

THE ONLY STEAM-COOKED OATMEAL

H-O

For Health, Strength and "Pep"

The muscle-builder—will keep you "fit" without the aid of medicine. Made of selected whole wheat and the choicest barley malt, it combines all the element necessary for building muscle, nerve and vitality. "Force" is Nature's food—good for everybody.

[Sunny Jim] At Your Grocer's

STATE NEWS IN BRIEF.

With the close of the range season sheep are now coming into Bend for shipment to winter pasture, several thousand having been brought in the past few days.

The highest point ever reached by the mercury at the Bend weather station at this time of the year was recorded Tuesday, the thermometer registering 91 degrees.

Hoyt S. Gale of Washington, sent to McMinnville by the United States Geological department, has been looking over gas and oil indications and prospects that have developed in that vicinity.

At a price of \$162.50 an acre the John Hager place, near Adams, was sold by the heirs to John C. Walters, of Athena. There are nearly 300 acres in the piece, and it is as good wheat land as there is in the district.

The 300 acres of flax on the Wapato Lake tract at Gaston is being harvested. On account of the unusually dry season the crop did not make the proper growth for good fibre, so it will be cut for seed and it is expected there will be a good crop of seed.

Indications are that the silverside run in Coos Bay this fall will be of greater commercial value than usual. The preliminary fishing shows the fish are larger than common and they are averaging 12 pounds. Chinook are practically gone and few are being caught.

Kirkland Bros., of Seattle, hearing of the scarcity of houses in North Bend, are planning to build a large number of modest homes to house families now living in tents. In Marshfield an apartment house is proposed and several capitalists are about to commence building homes.

Klamath county residents are gladened by the daily sight of a locomotive and tracklaying outfit well out toward the middle of the valley between Klamath Falls and Olene, 12 miles east. The 40 miles of fencing necessary will require two carloads of wire and about 15,000 cedar posts.

Shortage of fuel oil will not affect the movement of the Hood River Valley apple crop, according to J. M. Reid, superintendent of the Mount Hood Railroad company, over the line of which the larger percentage of the 1,000,000 boxes to be harvested in local orchards this season will be hauled.

One of the most important steps for the upbuilding of Josephine county that has been taken in years by the adoption at Tuesday's election by the landowners under the Grants Pass irrigation district of the proposal to bond the district for \$290,000 to build the irrigation system. The vote stood 43 in favor and only 5 against the proposition.

The Willamette Valley Lumber company, of Dallas, has received a large order from the United States government for Douglas fir lumber to be used in the construction of aeroplanes for the army in France. The mill is working to capacity getting the lumber out. Only straight and clear timber can be used. The local mill has received several such orders lately and a number of carloads have already been sent east.

Money available for the rural credits fund in Oregon is now virtually exhausted, only a few hundred dollars being left, and it is probable that there will be no more money in that fund to loan to the farmers for some time.

A 33-year-old horse, for many years in the service of the state at the Soldiers' home at Roseburg, will not be sold for \$10, but will be humanely disposed of instead. So ruled the State board of control when Commandant Markee notified the board that the horse was "eating his head off," and an offer of \$10 had been made for him.

L. E. McBea, prominent stockman of the Heppner section, who recently sold his Willow Creek sheep ranch and herds, has become perhaps the most extensive hay dealer in Eastern Oregon. Mr. McBea recently bought 4000 tons of alfalfa on Butter creek and has already resold most of it to Morrow county stockmen, who will drive their flocks to the hay ranches to be wintered. Mr. McBea has also engaged to superintend the feeding of all the stock for which he furnishes hay. He is considered one of the most careful feeders in that county.

H. H. Rogers of Baker, representing Hatcher & Synder, of Denver, received 10,000 lambs Thursday from Adrian & Densley, who represent the Stanfield interests.

An \$8000 real estate deal was closed at Roseburg when the fine river bottom farm of Alfred J. Anderson, in the Melrose district west of that city was sold to George A. Crane, of Melrose, and John E. Bouquet, of Oakland, Cal. The tract contains some of the best land in this section of the state.

By a light vote, 27 to 6, the Gold Hill Irrigation district has decided to issue bonds amounting to \$60,000 at a special election.

