

The Cause of Many Sudden Deaths.

There is a disease prevailing in this country most dangerous because so deceptive. Many sudden deaths are caused by it—heart disease, pneumonia, heart failure or apoplexy are often the result of kidney disease. If kidney trouble is allowed to advance the kidney-poisoned blood will attack the vital organs, causing catarrh of the bladder, brick-dust or sediment in the urine, head ache, back ache, lame back, dizziness, sleeplessness, nervousness, or the kidneys themselves break down and waste away cell by cell.

Bladder troubles almost always result from a derangement of the kidneys and better health in that organ is obtained quickest by a proper treatment of the kidneys. Swamp-Root corrects inability to hold urine and scalding pain passing it, and overcomes that unpleasant necessity of being compelled to go often through the day, and to get up many times during the night. The mild and immediate effect of Swamp-Root, the great kidney remedy is soon realized. It stands the highest because of its remarkable health restoring properties. A trial will convince anyone. Swamp-Root is pleasant to take and is sold by all druggists in fifty-cent and one-dollar size bottles. You may have a sample bottle and a book that tells all about it, both sent free by mail. Address, Dr. Kilmer & Co., Binghamton, N. Y. When writing mention reading this generous offer in this paper. Don't make any mistake, but remember the name, Swamp-Root, and don't let a dealer sell you something in place of Swamp-Root. If you do you will be disappointed.



Red Goose

Can You Draw a Goose?

PASTIME THEATRE

Cass Matlock, Prop.

- BEST PICTURES
- MORE PICTURES
- LATEST PICTURES

and illustrated songs in the city.

Shows afternoon and evenings. Refined and entertaining for the entire family.

Next to French Restaurant

Entire change three times each week. Be sure and see the next change.

Adults 10c. Children under 10 years, 5c.

The Quelle

Gus. La Fontaine, Prop.

Best 25 cent meals in the Northwest.

First-class Cooks and Service.

Shell-fish in Season.

La Fontaine Block, Main St.

Choice Wheat Farm for Sale. 800 acres 2 miles from Helix; fair improvements; fine well. Price \$50,000. Leased to 1912. Easy terms. JOHN A. GROSS, 814 Boyer Ave., Walla Walla, Wash.

OF INTEREST TO WOMEN

Here and There.

One or two cans of shrimp to be washed and dropped for a few minutes in thickened butter sauce and served on toast or a can of salmon to be opened and plunged into boiling water, drained and served on a platter with egg sauce and mashed potatoes. Why should one fear of a sudden guest?

Partridge berries, if gathered before frost and put in a cool cellar in a box packed in sphagnum moss, will be bright at the holiday season. So will wild bitter sweet, if gathered late and hung in a cool attic. Cat-o-nine tails and sumac keep a long time and look well, both in their natural state and with the heads touched with gilt paint.

Challis is one of the best materials for making a little sleeping robe when traveling on a sleeper. It can be made as roomy and comfortable as a wrapper, with all the appearance of a pretty dress. Select a bordered effect, tan with a brown border, or white with blue. The corals with oriental borders are handsome and you can find dark colors that are as handsome as the very best figured receptacles above for the burnt matches are inexpensive and the safest and most sensible for cellars, kitchens and hallways. They can be gilded before using and a fresh coat given once a year.

All match safes of whatever kind or design should have something near for burnt matches. Little china basins or three handled china vases or cups can be suspended from the gas jet near the match safe. Small baking powder boxes covered with ribbon are suitable for burnt matches.

An Ironing Trick.

She was carefully covering a rolling pin with two thicknesses of flannel, when a friend joined her. Instantly the newcomer expressed surprise at the unusual operation.

"I don't wonder you smile," said the housewife, as she plied her needle, taking care that not a wrinkle destroyed the surface of the tight-fitting covering of flannel. "Guess why I am doing this; manifestly the rolling pin is to serve some other purpose than the one for which it was originally intended."

"Now you see, I am slipping this cover of cotton cloth in place, and tying it at either end. As I am sure you cannot guess the reason for all this, I'll enlighten you. I am getting ready to iron the cuffs on my shirt-waist without having them creased."

