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We Are Just Starting a Suit Club  
in Pendleton.

### WHAT IS A SUIT CLUB?

We will explain. A Suit Club is a plan which has been in successful operation in all the large cities of the country, and has proven a very satisfactory arrangement whereby 100 men each get a suit of clothes. The membership is limited to 100. Each member pays \$1.00 per week and at the end of 30 weeks each member gets a \$30.00 suit of clothes. On each Saturday evening a drawing will take place at our store and some one of the members gets a suit. The first suit will cost the person receiving it only \$1.00; the second week the suit will cost the receiver \$2.00, and so on up to 30 weeks when the balance of the members each will have received a \$30.00 suit of clothes. You can't lose. You take no chance. Every member of the club is sure to get a high grade \$30.00 suit of clothes of his own selection and made to his own measurements. If you are fortunate you may get a suit for \$1.00 or less than \$30.00. This is not a lottery because each member gets the full value of his money and takes no chances.

### GET THE HABIT

Join the Suit Club. For full particulars call or telephone our store and our suit club representative will call and see you.

# Sullivan & Bond

Phone Main 1991

614 Main Street.

### NEAT MODERN DWELLING.

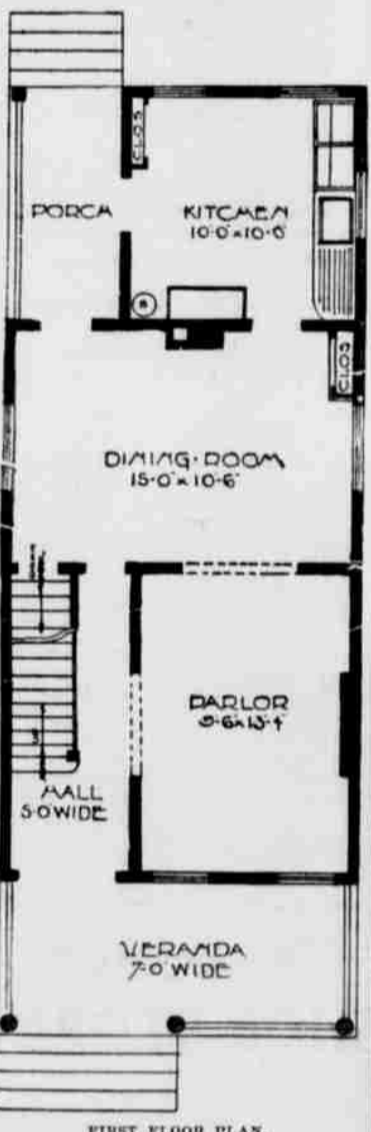
Small but Attractive Home That Will Cost \$2000 to Build.  
(Copyright, 1902, by George Hitchings, 41 Park row, Times building, New York.)  
The floor plans of the house for which a design is herewith presented show a good arrangement, while the house itself has a pleasant exterior. It is in-



FRONT ELEVATION.

tended for construction on a very narrow lot, say of twenty feet. The house is 16 feet wide by 36 feet deep, including the extension kitchen.

The first floor contains staircase, hall, a large parlor with two windows and a cabinet mantel. The parlor is connected with the hall and dining room by arched grill openings arranged for portieres. The dining room, extending the



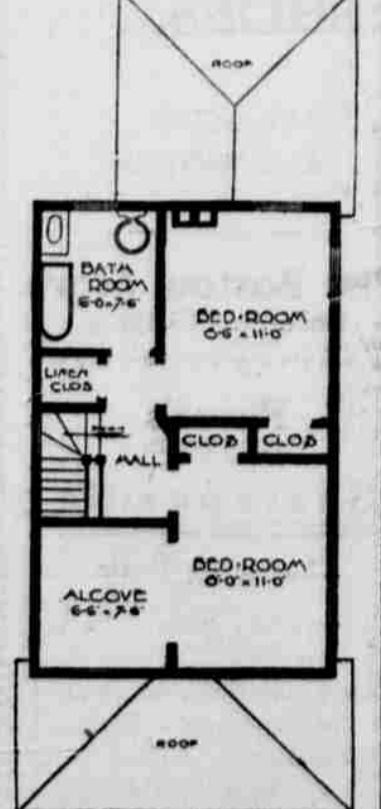
FIRST FLOOR PLAN.

entire width of the house, is well ventilated with windows at each end.

