Are You Constipated? Are You Bilious?

ATWOOD'S CASCARA

Is the surest and safest remedy for all complaints caused by a torpid liver or irregular action of the bowels. For sale only by

BROCK & McCOMAS CO. DRUGGISTS

'mits" on both hands, she has been

the political dictator, despot and czar

is only temporary, but it is defeat

gin a commercial crusade in Central

and Eastern Oregon, that will wed

and enterprise which no political

Recognizing the power of the peo-

of ruling by force and seek to rule

whim will be able to overthrow.

by industrial fraternity.

beyond her dreams.

achievement.

insignificant compared to

gon's senators, whom it justly classes

iness men, neither of whom can make

Statesman, Fulton or Mitchell, of Or-

the floor for the Evergreen state.

egon, will have to fight the battle on

The Western republicans of the

house joined the democracs Monday.

one the grafts of the trust king are

decisive action against the Ohio ren-

own people. He will have to origin-

ate some new campaign device to off-

WATER AS FUEL.

The problem of fiding a practical

substitute for hard coal, which of

late has commanded the attention of

this country, has had several inter-

esting solutions; but it is doubtful if

set this loss of prestige.

nevertheless

reigned supreme



Destroy the home and the nation will perish; descroy the nation and leave the home, and the nation will grow up arrest."

MUNICIPAL HEALTH.

The lecture delivered by Dr. W. G. Cole, before the Parliamentary Club, yesterday evening, contained more genuine wisdom and practical health hints than a volume of health ordi-

Barring extreme cases, health is largely a matter of individual practices. Clean street, pure water and the sweet breath of flowering lawns and perfume-laden shrubs cannot and will not shield the city against disease. The outward municipal appearance is only an ornament, it is the individual that constitutes the de-

Cleanliness in the home, pure and well regulated diet regular and temperate habits these are the foundation of health. Without these, there can be no certain freedom from contagion. No amount of preventives will ward off sickness from the man or family whose very habits and practices invite its attack

There must be individual cleanliness, as well as municipal ornamentation. Society has not yet reached that stage in which the habits of the individual can be regulated.

School boards have no jurisdiction over children in the homes.

No matter how rigid the city health and cleanliness is practised by those in charge of the public schools, unhealthful practises in the home can nullify that painstaking labor

No matter hom rigid the city health laws may be, the individual who does not make an effort to ward off disease, is a constant menace to soci-The innocent suffers from the carelessness of the ignorant and wan-

fluences for civic purity both moral and physical. The individual citizen being throttled by the people. This must second the work being done by the women's clubs and the officials.

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PORTLAND'S OPPORTUNITY.

What does the election of C. W. Fulton as United States senator mean to the city of Portland and Multnomah county?

Is it possible that this political ring which has ruthlessly and arbitrarily ruled the state for so many years, has at last met defeat? Is it's any of them has been more novel or power in the politics of the state at curious than that of a Boston gentlean end?

Heretofore, the rule has been that Multnomah county decided the fate of any man or measure which chanced to appear before the legislature. Everything depended upon this supreme political will. The fate of every ambitious aspirant for political honor was held in the hollow of its hand:

The cyclone from Astoria has shattered the fort and sent the strong tower down to the dust.

For once, the colussus of state polities, standing astride the people, with one foot firmly planted upon the solid rock of public patronage and the other upon the sinking sand of political trickery, has been leveled to the humiliation of defeat.

Oscillating between the good and evil elements of politics, ready to make any barter that would further

nearly 100 inventions of his own, proother substance as a fuel. In demonstrating his idea, Mr. Carey employs the Bunson burner, invented years ago by Prof. Bunson of Heidelberg, and by means of this burner he is able, it is claimed, to get a flame from a single drop of water.

Some such tubular arrangement as the Bunsen burner is necessary, in or der to generate heat sufficiently in tense to produce the desired result By allowing the water to drip through the tiny flame arising from this tube onto a piece of platinum, the gases contained in the water are released and combustion follows. Any kind of water will do, whether fresh or salt, pure or impure. All that is ne ssary, it appears, is to disintegrate he water, and pature does the rest.

* * * Although thoroughly confident that his scheme for burning water is every way teasible and full of immense possibilities of development Mr. Carey who is now an old man. both shoulders and wearing blg says that he teels hardly able to un dertake the task of continuing his experiments and of carrying them to a successful termination. He is willing WEDNESDAY, FRHRUARY 25, 1963, of state politics since Portland first however, to give the benefit of his disbecame the metropolis of the state. covery to science and assist so far as The defeat may be, and probably possible, in developing and perfecting th idea involved.

It should be said that the fuel which She must how to a master, and fluis Boston inventor would produce wear the captive's crown of meek, and also his method of making it would bear no real relation to the ness. She will know what taste has product and manufacture of what are been in the mouth of the state during known as gas water and water gas, all these years in which she has whose uses are well known, and which are, moreover, relatively unimportant One blessing will come out of it all the fuel which, it is claimed can now a blessing for Portland and for Or be made from water by following the egon. This commercial and financial principles outlined above -- Boston giant of the state, will see the folly Globe

of selfishness and will doubtless be THE PASSING OF THE SECUCIAS.

The Scientific American says the these sections to her, by ties of trade American Museum of Natural History has now on exhibition one of the largest sections of a tree ever brought from a forest. The fast passing away of the big trees, the majestic relics of ple, she will forsake the old custom the forest primeval and prehistoric times, due to the ax of the commercial lumberman, is rapidly going on, and it will only be a question of time when If she embraces the opportunity all save those in government and now at her gates, her temporary po- state reservation groves will be cur litical defeat will blossom into glory, down.

