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You never really know the value of adequate automobile insurance until "after the accident".

If an accident strikes, your Farmers policy\* goes swiftly and surely to work—assumes your financial loss—protects your interests.

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Inter-INSURANCE Exchange



\*National Standard Non-assessable Coverage.

### SPECIAL HEALTH WEEK ANNOUNCED BY DR. MARBLE

In keeping with his policy of the past 14 years, which has been providing people of this area with the most up-to-date scientific equipment for the advancement of better health, Dr. A. E. Marble, with offices at Hermiston, has installed the most modern equipment for the diagnosis and treatment of gastro-intestinal disorders. The application of this drugless method of intestinal therapy is soothing, comforting, and permits searchers after health to receive adequate treatment without loss of time

from work.

Using oxygen as a positive agent against toxic poisoning, this Tox-Elimination method will now be made available to the people of this area. This instrument has been used in other sections of the United States for several years prior to its introduction in the Pacific Northwest. The entire process is drugless and non-surgical.

Dr. Marble is most happy to announce a special health week on the following dates: November 1, 2, 3, 4 and 5. He has engaged the services of a doctor specializing in gastro-intestinal therapy for this period. This doctor is a member of the clinical staff of the Tox-Eliminator Laboratory of Los Angeles, Cal., and will assist in all procedures and recommend

suitable treatment to those who make arrangements for this free examination during the above mentioned dates. Dr. Marble is also extending his services into the field of X ray.

All persons wishing to take advantage of this opportunity for a free examination and consultation without charge or obligation should get in touch with Dr. Marble's office immediately as the time is limited and rapidly being filled in advance. For the convenience of those who are employed, Dr. Marble's office will make appointments every evening during this special health week. Those wishing to take advantage of these services may make an appointment by telephoning or calling him.

### IRRIGON NEWS ITEMS

By Mrs. Grace Shoun

Wallace Meme purchased the F. C. Fredrickson place. He is in Leland, Ill., settling up his business before moving out here. The Fredricksons have been loading baled hay on cars here to ship to Portland.

Mrs. Sinice Moore received word from her husband at Memphis, Tenn., that he has seen his brother there and that the brother is ill but not wounded.

Mr. and Mrs. C. W. Grim and Mrs. Hugh Grim were Hermiston visitors Thursday.

J. O. Swearingen, Roy Minnick and son Leroy started for the mountains Sunday to hunt elk.

Mrs. Steward is entertaining her own and Mrs. Warner's Sunday

School classes at her home Saturday afternoon with games and refreshments.

June Goodman came up from The Dalles to spend the week end with relatives in Irrigon.

Billy Allen came down from Ione to spend the week end with his mother, Mrs. H. W. Grim and family. Calvin Allen was also up from The Dalles at the time.

Mrs. Cecil Goodman returned Friday from Sioux City, Iowa, where she has been working. Her husband, Sgt. Goodman, is in an Alabama army camp.

Jerry Buell, machinist mate 3rd class, left for his base Thursday near Corpus Christi. He had a 15 day leave which he spent two days in California and the remainder here with his foster father, Ollie Corriell and other relatives and friends.

Mrs. Joy Wiegand arrived home from Colorado where she had been visiting her husband, Sgt. Wiegand, who has gone to the port of embarkation to go overseas. Mrs. Wiegand took her small daughter home with her. The little daughter has been living with the Harry Smith family.

Mrs. Nona O'Brien of near Centralia arrived Thursday to visit her son Glenn O'Brien and family.

Tom Caldwell started working at the Umatilla Ordnance Depot Monday.

The Boardman Presbyterian church members came up Sunday evening to attend the Irrigon church. Miss Stubbendick and Miss Hiebert are holding meetings here.

Mr. and Mrs. Jay Berry and daughter are up from Portland visiting the R. M. McCoy's. Mr. Berry and Mr. and Mrs. McCoy left for the timber to hunt Monday.

Mr. and Mrs. Fred Aldrich of Sunnyside are visiting the Glen Aldrich family. They all went hunting Monday.

Mrs. Elmer Rucker and Jo Ann left Wednesday for Kellogg, Idaho, to visit her daughter, Mrs. Melton Amos and family. They returned Sunday.

