



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 COMP'Y, Inc.

Produce Brokers.

Cash buyers in local and car lots.
Write for Shipping Tares (APPLES, VEAL, EGGS) and Prices List. No Charge or Commission on 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.

Hotel Hoyt

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

MURINE Granulated Eyelids

Sore Eyes, Eyes Inflamed by Sand, Heat and Wind quickly relieved by Murine. Try it in your eyes and in baby's eyes.
Murine Eye Remedy. No Smearing, Just Eye Contact.
Ask Murine Eye Remedy Co., Chicago

Foolish Stranger.

Senator Chamberlain, while conducting the food control bill through the senate, listened one afternoon with a bored look to a long and prosy opposition speech.
As he listened he happened to look up, and in the stranger's gallery he saw a deaf man take out an ear trumpet and apply it to his ear.
Senator Chamberlain stifled a yawn, and, nodding toward the deaf man, said:
"Look at that foolish fellow up there throwing away his natural advantages."—Detroit Free Press.

Fastidious.

"Oh, Constantine, I can't get a taxi. They say it's their dinner hour. Is it any good my waiting?"
"I can't say, Miss. If you was on the spot you might be able to catch one afore their tea hour begins."—Punch.

Something of Interest.

"Dad, is there a love story in that magazine?"
"No; this is a trade journal."
"Oh, I wish I had a love story."
"Well, maybe this would interest you. Read the proposals."
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 'margarine'?"
"Neither, sir," blandly replied the waiter. "We call it 'butter'!"—Exchange.

Bigger Pay for You.

Behrens-Walker Business College, Portland, Ore. Largest in Northwest, trains you in all business courses. Enroll now. Free Catalog.

HIDES, PELTS, GASCARA 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, Hens, Fowls, Eggs, Hides and Ouncers 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 Old Reliable Evering house with a record of 45 years of Steady Dealings, and the success of THE 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 profit. 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 30 per cent. All goods guaranteed.
Northwest headquarters for Leach Water Systems and Fuller & Johnson Engines.
STARK-DAVIS CO.
212 Third Street, Portland, Oregon

P. N. U. No. 43, 1917.

SAGE AND SULPHUR DARKENS GRAY HAIR

It's Grandmother's Recipe to Restore Color, Gloss and Attractiveness.

Almost everyone knows that Sage Tea and Sulphur, properly compounded, brings back the natural color and lustre to the hair when faded, streaked or gray. Years ago the only way to get this mixture was to make it at home, which is messy and troublesome. Nowadays, by asking at any drug store for "Wyeth's Sage and Sulphur Compound," you will get a large bottle of this famous old recipe, improved by the addition of other ingredients, for about 50 cents.

Don't stay gray! Try it! No one can possibly tell that you darkened your hair, as it does it so naturally and evenly. You dampen a sponge or soft brush with it and draw this through your hair, taking one small strand at a time; by morning the gray hair disappears, and after another application or two, your hair becomes beautifully dark, glossy and attractive.

Wyeth's Sage and Sulphur Compound is a delightful toilet requisite for those who desire dark hair and a youthful appearance. It is not intended for the cure, mitigation or prevention of disease.

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 eczema, 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.

A Centipede.

An Irish housekeeper was showing to some visitors the family portraits in the picture gallery.
"That officer there in the uniform," she said, "was the great-great-grandfather of the owner of the property. He was as brave as a lion, but one of the most unfortunate of men. He never fought a battle in which he did not have a leg or arm carried away."
Then she added, proudly:
"He took part in 24 engagements."
—Tit-Bits.

Down the Years.

In an Ohio town is a colored man whose last name is Washington. Washington is blessed with three sons.
When the first son arrived the father named him George Washington. A second son naturally was called Booker Washington. The third son, if he lives, will go through life as Spokane Washington.—Saturday Evening Post.

Hence the Hostilities.

"Everybody wants peace."
"Yes. But everybody wants to dictate the terms."—Washington Star.
Dr. Pierce's Pellets are best for liver, bowels and stomach. One little Pellet for a laxative—three for a cathartic.
For the Soldiers to Decide.
"What are you knitting, my pretty maid?"
She purred, then dropped a stitch. "A sock or a sweater, sir," she said. "And darned if I know which!"

Change.

Ruth is an alchemist, I know, and so I'll have to drop her for every time I'm out with her My silver turns to copper.
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."
"Show! 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-suffering men and women need suffer no longer. Wear the shoes that nearly killed you before, says this Cincinnati authority, because a few drops of freestone 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 freestone 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 freestone 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.

MAIMED SOLDIERS WILL BE TRAINED

Uncle Sam Plans to Build Large Number of "Reconstruction" Hospitals.

EQUIP MEN FOR NEW WORK

Surgical Experts Will Endeavor to Return Wounded Fighters to Civil Life as Self-Supporting Citizens.

The whole conception of government and national responsibility for caring for the wounded has undergone radical change during the months of study given the subject by experts serving with the Medical Officers' Reserve corps and others consulting with them. Instead of the old idea that responsibility ended with the return of the soldier to private life with his wounds healed and such pension as he might be given, it is now considered that it is the duty of the government to equip and re-educate the wounded man, after healing his wounds, and to return him to civil life ready to be as useful to himself and his country as possible.

An 'Admired Eden.

The Seated Lady—The great charm of this place is its absolute loneliness. Day after day one has these lovely sands and sea and rocks and sky all to oneself.
The Other—Really. And have you been here long?
Seated Lady—Since the beginning of the week.
The Other—And are you going to stay in this delightful place much longer?
Seated Lady—Another ten days—unless my landlady will let me off the last week.—Punch.

No Stopping Her.

