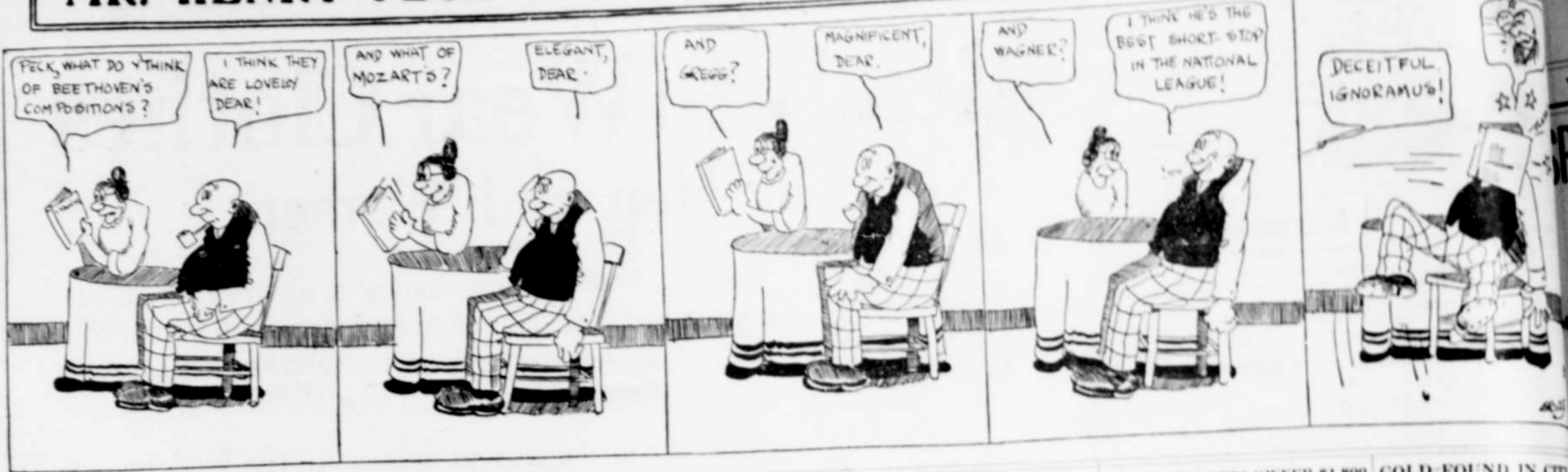


# MR. HENRY PECK AND HIS FAMILY AFFAIRS By Gross



## Send For the Folks

While the Fares Are Low  
September 25th to October 10th  
Low Westbound Colonist Fares Will Be in Effect Via



PREPAID	ORDERS
From Principal Cities in the East to Portland, Tacoma, Seattle and Northwest Pacific Coast Points.	
Boston .....	\$55.15
Buffalo .....	47.50
Chicago .....	38.00
Cincinnati .....	42.85
Detroit .....	43.50
Louisville .....	42.85
Memphis .....	42.50
New York .....	55.00
New Orleans .....	46.55
Oklahoma .....	35.25
Philadelphia .....	54.75
Pittsburg .....	47.00
St. Louis .....	37.00
Washington .....	54.75

\$30.00 From Denver, Colorado Springs, Omaha, Kansas City, St. Joseph, St. Paul.  
Equally low fares from many other eastern points.  
Upon deposit of amount of ticket with any agent of the O.W. R. & N. ticket will be furnished at any address in the East. For full particulars call on or write H. Baukol, Agent O.W. R. & N.

## HERE IS A MAN WHO IS A REAL PROHIBITIONIST

ADVOCATES ABOLISHMENT OF ALL INJURIOUS ARTICLES

Has Measure to Do Away With Liquor, Tobacco, Tea, Coffee and Meat

A correspondent of the Portland Oregonian, signing himself "Real Prohibitionist," has the following to say regarding the prohibition agitation:

I am a prohibitionist, but a real one. Persons who want to prohibit only the drinking of alcoholic beverages, because alcohol is a poison, cannot be called genuine prohibitionists, when there are so many other kinds of poison that ought to be wiped out of existence by legislation. I do not drink any kind of alcohol—not even unfermented grape-juice—because, like the Mohammedans, I do not wish to encourage the growth of the grape, from which wine may be made. You see, I am even more scrupulous than the very scrupulous William J. Bryan, who perversely sees no harm in unfermented grape-juice.

