Constipation breeds 40 diseases

What a wreck of the human body constipation can make. It floods the system with dangerous poisons. It leads to serious diseases. Don't neglect it!

Kellogg's Bran, cooked and krumbled, if eaten regularly, is guaranteed to relieve permanently the most chronic cases of constipation. If it fails, your grocer will return your money. Kellogg's is ALL bran. Doctors recommend it. They know that only ALL bran can bring 100 per cent results.

Kellogg's Bran stimulates the intestine in nature's own wonderful way. It sweeps, cleans and purifies! It makes the bowels function naturally—and regularly.

Kellogg's Bran has a delicious, nut-like flavor. Eat it with milk or cream—or in the recipes given on every package. Eat two tablespoonfuls daily—in chronic cases, with every meal. All grocers.

Look for this signature W. K. Kellogg

Kellogg's

the original BRAN—*ready to eat*

Vogan's COMBINATION NUGGETS

—another favorite in a famous line.

Here are popular favorites selected from our Royal Rosarian, Princess, Priscilla and Autocrat Chocolates to present a rare variety to the lover of unusual candy. Contains creams, caramels, nuts and fruits in dark, bitter-sweet and milk chocolate.

Mellow as Moonlight

INSIST ON VOGAN'S

MOOSE DANCE

Saturday night, at Dreamland Hall. Good music. Public invited.

Thurs-Fri-tf

The Model $5, $6 and $7 SHOES OUR SPECIALTY

2 TABLETS Every 3 Hours

BREAKS THAT COLD

Hill's Cascara Bromide Quinine will break your cold in one day. Taken promptly it prevents colds, la grippe and pneumonia. Demand red box bearing Mr. Hill's portrait. All druggists. Price 30c.

HILL'S CASCARA BROMIDE QUININE

W. H. HILL CO. DETROIT, MICH. (B-201)

ACROSS FROM PUBLIC MARKET—EUGENE

56 EAST 7TH ST. EUGENE 675 WILLAMETTE ST. COTTAGE GROVE SPRINGFIELD.

EVERY DAY PRICES

GRAY'S CASH & CARRY

EVERY DAY PRICES

Shortening Pure Vegetable
4-lb. pail 68c
8-lb. pail ...$1.36
Bulk, lb. 17c

LARD
4-lb. pail 75c
8-lb. pail ...$1.50

Pineapple
No. 1 Tall ...20c
No. 2 Tall ...25c
No. 2½ Broken 25c
No. 2½ Choice 30c

Apricots
No. 2 Tins ...17c
No. 2½ Tins ..20c
No. 2½ Libby's 28c

Peaches
Del Monte 2s 24c
2 cans 45c
No. 2½ cans ..29c
2 cans 55c
Rosedale
No. 2½ cans 20c

SATURDAY SPECIALS

SUGAR
10-lb. Cloth Sack, Cane 98c

BROCCOLI
Solid Heads, Nicely Trimmed, lb. 8c

BAKERY DEPARTMENT
Cherry Cake, 2-layer, round 35c
2-layer, square 45c
Angel Food Cake 20c
Devil Cups, dozen 15c
French Pastry, ...10c; 3 for 25c

BUTTER
Guaranteed Creamery 49c
Country Made 45c

Kellogg's Corn Flakes, 3 pkgs. 25c
Post Toasties, 3 pkgs. 25c

COFFEE

Prices have advanced—Our Contracts on Bulk Protect You!

Our Money Back Guarantee Satisfies You

Per pound 30c, 35c, 38c

Save the "Tin" and enjoy a good cup of Coffee.

Cheese
Full Cream
Harrisburg, lb. 29c
Tillamook, lb. 35c

Grape Fruit
The Largest Juciest 10c

Oranges
Sunkist
(new stock)
2 dozen 25c

Lemons
Large Juicy
dozen ...25c

Bacon
Pieces, lb. 15c
Heavy, lb. ...19c
Medium, lb. ..23c
Light, lb. 29c
Hams, lb. 26c

Milk
Borden's
Alpine
Carnation
10c

It Always Pays To Trade at Gray's

News of Lane County

Special Correspondence to The Guard

COTTAGE GROVE

Cottage Grove, Ore., March 1.—The Leo Johnson family will move to the E. E. Eads house on west Main street. Mr. Eads and family will leave soon for Medford.