"I know some people can iron them beautifully without having to resort to any such contrivance, but, for my part, I find it so much simpler to use a padded rolling pin that I always do it. Those who have followed my example say that they find it of the utmost convenience, too, so I think there must be some virtue in it," she concluded as she tied the outer covering into place.

The Best Helpmeet.

It is not always the wife who stands behind her husband's counter or shares his office work with him, shoulder to shoulder, who is the greatest help to a man. A woman with the faculty of saying or doing the right thing at the right time is bound to be a help to her husband.

The woman who can make herself indispensable to her husband as his social mentor and co-entertainer has many pleasures which the less tactful sisters miss. Everyone recognizes as a bore the woman who is forever quoting the clever sayings of her husband and dwelling at length upon his good points, his success in business, etc.; but the wife who knows when to drop a hint that counts is the real helpmeet.

Hints for Evening Coats.

Brocades are being accepted by many women with unqualified approval. A rich velvet or brocade should be supple enough to admit of graceful draping, but elaborate ornamentation should be omitted from material which is not plain in weave.

Fur is used on many evening gowns for large collars or for edging the bottom of skirts and sleeves.

Linings are generally of contrasting shades.

Many French designers show fullness from the shoulders; that is, held in at the waist line by knots of satin or jeweled ornaments. Below the fullness is so arranged in curving folds that the drapery falls in panache fashion.

The lightest of silken wraps are made warm by padding of eiderdown across the chest, shoulders and back. Chantilly lace is much in evidence, draped in shawl effects, which are the Persian fad.

Home Notes.

A little box in which hazel is a good face wash after motoring, and is also of value in so many ways that every woman should have boxes and boxes of hazel on her dressing case, says an authority on such matters. A little blanching of soap and orris root in the bath makes it much more pleasurable.

When choosing a carpet, if you have to study economy, select one with a small pattern, and of rather a light color. The small pattern cuts to greater advantage for there is less waste in matching the design as the breadths are sewn together, and when the wood begins to wear the light color will not contrast so painfully against the string foundation as it would if it were many shades darker in tone.

By rubbing a fresh lemon thorough-

DON'T GET RUN DOWN

Weak and miserable. If you have kidney or bladder trouble, dull head pains, dizzy spells, nervousness, pains in the back, and feel tired all over, get a package of Mother Gray's AUSTRALIAN-LEAF, the pleasant herb cure. It never fails. We have many testimonials from grateful people who have used this wonderful remedy. As a regulator it has no equal. Ask for Mother Gray's Australian-Leaf at Druggists or sent by mail for 50 cts. Sample FREE. Address, The Mother Gray Co., Le Roy, N. Y.

ly into a sponge which has become slimy and rinsing it several times in lukewarm water it will be as nice again as when it was new.

Needlebooks are much better made with leaves of chamios leather or fine linen, instead of the old-fashioned flannel. Flannel is often prepared with sulphur, and this tends to rust the needles. Chamios leather, on the other hand, keeps them beautifully bright.

The best way to clean playing cards when they are soiled is to rub them with a little furniture cream on a small piece of rag, then polish with a piece of clean soft rag. This removes all grease and stickiness and makes them almost equal to new.

Use a piece of velvet for brushing silk. Try it on a black silk petticoat, and see how perfectly it wipes away all traces of dust from frills and ruffles. Any brush, however soft, acts as an irritant to silk, but the velvet removes all dust without any injury to the silk of sunshades, etc.

Many women find it a great comfort to sew a black or colored cross on the band of every dress skirt in the exact middle of the front. In this way, you can instantly and unconsciously be sure that your skirt is on perfectly straight. This same idea carried out with all the white cloth or silk undershirts will prove a helpful convenience. Then sew a four-inch strip of tape lengthwise near the top and on the wrong side of all undershirts; it is such a comfort to hang them up in this way rather than by tying the strings or hooking the skirt together.

Always keep a half teaspoonful of rice in every salt shaker. It keeps the salt from either sticking or caking and insures a ready flow at all times.

A dozen double hooks for under shelves is a great convenience where a closet is not made to accommodate a rod for coat hangers. Then, too, the double hooks will hold the skirt hangers while the rod will not. The Japanese ones are 15 cents a dozen and the thread of a screw is a part of the hook so any one can put them up without any tools. These under shelf hooks will double the capacity of any closet.

