

Do You Read Labels?

Domestic science teachers and food authorities are urging the housewife to carefully read the labels on all food articles.

The laws of most States compel food manufacturers to print the ingredients of their products on the label, and this enables consumers to distinguish healthful foods from those which may be deleterious.

High-grade baking powders are made of pure cream of tartar, derived from grapes. Royal Baking Powder is a type of the highest grade. It is healthful beyond a doubt and the safest and best to use.

The low-grade baking powders are made from alum, a mineral acid salt, or phosphate of lime.

Consumers can learn the character of the baking powder by referring to the label, which must state whether the contents include cream of tartar, alum or phosphate.

ROYAL BAKING POWDER CO.
New York

VINGENT FARMERS TO TAKE ADVANTAGE OF EXTENSION COURSES

MOVABLE SCHOOL FROM O. A. C. WILL PRESENT OPPORTUNITY TO TEACHERS.

Three Days Will Be Given Over to Educational Talks Upon Farm Topics—Demonstration in Modern Farm Topics—Demonstration in Modern Farming Will Be Given—Interesting Program Has Been Prepared.

(Special Correspondence.) VINCENT, Frowater, Ore., Dec. 14.—Farmers of this end of Umatilla county are all going to attend the Oregon Agricultural College next week, December 20, 21 and 22, but in place of the old fashioned way of going to Corvallis, this time the college is coming to the ranchers. The extension service of the O. A. C. next week bring their movable school and will give a three days' course at Vincent. This movement is one of the utmost importance to the development and educational growth of the farmers of eastern Oregon. Vincent is located in a very fertile agricultural and dairy country with a co-operative creamery in its first year of organization. The O. A. C. people are coming under school patronage assisted by Hudson Bay Orange No. 261 of Vincent.

The following program is exciting much interest among ranchers, and the people of the entire valley are invited to be present and attend the lectures and see the practical demonstrations the professors will give on modern farming.

Not only farmers, but farmer's wives have their place on the program and Anna M. Curley lectures and demonstrates Food Economics.

Monday, December 20. Afternoon, 1:00 to 4:00 p. m. Soil Formation and Soil Management—J. E. Larson. Care and Management of the Dairy Herd—E. B. Fitts. Judging Dairy Cattle—E. B. Fitts. Evening, 8:00 to 10:00. Farm Structures, Wood and Concrete—J. E. Larson. Types and Breeds—E. B. Fitts.

Tuesday, December 21. Morning 10:00 to 12:00. Hog Feeding and Management—R. E. Reynolds. Breeding and Feeding for Milk Production—E. B. Fitts. Afternoon, 1:00 to 4:00. Food as a Factor in Health (Lecture, Demonstration, Vegetable Cookery)—Anna M. Curley. Humus, Producing Crop and Farm Manures—J. E. Larson. Cooperative Organization for the Dairyman—E. B. Fitts. Economics of Apple Orchardling. Evening, 8:00 to 10:00. Illustrated Lecture, Hog Breeds and Management—R. E. Reynolds.

Wednesday, December 22. Morning, 10:00 to 12:00. Cover Crops or Green Manures—W. S. Brown. Conservation of Soil Moisture and Soil Fertility—J. E. Larson. Afternoon, 1:00 to 4:00. School Lunch and Food for the Child—Anna M. Curley. Pireless Cookery—Anna M. Curley. Spring Lamb—R. E. Reynolds. Pruning Demonstration (2 hours)—W. S. Brown. Evening, 8:00 to 10:00. Illustrated Lecture—Common Insect Pests and Plant Diseases—W. S. Brown.

Stuffed Pillow With Money. MINNEAPOLIS, Minn., Dec. 11.—A lodging house pillow stuffed with silver and bills led to the arrest of three out of four youthful burglars who held up the Western State bank, for the lady told the police of her find. The fourth bandit, with most of the \$2000 loot escaped.

Washington Historical Society Is Back of the PBO—County Commissioners of Walla Walla Are Now Considering the Proposal—Would Be in Nature of Memorial.

