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Indirect lighting by means of Mazda lamps and properly designed diffusers will produce the correct effect with economy and at the same time add a touch of distinction to your store.
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See me or phone me at once and I will explain it to you.
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Family water rates fixed by State Railroad Commission.

First faucet90
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Baths25
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Toilets50
Additional toilets25

Rates payable in advance before the 10th of each month.

Dr. Wiley Prepares an Ideal Food Box For Starving Belgium

New Plan of Relief Suggested by Washington Woman--How You Can Aid the Stricken Little Sister of the World

By WILL IRWIN



MRS. JOSEPH DARLING DIRECTING THE PACKING OF IDEAL FOOD BOXES.

THIS is going to be a pretty hard winter in America. The war in Europe has disturbed business in every direction. We have a few hungry people ourselves. And yet Belgium, a brave little, thrifty little nation of 7,000,000 people, is going to starve to death this winter unless America feeds the Belgians. How are we going to take care both of our own and of the "stricken little sister of the world?"

A woman solved the problem. Mrs. Joseph Darling of Washington had been knitting stockings and scarfs for European war sufferers until it occurred to her that she might be using her brains as well as her fingers. She sat down forthwith and thought out the idea of "food boxes for Belgium." Mrs. Darling saw Dr. Harvey Wiley, who laid out the ideal food boxes for Belgian relief, and their plan has now been taken up by the woman's section of the commission for relief in Belgium, of which Mrs. Lindon Bates is chairman.

Dr. Wiley's box for Belgian adults, as slightly revised to get its weight inside the parcel post regulations, is as follows: Three No. 3 tins of beans, three No. 1 tins of pink Alaska salmon, one five-pound sack of rolled oats, one five-pound sack of yellow cornmeal, one five-pound sack of yellow split peas, one two-pound sack of granulated sugar, one three-pound sack of California prunes, one seven-pound sack of wheat flour, one one-pound sack of salt, one can opener, one box.

That, however, is only a guide to the kind of food which the Belgians need. It is intended mainly for such Americans as can afford to go and order boxes from the grocer. Belgium wants any kind of food which will stand ocean transportation, which excludes fresh fruit and vegetables.

The commission for relief in Belgium has arranged with the postoffice department to transmit all Belgian relief foodstuffs free of cost to the donor. If you put your name and address on the package and add the letter "R" the money expended for stamps will be refunded by the commission. The package should weigh not less than twenty pounds and not more than fifty.

Packages mailed from OREGON should be addressed to THEODORE B. WILCOX, MUNICIPAL DOCK, PORTLAND, who is collecting agent for this district.

LINES FROM A GROUCH
(Dedicated to B. B. Ostlund)
There is in rain a mournfulness
That fills me with regret,
A melancholy feeling—yes,
You bet.

Your life, And as for sleet! in vain
Sleet lovers round me scowl and glare,
Why, I think, I'd much rather have rain,
I swear

And wind! It's dreadful! Then besides,
Most zephyrs I find far too strong,
And every silver cloud that slides
Along

Annoys me. Then again, whereas
Some people love a howling gale,
I don't. I do not! And as
For hail,
Good night! If hail is at me hurled
My thoughts of joy to sorrow sink,
There's too much weather in this world
I think
—Anon

STORY FOR THE DAY

They were discussing a well educated but impecunious individual who occasionally touches his friends for a five spot and sometimes forgets it. When one of them remarked: "Anyway, it is a privilege to know Blank." "Yes," responded his friend, "and an expense also."

YOU MAY BE SORRY
IF YOU ACCEPT A SUBSTITUTE FOR
This Reliable Cough Medicine
That cough is nature's cry for help. It's a warning—a symptom, maybe of bronchitis, laryngitis, even of pneumonia. It must be checked at once. Hurry to the drug store for **Foley's Honey and Tar Compound**

AND BE SURE IT IS THE GENUINE
Don't take a chance with a substitute. Unrelied coughs quickly get worse, especially at nightfall. **Foley's Honey and Tar Compound** will soothe and heal the irritated throat, take away the tickle and relieve the tight feeling in the chest. It has no equal for any kind of cough.

For over forty years **Foley's Honey and Tar Compound** has been the standby with thousands of families. Remember the name—**Foley's Honey and Tar Compound** and look for the bee on the yellow wrapper.
***** EVERY USER IS A FRIEND.**

More Truth Than Poetry.

A little type
A little ink
Has often caused
A man to think
And put hard times
Upon the blink.

The lesson concealed in this bit of doggerel is this:
Newspaper advertising not only makes them think—but it makes them think of your product, your store, your service.
It makes your name or trade-mark come to mind when there is a want to be supplied.
Newspaper advertising is a mighty weapon against dull times.