IMPERFECTION LAID TO PAST TEACHINGS

Leaders of Spiritualist Sect Put Practical Work First, Mediumship Second.

HEADS OF CHURCH HEARD

"Message" Demonstration Made by Mrs. Zaida Brown Cates, of Washington, and in One Case Spirit Is Claimed by Three.

MUNDANE THOUGHTS FROM SPIRITUALISTS' MESSAGES.

Don't think because you are psychically endowed that that makes you too sensitive to wash the dishes or scrub the floor if they need it.

In the task of relating ourselves to the universe, we must forget the idea of time.

What occurs between the cradle and the grave are not the limits of life.

The weakness of our age is the teaching it has received from the past.

If you, as a medium, sit down and say, 'Here I am, spirit friends, do with me what you will," the spirit friends will probably make a fool of you—Mrs. Zaida B. Cates.

We used to pray in other churches, "Oh Lord, give us faith," but the prayer of the spiritualist is, "Oh Lord, give me facts with which to demonstrate the truth within me."

Spiritualism is the key by which we can interpret every step in the unfolding of humanity in the past and can read the problems of the future that present themselves.

Humanity shouldn't worry too much if it is not able to reform itself within the next few years, inasmuch as it has taken some 50,000,000 years for it to grow even to its present state of imperfection, according to Elizabeth Harlow Goetz, of Boston, one of the most powerful orators of the Spiritualist Church, who addressed the morning and afternoon meetings of the Spiritualists of Portland at the First Church at Sixth and Montgomery streets yesterday.

"The weakness of our present age, in every department, lies in the teachings from the past, and it is the duty of the present to labor for the eradication of these effects," she said.

"In working to bring about the harmonious relation between man and the universe, it will be necessary for us to forget the idea of time. Men have been accustomed to think of the limits of life being the cradle and the grave and feeling that what man is to accomplish he must accomplish in the space within those limits.

"Messages" Are Delivered.

"But birth and death are only events within life and are not its limits. We are today the results of millions of years of life, and, in the light of this truth, when we are considering the relating of man with the universe, we must eliminate the time consideration."

Following Mrs. Goetz' address yesterday, Mrs. Zaida Brown Cates, of Washington, D. C., delivered a number of "messages," a demonstration which to the layman would appear spooky in the extreme, for she talked familiarly with invisible spirits, described the manner of their death and their personal appearance so that they were recognized by persons in the audience.

One spirit described by her was claimed by three different women in the audience.

"When three women claim one man that's too much," said Mrs. Cates, and she made her description more minute and thus eliminated the claims of two of the women.

Both Mrs. Goetz and Mrs. Cates held mediumship to be of secondary importance in the spiritualistic doctrine, declaring that practical work in the world is what counts.

"Don't let yourself imagine that to be sensitive to the influences from the spirit world you have to shut yourself off from everyday affairs, and don't think that because you are psychically endowed that it must necessarily be impossible for you to wash the dishes and scrub the floors when necessary," said Mrs. Goetz.

Church Change Analyzed.

"In childhood, when in one of the churches, I used to hear the prayer: 'Lord, give me faith!' but now, as a Spiritualist, my prayer is: 'Lord, give me facts to demonstrate the faith that is within me!'" said Mrs. Cates.

Yesterday's sessions closed the series of meetings that have been held in the past few days by local Spiritualist organizations which visited here en route from San Francisco and the National convention.

The meetings have been regarded in the light of a "revival" in the Spiritualist churches, and the attendance at all sessions has packed the church at Sixth and Montgomery, not only with Spiritualists, but with interested visitors of other denominations or belief.

Yesterday morning was devoted to a symposium of short talks by Dr. G. D. Warne, of Chicago, National president; Elizabeth Harlow Goetz, of Boston, Zaida Brown Cates, of Washington, D. C.; Mrs. M. E. Cadwallader, of Chicago, editor of the Progressive Thinker; Mrs. Esther C. Hunphrey, of New York, and Mrs. Ida Drury Platt, of Brooklyn.

