

Good Bowels are an Aid to Growth

Growing Children Need a Mild Laxative to Foster Regular Bowel Movement.

As a child grows older it requires more and more personal attention from the mother, and as the functions of the bowels are of the utmost importance to health, great attention should be paid to them.

Diet is of great importance, and the mother should watch the effect of certain foods. A food will constipate one and not another, and so we have a healthy food like eggs causing biliousness to thousands, and a wholesome fruit like bananas constipating many. It is also to be considered that the child is growing, and great changes are taking place in the young man or young woman. The system has not yet settled itself to its later routine.

A very valuable remedy at this stage, and one which every growing boy and girl should be given often or occasionally, according to the individual circumstances, is Dr. Caldwell's Syrup Pepsin. This is a laxative and tonic combined, so mild that it is given to little babies, and yet equally effective in the most robust constitution. At the first sign of a tendency to constipation give a small dose of Syrup Pepsin at night on retiring, and prompt action will follow in the morning. It not only acts on the stomach and bowels but its tonic properties build up and strengthen the system generally, which is an opinion shared by Mr. John Dey of Bloomfield, N. J. He has a large family and at ages where the growth and development must be watched.



MARIE DEY

Little Marie has thrived especially well on Dr. Caldwell's Syrup Pepsin. Mr. Dey considers it the right laxative for young and old and has found none better for young children.

The use of Dr. Caldwell's Syrup Pepsin will teach you to avoid cathartics, salts and pills as they are too harsh for the majority and their effect is only temporary. Syrup Pepsin brings permanent results, and it can be conveniently obtained of any druggist at fifty cents and one dollar a bottle. Results are always guaranteed or money will be refunded.

Families wishing to try a free sample bottle can obtain it postpaid by addressing Dr. W. B. Caldwell, 419 Washington street, Monticello, Ill. A postal card with your name and address on it will do.

GIRLS GET AWAY BUT ARE SOON TAKEN AGAIN

SALEM, Ore., Jan. 29.—Crawling through a small hole at the top of a partition in the basement, Jeanette Van Zile of North Bend and Myra Grisson of Eugene, escaped from the state industrial school for girls. They were captured near the fair grounds store by the local police.

It was with difficulty that the officer and Mrs. Hopkins, matron of the school, returned the girls to the institution as they struggled desperately. At the door one of them broke away and ran, but was soon caught again.

To Vaccinate Whole City.

NIAGARA FALLS, N. Y., Jan. 29.—Dr. Edward Clark, detailed by the state health department to cooperate with the local health board in checking an outbreak of smallpox here, recommended thorough and whole-sale vaccination.

2 Women Executed.

BERLIN, Jan. 29.—Two women were decapitated at Ratibor prison. One, Franziska Seimner, was convicted of murdering her stepmother. The other Josua Kubacka, killed her husband. Both went to death without a sign of emotion.

CLOGGED NOSTRILS OPEN AT ONCE, HEAD COLDS AND CATARRH VANISH

In One Minute Your Stuffy Nose and Head Clears, Sneezing and Nose Running Cease, Dull Headache Goes.

Try "Ely's Cream Balm." Get a small bottle anyway, just to try it—Apply a little in the nostrils and instantly your clogged nose and stopped-up air passages of the head will open; you will breathe freely; dullness and headache disappear. By morning the catarrh, cold-in-head or catarrhal sore throat will be gone. End such misery now! Get the small bottle of "Ely's Cream Balm" at any drug store. This sweet, fragrant balm dissolves by the heat of the nostrils; penetrates and heals the inflamed, swollen membrane which lines the nose, head and throat; clears the air passages; stops nasty discharge and a feeling of cleansing, soothing relief comes immediately.

Don't lay awake tonight struggling for breath, with head stuffed; nostrils closed, hawking and blowing. Catarrh or a cold, with its running nose, foul mucous dripping into the throat, and raw dryness is distressing but truly needless.

Put your faith—just once—in "Ely's Cream Balm" and your cold or catarrh will surely disappear.

Saving is Worth Much to You

If you are a young man just on the threshold of a career, the saving habit means more to you than a good salary, for if you learn to save while you are getting a small salary, when you get a good salary you will know what to do with it.

Build a foundation for a prosperous future by starting a Savings account here. Deposits made in our Savings Department before February 10th draw interest from February 1st.

