

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

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.

200 Rooms Near Both Absolutely
100 Baths Depots Fireproof

Hotel Hoyt

Corner Sixth and Hoyt Sts., Portland, Ore.
LOU HIMES, Manager.
RATES:—75c to \$2. SPECIAL—Week or Month

HIDES, PELTS, CASCARA BARK, WOOL AND MOHAIR.

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

SHIP Veal, Pork, Beef, Poultry, Butter, Eggs and Farm Produce.

to the Old Reliable Everding 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 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, Pock Evil, Quittor, 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 horse. \$2.00 per bottle, delivered. Book 7 M free.

MURINE Granulated Eyeids,

Sore Eyes, Eyes Inflamed by Sun, Dust and Wind quickly relieved by Murine. Try it in your Eyes and in Baby's Eyes. No Smearing, Just Eye Comfort
Murine Eye Remedy At Your Druggist's or by Mail, 50c per bottle. Murine Eye Salve, in Tubes 25c. For Book of the Eye—Free. 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 to be made of material that won't shrink or fade."—Washington Star.

"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.

Annual Income	Married Man's Tax	Single Man's Tax
\$ 1,000	—	—
2,000	—	20
3,000	20	40
4,000	40	80
5,000	80	120
6,000	130	170
7,000	180	220
8,000	235	275
9,000	295	335
10,000	355	395
11,000	425	465
12,000	495	535
13,000	570	610
14,000	650	690
15,000	730	770
16,000	830	870
17,000	930	970
18,000	1,030	1,070
19,000	1,130	1,170
20,000	1,230	1,270
21,000	1,360	1,400
22,000	1,490	1,530
23,000	1,620	1,660
24,000	1,750	1,790
25,000	1,880	1,920
26,000	2,010	2,050
27,000	2,140	2,180
28,000	2,270	2,310
29,000	2,400	2,440
30,000	2,530	2,570
31,000	2,660	2,700
32,000	2,790	2,830
33,000	2,920	2,960
34,000	3,050	3,090
35,000	3,180	3,220
36,000	3,310	3,350
37,000	3,440	3,480
38,000	3,570	3,610
39,000	3,700	3,740
40,000	3,830	3,870
41,000	3,960	4,000
42,000	4,150	4,190
43,000	4,310	4,350
44,000	4,470	4,510
45,000	4,630	4,670
46,000	4,790	4,830
47,000	4,950	4,990
48,000	5,110	5,150
49,000	5,270	5,310
50,000	5,430	5,470
75,000	10,180	10,220
100,000	16,430	16,470
150,000	31,930	31,970
250,000	69,930	69,970
500,000	192,930	192,970
1,000,000	475,430	475,470
10,000,000	6,490,430	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.

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 medical attention of a specialist, wholly without fee—no charge whatever.
Send 10c for trial pkg. "Favorite Prescription Tablets."

How to Conserve Food Supply

MONDAY.

Spread the Meat Flavor.
Spread the meat flavor over other foods and so economize on the quantity of meat consumed, says the United States department of agriculture. Here is one way to utilize left-over meat by spreading its flavor.
Meat Turnovers.
Chop the meat. If the quantity on hand is small, mix with it left-over potato or rice. Season with salt, pepper, onion, etc. Place filling on circular pieces of biscuit dough about the size of a saucer. Fold over the dough and crimp edges together. Bake for about one-half hour in a hot oven.
A brown sauce made from two tablespoonfuls of flour browned in two tablespoonfuls of butter, to which a cupful of water or stock and a half teaspoonful of salt is added, may be served over the turnovers.

TUESDAY.

Peanut Soup.
A delicious and nourishing soup may be made from skim milk and peanut butter as follows:
Heat one pint of milk until lukewarm. All two rounded tablespoonfuls of peanut butter mixed to a smooth paste with a little of the milk. Salt to taste. Thicken with one teaspoonful of butter or savory fat mixed with one tablespoonful of flour. Bring almost to the boiling point and serve.

WEDNESDAY.

