Grand Master of the State of Oregon, will pay Laurel Lodge No. 13 A. F. & A. M. an official visit, Wednesday, February 16, Members of Laurel Lodge and visiting brothers invited to be present.

J. A. BUCHANAN, S. W.

234-415

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CITY NEWS.

Loans—We make loans on improved farm property. Douglas Abstract Company. 241-m14

Simon Caro today filed suit against W. E. Moon to collect \$37.29 said to be due on merchandise purchased.

Dr. and Mrs. H. A. Canfield, of the city yesterday in this city, returning to their home this morning.

T. M. Scott and wife, who have been visiting at the home of J. F. Thompson, left this morning for their home at Salem.

County Surveyor Frank Cain left this morning for Oakland where he will spend a short time attending to business matters.

C. S. Heinline left last night for The Dalles and Celilo where he will spend a couple of weeks attending to business matters.

W. B. Anthony and wife, of Albany, arrived in Roseburg last night and will visit for several days with friends and relatives.

The Douglas Creditors association today filed two suits in the justice court the first against H. S. Kellogg for \$18.50 and the other against W. E. Moon for \$56.45.

Mr. and Mrs. E. A. Wheeler, of Cottage Grove, arrived in Roseburg last night and will visit for several days at the home of J. P. Wheeler in this city.

Mrs. W. R. Butler and daughter, Lola, who have been visiting at the home of E. W. Sharp left this morning for Sutherlin, where they will visit for a few days before leaving for their home at Villard, Minn.

Mrs. Geo. E. Houck left this morning for a visit with the Eastern Star lodges of the state. Mrs. Houck, in the capacity of Worthy Grand Matron will spend about three weeks visiting with all the larger organizations of the state.

It is reported that J. N. Hedden will not be a candidate to succeed himself as port commissioner. Fred Weatherly, of Scottsburg, is spoken of as a candidate. Mr. Weatherly is a well known farmer of that section and is well spoken of, and it is said he would make a good man for the place.—Port Umpqua Courier.

Commissioner Rydell, who came down from Elkton to attend the port meeting Monday night, had a hard trip. He traveled part of the way on horseback, part of the way on foot and part of the way in a boat. The roads between Scottsburg and Elkton in places were filled up with slides of earth, the creeks are high enough to swim a horse and several small bridges are down. In all, it was a strenuous trip.—Port Umpqua Courier.

Hopes Women Will Adopt This Habit As Well As Men

Glass of hot water each morning helps us look and feel clean, sweet, fresh.

Happy, bright, alert—vigorous and vivacious—a good clear skin; a natural, rosy complexion and freedom from illness are assured only by clean, healthy blood. If only every woman and likewise every man could realize the wonders of the morning inside bath, what a gratifying change would take place.

Instead of the thousands of sickly, anemic-looking men, women and girls with pasty or muddy complexions; instead of the multitudes of "nerve wrecks," "rundowns," "brain fags" and pessimists we should see a virile, optimistic throng of rosy-cheeked people everywhere.

An inside bath is had by drinking, each morning before breakfast, a glass of real hot water with a teaspoonful of limestone phosphate in it to wash from the stomach, liver, kidneys and ten yards of bowels the previous day's indigestible waste, sour fermentations and poisons, thus cleansing, sweetening and freshening the entire alimentary canal before putting more food into the stomach.

Those subject to sick headache, biliousness, nasty breath, rheumatism, colds; and particularly those who have a pallid, sallow complexion and who are constipated very often, are urged to obtain a quarter pound of limestone phosphate at the drug store which will cost but a trifle but is sufficient to demonstrate the quick and remarkable change in both health and appearance awaiting those who practice internal sanitation. We must remember that inside cleanliness is more important than outside, because the skin does not absorb impurities to contaminate the blood, while the pores in the thirty feet of bowels do.

LODGE DIRECTORY.

O. O. F.—Rising Star Lodge No. 174, meets in Odd Fellows Temple every Friday evening. Visiting brethren always welcome. F. B. Hamlin, N. G.; J. H. Harsh, V. G.; Carl W. Ohman, Rec. Sec.; M. Fickel, Fin. Sec.; A. S. Hunt, Treas.

