

TIRED MOTHERS

A nervous, irritable mother, often on the verge of hysterics, is unfit to care for children; it ruins a child's disposition and reacts upon herself. The trouble between children and their mothers too often is due to the fact that the mother has some female weakness, and she is entirely unfit to bear the strain upon her nerves that governing a child involves; it is impossible for her to do anything calmly. She cannot help it, as her condition is due to suffering and shattered nerves caused by some derangement of the uterine system with backache, headache, and all kinds of pain, and she is on the verge of nervous prostration.

When a mother finds that she cannot be calm and quiet with her children, she may be sure that her condition needs attention, and she cannot do better than to take

Lydia E. Pinkham's Vegetable Compound.

It builds up her system, strengthens her nerves, and enables her to calmly handle a disobedient child without ascene. The children will soon realize the difference, and seeing their mother quiet, will themselves become quiet.

Read what the Vice-President of the Mothers' Club at Hot Springs, Ark., says:

"DEAR MRS. PINKHAM:—I was married for five years and gave premature birth to two children. After that I took Lydia E. Pinkham's Vegetable Compound and it changed me from a weak, nervous woman to a strong, happy and healthy wife within seven months. Within two years a lovely little girl was born which is the pride and joy of our household. If every woman feels as grateful and happy as I do, you must have a host of friends, for every day I bless you for the light, health and happiness your Vegetable Compound has brought to my home. Sincerely your friend, Mrs. MARY P. WHARBY, Flat 31, The Norman, Milwaukee, Wis.

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FREE MEDICAL ADVICE TO WOMEN.

From a vast experience in treating female ills, extending over 20 years, Mrs. Pinkham has gained a knowledge which is of untold value. If there is anything in your case about which you would like special advice, write freely to Mrs. Pinkham. Address is Lynn, Mass. Her advice is free, always confidential and helpful.

Sincerely yours,
Mrs. CHAS. F. BROWN, Vice-President Mothers' Club,
21 Cedar Terrace, Hot Springs, Ark.

\$5000 FORFEIT If we cannot forthwith produce the original letters and signatures of above testimonials, which will prove their absolute genuineness.
Lydia E. Pinkham Med. Co., Lynn, Mass.

UNITED STATES IRRIGATION BULLETIN

The United States department of agriculture will soon issue Bulletin 245, of the office of experiment stations, describing methods of preparing land for irrigation and applying water to crops in different sections of the arid region of the United States.

This bulletin the methods of getting rid of sagebrush, smoothing the land, building laterals, and distributing water over fields as developed by the experience of farmers in irrigated districts are brought together and described. The tools and implements used are illustrated and the methods of the work, based upon actual experience in different states, is given. The purpose is to afford beginners a guide both as to the cost of irrigating wild land under cultivation and the methods best suited to different climates, and crops.

The facts included in this bulletin have been gathered by the irrigation investigations of this office, acting in cooperation with the state experiment stations and state engineer's offices.

The bulletin brings out the fact, well understood, that the cost of preparing land for irrigation is in many instances greater than the cost of building canals and reservoirs. Detailed figures of the cost of checking land show that it varies in certain districts in California from \$9.96 to \$18.06 per acre. This is more than the cost of the canal systems in the San Joaquin valley, Cal., which is given in the report of the census for 1902 as \$4.99 per irrigated acre. Where the preparing of land is

contracted for the cost of checking varies from \$7.50 to \$20 per acre. The price of preparing land for flooding is much less, but is \$5 per acre in Wyoming.

The need of a better understanding of this particular branch of irrigation practice is becoming more and more important. Reservoirs and canals are but means to accomplish a purpose. That purpose is to increase the products of the soil. The value of the ditch or reservoir depends upon the acreage of land which it will serve and the increase in the value of the products which the use of water will bring about.

The time is coming when the most important problems connected with irrigation will be the best means of applying water and not, as at present, those of canal and reservoir building.

About 30 different methods of applying water are now in use. This does not mean that there are 30 distinct systems, but includes the different ways of preparing land by checking, compartments, deep and shallow furrows, flooding, sprinkling and sub-irrigation.

This bulletin gives some of the results of a series of tests of different methods of applying water and the difference in loss of water by evaporation in deep and shallow furrows and in flooding. About one and one-half times as much water was needed to irrigate an acre of land by flooding as was required in furrows 12 inches deep. About one and one-third times as much water was needed to irrigate in furrows three inches deep as in furrows one foot deep.



How to Judge Beer

SOLID, CREAMY FOAM

An infallible indication of body, age and excellence of brewing material.

A solid, creamy foam is the invariable indication of body, age and excellence of brewing material in beer. Unless the best grades of barley and hops, selected with extreme care, are used in sufficient quantity, brewed so as to give the beer the proper strength and body, and afterward the beer is thoroughly ripened and aged, it cannot show the solid, creamy foam always found in the famous

A. B. C. BEER

"The only beer bottled exclusively at the Brewery"

THE AMERICAN BREWING CO.
ST. LOUIS, U. S. A.
GEO. DARVEAU,
WHOLESALE DEALER.