Spread the Meat Flavor.
Spread the meat flavor and so economize on the amount of meat consumed. Here is a suggestion for making a delicious dish for an inexpensive steak.
Mock Duck.
On a round steak cut thin, place a stuffing of bread crumbs well seasoned with chopped onions, butter or other fat, salt, pepper, and flavorings such as sage, celery seed, etc., if desired. Roll the steak around the stuffing and tie in several places with a string. If the steak is tough, steam or stew the roll until tender before roasting in the oven.
If desired, the roll may be cooked in a casserole, in which case a cupful or more of water should be added.

THURSDAY.

A Way to Utilize Stale Bread.
Here is a way to utilize stale bread and left-over milk:
French Toast.
Beat up together one egg, one cupful of skim or whole milk, and salt to taste. Place a small quantity of butter, bacon fat or other suitable fat in a broad-bottom frying pan. Dip slices of stale bread into the egg and milk mixture until they are thoroughly moist and fry on both sides until a golden brown. Serve hot with or without slrup.

FRIDAY.

Making Greens Nutritious.
Here is a way to add nutriment to greens, and at the same time to vary the form in which this important food is served.
Cheese and Greens Roll.
Cook two quarts of spinach, Swiss chard or other green. Drain and dress with one tablespoonful of butter. Chop and add one cupful of grated cheese and bread crumbs enough to make a mixture sufficiently stiff to form into a roll. Place in oblong pan and cook in moderate oven for 20 minutes.
When cold the mixture may be sliced in half-inch pieces and served on lettuce leaves with salad dressing.
If desired, leave the mixture more moist and bake in casserole or baking dish and serve hot.

SATURDAY.

Spread the Meat Flavor.
Spread the meat flavor and so economize on the amount of meat consumed. Here is one way to utilize left-over meat by spreading its flavor:
Meat and Bread-Crumb Cakes.
To four parts of chopped or ground meat, add one part soaked bread crumbs, a small quantity of chopped onion, and salt and pepper to taste. Mix and form into small round cakes. Brown the cakes in butter or other fat, turning them.
Raw ground meat may be used. If so, the pan should be covered so that greater heat will be applied.

Oasis Made to Order.

In the desert stretch between El Centro and Yuma, down in the southeast corner of California, engineers made a new oasis the other day. They just bored a hole in the ground, and up came the revivifying waters. Then a few date seeds were dropped into the soil, and a few vegetables planted, and they will have an oasis made to order.

\$100.00 INVESTED



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

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.
If 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.

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.

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.

A Medicine for Women

For Forty Years Lydia E. Pinkham's Vegetable Compound has Relieved the Sufferings of Women.

It hardly seems possible that there is a woman in this country who continues to suffer without giving Lydia E. Pinkham's Vegetable Compound a trial after all the evidence that is continually being published, proving beyond contradiction that this grand old medicine has relieved more suffering among women than any other medicine in the world.

Mrs. Kieso Cured After Seven Month's Illness.



Aurora, Ill.—"For seven long months I suffered from a female trouble, with severe pains in my back and sides until I became so weak I could hardly walk from chair to chair, and got so nervous I would jump at the slightest noise. I was entirely unfit to do my house work, I was giving up hope of ever being well, when my sister asked me to try Lydia E. Pinkham's Vegetable Compound. I took six bottles and today I am a healthy woman able to do my own housework. I wish every suffering woman would try Lydia E. Pinkham's Vegetable Compound, and find out for herself how good it is."—MRS. KARL A. KIESO, 596 North Ave., Aurora, Ill.
Could Hardly Get Off Her Bed.

Cincinnati, Ohio.—"I want you to know the good Lydia E. Pinkham's Vegetable Compound has done for me. I was in such bad health from female troubles that I could hardly get off my bed. I had been doctoring for a long time and my mother said, 'I want you to try Lydia E. Pinkham's Vegetable Compound.' So I did, and it has certainly made me a well woman. I am able to do my house work and am so happy as I never expected to go around the way I do again, and I want others to know what Lydia E. Pinkham's Vegetable Compound has done for me."—MRS. JOSIE COPNER, 1668 Harrison Ave., Fairmount, Cincinnati, Ohio.
If you want special advice write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence. *