

Thursday, October 29

Bank and Green Tag Sale at  
**ALEXANDER'S**

Entire stock to go at  
**25 and 20 Per Cent Discount.**  
Come and see what we are doing  
A \$375.00 piano presented to  
one of our customers

**ALEXANDER'S**  
**DEPARTMENT STORE**

If you enjoy a good article, then smoke  
**THE PRIDE OF UMATILLA**  
OR  
**PENDLETON BOUQUET**  
are home made and of the best tobacco. A. RHODE, Maker.

THE BEST  
THE MOST WHOLESOME  
PROPERLY MILLED  
WITHOUT A SUPERIOR

**BYERS' BEST FLOUR**  
The Standard of Excellency.

**PENDLETON ROLLER MILLS**  
W. S. Byers, Proprietor.

[ELATERITE is Mineral Rubber.]  
MAY IN TEND BUILDING  
or find it necessary to REPLACE A WORN-OUT ROOF  
**ELATERITE ROOFING**  
place of shingles, tin, iron, tar and gravel, and all prepared  
for flat and steep surfaces, gutters, valleys, etc. Easy to lay.  
for all climates. Reasonable in cost. Sold on merit. Guarant-  
ee pay to ask for prices and information.  
**THE ELATERITE ROOFING CO.** Portland.

**OUR PLUMBING!**  
it done by a Scientific Plumber and you will not  
be troubled with bad breaks. Let us figure on your work.

**ROCK, THE PLUMBER**  
COURT STREET

**MURPHY**  
DO YOUR—

ing and Paper  
anging.

ll get the  
t work  
d lowest prices

**MURPHY**  
Court Street.

**TRANSFER**  
**BUCKING**  
**ORAGE**

**OWNER BROS**  
Phone Main 4

y Life

make your leisure  
pleasantly.  
Billiards, pool, billiards  
galleries, Every-  
thing.  
DANCE REFRESH-  
ment cigars. Musical  
entertainment every evening.

on's Parlor's  
W. & C. Depot.

**RULES OF HEALTH**

ELABORATE BULLETIN ON  
SCHOOL HYGIENE.

State Board of Health Considers all  
the Vital Questions that effect the  
Schools of the State and Make  
Many Valuable Recommenda-  
tions.

Dr. C. J. Smith, president of the  
school board of this city and member  
of the state Board of Health, has  
received the proof sheets of Bulletin  
No. 2, issued by the state board, en-  
titled "Hints on School Hygiene."

The bulletin is a very elaborate  
document, consisting of about 10,  
000 words, under the various sub-  
heads, into which the topic is di-  
vided.

The bulletin is given to the press  
of Oregon, today, and will be issued  
in pamphlet form, for use in schools,  
and special attention of school boards  
and health officers of the cities of  
Oregon is called to some of its lead-  
ing features.

**Lack of Physical Exercise.**  
The first topic treated by the bu-  
letin, is the lack of proper exercise,  
and the gradual disappearance of  
the old time recess, in the public  
schools, and the gradually lengthen-  
ing terms of school.

The authors of the bulletin show  
the traces of high literary ability in  
the production, and many of the  
passages are entertaining in a high  
degree, aside from the intrinsic value  
of the subject treated.

Speaking of the country schools  
of the last generation, which the ma-  
jority of the board attended, the bu-  
letin says:

"The school rooms of the last gen-  
eration may have been badly lighted  
and innocent of all ventilation, save  
that which came through the cracks  
of the walls and the knot holes in the  
floors, but the hours were short, the  
recesses frequent, while only an inch  
of pine board separated the school  
room from the most magnificent of  
playgrounds.

"Nowadays," continues the bu-  
letin, "the case is radically different.  
School terms run from eight to ten  
months, and in some temperate  
regions eleven months of the year.  
The hours of study are longer, the  
children are sent to school earlier,  
and graduate later. Recesses, though  
present, are discouraged. Play-  
grounds are narrow, or totally lack-  
ing, and the child, from an inhabit-  
ant of the open air, has become a  
dweller in the school room. He has  
reverted to the cave-dwelling habits  
of his ancestors of the stone age."

Speaking of the heating of the  
school rooms, today, it says: "The  
heating problem, even in our best  
buildings, has to be fought out with  
that modern tyrant, the janitor."

**Unfavorable Conditions.**  
The conditions which unfit the  
pupil to undertake an average and  
reasonable amount of school work,  
have been grouped under four sepa-  
rate heads, as follows:

First.—Defects of the senses, par-  
ticularly of the eyesight, and hearing.

Second.—Illness of some form of  
contagious disease or fever.

Third.—Improper conditions in the  
school room, as to light, heat, or  
fresh air.

Fourth.—Improper food.  
The bulletin takes up the all im-  
portant subject of ventilation, fumiga-  
tion, uses of thermometers, regu-  
lating the light to protect and pre-  
serve the eye, and a thousand other  
vital topics, which pertain to heat  
in the school room.

It impresses upon school boards  
the utmost importance of the strict-  
est observance of the rules of health,  
and sanitation, in the management  
of schools. It deals at length with  
health in the homes, as the best  
guarantee of health in the schools.  
If uncleanly habits are encouraged  
and practices at home, in the way of  
overeating, eating uncooked or unfit  
foods, or being careless and untidy  
in the matter of personal appearance  
and habits, it is easy to see how dis-  
eases are generated in the school  
room, where all these bad home  
habits are collected together.

