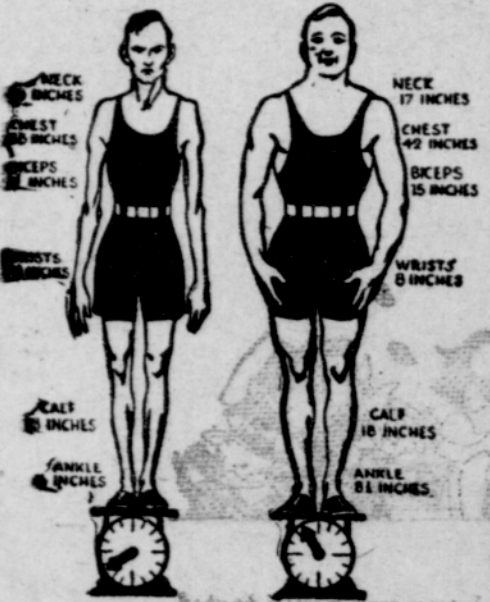


**Tyre Kik**  
**Free Tube**  
 with every Mason-Cord  
 at Leedom's Tire  
 Hospital

**\$1.00 Profit**  
**Christmas Sale at**  
**Orres Tailor Shop**  
**now on.**  
**Don't Miss It.**

**Take Yeast Vitamon**  
**Tablets To Put On**  
**"Stay-There" Flesh**

**AND INCREASE YOUR ENERGY QUICKLY,**  
**EASILY AND SURELY AT SMALL COST**



This or run-down folks will find this simple test well worth trying: First weigh yourself and measure yourself. Next take Mastin's VITAMON—two tablets with every meal. Then weigh and measure yourself again each week and continue taking Mastin's VITAMON regularly until you are satisfied with your gain in weight and energy. Mastin's VITAMON contains highly concentrated yeast-vitamins as well as the two other still more important vitamins (Fat Soluble A and Water Soluble C), all of which Science says you must have to be strong, well and fully developed. It is now being used by thousands who appreciate its convenience, economy and quick results. **IMPORTANT!** While the amazing health-building value of Mastin's VITAMON has been clearly and positively demonstrated in cases of lack of energy, nervous troubles, anemia, indigestion, constipation, skin eruptions, poor complexion and a generally weakened physical and mental condition, it should not be used by anyone who objects to having their weight increased to normal. Do not accept imitations or substitutes. You can get Mastin's VITAMON tablets at all good druggists.



**Are Positively Guaranteed to Put On Firm Flesh, Clear the Skin and Increase Energy When Taken With Every Meal or Money Back**

**if it isn't MASTIN'S it isn't VITAMON**

**PORTLAND SPECIALIST**  
**COMPLIMENTS COUNTY**  
**HEALTH ASSN. WORK**

(Continued from Page Three)

grain, the kernel without the roughage, produced growth, but the hefters were unable to reproduce their species, while those fed on corn silage, the grain and stalks and leaves as well, bore healthy calves. This emphasizes the fact that children must have vitamins in order to induce proper growth and reproduction. This applies with equal force to the future and expectant mother.

We must concede that malnutrition which is brought about by badly selected foods and faulty habits lays the foundation for future disease, decreasing their normal resistance. It is imperative that properly balanced foods be given our children.

Faulty digestion begets an excess of acid in the system which in turn dissolves the minerals in the system. This condition invites tuberculosis.

Whenever your children show any departure from normal, whether due to tonsils, adenoids, cough or malnutrition, however trivial it may

seem at the time, let me plead with you to at once begin efforts to discover the cause and consult your physician and not rest until the condition is remedied.

If the case is one of tuberculosis, remember that the first step, if the fever, which is usually below normal in the morning, but which rises in mid-day and becomes lower in the evening again, can only be controlled by rest in the open air. Do not be persuaded that exercise in the open air is best. Promptly report all such cases to the health authorities and in return receive their help and advice in caring for the cause and in limiting the spread of the infection.

**The KITCHEN**  
**CABINET**

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Forget each kindness that you do  
 As soon as you have done it,  
 Forget the praise that falls to you  
 The moment you have won it;  
 Forget the slander that you hear  
 Before you can repeat it;  
 Forget each slight, each spite, each sneer  
 Whenever you may meet it.

