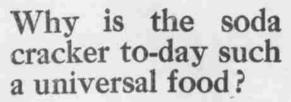
### DAILY CAPITAL JOURNAL, SALEM, OREGON, WEDNESDAY, OCTOBER 11, 1911,

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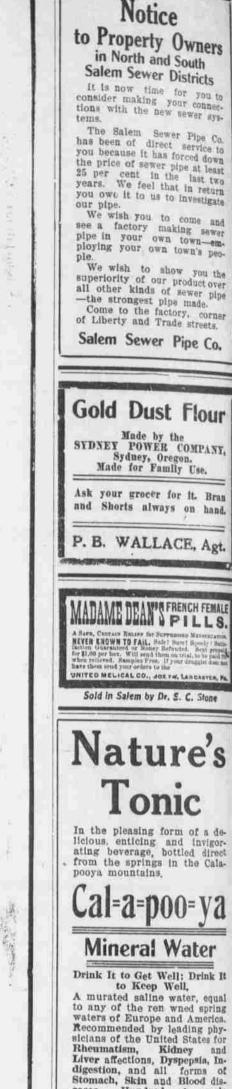


People ate soda crackers in the old days, it is true-but they bought them from a barrel or box and took them home in a paper bag, their crispness and flavor all gone.

To-day there is a soda cracker which is the recognized staple — Uneeda Biscuit.

Uneeda Biscuit are the most nutritious food made from flour and should be eaten every day by every member of the family from the youngest to the oldest.

Uneeda Biscuitsoda crackers better than any ever made before-made in the greatest bakeries in the world-baked to perfection - packed to perfection kept to perfection until you take them, oven-fresh and crisp, from their protecting package.



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Open all the year. Famous health resort in the Calapooya mountains, 12 miles

from Cottage Grove (on Southern Pacific). Splendid accommodations, reasonable rates, Steam, mud and hot water baths and cooling rooms. Information as to rates, etc., will be furnished upon request.

Calapooya Springs Co.

COTTTAGE GROVE, ORE.

baths, costs no more than you would pay to live at any first class hotel. Rooms can be had from 75 cents to \$2.50 per day. Meals in the Cafeteria are served from 20 cents up and in the grill at the usual grill prices. Baths range from 50 cents to \$1.00.

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Hot Lake Mineral Baths and mud given under scientific direction have cured thousands. Write for illustrated booklet descriptive of Hot Lake Sanatorium and the methods employed. Hot Lake Sanatorium is accessable, as it is located directly on the main line of the O. W. R. & N. Railway, and special excursion rates are to be had at all times. Ask agents,

Hot Lake Sanatorium, Hot Lake, Oregon WALTER M. PIERCE Pres. and Mgr.

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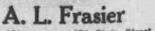


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