

HOW THE BODY BREATHES.

There is a homely old saying that nobody ever dies except for want of breath. There is more truth in this than most people know. Breathing means more than is generally imagined.

The lungs are not the only organs with which we breathe. The whole body breathes. This is not a figure of speech. It is an actual fact.

What the lungs do when they breathe is to take in oxygen and give out carbon dioxide, and the same process goes on all over the body all the time in the little cells that make up the nerve-centers, tissues and blood. This is called internal respiration. It is the chief process in the work of tearing down used-up tissue and allowing new material to be built in its place.

If we could understand this process entirely we would understand life, but we can only study it through its effects. We know that Scott's Emulsion helps this process of cell and tissue-repairing to go on very rapidly. We know it very speedily produces good blood and healthy flesh, but we can only partly explain why.

The emulsion contains elements which are very sensitive to oxygen, and the inmost life cells are always hungry for oxygen. Perhaps the emulsion helps them to get it. That is how a great chemist accounts for it.

Scott's Emulsion is rich in carbon, and carbon is particularly needed in sustaining the energy which shows itself in heat and various forms of both mental and muscular activity. It contains an abundance of other properties which we know are specially demanded by the system in conditions of poor health. But no theory will entirely account for the beneficial effects of Scott's Emulsion, just as no theory will quite explain the curative effects of sunshine.

This emulsion combines the full strength of the whole cod liver oil, perfectly emulsified with the highly medicinal properties of hypophosphites of lime and soda. This combination not only makes the oil easy to take and easy to digest, but greatly increases its natural value. Scott's Emulsion is beyond doubt richer than any other known food or preparation in the nourishing properties needed when the blood is poor or the system run down.

Each package of Scott's Emulsion bears the trade mark label of a man carrying a big fish on his back.

We'll send you a sample free upon request.

SCOTT & BOWNE,
409 Pearl St., New York.

Farmers Custom Mill.
Fred Walters, Proprietor

Capacity 150 barrels a day
Flour exchanged for wheat
Flour, Mill Feed, Chopped Feed, etc
always on hand.
Daily East Oregonian by carrier,
10 cents a week.

AGAINST RESERVE

HARNEY COUNTY MAN
DEFINES HIS POSITION.

Views the Forest Reserve as a Mistake—Says it Will Retard Development of the Country.

"Hands off! Let the people work out their own salvation."

This is what M. Fitzgerald says. Mr. Fitzgerald hails from Burns, Harney county.

"Hit that proposed forest reserve a lick," said he last night, "and you will confer a lasting favor on the people of Harney county. If that reserve goes through half the stockraisers there will have to go out of business. Why? Simply because the people who have influential pulls will monopolize the range. The stockmen who don't have pulls won't be in it for a minute."

Racial View of it.

"The reserve will retard the universal development of the country. It will hedge in mining men with a lot of restrictions. It will prevent the people of Harney county from getting timber for houses, barns, fences, mines and railroads. It will shut off a supply of that which is indispensable for the progress of the country. Will the reserve save the water supply? Not a bit of it. Now mark what I say. A spoonful of water; no, sir, not a spoonful. Now listen not on what you say."

Reasons Given.

Some valuable timber is yet

"The only mark on the mountain is only one low pine. That timber is the only one left in Harney county. It is all in low altitudes where the snow melts early in the season, trees or no trees."

"Four-ninths of the timber is black and bull pine, for which there is no sale. How, then, would the mountains be denuded of trees? This pine grows in the high altitudes. It affords little or no protection to the water supply. The contour and bareness of the greater part of the mountains is better for the water supply than trees as thick as hair on a dog's back. The wind sweeps the snow into the gulches and upon the northern slopes. There it collects in vast quantities, where it yields water until far into the summer. Would the snow last this long if there were trees to prevent collection of the drifts?"

Conditions Different.

"The reasons for a reserve in the Cascade Mountains are not valid for a reserve in the Blue Mountains. The two cases are essentially different."

"The Blue Mountain reserve is in the interest of the grafters. People who sell lieu land scrip want it, and so do the gentlemen with strong political pulls, who wish to monopolize the range."

Mr. Fitzgerald is the oldest living resident of Harney Valley. He has lived there 29 years.

A Startling Surprise.

Very few could believe in looking at A. T. Hoadley, a healthy, robust blacksmith, of Tilden, Ind., that for ten years he suffered such tortures from rheumatism as few could endure and live. But a wonderful change followed his taking Electric Bitters. Two bottles wholly cured me," he writes, "and I have not felt a twinge in over a year." They regulate the kidneys, purify the blood and cure rheumatism, neuralgia, nervousness, improve digestion and give perfect health. Try them. Only 50 cents at Tallmann & Co's. drug store.

ATTRACTION FRIDAY NIGHT.

The Great Good and Laughing Success, "Hunting for Hawkins."

Laughter, good, honest laughter, springing right from the heart, laughter that rings and echoes after "Hunting for Hawkins" has come and gone, is the conclusive proof of the worth of this bright little bundle of sunshine that will be the extraordinary attraction at the Frazer theater Friday night, November 28.

