

Little Stories for Bedtime

Uncle Billy Possum Tells Jimmy Skunk a Secret. It is sure before you drop a friend that you've done nothing to offend.



"Don't be hasty, Brer Skunk, don't be hasty," replied Billy Possum.

circles. This opens the lungs so that the air has a chance to get into the interior and expands the chest at the same time.

Exercise No. 2.—Place the hands on the hips, rest lightly on the balls of the feet with shoulders well back.

Exercise No. 3.—Take from six to eight short inhalations, expelling all the breath suddenly.

Next story: "Reddy Fox Spends a Bad Night."

Mount Hood Court. Foresters of America, has renewed its lease on the hall at 129 Fourth street, and its renovation is nearly complete.

Smoker and Banquet. Monday evening Lent's Court, No. 84, Foresters of America, gave a smoker and banquet.

Big Time Next Sunday. A general bombardment of Canemah Park, near Oregon City, is ordered by the American Foresters of Portland.

Kassalo Lodge to Entertain. Kassalo Lodge, No. 15, will entertain members of the order at their temple.

PERSONAL MENTION. Leaving for Los Angeles. S. J. Traverso, who has been connected with the Advance-Hasty Messenger & Delivery company for the past 10 years.

H. Handren of Boston are together at the Multnomah. They are apple raisers.

Seattle, but formerly of the Cornelius, is stopping at the Cornelius for a few days.

School Children to Exhibit at Gresham. County Fair Management Sets Aside Handsome Sum for Best Vegetable Displays.

Americans Reported Stranded in Austria. Washington, Aug. 19.—American Ambassador Penfield at Vienna notified the state department today that there were 2200 Americans in Austria.

English mills have succeeded in making yarn and twine from straw heretofore regarded as a waste product.

garden in competition for over \$200 in cash prizes offered by the fair association for Portland school pupils.

For general displays, prizes of \$10 for first and \$7.50 for second are offered for the best showing made by a boy 13 years of age or over.

The Columbia River Interstate fair at Vancouver, September 7-12, offers general display prizes for best vegetables grown by any child 13 years of age or over.

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Protect Yourself! Get the Original and Genuine HORLICK'S MALTED MILK. The Food-drink for All Ages.

FOREIGN FASHIONS FOR AMERICANS



Black costume for a middle-aged lady. Some middle aged women adopt a sort of half mourning attire that is both practical and becoming.

The sketch depicts a model designed, not so much for mourning as for a black street costume, to suit the purposes of the middle aged woman who affects black all the time.

Satin and crepe Anglaises are the materials used, with white batiste vestee collar and cuffs to relieve the neck.

Suicide's Body Is Shipped to Spokane. The body of James F. Gilson, who committed suicide Monday night by jumping into the river, was shipped to Spokane last evening by the coroner.

MADAME ISE'BELL'S BEAUTY LESSON

Lesson X—Part III. Breathing: Its Relation to Health and Beauty. To Begin the Day. Begin the day by throwing back the bedclothes and discarding the pillow.



Exercise No. 1.—Extend the arms, paws up, inhale and exhale slowly through the nostrils, keeping the mouth always closed, moving the arms front and back, describing horizontal

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The Nortonia Hotel

affords all the enjoyment of a beautiful home without its responsibilities, and is much more economical. The Rose Tea Room is as convenient as your residence for your card and afternoon parties.



Eleventh at Stark Twelfth at Washington

"There's a Reason" made of wheat and barley, contains all the nutriment of the grains, including their mineral elements.

In Olden Days A Miller Lost His Right Hand for Raising Grain Prices in Time of Famine.

(Old Danish Law) No punishment should be too severe for those who take advantage of the European war to raise prices unnecessarily.

Although we may find it necessary, in some instances, to limit quantities in order that our stock may be at the service of the greatest possible number of customers, we will not advance our prices until the present stocks are exhausted.

When war was declared we wired our Eastern representative to purchase for us all of the goods available in the New York market.

Although we may find it necessary, in some instances, to limit quantities in order that our stock may be at the service of the greatest possible number of customers, we will not advance our prices until the present stocks are exhausted.

The Owl Drug Co.

Twenty Stores on the Pacific Coast Broadway at Washington, Portland, Or.

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THE LIFE CAREER

Schooling in youth should invariably be directed to prepare a person in the best way for the best permanent occupation for which he is capable.

Holy Names Normal School. Marylhurst, Oswego, Or. Accredited by the state of Oregon. Standard normal course of two years above four years of high school course.

Law Department University of Oregon. Fall term opens September 21, 1914. Course of three years, leading to degree of LL. B. and embracing 20 branches of law.

SCHOOL of the Portland Art Association. In the evening, Saturday classes: Drawing, Fall at 11 p. Composition, Design and Craft.

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