

OLD AGE STARTS WITH YOUR KIDNEYS

Science says that old age begins with weakened kidneys and digestive organs. This being true, it is easy to believe that by keeping the kidneys and digestive organs clean and in proper working order old age can be deferred and life prolonged far beyond that enjoyed by the average person.

MT. HOOD RAILROAD COMPANY Time Table No. 31

Taking effect 12:01 a. m. Sunday, July 15th, 1917.



Table with 8 columns: Motor No. 5, Motor No. 3, Motor No. 1, Stations, Motor No. 2, Motor No. 4, Motor No. 6, Motor No. 8. It lists train schedules between Hood River and various stations like Powderdale, Van Horn, Mohr, Odell, Summit, Bloucher, Holstein, Winnans, Fee, Trout Creek, Woodworth, and Ar. Parkdale.

* Steam. † Motor. Owing to limited space on Motor Cars all trunks and heavy baggage will be handled on the steam trains, either in advance of or following the passengers.

UNDERWOOD APPLE CROP REPORTED FINE

According to Underwood orchardists who were here on business Saturday, preharvest estimates of 100 carloads of the highest class apples ever grown by the district will be shipped this fall.

AUTO PARK LACK DEPLORED BY CRITICS

Hood River's improvisation toward an automobile camping park for motor tourists is the butt of critics, both local and travelers themselves. With the sum of \$1,000 raised by the Commercial club from Fourth of July celebration concessions a three-acre plot of land was purchased.

Underwood Special Popular

"The Underwood Shopping Special," as a horse-drawn bus, operated each Friday by local merchants for the convenience of the fruitgrowers of the neighboring Washington district and their families, is proving popular.

Bingen Has No Potatoes

The Bingen, Wash., district, just across the Columbia from Hood River, where on former years from 5,000 to 10,000 bushels of potatoes have been grown, will have no more this season than enough for home use.

Hicks Has Fresh Strawberries

Hicks' "Sweets 'n Eats" has been greeting motor tourists passing through the valley with strawberry shortcake. Fruit for the delicious desserts is secured from the Odell ranch of W. R. Gibson.

The Best Advertisement

The best advertisement any merchant can have is a satisfied customer. No greater recommendation can be given an article than the following by E. R. Milburn, Prop., Guion Drug Store, Guion, Ark.

Notice to Contractors

Aug. 28. Sealed bids will be received by the Board of District No. 6, Hood River County, for the erection of a four-room school building at Parkdale, Oregon.

Board of Equalization East Fork Irrigation District

Notice is hereby given: That the Board of Directors of East Fork Irrigation District, sitting as a Board of Equalization, will meet at its office in the Eliot Building, in the City of Hood River, Oregon, on Tuesday, October 7, 1919, for purpose of reviewing and correcting its assessment and apportionment of taxes for the year 1920.

Equalization Meeting Hood River Irrigation District

Notice is hereby given: That the Board of Directors of the Hood River Irrigation District, sitting as a Board of Equalization, will meet at its office in the Oak Grove Store Monday, October 6, 1919, at 2 p. m., for the purpose of reviewing and correcting its assessment and apportionment of taxes for the year 1920.

CALIFORNIANS COMPLETE LONG TRIP

Mr. and Mrs. J. E. Hamilton, inveterate motorists of Los Angeles, Calif., who will soon begin the last lap down the coast of a swing around the entire United States, arrived here Saturday.

BODDY NOW PASTOR OF LOCAL CHURCH

With W. H. Boddy, who for the past three years has been in charge of the Upper Valley Union church at Parkdale, secured as pastor of the institutional church will be freed of denominational influences.

MUCH FRUIT GOES BY PARCEL POST

Clerks at the postoffice are now experiencing the busy season. The office staff before the departure of mail trains is the appearance of fruit shipping warehouses.

SEED YOUR COVER CROP AT ONCE

Those who contemplate putting in a fall cover crop in the orchard have a splendid opportunity to do so now. The rainfall of the past few days has soaked the ground to a good depth.

Oxborrow Exhibits Products

S. G. Oxborrow finds it profitable business growing an assortment of small fruits and vegetables. Specialties are products such as housewives' canning supplies.

