

THE OBSERVER

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EDITOR AND OWNER.

Entered at the postoffice at La Grande, Oregon, as second class matter.

SUBSCRIPTION RATES.

Daily, single copy 5c
 Daily, per week 35c
 Daily, per month 65c

JUST ABOUT EATING.

Every now and then someone comes out with statements that upset all our most cherished ideas about diet. We have come to the conclusion, perhaps that to fletcherize is the thing. Or, we may have convinced ourselves after a course of reading that vegetarianism is the only system. Another so-called authority may have convinced us that we must say a long farewell to pies and cakes and sauerkraut and boiled dinners. Then, presto, comes another authority and informs us that all the other authorities are wrong.

Which leads us up to a rousing welcome to the views of Dr. Woods Hutchinson, whose name figures often in the magazines that like to tell us what and how and where and when to eat.

Dr. Hutchinson says the simple life so far as it pertains to what we eat, is a fallacy. He says late dinners do not put dark rings around your eyes or unattractive little mounds of flesh under your vest.

"Eat everything you like," says he, bless him. "As for myself, I like everything and eat everything. Meat is the main thing. We must have lots of meat. Vegetables and fruit are balancers, and of these balancers pie is the most soluble and readily burnible. It fits perfectly into the scheme of healthy eating."

But—
 "The only kind of pie that isn't good is the kind that mother used to make. Maybe you remember that soggy, substantial, undercrust that melted, and yet did not melt, in your mouth. It was a crust whose stickiness mother had absolutely water-proofed against the attacks of the digestive juices. But the modern pie, with its crisp, starchy crusts is entirely different."

Here is what Dr. Hutchinson considers a good day's eating for a man:
 Breakfast—Bacon and eggs or ham and eggs, or meat hash of some kind,

fruit and milk and sugar and cream. Some cereal might be put in the cream to give it a pleasant appearance. And tea or coffee.

Midday—A few oysters or fish with some cold meat or an omelet, a cheese preparation with bread, butter and potatoes, fruit and pie or cake.

Dinner—Soup as a preliminary. It smells pleasant and starts the appetite juices. Then some oysters, fish or other light substance as an introduction to the real meal—the roast beef, mutton, chicken, turkey or what not. Fruit vegetables and pies.

Then the doctor knocks another cherished idea. He says that the old idea of simple eating—that is, not eating too many different things at one sitting—is wrong. Eat as many different kinds of food as you can lay your hands on. And—

He says a lot of other things which we won't repeat for fear you, gentle reader, can't digest it all at one sitting.

COUNCIL WILL INVEST.

(Continued from Page 1)

voiced in the meantime that these warrants were held up for 19 days before being paid, and it was along that line of action that they were considered last night.

Councilman Campbell brought it about, and Councilman Fitzgerald promptly objected to paying Water Superintendent Hoyt and Policeman Walden any wages since the 16th of January. This was amended by Sargent so as to pay to the present date, the plan being for those desiring to do so, to enter a formal objection to these men holding office, thereby paying the way for refusing to pay wages to the mayor's appointees. The amendment carried on a tie vote which the mayor broke by voting with Jones, Campbell and Sargent to pay these two men up to date and the balance up to February first.

Men Discharged, Reappointed.
 This action led up to motions by Fitzgerald that the water superintendent's office be declared vacant. It passed. Councilman Davis chopped off Walden's political head in the same manner and immediately after he had been removed from the office of night policeman Mayor Hall appointed him special policeman, under charter powers. A ripple of applause went over the audience at the lightning reappointment. A few minutes later the mayor made a recess appointment for Hoyt with Halsten as a witness to the appointment. It follows that Fitzgerald, which he promised to do, will lead a fight against these two men being paid wages from today on. But those who opposed the wages of these men were doubly foiled as the men are now paid up to date instead of waiting un-

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Awaiting your inspection are the very newest approved Styles in Spring and Summer Suits from America's best garment makers.

SOCIETY BRAND SUITS

DESIGNED AND TAILORED ESPECIALLY FOR YOUNG MEN

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Variety is the keynote of this unusual showing of patterns for spring. Perfect fitting and absolutely fast colors.

