

NEW DOCK STARTED

Contract Let for Wharfage Facilities by Southern Pacific.

TRACKAGE TRESTLE BUILT

Lease Under Consideration for Part of New Storage Plant on Waterfront at Bridgeport and O-W.

Guthrie, McDougall & Co., having a contract with the Commission of Public Docks for the construction of Municipal Dock No. 2, between East Oak and East Stark streets, were awarded a contract yesterday by the Southern Pacific Company for a dock to extend from the east approach of the Burnside street bridge to the foot of East Gilliam street, practically connecting with the present Oregon & California dock south of the Globe elevator.

The Southern Pacific also has under way the rebuilding of the Davis street dock, on the West Side, which will be an open dock of heavy mill construction and probably will be used for the reception of coal and other fuel. The East Side dock will have a warehouse for handling general cargo, as well as considerable open space, where lumber hauled by rail from Willamette Valley points will be transhipped on coasters.

M. L. Holbrook, vice-president of the Merchants National Bank, who is directing the construction of a dock at Bridgeport in connection with a trust-ship, says that negotiations are under way to lease a part of the property for grain storage and shipping purposes and that open sections of the dock will be ready for use about November 1. The dock has a total length of 3200 feet. At the north end it will be 200 by 100 feet and at the south end 150 by 200 feet, narrowing between those sections to 50 feet in the center. The cost will approximate \$75,000.

There will be three slips or ramps provided to facilitate loading. The site is immediately south of the dock of the Standard Oil Company adjoining the St. Johns bridge on the Spokane, Portland & Seattle Highway. The work is being done by the Elliott Construction Company. It is said another dock is to be built at Linn that will be several hundred feet long.

The O-W, R. & N. dock, under way 200 feet north of where the dock stood, is being hurried and may be available for general freight in another month. Robert Wakefield, who has the contract, is working a large force and every effort is being made to hasten the undertaking because of the congested conditions on the waterfront.

TRICOLOR HAS CANAL CARGO

Portland Dispatches Shipment of Lumber and Oats for Balboa.

Most important of the items on the manifest of the Norwegian steamer Tricolor, which left Portland at 10 o'clock this morning for the Canal Zone and ports on the West Coast of Central and South America, were shipments of lumber aggregating 1,250,000 feet and valued at \$25,000 that will be discharged at Balboa. For the same port are 225 bushels of oats worth \$200. There are 500 cases of explosives valued at \$227 for Punta Arenas and for Central America are 200 cases of explosives at \$122, also 35 cases of fuses at \$94 and two cases of blasting caps at \$32. The Norwegian steamer Cuzco, likewise of the Grace fleet, is reported to the Merchants' Exchange yesterday as having reached Balboa from Portland October 6.

MIDDLE FINGER SHOT AWAY

Inspector McGrath Injured Trying to Prevent Damage to Gun.

H. S. McGrath, chief of the Custom-House inspectors, lost the middle finger of his left hand while on the way to Astoria Tuesday night, through the accidental discharge of a shotgun carried aboard the Custom-House launch H. W. Scott. He returned to the city by train and had the wound dressed, so will probably return to duty today. The Scott was bound on one of her frequent trips to the lower harbor, where close watch is maintained on fishing boats and other vessels to enforce the navigation laws. About an hour before Astoria was reached the launch encountered heavy swells that caused her to roll and as the shotgun, one of the pump type, was hanging in a bracket and threatened to fall, Mr. McGrath sought to steady it. Apparently the "safety" was not on and the trigger was jarred, the charge entering his finger, as he had grasped the end of the barrel in attempting to prevent the weapon falling.

MARINE INTELLIGENCE.

Steamer Schedule.

Table with columns: Name, From, Date, Destination. Includes Deaver, Rose City, Yucatan, Bear, Roanoke.

DEPART.

Table with columns: Name, For, Date, Destination. Includes Deaver, Paraiso, Yucatan, Northland, San Ramon, Havary, H. W. Scott, Rose City, Breakwater, Yucatan, Cello, Bear, Roanoke, Multnomah.

