

ROYAL Baking Powder Saves Health and Saves Money and Makes Better Food

TRUTH TRIUMPHS.

La Grande Citizens Testify for the Public Benefit.

A truthful statement of a La Grande citizen, given in his own words, should convince the most skeptical about the merits of Doan's Kidney Pills. If you suffer from backache, nervousness, sleeplessness, urinary disorders or any form of kidney ills, use a tested kidney medicine.

A La Grande citizen tells of Doan's Kidney Pills.

Could you demand more convincing proof of merit?

E. L. Bussey, prop. cab service, 1521 Madison ave., La Grande, Ore., says: "I had attacks of kidney trouble

and they were always worse when I caught cold. I had dull pains in my back and my kidneys got badly out of order. About three years ago I began using Doan's Kidney Pills, and they helped me. I have since relied on them. Whenever my back has bothered me, it has taken Doan's Kidney Pills only a short time to fix me up all right. I never used a better kidney medicine."

Price 50c, at all dealers. Don't simply ask for a kidney remedy—get Doan's Kidney Pills—the same that Mr. Bussey had. Foster-Milburn Co., Props., Buffalo, N. Y.

Your job printing. Have it done at the Observer office.

Read the advertisements too.

PANAMA CANAL DESCRIBED

(Continued from Page 6)

the marvelous difference in mortality between the French and the American occupations of the isthmus.

During the French times Panama, Colon and the Canal Zone were good places to keep away from if one valued his health, but under the American methods of sanitation the isthmus has become as safe as many parts of the United States in this regard. However, there are many people who cannot stand the tropics at all, while others, apparently, are not affected by the change.

The Isthmian Canal Commission is well aware of the debilitating effect of the tropics on the white man, and grants all employees not accustomed to a tropical climate six weeks' vacation leave with pay each year, in order that they may go to a colder country and recuperate from the known or unknown ravages of the torrid sun.

White people, born in the States and other cool places, should not spend more than a year and a half in the tropics without taking a vacation and going to some colder climate, unless their place of residence is high enough above the sea to offset the change in latitude. Of course, there are a few exceptional persons who are not affected by the heat, but the higher the altitude the better for the white man.

In the northern part of Panama the land rises as high as thirteen thousand feet above sea level, and at from thirty-five hundred to ten thousand feet the climate is unequalled, while at the canal the highest location where there is a settlement, Culebra, is only about three hundred feet, which is not sufficiently high for a white person from the Temperate Zone to live and always keep healthy. Lower down it is worse.

It isn't best for a person from the north to stay too long in the tropics without a vacation, no matter how fine his health may be, as it is conceded by all medical authorities that the tropics ceaselessly work upon one's vitality; and should a person remain there for a number of years, with no bad health whatever, he might pass away quickly from some slight ailment which in a temperate zone would be harmless. The graveyards in the Torrid Zone are far too full of Americans and other whites who remained just a little long.

(To Be Continued.)

Poisoned Blood Quickly Cleansed

In Any Form of Blood Trouble the Cure is Rapid.



An astonishing record of serious blood poisoning is daily brought to our attention. And most of these startling calamities could be averted were the blood primed, toned and purified in advance by that wonderful remedy known everywhere as S. S. S. Few people realize how quickly the system becomes infected with the acids and ferments from undigested food, constipation and inactive kidneys. The symptoms are fever, thirst, excitability, dry skin followed by rash, and many indications wrongly diagnosed as ptomaine poisoning. This condition is almost universal in all climates and is quickly overcome by the action of S. S. S. The medicinal properties of S. S. S. are relatively just as essential to well balanced health as are the nutritive properties of the meats, grains, fats and sugars of our daily food. And if you will bear this fact in mind and get your blood under the dominating influence of S. S. S. you will not only drive out those impurities that cause rheumatism, Catarrh, Eczema, Pimples, Boils and the anemic blood, but you will feel anew the thrill of health that can come only from a purified blood stream. Do not accept anything else in place of S. S. S.; pay no attention to the "Just as Good" claims of those who would sacrifice your health to make an extra profit. S. S. S. contains no minerals, no crude drugs, nothing but the most beneficial botanical materials. So be sure and get S. S. S. and avoid disappointment. Get a bottle today and write for free advice to The Swift Specific Co., 222 Swift Bldg., Atlanta, Ga.

Your job printing. Have it done at the Observer office.

Read the advertisements too.

HYOMEI RELIEVES IN FIVE MINUTES

YOU BREATHE IT.

If your head is all stuffed up from a cold or catarrh, you suffer with dull headaches and seem lacking in vitality or are constantly sniffing and coughing, you need a remedy that will give the quickest, most effective and lasting relief possible—something that will go right to the spot, clear the head and throat and end your misery.

