

NOBODY DRINKS ENOUGH

Says We Need Seven Pints Inside and 7 Gallons Water Outside.

ORVALLIS, Ore., Dec. 12.—"We almost insure perfect health by drinking seven pints of water inside and seven gallons outside daily," Dean Henrietta W. Calvin of the economic department of Oregon Agricultural College in a paper on "Food: a Factor in Health Disease," before a large audience of the farmer's week visitors.

Every woman the food problem three times a day; what shall we eat? What will be palatable to the family? For the last year or two the problem has also been what food to purchase for the minimum of money?" continued Mrs. Calvin. "But neither palatability nor cost should be the governing factors. The food should be of a kind that meets the needs of the body. The question of health should be first.

Why do we want food? Because of hunger. Appetite is usually simply a desire for food habits, often perverted. Appetite and craving may be a certain need of the body, but do not always interpret it. The college girls, for instance, often buy as much candy as they allow, and eat it all as she can, but that does not mean that she needs all that sweet. The spring when school teachers are worn threadbare and "run down," they have no appetite nevertheless they need more than after vacation they enjoy meals. We would more efficient if we had that we should have both right in quantity and in kind. The purpose of food is first of all for growth in children and youth, second to make them working power, and third to prevent waste.

Farmer working out of doors and fast as he can can harden. A boy of twelve or sixteen running, playing, studying, working must be fed for energy, waste repair and in addition help him to grow into a six-foot man. There is something the matter with the boy who is not always healthy.

Majority of children and many invalids cannot hold a time to get the nourishment they need for the day in three meals. They need to be fed five regular meals. I agree with the mothers who want to let their children eat between meals, but do not think that three meals is best for most children. It is a case of capacity. The child needs more food and a different kind than the mother. There are more stunted children because of a lack of correct feeding. There are stunted farm animals because of a lack of money for the rearing of a well-nourished farm stock than for proper feeding.

Half the children die before five years old, and most preventable diseases, usually of digestive troubles. Many are deformed because their bones are not built up properly. The child must be built up before he can be a man, just by food, and the necessary elements are not always present. At any time, the child is growing, and may even die. There must be a mixed diet sufficient to produce the amount of energy, building material and waste. One of the essentials is water. We can insure perfect health if we drink plenty of water inside and outside every day. But we would care to drink those glasses of water daily, and not necessary, though there is danger of drinking too much of the necessary moisture secured by taking fruit liquid in soup, vegetables

BREAD AND BUTTER. AND, Dec. 9.—"Bread and butter, 10 cents extra," is the verdict of the Oregon Association members, who met at Seaside in annual session weeks ago when the delegates of Los Angeles adopted New York and other large cities the idea of charging a cent for the staff of life with side up, it was predicted that hotels would soon raise and make the same at that time, in fact, local hotel men who would bring the matter next meeting of the association the worst may be expected. See A. E. Seaman

That Itch! You can stop that itch in two weeks with this remedy. I have never sold for so long, and all other diseases have given more thorough relief than this. Description for Eczema. Use this remedy. See the Drug Store.

Electric Heating, Electric Rooms with Hot and Cold Water. See the Drug Store.

See the Drug Store.

GET YOUR MONEY'S WORTH

That's what you always get when you do your Christmas shopping early. By shopping early, too, you are merciful to the shopgirls, expressmen, postmen and other Santa Claus helpers.

Daily Christmas Hint
Ribbon Centerpiece Makes a Smart Gift This Season

If you are in doubt as to what to give the hostess who is fond of pretty things for her table, buy or, better still, make her a ribbon centerpiece.



NOVEL RIBBON CENTERPIECE. Florist and wrap the frame with handsome satin ribbon of any suitable shade. This being accomplished, thread the ribbon in and out of the wire interstices, finishing the weaving at one side of the basket in a big bow formed of ribbon loops.

Thirteen Days to Christmas

Dec. 12

The Spaniard says, "Manana." Don't be a "Manana" Man. Buy Your Christmas Presents Today.

Of course, in this as in all other things, Santa has the true Christmas idea. The spirit of the day breathes thoughtfulness for others. The meaning of Christmas is to make others happy.

By doing your Christmas shopping early you make the clerks happy and thus act in harmony with the spirit of the day.

Shopping early is not only good Christianity, but good business. It gives you a fresh and complete stock from which to choose and time to make your choice properly.