The visitors will leave this morning for the East. The members of the committee in charge of their reception and entertainment here were: Mrs. Mary L. Stevens, J. H. Lucas, Mrs. Anise Sweeney, Miss Anna Dickinson and Mrs. Robert Schmus.

SPIRITUALIST LEADERS OF NATIONAL FAME, WHO VISITED PORTLAND YESTERDAY.

GEORGE W. WARNE, OF CHICAGO, NATIONAL PRESIDENT, AND MRS. ZAIDA BROWN CATES, OF WASHINGTON, D. C.

Sermon Thoughts From Portland Churches.

"THE Christ Who Lives and May Be Seen Among Men Today" was the topic of Rev. John H. Boyd's sermon yesterday at the First Presbyterian Church.

"Christ is everywhere," said Dr. Boyd. "He is on the street, in your office, on the streetcar, in our every walk of life. Why do we say 'When saw we thee?' It was when you practiced deceit in that business transaction in your office. 'It was I who was deceived,' says Christ.

"But when you gave the cup of gladness to that sorrowing one, 'it was I who drank of that cup and was made glad,' he says. Our Christ is a Christ of service and ministry.

"He is the only Christ you ever will know. The Christs of dogmas and art and all the rest are pigmies. Our Christ is everywhere."

* * *

"The church will fail if its bait is vaudeville, motion pictures, socials or entertainments.

"The Bible is the only bait to use in catching men for Christ," said Dr. W. O. Shank, pastor of the East Side Baptist Church, in his sermon yesterday morning. His topic was "Big Fish Are Caught in Deep Water." He said, "Whenever the Bible is used it gets results.

"The church will fail when it attempts to use any other bait. Vaudeville shows, moving pictures, socials and church entertainments are poor bait to catch men for Christ.

"The perpetuity of the ministry is assured since preaching the gospel is indispensable.

"It is not new fields of labor that ministers and Christian workers need in order to succeed, but new methods and a deeper spirit of devotion.

"Success in any phase of life does not depend upon the kind of work to be done, but upon the capabilities of him who tries to do it.

"If people will not come to church, let the church go to the people. Religion is not confined to church buildings.

"Let Christians make their religion so beautiful, and genuine, that it will attract others.

"The world estimates the value of Christianity as it is seen in the lives of those who profess it.

"It is not Jesus and Christianity that is discredited, but the type of religion as seen in those who represent the Christian church.

"If the church would fill its pews, let the members live up to the teachings of Jesus."

* * *

Characterizing reverence as the mother of all virtues, Rev. J. M. Skinner, pastor of the Rose City Park Presbyterian Church, preached an inspiring sermon yesterday morning. His subject was "Reverence, an Instrument of Knowledge." He declared that this is an irreverent age.

He said: "It is a time when young men are at the head, and youth does not lend itself to reverence. It carries the inquiring mind. Young men would try their strength. As Columbus they would test the uncharted seas. Young men seldom realize the cost at which the present has come down to us out of the past. They do not measure the difficulties lying in the many schemes which they propose. When they drop reverence they drop the pilot that can safely guide them through the dangerous waters.

"The man who would study life in the large must be a punctilious scholar. And the true scholar is always the reverent scholar. As some one has said, the happy and prosperous children are those who had before all else the education that comes by reverence. This education is beyond all doubt the highest, and deepest, and widest, and the most perfect of all the forms of education ever given to man. A child that has not been taught to reverence God, and all that represents God to man, honor, honesty, justice, mercy, truth, love, courage, self-surrender, is sent into the world like a boat sent out to sea without rudder, ballast, compass or captain.