EUROPEAN AND ORIENTAL SERVICE.

Table with columns: Name, From, Date, Destination. Includes Merionethshire, Cardiffshire, Trin of Airlie, Merionethshire, Cardiffshire.

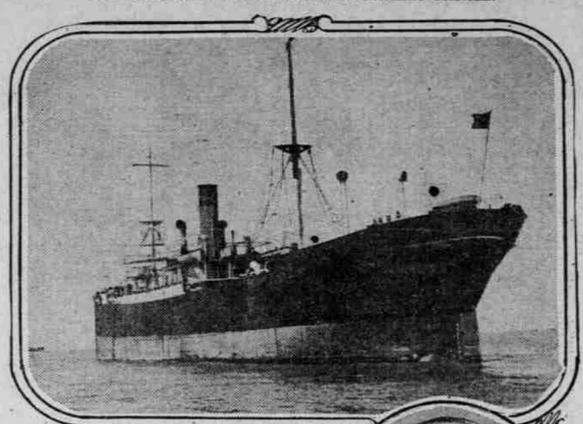
ALASKAN SERVICE.

Table with columns: Name, For, Date, Destination. Includes Quinalt, Thok L. Ward.

News from Oregon Ports.

COOS BAY, Or., Oct. 7.—(Special).—The steamer Nana Smith sailed from Marshfield today at 11 A. M. with 64 passengers and a capacity cargo of

FIRST VESSEL TO CLEAR FROM GALVESTON, TEX. FOR PORTLAND IS EN ROUTE HERE VIA THE PANAMA CANAL.



S.S. Barrington Court

lumber, en route to San Francisco. It is learned here the Dollar Lumber Company carrier Bessie Dollar will ship a cargo of lumber and pulp at the Smith mill within the next month for transportation to the Orient. This will be the second visit of this ship to Coos Bay.

WAR INSURANCE ASKED FOR

Portland Firm Makes First Application in This District.

Collector of Customs Burke yesterday received the first application filed here for Government war risk insurance, the applicant seeking to cover a shipment of coffee from Brazil, which is bound for Portland via New York. A statement of facts in connection with the consignment was telegraphed last night to the Bureau of War Risk Insurance, Treasury Department, and a reply, giving the rate, is looked for today.

News from Oregon Ports.

TOLEDO, Or., Oct. 7.—(Special).—The Ahwameda arrived from Portland loaded with freight and a new boiler for the Moore Lumber Company.

ASTORIA, Or., Oct. 7.—(Special).—The steam schooner Slakivou arrived today from San Francisco with cargo for Astoria and Portland.

The British steamer Inveric sailed today for the United Kingdom with a cargo of grain from Portland.

The Mexican steamer Mazatlan, which is loading 450,000 feet of lumber at the Hammond mill for the West Coast, will probably sail tomorrow via San Francisco, where she will take on general cargo.

The steamer Breakwater sailed this morning for Coos Bay with freight and passengers from Astoria and Portland.

The steamer Jim Butler finished taking on lumber this evening at Knappa and goes to Prescott to complete her cargo.

COOS BAY, Or., Oct. 7.—(Special).—The steam schooner Mayfair arrived today at 3 P. M., and not finding the barge Lawrence here from the Siuslaw River, will load North Bend lumber and sail to finish her cargo at Port Orford.

Captain L. P. Hosford, of the Harkins Transportation Company, who has been touring the East with Mrs. Hos-

ford, is expected home the last of the week.

Port of Portland Commissioners are to meet in monthly session today and considerable general business will be transacted.

British Consul Erskine says he has had hundreds of applications from English, Scotch and Irish for berths as sailors on vessels bound for Great Britain so they can enter the field against the Germans. On the British steamer Queen Adelaide, sailing today for that zone, 11 sailors have been signed, all subjects of Great Britain.

Steps have finally been taken to extend the Stark street sewer, which emerges beneath the new municipal boatlanding, and the outlet will be carried farther into the current.

