

# COTTAGE GROVE SAMPLE STORE

We Underbuy and Undersell

## See Our Bargains

Ladies' Panama Hats	95c, \$1.45, \$1.75, \$1.95
Ladies' White Kid Shoes, \$10.00 Values	\$5.95
Ladies' White Canvas Shoes, \$6.50 Values	\$3.95
Ladies' Dress Shoes \$4.50, \$4.95, \$5.95 and	\$6.95
Children's Dresses, 98c, \$1.25, \$1.95 to	\$2.25
Men's Shoes, \$2.95, \$3.85, \$4.95 to	\$7.50
Men's Union Suits, \$1.00, \$1.25 to	\$1.50
Ladies' Union Suits, each	75c
Men's Heavy Loggers, calked	\$9.00

### SOCIETY.

The cast of the senior class play held a banquet at the Oregon hotel Friday evening to take the place of the regular alumni banquet. Superintendent and Mrs. Glass and Principal and Mrs. Alfred Nkei were guests of the class.

A farewell party for Miss Helen Simpson was given at the C. E. Umphrey home Tuesday evening. The clerks and proprietors of the Umphrey & Mackin store were the guests. Miss

## Out of the Gloom

Many a Gloomy Countenance in Cottage Grove Now Lightens With Happiness.

A bad back makes you gloomy. Can't be happy with continual back ache.

The aches and pains of a bad back are frequently due to weak kidneys. Doan's Kidney Pills are recommended for weak kidneys.

So Cottage Grove citizens testify.

Mrs. J. J. Moore, Sixth St., Cottage Grove, says: "I am more or less subject to kidney trouble. My back gets very sore and lame at times and during this misery, my kidneys act irregularly. I feel tired-out and depressed generally. After I have taken Doan's Kidney Pills for a few days my back feels as strong as ever and my kidneys become normal."

Price 60c, at all dealers. Don't simply ask for a kidney remedy—get Doan's Kidney Pills—the same that Mrs. Moore uses. Foster-McMillan Co., Props., Buffalo, N. Y. mclj

There's a Time for Everything  
Now is the time to  
**Clean Up!**  
Economy in Every Cake  
with  
**SAPOLIO**



Never Mind How Strong You Are  
**What Dye KNOW?**



Today it's a battle of wits—and brains win. Muscle and brawn don't count so much as they used to. The great question now is "What do you know?" It draws the line between failure and success, between a poor job and a good one.

What do you know? Have you special ability? Could you "make good" in a big job right now? For 25 years the International Correspondence Schools have been training men for better work and bigger salaries. They can train YOU, no matter where you live, what hours you work, or how little your education. Mark and mail the coupon and find out—it won't obligate you in the least.

INTERNATIONAL CORRESPONDENCE SCHOOLS, Box 893, Scranton, Pa.  
Explain fully about your course in the subject marked X

<input type="checkbox"/> Civil Engineering	<input type="checkbox"/> Advertising	<input type="checkbox"/> Chemistry
<input type="checkbox"/> Electrical	<input type="checkbox"/> Salesmanship	<input type="checkbox"/> Drawing
<input type="checkbox"/> Marine	<input type="checkbox"/> Commercial Law	<input type="checkbox"/> Farming
<input type="checkbox"/> Mining	<input type="checkbox"/> Bookkeeping	<input type="checkbox"/> Forestry
<input type="checkbox"/> Mechanical	<input type="checkbox"/> Stenography	<input type="checkbox"/> French
<input type="checkbox"/> Mechanical Drafting	<input type="checkbox"/> Civil Service	<input type="checkbox"/> German
<input type="checkbox"/> Architectural	<input type="checkbox"/> U. S. Mail Service	<input type="checkbox"/> Italian
<input type="checkbox"/> Architecture	<input type="checkbox"/> Automobiles	<input type="checkbox"/> Spanish

Name \_\_\_\_\_  
Address \_\_\_\_\_

## USE POTATOES INSTEAD OF BREAD

Bread Must Be Saved—Potatoes Contain the Same Nutrients.

How many potatoes are you eating? This is a question the Food Administration wants every loyal American to ask himself or herself. Strange as it may seem, the eating of potatoes at this time is a practical war service, according to a recent Food Administration bulletin, which points out that this nation now has a large potato surplus on hand and that this valuable food, unless eaten within the next two months, will be lost through sprouting and rotting. By eating of potatoes liberally, every family can save a substantial amount of other food, particularly of wheat. By eating up the surplus of potatoes the nation will also prevent serious loss to the potato producer, who needs to be encouraged to grow maximum crops during the coming year.