Messrs. Gray and Heckert have selected a company of artists that are each and every one particularly adapted to the part assigned and who present this famous comedy success in such a manner as to allow not a second to pass without its laughing feature. It is an attraction that one cannot well afford to miss. Seats went on sale this morning and are going fast.

Startling, But True.

"If every one knew what a grand medicine Dr. King's New Life Pills is," writes D. H. Turner, Dempseytown, Pa., "you'd sell all you have in a day. Two weeks' use has made a new man of me." Infallible for constipation, stomach and liver trouble. 25c at Tallman's drug store.

THANKSGIVING TURKEY SHOOT.

Pendleton Gun Club Will Have Sport on the Hill Tomorrow.

Don't forget the turkey shoot on the hill tomorrow, beginning at 10 o'clock. There will be plenty of turkeys so that all who wish may have a chance to try their hand at winning one for their Thanksgiving dinner. The shooting will be at the turkeys' heads, 75 yards, with rifles and at targets at longer distances. Those wishing to shoot with shotguns will also be provided with an opportunity to do so.

An Intruder.

A beautiful canopy-top buggy, with rubber tires and of the very latest style, on display in the Boston Store, attracts considerable curiosity in the dry goods department, but inquiry reveals that this splendid vehicle is to be a gift to some person, April 1st.

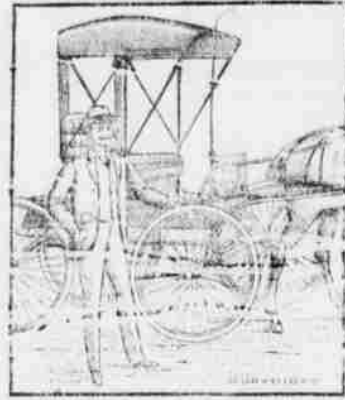
Boston = = Store

Thanksgiving Proclamation

During all this week let all the customers of Pendleton's Big Store call again and renew their faith in this ever increasing, always pleasing institution. For this week we will offer you great bargains in Dress Goods and Linings. Then, too, the linen stock will be prominent and you are requested to inspect its merits. Be good all ye people and make the best use of your money by buying at the Big Store.

Our Slashing Cuts

in Dress Goods prices has proven a winner. Our loss is your gain.



We have purchased a beautiful carriage to give away April 1st, 1903.

Overcoat Sale

1=2 PRICES PREVAIL

\$3.50

For a \$15.00 suit. What do you think?

If you insist on using **UNDERWEAR** then examine our sale of same.

75c

for a pair of Childrens Shoes. Worth \$1.00 to \$1.50.

"WATCH US"

Odd Pairs of Shoes

to close out at the usual cut price.

1=2 Price Sale

Ladies Jackets.

Knock Down Prices on Children's Jackets

50c Table Linens
35c

Just the same the Carriage is good to look at.

BUSINESS IS GOOD WE WANT MORE

Remember a Flying Machine with every purchase of a dollar's worth or more of Boys or Childrens goods.

THE BIG BOSTON STORE

Mrs. Laura S. Webb,

Vice-President of Women's Democratic Clubs of Northern Ohio.

THERE ARE MANY sickly women between the ages of 45 and 55, but there are very few invalids over 55 and 60 years of age. The change of life coming to a woman near her forty-fourth year, either makes her an invalid or gives her a new lease on life. Those who meet this change in ill health seldom live ten years afterward, while a woman who lays aside the active duties of womanhood in health seldom fails to live on in happiness, years after she has passed 60. This is truly a critical time.



Mrs. Laura S. Webb.

the change of life which was fast approaching. While visiting with a friend I noticed that she was taking your Wine of Cardui, and she was so enthusiastic about it that I decided to try a bottle. I experienced some relief the first month, so I kept on taking it for three months and now I menstruate with no pain and I shall take it off and on now until I have passed the climax. I do not dread it now, as I am sure that your Wine of Cardui will be of great benefit at this time."

Wine of Cardui is the remedy to re-inforce a woman against the shock that comes with the change of life. It re-establishes healthy functions after years of suffering. In doing this it has saved thousands of sufferers just in time. Do not wait until suffering is upon you. Thorough preparations should be made in advance. Begin the Wine of Cardui treatment today.

WINE of CARDUI

A million suffering women have found relief in Wine of Cardui.

PIANOS FOR CHRISTMAS

Nothing can be more appropriate or add more to the pleasures of life in the home than a high grade piano. There is no reason why a piano should not be in every home. Our easy payment plan makes it possible. Drop in and learn of it.

S. L. WAKEFIELD & CO.
Wareroom on Court Street

PERFECTION IN FLOUR

Is reached in BYERS' BEST. Better flour cannot be made. The cream of the wheat crop enters in Byers' Best Flour, which is right for bread and Fancy Baking.

PENDLETON ROLLER MILLS
W. S. Byers, Proprietor.