

Study Food Values

Food provided for the family table deserves the careful thought of every housewife. Do you use thought when buying baking powder?

The quality of cake, biscuits and all quickly raised flour foods depends largely upon the kind of baking powder used.

Royal Baking Powder is made from cream of tartar derived from grapes. It is absolutely pure and has proved its excellence for making food of finest quality and wholesomeness for generations.

Royal Baking Powder contains no alum nor phosphate.

ROYAL BAKING POWDER CO.
New York

Rock Point

Mr. and Mrs. J. T. Hunt went to Portland Monday where Mrs. Hunt will take medical treatment.

W. H. Downing and wife were in Salem Monday and Tuesday.

Miss Phidelia Darst and Mrs. E. C. Downing called on Mrs. Albert Frank Tuesday.

Geo. Downing and Alvin Schmitt went to Cal. to spend the winter.

Chas. Schmitt is working for W. H. Downing.

Mr. and Mrs. Ed Highberger visited at the Jos. Hildesheim home Friday.

Nick Heuberger called at the E. C. Dowling home Friday evening.

E. C. Downing sold some sheep to Alva Smith this week.

Rock Point School Notes

The second Parent-Teachers meeting took place last Friday and Mrs. E. C. Downing presided. After the business session of the meeting, the school gave a short program. One of the most enjoyed recitations was James Whitcomb Riley's "Orphant Annie" given by Earl Downing. Eight girls carrying lighted candles and an armful of poinsettias sang the German folksong, "Silent Night". The school sang, "Oh

Little Town of Bethlehem" and the "Carol of the Shepherds" at the conclusion of the program.

The primary grades are reproducing the story of "The Three Wise Men" in connection with this season and the upper grades are hearing Henry VanDyke's, "The Other Wise Man". These stories are both being correlated with the language work and are most interesting.

The five upper grades are preparing a dialogue entitled, "Peace on Earth, Good will to Men", for presentation at the Christmas program. The primary grades are learning little pieces and Christmas songs. The gift box this year will contain such presents as each pupil, himself, can make, we hope in this way to install more of the real spirit of Christmas. Our program will take place Friday afternoon at 1:30 P. M. and we sincerely extend a cordial welcome to all.

Jos. Sherman, wife and children of Shaw visited Sunday at the home of her parents, Mr. and Mrs. Chas. Fischer this week.

Mrs. Sarah Cox returned from Springfield the latter part of last week. She has been visiting the past month at her son's home at that place.

HIDDEN DANGERS

Nature Gives Timely Warnings That No Stayton Citizen Can Afford To Ignore.

DANGER SIGNAL NO. 1 comes from the kidney secretions. They will warn you when the kidneys are weak.

Well kidneys excrete a clear, amorphous fluid. Weak kidneys send out a thin, pale and foamy, or a thick, red, ill-smelling urine, full of sediment and irregular of passage.

DANGER SIGNAL NO. 2 comes from the back. Back pains, dull and heavy, or sharp and acute, suggest weak kidneys and warn you of the danger of dropsy, gravel and Bright's disease. In that case Doan's Kidney Pills have been endorsed by thousands. Here is a statement of a nearby resident:

Ed La Fountain, retired farmer, 1940 S. Liberty St., Salem, Oregon, says: "A heavy cold settled on my kidneys and caused me a great deal of trouble. My back was sore and stiff and my kidneys acted too frequently. I had to get up eight or ten times at night and I couldn't control the kidney secretions. Doan's Kidney Pills stopped the misery in my back and rid me of the too frequent desire to pass the kidney secretions.

Price 50c, at all dealers. Don't simply ask for a kidney remedy—get Doan's Kidney Pills—the same that Mr. La Fountain had. Foster-Milburn Co., Props., Buffalo, N. Y.

Do not forget "This is a Jewelry Christmas" C. A. Luthy, "Jewelers"

If you are looking

for Pyralin Ivory, mirrors, combs and manicure sets, come to our store as we have a fine assortment. Beauchamp's, The Quality Drug Store.