A saving of one-third of the water by the adoption of a better system would mean not only increased profits to farmers but a large increase in the acreage which could be irrigated from canals or reservoirs.

PORTLAND AND CLATSOP BEACH

Summer Schedule of Astoria & Columbia River Road.

The summer schedule of the Astoria & Columbia River railroad has been inaugurated between Portland, Astoria, Gearhart and Seaside, in connection with special round trip excursion tickets to all Clatsop and North Beach points, and train leaves Union depot at 8 a. m. daily, and runs through direct, arriving at Astoria at 11:30 a. m., Gearhart 12:20, and Seaside 12:30 p. m.

The Portland-Seaside Flyer leaves Union depot every Saturday at 2:30 p. m., arriving Astoria 5:50 p. m., and runs through direct, arriving at Gearhart 6:40 p. m., and Seaside 6:50 p. m.

In connection with this improved service, special round trip season excursion tickets are sold from Portland to all Clatsop and North Beach points at a rate of \$4.00 for the round trip, good for return passage until October 15th.

Special commutation tickets, good for five round trips, are sold from Portland to same points for \$15.00, good to return until October 15th.

Saturday special round trip excursion tickets from Portland to all Clatsop and North Beach points on sale every Saturday at rate of \$2.50 for round trip, good to return Sunday.

Tickets sold from Portland to North Beach points are issued in connection with I. R. & N. steamers from Astoria and baggage is transferred to and from depot and steamer dock at Astoria free of charge, and all tickets sold by the O. R. & N. Co. from Portland to Clatsop and North Beach points are interchangeable and will be honored on trains of this company in either direction between Portland and Astoria.

For additional information address C. A. Stewart, agent, 248 Alder street, Portland, Ore., or J. C. Mayo, G. F. & P. A., Astoria, Ore. Seaside Souvenir of 1904 will be mailed to your address free upon application. Write for it.

\$1.25 hats at the Boston.

Special Excursion to the World's Fair

The Denver & Rio Grande, in connection with the Missouri Pacific, will run a series of personally conducted excursions to the World's fair during June. These excursions will run through to St. Louis without change of cars, making short stops at principal points en route. The first of these excursions will leave Portland June 7th, and the second June 17th. The rate from Pendleton will be \$60.00 to St. Louis and return. Excursionists going via the Denver & Rio Grande have the privilege of returning via a different route. This is the most pleasant way, as well as the most delightful one, to cross the continent. The stops arranged give an opportunity of visiting the various points of interest in and about Salt Lake City, Denver and Kansas City. If you wish to accompany one of these excursions write at once to W. C. McBride, 124 Third street, Portland, for sleeping car reservations.

Baptist Young peoples' Union of America, international convention, Detroit, Mich., July 7th, 10th, 1904.

Annual meeting Grand Lodge Benevolent and Protective Order of Elks, Cincinnati, Ohio, July 23d-28th, 1904.

Imperial Council Ancient Arabic Order Mystic Shrine, Atlantic City, N. J., July 13th-15th, 1904.

National Encampment Grand Army of the Republic, Boston, Mass., August 15th-20th, 1904.

Knights of Pythias National encampment, Louisville, Ky., August 15th, 1904.

For the above occasions the O. R. & N. makes a rate of \$71.50 to Detroit and return. Tickets on sale July 2d. Limit 90 days from date of sale.

To Cincinnati, Ohio, and return, \$69.25. Sale date of tickets July 10th, 11th, 13th and 14th. Final limit 90 days from date of sale.

To Atlantic City, N. J., and return, \$83.25. Tickets on sale July 7th, 8th. Final limit 90 days from date of sale.

Boston, Mass., and return, \$84.55. Tickets on sale August 8th, 9th, 10th. Final limit 90 days from date of sale.

Louisville, Ky., and return, \$68.25. Tickets on sale August 8th, 9th, 10th. Final limit 90 days from date of sale. For particulars call on or address E. C. Smith, agent O. R. & N., Pendleton, Ore.

Frazer Theatre

K. J. TAYLOR, Lessee and Manager

Summer Vaudeville

8 NIGHTS 8

COMMENCING

Sunday, July 3d

SOCIETY SKETCHES, ECCENTRIC DANCES, GOOD SINGING, FUNNY COMEDIANS, EVERYTHING NEW IN POLITE VAUDEVILLE. ENTIRE CHANGE OF PROGRAM TUESDAY, THURSDAY AND SATURDAY EVENINGS.

ADMISSION—10c, 20c and 30c.

PABST Milwaukee Beer

ON DRAUGHT AT

THE STATE SALOON

J. E. Russell & Co., Props.

LEGAL BLANKS Write the East Oregonian for a free catalogue of them. A full supply always kept in stock.



In Bed.

Mrs. Johnson—I wish I could think of something to keep my husband at home nights.
Mrs. Smithson—Give him an automobile.
Mrs. Johnson—He'd be out more than ever then.
Mrs. Smithson—No, indeed. My husband got one last week, and the doc-
tor won't be out for six weeks.