

THE OBSERVER

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HOW CURES COME ABOUT UNDER MENTAL TREATMENT.

By Dr. R. R. Daniels. The more we know about things that are mysterious the more simple they become. The more we know of mental treatment of all forms, the more simple it becomes. Every cure that takes place under mental treatment can be explained on a scientific basis. In the first place, all disorders are accompanied by both mental and physical symptoms. The man with appendicitis says he has a pain in his side, that he is nauseated, that he had a chill and now has a headache, and feels hot. The doctor finds the man's abdomen over the appendix is rigid, that he has fever and a rapid pulse. The first symptoms mentioned are the mental symptoms, and it is these symptoms and these alone, that are affected by mental treatment; in short the man under this form of treatment is taught to disregard the mental symptoms of his disease. In the meantime the physical symptoms either persist or get well, as we shall show later, by natural means. Investigators of disease hold that eighty per cent, of all diseases are self-limited; that in four-fifths of all our illnesses the forces of the body unaided are sufficient to eliminate the disease and to bring about the cure. Of course, proper treatment to these cases will cut short the course of the disease, and avoid complications, nevertheless, if a doctor or healer does nothing whatever toward assisting the body in eliminating disease, he will still have eighty per cent of cures to his credit. In this way alone the mental healer will cure four out of five of those who come to him. At times disease is improperly treated, treated so badly that the natural forces of the body cannot eliminate the disorder. In such instances, mental treatment by eliminating the unsuitable treatment, will bring about the cure. There are purely mental or imaginary diseases, although when persons so afflicted are examined carefully, often it is found that the mental condition depends upon some physical derangement of the body. Nevertheless, there are many instances of purely imaginary diseases and this is the legitimate field for mental treatment; through suggestion and other mental means the sufferer should be led away from his morbid imaginings.

Diabetes is only a fatigue of the starch-consuming organs; it occurs among those who for years have eaten starches in excess. Every year drugs play a less important part in the treatment of dis-

ease, and good care and nursing a more important part.

Edison tells us that the most important of all of his discoveries is that people eat too much and sleep too much.

Eggs are usually eaten too frequently. When eaten every day they often cause what is commonly known as biliousness.

Buttermilk is a valuable food as well as a disinfectant of the digestive tube. The best buttermilk is made by beating up with an egg-beater, the clabber milk and cream, and adding a little salt.

Get out of your winter underwear as early as possible and give your skin a chance to breathe. Spring colds are caused more frequently by overheating the skin than by getting chilled.

12 Ways To Make A Million

New York, May 19.—Do you want to make a million dollars and live in affluence all your life? There are twelve good ways just waiting for you and they are not secret. W. R. Hitchkin, a director of the Cheltenham Advertising Agency, gave them out last night at the final dinner of the year of the Sphinx Club, an organization of advertising men at the Waldorf-Astoria. He mentioned them in his speech, "The sales possibilities of the unknown want." Here they are:

- 1. Invent a new automobile fuel cheaper than gasoline and as good, or a carburetor that will convert kerosene or some other inexpensive fuel into thoroughly efficient power.
2. Invent a tire that is absolutely puncture-proof and as anti-skid as a chain.
3. A non-leakable fountain pen easily fillable with and inkwell that cannot be upset and that works automatically for filling the pen.
4. A shoe that fastens with a couple of snaps instead of laces or buttons.
5. A quick-fitting corset that clips tight to the figure without lacing.
6. A moth-proof wardrobe for summer homes, with an attachment to remove the smell of camphor or tar from the clothing.
7. An automatic rug-beater that can be set up in the yard and that will vibrate by electricity and hammer out the dust.
8. A window screen that rolls up like a window shade, easily detachable.
9. A sure, easy way to remove window shade bracket that will not damage the window casing.
10. A man's collar that won't choke him while being worn and can be attached without buttons that rub the neck and have an affinity for the dark spot under the chignonier.
11. A twin bottle containing iodine, the best antiseptic known, with means to apply it neatly, and a quick remover of stains.
12. A method of supplying the market with means of using carrot flakes, the beauty food of nature—latter even than wheat or corn—and as yet undeveloped.

