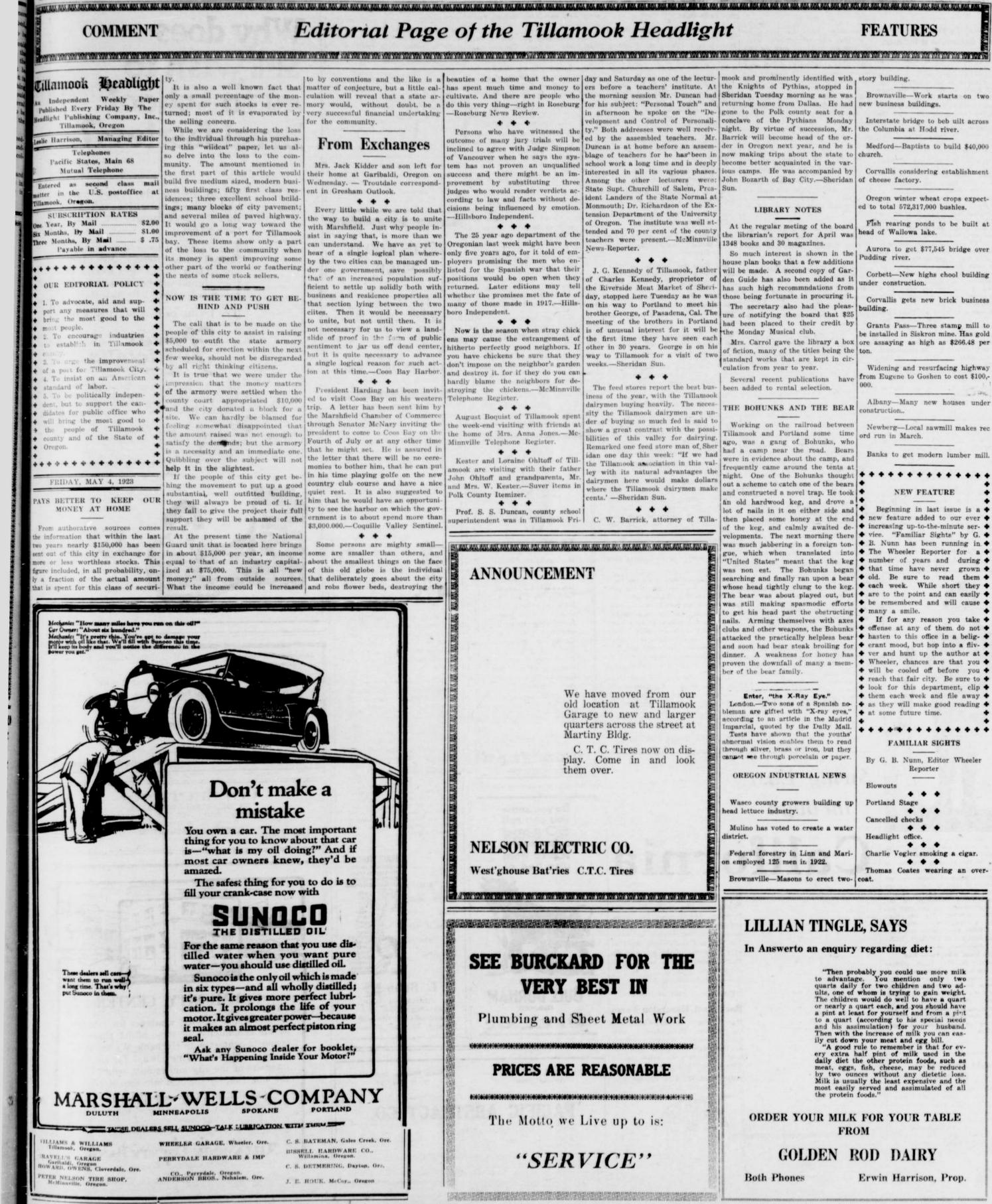
FRIDAY, MAY 4, 1923

TILLAMOOK HEADLIGHT



| We have moved from our<br>old location at Tillamook<br>Garage to new and larger<br>quarters across the street at<br>Martiny Bldg.<br>C. T. C. Tires now on dis-<br>play. Come in and look<br>them over. | Enter, "the X-Ray Eye."<br>London.—Two sons of a Spanish no-<br>bleman are gifted with "X-ray eyes,"<br>according to an article in the Madrid<br>Imparcial, quoted by the Dally Mall.<br>Tests have shown that the youths'<br>abnormal vision enables them to read<br>through silver, brass or iron, but they<br>cannot we through porcelain or paper.<br>OREGON INDUSTRIAL NEWS<br>Wasco county growers building up<br>head lettuce industry.<br>Mulino has voted to create a water<br>district.<br>Federal forestry in Linn and Mari-   |
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| est'ghouse Bat'ries C.T.C. Tires  | on employed 125 men in 1922. • • • • • • • • • • • • • • • • • •  |
| ist guodist Dat files O.f.O. files  | Brownsville-Masons to erect two- coat.  |
| EE BURCKARD FOR THE<br>VERY BEST IN<br>Plumbing and Sheet Metal Work<br>MRICES ARE REASONABLE<br>The Motto we Live up to is:  | LILLIAN TINGLE, SAYS   In Answerto an enquiry regarding diet:   "Then probably you could use more milk<br>to advantage. You mention only two<br>quarts daily for two children and two ad-<br>ults, one of whom is trying to gain weight.<br>The children would do well to have a quart<br>each, and you should have<br>a pint at least for yourself and from a pint<br>to a quart (according to his special needs<br>and his assimulation) for your husband.   "Men with the increase of milk you can east<br>ity cut down your meat and egg bil."   "Mood rule to remember is that for ev-<br>ry extra half pint of milk used in the<br>daily diet the other protein foods, such ad<br>but you wo ounces without any dietetic loss.<br>Mik is usually the least expensive and the<br>nost easily served and assimulated of all<br>the protein foods."   ORDER YOUR MILK FOR YOUR TABLE |
| The motio we have up to is.   | FROM  |
| "SERVICE"   | GOLDEN ROD DAIRY  |