

# All Women Will be Interested in Our Big June SACRIFICE SALE

## Entire Stock of Tailored-- Suits and Coats

### Beginning Wednesday Morning May 31st

An unusual opportunity to choose a High-Grade Suit or Coat and pay much less than the regular price.

Every Garment new this season—Distinctive exclusive, Best Man Tailored Styles—only one of a kind.

Suits of Serges, Poplins, Taffetas, Gabardines, Checks, etc.—All lined with the best silk linings.

Coats of Serges, Silks, Wool Poplins, Fancy Mixtures, Plaids, Checks, Stripes, Plain Shades, and all White.

### None Reserved, All of Our Fine Regular Stock, Every Garment at Big Reductions.



Reg. \$10.00 Values at	\$7.50
Reg. \$12.50 Values at	\$9.40
Reg. \$15.00 Values at	\$11.25
Reg. \$17.50 Values at	\$13.15
Reg. \$20.00 Values at	\$15.00

# N. K. West & Co.

THE QUALITY STORE

Reg. \$22.50 Values at	\$16.90
Reg. \$25.00 Values at	\$18.75
Reg. \$27.50 Values at	\$20.65
Reg. \$32.50 Values at	\$24.40
Reg. \$35.00 Values at	\$26.25

## THE OBSERVER

BRUCE DENNIS, Editor and Owner

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

### SUBSCRIPTION RATES.

Daily, single copy	5c
Daily, per week	15c
Daily, per month	65c
Daily, per six months in advance	\$3.50
Daily, per year in advance	\$7.00
Daily, by mail per year, in advance	\$4.60
Weekly Observer-Star, per year in advance	\$1.50

Advertising rates on application. All copy for display advertising must reach the office the day before the ad appears.

Address all communications to THE OBSERVER, 1710 Sixth Street.

### MEMORIAL DAY.

Today we lived again the pages of history; we saw in mind's eye the battles of the Civil War, and the battles of the Spanish American War. Today we decorated the graves of the old boys in blue and the younger generation who fell in the Philippines.

And as we did so we thought of the saving grace of a Kind Providence that has kept us from entering the present world war. We thought how our boys are safe in the arms of Uncle Sam thus far; how our nation goes on and on without conflict, and we wondered if a Higher Power than man

has not been shaping the destinies of the United States and caring for the nation that first held up to the world the true principles of liberty, honesty and equality.

### A BUILDER HAS GONE.

When the death of James J. Hill was announced in yesterday's Observer this country lost one of its greatest men. Politically he was not prominent, religiously he was little known, but from a constructive standpoint he has no equal in the United States. Blessed with a good constitution he was permitted to live an active life for 78 years, during which time he lived in the railroad world, building new lines and extending old ones into new country and reclaiming lands that had not been productive.

His death, while expected at such a ripe age, is nevertheless a keen blow to the transportation industry of the nation.

"It's just a little overhead expense," said a man accustomed to mishaps a few days ago when the Elgin passenger train was held up for two hours behind a Palmer log train. The cause of the delay was a derailed truck under a load of logs. There was apparently nothing to do but unload the logs, and that was done. Pine, birch logs—about 8,000 feet of lumber in them—went floating down the Grande Ronde river toward Lewiston, a complete loss to the lumber company and a complete loss to the railroad. The

bill of expense on that mishap was around one hundred dollars. But it is an overhead expense that cannot be contemplated, that even the government tax collectors do not figure on, yet it has to be met by some one. We do not know whether Palmers took the loss or the railroad company took it, but some one had to take up the slack in that report from the logging camp and the report of the logs landed in the log pond. It's just a little overhead expense. All business has these expenses in one form or another, yet how few times are they ever contemplated?

Following out the lines of efficiency which have heretofore been mentioned in the Observer the Stockmen's Association which met in Baker some time ago has issued a pamphlet containing all proceedings of the meeting, and across the face of their envelope they have had printed "Next Year's Meeting will be Held in La Grande." The Stockmen never do things by halves and they never leave anything undone, which accounts for their effective organization and the respect it holds in the minds of all the people of Eastern Oregon.