MARSHFIELD DRUGGISTS DESERVES PRAISE

The Lockhart-Parsons Drug Co. deserve praise from Marshfield people for introducing here the simple buckthorn bark and glycerine mixture, known as Adler-ka. This simple German remedy first became famous by curing appendicitis and it has now been discovered that a SINGLE DOSE relieves sour stomach, gas on the stomach and constipation instantly. It's quick action is a big surprise to people.

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- DR. A. J. HENDRY'S** Modern Dental Parlors. We are equipped to do high class work on short notice at the very lowest prices. Examination free. Lady attendant. Coke Bldg., Opp. Chandler Hotel, phone 112-J.

GRANDMOTHERS USE SAGE TEA

To Darken the Hair and Restore Grey and Faded Hair to Its Natural Color.

It is easier to preserve the color of the hair than to restore it, although it is possible to do both. Our grandmothers understood the secret. They made a "sage tea," and their dark, glossy long hair after middle life was due to this fact. Our mothers have gray hairs before they are fifty, but they are beginning to appreciate the wisdom of our grandmothers in using "sage tea," for their hair and are fast following suit.

The present generation has the advantage of the past in that it can get a ready-to-use preparation called Wyeth's Sage and Sulphur Hair Remedy. As a scalp tonic and color restorer this preparation is vastly superior to the ordinary "sage tea" made by our grandmothers.

The growth and beauty of the hair depends on a healthy condition of the scalp. Wyeth's Sage and Sulphur Hair Remedy quickly kills the dandruff germs which rob the hair of its life, color and lustre, makes the scalp clean and healthy, gives the hair strength, color and beauty and makes it grow.

Get a 50 cent bottle from your druggist today. He will give your money back if you are not satisfied after a fair trial.

You Auto Call Foote
PHONE 144-J NIGHT AND DAY
Stand front of Lloyd Hotel
TWO NEW CARS
After 11 P. M. Phone 5-J.
Residence Phone 28-J.
Will Make Trips to Coquille.

Have That Roof Fixed NOW
See **CORTHELL**
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THE MODERN DYERS, CLEANERS, PRESSERS and HAT RENOVATORS
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Phone 196

Fisher Auto Service
Wm. Fisher, Proprietor.
Phone orders to Hillyer's Cigar Stand, Phone 18-J. After 11 p. m. phone 5-J. Night phone 181-R.
Marshfield, Oregon.

City Auto Service
Good Cars, Careful Drivers and reasonable charges. Our motto: "Will go anywhere at any time."
Stands—Blanco Hotel and Blanco Cigar Store. Day Phones—78 and 46
Night Phone 46.
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T. J. SCAIFE & S. A. H. HODGINS
Marshfield Paint & Decorating Co.
Furnished. Phone 14-L. Oregon Estimates. 'MARSHFIELD.

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Not for their value, but because they cause fires. Most people do not know that old rags, particularly oiled cloths used for dusting, etc., will often take fire spontaneously. Many fires where "cause is unknown" might be traced to carelessness in disposing of rags.
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We know how to write policies that protect perfectly, too.
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STATEMENT OF CONDITION of FLANAGAN & BENNETT BANK
MARSHFIELD, OREGON
ESTABLISHED 1889.
At the close of business, November 26, 1912.
RESOURCES.
Loans and Discounts.....\$483,557.13
Banking House.....50,000.00
Cash and Sight Exchange.....263,899.96
Total.....\$797,457.09
LIABILITIES.
Capital Stock paid in.....\$ 50,000.00
Surplus and Undivided Profits.....64,989.75
Deposits.....682,467.34
Total.....\$797,457.09

R. J. MONTGOMERY
Real Estate and Insurance
244 North Front Street.

E. Pale & Co.
High Grade Ladies' and Gentlemen's Tailoring
Imported and Domestic Woollens Fit and Satisfaction Guaranteed
We do all work right here.
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We are prepared to do this work by the day or contract and guarantee satisfaction. Let us figure with you.
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The quickest, simplest way to rid the children of dangerous croupy coughs and wheezy stuffy colds is to give them Foley's Honey and Tar Compound. It gives almost instant relief and stops a cough promptly. It soothes and heals. Contains no opiates. For sale by Lockhart-Parsons Drug Co., the Busy Corner.

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Spanish Dishes a Specialty.

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