

Rexall Remedies

Eastman Kodaks

ONTARIO PHARMACY

Prescription Specialists

THE REXALL STORE

PHONE NO. 2

Nyal Remedies

Enlist Your Dollars Until the War IS WON!

OUR boys in the army and navy have consecrated their lives to the winning of the war. They are in the service of the nation until victory is won. Enlist your dollars in their support by buying Liberty Bonds. Make the enlistment term of your dollars equal at least to the period of service of our gallant sons.

Hold your Liberty Bonds. Don't exchange them for merchandise or for other securities which may be worthless.

Don't sell them except under pressure of necessity.

Keep them in a safe place or have them registered in your name.

Hold fast to your Liberty Bond to enable our boys to hold fast to their entrenchments in France and to push the Huns across the Rhine.

First National Bank
ONTARIO, OREGON.

.. VOTE FOR .. E. H. TEST

FOR
County Judge

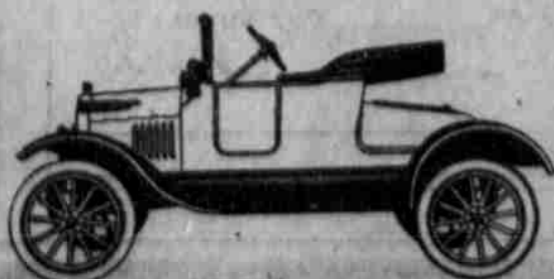
An Economical Business Administration of County Affairs

Good Roads and a Square Deal

Ford
THE UNIVERSAL CAR

These are economical days and so the Ford Car becomes a more intense necessity to you every day by reason of the universal service the Ford supplies every day it has become a large part in the "business of living." It is a daily economy. You have the choice of a variety of bodies, from the snappy runabout to the de luxe Sedan.

FORD GARAGE
ERBIE HAYES, Manager.
ONTARIO, OREGON.



CHURCH ACTIVITIES

METHODIST EPISCOPAL CHURCH

Sunday Services.
10 A. M. Sunday School
Morning Worship 11 a. m.—Subject: A Call to Service.

11 a. m. Preaching: "Shining for Jesus."
7.15 P. M. Epworth League
8 p. m. Preaching: "Naaman the Leper."

Our rally day last Sunday was a great success. The services were enthusiastic, the picnic dinner splendid and the spirit which pervaded everything fine.

We were glad to have Rev. and Mrs. Walls, of Payette, worship with us at the morning service.

A beautiful service flag now hangs upon the walls of the church. The flag was made and presented by the Ladies Aid.

Wm. J. Luseombe, Pastor

—BUY W.S.S.—

Pentecostal Church of the Nazarene, East side.

Rev. S. L. Flowers, D.D., Pastor
Order of Services.

Sunday school 10 a. m.
Preaching 11 a. m.
Peoples Meeting 7.15 p. m.
Prayer meeting Thurs. 7.45 p. m.
You are welcome to these services.

—BUY W.S.S.—

CATHOLIC CHURCH OF THE BLESSED SACRAMENT.

8:30 a. m., Low Mass.
10:30 a. m., High Mass.
9:30 a. m., Catechism for the boys and girls.

—BUY W.S.S.—

BAPTIST CHURCH.

Bible School 10 a. m.
Morning Worship 11 a. m.
B. Y. P. U. 7 p. m.

Gospel Service 8 p. m. Subject:—The Transfiguration. In case public meetings are prohibited an open air service will be held.

Prayer meeting Wednesday, 8 p. m.
The Baptist congregation had a very interesting session in their annual meeting last Friday evening, when they gathered around the dinner table, and later elected the officers for the new year.

Rev. Chas. Blom, Pastor.

MILK AS STRENGTH BUILDER ADVOCATED

Dr. Mae Cardwell, Back From Washington, Advises Housewives.

Dr. Mae H. Cardwell, of Portland, who recently returned to Oregon from Gary, Ind., New York and Washington, where she was engaged in medical research work for the Children's Bureau of the Department of Labor, said in an interview: "The dairy industries must be encouraged. The children of America must have milk. They cannot thrive without good clean milk. Housewives must use more milk. If they demand it the dairyman will find some solution to his problems and will see that his cows get the feed and that he keeps them alive and in good health. However, if the women don't order the milk, the dairyman won't go to keep his cows around just as they are and ornaments. Feed is too scarce and labor too high for that. It's up to the housekeepers."

"Are you sending your breadwinners to work with all the vigor and strength you can muster for them in the way of proper food?" asks Dr. Cardwell. "If they don't get the right food they can't think or work well. The same applies to the school children. See that they have milk to drink; milk in puddings. The kitchen is the power plant of the family and consequently, of the nation. Don't waste a drop of milk or an ounce of butter, but use plenty. The health of the nation is the kitchen question. Milk is one of the main factors in a diet."

Baby Expert Preaches Greater Use Of Milk.