The flexible knife that is such a favorite with so many housewives can be bought in all sizes at any hardware or department store, but it is known there as a "pallette knife."

Gilt on Neckwear.

With Midas-like pervasiveness fashion has invaded the realm of neckwear and placed upon dainty white lace and linen a golden touch. And it is lovely! The gold face used a combination with Valenciennes or fine tulle and net is cobwebby, and gives its metallic contrast without any weight. Gold medallions are set in along edges of frills or on pointed tabs. Embroidery is worked with gold thread outlining, and here and there are solid patches which flash out in jewel form.

Neckwear can hereafter be made a part of the costume. The same golden thread or cord used on the blouse is woven into the stock and jabot.

Saved at Death's Door.

The door of death seemed ready to open for Murray W. Ayers, of Transit Bridge, N. Y., when his life was wonderfully saved. "I was in a dreadful condition," he writes, "my skin was almost yellow; eyes sunken; tongue coated; emaciated from losing 40 pounds, growing weaker daily. Virulent liver trouble pulling me down to death in spite of doctors. Then that matchless medicine, Electric Bitters—cured me. I regained the 40 pounds lost and now am well and strong." For all stomach, liver and kidney troubles they're supreme. 50c at Tallman & Co's.

For Monument at Gettysburg.

Richmond, Va., Jan. 18.—The Gettysburg Monument Commission's competition for models and designs for the proposed monument to Virginia troops will close today. Several prominent artists have submitted designs. The memorial is to be placed in what is known as Spangler Woods, the point where General Lee observed the memorable charge up Cemetery Ridge. The commission expects to spend about \$50,000 on the project.

Colonel Thomas Smith, secretary of the commission, made the following announcement in regard to the monument:

"It is the determination of the Virginia commission that this memorial shall be a record of all the Virginia troops engaged in the battle at Gettysburg and it is desired that the design shall be of a form to accomplish this paramount purpose. The commission plans for a monument surmounted by an equestrian figure of General Robert E. Lee, but will consider plans without such equestrian figure, but effective in achieving the object of the intended tribute.

A Wretched Mistake.

To endure the itching, painful distress of piles, there's no need to listen: "I suffer much from piles," writes Will A. Marsh of Silver City, N. C. "I got a box of Bucklen's Arnica Salve, and was soon cured." Burns, boils, ulcers, fever sores, eczema, cuts, chapped hands, chilblains, vanish before it. 25c at Tallman & Co's.

Langford Gets Chance.

Pittsburg, Pa., Jan. 18.—Sam Langford, the negro middleweight boxer of Boston, who has been mentioned as a possible candidate for the heavyweight title, will get a chance to show his prowess tonight. Montana Jack Sullivan will take him on for six rounds at the Empire Athletic Club. The colored man is looked upon as a favorite. Although Langford has shown himself a good man, he has had great difficulty in getting matches.

Unfurnished housekeeping rooms for rent in the East Oregonian building. Steam heat; electric lights; hot and cold water; bath. Inquire at East Oregonian office.

JAMES J. HILL TO SPEAK TO AGRICULTURAL MEN

Fargo, N. D., Jan. 18.—James J. Hill, the railroad magnate of the northwest, will deliver an address during the twelfth annual session of the Tri-State Grain and Stock Growers, commenced here today. Prominent agricultural experts of North and South Dakota and Minnesota and from the department of agriculture will also speak. The convention will occupy four days.

Today's conference was devoted largely to grains and grasses. Tomorrow will be devoted to dairying and live stock, the third day to the Equity society and horticulture and the last will be "Hill" day. Mr. Hill spoke at the first convention held here and at several subsequent ones and has promised to close the program this year.

The state veterinarians, the State Horticultural society, the North Dakota Poultry association, the North Dakota Kennel association and other state affairs will be in progress during the week.

A Sprained Ankle.

As a rule a man will feel well satisfied if he can hobble around on crutches in two or three weeks after spraining his ankle, and it is often two or three months before he is fully recovered. This is an unnecessary loss of time, as by applying Chamberlain's Liniment, as directed, a cure may as a rule be effected in less than one week's time, and in many cases within three days. Sold by all good dealers.

Trotting Men Meet.

