

SHERRY THEATRE To-day

William Fox
Presents
THEDA BARA
In
"DESTRUCTION"

Coming Saturday Only—Charlie Chaplin In
"SHANGHAIED"



Family Dr. says:
**You Need a Tonic
every Spring.**

NEARLY EVERYBODY NEEDS A TONIC IN THE SPRING; BECAUSE DURING THE PREVIOUS WINTER THEY HAVE EATEN TOO MUCH AND CLOGGED THE LIVER AND KIDNEYS.

IT IS WISE JUST ON "GENERAL PRINCIPLES" TO TAKE A CLEANSING TONIC EVERY SPRING AND BRING BACK YOUR BUOYANCY AND INCREASE YOUR VITALITY.

WHEN YOUR FAMILY DOCTOR PRESCRIBES, BRING YOUR PRESCRIPTIONS TO US AND GET THEM FILLED SO THAT YOU CAN "RELY" ON THE MEDICINE YOU BUY.

Levy-Vogel Drug Co.
Prescription Specialists

CHILDREN STUDY CARE OF BABY

If Baby week has done nothing else, it has impressed upon the minds of many a little La Grande girl who may sometime become a mother herself, how to treat and care for babies. Several compositions read last Monday in Greenwood school during Brothers and Sisters' day, discloses more scientific knowledge of the care of babies than the average mother herself knew a few years ago—and the discussions came from children in the fifth grade. Here are some of them:

By VIOLET BYNG.
(Fifth Grade, Greenwood School).
Care of the Baby.

Babies should be dressed warmly and should have plenty of fresh air. Babies should be bathed every morning and warm dry clothing put on. After the baby has been fed, it should be put in its crib and put on the porch, but not where the wind can strike it. If the weather is chilly, but warm, place wool blankets over the baby, and a hot-water bottle at its feet. The baby should be out two or three hours each day.

The baby should not have too much sweet food. It should have pure milk, and the bottle should be washed in boiling water every time it is used. The baby, when small, should be fed every two or three hours. (When about six months old, it should be fed three times a day.)

The baby should not be handled too much. But him on the floor where he can move his legs. Do not have anything on the floor that he can put in his mouth.

The windows should be up so the fresh air can enter the room. The baby's clothing should be loose and comfortable. If the weather is too bad for the baby to be out, bundle him up well and put him in a room with the windows up. When the weather is warm, the child should be taken into the sunshine.

The baby should be put to bed early. Very young babies need at least 12 hours sleep. The baby should always sleep in a crib by himself. He should not be allowed to sleep with any one. Put the baby to bed with warm blankets over him, and put a hot water bottle at his feet. Leave the windows well up so the baby can breathe fresh air, and be warm at the same time.

By EDNA GRAHAM.
(Fifth Grade, Greenwood School).
Care of the Baby.

What is sweeter than a nice, clean, healthy baby. A baby should be kept warm and dry. The clothing should be loose and comfortable.

It is best to not begin to holding the baby all the time as the more you hold them the more they want you to. After the baby is old enough to sit up, don't keep it on the bed or in

the buggy all the time but put it on the floor, so it can begin to creep and learn to walk.

The child should have plenty of fresh air and when convenient it should be out doors in the buggy or on the ground. It doesn't make so much difference if it gets its clothes dirty but its body must be kept clean.

Give baby a bath every morning. Don't give them medicine as they should not need anything unless a little Castoria for colic.

When they begin to cut their teeth they are restless, feverish, and often refuse food. These symptoms disappear after the tooth is through the gum.

Nursing babies as a rule get their teeth before bottle-fed babies. Some babies cut their first teeth at five months and others at eight or nine months. If a child has no teeth when a year-old there must be something wrong with the diet.

The teeth should be cared for from the time the first one comes through the gum. They should be brushed night and morning with a soft brush, and later after each meal. It is a good thing to give a child a hard cracker, a dry piece of toast or crust to chew on. A child should be taught to chew this without moistening, so as to harden the teeth.