The second story contains two bedrooms, alcove, bathroom and linen closet.

The house is trimmed throughout with cypress wood finished in natural colors. The cellar is brick, with a concrete floor.

The exterior of the house is painted with two good coats of Atlantic white



SECOND FLOOR PLAN.

lead and pure linseed oil colors as follows: Roof red, body blue-green, trimming white and sash and blinds bottle green.

Cost to build house complete, with furnace in cellar, \$1,200; without plumbing, \$900.

### CAUSES OF COLDS.

One of the Most Common of Them Is Eating Too Much.

The invariable cause of colds comes from within, not without. No one takes cold when in a vigorous state of health, with pure blood coursing through the body, and there is no good reason why any one in ordinary health should have a cold. It may come from insufficient exercise, breathing of foul air, want of wholesome food, excess of food, lack of bathing, etc., but always from some violation of the plain laws of health.

There can be no more prolific cause of colds than highly seasoned foods as well as frequent eating. These give no time for the digestive organs to rest and incite an increased flow of the digestive secretions. Thus larger quantities of nourishment are absorbed than can be properly utilized, and the result is an obstruction, commonly called a "cold," which is simply an effort of the system to expel the useless material. Properly speaking, it is self poisoning, due to an incapability of the organism to regulate and compensate for the disturbance.

A deficient supply of pure air to the lungs is not only a strong predisposing cause of colds, but a prolific source of much graver conditions. Pure air and exercise are necessary to prepare the system for the assimilation of nutriment, for without them there can be no vigorous health. The oxygen of the air we breathe regulates the appetite as well as the nutriment that is built up in the system.

The safest and best way to avoid colds is to sleep in a room with the windows wide open and to remain out of doors every day, no matter what may be the weather, for at least two hours, preferably with some kind of exercise, if no more than walking. One should not sit down to rest while the feet are wet or the clothing damp. A person may go with the clothing wet through to the skin all day if he but keeps moving. Exercise keeps up the circulation and prevents taking cold.

The physiologic care of colds is the prevention of the occurrence. The person who does not carry around an over-supply of alimentation in his system and furthermore secures a purified circulation by strict, sanitary cleanliness, thus placing himself in a positive condition, is immune to colds. A starving man cannot take cold.

A careful diet would exclude the use of all narcotics and all food that is not thoroughly appropriated. An overfed person is worse off than one who is underfed, because the overfed body is taxed to dispose of what cannot be appropriated and, when not properly disposed of, remains only to be an element of danger.—Science of Health.

#### Poisonous and Harmless Snakes.

There is a certain physiological difference between the poisonous and harmless snakes which exists very plainly in their manner of dentition. All snakes are objects of aversion and dread to mankind, so much so that to be bitten by a snake has at times been so fearful to the victim as to have produced death although the snake was harmless. Such is the instinctive dread with which these reptiles are thought of that it may be desirable to have some easy mode of distinguishing the one kind from the other. This distinguishing characteristic is afforded by the teeth. In all poisonous snakes there are only two rows of teeth, the fang or fangs being arranged either within the two rows or outside of them. The harmless snakes have four distinct rows of teeth, and when the bite shows this kind of wound and not any single deeper or larger puncture there need be no apprehension.

#### Walking For Malaria.

Obstinate cases of malaria that have withstood the ocean voyages, mountain heights and quinine dosing are said to have been conquered by systematic and continued walking. What the malarial patient wants most to do is to sit indoors, nurse his aches and pains or to lie down and doze. Advocates of the walking cure maintain that fresh air is an antidote not only to the malaria itself, but to the bites, which usually accompanies it. Their advice to the sufferer is to dress up warmly if the weather is damp or rainy and go out to walk. Wear flannel next to the skin, stout shoes and simple hat. If it is warm, dress lightly, but carry a wrap to throw around the shoulders against drafts and too rapid cooling off. When one comes to think of it, there are few maladies on earth that fresh air and moderate exercise are not good for.

