

An Inside Bath Makes You Look and Feel Fresh

Says a glass of hot water with phosphate before breakfast keeps illness away.

This excellent, common-sense health measure being adopted by millions.

Physicians the world over recommend the inside bath, claiming this is of vastly more importance than outside cleanliness, because the skin pores do not absorb impurities into the blood; causing ill health, while the pores in the ten yards of bowels do.

Men and women are urged to drink each morning, before breakfast a glass of limestone phosphate in it, as a harmless means of helping to wash from the stomach, liver, kidneys and bowels the previous day's indigestible material, poisons, sour bile and toxins; thus cleaning, sweetening and purifying the entire alimentary canal before putting more food into the stomach.

Just as soap and hot water cleanse and freshen the skin, so hot water and limestone phosphate act on the eliminative organs.

Those who wake up with bad breath, coated tongue, nasty taste or have a dull, aching head, sallow complexion, acid stomach; others who are subject to bilious attacks or constipation, should obtain a quarter

pound of limestone phosphate at the drug store. This will cost very little but is sufficient to demonstrate the value of inside bathing. Those who continue it each morning are assured of pronounced results, both in regard to health and appearance.

SAGE TEA BEAUTIFIES AND DARKENS HAIR

Don't Stay Gray! It Darkens Naturally that Nobody can Tell.

You can turn gray, faded hair beautifully dark and lustrous almost overnight if you'll get a bottle of "Wyeth's Sage and Sulphur Compound" at any drug store. Millions of bottles of this old famous Sage Tea Recipe, improved by the addition of other ingredients, are sold annually, says a well-known druggist here, because it darkens the hair so naturally and evenly that no one can tell it has been applied.

Those whose hair is turning gray or becoming faded have a surprise awaiting them, because after one or two applications the gray hair vanishes and your locks become luxuriantly dark and beautiful.

This is the age of youth. Gray haired, unattractive folks aren't wanted around, so get busy with Wyeth's Sage and Sulphur Compound to-night and you'll be delighted with

your hark, handsome hair and your youthful appearance within a few days.

This preparation is a toilet requisite and is not intended for the cure, mitigation or prevention of disease.

DRINK MORE WATER IF KIDNEYS BOTHER

Eat less meat and take Salts for Backache or Bladder trouble

Uric acid in meat excites the kidneys, they become overworked; get sluggish, ache, and feel like lumps of lead. The urine becomes cloudy; the bladder is irritated, and you may be obliged to seek relief two or three times during the night. When the kidneys clog you must help them flush off the body's urinous waste or you'll be a real sick person shortly. At first you feel a dull misery in the kidney region, you suffer from backache, sick headache, dizziness, stomach gets sour, tongue coated and you feel rheumatic twinges when the weather is bad.

Eat less meat drink lots of water; also get from any pharmacist four ounces of Jad Salts; take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salts is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to clean clogged kidneys

and stimulate them to normal activity, also to neutralize the acids in urine, so it no longer is a source of irritation, thus ending bladder weakness.

Jad Salts is inexpensive, cannot injure; makes a delightful effervescent lithia-water drink which everyone should take now and then to keep the kidneys clean and active. Druggists here say they sell lots of Jad Salts to folks who believe in overcoming trouble while it is out; trouble.

HIGH SCHOOL NEWS NOTES

The N. N. Club voted in seven new members for this year. Initiation took place last Friday night in the High School. The new members are: Marie and LaVerne Keller, Laura Wherry, Clara Inez Wood, Zaida McHaley, Ethel McWilliams and Ruth McCulloch.

Clint Pinney, who returned from overseas a few months ago, started in school last week.

Mias Davis, from O. A. C. representing home economics in the schools, spoke before the assembly Monday morning.

The faculty are organizing a basketball team to play the High School team.

The Literary Digest is being used this year again in all the English classes as a basis for oral composition.

Dr. W. J. Weese and W. W. Wood two of our school directors, visited the High School Monday.

Foot Ball!

HERE Friday, Oct. 17

Ontario High School

---VS.---

Parma High School

Game Played at Fair Grounds

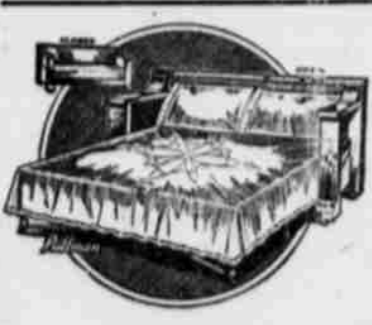
Time 3:30 Admission 25c

We Invite You to Our Special Showing of BED DAVENPORTS

Sleeping room is at a premium these days. Even we in Ontario realize how difficult it is to secure ample accommodations.

Bed Davenport offers the most satisfactory solution for a comfortable place to sleep in small quarters.

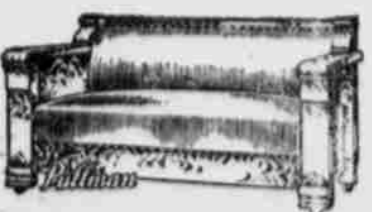
A handsome, massive davenport by day may be easily and effortlessly transformed into a bed of adequate proportions.



Dishes

China ware, 50-piece set of hand painted Nippon China for \$37.50.

Pay \$7.50 down, \$1.00 a week.



Ranges and Heating Stoves

On easy terms and you can trade in your old stove on a new one.

Our showing consists of Mahogany and Oak finish Bed Davenports, upholstered in Spanish leatherette, genuine leather and tapestries. As large a line of these as you will find anywhere awaits your selection at prices ranging from

\$35.00 to \$125.00

Bed Davenport at \$68.00

Will be placed in your home for \$10.00 cash and \$1.50 Weekly

Quartered Oak stock, upholstered in Spanish leatherette, deep seat springs—specialized dependable construction.

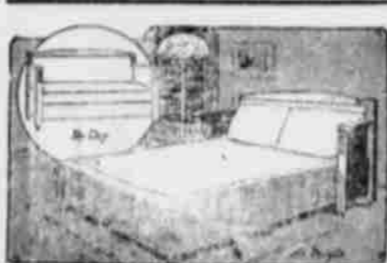
"Push the Button-Back Reclines"



Don't miss our sale of Royal Easy chairs. Special prices and terms are offered.

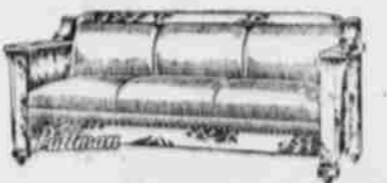
Special Offer
\$1.00 down and \$1.00 a week.

These are the liberal terms.



Linoleum

Special for 75 cts a yard. Inlaid linoleum \$1.50 a yard. These are values worth while.



Mattress

We made a big buy in April. That places our cotton felt mattress far below the average merchants price



Ontario Furniture Company

Ontario, Oregon



Concrete Pipe---

The ideal pipe for all Irrigation and Drainage Ditches, as strong and everlasting as the Pyramids.

We make pipe for sewers, for drains, for irrigation. Reinforced pipe for culverts.

Sidewalks and cement blocks. Special contracts for building foundations.

Let us furnish you estimates for your new home.

Concrete Pipe Company

C. E. BINGHAM, Manager

Ontario, Oregon

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by Building a Home

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W. B. WILSON, Secretary of Labor.

Van Petten Lumber Co.

Commercial Creamery Co.
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Place: South of Post Office, Ontario, Oregon
Your Best Market for Cream, Eggs, Poultry of all kinds