"How is it she was never sent to jail?"
"The judge, before pronouncing sentence, asked her if she had anything to say, and the judge was due for retirement before she got through saying it."

Only a Guest.

She's the house guest of the mother. That's a queer expression. She lives at home all the time.
Well, she sits around while her mother does the work.

A Forward Guest.

Hostess to Her Husband—How inattentive you are, John. You must really look after Mr. Blank better—he's helping himself to everything.—Boston Transcript.

Repartee See-Saw.

The needle had been making piercing remarks to the shirt.
"I know your fell purpose," said the latter. "It is to see the seamy side of life."—Exchange.

Just a Suggestion.

"My boy," said Mr. Grabocin, seriously, "I want you to acquire a competency."
"Well, dad, if you treat me right in your will, your dream will come true."—Birmingham Age-Herald.

A WOMAN'S BURDENS IN THIS WAR

Every woman's burdens are lightened when she turns to the right medicine. If her existence is made gloomy by the chronic weakness, delicate derangements, and painful disorders that afflict her sex, she will find relief and emancipation from her troubles in Dr. Pierce's Favorite Prescription. If she's overworked, nervous, or "run-down," she finds new life and strength. It's a powerful, invigorating tonic and nerve which was discovered and used by an eminent physician for many years in all cases of "female complaints" and weakness. For young girls just entering womanhood; for women at the critical "change of life"; in bearing-down sensations, periodical pains, ulceration, inflammation, and every kindred ailment, the "Favorite Prescription" will benefit or cure.
The "Prescription" contains no alcohol, and is sold in tablet or liquid form. Send 10c to Dr. Pierce, Invalids' Hotel, Buffalo, N. Y., for large trial pkg.

Ought to Know.

A recently commissioned second lieutenant was drilling his command in an Indianapolis street.
Something went wrong and the soldiers found themselves trying to march over a six-foot fence.
The lieutenant halted the company and said:
"Men, why don't you do what I want you to do instead of what I tell you to do?"—Indianapolis News.

NERVOUSNESS AND BLUES

Symptoms of More Serious Sickness.
Washington Park, Ill.—"I am the mother of four children and have suffered with female trouble, backache, nervous spells and the blues. My children's loud talking and romping would make me so nervous I could just tear everything to pieces and I would ache all over and feel so sick that I would not want anyone to talk to me at times. Lydia E. Pinkham's Vegetable Compound and Liver Pills restored me to health and I want to thank you for the good they have done me. I have had quite a bit of trouble and worry but it does not affect my youthful looks. My friends say 'Why do you look so young and well?' I owe it all to the Lydia E. Pinkham remedies."
—Mrs. RYD, STROPEL, Sage Avenue, Washington Park, Illinois.
If you have any symptoms about which you would like to know write to the Lydia E. Pinkham Medicine Co., Lynn, Mass., for helpful advice given free of charge.

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.

Never Love Another.

General Gordon, the Confederate commander, used to tell the following story:
He was sitting by the roadside one blazing hot day when a dilapidated soldier, his clothing in rags, a shoe lacking, his head bandaged and his arm in a sling, passed him. He was soliciting in this manner:
"I love my country. I'd fight for my country. I'd starve and go thirsty for my country. I'd die for my country. But if ever this war is over I'll never love another country."

A Victim.

"And why are you in prison?"
"I'm a victim of unbelief, ma'am."
"Unbelief?"
"Yes, ma'am, I couldn't convince the jury that I was telling the truth."—Detroit Free Press.

Sartorial Distinction.

"You can't judge a man by his clothes."
"Not only, replied Miss Cayenne; but the uniform helps some in distinguishing a soldier from a slacker."—Washington Star.

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 aphaasia, and we was afraid it was ketchin'."—Exchange.

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.

A Veteran Soldier.

Tired Tompkins—Won't you give a veteran something to eat, mam?
Lady of the House—You a veteran? You were never a soldier, I'll be bound.
Tired Tompkins—You do me an injustice. I have done nothin' but soldier all me life.—Boston Transcript.

Prelude to Joyous Evening.

"Anybody getting a real laugh out of this show?" asked the surly citizen.
"Yes," replied the sardonic usher.
"Who?"
"The ticket speculators."

In Praise of Potlicker.

Everybody knows that potlicker makes girls beautiful and boys strong. It will cure rheumatism and baldness, it will cause freckles to fade and prevent wrinkles. It sweetens the soul, strengthens the heart and stimulates to hope of an everlasting and invincible democracy. Make this potlicker year.

The Quicker the Better.

Heck—I suppose you always let your wife have the last word?
Peck—Yes, and I'm tickled to death when she gets to it.

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 8 M free. ABSORBINE, JR., the anti-septic liniment for marking, reducing, painful swellings, Enlarged Glands, Warts, Boils, Varicose Veins; also Pain and inflammation. 50c and \$1 a bottle at druggists or delivered. Made in the U. S. A. by W. F. YOUNG, P.O. Box, 403 Temple St., Springfield, Mass.

Why He Growled.

Rivers had come home and was stumbling over things in the dark hallway. "What are you growling about, dear?" called Mrs. Rivers.
"I am growling," he answered in his deepest bass voice, "to the drunken barking of my shins."
Its Staff.
"That excursion steamer is a floating hotel."
"I suppose it is a hotel which never has trouble in getting supplied with bell boys."—Ex.

WRIGLEY'S

S. O. S. Send Over Some WRIGLEY'S

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 SPEARMINT THE PERFECT GUM LASTS MINT LEAF FLAVOR
WRIGLEY'S DOUBLEMINT CHEWING GUM PEPPERMINT
WRIGLEY'S JUICY FRUIT CHEWING GUM THE FLAVOR LASTS