

THE ONLY
STEAM-COOKED
OATMEAL



H-O

Whole Wheat
The Best Food

Doctors generally agree that whole wheat is best for the human body. "Force"—the universal; breakfast food—is a combination of selected whole wheat and the choicest barley malt—Nourishing, strengthening, digestible, delicious.

[Sunny Jim]
At
Your
Grocer's

SHERIDAN-BECKLEY COMPY, Inc.

Produce Brokers.
Cash buyers in local and car lots.
Write for Shipping Tags, Apples and Price List. Potatoes and Commissions. ONIONS
126 Front Street,
PORTLAND, OREGON
Reference: Hibernia Savings Bank.

WANT PHEASANTS
We will pay Cash for live China Pheasants. Write stating Price and number.
MARMOT PHEASANTRY,
MARMOT, OREGON.

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

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.
YOUR EYES No Smarting, Just Eye Comfort
Murine Eye Remedy At Your Druggist's or by mail, 50c per bottle. Murine Eye Salve, in Tubes Etc. For Block of the Eye—Free. Ask Murine Eye Remedy Co., Chicago

True Almost Anywhere.
A story is going the rounds concerning the inquiry in London into the best method of checking extravagance in restaurants and hotels, says Pearson's Weekly.
Among the witnesses before the committee was a certain stolid looking waiter. The particular article of food under discussion at the moment happened to be margarine, and one of the members asked, incidentally:
"How do you call it in the restaurant business—'margarine' or 'marjorine'?"
"Neither, sir," blandly replied the waiter; "we call it 'butter!'—Exchange.

Bigger Pay for You.
Behne-Walker Business College, Portland, Ore., largest in Northwest, trains you in all business courses. Enroll any time. Free Catalog.

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.

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

SHIP Veal, Pork, Beef, Poultry, Butter, Eggs and Farm Produce.
to the ONE Reliable Everlasting house with a record of 46 years of Square Dealings, and be assured of TOP MARKET PRICES.
F. M. CRONKHITE
5-47 Front Street Portland, Oregon

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

SUFFERING FROM COLD

If you shiver in frosty weather, if you have cold hands and feet, if colds are stubborn and frequent, then your blood may be thin and impoverished.

SCOTT'S EMULSION

has been correcting this condition for nearly fifty years. It possesses rare powers for creating natural body warmth, for charging summer blood with winter richness and strengthening both throat and lungs.

The Norwegian cod liver oil in Scott's Emulsion is now refined in our own American laboratories which makes it pure and palatable.
Scott & Bowne, Bloomfield, N. J. 17-12

Just Basis for Blame.
"You can't complain if people criticize you for letting your girl pay for ice cream treats."
"I can complain that I was mistreated."—Exchange.

Prudent Precaution.
"Why are you not staying at home, my boy?"
"The doctor said pa had aphasia, and we was afraid it was ketchin'."—Exchange.

Got a Line on Them.
Two English laborers who were on the road to Birmingham to get work happened to meet an old Irishman breaking stones on the road side. They inquired of Pat how long it would take to get there. Pat simply looked at them and made no reply. Thinking he was deaf they walked on. When they had gone about 300 yards he called after them, so they came back. "Ye asked me how long it would take to go to Birmingham?"
"Yes," they said.
"Well," said Pat, "it will take ye four hours."
"Why didn't you tell us that before?" they asked.
"Well, now," said Pat; "how could I tell ye until I saw how fast ye could walk first?"—Pittsburgh Chronicle-Telegraph.

CARE FOR YOUR SKIN

And Keep It Clear by Daily Use of Cuticura—Trial Free.
A hot bath with Cuticura Soap followed by a gentle anointing with Cuticura Ointment clears the skin or scalp in most cases of eczemas, rashes and itching of children and adults. Make Cuticura your every-day toilet preparations and prevent such troubles.
Free sample each by mail with Book. Address postcard, Cuticura, Dept. L, Boston. Sold everywhere.—Adv.

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

Not Like a Hen.
boarder who had been gleaming statistician who had been cleaning statistics from between the covers of a patent medicine almanac, "lays more than a million eggs. Now what do you think of that?"
"I think," rejoined the Cheerful Idiot, "that it's a mighty lucky thing for the codfish that she doesn't have to cackle over every egg."—Exchange.

