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Better a smile than a tear or a sigh.
Better a laugh than a frown.
Better an upward look to the sky
Than always a sad look down.
The joys we find in each little day
Perhaps may seem few and small.
But better these little joys, I say,
Than to have no joys at all.
Keep faith in the love that blesses men
As the sunshine does the sod.
Let us do our best and trust the rest
To the Father heart of God.
—Eben E. Rexford.

It pays to be safe, from the insurance standpoint. The recent destruction of the frame buildings on Main street has lowered insurance rates on a large adjoining territory in the business district. An insurance adjuster now in the city finds that the substantial improvements being made will save thousands of dollars each year in insurance rates. It always pays to be safe.

One of the signs of prosperity of a city is its consumption of luxuries. At the first pinch of hard times the necessary things are cut out and only the necessities are purchased. This being so it is quite evident that Pendleton is enjoying a period of good times. The various ice cream establishments report doing an immense business. Another indication of prosperity is the large consumption of ice. Work is plentiful and wages are good and the workingman is able to afford the luxuries of life. Pendleton uses frequently more than 10 tons of ice a day. The Pendleton ice plant is working at its full capacity, which means that they are turning out 15 tons of ice a day. With the exception of 35 tons a week which is shipped to Spokane almost their entire output is used in Pendleton and its immediate vicinity. Heppner, Arlington, Colfax and Pomeroy would buy their ice here, but the local ice plant cannot supply them.

If the people of Eastern Oregon would make the same effort to advertise the resources of this section of the state that the O. R. & N. company and the Oregon Information Bureau are jointly making, there would be no means of computing the benefits that would accrue. While the bumper crop of grain and fruit is being harvested at least four carloads of products should be collected by Umatilla county with which to decorate her space in the Oregon building at the Lewis and Clark fair next year. Now is the time to make the collection, not next month nor next year. Umatilla county is known the world over as the banner wheat county of Oregon and visitors will expect something. If this county's space is not decorated with products that will be a true index to her wealth—if she don't outshine her neighbors and sisters, the public will be flatly disappointed. She can deliver the goods if she will.

Very few people in Pendleton understand that the Commercial Association of this city owns one of the best libraries in the state. The supreme judges who visit Pendleton twice each year have complimented the association many times on the excellent selection and wide range of the best class of literature, statistics, history and scientific subjects covered by the Pendleton library. The association desires to build up the library feature and parents should be interested in taking out memberships in the library for the benefit of families. The cost is nominal and every family in Pendleton could in this way

have access to the very best collection of useful books in Eastern Oregon. While the association is handicapped at present by lack of room, yet the library feature is one of its leading and most valuable features, and while the campaign for general membership is being carried on, a special effort should be made to interest Pendleton parents in the value of this library to the homes. Think about it and take out a membership.

The calls of charity never cease. Just a month more than a year ago, Pendleton abandoned a Fourth of July celebration and donated the celebration fund to Heppner's sufferers from the cloudburst. Pendleton remembers the deed with pride and feels that she was immeasurably more benefited by giving to a needy neighbor than she would have been by a celebration. The public gift to Heppner has been supplemented by numberless private gifts to needy cities, the different lodges of Pendleton having sent a large sum to Baltimore, after her destruction. The latest call for public charity comes from Mitchell, Wheeler county, which was almost swept from the map by a cloudburst on July 11. Mitchell was a small, struggling interior town, with a sparse settlement around it and probably needs assistance very much. Pendleton will help her sister as she responds to every call, and so on down the years will the fortunate contribute to the unfortunate, the strong will aid the weak and charity will ever be the brightest jewel in the crown of civilization.

The disgusting antics of the Idaho militia companies on their return home from the summer encampment at American Lake, the expenses of which are paid by the people, will cause a falling off in the popularity of the tin soldier business. On leaving Portland one of the companies from Idaho refused to occupy berths in a tourist car, where another Idaho company was quartered. This boys' play caused a general upsetting of plans and much annoyance to the railroad company. At Pendleton the colonel in command was left by his train after baggies had paraded the streets and locomotive whistles were blown for the departure of the train. When the colonel found that he was left he wired ahead to have the train held until he could catch up, which was denied him by the adjutant in charge, and so the colonel was relieved of his command and a general scrap in official circles was precipitated on his arrival at home. Eastern Oregon can be proud that she didn't have enough "soldiers" at the encampment to cause a disturbance. It appears to the people that young men enjoying a vacation at public expense should at least be considerate enough to conduct themselves with decorum and not invite public censure.

NOT A BED OF ROSES.

The young man enlisting in the ranks of the United States army who imagines he is entering upon an easy life will discover before long that he has become imbued with an erroneous notion. Lieut. Col. Alfred Reynolds, of the inspector general's department, has recently issued a pamphlet entitled, "The Life of an Enlisted Soldier in the United States Army."

In many parts of the United States there seems to be an impression that to be a soldier of the regular army is to be in a position below that of the ordinary citizen, and that the privileges afforded are few. The present pamphlet is issued to show that such ideas are erroneous. The author says:

"It will be found that a large proportion of the soldiers of the army are self-respecting, well-conducted men and faithful and efficient soldiers and that many of them have been in the army for years, some occupying the higher grades among the non-commissioned officers and all contented with their lot and respected by their officers."