"Men who have capacity for reverence have capacity for sterling manhood. The reverent life is the sincere life. And what is the meaning of sincerity, but that life holds something for me to discover, and something for me to transmit? That same power, which bids me adore, bids me also rise. What is the meaning of this persistent instinct of worship? The true meaning is that something is to enter my life through the door of worship. It means that something is unfolding in my life. Something is winning me forward and upward. It means that greater discoveries are to be made, but that they shall be made alone by men of thought and quietness. If I am reverent, then I with holy thankfulness take up my burden, go onward through the dark night, accept my fall and failure with the feeling that somehow I live in a world, the vastness of which I cannot measure, the sublimity of which I cannot comprehend. But, though unable to measure it, I accept it to ponder over and believe in. Reverence is that virtue which turns always towards discovery.

"Reverence for truth nourishes honesty. Reverence for purity nourishes chastity. Reverence for love nourishes kindness. Reverence for compassion nourishes sympathy. Just in proportion as reverence is present are other virtues present, and just in proportion as reverence is absent are other virtues absent.

SILVERTON SCHOOLS OPEN

Enrollment in High Department 140 and in Grades 433.

SILVERTON, Or., Sept. 26.—(Special.)—The Silverton schools opened last Monday with an enrollment of 433 in the grades, and 140 in the high school. About 70 of them are freshmen.

The new courses, manual training, domestic science and domestic art, are popular with high school students. Some of the features of the girls' work will be playground supervision, school gardens, debating and interclass contests in oratory and sports.

Howard M. James is serving his second year as superintendent; B. H. Conkle is principal of the high school; C. H. Eazy, of the grade building; and Miss Ina Hubbs, of the primary building.

Finger Valued at $1000.

ST. PAUL, Sept. 22.—Charles Koester, 3825 Aldrich avenue south, Minneapolis, filed a suit recently against the city for $1000 as damages for the loss by his son, Charles Koester, Jr., of one finger which he says was injured while the boy was playing in the Park Board's toolhouse, Thirty-ninth street and Colfax avenue South, September 11.

CHARITIES NEED AID

President Fleischner to Make Personal Plea to Merchants.

RECENT WORK EXTENSIVE

Liberal Support Expected, in View of Indorsement by Chamber of Commerce; $1500 Needed for Rest of Fiscal Year.

President L. N. Fleischner, of the Associated Charities, at the meeting of the board of directors of the Charities last Wednesday, announced that he would take personal steps to raise among local business men the amount necessary to continue the work of the organization until October 31, the end of its fiscal year.

The Chamber of Commerce has given its indorsement to the Associated Charities and on this account it is believed that the business men will be liberal in their support in the coming year and that it will be possible to make up the needed amount in a short time. The amount needed to carry the work to the end of the fiscal year is $1500.

In the report of Secretary Manning it was shown that the employment bureau of the Charities alone obtained 1625 temporary places for men and women and 1384 permanent places, in cases where the workers for whom help was secured would have inevitably dropped below the poverty line in the past few months but for the assistance of the Charities.

Secretary Manning outlined the further activities of the organization for the ten months ending September 1, in the following summary:

Cared for 1874 new cases and 418 known to us before, total 2292; of these 1510 were families, 46 single women and 736 single men; different individuals represented, 5561 adults, 2633 children; average number per month, 506. Average increase per month, 62 per cent over last year.

Office interviews, 4209; visits to homes, 2884; reports given interested persons, 806; letters written, 1608; secured hospital care for 36; institutional care for 60; private homes with relatives, 18; medical aid for 254; secured co-operation for relief and service, churches, 41; societies, 90; county, 46; benevolent individuals, 1243; employers and relatives, 43; secured meals and lodgings for 229 homeless men with Salvation Army.

Material aid given as an aid to family rehabilitation, groceries, 3010; rent, 98; fuel, 312; clothing, 987; transportation, city lines, 1628; full fares, 31; passes, 93; rates, 159; meals, 1383; lodgings, 234. Total value of material aid, $12,070.71

NEW CHURCH IS STARTED

WEST SIDE ADVENTISTS HOLD THEIR FIRST SERVICE.

Meetings of Body Which Outgrew Quarters on East Side to Be Held Temporarily at K. of P. Hall.

