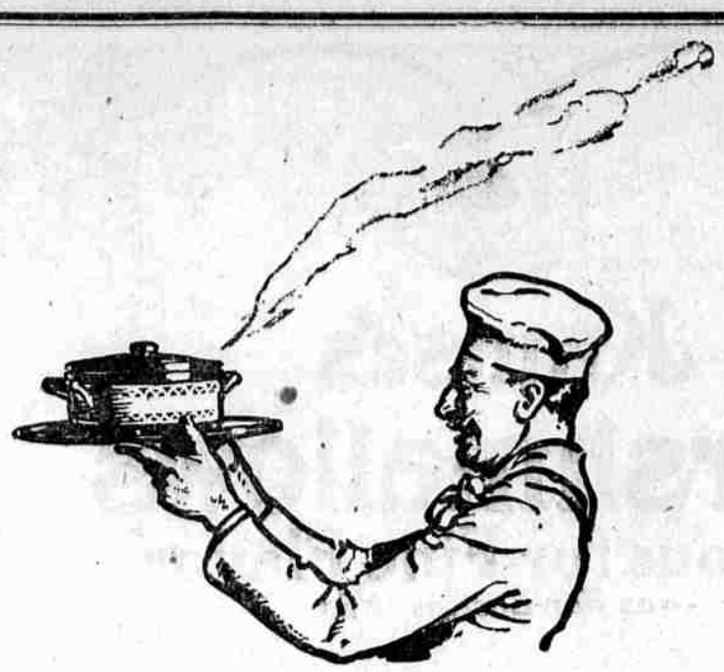

Creamed guinea-hen en casserole

DELICIOUS because it's made in small quantities, where the flavor can be *controlled*. Hills Bros. Coffee is roasted in small quantities for the same reason. Even temperature . . . constant ventilation . . . all the delicacy of flavor brought out . . . heightened.

You'll know why Hills Bros. Red Can is the pride of the coffee-loving West the instant you raise a cup to your lips. To insure perfection in the cup, follow directions given in "The Art of Entertaining," sent free on request. Mail the coupon for your copy. Ask for Hills Bros. by name and look for the Arab on the can. It's quite important.

Reg. U. S. Pat. Off.

HILLS BROS COFFEE

In the original Vacuum Pack which keeps the coffee fresh

HILLS BROS., Dept. 117
San Francisco, Calif.

Gentlemen: Send me your booklet, "The Art of Entertaining," free of charge.

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

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CHILDREN NEED PROTECTION FROM BLASTING CAPS

Approximately 500 children are cripples each year in the United States by playing with blasting caps picked up in the vicinity of mines, quarries, or in fields where agricultural blasting has been done. This means there are approximately 500 children who must go through life with mangled hands, faces, arms and legs. Some are killed. These facts are pointed out in a statement issued yesterday by E. I. du Pont de Nemours & company, explosive manufacturers, in an endeavor to reduce this toll of death and injury.

Blasting caps contain fulminate of mercury, a quick, powerful explosive, readily exploded. It will explode when struck by a hammer. The blasting cap will explode when thrown into fire. It will also explode when children try to extract the contents with a pin, or by holding a lighted match to it, or by thrusting the flaming end of a match into the cap. In mines and quarries, even, where men who have to use blasting caps evtry day ought to know better, there are plenty of mangled hands and other injuries as the result of crimping caps on fuse with a jackknife, pointed nail, or any tool that's hand. Many a miner has crippled himself for life in biting the cap on the fuse, and others have filled themselves with copper or have been killed outright by the sparks from their hat lamps or pipes dropping in an open box of caps. Many blasters continue to bite the caps on the fuse and think that because they have never exploded they never will. It is much easier, and safer, to use a crimper, a tool made for the purpose. Accidentally stepping on a cap will often result in a mangled foot. Sparks, flame, heat, friction—all serve to explode the cap to which they are applied.