Miss Ila Buell from Falls City, who has been visiting her sister, Mrs. Albert Woodard, returned home Thursday.

H. H. Starr from Eugene is putting a stock of jewelry in the old Madsen jewelry store on Main street. H. C. Madsen had a jewelry store in this building 30 years ago.

Mr. and Mrs. I. B. Morris returned Wednesday night from Klamath Falls. They visited their son, I. B. Morris Jr. and daughter, Mrs. Ross Stamply.

Jack Reed, the wrestler from Ogden, Utah, is at Hotel Bartell. He will meet Ralph Hand next Tuesday night in the armory.

Mr. and Mrs. Taylor from California are visiting Mrs. Taylor's brother, M. M. Wheeler of Gowdyville.

Bettie May Romaine came with Rr. and Mrs. Kime from Portland last Monday for a visit.

Ray Nelson is already to open his electric shop on Main street but his machinery is delayed.

S. T. Perry from Lebanon is in town again visiting the I. B. Morris family and looking for property.

The A. L. Woodard sawmill will begin work again next Monday after being shut down for several weeks.

Mrs. Melvin McKibben was brought home Thursday from the Eugene hospital. She is recovering nicely from an operation.

Mrs. C. L. Bartholomew came up from Eugene Wednesday and is visiting her son-in-law, William Heck and family.

Mrs. N. S. Pohll and children left Thursday morning for Chehalis, Wash., to be with Mr. Pohll.

Josephine Best, granddaughter of Mrs. Louisa M. Thompson, and W. Worth from Portland returned home Thursday after attending the funeral of Miss Best's grandmother.

B. F. and Mrs. Rinard received a letter this week from their son James, who is with the Pacific fleet on its way back to San Francisco from New York.

Mrs. Frank Mendenhall and son Marshal left Thursday for their old home in Harrisburg. They will attend the Y. M. C. A. reception while there.

Mrs. L. P. Bennett returned to her home in Portland Thursday after visiting her mother, Mrs. Pet Sanford.

Mrs. L. J. Scholz returned from Drain Wednesday evening bringing her father, Elmer Woods. Mr. Woods has an abscess on his jaw, which has caused it to "lock." Dr. Frost lanced it Thursday.

J. S. McKy has the shingles.

Art Aldropp who had his right leg broken at the Willis sawmill five months ago, returned Thursday morning. He has been at the Mercy hospital.

Misses Norma Hilton and Gladys Hoskett will be the ushers in the new Arcade theatre, which will open April 1.

Mr. and Mrs. C. C. Odenburg motored down from Albany Thursday and are visiting their daughter, Mrs. A. W. Swanson and family.

General Johnson bought the Ishmael place east of town Thursday for $1600.

Mrs. T. B. Barrows, daughter of Mrs. Ellen Burton returned Thursday from Eugene.

The Tillicum club met Wednesday evening with Mr. and Mrs. William Ostrander. A. G. Williams, Mrs. Carrie Hemenway, Albert Griffin, and George McQueen were the guests. The club will meet in two weeks at the home of Mr. and Mrs. Charles A. Stevens on North Seventh and Adams avenue.

Rev. A. R. Spearow was elected Wednesday night to serve the Presbyterian church of Cottage Grove the coming year. S. L. Godard, moderator; E. J. Edwards, secretary; Mrs. B. R. Job, treasurer; Mrs. Anna Gowdy, trustee; M. M. Wheeler and A. R. Spearow, moderators.

Clyde Laffoon's seventeenth birthday was celebrated Wednesday. Those present were Helen Breedlove, Hester Heard, Birdie and Mabel Lee, Ina Ballew, Mr and Mrs. Tom Laffoon, Linas Heard, John and George Hewitt, Donna Nichols, Earl Ballew, Albert Wright, Clyde and Vivian Laffoon.

The Cottage Grove motorcycle boys have organized a club called "The Calapooya Tribe" of which George Foster is president; Harry Rentle, secretary and treasurer; E. M. Miller, assistant secretary; L. G. Dale, vice-president; L. G. Cornwall, road captain; they will meet the second and fourth Saturdays of each month.

Mrs. H. C. Mitchell returned Tuesday from the funeral of her brother-in-law J. F. Harris of Salem.