### Fiancee of Russell Piersol



Of interest here is the announcement of the engagement of Miss Hildegard Roselund, daughter of Mr. and Mrs. Carl E. Roselund of Roseburg, to Russell Piersol, Jr., E. M. third class, U. S. Navy, son of Mr. and Mrs. R. H. Piersol, Sr., of Hermiston. The announcement was made recently at Roseburg while Mr. Piersol was there on a furlough.

The bride-elect and bridegroom-elect met while both were students at the University of Oregon. Miss Roselund is now in her junior year at the university while Mr. Piersol is in the service. Miss Roselund has been on the honor roll at the university since entering two years ago and she now has a junior certificate with honor privileges. Mr. Piersol recently completed his sub-school training at New London, Conn., and is now stationed at Mare Island, Calif. No date has been set for the wedding.

## Immediate Relief from Suffering

### Scientific, Drugless, Non-Surgical Treatments

## SPECIAL HEALTH WEEK

Including Consultation and Examination Without Charge or Obligation  
Beginning Monday, Nov. 1, through Friday, Nov. 5

### If You Suffer

from any of the following disorders you will want this Free Examination at once:

- Appendicitis (chronic)
- Arthritis
- Asthma
- Colitis
- Constipation
- Excessive Fatigue
- Foul Breath
- Headache
- Gall Bladder Complications
- High and Low Blood Pressure
- Indigestion
- Irregular Heart
- Kidney and Bladder Complications
- Liver Complications
- Lumbago
- Menopause Disturbance
- Muddy and Pimply Complexion
- Migraine
- Nervousness
- Pruritus Ani
- Rheumatism
- Sinus Trouble
- Run Down Condition
- Shortness of Breath
- Sleeplessness
- Ulcers of Colon
- Ulcerative Colitis

Tox-Elimination if taken in time, may forestall a surgical operation.

Telephone Now For  
"FREE EXAMINATION"  
Appointment!

For the convenience of those who are employed and in order to make these services available to as many as possible, we will make appointments from 9 a. m. to 9 p. m. daily during this special health week.

ONLY TOX ELIMINATOR IN N.E. OREGON

**DR. A. E. MARBLE**

CHIROPRACTIC PHYSICIAN

Over 14 Years of Successful Practice in Hermiston!

Hermiston, Oregon Phone 3061

Most eminent authorities contend that 90% of all chronic diseases are due, in most cases, to pollution of the blood stream via improper function of the colon, over-taxed kidneys, etc. In most cases a functional disorder causes constipation. To get at the bottom and basic cause of a large number of ailments that have heretofore resisted the best efforts of all branches of healing, I have installed the remarkable TOX-ELIMINATOR. This instrument has been used in other sections of the United States for several years with remarkable results prior to its introduction in the Pacific Northwest.

The Tox-Elimination treatment, by removing the disease-producing materials at their foundation head, helps the body to stop further damage and rebuild the affected parts and restore them to normal. The TOX-ELIMINATION treatment is pleasant and not embarrassing. It is leak-proof and odor-proof because the entire process takes place under water-tight and airtight conditions. It has no disagreeable features whatsoever, nothing that might offend a person of the most fastidious taste and sensitiveness.

### This Natural, Drugless Therapy Accomplishes the following:

1. Cleanses the colon, thoroughly and in a harmless manner.
2. Massages the bowel and helps give necessary tone to tissues involved.
3. Its employment of oxygen destroys the anaerobic germs, which cannot live in this medium.
4. Helps to purify the blood stream: proved by microscopic examination after treatments.
5. Relieves rheumatic, arthritic and neurotic pain, often in one treatment.
6. Reduces hypertension or high blood pressure, thus easing the work of the heart and freeing its cells, and the brain, from undue strain.
7. Indicates to patients what foods to avoid, to insure maximum efficiency in digestion.
8. Lessens the burden thrown on the liver and kidneys.
9. Improves sinus and antrum complications in a few treatments.
10. Helps re-establish a normal peristalsis or natural muscular activity of the intestines.
11. Improves the complexion, by helping eliminate the causes of pollution of the blood stream.
12. Assists in preventing the hardening of the arteries, by minimizing the deposits of calcium and magnesium salts on arterial wall.