The American National Bank

Pendleton, Oregon

Strongest Bank in Capital and Surplus
Eastern Oregon \$400,000.00

Known For Its Strength

First National Bank

PENDLETON, OREGON

ESTABLISHED 1882

OLDEST AND LARGEST
NATIONAL BANK IN THE STATE
OUTSIDE OF PORTLAND

RESOURCES \$2,500,000.00

PULLMAN PENSIONS NOW.

Company to Retire Employees at 70 With 20 Per Cent of Pay.
CHICAGO, Jan. 29.—A pension plan which, it is estimated, will cost the Pullman company \$250,000 a year is announced to go into operation immediately. Employees, 25,000 all told, in the manufacturing and operating departments will benefit.

Workers will be retired at the age of 70 and those 20 years or more in the service will be pensioned at the rate of 1 per cent of their last monthly pay for every year of their employment.

An employee who has been in the service for 20 years will thus draw 20 per cent of his average salary for the last year as a pension.

IDLE GOSSIP DEATH CAUSE.

Woman Drowns Self and Leaves Note Declaring Innocence.

AURORA, Ill., Jan. 30.—Shamed by gossip which declared her faithless to her husband, and denying the truth of the tales Mrs. Joseph Nemeth left her month-old baby to the icy waters of the Fox river, and is believed to have drowned herself. Her husband found a farewell note pinned to her pillow, pleading with him not to believe the scandal.

HEALTH PUT UP TO WOMEN.

Washington State Officer Says Men Fail to Solve Problems.

TACOMA, Wash., Jan. 30.—"Men have never solved the health problem and this great public trust now lies with women, and particularly the women's clubs," said Dr. Eugene R. Kelly, state health commissioner, in an address on vital statistics before the conference of the State Federation of Women's Clubs. Dr. Kelly appealed to the women to devote part of their energies toward bringing about more complete birth registration, which, he declared, would be found important in child labor legislation.

Formal action was taken deferring the date of the state federation convention at Raymond from June to July in order to leave ample time for delegates to attend the general federation biennial convention in Chicago. The sessions will be continued tomorrow.

Mrs. Wallis Williams of North Yakima, resigned as chairman of the legislative committee of the federation to run for the legislature this fall on the progressive ticket from North Yakima.

Stockholders Organize in John Day.

JOHN DAY, Jan. 30.—The stockholders of the new hall to be built in John Day, having filed articles of incorporation, met and elected the following directors: Herman Oliver, J. A. Laycock, Charles A. Trowbridge, Richard Danby, John Silvers, L. Porter and E. Luce. Excavating will begin at once, and the work will progress as fast as contracts can be let. The stockholders were able to make a \$10,000 incorporation under the name Mid Vale Opera Co.

Contentment is often the result of being asleep.

WHAT'S INDIGESTION? WHO CARES? LISTEN!

"Pape's Diapiesin" Makes Sick, Sour Gassy Stomachs Surely Feel Fine in 5 Minutes.

Time it! In five minutes all stomach distress will go. No indigestion, heartburn, sourness or belching of gas, acid, or eructations of undigested food, no dizziness, bloating, foul breath or headache.

Pape's Diapiesin is noted for its speed in regulating upset stomachs. It is the surest, quickest remedy in the whole world, and besides it is harmless.

Millions of men and women now eat their favorite foods without fear—they know Pape's Diapiesin will save them from any stomach misery. Please, for your sake, get a large fifty-cent case of Pape's Diapiesin from any drug store and put your stomach right. Don't keep on being miserable—life is too short—you are not here long, so make your stay agreeable. Eat what you like and digest it; enjoy it, without dread of rebellion in the stomach.

Pape's Diapiesin belongs in your home anyway. Should one of the family eat something which don't agree with them, or in case of an attack of indigestion, dyspepsia, gastritis or stomach derangement at daytime or during the night, it is handy to give the quickest, surest relief known.

Mackintosh's TOFFEE

Direct From
Halifax, England

WALNUT TOFFEE.
EGG AND MILK TOFFEE.
FIG TOFFEE.
FRUIT TOFFEE.
PIERROT TOFFEE.
TREACLE TOFFEE.
RUSSIAN TOFFEE.
EXTRA CREAM TOFFEE.
PLAYMATES TOFFEE.

at

Koeppen's

The Drug Store that serves you best.