Marion and Delmos Richmond, Dwight Buchanan, Harry Godard, George Wilson, Gordon Wright, Bryon McFarland, Ned Smith, John and George Hastings, and Sam Swartz, high school students attended Hi-Y in Eugene Wednesday night and a banquet afterward.

Ohrling and Welden are using their trucks to haul casing for the Olsen oil well.

Grant Tower returned Wednesday from Eugene where he has been for several days on business.

T. C. Wheeler returned fr mon business trip to Portland Wednesday.

CRESWELL

Creswell, March 21.—A dinner party was given Wednesday at the home of Marguerite Groeggor, honoring Christine Robinette, who is home from McMinnville for spring vacation. Plices were laid for the following guests: Christine, Opal and Mildred Robinette, Hazel and Esther Taylor, Margerette and Clifford Greogger and Leslie Kirkham.

Quite a number of Creswell residents partook of a luncheon Wednesday at the home of Mrs. Traxler, given by the Methodist Ladies' aid. Close on to $10 was derived.

Mrs. Ethel Everson, postmistress, sprained her ankle Tuesday while alighting fro ma car. Mrs. Ogram is filling her place at the post office during her absence.

Mrs. John Sanders of Freewater is visiting her daughter, Mrs. Jay Kuni.

Howard Sedgwick is home from O. A. C. for the spring vacation.

The boys of the Creswell high school very evidently do not approve of bobbed hair. An order appeared on the black board that no more girls are to bob their hair.

L. R. Smith has sold his barber shop to M. V. Endicott of Springfield. Mr. Smith has had to sell on account of failing health.

Mr. and Mrs. Lee Land made a business trip to Portland this week.

The Little Girls' club met at the home of Harriet Moore on Tuesday and held a short business meeting with a reward of ice cream and cake for refreshments.

Miss Muriel Shay, teacher of third and fourth grades, was the honor guest at a farewell party for her at the home of Mrs. E. K. Barnes, Wednesday evening. The following guests enjoyed the evening: Miss Elsie Lea, Mrs. Kirkham, Mrs. Phoebe Berry, Mrs. Lucille Miller, Mrs. Verna Luther and Miss Muriel Shay, Mrs. E. K. Barnes.

Miss Muriel Shay, who has been teacher of the third and fourth grades for the last two years has resigned her position in order to complete her work in the normal school at Monmouth from which she expects to graduate next summer. She will be succeeded by Miss Precia Olson, a normal graduate who comes highly recommended.

Vernice Kjemhus a member of the freshman class left last Tuesday with her father and brother for the northern part of the state.

Lilly May White of California has been recently enrolled in the third grade and Limewood Cheney has entered the grade.

Following is the church announcement for Sunday:

Prelude: Hymn, congregation, from hymnal; prayer; talk on "Founders' Day," Mrs. H. Howe; pageant, "Voices of the Women;" pantomime, "Sweet Story of Old," Erda Stratford; dialogue, "Love's Crucible;" hymn, congregation, from hymnal; thank offering; remarks by pastor; doxology; benediction. This is the program for Sunday evening service at the Methodist church. The Ladies' Foreign Missionary society assisted by their Standard Bearers are offering this program. Services promptly at 8 p. m.

Radio Program

FRIDAY

7:00- 7:30 p. m.—KLX, features.
7:30- 9.00 p. m.—KFAE, lecture, music, readings.
8:00- 9:30 p. m.—KFSG, music and sermon.
8:00-10:00 p. m.—KHJ, concert and entertainment.
8:30- 9:30 p. m.—KFOA, musical program.
9:00-12:00 p. m.—KFI, musical features.
9:45-11:00 p. m.—WDAF, Nighthawk frolic.
12:00 p. m.—WTAM, Willard, Cleveland, Ohio (390 meters). Orchestra and entertainment.

BUSINESSMEN FINED

McMinnville, Ore., March 21.—Four men from Sheridan, arrested on charges of drunk and disorderly conduct, pleaded guilty and were fined by City Recorder Shirley, who was routed out of bed at 2 o'clock yesterday morning to have them appear before him. Thomas Fry, said to be a prominent business man of Sheridan, was fined $25; Joe Cameron, $25, while Ed Hutchinson and Charles Luttropp, also said to be well-known business men of the neighboring city, were assessed $10 each. Today confiscatory proceedings were started in circuit court against Fry's car, which was seized by Night Watchman Berry, the arresting officer, and in which it was alleged a quart bottle of liquor was found.