Mr. Hitchkin, not satisfied with giving out a round dozen of suggestions, threw in two more for good measure—for engineers, an elevator for department stores not as slow and tedious as those in use today; and for chemists, a way to eliminate mosquitoes and to relieve the torment of their stings.

Reiniscit

"There is a real idea back of everything he writes."
"Yes, all the way from one to two thousand years back."—Life.

When Beethoven Played.

In that moment I could have sworn the pianist became a little black man with a lion's head and eyes that burned. The brow was ponderous with brooding, and the lips were straight with suffering. The ill fitting coat was cut as once long ago coats were cut with a high collar—bumpy about the shoulders; trousers too ample. Then I saw again the wild, tossed hair, the gloomy brows and eyes that burned beneath with strange fires, and as he played the white keys faded and the great black sweep of the concert grand and the huge headed man stood quite alone, shaken by blasts of music that were hot as passion, bitter as salt tears, penetrating as the infinite stars. "Heaven's," said some one at my elbow, "that is Beethoven!" Then the music stopped. I tell you it was still as morning, and a little, swarthy man grinned and bowed without a hand to clap him for his ten deep breaths, and when it came, the harsh, long rush of clapping hands, it seemed that great golden things were being smashed and let fall jarring to the earth. Exchange.

Spiraeas Awaken Early.

Just as if it had an alarm clock to awaken it, the spiraea opens its eyes in the morning before its companions are stirring. It's one of the earliest risers among the flowers, and you'll find it often before the moon flower and other night bloomers have gone to bed. It grows in the rich soil of wet valleys, often from three to ten feet high, where it is called goat's beard. Its tiny, creamy flowers are born in gorgeous plumes. Its leaves are strongly veined and grow luxuriantly. Its seeds are very small and shining. The plant bears its plumes of flowers proudly, and well it may, for it is a near relative of the aristocratic rose. But it is through its early rising habits that we know it best. Long before sunrise, between the hours of 3 and 5 o'clock in the morning, it opens its petals. Naturally it gets sleepy before the other flowers, which has given the goat's beard the other common name of "go to bed at noon."—Philadelphia North American.

Insect Travelers.

Ship cargoes are often responsible for the introduction of quite new species of insects in different lands.

Banana bunches often hide poisonous reptiles and insects which travel long distances, only to bite or sting the hand of some receiver of fruit. Often they escape alive and breed their kind. Many venomous snakes have thus been introduced into lands where none existed before.

Strange creatures have been imported on the blooms of orchids, and West Indian insects have traveled in Easter lily blossoms. Destructive moths migrate in fruit ships.

Flying insects often follow ships. One curious case was that of a vessel from the tropics followed by a swarm of butterflies. Out of sight of the shore, they hid in the cabins and holds, emerging forty days later when the ship reached England. Thus originated quite a new species of butterfly in the British isles.

Where Leap Year Is Legal.

In Scotland the leap year privilege for women appears to have a legal foundation, for many years ago the following law was passed: "It is statut and ordainit that during the rein of his maist blissit Meiceste, for ilk yeare knave as lepe yeare, ilk mayden ladye of bothe higlie and lowe estait shall hae liberte to bespeke ye man she likes; albet he refuses to take her to be his lawful wife, he shall be mulcted in ye sum ane pundis or less, as his estait may be; except and awis gif he can make it appear that he is betrothit anither woman he then shall be free."—London Express.

Told Him How.

A minister who lives in a small town is noted for his sententiousness both in and out of the pulpit. As he was coming down the street one day a man accosted him with, "Sir, can you tell me how to find a sheriff's office?" "Yes, sir," was the ministerial reply. "Every time you earn \$5 spend \$10." And he walked on, leaving the astonished man gazing after him.—Harper's Magazine.

Empty Assurance.

"Biggins is always willing to apologize when you show him he's in the wrong."
"Yes, but he invariably apologizes in such a way as to open up the possibility of further controversy."—Washington Star.

