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## Womens Clubs

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Any Lens Accurately Ground to Your Prescription in SIXTY MINUTES Any Broken Lens Replaced in Sixty Minute. Call us up and wee
 Nat: Columbian Optical Co.


90Pound
Why
Pay
More More


BuyThreePound Cans

and save money
matter what you are weilin in to pp
Roasted and Packed in Oregon.
Closset $\&$ Devers

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| many subscrlbed to Mre. Gitman's mamaxine. "Forerunner." and many members were added to the Congres. stonal Union. |  |
| $\begin{aligned} & \text { TALKS ON SIS } \\ & \text { DOMESTIC SCIENCE } \\ & \text { BY LHLAN. TINGLE. } \end{aligned}$ |  |
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 thing else" to make mONEY DISAPPEAR AND MAKE IT HARD FOR YOU to get your new CLOTHES


## POMPEIAN

 OLIVE OIL


Those who have had cakes ruined by jarring the tove, slamming the oven door or a heavy footstep, may marvelous biscuits, hot breads and pastry when his oven is being incessantly jarred and jolted and shaken by the motion of the train.
To get pastry to raise and stay raised under these con-
ditions, a baking powder must be used that continues to give off its leavening gas-that sustains the raise-until the dough is baked through.

 ture and heat to start the generation of leavening gas. Nomatter
how moist and rith you make our cake, K C Baking Powder will
sustain the raise until a crust is formed and all danger of falling
is past t. K C Baking Powder is pure and heaithful It is guaranted under all pure food laws, and is guaranteed to please youl and it
is sold ata reasonabie price- -no bakins powder should cellor more.
is $\quad$ Try a can at our risk and be convinced.

PURE-SWEET-WHOLESOME