Second Mistake of the Kind.
A passenger on a New York and Chicago limited train, upon looking under his berth in the morning, found one black shoe and one tan shoe. He called the porter's attention to the error. The porter scratched a woolly head in bewilderment. "Well, an' don't dat beat all," he said. "Dat's de second time dis maunin' dat dat mistake's happened!"—Exchange.

Lawyer Keeps His Word.
"I haven't any case," continued the client, "but I have money."
"How much?"
"Sixty thousand dollars."
"Phew! You have the best case I ever handled," said the lawyer. "I'll see that you never go to prison with that sum."
And the client didn't—he went there broke.—Boston Transcript.

A Culinary Necessity.
He—It is awful, this raise in bread.
She—La, me, John, bread's got to raise, hasn't it?—Exchange.

LISTEN TO THIS!
SAYS CORNS LIFT
RIGHT OUT NOW

You corn-pestered men and women need suffer no longer. Wear the shoes that nearly killed you before, says this Cincinnati authority, because a few drops of freezone applied directly on a tender, aching corn or callus, stops soreness at once and soon the corn or hardened callus loosens so it can be lifted out, root and all, without pain.
A small bottle of freezone costs very little at any drug store, but will positively take off every hard or soft corn or callus. This should be tried, as it is inexpensive and is said not to irritate the surrounding skin.
If your druggist hasn't any freezone tell him to get a small bottle for you from his wholesale drug house. It is fine stuff and acts like a charm every time.

Germany's Penalty.

We all know what the last year and a half of the Civil War meant to the South; it well-nigh annihilated their youth. Boys and old men were called to the front, and half a century after the struggle the South is only beginning to recover. This is what another year of the war will mean to Germany. On the western front, French, British, and American manhood will divide the cost of the battle in human life. But the German manhood will have to defray it all and the tax will, therefore, be enormously higher upon the German.

Germany, by using enslaved populations, by using prisoners, has been able to put a far greater percentage of her manhood on the firing line than her opponents; this has enabled her to hold off her enemies, and still enables her to do it, but it has also compelled her to use up a far greater fraction of her human capital and thus cripple herself in the after-war recovery.—From "Verdun—Riga—The Isonzo," by Frank H. Simonds in the American Review of Reviews for October, 1917.

SELDOM SEE

a big knee like this, but your horse may have a bunch or bruise on his ankle, hock, stifle, knee or throat.
ABSORBINE
will clean it off without laying up the horse. No blister, no hair gone. Concentrated—only a few drops required at an application. \$2 per bottle delivered. Describe your case for special instructions and Book \$3 free. ABSORBINE, JR., the antiseptic liniment for man and horse, reduces Painful Swellings, Enlarged Glands, Wens, Blisters, Varicose Veins; allays Pain and Inflammation. Price \$1 and \$2 a bottle at druggists or delivered. Made in the U. S. A. by W. F. YOUNG, P. O. F., 403 Temple St., Springfield, Mass.

LESS MEAT IF BACK AND KIDNEYS HURT

Take a glass of Salts to flush Kidneys if Bladder bothers you.

Eating meat regularly eventually produces kidney trouble in some form or another, says a well-known authority, because the uric acid in meat excites the kidneys, they become overworked; get sluggish; clog up and cause all sorts of distress, particularly backache and misery in the kidney region; rheumatic twinges, severe headaches, acid stomach, constipation, torpid liver, sleeplessness, bladder and urinary irritation.

The moment your back hurts or kidneys aren't acting right, or if bladder bothers you, get about four ounces of Jad Salts from any good pharmacy; take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salts is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to flush clogged kidneys and stimulate them to normal activity; also to neutralize the acids in the urine so it no longer irritates, thus ending bladder disorders. Jad Salts cannot injure anyone; makes a delightful effervescent lithia-water drink which millions of men and women take now and then to keep the kidneys and urinary organs clean, thus avoiding serious kidney disease.

WRIGLEYS



S. O. S.
Send Over Some
WRIGLEYS

Keep your soldier or sailor boy supplied. Give him the lasting refreshment, the protection against thirst, the help to appetite and digestion afforded by Wrigley's.

It's an outstanding feature of the war—"All the British Army is chewing it."
AFTER EVERY MEAL

The
Flavor
Lasts



WRIGLEY'S
JUICY FRUIT
CHEWING GUM
THE FLAVOR LASTS

WRAPPED IN UNITED PATENT PAPER COUPONS