"Domestic science experts have figured that: One ordinary baked potato equals in nourishment one thick slice of wheat bread.

"Potatoes at one and one-half to two cents a pound have more food value than bread at ten cents a loaf.

"Potatoes are healthful. They improve the general tone of the system by their wholesome action on the digestive organs. They are easiest on the stomach of all vegetable foods. They are easy on the kidneys because of the minimum of nitrogen they contain. They are easy on the intestines because of the tenderness and small proportion of their cellulose and the fine division of starch.

"Potatoes are valuable in the diet of the sick. They can be eaten with benefit by people suffering from dyspepsia, anemia, diabetes, Bright's disease, cardiac affections, intestinal troubles, constipation, hyperacidity, arthritis, gout, liver complaints, etc.

"Always serve potatoes with meat," concludes the Food Administration bulletin. "Never serve bread and potatoes."

**EAT CORN SAVE WHEAT**



By Mrs. Robt. J. Burdette.

The firing line is now in your kitchen.

Knock out the breadline at your table.

It has been said that the Revolutionary War was won by men fed on hasty pudding, in other words, corn meal mush. Let it be written in history that the winning of the present war was made possible by the United States eating potatoes.

The manner of eating, the time of eating and even the kind of foodstuffs eaten are largely a matter of habit. We do not desire to break ourselves entirely of the habit of eating or live would not prove worth living, but it can be made to prove better worth living if we change some of the habits. Suppose we cure ourselves of the hand-eating habit and see if we do not consume less bread. If you were to put your bread and butter on your plate and eat it with a knife and fork it would reduce the amount of bread eaten at once. In some of the Oriental countries men carry strings of bright red wooden beads that are known as "Conversation beads," and they seem unable to talk unless they have them in their hands to play with and pass from one hand to the other. We seem to need something in our hands at table or we feel the meal is incomplete and that something is usually bread. Forget this habit and save wheat. If you must continue the hand-eating habit, hold a hot potato.

### How to Increase World's Bread Ration

With famine creeping through Europe, and every nation struggling to produce enough food to sustain life, the American farmer has a duty that he can not shirk. America must ship food to Europe for our soldiers. America must supply bread to starving peoples. No matter what other crops are raised, more acres should be devoted to bread grains. "Do your bit, Mr. Farmer," says a Food Administration bulletin. "Success depends upon you in this world war."

West Point is on a food-conservation basis, and the health of the cadet corps is better than ever. All bread used is composed of 45 per cent wheat flour, 45 rye, and 10 per cent white bolted grain flour; and many cadets consider it superior to the former white bread. Sugar consumption has been cut down, meatless days and meals are rigidly observed, and the reduced amount of meat has been beneficial to health. A lesson from a reliable source.

### Taking It From Babies.

"Every ounce of wheat products in excess of six pounds per month that you eat, Mr. American Citizen, is that much literally taken from the mouths of the starving women and children of France," says a Food Administration bulletin. "The armed allies may go without wheat, but these innocents will actually die unless we give them of ours in generous proportion."

Victory bread is received with hearty approval. But don't be satisfied to use it on a wheatless day or at a wheatless meal, because it isn't wheatless.

# Style Revue



## Women's Apparel in Smartest of the Season's Styles

Correctly portraying the newest fashions in women's wear, our present displays afford an excellent opportunity for women to complete their spring and summer wardrobes. There is such variation in the styles, too, that each individual desire can be fully satisfied. Combining elegance with serviceability, as these garments do, adds wonderful interest to the displays. No woman should hesitate now to supply all her apparel needs, as our showings are at their very best. For present wear, we feature

### The Blouse of June

The first June days bring the modes that forecast the fashions for summer, and we hasten to present them while assortments are so fresh and complete, knowing that you will appreciate the advantage of choosing from such a bountiful collection of delightful new summer styles. New Georgette styles at each. \$5.00 to \$8.50

### Shapely Corsets for Summer

Showing the Newest Topless Models

The semi-fitting modes of summer make it necessary for you to choose your corset with care. The suppleness of our new low bust models with elastic inserts assure that gracefulness of line which you so much desire. Priced at \$1.25 to \$4.00

