

Experts Who Know----

The leading Hotel Stewards and Chefs of the World use and recommend

Grape-Nuts

FOOD



This product contains the finest ingredients known to the art of Culinary Science, and we recommend it to the public with our guarantee over the seal of our association.

The International Mutual Cook and Pastry Cooks Association.

THEODORE M. LA MANNA
President

ADOLPHE MEYER
Secretary

E. S. HODGSKIN, M. D.
Food Expert.

This splendid food is made of wheat and barley and contains the entire nutriment of these grains, including the priceless mineral elements so necessary for building and maintaining vigor of body and mind, but which are so often lacking in the usual dietary.

A SUGGESTION—In stuffing your chicken, turkey, duck or goose for Christmas dinner, try using one quarter Grape-Nuts and three quarters bread crumbs, instead of all bread crumbs. You will be delighted with the crisp, nutty flavor imparted by this wholesome ingredient.

Grape-Nuts food comes ready to eat direct from the package; and is nourishing, easily digestible, economical, delicious.

"There's a Reason"

Sold by Grocers everywhere.

THE OLD RELIABLE

ROYAL BAKING POWDER

Absolutely Pure

No ALUM—No PHOSPHATE

TREAT CATARRH BY NATURE'S METHOD

Every Breath of Hyomei Carries
Healing Medicated Air to the In-
fected Membrane.

Nearly every one who has catarrh knows how foolish it is to try and cure it with sprays, lotions and the like. Temporary relief may be given, but a cure seldom comes.

Until recently your physician would probably have said the only way to help catarrh would be to have a change of climate; but now with a simple preparation called Hyomei you can carry a health-giving climate in your vest pocket and by breathing it a few minutes four times a day successfully treat yourself.

The complete Hyomei outfit is inexpensive and consists of an inhaler that can be carried in the vest pocket, a medicine dropper and a bottle of Hyomei. The inhaler lasts a life time, and if one bottle does not give permanent relief, an extra bottle of Hyomei can be obtained at any time for a trifling sum. It is more economical than all remedies advertised for the cure of catarrh, and is the only treatment known to us that follows nature in her method of treating diseases of the respiratory organs.

Newlin Drug Co. has sold a great many Hyomei outfits and the more they sell, the more convinced they are that they are perfectly safe in guaranteeing to refund the money if Hyomei does not relieve.—Adv.

Cough Medicine for Children

Mrs. Hugh Cook, Scottsville, N. Y. says:

"About 5 years ago when we were living in Garbutt, N. Y., I doctored two of my children suffering from colds with Chamberlain's Cough Remedy and found it just as represented in every way. It promptly checked their coughing and cured their colds quicker than anything I ever used." Obtainable everywhere.

HAINES MAN IS A SUICIDE

HEART TROUBLES MAY HAVE
PROMPTED ACT.

Bidding Boys Goodbye He Goes to
Cabin and Suicides.

Haines, Dec. 16.—"Goodbye, boys, You may not see me again," said Tom Meagher, bartender at J. D. Toney's saloon, to his friends at the saloon just before noon today. He then went to his cabin and shot himself just below the heart with a 32-20. He is not expected to live until night.

Meagher has been suffering with heart trouble for some time and has been despondent and it is believed that this ill health caused his act. He is 36 years old and has been in this vicinity for some time. He is not married and has no known relatives in this vicinity but is thought to have connections in San Francisco and in Colorado. He is a member of the Moose lodge.

MANY CHILDREN HAVE WORMS

Worms are a common childhood ailment. They make children restless, nervous and irritable, besides robbing the body and mind of proper nourishment. Watch your child. Examine the stools and at first signs of worms give your child a treatment of Kiskapoo Worm Killer. They kill the worms, act as a laxative and expel the worms and poisonous waste. Tone the system and help restore your child's health and happy disposition. Only 25c at your Druggist.

Trustee's Sale.

Notice is hereby given to all whom it may concern that the undersigned, late administrator of the estate of Edmon Garn, deceased, will sell at public auction at the late residence of Edmon Garn in northeast 1-4 of Section 30 township 1 S. R. 39 E. W. M. near Imbler, Union County, Oregon, on Saturday, December 18th, 1915, at 10 o'clock a. m., certain personal property belonging to the heirs, consisting of farming implements, horses, cows, pigs, hay and household goods and furniture. Terms: Cash in hand on all articles less than ten dollars—and terms for articles bringing more than that sum, with approved security.

Dated this 7th day of December, 1915.

J. M. GARN, Trustee for Heirs.
Adv. 12-8-10t.



MODART CORSETS
Front Laced
\$3.50 and up

Pauline Lederle
Sommer Hotel Bldg.

Fricay & Saturday Special

A Nice Lot of Trimmed Hats
Values up to \$7.50, Friday
only

98c

E. E. KIRTLEY
Ladies' Ready-to-Wear



IF LUMBER IS NEEDED

in any of your Christmas plans or preparations we urge you to order it now. We are prepared to deliver anything in lumber in any quantity you require. Of course it will be the same high grade material we always sell. And the prices will be on our same old moderate scale.

GEO. PALMER LUMBER COMPANY
Retail Dept. Phone Main 8

Announcement

Storage Battery Service

We examine and test your battery free of charge.

We now have an expert battery man and are equipped to do all kinds of battery work and repairing.

LEIGHTON'S GARAGE

Tru-Blu Grocery

CANDIES For Christmas

Big lots, little lots, and lots of kinds to select from, also all kinds of nuts.

Candies from 12 1-2c a pound up; nuts from 12 1-2c a pound up.

Don't fail to see us before buying your Xmas candies and nuts.—Because here's the place.

Yours for a big Merry Xmas,

C. J. Black's Grocery
Corner Adams and Fir Street

Right Goods, Right Prices

Watch our windows for Saturday Specials.

THE=QUALITY=AND=PRICE

—Of Our Excellent Line Of—

Jewelry—Silverware—Cut Glass

Diamonds, Watches, Fancy
Umbrellas, Clocks, Etc.

Guarantee to all who want holiday gifts that what they buy will be the best and at the least possible outlay of money for first quality goods. Now is the time to get just what you want.

Mandarin Jade is the very latest that takes the place of French and Parisian Ivory, it does not turn yellow.

J. H. Peare & Son

The Oldest Jewelry
House in Eastern Ore.