Carrying about all the merchandise and lumber that could be cared for, the steamer Thomas L. Ward sailed late last night for Alaskan ports. There is no falling off in patronage, and, with the immense amount of freight going into the frozen North, no doubt is entertained as to the success of the winter schedule.

Dock bonds offered for sale yesterday by the Council were purchased by the Commission of Public Docks, the entire issue of \$100,000 being taken money in a special and sinking fund being utilized for the purpose. There was one outside bidder, E. H. Rollins & Sons, of Chicago, who offered 99.5 cents on the dollar. The Commission bid par and accrued interest. With that issue of \$100,000 being taken for liquidating outstanding obligations as well as provide for the construction of a warehouse behind Municipal Dock No. 1.

Carrying about 60 tons of freight as ballast the twin-screw gasoline barge

Wakena is to leave here tomorrow for Puget Sound to go into service. She will be navigated in the north by Captain Anderson, but a skipper with a deepwater license will pilot her from the Columbia River to Cape Flattery.

Official telegrams are looked for today setting forth the amount of money allotted in the First and Second districts from the rivers and harbors appropriation of \$20,000,000 and then all work will be carried forward as rapidly as men and plants will permit.

T. Trandsen, keeper of the Gilliam Sands buoy inside the entrance to Willapa Harbor, which was reported extinguished last week, has written to the office of Henry L. Beck, inspector of the Seventeenth Lighthouse District, that the body of a dead fly clogged the burner of the lamp, causing it to cease burning. He relighted the aid and the illumination is as brilliant as of yore, he says.

Movements of Vessels.

PORTLAND, Oct. 7.—Arrived—Steamers San Ramon, from San Francisco; Slakivou, from San Pedro. Sailed—Steamers Multnomah, for San Pedro, via San Francisco; Roanoke, for San Diego and way ports; Norwegian steamer Cuzco, for West Coast, via way ports.

London, Oct. 7.—Arrived—Anglo-Californian, from San Francisco, via Norfolk; Cuco, from Tacoma; Carolyn, from San Francisco, for New York; Sailed—Steamer Isthmian, from Tacoma, for New York.

Cristobal, Oct. 7.—Arrived—Steamer Cross-hill, from Tacoma, for Tacoma.

New York, Oct. 7.—Sailed—Steamers Montevideo, for Barcelona; Arona, for Vancouver.

San Francisco, Oct. 7.—Arrived—Steamers Clarendon, from Gray Harbor; Admiral Dewey, from Seattle; Monna, Wellington, from Honolulu; bark Jean Barthe (British), from Glasgow; Sailed—Steamers Chikan, for New York; congres, J. H. Stetson, for Seattle; Matsonia, for Honolulu.

Astoria, Oct. 6.—Arrived at 3 P. M., steamer Jim Butler, from San Pedro.

Tides at Astoria Thursday.

High, 5:12 A. M., 6.5 feet; 4:41 A. M., 3.4 feet; 2:31 P. M., 8.3 feet; 9:50 P. M., 4.5 feet.

Columbia River Bar Report.

NORTH HEAD, Oct. 7.—Condition of the bar at 3 P. M., sea, smooth; wind, south, 10 miles.

Marconi Wireless Reports.

(All positions reported at 3 P. M., October 7, unless otherwise designated.)

Buck, Monterey for Everett, 699 miles from Monterey.

St. Helena, San Francisco for New York, 460 miles from San Francisco, October 6.

Washingtonian, San Pedro for Charleston, 221 miles from San Pedro, October 6.

Santa Catalina, New York for San Francisco, 512 miles from New York, October 6.

Enterprise, Hilo for San Francisco, 812 miles from Hilo, October 6.

Santa Clara, Port San Luis for Honolulu, 404 miles from Port San Luis, October 6.

Transport Thomas, Honolulu for San Francisco, 772 miles from Honolulu, October 6.

Richmond, Richmond for Seattle, 253 miles from Richmond, October 6.

Werrin, Gavliota for Linton, 205 miles from Gavliota, October 6.

Congress, San Francisco for Seattle, 11 miles from Point Arena, October 6.

