

## A Human Match Factory

The body contains phosphorus sufficient to make 483,000 matches. Phosphorus is one of fourteen elements composing the body—divided among bones, flesh, nervous system and other organs. The perfect health of body requires a perfect balance of the elements. These elements come from the food we eat—the stomach extracts and distributes them.

But if stomach is deranged—the balance of health is destroyed and the blood does not carry the proper elements to the different organs; and there is blood trouble—nerve trouble—heart trouble. Pain is the hungry cry of starved organs. Put the liver, stomach and organs of digestion and nutrition into a condition of health. That is just what is done by

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which has been so favorably known for over 40 years. It is now put up in tablet form, as well as liquid, and can be obtained of medicine dealers everywhere or by mail by sending 50 cents in 1c stamps for trial box—address R.V. Pierce, M. D., Buffalo, N.Y.

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## Woman and Her Varied Interests

### Bathing Suits Gay This Year.

With the arrival of the summer days, one begins to think of the seashore and the water and that leads naturally to the important costume—the bathing suit. According to many of those shown in the stores, one would think that the summer girl was going to dress for a promenade on the sands rather than for the real pleasure of splashing and floating and swimming, for the bathing suits are more elaborate than usual this season.

Satin, taffeta, mohair and serge are all used for making these suits, as they have been for several seasons, but the unusual feature this year is the colors in vogue. The dark blues and blacks are not relieved with white alone, as in previous years, but now a frivolous touch of color is given to the bathing suit, and when the Balkin blouse, the oriental colors, and the silk handkerchief, tied turbanwise, with its two knotted ends and the bright colored sash are worn, one looks decidedly oriental.

Many of the caps are elaborate and look very attractive in the show cases or on the fair head of the wearer as she strolls along the sand. But the question arises, How would one appear after its owner had worn it a few times when diving? They are frequently made of the same bright silk or satin with which the suit is trimmed; and are said by the buyers of this line of goods to shed the water and to look well, particularly those made of satin.

If one does not care for so much of the bright colors as are shown in the above bands, sashes, collars, cuffs and bathing caps made to match of the Bulgarian, cubist and futurist silks, pipings of these colors may be used and give a dash of smartness to what might otherwise be a dull costume.

The lines of the suits are straight without much fullness, and they are made with sleeves to the elbow or with no sleeves at all, and with either square or round neck.

### Spoon Case.

A good spoon case is made of a double piece of tennis flannel, the width for the spoon to be kept in it and stitched at the bottom and in

strips about two inches apart, says the Los Angeles Express. Place the spoons in the strips, roll up and tie with tape. This will keep the spoons from becoming scratched. Cases for knives and forks may be made the same way.

### DELICATE COLORING.

Cotton voile was used for this truck and embellished with Cluny insertion of two widths. The border follows the line of the drop shoulder and continues on the blouse, disappearing beneath the square bib that falls from the neck and is bordered by the nar-



rower width. The bib is piped with blue panne velvet as are also the collar and cuffs. As the voile is figured in pink this creates a most 'French' color effect which the choux of black tulle at the neck accentuates. The tulle which reaches only to the front skirt breadth slopes away to a point at the back and is bordered with the narrow lace.

### Must Learn to Curl Feathers.

There is only one thing to do if you wear ostrich feathers and that is to learn how to curl them, says the New York Sun. When the moist hat with feather trimming is removed put it if possible near a fire. Heat often restores a good deal of the lost curl. When this is not possible let the feather dry thoroughly, and then re-curl it with a nail file the blunt edge of a knife, or some other steel or silver blade which is not sharp.

Work with one or two of the fronds of the feather at a time. Catch them between the thumb and the blade near the stem of the feather and slowly and firmly draw the thumb and the blade along the fronds to the edge. If necessary go over some of the feathers twice.

It is surprising how rapidly this curling can be done; and if it is care-

fully done after a little practice the feather will look quite as well as if it had been curled by a professional.

### Wicker Tea Table.

A wicker tea table with two shelves or trays and handles, so that it may be easily carried about the lawn or veranda, costs \$18, according to the New York Sun. It is stained soft dark green and the two trays are lined with bright cretonne that shows through their glass bottoms.