An interesting ceremony took place at the Knights of Pythias Hall, Eleventh and Alder streets, Saturday morning, the occasion being the formation of a West Side church of the Seventh Day Adventists, whose church at East Eleventh and Everett streets had become too congested. About a year ago that church building was enlarged by the construction of a balcony which almost doubled the capacity, but, the congregation having again outgrown the seating capacity, it was decided to start a church on the West Side, and temporarily its services will be held in the Knights of Pythias Hall.

The president of the conference, Elder H. W. Cottrell, selected three members, H. H. Haynes, John H. Hartog and Joseph C. Gibson, and after having established this nucleus for the formation of a church body, 30 more were elected to membership, after which others desirous of worshipping on the West Side were invited to make it known and they were elected by the body previously chosen, making a start of some 75 or 80 members.

Before this organization took place the usual Sabbath school was held at 10 A. M., at which 77 attended, including 17 children. At the services that followed more than 100 attended.

Bible studies will be held every Sunday night in the same hall at 7:45, as well as on Saturday nights.

The West Siders have chosen the name of Seventh Day Adventist Tabernacle for their new church organization.

SPECIAL RATES PROTESTED

San Francisco Excursions Discriminate Against Northwest.

OLYMPIA, Wash., Sept. 26.—(Special.)—Chairman C. A. Reynolds, of the Washington Public Service Commission, today directed the filing of an immediate complaint with the Interstate Commerce Commission against railroad excursion rates to the San Francisco Exposition on the grounds that they discriminate grossly against the Pacific Northwest.

"The fact has just been brought to my attention," said Mr. Reynolds, "that a round-trip San Francisco ticket can be purchased at Chicago by way of New Orleans and Los Angeles for $17.50 less than the fare by way of Portland and Seattle, although the Southern route is 257 miles longer than the Northern route.

"This discrimination, which we learned only accidentally, as interstate tariffs are not filed with us, doubtless explains why more Eastern tourists have not stopped in the Northwest going to or from the Exposition."

Chairman Reynolds designated the approval of the tariff by the Interstate Commerce Commission as inexcusable, and, besides filing the petition, promises to raise the subject personally at the San Francisco meeting of Public Service Commissioners next month.

13 FILE FOR COMMISSION

Two Jobs at Spokane Attract Eyes of 26 Other Aspirants.

SPOKANE, Sept. 26.—(Special.)—Thirteen candidates for the three $5000 City Commissioner jobs, to be voted in November, have filed papers already. In the order of filing, they are: T. B. Gamble, pioneer citizen; J. A. Argall, ex-city purchasing agent; Gerald L. H. Rugers, musical director, A. E. Powell, ex-city inspector of weights and measures; George W. Sommer, attorney and prohibition leader; G. W. Odell, large property owner; George E. Stone, ex-Sheriff; Leonard Funk, ex-Councilman and candidate for Commissioner in the two previous Commissioner elections; J. W. Strack, County Engineer; C. Herbert Moore, ex-Mayor; Herb Sharp, who was a Civil Service Commissioner for one day; J. V. Lambert, at one time president of the City Council under the old regime, and John Wiley, ex-Assistant Prosecuting Attorney.

The 13 represent only a third of the men known to have declared their intentions to run. The others are expected to file next week.

AD QUARTET AT MAJESTIC

"The Wonderful Adventure," Lead on Film Bill, Has Wm. Farnum.

Four strong voices, perfectly blended, filled the Majestic Theater yesterday when the Portland Ad Club Quartet made its initial appearance. A. E. Davidson, H. G. Whipp, Dr. Reeves Emerson and Norman Hoose added another feather to their respective and collective caps. All they had to do was to sing, and they certainly did that to the entire satisfaction of the crowds who filled the theater.

William Farnum came in for his share of the honors in his latest success, "The Wonderful Adventure," in which he appears opposite himself throughout the play. He takes the part of the surveyor from the West who succeeded, and the contractor from the East who failed, with an assurance that is wonderful. It seems strange to see a man looking into his own eyes and speaking to himself as two different characters. Yet so complete is the illusion that it is hard to believe that one man is playing both parts. Miss Dorothy Green, as "Mazora," is captivating.

