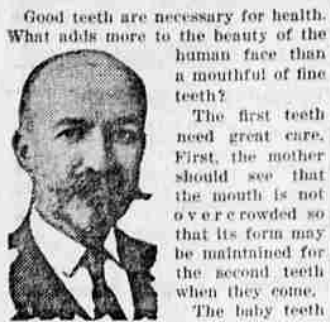


Teeth Factor in General Health



By DR. SAMUEL G. DIXON
Commissioner of Health of Pennsylvania



Good teeth are necessary for health. What adds more to the beauty of the human face than a mouthful of fine teeth?

The first teeth need great care. First, the mother should see that the mouth is not overcrowded so that its form may be maintained for the second teeth when they come.

The baby teeth are softer than those that come after and therefore acids must be scrupulously avoided, particularly in mouth washes, as they will destroy these important teeth which should be kept in the mouth as long as they are in good condition.

Your doctor or druggist should be able to tell you about the acidity of the tooth preparations that are on the market.

It is always a pleasure to learn how to do things for one's self; it makes you self-reliant and at the same time stimulates you to seek further knowledge.

If you suspect your tooth preparation of being acid you can buy a few cents worth of litmus paper from your druggist, and by dipping a very small piece of this into your mixture a red-dish tinge will appear on the paper if there is any acid present. If acid, forbid the use of the preparation. If a tooth powder is used it should be well shaken up with water before making the acid test.

Plain chalk with a soft brush or rag will do very well to cleanse the teeth of children both night and morning. The mouth should be well rinsed with water after each meal, and just before retiring it is well for both adult and child to rinse the mouth with a strong solution of baking soda. This destroys the acidity that might have been generated in the mouth from foodstuffs.

The teeth and gums should not be abused. Sound and healthy gums are necessary to maintain the health of the teeth.

All Mothers Must Make Sacrifices—Philosophy of One of Right Spirit

Mothers are mothers all the world over; but I think some of our mothers of men in the big draft have shown as fine a spirit as the best, writes Margaret Prescott Montague in the Atlantic. I happened to drop in at the log cabin of one of these mothers just as a rickety old automobile lurched down the rough road and left an official summons for one of the sons who had volunteered. The mother's face was lean and brown, with magnificent black eyes, high cheekbones, a fierce, clean-cut chin and not an extra pound of flesh anywhere upon her. Two of her sons have volunteered. She has five boys; three are of the fighting age, and the other two will soon be if the war keeps on. I offered some uncertain murmurs of sympathy, but was met by the proud retort, "Mothers have got to make sacrifices. I figure it out that's the way it's always been, an' so it'll always have to be, an' if you hold yer sons back, yer don't git nowhere."

Viewing her words in retrospect, it seems to me now that she was really talking more to herself than to me, arguing it out passionately, seeking earnestly the right road to travel. And I think in a sense she had come to her journey's end, and had found what she was seeking, when she added: "There's a plenty lays right down an' carries on an' thinks they can't stand it, but"—and here her face set itself in a high determination—"you kin do you will!"

Told in Figures.

Madrid, Spain, has 615,075 people.
Madrid has 67 miles of street railway.
Russia last year mined 48,222,000 tons of coal.
Kansas has a salt deposit 900 feet in thickness.
Spain has one telephone for each 371 persons.
United States in 1916 produced 47,000 tons of chronite.
Salamanca province, Spain, contains 22,065 horses and 139,384 mules.
New England fisheries in July landed 16,577,063 pounds of fish.

High-Speed Machines.

The airplane is now easily the speediest means of locomotion. Machines capable of 150 miles per hour in still air are now in use on the battle front. In making a steep dive some of the machines have attained the enormous speed of 250 per hour. The speed record before the advent of the airplane was held by an electric train which, at tests held near Berlin in 1903, recorded a speed of over 130 miles per hour.—Milestones.

MARKET NEWS

Sugar—Cane or Fruit, \$8.95.

Fruit.

Bananas—35c-40c per dozen.
Grapes—15c lb. 2 lbs. for 25c.
Apples—Per lb 4c
Lemons—45c per doz.
Oranges—25c-60c per dozen.
Peaches—10c lb. 3 for 25c, 85c to \$1.15 box.

Pears—5c
Ground cherries, 20c lb.

Vegetables.

