TREMENDOUS CROWD 50,OOO BOXES HEARS BRYAN SPEAK TOII. Y. FRIM

New York City Democratic Campaign Opened Under


WHY SPEND MONEY FOR

## MEAT AND EGGS

when you can get more muscle-making, brain-building material out of

## SHREDDED WHEAT

## at one-fourth the cost?-And you will feel brighter, stronger and happier.

Two Shredded Wheat Biscuits with milk or cream and a little fruit will supply all the energy needed for a half day's work at a cost of five or six cents.


If you are not up to "top-notch" condition, cut out meat, eggs and pasitries, and try Shredded Wheat for ten mornings. Shredded Wheat is the whole wheat, steam-cooked, shredded and baked. It is not "treated," "flavored" or "compounded" with anything. For breakfast, heat the Biscuit in oven to restore crispness, pour hot milk over it, add a little cream and a dash of salt. Your grocer sells it.

| Purchase of Large Water front Tract in Frisco Starts Rumor. | Road From San Diego to Portland Urged by Good Roads Convention. |
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## CASTORIA

The Kind You Have Always Bought, and which has been use for over 30 years, has borne the signature of That Fifletcher. sonal supervision sinee its infancy. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children-Experience against Experiment.

## What is CASTORIA

Castoria is a harmless substitute for Castor On, Pare goric, Drops and Soothing Syrups. It is Pleasant. It substance. Its age is its guarantee. It destroys Worms and allays Fererishness. It cures Diarrhcos and Wind Colic. It relieves Teething Troubles, cures Constipation -and Flatulency. It assimilates the Food, regulates the Stomach and Bowels, giving healthy and natural aloe
The Chidiren's Panacea-The Mother's Friend.

## CENUNE CASTORIA ALWAYS

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Pacilic National Fair and Live Stock Show
Portland, September 21-26 attractive exhibits
Blooded Stock, Poutrs, Agricultural and Manufatured Productere ROUND TRIP FARES

COLONIST FARES