Boys often play in and around quarries on Sundays and sometimes pick up stray caps and start to investigate them, the du Pont statement says. It is the rarest thing that they ever do this without getting hurt. They perhaps know the caps are dangerous, and that a spark or a blow will explode them; but they do not realize how sensitive they are, how violent the explosion, or how the pieces of copper fly. Even the name is misleading in this respect. The word "caps" suggest the paper caps used with toy pistols, and because the blasting caps are called by this name it is natural to believe the two articles belong to the same family. They may; but they bear about the same resemblance to each other that a hungry, man-eating tiger does to the gentle pussycat.

"If all the children mangled in the last year by blasting caps had been hurt at one time, what an impression would have been created!" the statement continues. "But because the accidents are spread over the country and happen at the rate of only forty or fifty a month, nothing is done. Indeed, the best thing to be done is to educate the whole population to realize how dangerous these exceedingly useful things are when they are out of their proper place, and what a dreadful thing it is to go through life crippled or blinded for want of a little care and knowledge.

"A box of caps will blow a hole through a two-inch oak plank. One cap will blow a child's hand off. Lingg, a Chicago anarchist, committed suicide by biting a blasting cap between his teeth.

"The point to be remembered is that when a blasting cap goes off it does great damage locally. There is no escaping its effects. Among all the accidents reported from playing with blasting caps, there are only two or three in which somebody was not hurt.

"Don't open a cap to see what's in it. Don't carry caps around in your pockets. Don't take them home with you. Don't leave them where children can get at them. Don't monkey with them."

DIET AND HEALTH

(Continued from page 4)

(about the size of a half pea, or so) of dry boracic acid blown gently into the ear through somethink like a straw or a paper tube. However, let me repeat that if your ears are discharging, you should see your family physician or an ear specialist, for this treatment might not reach your trouble.

Reducing and Cooking.

Mrs. J. writes that she has been on our diet for four and one-half months and has lost from 204 to 164—40 pounds. She is not so rheumatic and stiff and her ankles which were so bad that she could hardly walk, are all right. Her family, which consists of her husband and three strapping boys for whom she has to cook big meals, is as interested as she is and they are encouraging her. She finds it takes will power to diet when she has to cook!

She didn't state her height, but thinks her normal weight is around 122. She prefers to weigh 135, and she wonders, when she gets down to 135 if she can stay there on a normal diet, even though it is some over her normal weight?

We've had many, many letters from the followers, Mrs. J., stating that when they got to normal weight they were able to keep normal weight on a fairly liberal diet. Of course, with hardly an exception, they had all lost their desire for concentrated sweets and fats, and for overlarge meals and eating between meals. That helped! We haven't had so many letters from those who had not reduced fully and still remained where they were, without further conscious dieting. However, we have had some who have.

You have to find out for yourself, Mrs. J. As a rule, even a few pounds overweight seem to help maintain the tendency to accumulate more, but it may be possible that it isn't the extra pounds which make the tendency, but the still active appetite for the forbidden foods in excess quantities.

You deserve a lot of credit for reducing as much as you have under the circumstances. It must be much more difficult to deny yourself certain foods when you have to cook them; but it can be done, as your letter and many others have affirmed. The chief thing in this reducing business is to have a strong enough desire to reduce. The strong desire makes the strong will, I believe. That's why I say anyone can reduce if he wants to, sincerely enough.

Those who need instructions on how to lose weight (or gain it) may have our booklet on the subject by sending ten cents in stamps with a self-addressed envelope, to me, in care of this paper. (Allow at least two weeks for its receipt.)

Mr. and Mrs. E. B. Higgenbotham returned last evening from Cottage Grove where they were called because of the illness and death of their aunt, Mrs. Wm. Russell.

Corsets Made to Your Own Measure
MADE BY 5TH AVE. N. Y. CO.
Also the New Charis Combination Girdle and Brassieres for Wear With One-Piece Dress.
Satisfaction Guaranteed
MRS. JONES, 206 Perkins Bldg., 1 to 5 p. m. Phone 27-F-4

PICNIC NEEDS
Paper plates, napkins, wax paper, dishes, etc. Let Carr's fill your wants for that outing or picnic. Don't spoil it by having to clean up a lot of dishes.