A milk bill and healthy children is cheaper than a doctor's bill and an underfed, under-nourished child. It would be cheaper to start right. So says Mrs. A. Bayley, of the Parents' Educational Bureau, Oregon Congress of Mothers, who has presided at the

testing of thousands of babies. She finds the milked youngster of three or four years scores much higher than the child who has had little milk in his diet. Mrs. Bayley preaches a greater use of milk for young and old.

Dairy Commissioner Sees Encouraging Signs.

J. D. Mickle, State Dairy and Food Commissioner, stated recently that the dairy situation, in spite of high prices of feed and scarcity of labor, is not all gloom. Reports have come to him from various parts of the state showing that the housekeepers are beginning to see that they must pay more for milk than they did a few years ago. The dairymen are beginning to take heart, too, in some instances and are looking to the future when the cow of today will be worth much more money alive than she would now, slaughtered. And that future isn't so far off if the dairymen only continue to have courage and patience.

The wise man and the one who is far-seeing, is keeping his herds intact. True, he won't keep the old boarder who would just eat the food and bring no returns, but he is holding his good stock. The sensible housewife, too, must know a man can't feed and care for cows, keep a first class dairy, and provide clean bottles and well paid deliverymen without some expense. The Oregon Dairy Council is doing much to get the situation straightened out. The exhibit at the state fair, the splendid cooperation of the Food Administration, the public schools, Oregon Agricultural College and the Bureau of Health, all help the educational work and are part of the great task of "keeping the home fires burning," which task includes the preservation of essential home industries and the health of the nation.

A farmer may slaughter his dairy herd in three hours but he could not replace it in three years.

BABIES MUST HAVE MILK

"You get more calories to the penny from milk than from any other food even at the present price," said Dr. E. J. Labbe, specialist, who returned recently from Europe and who spoke at the State Fair and at other patriotic gatherings. Dr. Labbe told of the children he treated in the Red Cross children's hospital in Evian, on Lake Geneva, in France. The little French and Belgian refugees were wan and weak and almost lifeless. A milk diet soon brought good results and the babies thrived. "But," said Dr. Labbe, "they will never entirely shake off the marks made by the months in which they were starved for milk. Children must have milk if the race is to go on. It is every man's and every woman's duty to do all in his power to keep the herds of Oregon alive. Feed men, mill men, dairymen, householders, dealers, everyone must co-operate. The babies of the world must be saved."

Milk As An Energy Maker Acknowledged by Shipbuilders.

Because Portland and Seattle shipbuilders make a scramble for the milk bottles when the noon whistle blows they are becoming famous and to the fact that they drink milk is attributed their ability to do better work than any other shipbuilders.

Now comes San Francisco showing she, too, has taken up the habit. The Pacific Dairy Review says "one distributor alone supplies 1,500 quarts daily to men in the Union Iron Works," although, the review adds, "in San Francisco, the milk-drinking habit is still in its infancy." Here's another argument for keeping up the dairy herds. The milk bottle is backing the beer can off the map. Time was when the men of the iron works would have "rushed the can" as they termed getting their beer.

"The food value of a quart of milk is the equivalent of three fourths of a pound of beef, two pounds of chicken or eight eggs. Compare the costs and milk wins." Dr. E. V. McCullom of John Hopkins University who visited Oregon not long ago made this statement. He adds "For the sake of your family's health, and for the reduction of your living expenses, use more dairy products, and then some more."

Some Satisfying Chew!



Break two or three little squares off the plug of Real Gravely. It's a small chew—tastes better and stays with you longer than your big chew of ordinary plug. That's why

it costs nothing extra to chew Real Gravely—the best chewing plug in the world.

It goes further—that's why you can get the good taste of this class of tobacco without extra cost.

PEYTON BRAND
Real Gravely Chewing Plug
10¢ a pouch—and worth it
P. O. GRAVELY TOBACCO CO. DANVILLE, VA.

ANNOUNCING THE OPENING OF

SILVER GRILL

UNDER NEW MANAGEMENT

WE HAVE TAKEN OVER THE SILVER GRILL AND WILL OPEN IT FOR SERVICE

SATURDAY, OCTOBER 19

GOOD SERVICE
GOOD FOOD
REASONABLE PRICES

FONG & PING

AUTOMOBILES

Buy now if you plan buying at all. The supply of all cars are running low and prices are advancing. Next Spring will be Too Late.

On hand and ready for delivery—
Hudson Super Six
Buick Sixes

Velie Sixes
Dort Fours

Eastern Ore. Auto Co.
V. B. Staples, Manager

Ontario, Oregon

War Emergency Course and Certificate OREGON NORMAL SCHOOL

Owing to the scarcity of teachers the Oregon Normal School will offer a War Emergency Course of twenty weeks outlined by the Superintendent of Public Instruction. The course will begin with each of the terms commencing Nov. 16, 1918; Feb. 8, 1919; and April 12, 1919. The Superintendent of Public Instruction will consider it equivalent to the Teachers' Training Course and issue a certificate upon its completion valid to teach in the elementary grades for one year.

This course will be open to those who have had two years or more of high school work or its equivalent and who are at least eighteen years of age.

For detailed information, address Registrar Oregon Normal School, Monmouth