

Heat Headaches

—There are various kinds of headaches, but the most prevalent at this season is the kind caused by heat. If not treated promptly such a headache may become serious.

INSTANT HEADACHE REMEDY

contains no harmful drugs and is therefore safe for anybody to use. Price 25 cents.

SNAPP'S LA GRANDE PHARMACY

ALVIN SNAPP, Proprietor.
Quick Delivery :: :: Phone Main 40
"YOUR CREDIT IS GOOD."

DID NOT WORK IN OVER A YEAR

Munson Gains Eighteen Pounds Taking Tanlac—Is Well and Strong Again.

"I have gained eighteen pounds since I commenced taking Tanlac, and never felt better in my life than I do now," said Alvin Munson, who, before his health failed, was a valued employe of the Foundation Ship Building Company, and lives at 1134 Michigan Avenue, Portland, Oregon, the other day.

"When I began taking Tanlac," he continued, "I hadn't been able to hit a lick of work for over a year, and I had been suffering terribly from stomach trouble for about four years. It seemed to me that I had made every possible effort to overcome this trouble, but my condition gradually grew worse, and about a year ago I reached the point where I had to give up my work altogether. Everything I ate disagreed with me, and for two

or three hours after meals I would be all bloated up with gas, and would have the worst cramping pains in the pit of my stomach a man ever had. Then, this gas would often get up into my chest and make my heart palpitate something awful, and it would be almost impossible for me to get a good breath. I also suffered from constipation and often had splitting headaches. I was very nervous all the time, and never got a good night's sleep. These troubles just continued to pull me down until I got so weak and run down that when I went to walk my legs would give right down under me.

"The money I had spent for medicines and treatments might just as well have been thrown in the Columbia River so far as the good I got from it, but I thought I would keep on trying, and that is why I gave Tanlac a trial when it came along. Well, sir, before I had finished my first bottle of Tanlac, I could see that I had struck it right at last, and I was right, too, for Tanlac certainly did just what they said it would do, and I am now a well, strong man again. My stomach troubles have all disappeared, and I am never bothered with gas forming, and I don't have those awful cramping spells any more. I have such a fine appetite that I can hardly get enough to eat, and everything I eat agrees with me

SHERRY'S

TOMORROW and WEDNESDAY

Bert Lytell

"The Lion's Den"

AND A COMEDY.

Last showing today of—
MADGE KENNEDY in "A PERFECT LADY"
AND SMILING BILL PARSONS.

Newlin Book and Stationery Co.
La Grande, Oregon

Books and Magazines, Suitable Reading for Summer Vacation.

Sanitary Drinking Cups, Paper Plates, Paper Napkins, Paper Towels, Etc.

WE HAVE ALL SIZES LA GRANDE PENNANTS.

all right. I have regained all my lost weight and strength, and am now getting ready to go back to work. Now, that is what Tanlac has done for me, and I think that is saying a whole lot for this wonderful medicine."

Tanlac is sold in La Grande by Silvertorn and Richardson Drug Store; in Union by L. A. Wright; in North Powder by L. A. Russell; and in Elgin by Scott's Grocery and in Telocast by Telocast Grocery Co.—Adv.

NEWSPAPER MEN WILL COME WEST

National Editorial Association Members Will Visit Northwest Coming Month.

SEATTLE, July 25.—(Correspondent of the Associated Press)—American editors and publishers, members of the National Editorial Association, are coming to the Pacific Northwest next month for their 1919 convention. The newspaper men will not hold all their meetings in one city but will journey from Portland to Tacoma and Seattle and across the Canadian line to Vancouver and Victoria, stopping at each point.

Seattle has completed plans for the entertainment of the visitors. They will arrive here Thursday, August 14, and remain four days. Tacoma is working with Seattle in arranging a program. According to reports, Portland has set aside \$10,000 to spend on the entertainment. The British Columbia cities of Vancouver and Victoria have also appropriated funds for their share of the program.

A special train, to be known as the Victory Special, will carry the editors from city to city. Eastern and middle western delegates will journey west from Winnipeg, Canada, on a special train of the Canadian Pacific Railway.

A trip to Mount Rainier will be one of the features of the entertainment planned by Seattle and Tacoma. A banquet is to be given by the Seattle newspapers and a tour of the Puget Sound and Lake Washington has been arranged. Governor Louis F. Hart and Mayor Ole Hanson will speak at one of the business sessions of the convention. While in Victoria the convention will hold a business session in the Parliament building. Sir Charles Hibbert Tupper is to preside.