A healthy baby is never still during walking moments. Toys should be given, but only one at a time. Some one of the family should play with the baby.

At seven or eight months the baby can sit on the floor alone. He will try to creep and roll over. By ten or eleven months he can take a few steps. A child should never be forced to walk.

He can wear little gauze or cotton drawers and long stockings. The shoes should be comfortable. Slippers are not good, as they give no support to the ankles.

As soon as the child is able to walk he should be taken out of his buggy and allowed to walk.

In the second year a child does not sleep so much in the daytime. He should be in bed by six p. m., in a well ventilated room and should sleep until six a. m. The bed should be protected from the drafts, and the windows open top and bottom.

Give the baby a good healthy start and when it has grown it should make a good healthy man or woman.

By GRACE CHAPMAN.
(Fifth Grade, Greenwood School).
Story of a Baby.

Alice and I were going out walking. We were going to take our babies, Edna and Dorothy to the "Baby Show."

Alice thought her baby was the prettiest and I thought mine was.

At last the day of the "Baby Show" had come. Alice and I were there

when the doors opened. After the babies were weighed and examined my little sister was awarded the prize.

Alice cried and cried, for she said, "I think my baby is the prettiest baby I ever saw." Mother said: "They don't choose the prettiest baby but the strongest and healthiest baby."

Mother said, "Babies must sleep regularly. Until Dorothy was almost a year old she slept two-thirds of the time. Regularity in sleeping hours is as important as regularity in feeding."

She usually awoke in the morning at about six o'clock and then she was fed regularly during the daytime. When I awoke Dorothy at feeding time I was always careful to awake her very gently. A baby should be taught to lie on her side or stomach rather than her back; after she has slept for awhile on one side it rests her to be turned over on the other.

A baby's clothing should be simple as possible health and comfort being the first consideration. The chief articles needed are bands, diapers, undershirts, petticoats, dresses, stockings and night gowns.

Dorothy's were always kept very clean. Her room was small but very bright and sunny.

I asked my mother why Edna was so pale and she said: "I don't think Edna's mamma has seen that she has had enough fresh air—pure fresh air is of great importance to the good health of any child."

Edna always seemed to have a little cough and my mother thought it was because her bed was probably situated so that it was in a draft. She said, "After a child is taken up from its bed the windows should be opened and the mattress and room thoroughly aired, but a baby's mamma must be sure that the bedclothing is free from all dampness before the baby is put in it again."

Then I said to my mother, "Dorothy looked so much leaner than Edna." She said: "Edna's mamma doesn't bathe her every day, and Dorothy receives a bath at nine every morning. Her mouth is cleansed at least once a day with a soft, clean cloth. Her head is gently washed and dried at that time. I give her her bath and is brushed with a fine, soft, hair brush."

My mother said, "You must never tell Alice why her baby hasn't grown to be as strong as Dorothy."

I won't but if she has any more little brothers and sisters I am going to tell her how to care for them.

"TIZ"—A JOY TO SORE, TIRED FEET

Use "Tiz" for aching, burning, puffed-up feet and corns or callouses.

Good-bye, sore feet, burning feet, swollen feet, tender feet, tired feet.

Good-bye, corns, callouses, bunions and raw spots. No more shoe tightness, no more limping with pain or drawing up your face in agony. "Tiz" is magical, acts right off. "Tiz" draws out all the poisonous exudations which puff up the feet. Use "Tiz" and wear smaller shoes.

Use "Tiz" and forget your foot misery. Ah! how comfortable your feet feel. Get a 25-cent box of "Tiz" now at any druggist or department store. Don't suffer. Have good feet, glad feet, feet that never swell, never hurt, never get tired. A year's foot comfort guaranteed or money refunded.

Use our Want Ad column.

SWAMP ROOT STOPS SERIOUS BACKACHE

When your back aches, and your bladder and kidneys seem to be disordered, remember it is needless to suffer—go to your nearest drug store and get a bottle of Dr. Kälmer's Swamp-Root. It is a physician's prescription for diseases of the kidneys and bladder.