Lexington, Ky., Jan. 18.—Officers of the Kentucky Trotting Horse Breeders' association, in Lexington today, declare that the past season has been an exceptionally prosperous one for the association, and that the prospects are good for an even better season this year. Secretary Wilson has been busy for the last month with the future stakes, which are attracting much attention.

If you have any trouble with your stomach you should take Chamberlain's Stomach and Liver Tablets. Mr. J. P. Klote of Edna, Mo., says: "I have used a great many different medicines for stomach trouble, but find Chamberlain's Stomach and Liver Tablets more beneficial than any other remedy I ever used." For sale by all good dealers.

Emperor's Widow Violent.

Brussels, Jan. 18.—Empress Marie Charlotte, sister of the late King Leopold and widow of the ill-fated Emperor Maximilian of Mexico, who has been mad for years, has of late been growing worse.

Recently she had several violent attacks, in the course of which for the first time in years she uttered the name of Maximilian.

Fever Sores.

Fever sores and all chronic sores should not be healed entirely, but should be kept in healthy condition. This can be done by applying Chamberlain's Salve. This salve has no superior for this purpose. It is also most excellent for chapped hands, sore nipples, burns and diseases of the skin. For sale by all good dealers.

Discussing the Tariff.

Minneapolis, Minn., Jan. 18.—Discussions of the tariff and other topics of interest to those engaged in the lumber industry will come up during the three days' convention opened in this city today by the Northwestern Lumbermen's association.

MOTHER'S FRIEND

A LINIMENT FOR EXTERNAL USE.

One of the most valuable qualities of Mother's Friend is that it safe-guards the future health of the mother. It is a liniment to be applied externally to the body, the use of which lubricates the muscles and tendons, softens the glands and ducts, prevents lumps forming in the breasts, and relieves the pain, nervousness, nausea, and other troubles from which so many expectant mothers suffer. When Mother's Friend is used regularly it fits and prepares the system for an easy and natural consummation of the term. Women who massage with this great liniment are always saved much suffering when baby comes, and recover more quickly, and without ill effects. Mother's Friend is sold at drug stores. Write for our free book for expectant mothers.

THE BRADFIELD CO., ATLANTA, GA.

KONDON'S CATARRHAL JELLY

Catarrhal Deafness Avoided and Cured

Prove this to yourself by writing today for a free sample, postpaid, of this permanent, safe and speedy cure—aromatic, soothing, healing. Or ask your favorite Druggist for

Liberal Free Sample

Especially valuable in nasal affections of children—mild, pure, and sanitary. Specially recommended by physicians for children with cold in the head, which so often brings on chronic nasal catarrh. Contains no harmful drugs. Sold only in sanitary, convenient tubes and recommended by over 10,000 druggists in 25c and 50c tubes. If you have not Kondon's a 25c or 50c tube will be sent you postpaid on receipt of price, or absolutely free sample by

Kondon Mfg. Company, Minneapolis, Minn.

Byers' Best Flour

is made from the choicest wheat that grows. Good bread is assured when BYERS' BEST FLOUR is used. Bran, Shorts, Steam Rolled Barley always on hand.

Pendleton Roller Mills

Pendleton, Oregon



Located on the corner of Seventh and Stark streets, extending through the block to Park street, Portland, Oregon. Our new Park Street Annex is the only fireproof hotel building in Oregon.

Rates \$1 a Day and Up. European

The East Oregonian is eastern Oregon's representative paper. It leads and the people appreciate it and show it by their liberal patronage. It is the advertising medium of this section.

To Mr. Buyer:


Advertising reading is educational!

A store's advertising is an unfailing test of the store.

The thermometer does not more surely record degrees of heat or cold than the store advertisement records the degree of enterprise, enthusiasm and progressiveness in store management.

The store where most of the ad. answers go, is the busiest store--always, everywhere and particularly in this city.

--see how much ad. reading will help you in planning your clothes, dressing right up to the fashion, and saving on their purchase.



To Mr. Seller:

Why not worry when it is worth while?

Isn't it time you commenced to worry a little about your advertising--about the inadequacy of it, the lack of salesmanship in it, the now-and-then [chiefly "then"] schedule on which it is "run"?

For--you see the merchant who, so far as his advertising is concerned, refuses to "worry" or to plan expansion, or to enthuse, will soon have nothing left that is worth worrying about! You should begin to worry while it's worth while!