E. G. Patterson, manager of the automobile department in Secretary of State Olcott's office, died Wednesday night after an illness of several weeks.

It is possible that the war will play a part in foreclosure proceedings brought by E. E. Judd, of Pendleton, against Mayor James A. Best, in the course of which Mayor Best's ranch in Klamath county will be sold by the sheriff.

OATMEAL IS POPULAR

Authorities Agree That Cereal, Properly Prepared, is Most Nutritious and Easily Digested Food.

Nearly every American eats oatmeal—in fact it appears on the tables of many well-regulated homes every morning in the year. Authorities agree that oatmeal, properly prepared, is the most nutritious and easily-digested food for breakfast. Ordinary oatmeal, however, does not digest readily, because it is seldom cooked long enough. It is estimated that the kind usually sold as "Rolled Oats" or "Crushed Oats" should be cooked at least sixteen hours before it is fit to eat—at the end of which time it has lost practically all of the flavor it originally possessed.

This led to the discovery of a process of cooking oatmeal in sealed cookers at a very high temperature under steam pressure—an exclusive process which bursts the kernels of the starch, changing them into dextrinized starch, which is easily digested by the most delicate stomach. The sealed cookers also cause the oatmeal to retain all of the nutty flavor of the carefully-selected oats, which is lost in every other process. As a result of this patented process, the oatmeal is not only more palatable and digestible, but can be made ready for the table with only twenty minutes' cooking, which makes it a great convenience to the housewife.

This is a subject of vital interest to the parents of growing children, because the time to lay the foundation of good health and long life is during childhood. It is what you digest, not what you eat, that makes muscle, bone and brain. Oatmeal is the ideal food for building up sturdy bodies and keen, receptive brains, but the ordinary kind does not appeal to many children because of its lack of flavor. This has all been remedied by the steam-cooking process, which makes the oatmeal so deliciously palatable that children not only relish it, but call for more.

The oatmeal prepared by the process referred to is the kind put up for the market under the name of H-O Oatmeal, and can be obtained from all grocers by simply insisting upon that brand. It contains nearly twice as much tissue-building material as corn meal, rice, white flour bread or soda crackers, and is really more nourishing than meat or eggs, while it only costs about one-half cent per dish. Is it any wonder, therefore, that H-O has become known as "The National Dish"?

\$100.00 INVESTED



VALUE OF OUTDOOR LIFE

Only Those Familiar With Freedom of Woods and Fields Enjoy Complete Happiness.

Too many people are merely on speaking terms with nature. Too many are unfamiliar with the wonderful advantage of outdoor. Too many cherish heated comforts. They forget that their ancestors did not know what a steam-heated house meant. It is time to broaden our views and to get closer in touch with the great health-giving life of the open air.

There died not long ago a naturalist, John Muir, who had lived the better part of his life with nature. He loved the mountains and the natural life of all outdoors. His existence was a happy one. He died amid the surroundings of peace, happily, with a contented heart.

It is only those who know the freedom of the woods and the health-giving tonic of the open air who really enjoy complete happiness.

It is related that a sickly mother, not a great many months ago, carried a sickly baby to Doctor Evans, who looked the boy over and smilingly advised the worried parent to turn her boy loose in the parks, "let him live in the open air," he advised, "it is the only medicine that will do him any good."

This same advice can be applied today to thousands of cases. On inclement days it is unwise to expose oneself. But when the sun shines and the air is keen and crisp, is filled with the germs of life, one is extremely foolish not to take advantage of it.

If parents would only see that their youngsters are warmly clothed, that their shoes are sound and that their little legs are well protected, and then turn them out of doors and tell them to stay there, they would find their doctors' bills growing less and the health of their children growing better. They will also see a glow of rosy health in the young cheeks which is a certain indication of expanding youth, of glowing blood, of the creation of good health.—Memphis Commercial Appeal.

in our NEW ANIMATED ADVERTISING SIGNS, puts you into a money-making business that can be run in your spare time. Frame holds 10 different cards. Get merchants' ads. at \$3 to \$5 per week each, and clear \$25 to \$50 per week. Write QUICK—NOW—for full details to,

PARK ANIMATED SIGN CO., 194 Third Street, Portland, Oregon

Hurrah! How's This

Cincinnati authority says corns dry up and lift out with fingers.

