

# How Yeast Vitamon Tablets Put On Firm Flesh



Strengthen The Nerves and Invigorate The Body—Easy And Economical To Take—Results Surprisingly Quick.

If you want to put some firm, healthy flesh on your bones, increase your nerve force and power, clear your skin and complexion and look and feel 100 per cent. better, simply try taking two of Mastin's tiny VITAMON Tablets with each meal and watch results. Mastin's VITAMON Tablets contain highly concentrated yeast-vitamins as well as the two other still more important vitamins (Fat Soluble A and Water Soluble C) and are now being used by thousands. Mastin's VITAMON Tablets never cause gas or upset the stomach but, on the contrary, improve digestion. Be sure to remember the name—Mastin's VITAMON—the original and genuine yeast-vitamin tablet. There is nothing else like it, so do not accept imitations or substitutes. You can get Mastin's VITAMON Tablets at all good druggists.



Are Positively Guaranteed to Put On Firm Flesh, Clear the Skin and Increase Energy When Taken With Every Meal or Money Back

if it isn't MASTIN'S it isn't VITAMON

## Power to Resist Disease Depends Upon Correct Eating

Nearly all diseases can be traced back to the stomach and errors in eating.

A defective digestion is usually caused by eating too much and not properly preparing the food for the stomach.

A defective digestion converts food into poisonous gases and makes inferior flesh and blood.

### Put Quality Into Your Teeth

The quality of man or woman, like that of a machine depends upon the kind of material put into his construction, and the way that material is prepared.

### Good Teeth First Requirement

Nature provides the saliva, acids and other neutralizing agents to help digestion and your teeth were made to grind your foods. If you fail to keep your teeth in first class working shape and do not have enough of them, to thoroughly masticate your foods, then your stomach suffers and all sorts of trouble begins.

FOR DENTAL DECAY SEE JOHNSON TODAY PAINLESS DENTISTS

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RHEUMATIC PAIN Rub It Right Out—Try This!

Rheumatism is "pain only." Not one case in fifty requires internal treatment. Stop drugging! Rub the misery right away! Rub soothing, penetrating "St. Jacobs Oil" directly into the sore, stiff joints and muscles and relief comes instantly. "St. Jacobs Oil" conquers pain. It is a harmless rheumatism cure which never disappoints and does not blister.

Limber up! Quit complaining! Get a small trial bottle of old-time "St. Jacobs Oil" at any drug store and in just a moment you'll be free from rheumatic pain, soreness and stiffness. Don't suffer! Relief and a cure awaits you. Get it! "St. Jacobs Oil" is just as good for sciatica, neuralgia, lumbago, backache, sprains and swellings.

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## FIRST COMPANY ASHLAND TAKES N. YEAR'S INVOICE

ASHLAND, Jan. 4.—First Company, O. N. G., ushered in the new year with coffee and hot dog sandwiches on Monday night, incident to the annual invoicing of the military equipment at the armory. The personnel was first tabulated, the company clerk preparing and delivering to Captain Briggs a complete roster of the organization, giving the telephone number and present address of each. Due to the circumstances that an unlucky "13" members have recently been dropped from the rolls, owing to removal from this vicinity, the remainder of the rank and file, both collectively and individually, have been appraised a special recruiting force to secure enlistments, a score being needed to retain the company's standing on a maximum basis. Attendance upon drill and inspection is imperative, the alternative being classed as a deserter, implying dishonorable discharge from the service. The public generally is invited to attend the drills and open meetings of the company, this social privilege being extended freely, and citizens will be repaid in visiting the armory, which headquarters are now a military, athletic and social center. All members who wish to qualify for membership on the basketball squad should at once interview either Sergeant McClary or Corporal Butterfield. Tactics in accordance with the military code are being exemplified, Sergeant McCallen having been deputized to give a series of talks on "methods of attack for infantry." Other phases of both infantry and artillery activities will be dealt upon under competent instructors. Substantial lockers are provided for company equipment individually, this privilege being available for a mere nominal sum. Clothing must be left at the armory, those desiring a uniform to wear on other occasions to secure same on private account. All lockers have been duly inspected, and company records have been perfected, the books being posted to date under supervision of Sergeants McNair and Robertson. The status of the command is first-class, and the company starts out with the new year under the most favorable auspices.