Rose City, San Francisco for Portland, off Point Arena, October 6.

Yucatan, San Pedro for San Francisco, off Cape Arago, October 6.

Chatham, Eagles Harbor for San Francisco, 27 miles from San Francisco, October 6.

Nome City, San Francisco for Seattle, off Point Barrow, October 6.

Redondo, San Francisco for Coos Bay, 24 miles from San Francisco, October 6.

Hanalei, Eureka for San Francisco, 15 miles from Hanalei, October 6.

Matsonia, San Francisco for Honolulu, 93 miles from San Francisco, October 6.

Drake, Port Angeles for San Francisco, passing Tahiti Reef, October 6.

Northwood, Grays Harbor for San Francisco, 10 miles from Grays Harbor, October 6.

Leelanaw, Union Bay for San Francisco, 100 miles from Union Bay, October 6.

Santa Clara, Everett for San Francisco, off Bush Point, October 6.

Santa Rita, Meadow Point for Port San Luis, 20 miles from Seattle, October 6.

Spokane, Seattle for Alaska, at Prince Rupert, October 6.

Spokane, Seattle for Alaska, at Prince Rupert, October 6.

Wakena is to leave here tomorrow for Puget Sound to go into service. She will be navigated in the north by Captain Anderson, but a skipper with a deepwater license will pilot her from the Columbia River to Cape Flattery. Official telegrams are looked for today setting forth the amount of money allotted in the First and Second districts from the rivers and harbors appropriation of \$20,000,000 and then all work will be carried forward as rapidly as men and plants will permit.

T. Trandsen, keeper of the Gilliam Sands buoy inside the entrance to Willapa Harbor, which was reported extinguished last week, has written to the office of Henry L. Beck, inspector of the Seventeenth Lighthouse District, that the body of a dead fly clogged the burner of the lamp, causing it to cease burning. He relighted the aid and the illumination is as brilliant as of yore, he says.

Official telegrams are looked for today setting forth the amount of money allotted in the First and Second districts from the rivers and harbors appropriation of \$20,000,000 and then all work will be carried forward as rapidly as men and plants will permit.

T. Trandsen, keeper of the Gilliam Sands buoy inside the entrance to Willapa Harbor, which was reported extinguished last week, has written to the office of Henry L. Beck, inspector of the Seventeenth Lighthouse District, that the body of a dead fly clogged the burner of the lamp, causing it to cease burning. He relighted the aid and the illumination is as brilliant as of yore, he says.

Official telegrams are looked for today setting forth the amount of money allotted in the First and Second districts from the rivers and harbors appropriation of \$20,000,000 and then all work will be carried forward as rapidly as men and plants will permit.

T. Trandsen, keeper of the Gilliam Sands buoy inside the entrance to Willapa Harbor, which was reported extinguished last week, has written to the office of Henry L. Beck, inspector of the Seventeenth Lighthouse District, that the body of a dead fly clogged the burner of the lamp, causing it to cease burning. He relighted the aid and the illumination is as brilliant as of yore, he says.

Official telegrams are looked for today setting forth the amount of money allotted in the First and Second districts from the rivers and harbors appropriation of \$20,000,000 and then all work will be carried forward as rapidly as men and plants will permit.

T. Trandsen, keeper of the Gilliam Sands buoy inside the entrance to Willapa Harbor, which was reported extinguished last week, has written to the office of Henry L. Beck, inspector of the Seventeenth Lighthouse District, that the body of a dead fly clogged the burner of the lamp, causing it to cease burning. He relighted the aid and the illumination is as brilliant as of yore, he says.

Official telegrams are looked for today setting forth the amount of money allotted in the First and Second districts from the rivers and harbors appropriation of \$20,000,000 and then all work will be carried forward as rapidly as men and plants will permit.

T. Trandsen, keeper of the Gilliam Sands buoy inside the entrance to Willapa Harbor, which was reported extinguished last week, has written to the office of Henry L. Beck, inspector of the Seventeenth Lighthouse District, that the body of a dead fly clogged the burner of the lamp, causing it to cease burning. He relighted the aid and the illumination is as brilliant as of yore, he says.