STATE COMMISSION FORM IS PLANNED

MOVEMENT IS LAUNCHED BY
BUSINESSMEN'S CLUB OF
PORTLAND.

"Why a State Legislature?" Is Question Asked by Citizens, Claim Advocates of Plan—Letters Are Being Sent Out Explaining Advantages of Commission Government.

To provide a commission form of government for the state of Oregon is the purpose of a movement being discussed by the East Side Businessmen's Club of Portland and a meeting is to be held in Portland February 10 for the purpose of considering the proposition.

The following letter inviting attendance at the meeting has been sent out by the committee in charge:

"The question is repeatedly being asked by citizens all over Oregon. 'Why a state legislature?' Take the last legislature, with its political machines, with its corporation and other big business lobbies, blocking really useful and meritorious legislation; yet prompting and causing other big business and special interest and special privilege legislation to be passed, which is really a detriment to the farmers, laborers and people-at-large.

"We should have less legislation. We should have far less freak legislation. Under present system great floods of unnecessary measures clog and cloud every session of our state legislature, and the question, 'Why a state legislature?' will not dawn. What's the answer? Many well informed citizens say the answer is 'Commission form of government for the state.' Many citizens who believe in progress in government, advocate the abolishment of the state senate, as a first step; others advocate going to a complete commission form for the state, abolishing both houses of the state legislature, and substituting instead a commission or body of nine state commissioners, (elected from and representing the various state districts to be formed), besides the governor, secretary of state and state treasurer; thus making a legislative body of twelve, and abolishing all boards and commissions. The commission sitting permanently, with stated legislative meetings. Such a plan, it has been suggested, would give more time and study for carefully working out proper legislation. It would lessen freak and special legislation which is rushed through under present system, of 'you tickle me and I'll tickle you' or 'trading system' and place our state legislation on a more careful and scientific basis.

"Kansas is studying this same question, as are also Wisconsin and other states which believe in progress; they deem some such step needful to wipe out corruption lobbying and influence peddling in legislation, both state and national.

"Some 330 cities are successful using commission government for cities, with more and more added every week. And no city which has adopted the commission form has gone back to the old system. Less official with a direct responsibility being the cry of the hour, for city, state and nation. This, too, will if possible, lessen the cost of governing, and thereby bring to us a lower tax levy.

"The East Side Business Men's Club of Portland has been studying this state commission government question. A committee has been appointed to pursue the study and take the necessary steps to have framed and submitted to the people for their approval commission form of state government, if deemed advisable.

"It is deemed best to invite citizens who believe in 'going forward' and in progress, to meet and go over the problems in detail.

"Pursuant to this call is hereby extended to you to be present at a meeting to be held in Auditorium of East Side Library, E. 11th and E. Alder streets, Portland, Ore., at 8 p. m. on February 10th, 1914, to consider the matter of commission form of government for the state of Oregon. This question being deemed a matter of great importance to the entire commonwealth. What think you of this plan? Yours respectfully, Dan Kel-laher, chairman; M. B. McPaul; C. C. Hall; M. O. Collins, L. M. Lepper, commission government committee."

INN HAS 2967 BRIDGES.

Value of Spans in County Is Placed at \$196,000.

ALBANY, Ore., Jan. 30.—Linn county has 2967 bridges, valued at \$196,000. These figures have been compiled by County Commissioner Butler, who has been in charge of bridge work in this county for several years, for an inventory report being compiled at the county clerk's office here under the new state accounting system.

The county has 13 steel spans valued at \$248,000; 105 new wooden Howe truss bridges, which cost \$139,000, and 50 old wooden Howe truss bridges valued at \$25,000. There are 1800 trestle bridges in the county valued at \$84,000.

RAILROAD HEARING IS HELD.

Commissioner Miller Sits in Complaints at Medford.

MEDFORD, Ore., Jan. 30.—Frank H. Miller of the state railroad commission, has been hearing complaints against the Southern Pacific the last few days. William Reichstein complained of "spotting" his cars of wood which necessitated his making an extra haul when other cars were allowed to stay on the sidetrack.

An appeal for a commodity rate on beans to Portland by the Medford Storage company was argued, and questions of railroad crossings at Talent and Central Point will be heard later.