Most fair, like the groundhog, get "in a hole," at least, financially, but the Ashland attraction, held in December, is laboring under a surplus to the extent of nearly \$250. Total receipts were \$1810 and expenditures \$1560, though there may be a few minor bills yet outstanding. Exhibitors to the number of 150, making miscellaneous displays are, awarded \$420 in premiums. Poultry entry money amounted to \$101, while exhibitors of fancy chickens won over \$169 in prizes. Livestock premiums amounted to \$220. Subsidies from the county court and the city council, \$300 and \$200 respectively, saved the situation, otherwise the fair would have lost out. About \$200 was realized from merchants displays. High school students ably reinforced the drive in selling tickets, especially season ones at 50 cents each, the revenue from this source having been \$820. For rent of space in which to hold the three departments of the fair \$117 was paid. A review of the show situation is gratifying. The displays were fine, attendance good, and the accompanying social features all that could be desired, encouraging the management to repeat the attraction another season.

Frank Blevins, Oberlin street plant wizard, was picking strawberries from his home patch as late as December 29.

Hillah Temple of Shriners will install officers at its stated session on Friday evening, January 6, at Masonic hall. The revised official personnel includes Frank J. Newman, of Medford, as potentate; T. H. Simpson, chief rabbi; P. B. Herman, Grants Pass, assistant rabbi; P. K. Hammond, high priest and prophet; Emil Britt, Jacksonville, Oriental guide; C. H. Vaupel, treasurer; W. H. Day, recorder; F. D. Wagner, first ceremonial master; F. H. Johnson, second ceremonial master; H. C. Stock, director; D. H. Jackson, marshal; O. S. Blanchard, Grants Pass, captain of the guard; C. C. Welsenburger, outer guard; W. H. McNair, Ashland, and W. E. Newcombe, Grants Pass, representatives to the Imperial Council, San Francisco, in June, 1922. C. W. Nims, Ashland, re-elected trustee of the three-year term. The temple has recently had \$100 refunded it as federal taxes, erroneously assessed against it during the war period. Hillah's membership now approaches the 600 mark.

Modern Woodmen of Mahogany Camp No. 6565 are to remove to Odd Fellows hall, their former domicile, the change to go into effect this month. The time of meeting will be once each month, the specific date to be announced later or at such time as will best accommodate the various orders which make the I. O. O. F. refuge their permanent habitat. The membership approximates 100. State Deputy Currey, of Portland, is to visit the camp later in the month.

A reminder as applied to the Ashland Fruit and Produce association, is to the effect that the annual meeting of stockholders will take place at the city hall on Saturday of this week, January 7, at 2 p. m. An extensive dope sheet will review the activities of the past year, incorporating reports of manager, secretary and treasurer. Patrons of the association in general are urged to attend. The Freeman family on Oberlin street has been receiving a visit from Rollie, who is a rehabilitation exercise man pursuing a course in landscape gardening at O. A. C., supplemented by postgraduate studies at the Portland "Y." Regardless of sentiment, which attaches to the poppy from Flanders field, it is reported that this blossom will no longer be transplanted in American soil, floricultural authorities having pronounced this poppy a pernicious pest on the peaceful landscape, regardless of the romanticism which

attaches to it on the field of battle. Rollie will probably decorate the parkings with rhododendrons instead. Malta Commandary meets on Wednesday evening, January 4. Stated convocate and work in the Order of the Temple.

Ed Dunn is the new commander of Ashland Post No. 14, American Legion. Ed's name is also George, but to distinguish him from pater, the original George, he is generally referred to by the middle name. He farms the patriarchal donation claim across east of town. Lynn Black is vice-commander; E. A. Peters, Jr., adjutant; Ray Wolcott, finance officer; Rev. W. L. Evans, the doughty Baptist pastor, is chaplain to the forces while Don Spencer, erstwhile adjutant, has been promoted to the responsibility of historian, hence there will be a collection and codification of the annals pertaining to the events in which Ashland Legionnaires participated, very interesting legends as applied to local military and naval history, readily accessible to the student of research as pertaining to the great world war, regardless of the part ex-service men played either at home or overseas.