Preaching Notice—There will be preaching at the Christian church both morning and evening, Sunday, Dec. 17, by Rev. Marion Horn of Eugene.

Some one saw vapor arising from a roof about noon today and sent in a fire call. We are not used to these nice sunny days in winter.

Mr. and Mrs. O. W. Humphrey, who live east of Sublimity are the proud parents of a daughter born yesterday, December 13. Dr. Brewer officiating.

Xmas, Cards, Tags, Seals, Stickers, Calendar, tree decorations, candles, toys, books, presents and candies can be found at Sloper's, in fact our Christmas line is quite complete. Sloper's Drug Store.

Newman Ware and family returned to their home in Idaho yesterday after a two weeks visit with relatives and friends in and around Stayton. Mrs. Wilma Ware accompanied them home for an extended visit.

CLASSIFIED ADVERTISING

FOR RENT—a nice 6-room cottage near the new high school. Enquire at the Mail Office.

For Rent—8 room house, 4 rooms and halls carpeted, and window shades. Water in house and yard. Toilet, garden, flowers, fruit trees, grapes, etc. Price \$10 to reliable party. Inquire at Mail Office. tf.

SALE BILLS—at the Mail Office. We have the largest circulation of any paper printed or sent into the Santiam Valley. Advertise with us and get results.

Money to Loan—I Have Made Arrangements for loaning eastern money, will make very low rate of interest on highly improved farms. Homer H. Smith, room 5, McCornack Bldg., Salem, Oregon, Phone 96. tf.

FOR SALE—A \$50 egg Potaluma Incubator in first class condition. J. P. Mertz, Seio, Ore. Phone 246 Stayton. tf.

FOR SALE—7 head milch cows, 1 heifer. Cows \$40 per head, heifer \$30 if all are taken. 1 two year old filly \$100. Mrs. Rosa Miller, 12-28 Phone 2-8 Shelburn, Ore.

FOR RENT—6 room house, large barn, and 7 acres of land inside city limits. Also 5 room house, barn and 6 1/2 acres just outside city limits. Will rent first property for \$110 per year, second property for \$75 per year. Grant Murphy, Stayton, Ore. 12-28

STAR THEATRE

SATURDAY NIGHT

"Price of Her Silence"

Five Reels Five

"A Studio Satire"

One Reel Comedy

SUNDAY NIGHT

"The Secret of The Submarine"

Adults 10 Cents

Children 5 Cents

A SHOW EVERY WEDNESDAY NIGHT

Shoes—Special This Week

Ladies Gun Metal, Gray Cloth Top French Heel, Regular \$3.50 Value
Sizes 3 1-2 to 6 \$2.75

LANCEFIELD'S CASH SHOE STORE

H. C. VonBehren and daughter, Misses Mamie and Grace of Aumsville, and Mrs. R. L. Putnam and two daughters of Forest Grove, who are visiting at her father's home, visited with Stayton friends Friday.

A. C. Thomas and wife were Salem visitors Friday.

Mike Fuchs, who returned the latter part of last week from Ferdinand, Idaho, where he has been at work for the past four months, stopped for a visit with friends at Genesee, Idaho, and at Sandy, Ore., on his return trip. He is well pleased with the mountain state and the wages received while there. Jake Kerber, who was with him is expected home today.

S. L. Stewart left Sunday morning for Lebanon, where he will spend a few days with his parents, he will visit the latter part of the week with friends in Portland.