A comedy with a regular plot is "Con the Conductor."

The Mutual Weekly gives current events.

GRAIN WAREHOUSES FILLED

Idaho Crop Overflows Storage Facilities and Farmers Hold On.

GENESEE, Idaho, Sept. 26.—(Special.)—All of the warehouses in Genesee are full and overflowing with grain. A number of the warehouse men are starting to pile grain on outside platforms. This is the largest crop that ever has been raised in this section. It is difficult to find room for the grain that is coming into town every day.

The quality of the grain is better than it has been in many years. Very little smut appeared, as in the past few years. There was but one machine destroyed near Genesee this season. This one was destroyed by fire, but the cause is unknown. There will be 1,000,000 bushels of grain stored in the warehouses of Genesee this year.

There is very little selling. The farmers are looking for an increase in the wheat prices, and are holding on.

Leap Taken Over American Falls.

NIAGARA FALLS, N. Y., Sept. 20.—Park guards saw a man leap from Prospect Point into the Niagara River and go over the American Falls the other day. In the pocket of a coat left near the scene were found papers bearing the name of Hugo Wehmeyer, of Buffalo.

RALLY DAY SUCCESS

Sunday Schools in Various Churches Well Filled.

LITTLE FOLKS SPOTLESS

Special Exercises Mark Event for Many Congregations and Classification for Year Is Made. First Presbyterian Leads.

Rally day was observed in many of the Sunday schools of the city yesterday. The attendance in all classes was large. Even in the kindergarten departments the chairs were all taken and extra seats had to be supplied. The cloudy sky made no difference to the little people, who were determined to have a record-breaking attendance.

In several of the schools there were graduating or promotion exercises. Children from the primary were advanced into the higher classes. It was a great day. Real diplomas were given those who had completed the course of study. The little girls all appeared in their best dresses and gayest hair bows, and the boys had extra shoe shines and brand new, clean blouses and neckties for the event. The programmes were all arranged for the especial interest of the children. The grown-ups had a part, but theirs was not nearly so important as the children's.

In Sunnyside Congregational Church the attendance was between 500 and 600. Sylvester C. Pier told the story of the Pilgrim Fathers. A number of little Chinese children in costume sang several songs.

Rose City Park Presbyterian Sunday school held a jubilee programme, with large classes being promoted from cradle room to beginners, from beginners to primary, and so on up to the adult classes.

Highland Congregational Sunday school had all of the regular church service time for their programme of songs, addresses and exercises. A large attendance marked the occasion.

Kenilworth Presbyterian Church began a series of rally meetings which will be held all this week. The pastor, the Rev. L. K. Richardson, spoke on "Enthusiasm," and his topic became the keynote of the meeting.

Calvary Presbyterian Church gained inspiration from its rally service, with hundreds of little children in attendance.

Other churches on both sides of the river observed the day in a gala manner. The children were the center of attraction. Probably the largest attendance was found in the First Presbyterian Sunday school, where 626 answered to rollcall.

CHILD WINNERS REWARDED

Union County Sends Four Fair Exhibitors to Salem.

LA GRANDE, Or., Sept. 26.—(Special.)—Four children who proved their supremacy among several hundred Union County contenders left tonight under the tutelage of Mrs. A. E. Ivanhoe, county school superintendent, for Salem, where they will join the Industrial Boys' and Girls' Camp.

Gertrude Courtney won the honors last year, and goes again this week, because she plowed, cultivated, planted and groomed a garden that would win prizes among grownups. Lloyd Thornton likewise went to Salem last year because he raised the best pig, and he repeated this season. Opal Follett has done the best sewing and cooking among many contestants, and she is in the group. The fourth member is Charles Stautz, who proved himself the king of boy corn raisers.

They will spend the entire week at the fair, as the guests of the county and state.