### Tried Recipes.

Eggs a la Cortlandt—Chop half an onion very fine and brown lightly in a heaping spoon of sweet butter. Add six chopped chicken livers and fry this mixture 10 minutes. Drain off the butter and add two table-spoons brown sauce. Let it come to a boil and season with paprika and salt. If the mixture is thin, add a small quantity of cornstarch to thicken. Serve over two poached eggs. If the flavor is liked, four or five ripe olives, chopped fine may be added just before the livers are poured over the toast and eggs. The toast should be cut round and all the crusty edges cut off.

One pound of flour four ounces of butter, the same quantity of sugar, one egg, and three ounces of finely-chopped walnuts. Beat butter and sugar together, adding the egg, thoroughly whisked. Stir in the flour very gradually, working it into the other ingredients till all becomes a smooth yellow paste. Turn on to a floured board and knead in the walnuts with the fingers. Roll out, cut into shapes with a fancy cutter, and bake in a slow oven for half an hour.

Stuffed Tomatoes—Select tomatoes of a size (about eight) and drop into boiling water just for a second. Then remove the skin, scoop out inside, which can be saved for putting in soup. Take a 10 cent can of deviled ham, mince fine with mayonnaise dressing and three hard boiled eggs, add a little parsley and celery which has been chopped fine, juice of onion and a little Worcestershire sauce. Mix all well and place back in tomatoes, chill and serve on lettuce leaves. Put a teaspoonful of mayonnaise dressing on top of each then cover lightly with grated hard boiled egg.

Apple Cake—One egg (beaten well) one cup sugar, half cup milk, melted butter size of egg, two cups flour sifted with teaspoon baking powder, salt, teaspoon vanilla. Mix as for cake dough, adding butter last. Put in bread pan and smooth out about 1 1/2 inches thick. Add on top sliced apples, sugar, cinnamon and a few currents.—San Francisco Call.

### For Binding Ooloth.

There is often occasion to bind the small piece of ooloth or inoleum especially when it is used for covering only part of the floor. For this purpose an excellent coiled metal binding is to be had, says the Newark News. It comes pierced with tiny holes equidistant, making the task of nailing the binding into place much simpler than otherwise would be possible.

### Making Cord for Fancy Bag Not Suitable for Eyeclets.

In making a fancy bag of material in which it is not easy to embroider eyelets for the drawstrings, a loop, made of the same thread as that used in embroidering, furnishes a strong, neat way to insert the cord, writes a contributor to Good Housekeeping. Use as many threads as you think necessary for strength (I used four as my thread was heavy). Do not put the needle through in the same place every time, but close to it, so the strain will not come all in one place. Leave the threads as loose on the wrong side. Buttonhole closely on the right over the threads, fastening well at both ends; a few buttonhole stitches on the wrong side drawing the threads closely together, and fastened securely, making a neat finish.

### PARAGUAY WILL BORROW MONEY FROM THE DUTCH

ASUNCION, Paraguay.—At a recent meeting of the finance and budget committees of both branches of congress in the office of the minister of finance, Dr. Zubizarreta, the question of the foreign loan was taken up. The minister announced that the government had received a new proposition from a syndicate of capitalists from Holland whose representatives are now at this capital, the same syndicate that has acquired control of the Bank of the Republic. The terms offered by the latter appear more favorable to the minister than those of the Farquhar syndicate, and the government has decided to close with the Dutch syndicate. It being understood that the government of Paraguay will always be adequately represented on the board of directors. It is reported that strong pressure is being exerted by the European financial interests to have the final decision postponed until they can submit counter-proposals.

## Vacuum Cleaners

of all kinds and sizes, either electric or hand power, and at an price you want to pay. We will sell you a Vacuum Cleaner such as advertised by the East Oregonian, for only \$6.50.

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Main Street near Bridge.

## FAMILY TO GO ON LONG WALK

Man and Wife With Their Two Sons Plan Journey from Idaho to Washington State.