Official telegrams are looked for today setting forth the amount of money allotted in the First and Second districts from the rivers and harbors appropriation of \$20,000,000 and then all work will be carried forward as rapidly as men and plants will permit.

T. Trandsen, keeper of the Gilliam Sands buoy inside the entrance to Willapa Harbor, which was reported extinguished last week, has written to the office of Henry L. Beck, inspector of the Seventeenth Lighthouse District, that the body of a dead fly clogged the burner of the lamp, causing it to cease burning. He relighted the aid and the illumination is as brilliant as of yore, he says.

Official telegrams are looked for today setting forth the amount of money allotted in the First and Second districts from the rivers and harbors appropriation of \$20,000,000 and then all work will be carried forward as rapidly as men and plants will permit.

T. Trandsen, keeper of the Gilliam Sands buoy inside the entrance to Willapa Harbor, which was reported extinguished last week, has written to the office of Henry L. Beck, inspector of the Seventeenth Lighthouse District, that the body of a dead fly clogged the burner of the lamp, causing it to cease burning. He relighted the aid and the illumination is as brilliant as of yore, he says.

Official telegrams are looked for today setting forth the amount of money allotted in the First and Second districts from the rivers and harbors appropriation of \$20,000,000 and then all work will be carried forward as rapidly as men and plants will permit.

T. Trandsen, keeper of the Gilliam Sands buoy inside the entrance to Willapa Harbor, which was reported extinguished last week, has written to the office of Henry L. Beck, inspector of the Seventeenth Lighthouse District, that the body of a dead fly clogged the burner of the lamp, causing it to cease burning. He relighted the aid and the illumination is as brilliant as of yore, he says.

Official telegrams are looked for today setting forth the amount of money allotted in the First and Second districts from the rivers and harbors appropriation of \$20,000,000 and then all work will be carried forward as rapidly as men and plants will permit.

T. Trandsen, keeper of the Gilliam Sands buoy inside the entrance to Willapa Harbor, which was reported extinguished last week, has written to the office of Henry L. Beck, inspector of the Seventeenth Lighthouse District, that the body of a dead fly clogged the burner of the lamp, causing it to cease burning. He relighted the aid and the illumination is as brilliant as of yore, he says.

Official telegrams are looked for today setting forth the amount of money allotted in the First and Second districts from the rivers and harbors appropriation of \$20,000,000 and then all work will be carried forward as rapidly as men and plants will permit.

T. Trandsen, keeper of the Gilliam Sands buoy inside the entrance to Willapa Harbor, which was reported extinguished last week, has written to the office of Henry L. Beck, inspector of the Seventeenth Lighthouse District, that the body of a dead fly clogged the burner of the lamp, causing it to cease burning. He relighted the aid and the illumination is as brilliant as of yore, he says.

Official telegrams are looked for today setting forth the amount of money allotted in the First and Second districts from the rivers and harbors appropriation of \$20,000,000 and then all work will be carried forward as rapidly as men and plants will permit.

T. Trandsen, keeper of the Gilliam Sands buoy inside the entrance to Willapa Harbor, which was reported extinguished last week, has written to the office of Henry L. Beck, inspector of the Seventeenth Lighthouse District, that the body of a dead fly clogged the burner of the lamp, causing it to cease burning. He relighted the aid and the illumination is as brilliant as of yore, he says.

Official telegrams are looked for today setting forth the amount of money allotted in the First and Second districts from the rivers and harbors appropriation of \$20,000,000 and then all work will be carried forward as rapidly as men and plants will permit.

T. Trandsen, keeper of the Gilliam Sands buoy inside the entrance to Willapa Harbor, which was reported extinguished last week, has written to the office of Henry L. Beck, inspector of the Seventeenth Lighthouse District, that the body of a dead fly clogged the burner of the lamp, causing it to cease burning. He relighted the aid and the illumination is as brilliant as of yore, he says.