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in shapes to fit every face and shades to suit every fancy. Come in and see them.

FEBRUARY WHITE SALE ALL THIS WEEK

THIS SALE EMBRACES ALL THE NEWEST SPRING EMBROIDERIES, WHITE WASH GOODS AND MUSLIN UNDERWEAR

SEE THE
 WINDOWS

WEST'S

THE QUALITY STORE.

SEE THE
 WINDOWS

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Time determines whether the policies under which a bank is operated are safe.

This bank has been in business twenty-six years.

It has grown steadily until it has become one of the strongest and most prosperous financial institutions in the West.

The soundness of its policies is attested by the long list of conservative business men who transact their business here; also by an earned surplus of \$130,000.00, the work of time and the result of conservative management.

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DESIGNATED DEPOSITORY OF UNITED STATES GOVERNMENT.
 UNITED STATES POSTAL SAVINGS DEPOSITORY.

ill late in March to get February moneys.

An application for appointment to the office of street superintendent from Roy S. Clapp was read and placed on file.

First official notice of the coming building activities on Elm and Adams by N. K. West, came last night when he made formal application for certain stair building privileges. The committee was empowered to finally act in the matter.

After Delinquent Interest.

Instructions to the recorder to collect delinquent interests in improvement projects amounting to a little over \$8,000 in all, were issued by the council on the recorder's request and there will be a big group of foreclosures for interest started immediately unless those delinquent pay the interest money.

M. B. Donohue, Jack Childs, W. N. Monroe and Bernard Logsdon were appointed to appraise the assets of the city and this will be filed as soon as completed.

WANTED TO BUY.

20 head of horses and mares weight 1100 to 1400 lbs. From 4 to 8 years old. Call St. Louis barn, Williamson Bros. 2-13-2tp

Advertisement for Proposals.

LA GRANDE, OREGON, February 12, 1913. Sealed proposals will be received at this building until 2 o'clock p. m., Thursday, February 20th, 1913, for furnishing fuel, lights, water, ice, miscellaneous supplies, washing towels, hauling ashes, and sprinkling streets for this building during the fiscal year ending June 30, 1913, or such portion of the year as may be deemed advisable. The right to reject any and all bids is reserved by the Treasury Department.

G. M. RICHEY,
 Custodian

WANTED—Elderly lady to keep house. Four in family. Reasonable wages. Address D, care Observer. 2-11-4tp

FOR SALE—Pure bred black Minorca and white Leghorn cockerels. Mrs. G. H. Chapman, phone 192. 2-8-1mo

LOST—Ladies' rhinestone back comb

Leave same at Geibel's store. 2-12-2

Try our one dollar box of fresh-cut cut flowers, our selection, delivered paid by parcel post, cash with order.

Carnation 50 and 75 cents roses \$1.00 to \$2.00 per dozen, violets 25 to 40 cents per bunch, sweet peas \$1.50 per 100. Other fresh cut-flowers and designs at Portland prices. Baker Floral & Seed Co., Baker, Oregon.

The Thu Sat

TOO LATE



Don't be "Too Late!" Have you seen your chickens moping, sneezing, coughing, eyes watering and heads swollen? Have you seen them fight for breath and die? That's ROUP. It's humane to relieve them. It's dollars saved to cure them.

CONKEY'S ROUP REMEDY
 50c and \$1 postpaid. Satisfaction guaranteed.

The Ground Hog Didn't SEE HIS SHADOW

So we are here with the Garden Seeds.—Full line just received. Our seeds are all fresh, clean stock and guaranteed true to name. Also

Our stock of poultry supplies is complete. Grit, Oyster Shell, Scratch Food, Chick Food, Oil meal, Protein, Alfalfa Meal, Beef Scrap.

Clark-Snook Produce Co
 Successors to Stanchfield Warehouse Co.
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ARCADE TONIGHT

HELEN GARDNER, IN CLEOPATRA

SIX FULL REELS

Change of Vaudeville

Admission, 25c