A WHISPER VS. A YELL

Arthur Brisbane was recently addressing a Chicago body of business men on the subject of advertising. He wanted to bring out the point that advertising should be of commanding size to attract profitable attention, and said, "Suppose a man comes into this room and wants to reach all of you as I am doing. He goes to the man at the door and says, 'How much will you charge me to whisper?' The man says 'I will charge you two dollars to whisper.' 'How much will you charge me to yell?' 'I will charge you ten dollars to yell.' This man buys five whispers and nobody knows he is here and he thinks he is advertising. If he had bought one good yell you would have said 'that is an awful bunker, but at least he is on earth.'—Building Trade With Farmers.

Officers' Hat Corals

Hat corals of general officers are gold; of all other officers, gold and black; of men in infantry, light blue; of men in cavalry, yellow; of men in artillery, scarlet; in quartermaster corps, buff; medical department, maroon; corps of engineers, scarlet and white; ordnance department, black and scarlet; signal corps, orange and white.

Warsaw

Warsaw is a very beautiful and imposing city as viewed from the castle at Praga across the Vistula and contains a number of magnificent palaces, among which an ancient Saxon stronghold is the most notable. There also is the cathedral of St. John the Divine, a splendid example of gothic architecture, which dates from 1250.

Yellowstone Wonders Discredited

The first recorded visit to what is now Yellowstone park was made in 1810 by John Colter, a trapper, who took refuge there from hostile Indians. His tale of its wonders were absolutely discredited.

Optimistic Thought

Sunbeams of hope will drive away the mists of suspense.

NEW TODAY

FOR SALE—One five ton wagon with platform and timbers in good and correct condition, \$75. J. L. Mars at Coffey. 7-28-19.

WANTED—Waitress at home restaurant. 7-27-19.

FOR SALE—Hampshire boar, four teen months old Earl Zandel. \$25.00.

FOR SALE—One 3 1/2 ton wagon, with boy harness, set of tool chairs, two rocking chairs, bed springs and rock stove. 192 First and A. 7-28-19.

WANTED—To rent good ranch, hay or grain preferred. J. O. French, Elgin, Ore.

State News

For the first time in 21 years the Blue Buck and Chinook salmon are running in the streams of Wallawa county. Residents of the county are pleased and greatly excited over the return of the fish to a once popular running place.

Colonel John L. May of Portland, Lieutenant Paul B. Wallace of Salem and Captain Ben S. Fisher of Marshfield, will constitute the personnel of a newly created Armory board to have charge, under the auspices of the National armories in the state, according to an announcement made by Governor Olcott today.

Probably the first scenic boulevard of the air will take its place among the noted "highways" of the world, when the Aero Aircraft corporation, recently established in Portland, erects the Columbia river highway of the clouds with a group of late model army airplanes it has purchased for commercial use in Oregon.

Duncan Douglas, son of W. E. Douglas, an attorney of Marshfield, has been named United States commissioner for the Coos Bay territory, succeeding A. K. Peck, who quit to represent squatters on Coos Bay wagon road grant lands.

A large run of haddies has started in the Umpqua and Siskiyou rivers and Coos bay, but no effort is being made to use the fish commercially.

Harvesting in Linn county has started and about 30 machines will soon be at work threshing the grain, which is estimated to be worth approximately \$2,000,000.

"Joy walking" on Astoria's business streets has been made a misdemeanor, and yellow lines have been painted to make pedestrians observe the law, which provides a fine of \$1 to \$10 for violation.

Job printing, The Observer, main 37.

THE REASON WHY.

Nine-tenths of the La Grande people who patronize local ice cream parlors in the afternoons and evenings of these hot and sultry days can tell you the reason why they always go for their refreshments to Cain & Carther's Palace Confectionery. We can tell you, too, because they have told us. It is because they are able to get now, for the first time in La Grande, really good ice cream and sherbet that is made "at home" in the shop that sells them. If you are one of the "one-tenth" class, you will tell us so, also, after you have paid a visit to our refreshment parlor.

We also want to tell you about the high quality line of home made candies we are carrying. Our candies are made by Mr. Marvin Channer, who has a reputation as one of the best candy-makers in the whole country. He has been with us but a short time, but we are noticing already a most pleasing increase in the volume of our candy business.