Applicants for enlistment must be between the ages of 21 and 35, unmarried, of good antecedents, and habits and free from bodily defects and diseases. The pay of the private is \$13 per month, and all soldiers receive in addition, rations, clothing, fuel, bedding, medicines and medical attendance.

The pay is increased in the third year. If at any time he shall be on duty in Alaska or the Philippine Islands his pay is increased 20 per cent. After thirty years' service he is entitled to be retired.

Having been assigned to a company the recruit is shown where to place his bed and bedding in the squad-room, which will be his sleeping and living room until he leaves to join his regiment. Instructions of all kinds will now occupy a large part of his time.

During three hours each day, except Saturday and Sunday, he will be instructed in the drill regulations by non-commissioned officers. On Saturday there is a regular inspection of the company by the company officer.

The recruit's daily duties will be to get up at reveille, generally about 6 o'clock, put his bedding in order and assist in policing the squad-room; half an hour after he will get breakfast; there will be one or two hours' drill during the morning, dinner at noon; one or two hours' drill in the afternoon and parade at sunset.

Four times a week the recruit will hear a lecture on various military

subjects. The evening he will have to himself until 11 o'clock, at which time he will have to be in bed. If he chooses, he may attend school in the evening.

When the recruit reaches his regiment he is assigned to a place in the squad-room, and the sooner he gets into the habits of the company the more comfortable he will be. At every military station there is a school, post exchange, gymnasium, library, reading room and amusement hall.

The allowance of food for a soldier each day is three-fourths of a pound of pork or bacon or canned beef (fresh or corned), or a pound and a quarter of fresh beef or 12 ounces of soft bread or flour or one pound of hard bread or a pound and a quarter of cornmeal, and ample proportions of beans or peas, rice or hominy, sugar, vinegar, salt and pepper, and coffee and tea and one pound of fresh vegetables.

The soldier is often called to take the field with his company or a detachment sent out to perform some duty. When this is the case his food becomes plainer and he may have to sleep out in all sorts of weather.

The rights of the soldier are carefully guarded by laws, and no illegal sentence can be executed nor cruel or unusual punishment awarded. The young man contemplating enlistment must remember that the soldier's life is ever that of a man and not child's play, and he may be assured that the military code, exacting as it may seem, need have no terrors for him if he means to do his duty in the right spirit.—Chicago Chronicle.

SUNDAY CLOSING FARCE.

St. Louis is a wide-open city—wide open on Sunday after the German rather than the American fashion. No whisky is sold in the saloons, or at any rate the front doors of the saloons are all closed.

But the beer gardens are all open, and in the neighborhood of the exposition there are two immense beer gardens which, combined, can entertain from thirty to forty thousand persons between midnight and noon on Sunday. Right next to the largest and most popular of these gardens there is a race track, with races on most Sundays during the exposition season; and in the open country about the exposition grounds there are scores of resorts and attractions which would not be tolerated on the "91st." All the baseball grounds on the outer edge of the city are open on Sunday, so are all the billiard rooms in every part of the city.

In the city itself three or four theaters have two performances a day, and down at the levees there are dozens of excursion boats in waiting for Sunday crowds which seek a cool river breeze, combined with opportunities for gambling with professionals of the lowest and most dangerous type. On Sundays all these places are in full blast, while the beautiful grounds at Forest park are tightly closed to the public by a high fence.

Even if the exposition buildings are to be closed, this policy of excluding people from the terraces, the plazas, the lawns, and the groves of Forest park, and from the art galleries, carries with it no saving of Sunday labor. Street car traffic to the Sunday attractions is as heavy as it is on week days. It is even heavier, for St. Louis' working-class population is at liberty on Sunday, and, like the visitor from a distance, it is drawn to any attraction which is offered.

There is even no saving of work for the restaurant waiters, for visitors must get their meals somewhere. The exposition management is keeping loyally to the agreement with congress as to Sunday closing—so loyally in fact, that on Sundays a fence is

built about the hotel within the grounds to keep the 3000 visitors and the 1200 help from straying onto the boulevards and avenues of the exposition.

But it can scarcely be claimed that the closing movement has been wholly successful as regards the right keeping of Sunday. We suppose that it is now too late to correct the error; it could be corrected, we judge, only by act of congress; but that it is an error from every point of view appears to us almost self-evident, and the steel is worth noting now in order that the country may be saved from similar errors in the future.

To shut up by law innocent, educative and helpful places of recreation on Sunday, and leave doubtful, degrading and positively vicious ones in full operation, and to do this in the name of religion, is to inflict another of those wounds from which religion has so often suffered at the hands of its friends.—Outlook.

Edwin J. Hogwell, a Swedish sailor, ran amuck in Portland, Thursday, shooting into a crowd, and injuring one man.