The local Elks lodge expended over \$200 last week in equipping Christmas baskets for needy families. Assistance of this kind was greatly in need this season, the demand being far greater than last year.

## DR. REDDY GIVES EARLY HISTORY OF G. PASS RAILROAD

The original president and vice-president of the Oregon & California Coast railroad met yesterday. Dr. J. F. Reddy of Medford was the president and Phil Metschan the vice-president of the road, which was built out of Grants Pass in 1912. The first pass issued by the road was sent to J. D. Farrell, who returned the compliment with a pass over the Union Pacific system, but Dr. Reddy declined the transportation. This was a bad precedent for the ten miles of railroad could have been used for getting passes over every big system in America. In those days the railroad was hard pressed for finances. The chief engineer of the company became the locomotive engineer and fireman and when a heavy snow came he ordered one of the directors of the road, Mr. Metschan, to shovel the tracks clear. The railroad had one customer who shipped a five-gallon can of milk to Grants Pass every day and the road did not want to lose this patron, who was, in addition to being the road's biggest shipper, the brother-in-law of Vice-President Metschan, so the latter had a double reason for clearing away the snow. Later, after the enterprise was sold, it did a good business, reaching \$12,000 in one month.—Portland-Oregonian.



"Sting of the Lash," at Page

At her best in strong characterizations and vivid contrasts in which she can cut loose and act, Pauline Frederick has just such a role in "The Sting of the Lash," her starring vehicle scheduled for screening at the Rialto theatre tomorrow for a three days run.

Based upon an intensely human theme, the undying devotion of a woman for the husband who drags her down into a veritable living hell, "The Sting of the Lash" is crammed with dramatic climaxes, one of which is quite the most powerful viewed on the silver sheet in many a month.

Norma Talmadge at Page

That Norma Talmadge is the finest emotional actress on the American screen today is clearly demonstrated by her latest starring vehicle, "The Passion Flower," by Jacinto Benavente, Spain's greatest living dramatist, which opened an engagement at the Page theatre yesterday matinee.

As the entrancing and temperamental "Acacia" of this absorbing and colorful story of Castilian peasant life, the beautiful Norma is most alluring and rises to great dramatic heights. It is a true histrionic achievement for this scintillating star.

On the stage Nance O'Neil takes the part of "Raimunda," the mother, while in the screen version Miss Talmadge, as "Acacia," has created a most fascinating role as the daughter. The star is ably supported by two leading men, with Courtenay Foote and Harrison Ford.

Thrilling Scenes in Mid-Air

Night flying as part of a story had never been shown in pictures until the release of "The Girl from God's Country," a story of the North woods written by Nell Shipman and with the leading role enacted by the author, that closes tonight at the Rialto theatre.



Safe Milk For Infants & Invalids NO COOKING The "Food-Drink" for All Ages. Quick Lunch at Home, Office, and Fountains. Ask for HORLICK'S. Avoid Imitations & Substitutes



## The "Cyclo" Garage is always busy

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Prove the superiority of Cyclo for yourself. Flush the crank case, not with kerosene or so-called "flushing oils," but with the grade of motor oil our lubrication chart recommends for your engine, and refill with the correct grade of Cyclo.

Different brands of motor oils have different bodies. The safest, surest way to get the best performance from your motor and avoid expensive engine troubles due to incorrect lubrication is to use the grade of motor oil specified on the Lubrication Chart.

ASSOCIATED OIL COMPANY, San Francisco

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Medford, Oregon, Jan. 13, 1917. This is to certify that I, the undersigned, had very severe stomach trouble and had been bothered for several years and last August was not expected to live, and hearing of Gim Chung (whose Herb store is at 214 South Front street, Medford), I decided to get herbs for my stomach trouble, and I started to feeling better as soon as I used them and today am a well man and can heartily recommend anyone afflicted as I was to see Gim Chung and try his Herbs. (Signed) W. R. JOHNSON.

## BARGAINS

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