Speaking of the "deadly school  
lunch", the bulletin aptly says:  
"We have no hesitation in declar-  
ing that this basket of lunch, eaten  
cold, at noon, is an abomination, and  
ought to be got rid of, in the inter-  
est of the children."

**Should Not Be Used in Common.**  
"The public drinking cup and the  
public towel," says the bulletin,  
"should be abolished altogether.  
They are the fruitful sources of in-  
numerable diseases, and should not  
be tolerated by school boards."

The wearing of glasses by school  
children has grown to be a common  
thing, an account of the poor light-  
ing of school rooms, and the abuse  
of the laws of health, in school  
houses, and at home as well.

Twenty years ago not one child in  
five hundred wore glasses, now about  
45 per cent of them wear glasses,  
caused largely by the poor light and  
illly constructed school rooms.

The board suggests that a school  
physician be appointed in the larger  
cities, to inspect, daily, the sanitary,  
and hygienic conditions of the schools  
of the city, and report any disobe-  
dience of the laws, to the school  
board, which in turn may take up the  
matter with the teachers.

The report is filled with excellent  
suggestions, and should be printed  
in great quantities, and be distrib-  
uted among the homes of the country,  
as well as the schools. The ques-  
tions with which it deals, are vital  
to parents as well as school and  
health boards, and it deserves wide  
circulation.

**VAUDEVILLE AT THE FRAZER.**

Two Nights of High Class Entertain-  
ment This Week.

The Baker-Hutchinson Vaudeville  
company, one of the best vaudeville  
companies ever on the Northwestern  
circuit, will give a two-nights' per-  
formance at the Frazer theater, be-  
ginning Friday night, with a Satur-  
day matinee.

**Cremo**  
The Smooth Smoke

**The Cream of the Islands**

The Largest Selling Brand of Cigars in the World

**5c**

The Band is the Smoker's Protection

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fresh air.

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formance at the Frazer theater, be-  
ginning Friday night, with a Satur-  
day matinee.

The exhibitions of acrobatic and  
contortionist feats, dancing and sing-  
ing and other specialties, given by  
this company are of a high order and  
Manager Nixon is fortunate in secur-  
ing such a pleasant diversion for his  
patrons.

The members of the Baker-Hutch-  
inson company are all artists, and  
there is not a dull moment in the  
entire performance.

The Saturday matinee is given for  
the especial benefit of those who are  
unable to attend the performances at  
night and this feature is particularly  
strong. The company will be here on  
Friday and Saturday nights. The  
prices are extremely low and it prom-  
ises to be one of the most entertain-  
ing events of the season.

Two trains met on a curve yester-  
day at Troy, Kan. Fourteen people  
were slightly injured, but no one was  
killed.



**Good Sized Audience Entertained at  
the Frazer Last Night.**

An almost full house last night was  
greatly entertained by the M'EWEN  
entertainment, a combination of high  
class magic, hypnotism (which is  
more wonderful than the magic) and  
vaudeville.

Mr. M'EWEN is a past-master in  
the art of handling that mysterious  
and elusive natural force known as  
hypnotic power. His natural develop-  
ment of the power is so great that he  
utilizes it in the presentation of  
his prestidigitations acts, though that  
fact is a "secret" that he probably  
does not want the general public to  
get onto. It may be true that the  
American public loves to be humbug-  
ged, as Barnum said, yet it may not  
feel deeply grateful to know that it  
can, en masse and off its guard, be  
brought under the influence of a hyp-  
notist with a preternaturally power-  
ful will.

Some of the magic work was beau-  
tiful, and executed with an apparent  
ease which reminded every onlooker  
of Hermann. The personality of the  
operator is one of the most powerful  
accessories of the work.

The vaudeville business was char-  
acterized by the work of Bobbie and  
Fay Duffy, brother and sister, aged  
12 and 10 respectively. Their per-  
formance is a little bit better than  
anything in that line by children of  
that age anywhere else in America  
today.

An entire new program will be pre-  
sented tonight and Thursday night;  
new in every respect in legordmain,  
vaudeville and hypnotism. Tonight  
the elder Duffys—parents of the lit-  
tle performers—will participate, as  
well as the children.

The M'EWEN performances afford  
a great novelty—first-class and enter-  
taining in the last degree.

**"Millionaire Tramp" Coming.**

The "Millionaire Tramp," which  
comes to the Frazer next Monday  
night is making a record for popular-  
ity wherever it is appearing. It will  
be the "laughing spell" of the sea-  
son.

Sealed bids will be received up to  
Thursday noon, October 29, 1903, for  
block 90 reservation addition to Pen-  
dleton and improvements on same.  
Owner reserves the right to reject  
any and all bids. J. F. Carrier, 1802  
West Webb Street.

**Special Clothing Sale**

This week we will make a special reduction on all Suits  
and Overcoats purchased at our store.

\$5.00 suits will sell for.....	<b>\$4.50</b>	\$10 suits, all wool worsted and fancy suit- ings, special	<b>\$9.00</b>
All wool back clay worsted suits this week at.....	<b>\$7.75</b>	All Overcoats, boys or men's special redu'n 10 per cent.	

**Saturday and Monday Specials**

Calico, all 5c kinds, 10 yards to one person for.....	<b>35c</b>
Outing flannel, 7c grade, 10 yards for.....	<b>45c</b>
Bleached muslin, 7c grade, 10 yards for for.....	<b>50c</b>
Men's Underwear, ribbed cotton, 30c grade, special 20c	

**THE FAIR**

Money Back if Goods are not Satisfactory.