Surely use Hyomei—all druggists sell it. It is just such a remedy, and is entirely harmless and pleasant to use—you breathe it—no stomach dosing.

The antiseptic oils of Myomei mix with the air you breathe—its health-giving medication immediately reaches the sore and inflamed mucous membrane—you feel better in five minutes. It is practically impossible to use Hyomei and not only be relieved but permanently. Newlin Drug Co. will refund your money if you are not satisfied. Ask for the complete outfit—\$1.00 size.

FOR SALE—NEAR COVE.

On account of old age and poor health, I will sell my fine 200-acre farm, known as the Grande Ronde Orchard farm, either all together or part of it in tracts of 40 acres and up, as follows: One 40 north side, half of which is set to the Delicious variety of apples, three year old trees, the other half is in fine timothy and a few acres of plow land. This 40 for all cash down can go for \$115 per acre. One 40 facing on county road; nearly all in four year old commercial apples, some land ready for grain, and grain or garden or clover can go between trees; this 40 for \$125 per acre, \$3000 cash down; and one 40 also facing on county road, all in five year old commercial apples, and alfalfa, for \$125 per acre, half cash down; or the whole 200 acres for \$24000, \$10,000 down, balance terms at 7 percent interest. We might consider nicely improved residence property in La Grande or Portland, up to \$3000 or \$4000, if all the farm is taken together and \$10000 cash down, good terms on balance. This farm is all of deep, black, sub-irrigated loam soil, with no waste land on it and lays fine for plating into small tracts. There are fine springs, a flowing well, buildings, shade, a full bearing family orchard of apples, pears, peaches, plums, prunes, cherries, berries, etc. and all kinds of grain including corn, also tender vegetables such as beans, tomatoes, melons, celery, etc., has been raised in abundance there. Anyone wanting any of this land with the young orchards left on it had better not delay for they will nearly all be plowed out by March 1, and the land seeded to grain.

MATT W. MITCHELL, Mon.Wed.Fri. Cove, Oregon.

Call For Bids.

NOTICE IS HEREBY GIVEN, that the County Court of Union County, Oregon, will receive sealed bids for the furnishing of 175 cords of three foot nine inch cordwood, cut from green yellow pine or red fir trees, wood to be delivered and corded in the basement of the court house in the city of La Grande on or before October 1, 1914. All bids must be filed with the county clerk on or before 12 o'clock noon of Wednesday, the 4th day of March, 1914, and must be accompanied by a certified check of five per cent of the amount bid. The court reserves the right to reject any and all bids.

Dated at La Grande, Oregon, February 16th, 1914. ED. WRIGHT, Daily 2-17 2-28 County Clerk.

Recognized Advantages.

You will find that Chamberlain's Cough remedy has recognized advantages over most medicines in use for coughs and colds. It does not suppress a cough but loosens and relieves it. It aids expectoration and opens the secretions, which enables the system to throw off a cold. It counteracts any tendency of a cold to result in pneumonia. It contains no opium or other narcotic, and may be given a child as confidently as to an adult. For sale by all dealers.

An Electric Sign Is A BUSINESS GETTER

Don't - Buy - One Let us do the Spending

Call Us Up Eastern Ore. Light & Power Co.

Drink SAM-O Natural Mineral Water and You'll Know the Joy of Living

Complete Equipment for Resetting and Repairing Rubber Buggy Tires

LA GRANDE IRON WORKS D. FITZGERALD, Proprietor

Complete Machine Shops and Foundry

THE TELEPHONE

By furnishing quick service in communication multiplies a man's capacity and makes it possible for the business man to transact more business.

EVERY TELEPHONE A LONG DISTANCE STATION

HOME INDEPENDENT TELEPHONE SYSTEM

J. H. PEARE & SON Manufacturing Opticians and Jewelers Adams Avenue.



KRYPTOK LENSES K

We have the only lense surfacing machine between Portland and Boise and the only means of furnishing customers with any lens they require same day as left with us. We are the only firm in Eastern Oregon that can get you and furnish KRYPTOK LENSES same day. OUR OPTICAL DEPARTMENT IS IN CHARGE OF THE ONLY ATTENDANCE GRADUATE OPTIMETRIST IN UNION AND WALLOWA COUNTIES.

Don't trust your eyes to self-styled specialists without any reputation. When you can have the services of a firm of twenty-three years standing.

We guarantee all our work and will be here to make it good.

Optical Department in charge of Attendants Graduate of Northern Illinois College of Optometry.

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Over \$2000 in Equipment Expert Operator

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