LOYAL ORDER OF MOOSE—Roseburg Lodge No. 1937. Meets in Maccabee hall on Cass street, every Monday evening at 8:00 o'clock. Visiting brothers invited to attend. P. E. Foster, Dictator; H. O. Pargeter, Secretary.

ROSEBURG NEST No. 1417, Order of Owls, meets first and third Tuesdays at 8 p. m. Eagles Hall. Visiting brothers always welcome. Ross Goodman, president; C. W. Horner, secretary.

Brotherhood of American Yeomen. Mt. Nebo Homestead 1828. Meets at Maccabee hall every 2nd and 4th Wednesday. Visitors welcome. H. W. Evans, foreman; C. W. Cloake, correspondent.

WOODMEN OF THE WORLD—Oak Camp, No. 125, meets at the Odd Fellows hall in Roseburg, every first and third Monday evening. Visiting neighbors always welcome. Carl C. Gunter, C. C.; M. M. Miller, clerk.

A. F. & A. M., Laurel Lodge No. 13. Regular Communications 2nd and 4th Wednesday each month at Masonic Temple, Roseburg, Ore. Visitors welcome. R. D. Williams, W. M.; W. F. Harris, Sec.

I. O. O. F.—Union Encampment No. 1, meets in Odd Fellows Temple every Thursday evening. Visiting brethren always welcome. E. S. Coakle, C. P.; J. B. Bailey, R. S.; James Ewart, F. S.

UNITED ARTISANS—Assembly 195 meets at the Maccabee hall every first and third Wednesday evening. Visiting members are always welcome. Elsie Humphrey, M. A.; Aline Hoffman, P. M. A.; Emma Faulkner, Secy.

I. O. T. M.—Roseburg Hive No. 11, holds regular reviews on second and fourth Thursday evenings in Maccabee hall. Sisters of other hives visiting in the city are cordially invited to attend our reviews. Elizabeth Pierce, lady com.; Jessie Rapp, R. K.

I. O. O. F.—Philetarian Lodge, No. 8, meets in Odd Fellows Temple, corner of Jackson and Cass streets on Saturday evening of each week. Members of the order in good standing invited to attend. P. E. Turnell, N. G.; O. H. Pickens, V. G.; J. B. Bailey, F. S.; M. M. Miller, R. S.; W. T. Wright, Treas.

O. E. S.—Roseburg Chapter, No. 8 holds their regular meetings on the first and third Thursdays in each month. Visiting members in good standing are respectfully invited to attend. Marie M. Riter, W. M.; Free Johnson, Sec.

REBEKAHS—Roseburg Rebekah Lodge, No. 41, I. O. O. F., meets in Odd Fellows Temple every Tuesday evening. Visiting sisters and brothers invited to attend. Laura Kabke, N. G.; Tillie Johnson, Rec. Sec.; Elsie Humphrey, F. Sec.; M. Fickel, Treas.

WOMEN OF WOODCRAFT—Lilac Circle, No. 49, meets on first and third Monday evenings of each month in the I. O. O. F. hall. Visiting members in good standing are invited to attend. Elms Lewellen, G. N.; Clara Cawfield, clerk.

B. P. O. E.—Roseburg Lodge, No. 326, holds regular communications at their temple on second and fourth Thursdays of each month. All members requested to attend regularly and all visiting brothers are cordially invited to attend. A. C. Seely, E. R.; I. B. Riddle, Sec.

K. OF P.—Alpha Lodge No. 47 meets every Wednesday evening in I. O. O. F. hall. Visiting Knights always welcome. Pay due to Roy F. Durbin, M. of F., a "Duds for Men" store. A. J. Rochard, C. C.; E. E. Wimmerly, K. R. S.

EAGLES—Roseburg Aerie meets in their hall on Jackson street, 2nd and 4th Monday evenings of each month, at 8 o'clock. Visiting brethren good standing always welcome. Howard Hess, W. P.; B. F. Goodman, W. Sec. Phone 183.

I. O. R. M.—Umpqua Tribe No. 44 holds stated councils the 1st and 3rd Mondays of each month at the Eagles Hall, N. Jackson street. Visiting chiefs always welcome. W. S. Howard, Sachem; C. H. Tavelstki, C. of R.; W. C. Gaddis, K. of W.

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