GRAND BEAUTY SHOPPE
Phone 306 for French paper curl, water waves, dyes, bob curls. Marcel $1.00. Resets 50c.

Bandon-by-the-Sea
Auto Park, Inc.

A wonderful place to spend your Sundays or Vacation at Oregon's Most Picturesque Beach

Modern Cottages at $1.25 up, furnished with Spring, Mattress, Store, Electricity and water.

Excellent Camp Grounds for all Campers
Hot and Cold Showers
Laundry
Write for Reservations or Phone 1742
Surf Bathing

BANDON • OREGON

HANDICAPPED FOR LIFE

SEVERE mental and physical nervous reflex complications accompany Rectal and Colon ailments. Eliminate the causes and you remove these reflex conditions. And they CAN be eliminated despite your discouragements with "quack" remedies and surgical operations. My thousands of successful cases in many years practice PROVE this. Further, I will GUARANTEE IN WRITING to cure any case of Piles or refund the patient's fee. No confinement, hospital operation or anaesthetic. Send today for my 100-page Illustrated Book. It is FREE.

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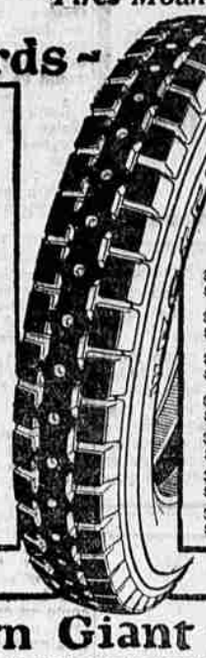
An opportunity to save. Check our prices, compare our quality and buy your season's tire requirements *now*. Remember, every "Western Auto" tire carries an iron-clad guarantee of satisfaction.
We reserve the right to withdraw these sale prices without further notice.
Tires Mounted FREE

Wear-well Cords

Standard weight and standard oversize in a Cord Tire that equals many standard cords on the market and costs from $3 to $12 per tire less, according to size.

Size	Sale Price
30x3 Clincher	$7.95
30x3½ Clincher, Reg. Size	$8.85
30x3½ Cl. Full Oversize	$9.85
30x3½ SS (Oversize)	$12.90
31x4 SS (Oversize)	$15.85
32x4 SS (Oversize)	$16.95
33x4 SS (Oversize)	$17.75
34x4 SS (Oversize)	$18.60
32x4½ SS (Oversize)	$24.65
33x4½ SS (Oversize)	$25.70
34x4½ SS (Oversize)	$26.80



Western Giant CORDS

HEAVY DUTY—COMMERCIAL TYPE
Extra oversize, extra weight, extra mileage, in a Cord built for heavy truck and bus use, or extra hard passenger car service, at a low price.

Size	Sale Price	Size	Sale Price
36x6 Str. Side	$85.35	32x4 Str. Side	$21.85
35x5 Str. Side	$44.30	31x4 Str. Side	$20.90
33x5 Str. Side	$42.20	30x3½ Str. Side	$15.75
34x4½ Str. Side	$32.80	30x3½ Extra Oversize Clincher at	$12.85
33x4½ Str. Side	$31.75	30x3½ Regular Size Clincher at	$10.90
32x4½ Str. Side	$30.65		
33x4 Str. Side	$22.95		

29x4.40 Wear-well Balloon
$12.75

Our Wear-Well balloons are full oversize, full standard weight and fully guaranteed.

Size	Price	Tube
29x4.40	$12.75	$2.95
29x4.95	$17.90	$3.45
30x4.95	$18.40	$3.55
31x5.25	$20.95	$4.05
30x5.77	$23.70	$4.70
33x6.00	$27.80	$6.25

30x3½ Clincher Cord
$7.75

Western Junior Cord
Our Western Junior cord, a guaranteed, serviceable tire for light cars, but not as heavy as our Wear-Well or Western Giant cord.