Beans—Colored 17 1-2c
White beans—22 1-2c
Dry Onions—4c and 5c.
Celery (California)—15c 2 for 25c.
Cabbage—4c lb.
Cauliflower—15c, 20c and 30c.
Cucumbers—5c, 3 for 10c.
Egg Plant—15c pound.
Fresh Tomatoes—10c lb., per box 75c and \$1.00.
Parsnips, 4c lb.
Green Onions—5c; 3 for 10c.
Lettuces—10c.
Potatoes—\$1.75 and 2c lb.
Turnips—3c lb.
Beets and carrots—4c lb.
Sweet Potatoes—4 lbs. for 25c.
Green Peppers—15c lb.
Squash—3@2 1-2c per lb.
Pumpkins—3@2 1-2c per lb.
Green Tomatoes, 3c lb.
Rutabeggar—4c lb.

Butter, Eggs and Honey.

Butter—Fancy creamery, 60c; \$1.20.
Ranch butter—55c; \$1.05 & \$1.10.
Eggs—55c-60c per doz.
Honey—20c.
Storage eggs—50c.

Flour and Feed.

Bluestem Flour—\$2.85.
Royal Patent—\$2.80.
Jersey Cream—\$2.80.
Best of the Best (patent)—\$2.80.
Invincible—\$2.90.
Snowdrift—\$3.15.
Upper Crust—\$3.00.
None-to-Equal—\$2.85.
Sea Foam—\$2.75.
Best of the Best (straight grade)—\$2.75.

Flour in 10-lb. Sacks.

Graham, Gems, Whole Wheat and Royal Patent—75c.
Yellow Corn Meal—85c.
Rye—80c.
10lb Oats—75c

Chickens and Fowls

Spring Chicken—18c lb.
Ducks—Live, 10c and 12c.
Turkeys—Live, 18c and 20c.
Geese—Live, 10c and 12c.
Best heavy beef cattle 6.00@7.00.
Hens—Live, 14c.

Cattle

Ordinary to good cows—4.00@6.00.
Bull—4.00@5.00.
Best light beef steers—6.00@7.00.
Best beef cows—5.00@6.00.
Stocker feeder steers—5.00@5.50.
Calves—5.00@6.00.
Beef heifers—5.00@6.00.
Stocker feeder cows—4.00@5.00.

Hogs

Heavy and choice packing—\$16.80.
Belt light—\$14.30.
Rough heavy—\$13.30.
Stokers—\$15.50.

Sheep

Best lambs—\$9.00 and \$10.00.
Wethers—7.00@7.50.
Ewes—\$3.00 and \$6.00.
Goats—\$3.25 and \$3.50.
Spring lambs—\$11.00.

Rye planting is urged by the O. W. R. & N. Co., who will furnish seed to farmers. Eastern Oregon land is said to be admirably adapted for raising this crop.

Mrs. Smith Recommends Chamberlain's Tablets.

"I have had more or less stomach trouble for eight or ten years," writes Mrs. G. H. Smith, Brewerton, N. Y. "When suffering from attacks of indigestion and heaviness after eating, one or two of Chamberlain's Tablets have always relieved me. I have also found them a pleasant laxative." These tablets tone up the stomach and enable it to perform its functions naturally. If you are troubled with indigestion give them a trial, get well and stay well.—Adv.

BETTER THAN CALOMEL

Thousands Have Discovered Dr. Edwards' Olive Tablets are a Harmless Substitute.

Dr. Edwards' Olive Tablets—the substitute for calomel—are a mild but sure laxative, and their effect on the liver is almost instantaneous. They are the result of Dr. Edwards' determination not to treat liver and bowel complaints with calomel. His efforts to banish it brought out these little olive-colored tablets. These pleasant little tablets do the good that calomel does, but have no bad after effects. They don't injure the teeth like strong liquids or calomel. They take hold of the trouble and quickly correct it. Why cure the liver at the expense of the teeth? Calomel sometimes plays havoc with the gums. So do strong liquids. It is best not to take calomel, but to let Dr. Edwards' Olive Tablets take its place. Most headaches, "dullness" and that lazy feeling come from constipation and a disordered liver. Take Dr. Edwards' Olive Tablets when you feel "lousy" and "heavy." Note how they "clear" clouded brain and how they "perk up" the spirits. 10c and 25c a box. All druggists.

Coming Events

Nov. 5.—Vice-President Marshall visits La Grande.
November 9.—World's championship wrestling match O'Neill vs. Santol.
November 12.—Woodmen of World membership campaign ends.
Dec. 25.—Christmas.
Jan. 5.—Third officers' training camps open at various cantonments.

AMUSEMENTS.

Arcade Theatre—Motion pictures.
Star Theatre—Motion Pictures and Vaudeville.

LOCALS

And Advertising in Brief

RATES

Per line, first insertion 10c
Per line, additional insertion 5c
Per line, per month \$1.00
No locals taken for less than 25c
Count 6 ordinary words to line.