Ouch! ? ? ? ? ? This kind of rough talk will be heard less here in town if people troubled with corns will follow the simple advice of this Cincinnati authority, who claims that a few drops of a drug called freezone when applied to a tender, aching corn or hardened callous stops soreness at once, and soon the corn or callous dries up and lifts right off without pain.

He says freezone dries immediately and never inflames or even irritates the surrounding skin. A small bottle of freezone will cost very little at any drug store, but will positively remove every hard or soft corn or callous from one's feet. Millions of American women will welcome this announcement since the inauguration of the high heels. If your druggist doesn't have freezone tell him to order a small bottle for you.

To Remove the Mote.

When traveling one should always bear in mind that cinders are apt to find their way into the eyes. An eye cup, a lotion for bathing and a few flaxseed should be included in your package. A boracic acid solution will be found soothing for eyes that are inflamed from dust, wind or foreign matter.

Couldn't Corner Him.

An Irishman, passing a ship where a notice was displayed saying that everything was sold by the yard, thought he would play a joke on the shop man, so he entered the shop and asked for a yard of milk. The shopman, not in the least taken aback, dipped his fingers in a bowl of milk and drew a line a yard long on the counter. Pat, not wishing to be caught in his own trap, asked the price.

"Sixpence," said the shopman.

"All right, sorr," said Pat. "Roll it up; I'll take it."—Exchange.

FOR PIMPLY FACES

Cuticura is Best—Samples Free by Mail to Anyone Anywhere.

An easy, speedy way to remove pimples and blackheads. Smear the affected surfaces with Cuticura Ointment. Wash off in five minutes with Cuticura Soap and hot water, bathing some minutes. Repeat night and morning. No better toilet preparations exist.

Free sample each by mail with Book. Address postcard, Cuticura, Dept. L, Boston. Sold everywhere.—Adv.

HOTEL ROLAND

One hundred and sixty-five Rooms, all Modern Improvements. Free phones on every floor. Rates: 75c to \$1.50 per day; \$2.50 to \$5.00 per week.

Opposite Courthouse, 2 blocks from Postoffice. Fire Proof. S. P. and Oregon Electric pass door.

Hotel Hoyt

Corner Sixth and Hoyt Sts., Portland, Ore. LOU HIMES, Manager. RATES—75c to \$1.50—Week or Month

HIDES, PELTS, CASCARA BARK, WOOL AND MOHAIR.

We want all you have. Write for prices and shipping tags THE H. F. MORTON CO., Portland, Ore.; Seattle, Ws.

SHIP

Veal, Pork, Beef, Poultry, Butter, Eggs and Farm Produce. to the Old Reliable Stevedoring house with a record of 45 years of Square Dealings, and be assured of TOP MARKET PRICES. F. M. CRONKHITE 45-47 Front Street Portland, Oregon

WANTED, TURKEYS

for THANKSGIVING and CHRISTMAS trade. Write for prices. Ship us your Veal, Hogs, Poultry, Eggs, Hides and Cascara bark. Top prices and fair treatment. CLEASBY-HANSON CO. 115 FRONT ST. PORTLAND, ORE

ABSORBINE

will reduce inflamed, swollen Joints, Sprains, Bruises, Soft Bunches; Heals Boils, Pott Evil, Ointment, Fistula and infected sores quickly as it is a positive antiseptic and germicide. Pleasant to use; does not blister or remove the hair, and you can work the hair. \$2.00 per bottle, delivered. Book 7 M free.

ABSORBINE, JR., the antiseptic liniment for mankind, reduces Painful Swellings, Venous Strains, Bruises, sore throats and inflammation. Price \$1.00 per bottle in largest trial bottles. Write for more if you wish. Largest Trial Bottle Free. For Stock of the East, Write W. F. YOUNG, P.D.F., 403 Temple St., Springfield, Mass.

MURINE Granulated Eyelids,

Sore Eyes, Eyes Inflamed by Sun, Dust and Wind quickly relieved by Murine. Try it in your Eyes and in Baby's Eyes. Ask Murine Eye Remedy Co., Chicago

Young men and women with business training find positions everywhere. Go to Northwest's largest Business College, BEHNKE-WALKER, Portland, Ore. All courses. Positions guaranteed. Write for free illustrated catalog.