Tobacco is also taboo with me in every form. Like alcohol, it is a narcotic poison. Just so with coffee and tea. I never touch either. A cup of ordinary coffee, as chemical analysis shows, contains two grains of caffeine. Any physician will tell you that two grains of this poison is the most that ought to be given in a medical dose for depressed heart action. A cup of strong coffee contains as much as four grains of caffeine—more than a physician would dare give at one time. Is it any wonder that coffee-drinking is responsible for thousands of deaths yearly?

In the case of tea, chemical science proves that it contains an active poison that taken regularly, even in moderate quantities, causes many thousands of persons to suffer from ill-health and die prematurely. I had a brother who became a confirmed tea-topper and died of sclerosis of the liver.

Meat is another thing I religiously abstain from eating. Cereals, nuts, vegetables and fruit are my diet. I can prove that this is the only moral diet to follow. The great bacteriologist, Elle Metchnikoff, of the Pasteur Institute, has proved beyond all question that meat eating causes and encourages the development of putrefactive bacteria in the intestines, and thus brings about autointoxication, or food drunkenness. These minute organisms flourish by the million and produce a poison that passes into the blood and causes that incurable malady, Bright's disease of the kidneys, also hardening of the arteries, heart trouble, apoplexy, paralysis, senile decay and death. In fact, there is hardly any limit to the ill that this putrefactive poison resulting from meat-eating may not produce. It is more deadly than even is alcohol.

Mustard, vinegar, pepper and other spices have a well-recognized and most harmful effect on the human system. I avoid them like poison. Certainly they are not foods, just as little as alcohol is a food.

Just now I am debating whether or not to discard all woolen under and outer garments and substitute cotton or linen, not being able to afford silk. A physician of prominence has declared that woolen fabric interferes seriously with the healthy action of the pores of the skin and causes poisons to be generated in the system on account of insufficient throwing off of waste matter by the skin. Woolen garments are, therefore, a menace to health and ought to go.

Now, in view of all the malign and deadly effects flowing from the terribly wicked ways of eating, drinking and dressing, I and a few of my hygienic friends are preparing to sub-

## CROP REPORTS WANTED BY THE SPOKESMAN

The Spokesman is desirous of securing crop reports from all sections tributary to Redmond. Nothing speaks better for Redmond and the agricultural districts in this section of Central Oregon than the reports of actual crop yields. The Spokesman is anxious to secure these reports from all localities for publication, and therefore requests every farmer to clip out the "Crop Report" blank published elsewhere in this issue, fill it in properly, and bring or mail same to this office, where it will be given prominence among the resources of this section of the state.

mit an initiative measure to be put before the voters of Oregon, prohibiting absolutely, not only the manufacture, sale or giving away of alcoholic drinks, but also putting a complete embargo on the growing, making, preparing, selling, giving away or using of any and all forms of tobacco, coffee, tea, pepper, vinegar, mustard, meat and (most probably) woolen garments of all kinds. We are doing this as real prohibitionists, who refuse to compromise with the traffic in these poisons. I affirm that I am not a fanatic, but a most reasonable and public-spirited citizen, who has the incontrovertible facts of modern science behind him to back up his arguments. We expect all sincere, honest and consistent prohibitionists to aid us in this most mighty campaign for right living ever undertaken.

REAL PROHIBITIONIST.  
If you want to keep posted take The Spokesman—\$1.50 a year.

## \$1,000 FARM NETS OWNER \$1,800

Linn County Rancher Grows 6,000 Bushels of Oats on 160 Acres.

Raising 14,000 bushels of oats on 250 acres of land, M. Kelly, a farmer residing in the northwestern part of Linn county, near Shelburn, established a splendid record during the past season.

Many yields have been reported in Linn county this year which ran 50 bushels to the acre and one yield of 111 bushels to the acre, but these were on smaller tracts. In such a large tract as Kelly devoted to oats the total yield is regarded as a very big one.

On 120 acres of a 160-acre tract which he bought a few years ago for \$1,000, Mr. Kelly realized a profit of \$1,800. This tract yielded 6,000 bushels of oats, which he sold for 38 cents a bushel.

## BOWLBY TO START SURVEY

State Highway Engineer to Work on Columbia River Route

H. L. Bowlby, State Highway Engineer, was notified last week by G. R. Castner, County Judge of Hood River county, that the county court authorizes him to start work at once surveying a route for the Columbia river highway through that county. Judge Castner says the court, at a meeting next week will formally authorize the expenditure of the money necessary for the survey, which will be about \$4,000.