#### The Spectroscope.

Originally the spectroscope was applied only to chemistry, and in that limited field proved itself an invaluable aid in accurate analysis. By holding in a Bunsen flame a platinum wire moistened by contact with the skin the presence of a few grains of salt swallowed a few minutes previously can be detected with the spectroscope. Indeed, so wonderfully refined is the work of the spectroscope chemist that he can discover in a substance the presence of one three-millionth of a grain of metal.

#### Didn't See Them.

"How did your nephew's wedding pass off?"  
"Just splendid."  
"Were there any contretemps?"  
"I don't think so. I didn't see any. You see, we had the church thoroughly cleaned up before the wedding took place."—Cleveland Plain Dealer.

#### Their Haste.

"Their marriage was a hasty affair, I understand."  
"Yes, indeed. They told the minister to hurry, as they had engaged a cabman by the hour."—Judge.

Custom may lead a man into many errors, but it justifies none.—Fielding.

## RISING BREAST

And many other painful ailments from which mothers suffer, can be avoided by "Mother's Friend." This great God-send to women sends them through their ordeal with safety and and danger incident to birth; for it robs the ordeal of a condition more favorable to speedy recovery. The also healthy, strong and good natured. Our book "Motherhood," is worth its weight in gold to every woman, and will be sent free in plain envelope by addressing application to Bradfield Regulator Co. Atlanta, Ga.

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Following are four of the special features for 1904:

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| <p><b>WALL STREET METHODS OF "FINANCE"</b><br/>By HENRY GEORGE, JR.<br/>"A number of true accounts of some of the Wall Street 'dubious' by which the savings of the many have been sacrificed to satisfy the cravings of the few. Read these articles and realize the wisdom of the advice of the late Governor Russell P. Flower to a party of his friends to 'keep your money in your pocket.'"</p> <p><b>MODERN INDIAN WARS</b><br/>By CYRUS TOWNSEND BRADY<br/>"A brilliant and thrilling history of the hostile frontier of the past forty years, giving justice to the public service of such men as Miles, Lawton, Cannon, Forsythe, Custer, Carrington, McKim, Howard, Wadsworth, Davis, Sully, Baker and others—taking Indian fights out of the category of boys' story books and dignifying them with their proper place in the history of our nation. A series of six or eight articles."</p> | <p><b>TOM NAST, CARTOONIST</b><br/>By ALBERT BIGLOW<br/>"Illustrated by the cartoonist of the nation, the history of the man who has been called the greatest master of public opinion of the times who history has been making."</p> <p><b>The Overthrow of the Tweed Ring</b><br/>The Civil War Period—The Fight for Freedom—The Reconstruction Campaign—The Grafting Campaign—Italy The Great Heroic Fight in London—The Blasted Island Campaign<br/>"A series of six or eight papers are published."</p> <p><b>THE REVELATIONS OF INTERNATIONAL SLAVERY</b><br/>Which ran in Pearson's through the months of 1903 will be reprinted in a new series of six or eight papers. The author will guarantee that the same shall remain a secret.</p> |
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## Bright's Disease and Diabetes News.

Office Wine and Spirit Review, San Francisco, Oct. 12.—To the Editor of the East Oregonian.

Dear Sir:—The business men of this city who are now proclaiming to the world the discovery of the cure for Bright's Disease and Diabetes have asked me as one of the beneficiaries to write to some of my brother editors. Hence this letter to you. I was at first as skeptical as anyone. I had reason to be. I had a clear case of chronic Bright's Disease; was ill for a year. It was not thought I would live thirty days. The president of the Pacific States Type Foundry told my wife that the newly discovered diuretic would save my life, and against my private convictions I was put on it. In six months my recovery was complete.

A friend of mine, Dr. A. J. Howe, a prominent physician, was nearly dead with Bright's Disease. On my recovery I told him, and it acted the same in his case and he is now well on the road to recovery. As a brother editor I personally assure you of the truth of the discovery. Thousands of lives are to be saved and I am writing in the hope that this letter will start some of them right.

Fraternally yours,  
R. M. Wood, Editor.

The above refers to the newly discovered Fulton Compound, the first cure the world has ever seen for Bright's Disease and Diabetes. We are the sole agents. Ask for pamphlet.  
F. W. Schmitts Pharmacy

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