The Difference.

"I don't see so much difference between the way Gladys dresses for the street and the way she dresses to go swimming," remarked Mr. Cumrox. "But there is a great difference," replied his wife. "The bathing suit has been made of material that won't shrink or fade."—Washington Star.

Fiction.

"Has Crimson Guleh quit drinking?" "Yes," replied Broncho Bob. "And playing faro bank?" "Quit entirely." "What do you do for amusement?" "Go to moving pictures and laugh at the reckless way they think us Wild West fellows behave."

The Part That Counts.

Before boasting that he has grown potato vines nine feet long, the amateur farmer should dig a little underneath them.—Boston Globe.

"If Germany is defeated, the kaiser will be deprived of one human excuse." "What is that?" "He can't say it was all his wife's fault."—Exchange.

BUY DIRECT

Do Your Own Plumbing!

By buying direct from us at wholesale prices and save the plumber's profits. Write us today your needs. We will give you our rock-bottom "direct-to-you" prices. f. o. b. rail or boat. We actually save you from 10 to 35 per cent. All goods guaranteed.

Northwest headquarters for Leader Water Systems and Fuller & Johnson Engines. STARK-DAVIS CO. 212 Third Street, Portland, Oregon

P. N. U. No. 41, 1917.

WHAT'S YOUR INCOME? MARRIED OR SINGLE? HERE'S WHAT YOU PAY.

Washington, D. C.—The new income taxes assessed in the war revenue bill, joined with the existing income taxes, are shown by a treasury expert to apply as follows:	Annual Income	Married Man's Tax	Single Man's Tax
\$ 1,000	—	—	—
2,000	—	—	20
3,000	20	40	40
4,000	40	80	80
5,000	80	120	120
6,000	120	170	170
7,000	180	220	220
8,000	225	275	275
9,000	295	335	335
10,000	355	395	395
11,000	425	465	465
12,000	495	535	535
13,000	570	610	610
14,000	650	690	690
15,000	730	770	770
16,000	820	850	850
17,000	920	930	930
18,000	1,030	1,010	1,010
19,000	1,130	1,110	1,110
20,000	1,230	1,210	1,210
21,000	1,360	1,400	1,400
22,000	1,490	1,530	1,530
23,000	1,620	1,660	1,660
24,000	1,750	1,790	1,790
25,000	1,880	1,920	1,920
26,000	2,010	2,050	2,050
27,000	2,140	2,180	2,180
28,000	2,270	2,310	2,310
29,000	2,400	2,440	2,440
30,000	2,530	2,570	2,570
31,000	2,660	2,700	2,700
32,000	2,790	2,830	2,830
33,000	2,920	2,960	2,960
34,000	3,050	3,090	3,090
35,000	3,180	3,220	3,220
36,000	3,310	3,350	3,350
37,000	3,440	3,480	3,480
38,000	3,570	3,610	3,610
39,000	3,700	3,740	3,740
40,000	3,830	3,870	3,870
41,000	3,960	4,000	4,000
42,000	4,150	4,190	4,190
43,000	4,310	4,350	4,350
44,000	4,470	4,510	4,510
45,000	4,630	4,670	4,670
46,000	4,740	4,830	4,830
47,000	4,950	4,990	4,990
48,000	5,110	5,150	5,150
49,000	5,270	5,310	5,310
50,000	5,430	5,470	5,470
51,000	5,630	5,670	5,670
52,000	5,830	5,870	5,870
53,000	6,030	6,070	6,070
54,000	6,230	6,270	6,270
55,000	6,430	6,470	6,470
56,000	6,630	6,670	6,670
57,000	6,830	6,870	6,870
58,000	7,030	7,070	7,070
59,000	7,230	7,270	7,270
60,000	7,430	7,470	7,470
1,000,000	6,490,430	6,490,470	6,490,470

Dr. Pierce's Pellets are best for liver, bowels and stomach. One little Pellet for a laxative—three for a cathartic.

Pershing Made General.

Washington, D. C.—With the \$10,000 maximum insurance plan restored as urged by the administration and with an additional provision raising Major General Pershing, commanding the American forces in France, and Major General Bliss, chief of staff, to the rank of General, the soldiers' and sailors' insurance bill, carrying an appropriation of \$176,000,000, was passed Friday night by the senate by a vote of 71 to 0.