Souvenir Halloween dance at Rex Hall, Tuesday, Oct. 30. Don't miss this big event. See and hear the jazz music. 10-26-3t.

Mavis face powder is as dainty as it is possible for a face powder to be. Levy-Vogel Drug Co.

Ask for Cream of Almonds, Vivaudous (Paris). It will make the skin smooth, soft and white, preserve it from the action of drying winds, sunshine and cold. Levy-Vogel Drug Co. 10-12-tf.

J. L. Marx, real estate and rent agent buys and moves house. Prices talk.—Adv. 6-7-tf.

Write a letter to the boys at the Cantonment on a nice new stationery. Everything in the line of writing materials, Tinted Papers, prices from 25c to \$1.00 per box. Fine linen tablets and envelopes to match. At Silverthorn's Family Drug Store. 10-22-tf.

Money to Loan—On easy monthly installments on improved city property. J. R. OLIVER. 10-20-1mo.

5 1-2 Per Cent Money.
\$30,000 for long term at 6 1-4 per cent interest for mans on Grande Ronde Valley farms. See W. B. Sergeant at La Grande Investment Company at once. 2-2-4

For a light lunch—Hot Tamales and Chili—Good eats and drinks at Silverthorn's Fountain. 10-24-tf.

New Fall Models in the Barclay Custom Made Corsets now on hand. Mrs. C. H. Scranton, 1703 2nd Street. Phone Black 481. 10-16-12t.

Mavis (perfume). Mavis has been called the "Harmony of Flowers." It is delightful. Displayed at Levy-Vogel Drug Co. 10-12-tf.

Call up the FIXIT SHOP and have us put up your stove. Phone Black 1971. 10-19-tf.

We carry a full and complete line of the Mavis preparations. All of which appeal to those who appreciate exceptional perfumery, toilet water, face powder and talcum. For sale and displayed at Levy-Vogel Drug Co. 10-12-tf.

Are you planning a Halloween Party? If so let us help you with the decorations. Special party invitations made to suit the occasion, all designs. New designs in Halloween Napkins, Decorated Crepe, Silhouettes, and everything needed to make your party a grand success. Silverthorn's Family Drug Store. 10-22-tf.

Mavis talcum is soft and refreshing and breathes the fragrance of crushed flowers. Levy-Vogel Drug Co. 10-12-tf.

Money to Loan.
On improved real property in Union county, no delays, current rates. La Grande Investment Co.—Adv.

Cream of Almonds (Vivaudous), a delicate emollient for dainty use, promoting a smooth white skin. Levy Vogel Drug Co. 10-12-tf.

Dr. H. L. Underwood desires to announce that hereafter his practice is to be limited exclusively to diseases of the Eye, Ear, Nose and Throat. 9-29-tf.

MARINES WILL GET "GOOD CHEER" BAGS.

(United Press.)
WASHINGTON, D. C., Oct. 29.—"Good cheer" bags are to be supplied all the United States Marines serving abroad. Mrs. George Barnett, wife of the Major-General Commandant of the Marine Corps, has started a fund to supply the sea soldiers with the comforts needed overseas.

An organization called "The Marine Corps Knitting League," with headquarters at Merion, Pa., has already supplied the Marines with extra woolen garments. Friends of the sea soldiers are doing their bit by helping to make both movements a success.

FORTUNE IN COPPER AND LEAD UNDER N. Y. STREETS

(United Press.)
NEW YORK, Oct. 28.—Experts estimate the copper wires and lead protected cables used in transmitting electrical current under the streets of New York City at thirty million pounds of copper worth approximately seven million five hundred thousand dollars and four million pounds of lead worth about four million eight hundred thousand dollars.

BRITISH WORKING CLASSES DISLIKE PAPER MONEY

LONDON, Oct. 2.—(By Mail).—According to Sir T. Elliott of the Mint, the working classes dislike paper money. "Their hands are unaccustomed to handling paper," he said. "Their pockets are not like our pockets and the consequence is that directly they get notes, so I am informed, they make a small purchase presenting a pound or ten-shilling note to be changed."

"MUSTARD GAS" LATEST GERMAN INVENTION

LONDON, Oct. 3.—(By Mail).—In their latest assaults upon the western front the Germans are using a new and more terrible asphyxiating gas nicknamed "mustard gas" which attacks the lungs, eyes and mucous membranes with deadly effect.

EX-SULTAN'S PURCHASES PROVED EMBARRASSING

LONDON, Oct. 5.—(By Mail).—Some amusing incidents in the exile of the ex-Sultan of Morocco were related by a man who accompanied the ingenious potentate to Vichy.