Official telegrams are looked for today setting forth the amount of money allotted in the First and Second districts from the rivers and harbors appropriation of \$20,000,000 and then all work will be carried forward as rapidly as men and plants will permit.

T. Trandsen, keeper of the Gilliam Sands buoy inside the entrance to Willapa Harbor, which was reported extinguished last week, has written to the office of Henry L. Beck, inspector of the Seventeenth Lighthouse District, that the body of a dead fly clogged the burner of the lamp, causing it to cease burning. He relighted the aid and the illumination is as brilliant as of yore, he says.

Official telegrams are looked for today setting forth the amount of money allotted in the First and Second districts from the rivers and harbors appropriation of \$20,000,000 and then all work will be carried forward as rapidly as men and plants will permit.

T. Trandsen, keeper of the Gilliam Sands buoy inside the entrance to Willapa Harbor, which was reported extinguished last week, has written to the office of Henry L. Beck, inspector of the Seventeenth Lighthouse District, that the body of a dead fly clogged the burner of the lamp, causing it to cease burning. He relighted the aid and the illumination is as brilliant as of yore, he says.

Official telegrams are looked for today setting forth the amount of money allotted in the First and Second districts from the rivers and harbors appropriation of \$20,000,000 and then all work will be carried forward as rapidly as men and plants will permit.

T. Trandsen, keeper of the Gilliam Sands buoy inside the entrance to Willapa Harbor, which was reported extinguished last week, has written to the office of Henry L. Beck, inspector of the Seventeenth Lighthouse District, that the body of a dead fly clogged the burner of the lamp, causing it to cease burning. He relighted the aid and the illumination is as brilliant as of yore, he says.

Official telegrams are looked for today setting forth the amount of money allotted in the First and Second districts from the rivers and harbors appropriation of \$20,000,000 and then all work will be carried forward as rapidly as men and plants will permit.

T. Trandsen, keeper of the Gilliam Sands buoy inside the entrance to Willapa Harbor, which was reported extinguished last week, has written to the office of Henry L. Beck, inspector of the Seventeenth Lighthouse District, that the body of a dead fly clogged the burner of the lamp, causing it to cease burning. He relighted the aid and the illumination is as brilliant as of yore, he says.

Official telegrams are looked for today setting forth the amount of money allotted in the First and Second districts from the rivers and harbors appropriation of \$20,000,000 and then all work will be carried forward as rapidly as men and plants will permit.

T. Trandsen, keeper of the Gilliam Sands buoy inside the entrance to Willapa Harbor, which was reported extinguished last week, has written to the office of Henry L. Beck, inspector of the Seventeenth Lighthouse District, that the body of a dead fly clogged the burner of the lamp, causing it to cease burning. He relighted the aid and the illumination is as brilliant as of yore, he says.

Official telegrams are looked for today setting forth the amount of money allotted in the First and Second districts from the rivers and harbors appropriation of \$20,000,000 and then all work will be carried forward as rapidly as men and plants will permit.

T. Trandsen, keeper of the Gilliam Sands buoy inside the entrance to Willapa Harbor, which was reported extinguished last week, has written to the office of Henry L. Beck, inspector of the Seventeenth Lighthouse District, that the body of a dead fly clogged the burner of the lamp, causing it to cease burning. He relighted the aid and the illumination is as brilliant as of yore, he says.

Official telegrams are looked for today setting forth the amount of money allotted in the First and Second districts from the rivers and harbors appropriation of \$20,000,000 and then all work will be carried forward as rapidly as men and plants will permit.

Advertisement for C.E. Lucore pianos. Includes text 'Only Two More Days!', 'This Sale Was Authorized by Order of Court', 'Player Pianos Now Less Than Silent Pianos', 'Every Piano Must Sell', and 'But How?'. Features an illustration of a man with a piano and a woman playing.

Here is a Weber Pianola Piano that regularly sells for \$1000. We have been asking \$537. Now come in and make us an offer. We also have some Steck Pianolas, Stuyvesant Pianolas and a lot of others. Some player pianos for only \$165 to \$170. Of course they are 88-note. Who would want to buy a 65-note player? However, we have some specially constructed 65-note players that can easily be changed into 88-note.

