

From House to House the Good News Spreads

Many housewives have found a happy solution of the breakfast problem in New Post Tonsties.

These new corn flakes are distinctive in that they bear a self-developed flavor all their own-the delicate, fascinating flavor of choice, white Indian corn. Unlike other flakes, they do not depend on cream and sugar to make them palatable.

Try a handful without cream and sugar-note the fine flavor and new form; also the tiny "bubbles" on each flake. These bubbles are a distinguishing characteristic and are produced by the quick, intense heat of the new process of making. which also brings out the wonderful flavor.

Although the New Post Toasties are a great improvement in flavor and form, they cost no more than ordinary flakes. Have a package delivered for tomorrow's breakfast.

New Post Toasties

-sold by Grocers everywhere.

Army Aviator Is Injured, altitude of 4900 feet near here and COLUMBUS, N. M., June 21-Lieu- suffered only minor injuries tenant Carlton D. Chapman, piloting The descent was necessitated by a an army biptage, volplaned from an broken propellor.

Is Greatest of All Strength Builders, Says Doctor

A Secret of the Great Endurance and Power of Athletes.

ple 200 Per Cent Stronger in Two Weeks' Time in Many Cases.

fact, real and true strength can only come from the food you eat. But people often fall to get the strength out of their food because they haven't enough iron in their blood to enable it to change the food into living matter. From their weakened, nervous condition they know something is wrong which is well known to druggists and that they can't tell what, so they gen-

Ordinary Nuxated Iron Will Make ing iron in the proper form. And this Delicate, Nervous, Rundown Peo- after they had in some cases been doctoring for months without obtaining any benefit But don't take the old forms of reduced iron, iron acetate or tincture of iron simply to save a few NEW YORK, N. T.—Most people footishly seem to think they are going to get renewed health and strength from some simulating medicine, secret nostrum or narcotic drug, said Dr. Sauer a well known a secialist who Sauer, a well known specialist who has studied widely both in this country and Europe, when as a matter of secret of great strength and endurance fact, real and true strength can only before he went into the affray, while

but they can't tell what so they gen-erllay commence doctoring for stom-scribed by eminent physicians everyach, liver or kidney trouble or stom- where. Unlike the older inorganic toms of some other aliment caused by iron products, it is easily assimilated. the lack of iron in the blood. This does not injure the teeth, make them thing may so on for years, while the black, nor upset the stomach; on the edith in the patient suffers untold agony. If you contrary, it is a most potent remedy championship last month, Bill Bingare not strong or well, you owe it to in nearly all forms of indigestion, as ham, the greatest four-furlonger that yourself to make the following test: well as for nervous, run-down condi-See how long you can work or how tions. The manufacturers have such closed an athletic career that he miny far you can walk without becoming great confidence in Nuxated Iron that well be proud of as long as he lives. far you can walk without becoming great controlled the street of the str times per day after meals for two any man or woman under 60 who a member of the Boston Athletic asweeks. Then test your strength again lacks iron and increase their strength sociation track squad, but it's not to and see for yourself how much you 200 per cent or over in four weeks be so. The Crimson captain has dehave gained. I have seen dozens of time provided they have no serious or- cided to run no more, and so passes nervous, run-flown people who were ganic trouble. They also offer to re-alling all the while, double their fund your money if it does not at least strength and endurance and entirely double your strength and endurance in get rid of all symptoms of dyspensis, ten days time. It is dispensed in this be halled as a world beater, and that liver and other troubles in from ten city by A. C. Koeppen & Bros. and all factor is James Meredith. As fine a dictor visitor Saturday. to fourteen days' time simply by tak- other druggists.



BILL BINGHAM.

When he ran through the tape bare yard and a half back of Ted Mer- Walls out as game and true a runner as

But for one factor Bingham would performer as Hingham was, Ted, the super-runner, was a couple of strides stronger and faster. Bingham ran his fell half in the amazing time of 1 minute 52 1-5 seconds, yet it was no good enough to win the championship two-minute performers. Bingtion of the fierce competition that has tional association. A to its present standard.

About 100 species of oysters have

It's Wonderful How Resinol Stops Itching

the itching torments of eczema or other such skin-cruptions, the relief that the first use of Resinol first use of Resinol

A Good Soap For Baby Skin A good baby soop should contain soothing, healing properties to prevent the rackes and chaffings to which babies are liable. That is why so many physicians remarks The tool Scap.

ANNUAL SCHOOL MEETING IS HELD MONDAY AFTERNOON AT SCHOOL HOUSE.

Many Candidates Out for Place; Adarus Baseball Team Clashes With Athena, Former Winning by Score of 7 to 4; Young People Hold Church Meeting; Other News.

(East Oregonian Special.) ADAMS, Ore., June 21.—Frank Henry, who has been gone for some time to his homestead returned Saturday evening.

Jim Lewis, brother of Mrs. Frank Henry, arrived in town Saturday eve-

Miss Neva Dallas returned to Ad-ms this week to remain at the home of Mr. and Mrs. Lawrence Lieuallen during the summer months.

The annual school meeting was held at the school house Monday afternoon at two o'clock. A director was elect-Although there were se candidates for the position, L. L. Lieu-allen won by a large majority.

Hobart Peringer is in from work or a short time. Mr. Morgan, of the O. A. C., is in

own for several days. Mr. and Mrs. G. M. Morrison, Misses Geraldine and Roberta Morrion and Rolland Morrison motored to Singham Springs Saturday and reained over Sunday.

Mr. and Mrs. Dave Stone spent the rekend at Bingham Springs. Mr. and Mrs. John Winn and dauthters Geratine and Lucile arrived in Adams this week, after having spent

the school months in California. The Adams baseball team played the Athena baseball team Sunday on the local field. The Athena team was outclassed in everyway and if Adams and not had a little bad luck (an overthrow on third base) Athena * BILL BINGHAM IS THROUGH * ould have been completely shut out As it was the final score was 7 to 1 in favor of Adams.