CLUB PLANS FOR WINTER

Dancing, Cards, Chess, Checkers to Be Irvington Diversions.

The house and social committees of the Irvington Club have outlined the activities of the organization for the Fall and Winter. There will be dancing and card parties for the club throughout the season. The upper rooms of the club house heretofore used as a kindergarten will be equipped for chess, checkers, billiards, etc.

Instructors in dancing have arranged to give a series of lessons in the club house.

Effort is being made to keep the playground open under proper supervision through the Winter.

UNEMPLOYMENT IS TOPIC

Chamber Will Consider Joyce Land Resolution Today.

J. H. Joyce's resolution, calling for the appointment of a committee to work out definite plans for bringing unemployed men onto the unused lands of the State, will be the subject of the entire discussion at the meeting of the Members' Council of the Chamber of Commerce at noon today. This resolution was presented by Mr. Joyce last week and, owing to its importance, it was decided to devote an entire meeting to its consideration.

Speakers, besides Mr. Joyce, will be G. L. Baker, C. W. Hodson and H. B. Miller. F. J. Williams, of Hillsboro, also will attend the meeting and tell how he made a success of his Washington county farm by establishing a cannery on it.

"The solution of the problem of unemployment, in my belief, lies in getting cheap land, cheap money and cheap labor, in combination," says Mr. Joyce, "and I believe that if the Chamber takes up this matter and goes into it thoroughly, the ultimate result will be action by the federal Government to apply this remedy to the conditions of unemployment that arise."

Union W. C. T. U. Elects Officers.

LA GRANDE, Or., Sept. 26.—(Special.)—Mrs. Para Thornton, of this city, will represent the Women's Christian Temperance Union of Union County at the National convention to be held in Seattle and at the state convention in Newberg. Her election took place at the annual convention of the Women's Christian Temperance Union held at Union, when county officers were elected as follows: Mrs. Thornton, president; Mrs. H. H. Weatherspoon, Elgin, vice-president; Mrs. L. E. White, La Grande, corresponding secretary; Mrs. Wright, Union, secretary-treasurer.

The Brussels ketjes—street boys—have found a new method of annoying the German soldiers. They carry scissors in their sleeves and when they are close to a German soldier in a crowd they cut off the leather knot of his sword and carry it away as a trophy.

RED LETTER DAY—Next Wednesday
10 Free Stamps to All Visitors to Premium Parlors

Olds, Wortman & King
The Satisfactory Store

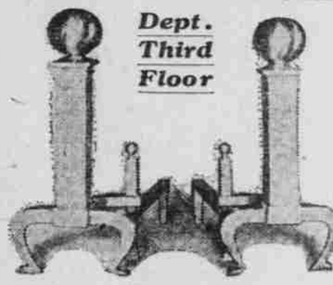
Charge Purchases Made Today and Remainder of Month Go on October Account Payable Nov. 1

$23.50 Axminster Rugs
Special $17.75

Carpet Department, Third Floor—HIGH-GRADE AXMINSTER RUGS—NOT AUCTION GOODS or JOBS, but clean, new merchandise in up-to-date patterns and colors. These have the rich appearance of much higher-priced Rugs. If you are planning new floor coverings, here's an excellent chance to make your dollars do their full duty. 9x12 AXMINSTER RUGS of the standard $23.50 quality on sale now at only **$17.75**

Today's Offerings at Linen Counter
Richardson's 72-inch satin-finish Table Damask, yard, $1.48
Richardson's heavy Linen Napkins, $4.25 grade, dozen, $3.48
Richardson's 47x47-in. Linen Tea Cloths, $3.60, $3.83, $5.40
$1.25 fancy-bordered Bath Towels, good large size, now 98¢
Special prices on odd lines Table Cloths, Napkins, Towels, etc.

