

## Notice to Subscribers

Under authority of the Postmaster General, on account of recent increases in wages to employes, totaling for the State of Oregon upwards of $\$ 225,000.00$, certain changes in exchange rates have been approved and made effective July 29, 1919, for the State of Oregon.

The changes in rates apply particularly to residence service, changes having been made in the principal business rates May 1, 1919.

All new business taken on and after July 29 th will be at the new rates. and bills to present subscribers for the month of August will be rendered at the new rates

The increased rates will yield an annual revenue upwards of $\$ 250,000.00$, but as the increase in wages is upwards of $\$ 225,000$, the net return to the company under the rates now made effective is approximatly $21 /$ per cent on the valuation of its property at $\$ 13,464,000.00$, as found by the Public Service Commission.

The new schedule of rates is identical with the one annroved by the Postmaster General for the State of Washinoton, which has been in effect since March 1, 1919. The rates are the same in both states for exchances that are comparable.
We belipve that no proof as to the advanced cost of living and the general hioh cost prevailing for lahor and materials is necessary, and that the telenhone veinc nublic will acrent this increase in rates in the same snirit of fairness and consideration as it has
the advances in almost every other necessity in these unusual times.

## The Pacific Telephone \& Telegraph Co.


power. Wigorouk rubhing
leather is the last step in


Just Remember this. The dates for
the Elks' Conventon are Aukust 14 .
15 and 16 Get
 untold blessing to humanity. The lat-
est application of tis untiring reeearch
is the recommendation that it ts as necessary to attend to internal sanita-
Hon of the dralnage system of the human body as it is to the drains of the Those of us who are accustomed to
thell and heavy when we arise plitting headache, stufy from a cold, oul tongue, nasty breath, acid stom-
ch, can, Instead, feel as fresh as a aisy by opening the slatces of the
ystem each morning and fuubhing out he whole of the internal poisonous agnant matter.
Everyone, whe ell, should each morning before water with a teaspoontul of real hot hosphate in it to wash from the the
to ay's indigestible waste, sour bile and
otsonous toxins; thus cleansing. tomach, Hver and bowels the previous. sweetening and purifying the entire
allmentary canal before putting more limentary canal before putting more
food into the stomach. The section of ood into the stomach. The action of
an emply stomach is wonderfully invigorating. It cleans out all the sour ermentations, gases, waste and acid-
ity and gives one a splendid appetite ty and gives one a splendid appetite
or breakfagt. Whill you are enjoying or breakfast. While you are enjoying
hot water and limestone phosphate on your breakfast the phosphated hot
ater is quletly extracting a large volme of water from the blood and get. Il the inside organs.
$\qquad$ red with constipation, bllous spells, stomach trouble, rheumatic stifness; others who have sallow skins, blood
disorders and sickly complexions are disorders and sickiy complexions are
urged to get a quarter pound of limestone phosphate from the drug store.
This will cost very little, but is suffllent to make anyone a pronounced