Phone S. E. Stevens for Piano Tuning.

Atna-ize. See Meredith. Phone 123-L.

Stewart's 4th Refund Day
MONDAY, JAN. 14th.
STEWART'S
QUALITY
AUTOMOBILE SUPPLIES
For All Makes of Cars
Convenient location
Oak St., Bet. 9th and 10th
Service with a Smile!

CARS FOR HIRE
Without Drivers

Touring—Coupes—10c per mile or $1 per hour—$4.00 for evening. .. ..

Sedans—12c per mile—$1.25 per hour—$5 for evening.

McLean and Thomas
In Jensen's Garage
1077 Oak St. Phone 1721R

Delco Electric Washers

A first class Washing Machine with no belts, two motors, copper tub.

DELCO AUTOMATIC FRESH WATER PUMPS

No belts, one place to oil e... months. For shallow or dee... wells.

Terms to Suit

For Sale By

W. I. HARGIS, Jr.

59 West 5th

Schaefers Bros
AX-PULLY DEPARTMENT STORE

10 Pounds Best Cane Sugar 98c

—BREAD FRESH DAILY, 10c LOAF FOR 5c.
—FANCY CREAMERY BUTTER, POUND 48c.
—VALLEY ROSE FLOUR, SACK $1.29.
—PREFERRED STOCK COFFEE—1 LB. CAN 45c. 2½ POUND CAN $1.10; 5 POUND CAN $2.15. (Pencil Tablet Free With Every Pound Of Coffee).
—SUGAR CURED PICNICS, POUNUD 15c.
—SWIFT'S EMPIRE BREAKFAST BACON, POUND 25c.
—ONION SETS, POUND 10c;12 POUNDS $1.00.
—STANDARD SIZE PACKAGE VEGETABLE SEEDS 5c.
—$1.50 TWO-QUART DOUBLE BOILER, 20-YEAR GUARANTEE $1.19.
—GUARANTEED HOUSE PAINT, ALL COLORS, $3.15.
—PURE BOILED LINSEED OIL, GALLON $1.40.

Same Price KC Baking Powder for over 33 years

25 Ounces for 25¢ (more than a pound and a half for a quarter)

WHY PAY WAR PRICES?

Finer Texture and Larger Volume in Your Bakings

Millions of Pounds Used by the Government

Auction Sale

Of Livestock, Farm Implements, Chickens, Etc., at the West 8th Street Feed Barn, 230 West 8th, Eugene, Ore.

SATURDAY, MARCH 22, 1924

Starting promptly at 1 o'clock.

18 Head of Dairy Cows—Jerseys, Guernseys and Durhams

10 head of good 2 and 3 year old heifers, 3 fresh, the others to freshen within 2 or 3 weeks.
8 head of Jersey and Guernsey cows, nearly all just fresh with calves at side.

11 HEAD OF GOOD FARM HORSES
Weighing from 1100 to 1500 lbs.

One team bay geldings, 5 years old, weight 2700.
One team bay geldings, 8 and 9 years old, weight 2900.
One team brown mares, 7 and 8 years old, weight 2800.
One team black mares, 6 and 7 years old, weight 2500.
One bay gelding, 4 years old, weight 1100.
One sorrel mare, 5 years old, weight 1200.
One brown gelding, 6 years old, weight 1500.
One Shetland pony, 6 years old, gentle for children.
4 dozen White Leghorn yearling hens; 2 dozen Brown Leghorn hens.

One low down, wide tire farm wagon; two sets good heavy breeching harness; two steel plows; one Oliver chill plow; One 1-horse cultivator; one 1-horse corn or bean planter; one 2-section harrow; one spring tooth harrow; several forks, shovels, etc.; also buggy and harness.

TERMS: Under $10, cash; over $10 credit of 3 or 6 months on notes with approved security at 8 per cent.

R. BEAUMISTER C. S. SCOTT
OWNERS

J. K. GREER, Auctioneer

DRY WOOD

We have a car of PLANER ENDS. Just the thing for quick fires or kindlings. Order now while we have a supply.

The Booth Kelly Lumber Co.

Phone 452 5th and Willamette Sts.