Wasco county several weeks ago asked the highway engineer to make a survey for the road through that county, and he will do similar work for Multnomah county. Mr. Bowlby will start three surveying crews to work at once.

He—Will you marry me if I ask your father?  
She—Yes, provided you are still able to work.

## GOLD FOUND IN CITY LIMITS OF PORTLAND

Continued from 1st page

cost. The assay was made days ago, but the matter is secret until the park department could get the situation well before making it public.

William L. Brewster, manager of public affairs, said it is probable that guards were thrown around the slope in the discovery was made and learned how much gold was ground nearby.

Following the announcement the first discovery the park crowded with eager gold hunters, much damage was done to the and shrubbery. Little gold was known, as those seeking not know of its exact location.

## LAMONTA TO HAVE BIG RABBIT

(Continued from 1st page)

the farmers by holding them and ridding the county of a part of the rapidly multiplying destroyers.

## FARMER GETS SMALL FORTUNE FOR CLOVER

A check for \$8,415 was banked by a Yamhill county farmer last week for the seed threshed from 14 bushels of clover. The crop averaged 14 bushels to the acre and was sold to a McMinnville merchant for cents a pound, or \$3.40 a bushel. This is equivalent to \$112.60 acre or about 10 times as much as the average Oregon wheat grower receives for their grain from an acre of wheat.

Spokesman Classified ads results—try them—don't cost

## Powell Butte Improved Farms For Rent

I HAVE SEVERAL HUNDRED ACRES OF THE WILSON LAND, IMPROVED AND UNIMPROVED, THAT I AM OFFERING FOR RENT ON VERY REASONABLE TERMS. IF YOU ARE INTERESTED, SEE ME AT ONCE, AS THIS LAND WON'T LAST LONG.

**C. H. FRY**  
REDMOND HOTEL BUILDING

## Furniture Made to Order

With the installation of my new wood working machinery I now have complete facilities for MAKING ALL KINDS OF FURNITURE TO ORDER ON SHORT NOTICE AND AT A REASONABLE PRICE. If you want anything in this line call and let us talk it over. I do all kinds of IRON WORK and BLACKSMITHING also at my factory on the corner of 8th and E streets.

**G. W. DAVIES**

The Old Pioneer Blacksmith of Redmond

# Public Auction

I WILL SELL AT MY RANCH, TWO MILES SOUTHWEST OF REDMOND, OREGON, ON

## SATURDAY, OCT. 4, '13

AT 1 O'CLOCK P. M. SHARP, THE FOLLOWING STOCK:

- ONE JERSEY COW, MILKING
- ONE LARGE ROAN DURHAM COW, FRESH IN NOVEMBER
- ONE GRADE COW, FRESH IN NOVEMBER
- ONE RED DURHAM COW, MILKING
- ONE RED POLL COW, MILKING
- ONE HOLSTEIN HEIFER, COMING TWO YEARS OLD, SUPPOSED TO BE WITH CALF
- TWO GRADE HEIFERS, SUPPOSED TO BE WITH CALF
- ONE SHORT-HORN BULL, 11 MONTHS OLD, OF MILKING STRAIN
- ONE CREAM SEPARATOR, GOOD AS NEW (600 lbs. capacity)
- TEN SHOATS, WEIGHT ABOUT 110 POUNDS EACH
- TEN SHOATS, WEIGHT ABOUT 80 POUNDS EACH
- FIVE SHOATS, WEIGHT ABOUT 60 POUNDS EACH
- ONE SMALL THOROUGHbred POLAND CHINA BOAR
- FOUR SMALL THOROUGHbred POLAND CHINA SOWS
- ONE REGISTERED POLAND CHINA BOAR (about 1 year old)
- TWO THOROUGHbred POLAND CHINA SOWS, DUE TO FARROW IN NOVEMBER
- ONE O. I. C. SOW, DUE TO FARROW IN NOVEMBER
- ONE O. I. C. SOW, DUE TO FARROW AT TIME OF SALE
- TWO SOWS WITH SUCKING PIGS
- ONE THREE-INCH FARM TRUCK
- TEN TONS OF ALFALFA HAY IN STACK

## Terms of Sale:

ALL SUMS OF \$10.00 AND UNDER, CASH; OVER THAT AMOUNT A CREDIT OF TEN MONTHS WILL BE GIVEN ON BANKABLE PAPER.

N. H. ELLIOTT, Auctioneer  
W. S. RODMAN, Clerk

**C. W. MUMA, Owner**