Book Learning.

"Do you think we have too much book learning?"
"There isn't any other kind. As soon as a man finds out anything worth knowing he proceeds immediately to write a book about it."—Washington Star.

Good Memory.

"Has your wife a good memory?"
"Splendid. We've been married twenty years and she's still reminding me of all the promises I made when we were courting."—Detroit Free Press.

A Sign.

"Do you think that Biggins has any sense of humor?"
"Why not? He told me yesterday that he enjoyed being alone with himself."—Judge.

Old Dutch Custom.

In many Dutch villages and towns the chief door of a house is never opened except on the occasion of a funeral or of a marriage.

"One Can Hardly Think of Silks Without Thinking of West's" Said a Customer...

Who had come all the way from a near-by valley town to purchase silk for a dress. This store's silk fame is Eastern Oregon-wide.

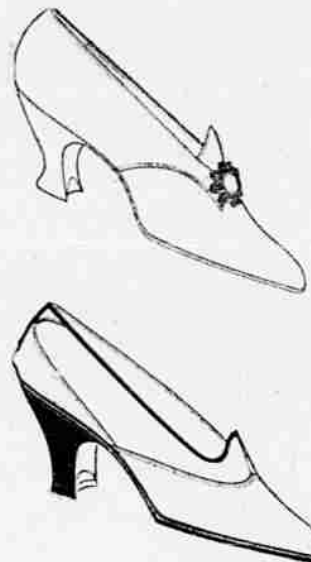
BLACK TAFFETA SILKS are here in a big assortment including the Famous "Money Back" and "Chamois fine kid finish" brands—All 36 inches wide and all extra special values considering the scarcity of good silks. Yard \$1.25, \$1.40, \$1.50, \$1.75, \$2.00

FANCY TAFFETAS in newest plaids and stripes at, yard \$1.00, \$1.25, \$1.50, \$1.75, \$2.00

STRIPED WASH SILKS pretty for waists, dresses and men's shirts, priced at, yard 50c

Other striped wash silks at \$1.15; \$1.25 and \$1.75

IMPORTED PONGEE SILK of an excellent quality of an extra good weight, suitable for dresses, suits, coats, waists and children's wear. Fine natural lustre finish—32 to 34 inches wide—Bought last fall, hence the extra low price of 50c yd.



The Choice of Fashionable Women are the Pretty New Summer Pumps at West's

They are fresh from the style designers of "Utz and Dunn" "Pingree" and "Dodge" Footwear Manufacturers; each pump is correct in what Dame Fashion calls "Style".

They are pleasing to look at and equally pleasing in their faultless fitting qualities and economical wear. Priced at, pair \$2.25 to \$4.50

N. M. West & Co. THE QUALITY STORE

FIX HIS NAME AND FACE.

Recipe of a Politician For Remembering His Acquaintances.

In the American Magazine a writer says:

"My acquaintance was large, and I was not only embarrassed, but annoyed and hurt, by my failure to remember much more prominent men.

"One day in a hotel lobby a member of congress from my state, who had been in congress for ten years, spoke to me heartily, and as I shook hands with him I committed the unpardonable error of asking him who he was. He happened to be a man of good sound common sense, as well as a good politician, and here is what he said to me, after he led me away to a secluded corner:

"Remembering new acquaintances is a habit quite easily formed. There are 14,000 voters in my district, and I can speak to four-fifths of them by their first names. Ordinarily, when you are introduced to a man or when you see him at a distance, you hear his name, but your mind is on something else. When his name is pronounced to me I have firm grip on his hand and am looking at the color of his eyes with my whole power of mind focused on that one combination of name and face. If the thing is done faithfully there is not one chance in a hundred that anything can blot out the memory in ten years."

GILDED LIMES.

A Feature of Native Festivals and Feasts in South India.