State of Suspense.

"I wonder whether daughter loves that young man or not? She's got us all guessing."

"Seems to be even keeping him in the dark," suggested dad, who had noticed that the gas in the parlor was turned very low.—Ex.

Proof Positive.

"He runs mad after every fad he takes up. Now, he is always dosing himself with some infusion of bark."

"No wonder his health is going to the dogs."—Baltimore American.

WOMEN ON BATTLEFIELD

We hear much these days of what the women are doing on the battle-line. How few American women are strong enough to go to the front and endure the hardships of the men!

Help is offered, and is freely given to every nervous, delicate woman, by Dr. Pierce's Favorite Prescription. Remember ingredients on label. In tablet or liquid form. No alcohol.

In "female complaint," irregularity, or weakness, and in every exhausted condition of the female system, the "Prescription" seldom fails to benefit or cure. Bearing-down pains, internal inflammation and ulceration, weak back, and kindred ailments are cured by it, ask your neighbor. It's a marvelous remedy for nervous and general debility, insomnia, or inability to sleep.

Write Dr. Pierce, President of the Invalids' Hotel, Buffalo, N. Y., for confidential advice and you will receive the medicinal attention of a specialist, wholly without fee—no charge whatever.

Send 10c for trial pkg. "Favorite Prescription Tablets."

NORTHWEST MARKET REPORT

Wheat—Bulk basis Portland for No. 1 grade: Hard White—Bluestem, Early Bart, Allen, Galgalus, Martin Amber, \$2.05. Soft White—Palouse Bluestem, Fortyfold, White Valley, Gold Coin, White Russian, \$2.03. White Club—Little Club, Jenkins Club, White Hybrids, Sonora, \$2.01. Red Walla Walla—Red Russian, Red Hybrids, Jones Five, Coppel, \$1.98. No. 2 grade, 3c less; No. 3 grade, 6c less; other grades handled by sample.

Butter—Cubes, extras, 45c per pound; prime firsts, 44c. Jobbing prices: Prints, extras, 48c; cartons, 1c extra; butters, No. 1, 49c.

Eggs—Oregon ranch, current receipts, 46c per dozen; candled, 48c; select, 53c.

Poultry—Hens, large, 18@19c per pound; small, 16@14c; broilers, 20@21c; ducks, 18@20c; geese, 8@10c; turkeys, live, 20@2c; dressed, 28@30c.

Veal—Fancy, 15@16c per pound.

Pork—Fancy, 21@22c per pound.

Vegetables—Tomatoes, 65c@1.35 per crate; cabbage, 1@12c per pound; lettuce, 50@75c per dozen; cucumbers, 40@50c; peppers, 6@8c per pound; cauliflower, \$1.50 @ 1.75 per dozen; spinach, 6 @ 7c per pound; carrots, \$1.75 per sack; beets, \$1.50 @ 1.75; turnips, \$2.

Potatoes—Oregon, \$1.50 @ 2 per hundred; sweet potatoes, 3c per pound.

Onions—Oregon, \$2.50@2.75; per sack; Walla Walla, \$2.50; California, \$2.50@2.75.

Green Fruits—Peaches, 75c@1 per box; apples, \$1@2.25; pears, \$1@1.75; grapes, \$1@1.50 per crate; casabas, 2c per pound; cranberries, 15c.

Cattle—Best beef steers, \$ 9.00@ 9.75 Good beef steers, 7.50@ 8.75 Best beef cows, 6.75@ 7.50 Ordinary to good, 4.00@ 6.75 Best heifers, 7.00@ 8.00 Calves, 7.00@ 9.50 Bulls, 4.00@ 6.50 Stockers and feeders, 4.00@ 7.25

Hogs—Prime light hogs, \$17.75@18.00 Prime heavy hogs, 17.50@17.75 Pigs, 15.50@17.00 Bulk, 17.50@18.00

Sheep—Yearlings, \$11.75@12.25 Wethers, 11.50@12.25 Ewes, 8.00@ 9.50 Western lambs, 13.50@14.00 Valley lambs, 12.75@13.50