

Thursday, December 2, 1915



Building For Years to Come

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In the erection of modern buildings the primary thought is for endurance.

The same thought should be given to building our own body and brain-but few give it. This building process requires certain essential food elements which, within the body, are converted into the kind of brain, bone, nerve and muscle capable of enduring the severe tests of work and time.



FOOD

is scientifically made of whole wheat and malted barley. and supplies, in splendid proportion, all the nutritive values of the grains, including their vital mineral salts, which are all-important for life and health, but lacking in much of the food that goes to make up the the ordinary diet.

A daily ration of Grape-Nuts food is good "building" for sound health for years to come.

> "There's a Reason" Sold by Grocers everywhere.

McNair Bros. Will Return the Money if Mi-o-na Does Not Relieve Dyspepsia.

Among all the remedies in McNair a guarantee to refund the money if they do not cure.

edy, has helped so many of their customers that McNair Bros. say: cheerfully return your money."

wallpaper stock before our new stock begins to arrive, we will place on sale our present stock, consisting of about 150 patterns.

nished tiles, oatmeals, ingrains and flocketts, and will be sold for cash only and regardless of cost.

See this stock and get our clearance prices.

During this sale we will also name the following cash prices on Chi Namel and Japalac:

Friday	and	Saturda	y Spe	cial C	ash Sal
	At th our last week's sale v	was instantaneous. Ashland	People have come to r	e Groce	ery ouying at these prices
Cocoa, Hershey's, ½ lb Cocoa, Hershey's, 1 lb Ashland Canned Tomatoes Mothers Oats, premium	\$	 Lard, Union Meat Co., lan Compound Pearl Shorten Compound Pearl Shorteni 	rge 1.50 ing, medium70 ing, large 1.45	1.25 Salmon, Chinook st .55 Salmon, Red Socke 1.20 Coffee, Ideal Blend	bbys\$.12½ eak
Mother's Oats, no premium . Kerosene, 5 gal. Kingsford's Gloss Starch		22 Cottolene, medium 37 Cottolene, large 39 Flour, Valley Prise, guara		.60 Coffee, bulk 1.45 Soda 1.40 Karo Syrup, Red La	
Kingsford's Corn Starch Hams, Columbia, fancy Hams, Standard		 Flour, Champion Flour, Dalles Patent Spring Clothespins, doz 	1,35 1.60 	1.20Karo Syrup, Red La1.40Karo Syrup, Red La.04Karo Syrup, Blue La	abel, 10 lbabel, 2 lb
Bacon, standard Bacon, Royal Ann Bacon, Peach		24 Soap, Crystal White 22 Rice, head 20 Rice, Japan head		.04 Karo Syrup, Blue L .06 Karo Syrup, Blue L .06 MILK—	abel, 5 lb
Bacon, English style Bacon, Backs		7 Pork and Beans, small 5 Pork and Beans, medium		.08 Carnation, lar .13 Holly, large of	ge cans 8c each, 13 for \$1.00 ans 8c each, 14 for \$1.00
Hams, Picnic		Pork and Beans, large	and the second se		cans 7c each, 16 for \$1.00