One morning while taking a stroll the Sultan bought a mongrel puppy that an itinerant dog-seller was leading at the end of a string. The antics of the puppy delighted him so much that he called his troop of slaves and ordered them to buy him more dogs. Unable to speak anything but Arabic, the slaves rounded up every dog they could find, bring with them the owners.

As Vichy is a fashionable resort, their round-up included many society ladies, some of them badly frightened. One of the Sultan's interpreters explained the situation and released the ladies.

Another of the Sultan's purchases proved embarrassing. While at an out-

Fraternal Directory

A. F. & A. M.—La Grande Lodge No. 41, A. F. & A. M. holds regular meetings first and third Saturday at 7:30 p. m. Cordial welcome to all Masons.
LOCKE B. MOE, W. M.
A. C. WILLIAMS, Sec.

B. P. O. E. ELKS, La Grande Lodge No. 433. Lodge meets each Thursday evening at eight o'clock. Home and club privileges cheerfully extended to all Brother Elks.
NORMAN DESILET, Exalted Ruler.
ADNA B. ROGERS, Secretary.

KNIGHTS OF PYTHIAS—Red Cross Lodge No. 27 meet every Monday night in Castle Hall (K. of P. Hall). A Pythian welcome to all visiting Knights.
W. D. MCARTHY, C. C.
DELILE GREEN, K. of R. & S.

MODERN WOODMEN OF AMERICA—La Grande Camp No. 7708 meets on the first and third Thursday evenings of each month in the K. of P. Hall. Visiting neighbors welcome.
H. E. DIXON, V. C.
W. F. ASHMAN, Clerk. (Y. M. C. A.)

WOODMEN OF THE WORLD—La Grande Camp No. 169 meets every first and third Monday at Eagles' Hall. All visiting neighbors welcome.
ROBERT McLANE, C. C.
JOHN A. READ, Clerk.

L. O. O. M.—La Grande Lodge No. 850. Loyal Order Of Moose holds regular meeting every Wednesday.

ERS. As Vichy is a fashionable resort, their round-up included many society ladies, some of them badly frightened. One of the Sultan's interpreters explained the situation and released the ladies.

Another of the Sultan's purchases proved embarrassing. While at an out-

night at 8 p. m. in Eagle hall next to Elks' Bldg. on Washington Ave. Visitors always welcome. Dues payable at Young's Sweets.
GEO. YOUNG, Dir.
HARRY SWART, Sec.

O. E. S.—Hope Chapter No. 13, O. E. S. holds stated communications the second and fourth Wednesday of each month. Visiting members cordially welcomed.
MYRTLE A. BROUGHTON, W. M.
MARY A. WARNICK, Sec.

ROYAL NEIGHBORS—Iris Camp meets every second Friday afternoon and every fourth Friday evening, every month in K. of P. Hall. All visiting members cordially welcomed.
MINNIE BUNTING, Oracle.
NELLIE V. VINACKEE, Recorder.

K. & L. OF SECURITY—Mt. Emily Council No. 2646. Meets second and fourth Thursday evening at 7 o'clock at Eagle Hall. Visiting member are welcome.
C. E. STITT, Pres.
C. W. COOK, Fin. Sec.
DORSEY BEAUMONT, Sec.

KHALED TEMPLE NO. 170—Masonic Order Knights of Khorassan. Instituted Feb. 20, 1914. Meets the third Friday of each month at K. P. hall. All visiting votaries welcome.
H. C. REES, Secretary.

REBEKAHS—Crystal Lodge No. 50. Meets every Tuesday evening in the I. O. O. F. Hall. All visiting members are invited to attend.
STELLA WEBB, N. G.
ROSA GLASS, Sec.

Send A Tobacco Kit to Some Boy Over In France



"Many times during the Civil war when we had finished a meal consisting mainly of a sip of weak coffee, men who smoked took their pipes and puffed away as though they were as contented and happy as at home," said a Civil war veteran this morning in discussing tobacco for soldiers. "Lack of food and insufficient clothing didn't affect them nearly as much as it did the few of us who did not smoke, and we often envied them their ability to forget their troubles in tobacco."

Because the soldiers desire tobacco, The Observer has arranged to send tobacco to men in the service. Anyone may contribute to this tobacco fund by sending a quarter to The Observer.

The kit contains a tin of pipe tobacco, two packages of twenty cigarettes, three sacks of "the makings" seven books of papers, and there is a stamped postal card enclosed on which the recipient may write a few words of thanks back to the contributor.

Send in your quarter now and join the list of contributors. You won't miss the quarter and how happy it will make some boy "somewhere in France."

The Observer's Tobacco Fund