Advertisement for Helvetia Milk Condensing Co. featuring a can of Helvetia Milk Condensing Co. Evaporated Cream. Text includes: 'Economy Brand Evaporated Cream', 'goes farthest, because it is most concentrated; is most nourishing, because richest in cream; most perfect, because most skillfully prepared. Its purity is guaranteed under forfeit of \$5,000 to anyone able to prove any adulteration in our product.'

Advertisement for Frederick Nolf & Co. featuring 'Special' Medicated Sanitary Toilet Paper. Text includes: 'For price, quality and quantity, our "Medicated Sanitary Silk" toilet paper cannot be beat. Per roll, 10c; 3 rolls, 25c; dozen rolls, 95c; case lots of 100 rolls, \$6.90. Phone Red 1191. Frederick Nolf & Co.'

Advertisement for Merrill Typewriter Co. featuring 'MERRILL TYPEWRITER CO., So. 7 Post St., Spokane, Gen. Agt. DENSMORE TYPEWRITER Supplies ... Renting ... Expert Repairing'

Advertisement for T. C. Taylor Plumbing and Sewer Work. Text includes: 'PLUMBING and SEWER WORK', 'I HAVE A FULL LINE OF PLUMBING GOODS AND CLASS WORKMEN; ALSO MAKE SEWER CONNECTIONS. TIMATES FURNISHED ON ALL WORK. WORK GUARANTEED.', 'T. C. TAYLOR', 'THE HARDWARE MAN.', '741 MAIN'

Advertisement for The Schwarz & Greulich Meat Co. Text includes: 'Its Rich and Delicious', 'Our cold storage meats are always right; always tender, juicy.', 'Try our mild cured Hams. They are free from that strong', 'The Schwarz & Greulich Meat Co.', '607 MAIN STREET.'

Advertisement for Flynn's Meat Co. featuring a ham. Text includes: 'GAINING FAME EVERYWHERE', '6 SIZES AND STYLES. UNION MADE. HAND MADE. CLEAR HAVANA.', 'A STANDARD FOR QUALITY. CLEANLINESS AND WORKMANSHIP.', 'When you call for a TRIUMPH, GET IT. Don't accept a substitute. FLYNN & CO., MAKERS.'

Advertisement for Laatz Bros. Coal and Rock Spring Coal. Text includes: 'COAL', 'LET US FILL YOUR BIN WITH', 'Rock Spring Coal', 'Recognized as the best and most economical fuel. We are prepared to contract with you for your winter's supply. We deliver coal or wood to any part of the city.', 'Laatz Bros.', 'MAIN STREET. NEAR DEPOT.', 'Walters' Flouring Mills', 'Capacity, 150 barrels a day. Flour exchanged for wheat. Flour, Mill Feed, Chopped Feed, etc., always on hand.', 'A. NOLT', 'Phone Main 111.', 'FOR SALE AT THE EAST office—large bundles of seed (containing over 100 big papers) sold for 25 cents a bundle.'



Miss Haggood tells how she escaped an awful operation by using Lydia E. Pinkham's Vegetable Compound.

"DEAR MRS. PINKHAM:—I suffered for four years with what the doctors called Salpingitis (inflammation of the fallopian tubes and ovaritis), which is a most distressing and painful ailment, affecting all the surrounding parts, undermining the constitution and sapping the life forces. If you had seen me a year ago, before I began taking Lydia E. Pinkham's Vegetable Compound, and had noticed the sunken eyes, sallow complexion, and general emaciated condition, and compared that person with me as I am today, robust, hearty and well, you would not wonder that I feel thankful to you and your wonderful medicine, which restored me to new life and health in five months, and saved me from an awful operation."—Miss IRENE HAGGOOD, 1022 Sandwich St. Windsor, Ont.—\$5000 forfeit if original of above letter proving genuineness cannot be produced.

Ovaritis or inflammation of the ovaries or fallopian tubes which adjoin the ovaries may result from sudden stopping of the monthly flow, from inflammation of the womb, and many other causes. The slightest indication of trouble with the ovaries, indicated by dull throbbing pain in the side, accompanied by heat and shooting pains, should claim your instant attention. It will not cure itself, and a hospital operation, with all its terrors, may easily result from neglect.

Advertisement for W. J. Clarke & Co. featuring 'HARVESTERS' HEADQUARTERS'. Text includes: 'OUR STOCK OF SUPPLIES FOR THIS HARVEST SEASON IS NOW COMPLETE IN EVERY RESPECT. IF IN NEED OF ANY OF THE FOLLOWING ITEMS, VIZ.:', 'FORKS, HOEDOWNS, RAKES, SCYTHES, SNATHS, WATER BAGS, WATER KEGS, CURRY COMBS, BRUSHES, MACHINE OILS, AXLE GREASE COMPOUND, LACE LEATHER, CAP SCREWS, SET SCREWS, SMITHING COAL, BAR, BAND AND SHEET IRON, BABBITS, ROPE, WHIPS, OIL CUPS, VALVES, PIPE, STOVES, RANGES, GRANITE AND TINWARE, ETC.', 'PHONE MAIN 211, OR CALL ON', 'W. J. CLARKE & CO.', '211 COURT STREET'