Club Offers to Help Growers

W. A. DeLashmitt, secretary of the Commercial club, will assist orchardists in securing harvest help. "We have frequent calls at the club rooms from men seeking work."

Chamberlain's Colic and Diarrhoea Remedy in Michigan

Mrs. A. H. Hall, Caseville, Mich., says, "I wish to thank you for your grand good medicine, Chamberlain's Colic and Diarrhoea Remedy. We are never without it in the house, and I am sure it saved our baby's life this summer."

Chamberlain's Colic and Diarrhoea Remedy in Michigan

Mrs. Mary Carrington, Caseville, Mich., says, "I have used Chamberlain's Colic and Diarrhoea Remedy for years and it has always given prompt relief."

FINE CANDIES

WE CARRY EXCLUSIVE LINES OF WHITMAN'S AND LONEY'S - the two Most Famous Candies

Also - Hoeffer's Centennials, Johnson's, Vogan's - all choice makes.

Our small package goods are always fresh and of the best makes - 5c, 10c and 15c packages - the finest and largest assortment in the city.

A. S. KEIR

SMITH BLOCK RELIABLE DRUGGIST Agent for "The New Edison Phonograph"

OREGON LUMBER COMPANY

Manufacturers

LUMBER & LUMBER PRODUCTS



Wholesale and Retail

A complete stock of

GOODYEAR and REPUBLIC

TIRES AND TUBES

together with our service, makes this an ideal place to purchase your tire requirements.

DEWITT MOTOR CO.

New Columbia Schedule

Effective August 5th, the J. N. Teal will leave Portland Tuesdays, Thursdays and Saturdays at 7.15 a. m., arriving at Hood River about 6 p. m.

DALLES-COLUMBIA LINE

LEONARD S. MILLER, Agent. PHONE 3514

BE A LEADER

An immense problem in reconstruction confronts the present generation. Are you doing your utmost to prepare to lead in its solution?



Oregon Agricultural College

Trains for leadership in the industries and professions as follows: HOME ECONOMICS, AGRICULTURE, COMMERCE, FORESTRY, PHARMACY, MUSIC, VOCATIONAL EDUCATION, CIVIL ENGINEERING, ELECTRICAL ENGINEERING, MECHANICAL ENGINEERING, CHEMICAL ENGINEERING, INDUSTRIAL ARTS, MINING ENGINEERING, LOGGING ENGINEERING, MILITARY SCIENCE.

Three regular terms - Fall term begins September 22, 1919

For College Catalog, Illustrated Booklet and other information address THE REGISTRAR, Oregon Agricultural College, Corvallis

WASCO MILLING COMPANY White River Flour THE DALLES, OREG. FANCY BLUE STEEP PATENT MAKES WHITER, LIGHTER BREAD GET IT FROM YOUR GROCER

QUALITY CLOTHES In these times of high prices, poor cloth and inferior workmanship, it is a great satisfaction to a man to know that he is getting something that is absolutely right. That is why we are selling more clothes now than ever before. Meyer & Wood HOTEL OREGON BLDG. TEL. 1124 Quality Clothes, \$45.00 to \$90.00

Hunt Paint & Wall Paper Co. Complete line of PAINTS, OILS, BRUSHES, Etc. Heath & Milligan Mixed Paints Glidden's Varnishes Room & Mouldings Bulk Calcimine Mixed to Order Plate and Card Rail Dry Paste

Had you ever thought of the advantages in buying your Meat and Groceries at the same place? Try it and see how convenient it is. L. H. HUGGINS' GROCERY AND MEAT MARKET TWELFTH STREET PHONE 2134

S. E. BARTMESS FUNERAL DIRECTOR AND LICENSED EMBALMER Licensed with Oregon's first class of Embalmers. Phone 1381, 3821 HOOD RIVER, OREGON

Ask Your Dealer Remington Grand Prize Modern Firearms & Ammunition Write for Catalogue

BRIGGS AUTO WOOD-SAW Attachment One man cuts 15 cords, 2 men, 35 cords. Goes Anywhere - Any Auto. BRIGGS & BURPEE CO., Inc., Manufacturers 279 Hawthorne Ave., Portland. Send for Information and Illustrated Circular