Miss Alice Hudson was in town

tonday Mr. and Mrs. A. H. Kirby motored Pendleton Monday evening, Guy Mayberry was in Pendleton

Mr. and Mrs. E. G. Marquis, who have been away for some time, returned to Adams Tuesday morning. Mr. and Mrs. Frank Krebs and Mrs.

hristian motored to Pendleton Mon-Miss Ada Winder is in Adams for

Mr. and Mrs. John Adams motored Walla Walla Monday. Otis Lieuallen motored to Walla alla Sunday.

Mr. and Mrs. Frank Martin of endleton were in Adams Sunday. Mrs. Wallan and son Ralph and Hoart Peringer motored to Bingham

Prings Sunday.
Young Peoples' Meeting was conducted by Miss Lucy Marlow Sunday evening. The topic for discussion "My duty toward other Chris-

The Adams baseball team played the Agency Tuesday on the latter's

Mr. and Mrs. Charles DuPuis, Mr. and Mrs. Roseberry and Mr. and Mrs. A Hen DuPuis spent Sunday on the Clint Holcomb, one of the Adams

farmers, was in town uesday, Bill Taylor is now helping on the loger's ranch. Robert Jones went to Portland

Miss Marguerite Straughn of Pen Mr. and Mrs. Bill Taylor and son Burl, and Mrs. James Chesnut and

motored to Athena Saturday. Mrs. Winnie McKenzie returned to her home in Walla Walla Monday eve-

Miss Beulah Spencer was a Pen Roy Ferguson motored to Pendle ton Monday evening.

Training Branch Opens. KANSAS CITY, Mo., June 20.-A that not so long ago used to be taken | Camps association of the United States was opened in Kansas City by Leham's experience is a forceful illustra- Lancy K. Jay, secretary of the Nabrought the intercollegiate meet up headed by John F. Downing, president of the New England National Bank, was appointed to stimulate in terest in the camps. A recrulting staion will be opened.

The nearest training camp to Kans s City is in Indianapolis. It will be pened July 5 and closed October 5, during which three periods of training of one month each will be given The committee appointed is to ascertain whether Kansas City firms will allow its employes 30 days' leave of beence on full pay to attend the amp. The government will pay all xpenses and will provide the uniforms and care for the men in the camp. It is expected 50,000 men will attend the

ndianapolis camp this summer. "We will allow as many men to go is we can spare and will give them full pay," Mr. Downing said, "and I believe every broad-minded employer will do the same.

The camp is for the purpose of givng the men a month of intense milltary training without putting them under obligations to the government'

Germans Check Russians, BERLIN, via London, June 20,-German troops under General Von Lingensen, are holding in check the

Russians advancing toward Kovel from the southeast army headquarters The Russians were repulsed on both eldes of the Styr, and nearly 3500

without coupons or premiums. We prefer to give quality! There's sport smoking a pipe or rolling your own, but you know that you've got to have the right tobacco! We tell you Prince Albert will bang the doors wide open for you to come in on a good time

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Slip a few Prince Albert

smokes into your system!

You've heard many an earful about the Prince Albert patented process that cuts out bite and parch and lets you smoke your fill without a comeback! Stake your bank roll that

back up for a fresh start.

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the national joy smoke regret! You'll feel like your smoke past has been wasted and will be sorry you cannot

You swing on this say-so like it was a tip to a thousand-dollar bill! It's worth that in happiness and contentment to you, to every man who knows what can be gotten out of a chummy

jimmy pipe or a makin's cigarette with Prince Albert for TOBACCO IS PREPARED
FOR SMOKERS UNDER THE
FOR SMOKERS UNDER THE
PROCESS DISCOVERED IN
PR "packing"!

R. J. REYNOLDS TOBACCO CO.

General Moltke is Dead. AMSTERDAM, via London,

LONG BURNING PIPE A

CIGARETTE TOBACC

muth von Moltke, chief of the sup- mourning in the Reichstag for the June plementary general staff of the army late Field Marshal von de Goltz, says -Lieutenant General Count Hel- died of heart apoplexy at a service of a Bulletin telegram

with Non-Skid

Cost Less Than The Plain Tread Styles of Several Other Standard Makes



And the mileage returns this year are greater than ever before. Car owners everywhere recognize the greater dollar-for-dollar value in Fisk Quality by more than tripling the demand for Fisk Tires. More than 125 Direct Fisk Branches throughout the country assure dealers

of promptest attention and tire users of unrivalled and countrywide Fisk FREE Service. Fish Tires For Sale By PENDLETON AUTO CO Pendleton Every Fisk Tire backed by seventee and the Fisk reputation for Quality

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ASK THE MAN WHO HAS BEEN THERE

Open Air Dance

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Every Saturday

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Bingham Springs, Gibbon Post Office

COTTAGES AND TENTS FOR RENT. FREE CAMP GROUNDS.

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Enjoy Yourself During the Hot Summer.

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Hotel Rate, \$10.50 Per Week

or \$2.00 Per Day

INCLUDING BATHS.

GOOD BARN AND INCLOSED PASTURE

Soap usually gives is incredible. After all the suffering they have endured and all the use-less treatments they

have spent good money for, they cannot believe anything so simple, mild and inexpensive can stop the itching and burning INSTANTLY! And they find it still more wonderful that the improvement is permanent and that Resinol really drives away the cruption completely in a very abort time. Perhaps there is a pleasant surprise like this in store for you. Resinol Ointment and Resinol Soap are sold by all druggists.