

If You are Subject to Colds This Editorial will Interest You.

A Great Majority of People Get One or More Colds Every Season and It is of Vital Interest to All to Learn How to Avoid and Relieve Colds Quickly, Since Colds are Said to be Contagious.

Some people think colds are only caught through exposure. This in return is contradicted by the fact that Arctic explorers are peculiarly free from colds. It is more generally accepted that colds are the result of civilized life, due to super-heated rooms and a very rapid change in temperature which causes the nerve centers to be depressed, and still more largely due to contagion—one member of a family imparting a cold to another by sneezing or coughing.

A cold means nothing if relieved quickly. That such a purpose may be accomplished, a quick aid to a cold is an essential. A remedy especially devised to relieve colds quickly is PERUNA.

PERUNA contains such ingredients that have an especially beneficial influence upon the inflamed mucous membranes and the quicker these mucous membranes are given the benefit of a remedy like PERUNA, the quicker the relief and the less contagion.

A neglected cold may become a serious menace to one's own life, and far worse, may endanger one's family.

We insure our homes against fire, our lives against death. Why should we not insure ourselves against colds if possible by having a medicine in the family chest that can be used at once?

PERUNA is a reliable household remedy for colds and should be in every home, for there should be a desire to combat a cold as quickly as possible. This is enlightened hygiene.

People who are feeble and run down are more subject to colds than persons in normal health. Such persons need outdoor life and PERUNA to help build up a strong constitution. If you have a poor appetite that is often a warning that you probably need a tonic like Peruna for Peruna aids the digestive organs. When your appetite is fair and work and exercise do not quickly tire you, your susceptibility to colds diminishes very much.

Persons who object to liquid medicines can now obtain PERUNA TABLETS.

Ask Your Druggist for Free Peruna Lucky Day Almanac for 1914.

FINANCIAL CONDITION GOOD.
Biggest Need of Northwest is Farmers, Says Idaho Banker.
MOSCOW, Idaho, Feb. 20.—"The Pacific northwest is in splendid financial condition," declared John P. Vollmer, of Lewiston, president of the First National Bank of this city, who was in Moscow.
"Any depression felt in financial circles in the east cannot affect this country," he continued, "and we are yet to witness much greater prosperity."
"What we need in the west now

more than anything else is more small farms and more diversity in farming. This is the only solution for this country. Happily the farmers in this section have enjoyed good prices for their grain and livestock and our section of the country seems to have been exceptionally fortunate."
Mr. Vollmer is one of the early pioneers of Idaho, for many years was engaged in the mercantile business in Lewiston.
Retail dealers in Hong-Kong are discovering the advantages of window dressing after the American plan.

CHILDREN ALL SICK WITH COLD. COUGHING, FEVERISH, AWAKE ALL NIGHT Use Pure and Pleasant Dr. King's New Discovery. Relieves the Cough, Loosens the Cold, Promotes Rest and Sleep.

When your family is visited by a cold epidemic and your home seems like a hospital, your children all have colds, cough continually, are feverish and restless at night, sleep little and then not the sound, refreshing sleep children need. You yourself are almost sick and awake most of the night, caring for them. You need Dr. King's New Discovery.

It quiets the children's cough instantly. It is pure and pleasant. Children like it. By relieving the cough promotes sleep and gives you and the children the much needed rest.

Get a bottle of Dr. King's New Discovery from your druggist. He

will refund your money if it doesn't give relief.

W. H. Knowles, of Osco, Ill., writes: "We have given Dr. King's New Discovery the most thorough tests for coughs, colds and various bronchial troubles for six years, and have never found it to fail."

"For about three months I had the worst kind of a cough," writes W. P. Rinehart of Asbury, N. J. "It would keep me awake for hours at night. All the medicines I took did not help me till at last I used Dr. King's New Discovery. Three doses gave me the first good night's rest I had in months and further use completely cured me." Sold by KOEPPERS

Experience vs. Experiment

Which Sounds the best
to You
?