GAFFNEY-STEVENS GO TO BE LIVELY

Much interest is being manifested in local sporting circles over the forthcoming twenty round bout between Billy Gaffney and Buddy Stevens, which will be staged at the Oregon theater on the night of Tuesday, February 3. Both boys are working out daily for the go which is expected to be one of the liveliest seen here in many a day.

Gaffney has been seen here in a number of bouts and has proved one of the toughest of nuts to crack. He is a clever defensive fighter and can stand a great deal of punishment but he has not yet demonstrated that he has a kick in his arm that will put an opponent to sleep.

Stevens is one of the cleverest boxers in the lightweight division turned out by the Columbus Athletic club of Portland and his friends are predicting that he will give a good account of himself when he meets Gaffney. He has a great deal of science but whether he has a haymaker yet remains to be seen.

Wonderful Cough Remedy.

Dr. King's New Discovery is known everywhere as the remedy which will surely stop a cough or cold. D. P. Lawson of Edison, Tenn., writes: "Dr. King's New Discovery is the most wonderful cough, cold and throat and lung medicine I ever sold in my store. It can't be beat. It sells without any trouble at all. It needs no guarantee." This is true, because Dr. King's New Discovery will relieve the most obstinate of coughs and colds.

Lung troubles quickly helped by its use. You should keep a bottle in the house at all times for all the members of the family. 50c and \$1.00. All druggists or by mail.
H. E. Buckles & Co., Philadelphia or St. Louis.—Adv.

Cardinal Bars Tango; Sued.

PARIS, Jan. 29.—Cardinal Amette, archbishop of Paris, has been cited to appear before the civil tribunal in a suit for 20,000 francs (\$4000) damages brought by M. Stillon, a teacher of dancing.

Stillon sets forth the claim that the admonition issued by Cardinal Amette early in January forbidding the dancing of the tango is a sin and condemning the dance as indecent not only caused Stillon financial loss by driving away all his pupils but was an aspersion on his moral character.

ONLY ONE "BROMO QUININE."

That is LAXATIVE BROMO QUININE. Look for the signature of E. W. GROVE. Cures a Cold in One Day. Cures Grip in Two Days. 25c.—Adv.

Hen Provides Medical Aid.

KANSAS CITY, Jan. 29.—The hen has become an aid to science. Dr. Stanley Newhouse of Kansas City, in an address to the Jackson County Medical association asserted he had been successful in taking skin from the inside of an egg and grafted it on humans. Dr. Newhouse referred to this skin as "egg membrane."

Dufur Will Now Get Stockyards.

DUFUR, Ore., Jan. 30.—The state railroad commission has ordered the Great Southern railroad to construct stockyards at Dufur. This order is the result of a hearing held recently by the commission. The yards now in use here are the property of private parties and are inadequate to the needs of the shippers.

Sawmill Operates Again.

WHITE SALMON, Wash., Jan. 29.—The Swan-Hannan Lumber company's mill on Burdoin mountain, which has been closed some time, because of the dry season, has resumed operations. The mill is now employing most of the formerly unemployed men now in the valley.

WILL MADE WHEN DRINKING.

Vervant Testifies Cattleman's Disinherited Sons Were Unfitful.
LOS ANGELES, Jan. 30.—Frank H. Holyoke, wealthy lumberman of Bangor, Me., whose will is now being contested here on the ground he was of unsound mind when he executed it, twice had spoken of suicide and twice had searched his home for a revolver, according to testimony given by Frank St. Thomas, his confidential servant.

Holyoke's will was made in August, 1911, and he died here in October of that year. His son, Sydney Archibald Holyoke, instituted the contest, alleging that Edward F. Hahn and A. B. Taylor, who were named in the will as executors, influenced the making of the testament. Sydney Holyoke and his brother were cut off with \$100 each.

St. Thomas testified that Holyoke declared his sons had not shown filial duty and that his employer was a heavy drinker and had several drinks when he made his will.

"JIM CROW" LAW IS UPHOLD.

Negro Ordered Out of Car at State Line Fails to Obtain Damages.
ST. LOUIS, Jan. 30.—The "Jim Crow" law of Oklahoma was upheld by a decision of the United States circuit court of appeals here. The court affirmed the decision of the district court at Kansas City, which refused to award Dr. William J. Thompkins damages of \$50,000 because of an attempt made to enforce the "Jim Crow" law against him.

