# PreparednessTalkMakes Trapshooting All the Go 

United Preen Bervice

 of preparednoen ta ameoplag the United ${ }^{\text {a }}$ bunch of rooklo shooters and Indi

 for help. At the aame tme they are having sport by engagting in trap ahoot. ing meeta.
 EvERTTHING ELECTRCCAL


 choerfully alven.

CECIL WEERK
ELETMICIAN
ELECTMICIAN
Oth amd Mala, Phono is


## TTP-2-4C

Maken nil things ne
ber Co. Phone 107.

# CHICKEN 

Fryers-Broilers
Chicken to Roast or Boil. Place your orders early. Also a full line of choice Lamb, Mutton, Veal, Pork and Beef for Sunday dinners.

## PEOPLE'S MARKET



An canier way is to got the reedyto.
use preparation improved by the adda-
lon of other ingrediente coutag

 thuted for the Panama Canal zone ond we all desire to retain tir not sinful, when

American Track Stars

## at Big Harrard Meet

Unitcod Prose Borvioe


STORES ITS NATURAL COLOR ANO LUATRE AT ONCE

Common garden nage brewed into a eavy tea, with sulphur and alookol
dded, will turn gray, stroaked and
ed hair beautifully dark and luzur| ecipe at home, though, is troublesome.
An easier way to to got the reedy-to.
ening your halr with Wyensth's Bage dark
sulphur Compound, no one can tell suiphur Compound, no one can tell,
becaune tt doen It so naturally, to even.
ly. You junt dampen a 1y. You Junt dampen a sponge or seoft
brush with th and draw this flrough your hatr, taking one amall trisad at a
tme; by morng


th's Sage and Sulphur Compoung
is a delightful tollet requisite. It in not
intended for the cure, miltigation or
prevention of disease. - Ady.
Your old tiress can be mado to run
housandn of more milem if double
$\qquad$

## HEADCHEL STOPS NECTMALAA GOIK

##  Narverack 

meircled the minctient ant horteohoe Cornell- Stivgirlek, shotion, Wind
 weaty-four ooflogesen and unturseritten net for the trifel events of the forts: Probe Probably no A. A. A. A. Mras brought forth tuek Bingham, Jolunatone and Haydock. galaxy of sport stars as will usten ior the startury platol or compete ta the treck and Aold events here today he track and a,

## 

hore from the paciace const and the Middie statios, the meet anhould be more ionely contected than it wasa bet more, your,
and somp darts borse may wait a With a log of the trophy. waik away
The fonture of the meet, mehedule The foeture of the meet, schedulod
it the hast evoat tomorrow, will be Captaln Tuad Merodith of meeting of
 Tonghmor of Harvard in the half mile.
Teseh man will don he aplkes for his colloge for the hatt time.
 ordinary athlote porformancess in the his heart out to win this ellmax event. Steredith's thme of $1: 52 \mathrm{~h}$, made in
the Cornoll moet, makea him a slight the Cornall moet, maken him a allight tavorite, but Btagham mill a aint to
the last inch; and no greator aghtor the last inen; and no greator aghtor
than the Harvard leader ever trod the
einder path. The Paelise
center of attruction herre wore the hese Callforala an here today, tor ecord-breaking performances to thetr
In the burdien and ave feld wventh the Weaterners look mighty sood.
Drew, tholr atar aprinter, and will not enter.
Trials in the shorter runs and neld
vients were held today, so that to. morrow only the country's greatosit
athleten will bo left in the conmpetillon thletes will bo loft in the compettion.
Over 1,200 men were entered from the ver 1,200 men were entered from the
different collesgen, but less than one-
itird of them roported for actual petition. Among the prominent individual en-
tranta who have earaed intercollegiate, This ie the home of all of the Aztina
companies. Chileote, e3s Main. 26


Paris, is urgting a plan here today to
try tarme.
Mn . anchutast on poiltry broeding.
Mr. Gueot mas on pooltry breeding
ative the hen a orusedo to dive the hen a oltarce. abe is tollise the authoritien that overy publle parth
ahould have its ehleten purn plem thould have ite chicken farm whth a
woman oxport in charge to thow the
gubite how to woman expert in charge to show the
pubtle how to get the beet out of biday.
Gruen park and st. Jumeen park, neafr.
Buekingham patiece: Hy do puat and
Buekingham palace; Hye park, noerk and
Other expanaes of public greensward
Onel
other expanaes of publice sreonsward
have been salectod by tho American
have been selected by the Amoricean
woman as the beat locations upon
which to try the poultry experimonts.

tarming in Canada, and emphasirsen
that Britioh hene are equal to the tack
of providiag suffelent egse it enough
people w
calture.
She has exprensed her williggness
to keep poultry within the yards of
her own house near the thanionable
Marble Arch distriet. Dolice rekule
tions pormittiag
Chilcote writes all kinde of aute

## mobilio insurance.

## HAVE YOU DECIDED ON THE PLACE

## Try a Week on Spring Creek


 is nowts, apen a a nices gacoling
Wheok and perriten speoialily carred for. My car losives Hoted Hall and White Pellean Hotel satturdayy afternoon, maturning evinithy of ternoon or Monday morning carly. spe
R. C.ISPINK, UKlamath Fall, Ore.

## DRINK HOT WATER BEFORE BREAKFAST EVERY MORNING

Hopes every man and woman here will adopt this splendid health habit.

Says a glass of hot water with a teaspoonful of limestone phosphate in it washes poisons from system, and makes one feel clean, sweet and fresh.

Why is man and woman, half the time, feeling nervous, despondent, worried; some days headachy, dull and, unstrung; some days really incapacitated by illness.
If we all would practice, the rinking of phosphated hot water berore breakfast, what a gratityng enange would take place. In-anaemic-looking souls with pasty, muddy complexions we should see crowds of happy, healthy, nosycheeked people everywhere. The reason is that the human system does not rid itself each day of all the waste it accumulates under our present mode of living. For every ounce of food and drink taken into the system nearly an ounce of waste material must be carried out, else-it ferments and forms ptomaine-like poisone in the bowels which are absorted into the blood.
Just as necemary as it is to clean the ashes from the furnace bright and hoth to wo mult enal
morning clear thio inside organ of the previous day's accumula tion of indigestible waste and body toxins, Men and women, whether sick or well, are advised to drink each morning, berore wreater with a glass of real hot watore phosphate in it, as i harmless means of washing out of the stomach, liver, kidneys and bowels the indigestible material waste, sour bile and toxing; thus waste, sour bile and toxins; thus fying the entire alimentary canal before putting more food into the stomach.
Millions of people who hed their turn at constipation, bilious attacks, acid stomach, alick headaches, rheumatiom, lumbago, nervous days and aleepless nights
have become real cranks about have become real cranles soout the morningsingide bath. quarter pound of limestone phos phate will not oo much at tho drug store, brit is anhicient to ing sweetening and ferchermis. ing swectoning and