**SEASONABLE GOOD THINGS.**

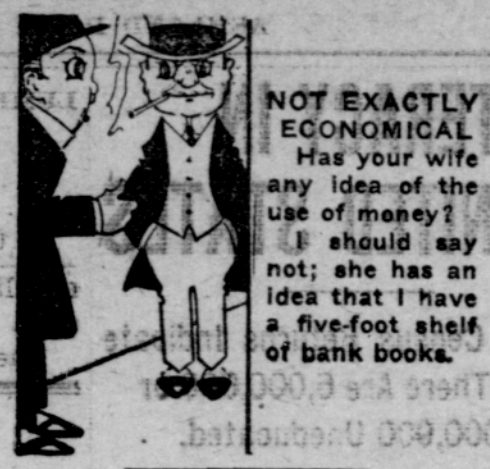
Now that oysters are again in season the following will be a suggestion which may be used or modified:

**Oysters in Cucumber Cups.**—Cut large cucumbers into quarters, crosswise—a smaller cucumber will not cut

into as many pieces. Remove the peel lengthwise in narrow strips, leaving strips of peeling to make a striped effect. See that the sections will stand level, then scoop out the centers. Cucumbers that are too old for slicing may be used as cups. Fill with raw oysters, minced fish, or lobster and bake in a pan in a hot oven until the cucumbers are tender. Serve with a spoonful of tartar sauce in each cup.

**Cuban Eggs on Toast.**—Cook together for five minutes one-fourth of a cupful of sausage meat and one teaspoonful of grated onion. Add to a pan six beaten eggs, one-fourth of a teaspoonful of salt, a dash of pepper, and stir until the eggs are creamy. Pour over slices of toast well buttered and garnish with slices of fresh tomato sprinkled with chopped green pepper.

**Terrapin Chicken.**—Chop two hard eggs and two cooked chicken livers, mix these with two cupfuls of cold cooked chicken cut in bits. Season to taste with salt, pepper and a grating of nutmeg. Melt three tablespoonfuls of butter in a frying pan; add two tablespoonfuls of flour and one cupful of equal parts of chicken stock and cream. Cook as for white sauce, add the chopped mixture, cover, and simmer over gentle heat for ten minutes. Before serving, add the yolk of an egg beaten with two tablespoonfuls of cream and one teaspoonful of lemon juice; stir this into the hot mixture and pour into timbale cups or crustades.



**NOT EXACTLY ECONOMICAL**  
 Has your wife any idea of the use of money? I should say not; she has an idea that I have a five-foot shelf of bank books.

**GOING DOWN.**

Johnnie: Say, Pop, can anybody go to heaven in an aeroplane?

Pop: Not by going up, Johnnie.



**JELLY OR PUDDING**

topped with our whipped marshmallow cream is simply irresistible! It makes one of the tastiest desserts you ever saw. Get a can of our marshmallow whip today and learn of the fine desserts you can make from it.

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**153 EAST MAIN ST. PHONE 59**  
**QUALITY GROCERY**  
**GENERAL DELIVERY SYSTEM SERVICE**

**The key to success is work—**  
**There is no substitute for it!**

In order to do your best work, you must be healthy. You must sleep soundly at night, your nerves must be strong, steady and under perfect control.

If you are accustomed to drinking tea or coffee with your meals or between meals, you may be loading yourself with a very great handicap. Your nervous system may be stimulated beyond what is natural for you.

For tea and coffee contain their caffeine. These are drugs, as any doctor can tell you. They are known to irritate the nervous system by their action and to cause restlessness and insomnia, which prevent the proper recuperation of the vital forces.

If you want to be at your best, capable of doing the very best work that lies in you, why not stop drinking tea and coffee? Drink Postum, the rich, satisfying beverage made from scientifically roasted cereals.

Postum contains absolutely no drugs of any kind, but in flavor tastes much like rich coffee. It helps nerve and brain structure by letting you get sound restful sleep.

Postum comes in two forms: Instant Postum (in tins) made instantly in the cup by the addition of boiling water. Postum Cereal (in packages of larger bulk, for those who prefer to make the drink while the meal is being prepared) made by boiling for 20 minutes.

Ask your grocer for Postum. Sold everywhere.



**Postum for Health—"There's a Reason"**

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**A Ringing Appeal**  
**to Oregonians**

By **R. A. Booth**  
 Chairman  
 State Highway Commission

**THE USE** of Oregon Products is fundamental or even elemental if Oregon is to prosper. The population of Oregon cannot be sustained if Oregon payrolls decrease.

It is a matter of vital interest, then, to every inhabitant of the state to keep Oregon dollars in the state!

To buy our own products and use them is like eating the cake and having it, too. It is keeping the products and the money also. Let's do it with renewed energy! Let's patronize those merchants who feature Oregon-made merchandise.

Let an Oregon product give us pleasure and strength at every dining hour. Let's go to the greatest extent reasonable to build and furnish our homes with Oregon Products and let us daily as we enter the store rooms and shops keep before us an obligation that we cannot shift—**BUY OREGON PRODUCTS!**

*R. A. Booth*



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