### You'll Need Brassieres

Not only does a brassiere mould the flesh of the bust and shoulders into symmetrical lines, but also the development under the arm. The new semi-fitted dresses give prominence to the line from the arm pit to the hip. In addition to assuring correct lines the new summer styles are beautifully trimmed to afford a pleasing foundation for sheer blouses and dresses. Priced at 50c, 75c, \$1.00, to \$1.50

### Handsome Hosiery

Every woman knows the importance of beautiful hose, particularly when wearing low shoes. Here are plain or embroidered styles in shades to harmonize with the new colors in costumes and shoes. They are good qualities that will retain their lustre and shapeliness, though often laundered. Priced the pair 25c, 35c, 50c, 65c, \$1.00, \$1.25 to \$2.00

### Sheerest Undermuslins

For the First Warm Days of Summer

These first bright warm days of summer foretell the need of just such dainty, cool underthings as these, if you would enjoy complete comfort. Every garment is of soft, easily laundered material, exquisitely embroidered, or trimmed with fine lace or embroidery and designed to insure comfortable fit. You'll be delighted to secure such beautiful garments as these at the moderate prices which judicious buying permits us to offer. Priced the garment 35c to \$2.95

### New Furnishings for Men

It's the details of your apparel that give tone and character to your appearance. Shirts and ties must be chosen with careful regard to insure pleasing harmony or contrast with your suit. Your hat must be right in both shape and color. You can be sure of getting what is right by choosing from our new summer stocks because our knowledge of right styles guided our selections.

New, soft, French cuff dress shirts, smart new patterns... \$1.25, \$1.50, \$1.75 to \$3.00  
New style in Ide soft collars in quarter sizes, priced each... 25c  
Four-in-hand and bow ties, for men, in fashionable flowing-end patterns for summer wear, priced each... 50c, 65c, 85c, \$1.00 to \$1.50  
Smart, new, felt hats, for men, in black, blue, gray, olive, khaki, tan and brown; narrow, contrasting ribbon band; welted and bound edges; latest half-roll brim. These hats of character priced at each... \$3.00 and \$3.50

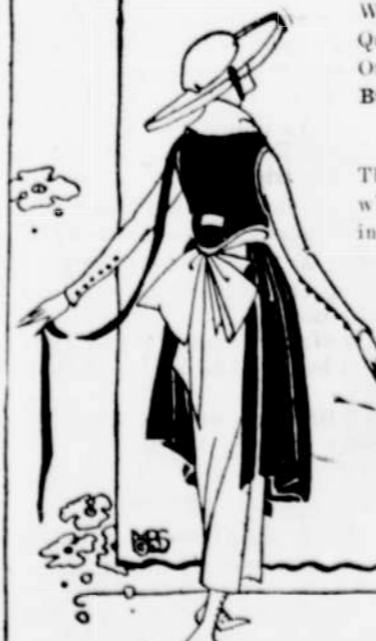
### War Time Foods in Our Grocery Dep'tm't

Eggs are high, sugar is scarce, fats, meat and wheat must be saved for our army and allies. The question of economical, yet tasty and nutritious meals can only be solved by becoming acquainted with the many substitutes which are available. In our grocery department are vegetable oils and syrups of various sorts for cooking, canned and fresh vegetables, "war flour," and many other things that will assist you in preparing pleasing meals. For your own benefit we urge you to visit our grocery department, and consult with our salespeople frequently that you may assist in food conservation and lessen your grocery bills at the same time. We have a full stock of war flour including barley flour, rice flour, corn flour, potato flour and oat flour in bulk, sack and package.

Extra cream rolled oats in bulk a lb. . . . .9c  
Large Italian prunes and petite prunes a lb. . . . .12½c  
White beans a lb. . . . .12½c Colored beans a lb. . . . .10c  
Quick acting jelly powders, all flavors, a box. . . . .10c  
Orange marmalade in No. 2 cans, each. . . . .25c  
Buy Your Canning Sugar Early. Limited to 100 Pounds per Family

### RETURN OF HARD WHEAT FLOUR

This store will refund in cash the purchase price paid on all best hard wheat flour which is returned to this store for government use, including the following brands: High Flight, White River and Olympic



**Umphrey & Mackin**  
THE QUALITY STORE—GOOD SERVICE

# Watch Your Label, Save 25c