It depends considerably as to whether there is any expense attached. The world loves to experiment but generally balks at gambling good money away in experimenting on the necessities and utilities of every day life.

Don't do it and you'll always come out ahead!

When you want good careful and serviceable plumbing that will give you the greatest return for your investment—plumbing that is on the job every minute of every day, operating correctly at your command—you'll save the risk of disappointment and wasted money if you go to a plumber who has had years of successful experience and makes plumbing an exclusive specialty.

Shops that do everything—and nothing well—can only experiment on your plumbing. You can eliminate all risk of wasted money and poor work by giving your plumbing work to

BEDDOW & MILLER

PENDLETON'S ONLY EXCLUSIVE PLUMBERS
Phone 202.

TELLS HOW TO TEACH GIRLS TO BE WIVES

MRS. ANNA M. NOBLE OUTLINES
THE WORK WHICH SHE IS
ACCOMPLISHING.

The Home is the Biggest Contribution a Woman Can Make to Her State, She Says—Greatest Trouble With Our Society is the Lack of Proper Home Training.

DENVER, Feb. 21.—To teach young girls their responsibility towards their home, friends and children and to show them that good work must be done with good tools and that the body is the tool of the mind and the spirit, is the task set for herself by Mrs. Anna M. Noble, lecturer on sex hygiene, whose addresses on that subject to public school children have been fostered by local clubwomen. Mrs. Noble has outlined a practical course of instruction leading up to the truths she teaches in the following article:

"The ideal home is the biggest contribution a woman can make to her state. To teach girls the art of home making combined with the art of parenthood and sex education is my aim. At the time that girls are forming their standards of social life the subject can be best presented, hence I choose high school pupils. The great trouble with our society is the lack of proper home training. Once start the girl thinking what it costs to maintain a home and give her the proper idea of home economics she will hesitate a long time before she runs away to marry a boy incapable of maintaining a home.

"My work with girls is entirely constructive. I have little faith in my ability to reform anyone, but much in the chance to form the right standards in the average girl's mind. I combine physical hygiene with practical home making, child training, and the responsibility of each girl to the future generation.

"The results of an immoral life are not held up to my pupils, but the beauty of the ideal mental and spiritual relationships of the home are constantly held up to them. The girls make a budget of expenses for a home to be maintained on a \$100 a month salary. They imagine they have married a man who earns that sum. It looks easy to run a house on that amount and save \$25 monthly. The results of careful investigation of prices of food, clothing, incidental expenses of dentists bills, doctor's bills, car fare, and numerous other things that must be taken into account fairly stagger enthusiastic young women.

They begin to realize the value of money and to appreciate how mother has to skimp to make ends meet.
"And there is the question of amusements. Every girl must find her own danger line in the social world. My line will not do for some other girl. The girl who loves to read and cares little for mingling with others is in danger of becoming a useless unit in the ideal community. Her sister who likes the "movies" is in danger of becoming infatuated with that sort of amusement only. Then too, the girls grasp the danger of going along the "Great White Way" unchaperoned. In my two years of experience in this work I have never had a girl who has taken these lectures in the wrong spirit. They are eager to learn to become builders of the ideal home, and mothers of the best type of children."

Wealthy Italian Murdered.
NEW YORK, Feb. 21.—Luigui Lazzari, a prosperous Italian, was twice stabbed in the heart early today. Angelo Allaseo, an acquaintance, was arrested charged with murder.
There are 27,119,000 sheep in Great Britain to its 88,000 square miles; New York state has 1,131,000 to its 49,000 square miles.

JOHN H. YOUNG MAY BE NEW POSTMASTER AT HERMISTON

APPOINTMENT EXPECTED TO BE
MADE WITHIN FEW DAYS,
SAYS REPORT.

HERMISTON, Feb. 21.—It is understood here from good authority that John H. Young will be the next postmaster at Hermiston. His appointment is expected to be made in a very few days and he will assume the duties of the office at once. John H. Williams, who has been the postmaster under republican administration for seven years, will take a rest and spend the following spring and summer on a camping expedition.