SPOKANE, Wash., July 22.—Carrying their baggage, camp outfit and provisions in a wheelbarrow of light tonnage, Mr. and Mrs. A. L. Tubbs and their two sons, aged 11 and 9 years, have started on a 1500 mile walk from Sandpoint, Idaho, a town 50 miles east of Spokane, to St. Paul, Minn. The wheelbarrow is the most novel feature of the trip. A bicycle wheel on a light iron frame is surmounted by a barrel containing all the necessities of life. The route being followed by the family of hikers lies along the Great Northern railroad. The only stop of any length will be at Glacier National park in Montana. No hotels, no restaurants and no tips are the orders laid down by the Tubbs family, who will pitch their camp by the roadside when evening or fatigue overtakes them. They expect to arrive at St. Paul about October 1. Mr. Tubbs, who is a barber, says the trip is for his health, but as he weighs about 200 pounds, it is thought his idea mainly is to reduce weight.

## SEA LION RAIDS CAMBRIDGE SHOP

Massachusetts People Flee in Terror When Visitor Comes Up From the Sea.

CAMBRIDGE, Mass., July 22.—Cambridge had a real sea lion hunt Friday night. The animal came up out of the Charles river basin and invaded an East Cambridge street, where it flopped about, barking loudly and frightening a crowd which retreated before it. Attracted by the light of a store, it leaped four feet through the window, smashing the heavy plate glass. The proprietor left in a hurry, while the animal raised havoc in the place.

A small squad of police reserves tried to confine it in a packing box and in a big sheet of canvas, but it smashed one and ate its way through the other. Finally men from the Boston aquarium lassoed it and sent it to that institution.

## HUGE AIRSHIP TO MAKE TRIP

Line Is Planned for North Country—Hydroplane Carrying 2000 Pounds to Be Used.

EDMONTON, Alta., July 22.—L. S. Lockwood and R. G. McLean of San Francisco, are in Edmonton to establish an airship line between this city and Athabasca, 95 miles, and Edmonton and Fort George, B. C., more than 400 miles. The hydroplane capable of carrying 2000 pounds, will be used. The company, backed by California and local capital, also plans to erect a large factory in this city. Mr. McLean said that, while it will be years before the aero line can compete with the railroads for passenger and freight traffic, the day is not distant when the mail service, especially in this part of the country, will be handled by air ships. He said also that within two years a machine will be perfected to carry mail from the Atlantic ocean to the Pacific in less than two days, as against four to five days, now required.

## Flashes From the Wire

SEATTLE, July 22.—Details of a return fight between Fred Vaise of Seattle, champion lightweight of Canada and Joe Bayley, of Vancouver, former champion, have been definitely settled. The match will take place on the night of August 1 in the Brixton House Arena at Vancouver. The boys will weigh in at 133 pounds ring-side.

OAKLAND, Cal., July 22.—Wo King a quick change act on Jailer Stachler, James Sumerford, a notorious pick-pocket, slipped into a white dress and white hat with a big ostrich plume, walked out of the main entrance of the county jail on the arm of an accomplice. The accomplice furnished the disguise.

LOS ANGELES, July 22.—Well on the road to recovery, Bud Anderson has left the hospital at Santa Monica, where he parted with his appendix. He will rest here before attempting to make the trip to Medford, where he plans a long vacation.

SAN FRANCISCO, July 22.—According to tentative plans announced here by General Passenger Traffic Manager C. L. Stone, the Western Pacific railroad within six months will have branch lines in Idaho and California connecting with the main line. Just what points the new branches will touch is not known, but it is believed a Boise-Winnemucca line is included in the plan.

ABERDEEN, Wash., July 22.—While cutting a five foot fir log near here, the saw glanced on a hard substance. Investigation revealed a three inch steel cannon ball embedded near the center of the tree. The ball had lodged in the tree probably 50 years ago. No explanation can be given of the mystery.

SAN FRANCISCO, July 22.—War on 37 Greek coffee parlors which the allies are aiding the white slave traffic has been inaugurated by Mrs. Hannah S. Nolan. Through the places are conducted by individuals. Mrs. Nolan expects to show that they are controlled by the same group of men.