HELPFUL HINTS FOR CHRISTMAS GIFTS



If you don't know what to buy for CHRISTMAS
Let Us Help You

THERE ARE A THOUSANDS SUGGESTIONS IN THE STORE NOW AS TO
"What He Would Like and What Would Please Her"

You will find our store filled with many Attractive and Serviceable things for each and every member of the family that will be a lasting memory of your thoughts for them

WE OFFER THE FOLLOWING SUGGESTIONS

Some Things She'd Like	Fancy Aprons	Humidor Smoking Tobacco
Pair of fine Cotton Blankets	Table Linens	
Pair of Fancy Towels	He'd Like Some of These	Gifts For Children
Pair of Kid Gloves	A Good Warm Cap	Pair of Warm Stockings,
Pair of Warm Gloves	Box of Good Cigars	Mittens or Gloves,
A Piece of Needle Work	Flannel Shirt	Ribbons, Plain and Fancy,
A Dress Pattern	Pair of Gloves	Hdc'fs. they need lot of 'em
Fancy Neckwear	A Nice Handkerchief	Goods for a Kimona
Nice Ribbon for Hand Bag	A Nice Tie	A Nice Toque
A Salsen Petticoat	Fancy Suspenders	A Pair Hose Supporters
Pair of Wool Hose	A Pair of Garters	A Pair Suspenders
Pair Silk Hose	A Pair of Sox	Baby needs bibs, stork pants
A Bath Robe	A Pair Arm Bands	Little blanket, sweater Suits
Fancy Handkerchiefs	A Bath Robe	Warm Caps

For the balance of December we will give absolutely Free one 2 oz. bottle Royal Club pure Vanilla Extract with every 3 lb. can of Royal Club Steel Cut Coffee for \$1.10

DOLL'S CASH STORE

WHAT SHALL I GIVE ?

Your Xmas Solved

A GIFT of jewelry will not disappoint, for it is something everybody likes to have. The offerings here will soon help you to solve that problem of "What to Give?" You'll be surprised at the lowness of the price, too.

WE ask you to visit this store, whether you buy or not—see the goods; compare values with others here in town or outside. Note what little prices can do toward buying something real serviceable and pleasing.

You Can Buy a Gift of Real Individuality and Distinctiveness for as low as 50c--\$1.00 and up.

Excellent values are offered in the following articles, and upon inspection you'll readily recognize their worth and dependability.

FOR WOMEN AND GIRLS

Diamond Rings, Plain Set Rings, Dinner Rings, Silver Novelties, Pearl Jewelry, Diamond Set Jewelry, Purses, Bar Pins, Handy Pins, Collar Pins, Lavallieres, Brooches, Crosses, Wrist Watches and Bracelets, Manicure Sets, Neck Chains, Locketts, Watches, Belt Pins, Jewel Cases, Ear Screws and Pendants, Stick Pins, Thimbles, Puff Boxes, Vases, etc.

FOR MEN AND BOYS

Watches, Fobs, Chains, Locketts, Charms, Plain and Set Rings, Collar and Cuff Sets, Scarf Pins and Cuff Links, Fountain Pens, Pocket Knives, Match Safes, Tie Clasps, Collar Buttons, Shaving Articles, Toilet Sets, Hair and Clothes Brushes, Emblem Pins, Buttons, Cigar and Cigarette Cases, etc.

FOR BABY AND LITTLE TOTS

Rings, Locketts, Bracelets Spoons, Cups, Table Sets, Bib Holders, Beauty Pins, Neck Chains, Etc.

FOR THE HOME

Silverware and Cut Glass in sets or individual pieces—artistic designs. Mantel Clocks, Alarm Clocks, Carving Sets, Nut Crackers, Sideboard Accessories.

These article are rich in quality and refined in character. There can be no question about their being highly appreciated by the recipient. Come in and see the WHOLE line of gifts. We offer both economy and satisfaction, because personal inspection is the only satisfactory way to buy. We can give equal or better values for the money than can be had anywhere.

Gifts of Jewelry bought here have a permanent value and lasting interest that go toward making your Xmas ideal—BUT BUY EARLY

Articles Purchased Now, on Which a Small Deposit has been made will be held until you want them

C. A. Luthy "The Jewelry Gift Center" Stayton, Ore.

"WHERE GEMS AND GOLD ARE FAIRLY SOLD"