Come in any afternoon or evening and enjoy yourself with us for awhile. You will be pleased with our services, and you will want to come again.

We can give you almost anything the hot and thirsty one desires these days.

The Palace Confectionery, Cain and Carther, Proprietors, Adams Avenue, La Grande, Oregon.

The Observer furnishes and prints Better Wrappers.

Shoes for the Whole Family



Most everyone has heard that shoes are advancing in price, and we have every reason to believe that is true; but nevertheless, right in the face of that fact, our Eastern buyers contracted, and today we own shoes far below the market price—and this saving we are glad to be able to give to our patrons. We invite you to our store to see for yourself the SAVING WE OFFER YOU.

Harvest Dresses and Aprons



We have a nice, heavy stock of Gingham Dresses and Aprons, just what so many call for these hot days. They are shown in several different styles; the prices you will note, will please everyone, 98c \$1.25, \$1.49, \$1.69, \$1.98, \$2.25, \$2.49, \$2.98, \$3.98, \$4.98.

Men's Bib Overalls

"PAY DAY" BRAND—NONE BETTER, Priced \$1.69

Join the Crowd.

J. C. Penney Co. Incorporated
197 BUSY STORES

There Is a Reason

To Polish Shoes.

The Englishman's shoes, or "boots," are the best looking seen on the feet of any race. The reason for this is that the Englishman puts trees in his shoes, which are polished with the softest polish, if applied while the shoe is on the foot, as is usual in America, causes the leather into the shape of the foot and the shoe loses its smooth feet. Trees, which add to the long life of shoes, are inexpensive and should be put in the shoes every night. You polish your own shoes, try polishing them when on shoes. You will be pleased with the result.

Occular Feeling.

Celia had been ill for many weeks. One day when she was stronger and had been put in a chair, she slipped down to the floor and stood for a moment on her feet. "Oh," she said, in a much surprised voice, "I feel heavy to myself."

A Russell Story.

A story that the late G. W. H. Russell told with gusto was of a mayor in a north of England town. His workshop presented some seats for the front, and had this inscribed on them: "Presented to the Borough by the Mayor, Ald. Boggins. The sea is his and he made it."—London Chronicle.

Loss of Appetite

As a general rule there is nothing serious about a loss of appetite, and if you skip a meal or only eat two meals a day for a few days you will soon have a relish for your meals when meal time comes. Bear in mind that at least five hours should always elapse between meals so as to give the food ample time to digest and the stomach a period of rest before a second meal is taken. Then if you eat no more than you crave and take a reasonable amount

of exercise every day you will not need to worry about your appetite. When the loss of appetite is caused by constipation as is often the case, that should be corrected at once. A dose of Chamberlain's Tablets will do it.—Adv.

Sour stomach, clogged up bowels, pimples, blackheads, foul breath are evils of constipation. Hot days and nights upset the stomach, you become constipated, peevish, cross. Don't suffer, Hollister's Rocky Mountain Tea will purify your stomach, clean your bowels and restore your appetite.—Adv.

When you think of elegant preparations for the handkerchief, or toilet preparations, we believe you will first think of Silverthorn's as the store that always has in stock a larger and select line of such goods at ways at your disposal. Dly 7-28-19

Silverthorn's FAMILY DRUG STORE LA GRANDE, OREGON.

SAVE MONEY

SAVE

SUGAR, Pure Cane	\$10.15
5 Lbs. Can Hill's Coffee	\$2.50
5 Lbs. Royal Club Coffee	\$2.50
5 Lbs. M. J. B. Coffee	\$2.50
Hooverized Special Coffee	38c lb.
Crisco, small	42c can
Crisco, 1 1/2s	62c can
Crisco, 3s	\$1.22 can
Crisco, 6s	\$2.42 can
Crisco, 9s	\$3.63 can
Tree Tea	47c lb.
Shredded Wheat	14c pkg.
Puffed Rice	14c pkg.
Puffed Wheat	14c pkg.

Patronize the Store that is Fighting the High Cost of Living—FOLLOW THE CROWDS to the Big, Busy, Double, Daylight Store.

The Greater Hooverized Grocery

THE BRIGHTEST SPOT IN LA GRANDE.

SAM HARRIS, Prop.

The Store Where the Thrifty Throng A Union Store

TWO MAIN LINE PHONES :: :: 69 :: :: MAIN 32

The Store Where the Thrifty Throng A Union Store