Mr. Young has been the agent of the O.-W. R. & N. Co. here for several years and is a very capable man. The office pays \$125 a month. Mr. Young has a wife and two children.

Plans have been adopted and recommended to the Washington office for a new concrete office building for the United States reclamation service on the government grounds here. The building will cost approximately when ready for use, \$19,000. It will be two story with full basement and steam heating plant. The grounds will also be beautified with lawns, cement walks and shrubbery. It is designed for permanent headquarters of the reclamation service.

Flying Boats to be Regulated.

WASHINGTON, Feb. 21.—Hydro aeroplanes are motorboats subject to government regulations and inspection, the department of commerce held and directed that the flying boats of a commercial line between Tampa and St. Petersburg, Fla., said to be the first in the United States, must be equipped with life belts, a fire extinguisher, a whistle and other accessories, including running lights.

Methodist Minister Recommends Chamberlain's Cough Remedy.

Rev. James A. Lewis, Mlaca, Minn., writes: "Chamberlain's Cough Remedy has been a needed and welcome guest in our home for a number of years. I highly recommend it to my fellows as being a medicine worthy of trial and we are confident you will find it very effective and continue to use it as occasion requires for years to come, as many others have done. For sale by all dealers."
—Adv.

16-Foot Shark Caught.

PALM BEACH, Fla., Feb. 21.—Four fishermen brought in a 16-foot hammer-head shark, which is the biggest catch of the season.
They were in a small boat when they harpooned it and there was some lively struggling before it was shot. It weighed 1000 pounds.

The Best Cough Medicine.

"I have used Chamberlain's Cough Remedy ever since I have been keeping house," says L. C. Hames, of Marbury, Ala. "I consider it one of the best remedies I ever used. My children have all taken it and it works like a charm. For colds and whooping cough it is excellent." For sale by all dealers.—Adv.

WORKERS DEFFY LABOR UNIONS AT WILLAPA

RAYMOND, Wash., Feb. 21.—In an open letter to the public the mill operators of Willapa Harbor threw down the gauntlet to the labor unions and declared their intention of standing unitedly against the eight hour day and a closed shop.

There are 27,119,000 sheep in Great Britain to its 88,000 square miles; New York state has 1,131,000 to its 49,000 square miles.

Keep Your Hands Soft and White



Cuticura Soap And Ointment

Treatment: On retiring, soak the hands in hot water and Cuticura Soap. Dry, anoint with Cuticura Ointment, and wear soft bandages or old loose gloves during the night.

Cuticura Soap and Ointment sold throughout the world. Liberal sample of each mailed free, with 32-p. book. Address "Cuticura," Dept. 68, Boston. "Men, who shave and wash with Cuticura Soap will find it best for skin and hair."

Services at Local Churches

First Christian.
Corner Main and Jackson streets. Tolbert F. Weaver, minister. You are cordially invited to attend the following services tomorrow: Bible school, 9:45 a. m.; morning service, 11 a. m. Dr. A. L. Crim will deliver the morning message. The morning anthem will be "Let the Words of My Mouth" by Greenwood. The evening services will be in the tabernacle.

Church of the Redeemer.
The Holy Communion will be celebrated at 7:30 a. m. Sunday school at 10 a. m., when the Lenten mite boxes will be distributed. Divine service with sermon at 11 a. m. A service will be held at 4:30 p. m., instead of 7:30 p. m. to allow any who wish to attend the revival service to do so. Mrs. J. R. Dickson will be the soloist. Charles Quinney, Rector.

Presbyterian.
Corner East Alta and College streets. Rev. S. L. Grigby, pastor. Services tomorrow as follows: Bible school at 10 a. m.; preaching at 11 a. m. There will be no service at the church at the evening hour on account of the union meeting.

The sermon at the morning service will be delivered by Rev. E. J. Bulgin.

Christian Science.
Services are held at 11 a. m. Sunday school at 10 a. m. Subject of lesson sermon, "Mind." Reading room at the church open daily except on Sunday from 2 to 4 p. m. East Webb and Johnson streets.