More. We have been asking \$287 for a \$600 Steinway. Now What Will You Give? Two Beautiful Grands, One Chickering, One Knabe, \$1000 Values, \$385. What Will You Give?

New Pianos \$97.20 for \$250 Values All Others Equally Low

GRANDS—Grand pianos now for less than the same quality uprights would cost at any other time; \$700 values now \$337, \$800 values now \$446 and \$950 values now \$518, all old reliable established makes. Also many other pianos not listed here, and I want to say to you right now that you can secure almost any make of piano you desire.

Some of the Pianos in This Sale: Chickering, Knabe, Behning, Wegman, Lester, Steinway, Steck, Weber, Emerson, Schumann, Weber Pianolas, Steck Pianolas, Vose & Sons, Briggs, Estey, Ludwig, Hobart M. Cable, Hallet & Davis.

In fact, you will find almost any make, either in an upright, player or Grand Piano.

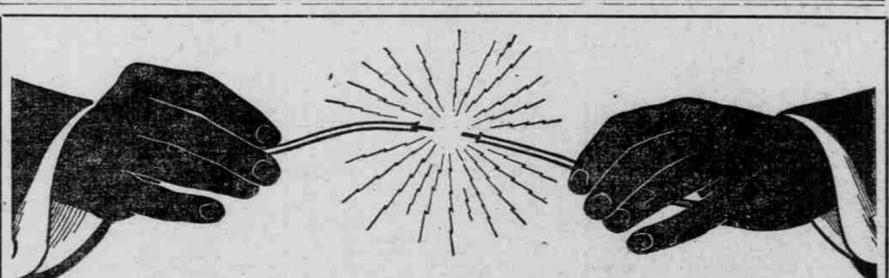
FURTHER PARTICULARS—Some particular values we have left to offer at whatever they will bring: \$950 Weber Pianola Piano \$527. This is the finest and best ever made by the Aeolian Company; also a \$1500 combination of Lester Grand-Pianola, \$666; \$500 Combination Burmeister-Pianola, \$218; \$600 or \$700 Kingsbury Player Piano, 88-note, now \$335.

HERE IS THE LAST CALL! I paid Dr. Brown this week's rent. No more. Even if I am obliged to sell every piano for \$25 or less. I am going to start selling pianos at anything they will bring—\$48, \$63, \$87—and all the \$250 new pianos worth that on any market, now \$90 each. All others equally low. Many of the highest-grade Pianos, Player Pianos and Baby Grand Pianos.

There are \$850 Player Pianos for only \$188. Late 88-note. Of course used, but you could hardly tell it. Many others—new ones, \$700 to \$850 values, \$287, \$387, \$437. Upright and grand pianos equally low. \$250 new upright pianos, \$90.

But Remember, This Is the Last Call

The Sale of the Soule Bros. Failure Under Authority of Order of the Court C.E. LUCORE Agent and Creditors' Representative. 388 Morrison OPEN EVENINGS TILL 9 O'CLOCK



Thoughts are Sparks

flashes of the mind to decide for success or failure

The question is, what kind of sparks does your brain generate?

The brain, like a battery, must be supplied with certain elements to generate thought properly. The brain elements are water, albumen and phosphate of potash. If any of these are lacking in the daily food, brain and body energy are vitally lessened.

Are any lacking? Listen! Water and albumen are plentifully supplied in ordinary food, but phosphate and potash—together with other mineral elements—is almost wholly lacking in white bread and all white flour products.

Grape-Nuts

—containing all the nutriment of wheat and barley, including the precious phosphates so essential to perfect bodies and active brains, provides a food at once delicious, nourishing and economical.

A morning dish with cream furnishes POWER for accomplishment that many a man has come to appreciate.

Common sense goes a long way toward success. To eat right often means to BE right.

"There's a Reason" Grocers everywhere sell Grape-Nuts.