Instead of exchanging cards the well to do natives of southern India show their esteem on New Year's day by presenting to their friends limes covered with brass leaf, or in some cases with gold leaf. As the natives have several New Year's days of their own in addition to the special ones of the English, the Mohammedans and the Tamil and Telugu branches of the Hindus, the gilded limes are passed around rather frequently. The custom is a purely local one, and it had its origin so far back that no one remembers when or why it was started. In addition to the New Year's festivals gilded limes are sometimes presented to the host at the ordinary "tamash" or social gathering. If a native is too poor to afford gilded limes, not to mention gold covered ones, he gives plain, undecorated ones. It is said that a great quantity of brass leaf is used for decorating limes for these special occasions, and the bazaar trade in this kind of gift is very large throughout the southern part of India. Brass leaf is sold also for the decoration of gilded caps, or "topi," worn by the Mohammedans in that part of India, as well as for ornamenting the dress of the Mohammedan women.—New York Herald.

Prominent Attorney Here.

I. H. Vanwinkle, assistant attorney general, is before Judge Knowles this afternoon arguing on a demurrer in a case in which the state is interested. Mr. Vanwinkle goes from here to Baker to appear in behalf of the state in Judge Anderson's court.

TACOMA FIRE COSTLY

Pattern Plant of Big Iron Works Destroyed By Morning Fire

Tacoma, May 25.—Fire this morning destroyed the Pattern plant of the Puget Sound Iron & Steel Works. The damage was \$100,000. The cause is unknown.

TEACHERS LEAVING.

(Continued From Page One)

Miss Adler will probably remain here. Miss Fannie Schlapp has already gone to Columbia where she will study art during the Summer and returns here to resume supervision of the art department next fall. Miss Bloom will go to Union. Miss Hindman will likely be in Kansas City during the Summer. Rae V. Morrison will probably go to Crystal Falls, Mich., for the Summer. Mrs. Lucile Switzer Dixon will sever her connections with teaching, but expects to sojourn at the beach for a time—if it ever comes Summer.

A La Grande Lady Surprised, Benumbed and Shocked--

When she got her peepers on the Mammoth Grocery she made the remark that she was looking for a common store and surprised to find a big, well-filled stock like this.

I want to say to my friends, there's nothing too good for you or me.

The buyer in this big institution don't do much else, and if you are mail-order people give my pencil a chance to work. Watch our soap window, then drop in. Advice is free here.

We hopped onto a lot more spuds today. Apples still rolling in, and our Snow White flour is the talk of La Grande and vicinity.

Our store reaches from one end to the other—filled solid, and if you wish to see a big, clean, up-to-date grocery give us a visit. Doors open from 7 a. m. to 6 p. m., except Sundays.

We have a carpeted office, equipped with rockers, telephones, toilets—a real place for the ladies to rest while here.

In the market for eggs, spuds, cord wood. Come to me for a market and if its not here there isn't any.

Truly yours,

The Big Mammoth Grocery

MIDDLE BLOCK, CENTER STORE EASY TO FIND

The careful man doesn't forget to take a life preserver with him on life's voyage. Storms of adversity may come. A Bank Account makes you feel safe.



IF YOU HAVE NEVER BEEN IN OUR BANK, COME IN AND LET US SHOW YOU OUR INSTITUTION. WE ARE PROUD OF IT.

YOU DON'T KNOW HOW EASY IT IS TO START A BANK ACCOUNT WITH US UNTIL YOU HAVE TRIED. WE WILL GLADLY ADVISE YOU ABOUT YOUR MONEY MATTERS FREE OF CHARGE. THAT IS OUR BUSINESS.

BANK WITH US.

La Grande National Bank

LA GRANDE, OREGON

Capital \$200,000.00, Surplus \$50,000.00, Resources \$1,000,000.00. Fred J. Holmes, President; C. C. Penington, Vice President; F. L. Meyers, Cashier; E. Zundel and H. E. Coolidge, Assistant Cashiers.

DIRECTORS

Fred J. Holmes, J. G. Snodgrass, J. F. Conley, C. C. Penington, H. S. Brownton, F. L. Meyers, A. Blokland, A. T. Hill, H. E. Coolidge.