NAWY MOEERMIEED
BY GPEEA BRTTANI

American Craft Decline Marked Inferiority


To build health and then to

## keep it-thousands have found a way

The tireless vitality that means successthe strength and vigor that
joy instead of an effort--
Thoy are within reach of every normal man. Yet thousands lose them because they negle
functions:
-Removis

## waste

tissues.
Teast contain a natura of Fleischmann's very elements which help the body the tissue and rid itself of the waste that tears down and undermines the whole system. Like any other plant or vegetable, yeast
produces the best results when fresh and "green" - not dried or "killed." Fleisch-
mann's Yeast is the highest grade mann's. Yeast is the highest grade - living
yeast-always fresh. It is not a medicine, it is a natural food. It helps to "tone up" the whole system and assures regular daily elimination. Results cannot be expebted nless it is eaten regularly.
Everywhere physicians and hospitals are constipation, skin disorders and to restore appetite and digestion


Back to normal weight in six weeks
A recent letter from a travelling salesman tells a
remarkable remarkable story. A year ago," he says, "I was in very bad conthough I am over six feet tall." He began eating one cake of Fleischmann's
Yeast at each meal. At the end weighed 170 lbs ., and today, "I feel better than I weighed 17
ever have."
Eat two or three cakes a day regularly-plain, or
spread on crackers, or mixed with milk or water. If you prefer, get six cakes at a timed. They will keep in a cool, dry place for two or three days. Begin at once to know what real health means! Basure you get Fleischmann's. Yeast. All grocers have it.

Served at all Soda Fountain



## Stumping Costs Are Lower This Year

Local results have proved that Pacific Stumping Powder will clear one-half more land per dollar than other standard stumping powders.
You can buy enough Pacific Stumping Powder to clear an acre and a half this year for the same price you formerly paid for dynamite enough to clear one acre.
Last Spring actual experience in this district proved the non-freezing and non-headache features of this unequalled stumping powder. We Order yours today.
w. Metzger, J. D. Kelly \&
A. Mather, Carlson \& Sherk,
resham, Or.
Hidden Bros.,
Vancouver, Was
The Watt Shipp Pdr. Co., $\quad \begin{gathered}\text { C. A. Wood, } \\ \text { Salem, Or. }\end{gathered}$
NON-HEADACHE
PACIF
NON-FREEZINO


STUMPING POWDER