La Grande does not care for the prominence she has been receiving over a kidnapping case, wherein a slip of a young girl is the central figure and two experienced professional people are connected with the tragedy. It is the wish and intent of the Observer and many citizens to save the girl's name as much as is possible for she is young and will live to regret her foolish step. As for the older people connected with the case they can thank their lucky stars that there is a tender girl with a formerly good reputation to shield them, for they need the limit in publicity.

The Union Stock Show has issued its Eighth Annual Classification List giving the premiums in the different classes and also the rules governing all contests. The dates for this year's show are June 14, 15, 16 and everyone should keep the calendar clear for this occasion which is one of the meritorious events of the northwest.

The Knights of Pythias lodge is outdoing all former records in securing new members and the class that will be taken through at the district meeting in a few days will sparkle both in quantity and quality.

The carnival company lost its auto through fire, and that was no make-believe fire for a moving picture effect, either.

Welcome, Mr. King of the Y. M. C. A. La Grande bids you an earnest welcome.

Those coffee cranes installed at Riverside Park will lift some very big loads of care during Chautauqua.

### ARE WE IN DANGER OF EATING TOO LITTLE?

BY DR. R. R. DANIELS.  
There is no question but that as a nation we overeat. It is not putting it too strongly to say that nine out of ten persons eat more food than they can use up. What about the other extreme, are there any considerable number of persons who undereat? In our efforts to avoid an excess of food are we in danger of eating too

little? Is undereating as harmful as overeating? Overeating constitutes not only our greatest economic waste, but it is one of the commonest causes of disease. On the other hand it is just as harmful to eat too little; if the body does not get sufficient nourishment not only will the muscular strength and energy be diminished, but the disease-resisting powers of the body will be decidedly lessened.

### Instinct for Food.

It requires but little study of human instinct to convince the most skeptical that there is little danger of undereating. The strongest instinct possessed by all animals is that for food. In the human animal we see it in the infant as it regularly fills its stomach often to the degree that some of the food must be ejected before digestion can proceed. In the adult this instinct to eat is just as pronounced; the average well-to-do person eats all his stomach will hold,

while the poor man usually eats all he can buy. There is no question but what undereating is the rarest of dietetic errors; almost everyone eats a sufficient amount of food. It is true that many persons habitually overeat on one or two foods and thus possibly undereat on other foods, but taking into consideration the entire dietary, it is rare for anyone to undereat.

### One Way to Undereat.

The most usual way by which the body is undernourished is by eating foods that are difficult or impossible of digestion. In this way the body is deprived of its nutrition just as certainly as though too little food is taken. Fried foods, pastries, soggy breads, hot cakes and many other foods that enter into the dietary of the average person are so difficult to digest that the body often fails to receive a sufficient amount of nourishment from what may seem to be a large amount of food.

### Savoy Hotel Guests (Monday)

W. E. McCoy, Caldwell, Ida.; W. Beach, City; C. D. Aedworth, W. R. Doak, Joseph; F. R. Omsbough, Newport, Wn.; U. W. Brown, Pocatello; Amy Chambers, Ella Chambers, A. H. Lalanel, Enterprise; W. M. Nevins, Plainfield, N. J.; Mrs. Edwards, M. C. Gordon, City; Roy Brandon, Allice; H. Nelson, Enterprise; J. Crum, Elgin; M. Carroll, City; J. Bekkers, Elgin; F. Ryan, H. C. Collier, C. Gezel, W. E. Bond, R. Barrett, Neva Clark, H. Muriel, Portland; W. D. Tatro, Baker; J. Oliver and wife, Vincent; Miss G. Cheney, S. Garrett, Boise; M. Doran and wife, San Francisco; J. G. Miller, Joseph; Hazel Ford, L. Adams, Elgin; J. Haden, Walla Walla; G. W. Gamon, Seattle; W. Craig, Mrs. J. B. Seimwell, O. R. Beecher, Enterprise; G. Levens, Baker; A. A. Gust; A. Sinclair; G. Leachworth; Ed. O. Heath, Portland.

# SHERRY'S THEATRE

## To-day Matinee and Night Last Time



# War! War! War!

Your Children, Your Children's Children

and

Your Children's Great Grand Children Will Read It In History

BUT

You Can See It Now

IN ACTION

As It Really Is Taking Place

IN

The Grand Review of

# "THE WAR IN EUROPE"

Presented by The Williams Feature Film Company.