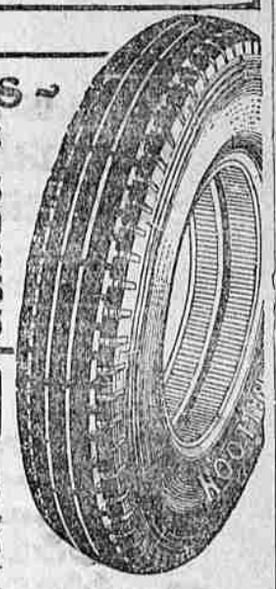
Guaranteed Gear Tubes

30x3	Sale Price $1.75
30x3½	Sale Price $1.95
31x4	Sale Price $2.60

Western Giant BALLOONS

A low-pressure tire with high-pressure wearing qualities. Comfortable, rugged, long wearing, economical. Heavy, flat tread means long life, and EVEN wear.

Size	Sale Price	Size	Sale Price
29x4.40 Giant Balloon	$14.95	31x5.25 Giant Balloon	$26.35
29x4.95 Giant Balloon	$22.45	30x5.77 Giant Balloon	$29.90
30x4.95 Giant Balloon	$22.95	33x6.00 Giant Balloon	$34.65
31x4.95 Giant Balloon	$23.50	32x6.20 Giant Balloon	$34.85
30x5.25 Giant Balloon	$25.45	33x6.75 Giant Balloon	$38.75



TUBES AT SALE PRICES
The famous Jumbo and Blue Ribbon brands are offered during this sale at greatly reduced prices.

Camp Goods at Sale Prices

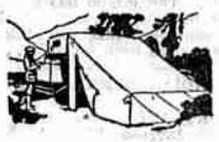
Here is your golden opportunity—and right at the peak of the camping and touring season—we have everything in Camp Equipment that will give you solid comfort and convenience—we list some of the articles for your approval.

Folding Pails and Basins
Made of water-proof duck—opens or folds quickly—durable, sanitary and handy. Folding pails reduced during sale to..... **98c**
Folding basins reduced to 82c

Canteens
Flat bottom, 2 gallon—reduced from $1.95 to..... **$1.55**
2-gallon size reduced from $2.15 to..... **$1.72**

Water Bags
They will keep the water cool and you can hang them anywhere. Regular type, 2 gallon, reduced to..... **$1.05**
Sanitary type, 2 gallon, reduced to **$1.17**
Sanitary type, 3 gallon, reduced to **$1.68**

Auto Tents

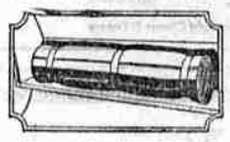


Reduced to $7.88
Takes up very little room in the car—note how flap of tent extends down over car in illustration. It makes the car part of your living quarters. Size 7x7 feet, white 8-ounce duck, 36-inch base. Complete with 2 jointed poles, ropes and stakes, reduced during this sale to..... **$7.88**
7x7 Khaki 10-oz. Duck, 36-inch base, reduced to..$12.90

"Darsie" Spotlight
A necessary addition to the car on long touring trips. Its powerful, steady ray of light adds a keynote of safety to night driving. Price reduced to.. **$6.35**

"Kay Bee" Stop Signal
Well known "Ruby Ray" Model. Regular price $1.75—Sale price..... **$1.35**

Poncho Mattress



The Pantesote covering on the back of this well-made cotton mattress protects it against the elements. It is an ideal mattress, size is 48x76 inches—rolled up 48x 12 inches. Note how easily it can be carried on the running board of the car. Reduced to..... **$8.15**

Smith-Kit
The smoker's precaution against forest fires. This unit has 3 compartments—one for cigarettes, one for matches, and another for ashes. Price reduced to..... **$1.85**

Large Folding Table
Easily accommodates 4 persons, and food served out in the open does seem to taste better when you can eat it in comfort. Table is very compact when folded. Reduced from $6.85 to..... **$5.95**

Aluminum Set
14 Pieces

Each and every article in this set telescopes into one large pot. Set consists of 3 cooking pots (sizes 6, 4 and 2½ quarts), one 2-quart coffee pot, 4 cups, 4 plates and 2 heavy frying pans. A Camping necessity. Sale Price..... **$8.85**

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Western Auto Supply Co.
Roseburg Store, 117 South Stephens St.
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