She can win back, ten fold stronger, Recently the government sent as a business and commercial following expert forester and secured a magnifi-that will bless Oregon and Portland cent cut from one of the giant Sequeias of the King's river area, Southern California. The tree stood over 300 feet in height and measured 90 feet Let Portland build railroads and hurry up the reclamation of the arid in circumference at the base. A sec domains. A United States senator is tion 20 feet above the ground was obthis tained four feet thick and weighing 50 tons. The diameter of the block is a little over 18 feet and its circum-ference measures 56 feet. The speci-The Walla Walla Statesman mourns men is highly polished and will be for Washington's fate in congress. In the main feature of the new wing of finishing a deserved tribute to Ore- the forestry hall.

Prof. H. C. Bumpus, curator of the with the best orators in the United department, has illustrated the life States senate, it says Washington is history of the tree in a striking manrepresented in the senate by two bus. ner. by placing tags marking every 100 years of growth, which is esti mated from the cross-section concena speech. Whenever an issue arises, tric rings. In addition, the great which effects the vital interests of events and happenings in geology and the state of Washington, declares the other sciences are likewise recorded in these rings. The tree began to grow 500 A. D., and was 13 feet in diameter when Columbus reached our Some of the trees in the same vicinity are said to be from five to eight thousand years old

Pendleton is blessed with strong inthe Hanna ship subsidy bill. One by for it must be carried on the backs The machinery of mules to an altitude of 16,000 feet in the Andes, in sight of Chimborazo

ator's pet measure is a slap from his No Dessert More Attractive

Why use gelatine and spend hours souking, sweetening, flavoring and coloring when



produces better results in two minutes? Everything in the package. Simply add hot water and set to cool. It's perfection. A sur-prise to the housewife. No trouble, less expense. Try it to-day. In Four Fruit Flavors: Lemon, Orange, Strawberry, Rasp Try it to-day. In Four Fruit Fla-

man, A. C. Carey, Mr. Carey ,who is described as a berry. At grocers, 10c. SIDELO"

"EL SIDELO" Is Manufactured by SAM'L I. DAVIS, Y CA

ASK FOR "BANKER" SIZE 2 for 25c

ALLEN & LEWIS, Distributors PORTLAND, ORE.

Consumption is Like a Plant.

No matter how much corn falls on a bare rock, it wont grow there. Neither will consumption germs grow in perfectly healthy lungs. But if the lungs become weak and inflamed they are good soil for consumption germs, and if these enter they may take root and grow.

There is no medicine that will directly weed them out. The thing to do is to make the lungs so healthy that the germs will have to stop growing because there is nothing for them to thrive on.

The lungs must be nourished with plenty of good blood, kept pure by breathing pure air. There must be more sleep; less work and worry. Perhaps some medicine. The doctor will know.

The most important thing is nourishment. When the body is weakened by consumption, the digestive powers cannot obtain from ordidinary food enough of the elements needed to make good blood. The lack is best supplied by the use of Scott's Emulsion. It is extremely rich in the substances which make good blood, and it also helps the digestion to obtain nourishment from ordinary

Scott's Emulsion is a foodmedicine; not a stimulant; not a mere "extract" or socalled "wine" of cod liver oil. It contains the whole oil perfectly emulsified, which is the only way of preserving its valuable properties. These are united with hypophosphites of lime and soda into a combination which rapidly builds healty tissue throughout the whole body, and particularly in the lungs.

We'll send you a sample free

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It's something new. Requires no packing and has no stud bolts to twist off.

Let us show you our irrigation plant. Irrigation in this country means wealth.

Withee, 311 Court Street

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The Columbia Lodging House



Newly Furnished, Bar in connection.

Bet. Alta & Webb Sts. In Center of Block.

F. X. Schempp Proprietor

OTTO MIESCKE

For the family dinner plain cooking is the rule, but the food itself should be of the best meat in particular,

For that reason those who deal at our market never have cause for compaint as their meats are always of the best and uniform quality-fresh and tender.

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DRIED FRUITS

25 pounds of fancy dried prunes only \$1.00.

We have Dried

Nectarines

Apricots Peaches Raisins Currants Figs.

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Standard Grocery

Court Street

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ARE YOU READY TO BUY

REAL ESTATE

THEN LOOK AT THIS LIST Four and a half lots with two large pretty cottages, all well improved. Now rented for \$30 a month, \$4500. A lodging house, 14 rooms and lot, very centrally located, \$2500.

A lot about three blocks from Main

A house, 8 rooms and lot, five blocks off Main street, \$1100. Other houses and lots from \$500 to

Single lots from \$125 to \$300 accord-

ing to location. Four lots together 4600.

Six lots together, \$850. Fourteen lots together, whole block, \$1500.

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All kinds of prepared foods and mushes. Finest syrups and buckwheat for cakes. Best hams it is possible to

Yes, we have a full line of the celebrated Monopole canned goods.

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The Big Store in a Small Room.

Alta Street, Opposite Savings Bank

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No Rough Edges on Our Laundry Wor

To cut necks and wrists and exci profanity, for we are careful ironing collars, cuffs and ne bands of shirts. We will pleased to call and get your sar ple order and can assure you se isfaction-deliver it, too, free

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Court and Thompson Streets



Lasts Twice As Long.

Fourteen lots together, whole block, \$1500.

Will sell for each or on easy terms.

Will explain and show property up on application. Pendleton is growing rapidly and investments now will, in my opinion, prove profitable. To the average man in the West, the surest way to profit is in real estate investments.

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A carriage, wagon—any vehicle—guts lives if it's overnaused and repainted or few years. It's economy, therefore, for owner to attend to repairs and repaints truest economy if we supply the materials do the work, for we use only the best of former, put in our best licks at the latter. Winons wagons all sizes while they in my opinion, prove profitable. To the average man in the West, the surest way to profit is in real estate investments.

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