

DONT COUGH YOURSELF INTO A SERIOUS CONDITION.

To neglect a cough or cold is always a hazardous act. A cold so often goes down on the lungs, and the cough that follows may easily be a symptom of bronchitis, pleurisy, or even pneumonia. Coughing frequently follows attacks of la grippe, and if severe and persistent, is a tax on the system that weakens the vital resistance. Foley's Honey and Tar compound is an effective medicine for coughs and colds, is a perfect demul-

cent that may be relied upon for quick relief. A man named A. R. Ellison, Taylor, Wis., writes: "I make a point of recommending Foley's Honey and Tar Compound to all those needing a certain and safe cure from coughs and colds." For sale at Hill's Drug Store.—Adv.

Best Treatment for Constipation.

"My daughter used Chamberlain's Tablets for constipation with good results and I can recommend them highly," writes Paul B. Babin, Brushly, La. For sale by all dealers.—Adv.

PROHIS NAME 42 DELEGATES

STATE CONVENTION TO BE HELD IN MAY.

County Convention Names Its Representatives from all Sections.

Union county Prohibitionists have named the delegates who are to go to the state convention of that party to be held in Portland early in May. The selections were made at a county convention held in this city at which Geo. L. Cleaver of Imbler was chairman and Mrs. Grace McAlister, of La Grande, the secretary. Much important business was transacted.

The following committee was named to nominate candidates for county officers: Thomas Morgan K. J. Martin, William Miller and Mrs. C. R. Thornton. The result of the nominations and elections was, the county being entitled to 42 delegates to attend the state convention in Portland May 5 and 6:

- Cove, Frank Williams, Lewis A. Sutherland, Union, K. J. Martin, John B. Weaver, Oscar Richens, L. L. McKennon, Hattie Clark, A. E. Eaton, Mrs. Purcell, Dora Hutchinson, North Powder, H. E. Hall, Summerville, Prof. Thompson, Mr. Brooks, Elgin, H. H. Weatherspoon, Hilgard, C. N. Lewis, Imbler, Mr. and Mrs. Geo. L. Cleaver, G. A. Fields, I. A. Bingaman, C. W. Cleaver, Alicel, B. F. Webb, J. A. Gaskill, Thomas Walsinger, Fruitdale, Lee Wright, Island City, Geo. Perry, La Grande, Dr. H. L. Underwood, William Miller, Mrs. Rogers, Grace McAlister, C. J. Black, Mr. Baker, H. C. Vinacke, E. W. Kammerer, W. C. Combs, R. A. West, Mrs. Thornton and C. E. Cummings.

WOMEN OF POLAND

More Ardent Than the Men In Their Love For Their Country.

TOIL AGES PEASANT GIRLS.

Hard and Rough Laboring Work Makes Them Appear Old and Haggard Before They Reach Thirty. Charms of the Women of the Upper Classes.

Woman occupies a position of unusual prominence in Poland. Some place her as superior to man in nearly every way. In the various conspiracies and in the revolutions against Russia Polish women have had an important part. Many have given up all their worldly goods in the cause of their country, while others have fought on the field of battle and lost their lives in the same cause. Still others have gone into exile without a murmur. They are capable of any sacrifice for patriotism, and they prove their sincerity by their actions. The women are still the most zealous patriots, and it is due to them more than to the other sex that patriotic feeling is still so intense. Thus writes Nevin O. Winter in his "Poland of Today and Yesterday."

The Polish women, he continues, have always been noted for their neatness and the perfect shape of their hands and feet. They take part in all the social affairs, and no festival is complete without their presence. They are extremely good linguists, and nearly all speak two or three languages. In Warsaw I met one young woman of nineteen or twenty summers, just out of school, who spoke Russian, German, French and English almost as fluently as her native Polish. This is not an uncommon accomplishment.

The women do not enjoy the social freedom of the American girls, as the chaperon is still a necessity to protect the good name of a girl. They are never left unprotected. Marriages are made in much the same manner as in France, and the contracting parties frequently know little about each other before they are joined for better or worse.

"The will of my honored parents has ever been a sacred law to me," says the Polish girl with resignation. When a messenger came with a proposal of marriage if a goose was served with dark gravy at dinner or a pumpkin was put in the carriage as he was leaving this meant that the offer was positively refused. "He was treated to a goose fricassee" was an expression frequently heard in the olden days.

The Polish women of the upper classes are undoubtedly charming and possessed of the graces of true womanliness. Perhaps it is the possession of

WATCH THIS SPACE

HENRY & CARR

Complete House Furnishers

CLEVER WITH HIS FISTS.

John Paul Jones in a Fight Was as Quick as Chain Lightning.

The exploits of John Paul Jones, the famous commodore, have for many years formed interesting reading for young and old students of history, and a volume issued by M. MacDermot Crawford, under the title "The Sailor Whom England Feared," adds much that is worthy of note. The hero of the book is thus described in its pages:

"Though of low stature and slender build, his neck, arms and shoulders were those of a heavy set man. His neck was out of proportion to the rest of him. The strength of his arms and shoulders could scarcely be believed, and he had equal use of both hands, even to writing with the left as well as the right hand.