### Hollywood Tox-Eliminator Specialist Here for This Health Week

We have engaged the services of this doctor-technician for our Health Week. He is a member of the clinical staff of the Tox-Eliminator laboratory of Los Angeles, and is a specialist in the manipulation of the Tox-Eliminator. This technician will assist in all procedures during the week.

As we can handle only a limited number of examinations and treatments per day, it is necessary that appointments be made in advance. We suggest that you make your appointment as early as possible, as all available examination periods will be filled within a short time. TAKE ADVANTAGE TODAY OF THIS OPPORTUNITY OF GETTING AT THE BOTTOM OF YOUR TROUBLE! If it should be necessary to employ X-ray to assist in the diagnosis of your case, this service will be available at a nominal fee.

NURSES IN ATTENDANCE

### PILGRIM HOLINESS CHURCH

J. W. Stuart, Pastor

Sunday School, Mrs. Laurie, Superintendent. 9:45 a. m.

Young People's Society, Grace Hartley, leader for Sunday night, 7 p. m.

Junior Society, Mrs. Laurie, leader, 7 p. m.

Evangelistic service, 7:45 p. m.

Wednesday night prayer service at 7:45 p. m.

If the way of Christ is worth anything at all, it is surely worth our best, so let us put Christ first in our lives by our sincere worship to Him. A sincere welcome awaits you at this friendly church.

### CHRISTIAN SCIENCE CHURCHES

"PROBATION After Death" was the subject of the Lesson-Sermon in all Churches of Christ, Scientist, on Sunday, October 24.

The Golden Text was, "I have set the Lord always before me; because he is at my right hand, I shall not be moved" (Psalms 16:8).

Among the citations which comprised the Lesson-Sermon was the following from the Bible: "If in this life only we have hope in Christ, we are of all men most miserable. But now is Christ risen from the dead, and become the first fruits of them that slept" (I Cor. 15:19, 20).

The Lesson-Sermon also included the following correlative passages from the Christian Science textbook, "Science and Health with Key to the Scriptures" by Mary Baker Eddy: "Jesus' unchanged physical condition after what seemed to be death was followed by his exaltation above all material conditions; and this exaltation explained his ascension, and revealed unmistakably a probationary and progressive state beyond the grave" (p. 46.)

### Pasco Mattress and Upholstering Shop

We Remake & Rebuild Living Room and other Furniture

Write Us For Information Regarding Your Work  
108 No. Tacoma Ave.  
Pasco, Wash.

**THE PRESENT**  
That Lasts A Year  
A SUBSCRIPTION TO  
The Home Newspaper

**BONDS OVER AMERICA**

Early in the 19th century a storekeeper and gristmill operator at Henderson, Kentucky, took to studying birds as an antidote for ennui and added much to man's knowledge of ornithology. His name is a byword to this day. It is John James Audubon.

John Audubon

Only the knowledge of despotism, destruction, killing, maiming brings one to the surface of Nazium. It has no place for gentle souls; only Himmlers, Schleichers, von Papens, Heydrichs.

**Keep On Backing the Attack With War Bonds**

National Wartime Nutrition Guide

*For Health...eat some food from each group...every day!*

**GROUP ONE: GREEN AND YELLOW VEGETABLES...** some raw—some cooked, frozen or canned

**GROUP TWO: ORANGES, TOMATOES, GRAPEFRUIT...** or raw cabbage or salad greens

**GROUP THREE: POTATOES AND OTHER VEGETABLES AND FRUITS...** raw, dried, cooked, frozen or canned

**GROUP FOUR: MILK AND MILK PRODUCTS...** fluid, evaporated, dried milk, or cheese

**GROUP FIVE: MEAT, POULTRY, FISH, OR EGGS...** or dried beans, peas, nuts, or peanut butter

**GROUP SIX: BREAD, FLOUR, AND CEREALS...** Natural whole-grain or enriched or refined

**GROUP SEVEN: BUTTER AND FORTIFIED MARGARINE (with added Vitamin A)**

U.S. GOVERNMENT CHART

**IN ADDITION TO THE BASIC 7... EAT ANY OTHER FOODS YOU WANT**

This is the National Nutrition Target, designed by Government nutrition experts to help people plan well-balanced meals. The idea is to include something from each of the seven food groups in the menu every day, to hit the bullseye of good health.