Thompkins, a negro, bought railroad and Pullman tickets from Kansas City to McAlester, Okla., over the Missouri, Kansas & Texas railroad. At the Oklahoma line, Thompkins was informed that he must leave the "white" car and enter a negro coach. He refused and was ordered off the train. A disturbance resulted and Thompkins was arrested and fined \$15.

EVA BOOTH GRAVELLY ILL.

Nervous Breakdown Is Followed by Serious Complications.
NEW YORK, Jan. 30.—Eva Booth, head of the Salvation Army in this country, who for more than a week past has been ill after a nervous breakdown, was reported to be in a grave condition.

She suffered an attack of influenza which developed into pleurisy and tonsillitis. Intestinal troubles have complicated her case, giving grounds for anxiety.

VESSEL CARRYING 67,500 BARRELS OF OIL FLOATED

NEWPORT NEWS, Va., Jan. 30.—The John D. Archbold, largest oil tanker ever built, was launched here President Archbold, of the Standard Oil company, and many other officials were present. Mrs. M. M. Van Buren, of New York, Mr. Archbold's daughter, christened the ship. The Archbold has every modern device. It

Alexander's Grocery

THE LARGEST AND BEST ASSORTMENT OF
STAPLE AND FANCY GROCERIES IN THE CITY.

In business in Pendleton for over 30 years, and by careful and reliable business methods have built up the greatest mercantile establishment in Eastern Oregon.

Saturday Specials

Dressed Chickens, each 60c to 75c

Strictly Fresh Ranch Eggs 30c
A DOZEN

Fresh Kipped Salmon, per pound 25c

Large Meaty Walnuts, 4 pounds for \$1.00

2 Large Packages Figs for 25c

Tea Garden Mince Meat in Jars 85c and \$1.25

Tuna Fish in cans—the chicken of the sea 30c

ROYAL CLUB and FOUNTAIN FRUITS represent the best value to the consumer.

S. & H. GREE NOSTAMPS WITH EVERY CASH
PURCHASE.

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COWS LOVED FLOWERS AND OWNER STANDS SUIT

SPOKANE, Wash., Jan. 30.—Because her cows had a taste for flowers, Mrs. Elizabeth McKenzie, living a few miles out of Spokane, has been sued for \$370. The cows broke out of their inclosure and raided the greenhouses of the Spokane Greenhouse company, consuming roses valued at \$100, carnations valued at a like sum, dahlias to the value of \$75 and other flowers valued at \$95, according to the complaint of the company.

PARCELS POST WAGONS TO BE STANDARDIZED

WASHINGTON, Jan. 30.—In the future all parcel post and collection and delivery wagons in use in the postal service throughout the country will be standardized in accordance with specifications made public by the postoffice department. The wagons are to be painted with medium green for body and cardinal red for running gear, with black striping and gold letters. The words, "United States Mail" and "Parcels Post" would appear on the wagons in conspicuous gold letters.

TOO MANY CHILDREN

are pale and frail—backward in studies—with pinched faces and poor blood—their minds and bodies are actually starved because their regular food does not nourish.

Such children need Scott's Emulsion above everything else; it contains nature's rarest life-giving fats; it is essentially food value—blood-food and bone-food, free from wine, alcohol or harmful drug.

Scott's Emulsion often builds many times its weight in solid flesh—its medicinal, tonic and nutritive properties make all good food do good.

IT IS NOT A PROP, BUT A FOUNDATION FOR STURDY GROWTH.

Every Druggist Has It. Avoid Substitutes.

ANNOUNCEMENT
EXTRAORDINARY

We wish to announce to the public that the coming 20-round

BOXING BOUT

Between

BILLY GAFFNEY

Inter-mountain Featherweight

Champion, and

BUDDY STEVENS

Canadian Featherweight Champion

At the

OREGON THEATRE

Tues. Eve., Feb. 3rd

will be the classic exhibition of skill by little fellows ever seen inside the roped arena in Pendleton.

Admirers of the manly art can rest assured that they will get value received for their money, as the best man will win.

Before the main event there will be two lively preliminaries.

The referee will be chosen three days before the bout.

Prices: \$1.50, \$1 and 75 cents.

Ringside \$2.

Tickets on sale at Welch's Cigar Store, Monday and Tuesday.

EASTERN OREGON ATHLETIC CLUB.

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EXTRAORDINARY

We wish to announce to the public that the coming 20-round

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