"He was past master in the art of boxing, and though there were many hard nuts to crack in the various crews he commanded, no one ever doubted that the commodore was the best man aboard. To all this he added a quickness of motion that cannot be described except by saying that he was quicker than chain lightning. When roused he would strike more blows and do more damage in a second than any other man could do in a minute.

"Even when calm and unruffled his gait and all his bodily motions were exactly like those of the panther—noiseless, sleek and the perfection of grace, yet always giving one the idea that it would be well to keep out of reach of his paws and teeth."

Best Family Laxative.

Beware of constipation. Use Dr. King's New Life Pills and keep well. Mrs. Charles E. Smith, of West Franklin, Me., calls them "Our family laxative." Nothing better for adults or aged. Get them today, 25c. All druggists or by mail.—Adv.

For Sale—Near Cove.

The north 260 acres of our 420 acre hillside bunch grass pasture, and cherry land, no improvements, except fencing. Good springs, fine view of valley. The above 260 acres for \$2000 spot cash, and purchaser will have to put in division fence between the said 260 acres and the south 160, as the above price is below cost 25 years ago. MATT W. MITCHELL, Cove, Ore.

3-23-Mon.-Wed.-& Sat.

Notice of Final Account.

Notice is hereby given that Mary McCoy, Executrix of the Estate of James McCoy, deceased, has filed in the County Court of Union County, Oregon, her final account in the matter of said estate and the County Court

Melancholy. Melancholy may be defined as a state of mind in which a man is so out of touch with his environment that life has lost its sweetness.—Sir William Osler.

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has appointed Tuesday the 7th day of April, 1914, at the hour of ten o'clock a. m., at the Court House in La Grande, Union County, Oregon, as the time and place for hearing of objections to such final account and the settlement thereof.

Dated this 5th day of March, 1914. MARY McCOY, Executrix of the Estate of James McCoy, deceased. Daily Mar. 9-16-23-30 Apr 6.

To the Housewife.

Madam, if your husband is like most men he expects you to look after the health of yourself and children. Coughs and colds are the most common of the minor ailments and are most likely to lead to serious disease. A child is much more likely to contract diphtheria or scarlet fever when it has a cold. If you will inquire into the merits of the various remedies that are recommended for coughs and colds, you will find that Chamberlain's Cough Remedy stands high in the estimation of people who use it. It is prompt and effectual, pleasant and safe to take, which are qualities especially to be desired when a medicine is intended for children. For sale by all dealers.—Adv.

Swell Corns? Try Wonderful "GETS-IT"

Greatest Corn-Cure World Has Ever Known. "Gets" Corns Sure as Fate.

Thousands say "GETS-IT" is simply magic. If you've tried nearly everything under the sun to get rid of those corns, so much the better for "GETS-IT." Corn



freedom is yours at last, not next week or next month, but right now! "GETS-IT" goes after corns as a crow does corn. There are no more thick plasters, no more greasy salves that don't remove, no more files, razors and jabbers that make corns grow. Put a few drops of "GETS-IT" on and see every corn and callus shrivel and vanish. That's the new way, the painless, sure, safe, quick way. Only "GETS-IT" can do it. Apply it in 3 seconds. Every druggist in the land sells "GETS-IT." 25 cents a bottle, or sent direct by E. Lawrence & Co., Chicago. FOR SALE BY ALL DEALERS.

ARCADE

TODAY & TOMORROW

Famous Player Picture

Laura Sawyer

IN

The Daughter of the Hills

IN SIX PARTS

Vaudeville "The Famous Cavaret Singers"

Admission 10c.

Complete Equipment for Resetting and Repairing Rubber Buggy Tires

LA GRANDE IRON WORKS

D. FITZGERALD, Proprietor

Complete Machine Shops and Foundry

The Union Nurseries, Union, Ore.

Roses. Order your roses now for spring planting, strong two yr. old plants, will bloom profusely this summer. Hardy, hybrid, perpetual, hybrid tea, \$3.50 per doz. The wonderful new Climbing Mad Caroline Testout, Climbing F. K. Druski, Dorothy Perkins, pink, red and white. Crimson Rambler, Thousand Beauties. All on their own roots. Also a general line of Nursery Stock. Send for Price List.

J. B. WEAVER, Prop.

Specify - Electric - Lights

-For Your New Home-

If you are building this year specify electric lights. It is safe to say that 90 per cent of the houses built in La Grande this year will install them. No home is modern without them. They are as important as sanitary plumbing.

Good lights are equally important, however, if you happen to live in a rented house. Your landlord owes it to you, and you owe it to yourself to have nothing but the best light. Electric lights are easily installed and will prove a source of lasting satisfaction to you. Call or phone Main 34.

Eastern Ore. Light & Power Co.

"Always at Your Service"