FALSE "ADS" SCORED HARD.
Merchants' Association of New York Backs Legislation.
NEW YORK, Feb. 20.—The circulation through the mails of false or misleading advertisements is condemned in a report made by the committee on commercial law of the Merchants' Association, and the indorsement of two bills now before congress is noted in Greater New York, the bulletin of the association, which is just out.

The pending measures penalize the dissemination of false statements concerning quality, value, the present or former price, or the purpose or motive of sale of any securities, merchandise, or services, and the insertion of false and misleading advertisements in newspapers to be distributed through the mails.

STANFIELD LOCALS.
(Special Correspondence.)
STANFIELD, Feb. 21.—Ellsworth Benham of Portland, the cut-off right-of-way man, was here Wednesday.

Considerable street work is being done. Main street is being graded from Furnish avenue to Ball avenue, and Furnish avenue will be opened through to the depot.

The stork visited the home of Mr.

All's Well

so long as the appetite is keen, the digestion perfect, the liver and bowels active—but what a difference when these organs develop a "flag spell." To promote daily activity you should try

HOSTETTER'S Stomach Bitters



Mr. Howard Foster, With the Vin Moore Co., Alta Theater Week of Feb 22

George Washington

Born Feb. 22, 1732; Died Dec. 14, 1799

"First in war, first in peace and first in the hearts of his countrymen"

Tomorrow, February 22, 1914, the American people will observe the 182nd anniversary of the birth of our country's first citizen

We wish to announce

Our first showing of Pumps and Shoes for Spring.

All the latest last and heels in all leathers at popular prices

\$3.50, \$4.00, \$4.50, \$5.00

New Shoes Arriving Daily. See Window for Display.

The Alexander Dept. Store

Pendleton's Biggest and Best Dep't. Store

WE GIVE S. & H. GREEN STAMPS.

and Mrs. F. A. Baker Sunday and left a 9-pound boy.
Mrs. F. E. Cook of Pendleton, visited with Mrs. H. W. Hall the first of the week.
The Women's Study club met at the home of Mrs. G. L. Dunning Thursday afternoon, it being visitors' day. About 40 ladies were present. The topic for discussion was "The Advantage and Disadvantage of City and Country Life." Mrs. C. W. Conner and Mrs. W. A. Doak talked in favor of the city, while Mrs. J. F. Bagan and Mrs. G. L. Hurd were on the country side. Both sides handled their subject well and showed they had given it a great deal of thought. The judges were Miss Ida Bernhart, Mrs. Fred Heath and Mrs. Hills. Their decision was unanimous in favor of the country life.
R. L. Perry of Pendleton is looking after his business affairs here.
W. J. Furnish is in the city for a few days.
Mrs. F. O. Yates returned Friday from a month's stay in Portland. Mr. Yates went to Portland a week ago to accompany her home.
F. B. Stuart was called to Woodland, Washington on account of the serious illness of his mother.
Daniels Favors Marriage.
WASHINGTON, Feb. 21.—"Bachelors encumber the earth," remarked Secretary Daniels when he ordered Lieutenant Harrison E. Knauss detached from the presidential yacht Mayflower, so he could be married. The Mayflower is going to Mexican waters.
"I am in favor of matrimony for all naval officers," said the secretary, "and I shall do all in my power to help such a good cause along."
Aviator Renews Flight.
SAN DIEGO, Feb. 21.—Glenn Martin left Oceanside, 40 miles north, in his aeroplane today and resumed the flight to this city. He started from Los Angeles last week with two passengers but was forced by engine trouble to descend and make repairs.

I have three sworn enemies

the drunkard, the heavy drinker, and the man who craves rough, strong, high-proof whiskey.

Cyrus Noble—mild—pure

W. J. Van Schuyver & Co., General Agents
Portland, Oregon

For Sale! FOR CASH OR ON Installment Plan.

SIX ROOM MODERN House

ON CORNER LOT

Good Cellar and Wood House

INQUIRE **Dr. C. J. Whittaker**