It has stood the test of years and has a reputation for quickly and effectively giving results in thousands of cases.

This prescription was used by Dr. Kälmer in his private practice and was so very effective that it has been placed on sale everywhere. Get a bottle, 50c, and \$1.00, at your nearest druggist.

However, if you wish first to test this great preparation send ten cents to Dr. Kälmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention the La Grande "Daily Observer."

Oh! I know the troubles you are having with your "disc" style cream separator. Do you want to rid yourself of those troubles? Then Read!!

Did you ever put your separator together and forget the rubber ring, or find you had in a leaky ring? What happened? Milk all over the separator and on the floor. No such trouble with my separator.

Do you like to sop up with a rag the oil and milk that collect on the "bib" (shell) of your separator? The separator I am selling needs no "bib" for it never spills oil or milk on itself.

Do you realize what a nuisance it is to empty the bowl every time you use the separator? You surely would, had you ever experienced the wonderful convenience of my self-emptying bowl.

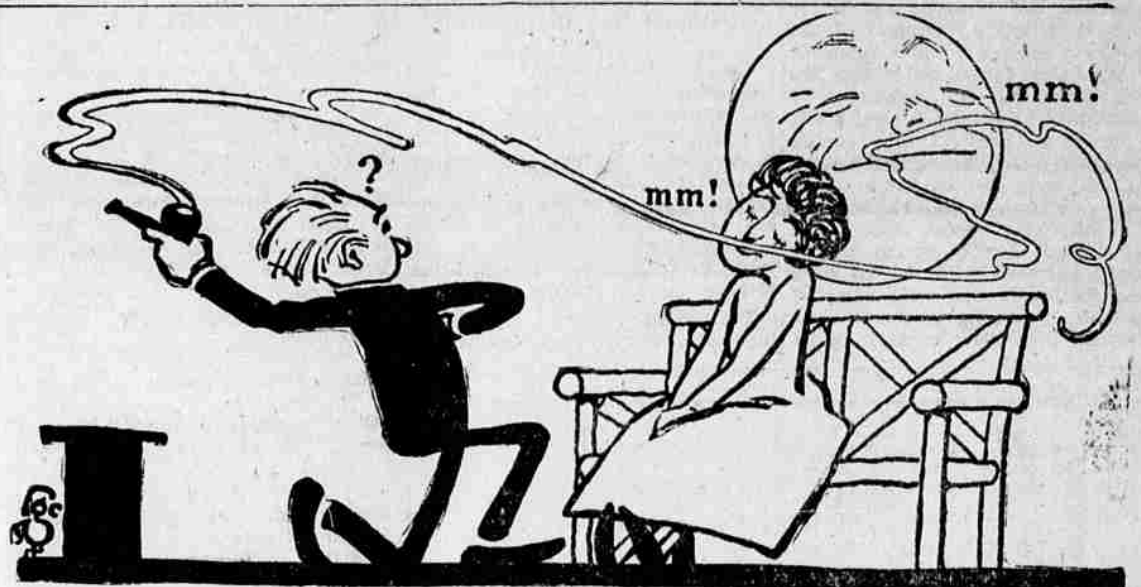
Have you noticed how the dirt sticks around the spacing clips and rusty spots on your discs? The separator I advise has no spacing clips or crevices, and cannot have rusty spots, because made of nickel silver.

I have described to you my Cream Separator and the name of it is the

UNITED STATES CREAM SEPARATOR

This wonderful Cream Separator has a score more advantages than I have yet told you, and back of it is not only my personal guarantee to you, but the maker's guarantee to both of us. I want to prove to you these advantages, and a good many others.

C. S. NORRIS, President
Oregon Co-Operative Ass'n. La Grande



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A man,
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PROF. WILLIS L. MOORE

Ex-Chief of the United States Weather Bureau

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Will Moore

Tuxedo

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