## HEAT VERY TRYING TO WOMEN'S NERVES

They Neglect Their Bowels and the Poisons Vitiate the Blood.

Hot weather has a very weakening effect on women. They are too languid to exercise, and as a result have appetite only for foods that seem light and tasty, such as salads and other cold concoctions. But these frequently produce indigestion, and with it comes constipation.

It is especially in hot weather that women should keep up the highest standard of health, for if it is necessary to have strength to resist the heat. The first essentials are good digestion and regular bowel movement, and then good red blood and steady nerves will follow. The best way to obtain these is not by an over-indulgence in fruits, which often are not ripe, or over-ripe, and hence are dangerous, but in the use of a gentle and pleasant bowel stimulant like Dr. Caldwell's Syrup Pepsin. Use it tonight and your constipation, indigestion and sick headaches will vanish by morning.

Mrs. Henry Moeller, 2555 Lee Ave., Chicago, uses it herself and gives it to her children, and Mrs. A. C. Caldwell, Denver, Colo., was once pale and sallow-looking, but now has a



pretty complexion, and naturally they are great believers in the value of Syrup Pepsin as a reasonable laxative- tonic. It can be obtained of druggists at fifty cents and one dollar a bottle, the latter size for family use. Its tonic properties make it an ideal laxative for women and children. You will never again use strong cathartics, purgatives and salts after trying Dr. Caldwell's Syrup Pepsin.

Families wishing to try a free sample bottle can obtain it, postpaid, by addressing Dr. W. B. Caldwell, 418 Washington St., Monticello, Ill.

Mrs. Nolan is vested with authority from the board of health and will place her data before District Attorney Fickert.

OLYMPIA, Wash., July 22.—According to figures compiled by the public service commission, 47 trespassers upon railroad rights of way have been killed in this state since January 1. This doesn't include fatalities at railroad crossings or persons killed in wrecks.

PORTLAND, July 22.—Satisfied that many tracts of land in the forest reserve of Siuslaw, in southwestern Oregon, are thoroughly adapted to farming purposes, Chief Forester Graves, who just returned from a tour of inspection, was very optimistic over the future of that country. He said that settlement there would be hard, in fact it would hark back to pioneer days.

## BANKRUPTCY LAWS OF 2300 B. C. FOUND

Babylonian Tablets Show That Present Code Was Founded 4000 Years Ago.

PHILADELPHIA, July 22.—What is said to be an archaeological discovery of great interest to scholars the world over is announced by the museum of the University of Pennsylvania. It is a shattered tablet, upon particles of which, pieced together, are inscribed many of the missing laws from the code of King Hammurabi, who ruled Babylonia at a period estimated about 2100 to 2300 B. C. Most of the laws, as deciphered, refer to financial transactions and one contains the germ from which, perhaps, sprang all bankrupt laws of the last 4000 years.

The tablet, which is believed to be part of the oldest collection of laws and precepts extant, was found at Suza, in the winter of 1901-02 by M. DeMorgan, a Frenchman, and brought here recently by an expedition of the university, returning from Nippur, an ancient city in Babylonia, where the University of Pennsylvania has made

### Beautiful Women.

Nothing adds more to the beauty of women than luxuriant hair. The regular use of Meritol Hair Tonic will keep the hair healthy, promote its growth, keep it clean and bright, and gives it that wavy appearance so much admired.

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Until recently it has been a generally accepted theory that eczema was a disease of the blood. Scientific investigations have taught us that eczema is positively a skin disease and curable through the skin alone. Meritol Eczema Remedy is applied directly to the diseased skin, the effect is marvelous and its results permanent. Do not delay trying Meritol Eczema Remedy.

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suffering women. The most temperate drink Whitbread Ale or Stout because they are not only a delicious beverage, but a tonic and blood giver. Doctors, clergymen and professional men consume Whitbread Ale or Stout to build up the system and for nervousness due to overwork. A glass of Whitbread at night time and with the meals gives that restful sleep. Do not accept any substitute as Whitbread Ale or Stout are unlike all other English Ales or Stouts, being matured in bottles. A trial from your local dealer will convince you of the wonderful effect of Whitbread Ale or Stout.

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