Special Sale of Andirons



Dept. Third Floor

$ 5.50 Black Andirons	$ 4.00
$ 5.65 Black Andirons	$ 4.52
$ 7.65 Black Andirons	$ 6.12
$ 8.00 Black Andirons	$ 6.39
$ 8.75 Black Andirons	$ 6.90
$12.50 Black Andirons	$ 9.98
$13.50 Black Andirons	$10.79
$14.00 Black Andirons	$11.20
$ 9.50 Brass Andirons	$ 8.00
$15.00 Brass Andirons	$12.00
$18.00 Brass Andirons	$14.40
$21.50 Brass Andirons	$17.20
$25.00 Brass Andirons	$20.00
$2.50 Spark Guards in sizes 31 to 34x34 to 45 inches. Now	$1.58

NO MORE CONSTIPATION

What Internal Bathing Is Doing for Humanity

The noted specialists of the medical world have recently sounded so universal a warning against accumulated waste in the Lower Intestine that newspapers throughout the country have taken it up and published detailed reports of their researches and operations.

The New York Times tells of a case where a child had what was believed to be an incurable form of Tubercular joint disease. Waste in the Large Intestine had so affected it that all but nine inches were removed. "The result was astonishing in a week's time, the internal organs resumed all their normal functions, and in a few weeks the patient was apparently in perfect health."

Publicity of this kind has so awakened the public that over three hundred thousand are now using Internal Baths to keep the Lower Intestine free from this poisonous waste.

By means of the "J. B. L. Cascade," the scientific appliance for Internal Bathing, Nature is gently assisted in keeping the Colon absolutely clean with pure warm water. Constipation, which leads to so many dangerous ailments, is impossible, and you are kept regular.

Just try an Internal Bath with the "J. B. L. Cascade" and see how clear, buoyant and able you feel next morning—in other words, it will add 50 per cent. to your efficiency and health, just as it has to the great army who are now using it.

You can see it at the Woodard Clark & Co.'s Drug Store in Portland, who will give you on request Dr. Tyrrell's treatise on the subject called "Why Man of To-Day Is Only 50 Per Cent. Efficient."

"DEAR MOTHER:— A good thing to send would be a package of Grape-Nuts, or something of that kind that is not expensive or heavy and is of good food value. Your son, WILL."

From a Canadian soldier at the battle front; reprinted from the Renfrew (Ont.) Journal.

Wherever hardships are endured, wherever big deeds are accomplished, there a food is demanded that provides maximum of value in brain and body-building material with minimum of bulk.

In this respect no other food equals

Grape-Nuts

In building the Panama Canal thousands of brain workers, as well as brawn workers, kept themselves fit and in trim by eating Grape-Nuts dry from the package.

Not only does Grape-Nuts supply all the brain and bone-building, nerve and muscle-making elements of choicest wheat, but also the rich nutriment of malted barley.

Grape-Nuts is highly concentrated nourishment in compact form—always ready, crisp and delicious—thoroughly baked and packaged to keep indefinitely, anywhere.

Wherever time is precious and sound nourishment vital you'll find Grape-Nuts.

"There's a Reason"

Sold by Grocers everywhere.

SPOKANE PORTLAND SEATTLE

$ 72.50 Chicago—round trip
$ 71.20 St. Louis—round trip.
$ 60.00 St. Paul, Omaha Kansas City
$110.70 New York—round trip

And many other places in like proportion—$65.70 to Des Moines; $55.00 Denver, $83.50 Detroit. Daily.

LOW FARES EAST EXPIRE SEPT. 30
Also Routings Through CALIFORNIA

Trains the Traveling Public Approve for quality service:

"THE NORTH BANK LIMITED"
Daily at 7:10 P. M.

"INLAND EMPIRE EXPRESS"
Daily at 9:55 A. M.
For Spokane, St. Paul, Chicago

SS "Great Northern" and "Northern Pacific" Reservations for California and Railroad Tickets to any point.

Ticket Office—5th and Stark
The North Bank Station 10th and Hoyt

SPOKANE PORTLAND SEATTLE

Fish are being shipped to England via Montreal from British Columbia waters, the reason being the fish shortage due to the war's interference with the North Sea fisheries.