A commemorative rest station may be built by the Washington State Historical society near the present site of the Whitman monument, in honor of Dr. Marcus Whitman, according to the announcement of members of the board of curators of the organization. The rest station would be built in connection with the state highway from Walla Walla to Wathula. A number of commemorative stations have been built by the society on the west side of the mountains along the Pacific highway, and the proposed Whitman memorial would be of similar nature to those already constructed there.

The matter was first brought up at the meeting of the curators of the society in Tacoma last spring. It was discussed informally at that time, and the curators expressed themselves as favorable. A few weeks ago the matter was presented to the county commissioners of Walla Walla by Prof. W. D. Lyman, a member of the state board of curators. Professor Lyman pointed out that, as the state highway passes at some distance north of the monument, and across Mill creek from it, it would be necessary, if the proposition to construct a branch from the main road and build a bridge across Mill creek. No action was taken but it is probable the commissioners would favor the construction of the road and bridge, if the state society should decide to construct the rest station.

The Whitman memorial, as planned, would be a handsome structure of stone and concrete. It would be small, but entirely adequate to afford shelter and resting facilities for those who desired to spend a little time visiting the monument and grave of Marcus Whitman.

Special interest in the proposed memorial has sprung up in the last week because of the proposal of the editor of "The American Boy" to raise money by subscription to mark Whitman's "unremembered grave." It has been suggested that if any

SKATING FOR EXERCISE



"Skating is one of the most healthful pastimes that I know of," says Charlotte, premier skater of the sensational ice ballet, at the New York Hippodrome. "I don't mind saying that I consider myself a good example of what skating can do for one physically. At eleven years I was considered a confirmed invalid. After seeing many doctors, one there was who recommended ice skating as a means to regain my health. So I began to frequent the rinks and parks of Berlin. My progress at first was slow, but soon I was in a normal condition and I have continued skating ever since the doctor gave me the advice.

"Naturally I make bodily movements that the ordinary skater does not resort to. I am sure that all of the figures that I exhibit in my dancing on ice can be learned by patient practice. And once learned, they will prove to be of utmost benefit, physically, first, and then, of course, mentally. In the past shown here the muscles of my back are given excellent exercise.

REST STATION MAY BE BUILT NEAR THE WHITMAN MONUMENT

WOULD BE PUT IN CONNECTION WITH STATE HIGHWAY FROM WALLA WALLA.

Washington Historical Society Is Back of the PBO—County Commissioners of Walla Walla Are Now Considering the Proposal—Would Be in Nature of Memorial.

A commemorative rest station may be built by the Washington State Historical society near the present site of the Whitman monument, in honor of Dr. Marcus Whitman, according to the announcement of members of the board of curators of the organization. The rest station would be built in connection with the state highway from Walla Walla to Wathula. A number of commemorative stations have been built by the society on the west side of the mountains along the Pacific highway, and the proposed Whitman memorial would be of similar nature to those already constructed there.

The matter was first brought up at the meeting of the curators of the society in Tacoma last spring. It was discussed informally at that time, and the curators expressed themselves as favorable. A few weeks ago the matter was presented to the county commissioners of Walla Walla by Prof. W. D. Lyman, a member of the state board of curators. Professor Lyman pointed out that, as the state highway passes at some distance north of the monument, and across Mill creek from it, it would be necessary, if the proposition to construct a branch from the main road and build a bridge across Mill creek. No action was taken but it is probable the commissioners would favor the construction of the road and bridge, if the state society should decide to construct the rest station.

The Whitman memorial, as planned, would be a handsome structure of stone and concrete. It would be small, but entirely adequate to afford shelter and resting facilities for those who desired to spend a little time visiting the monument and grave of Marcus Whitman.

Special interest in the proposed memorial has sprung up in the last week because of the proposal of the editor of "The American Boy" to raise money by subscription to mark Whitman's "unremembered grave." It has been suggested that if any

money is raised it be used for the purpose of getting water on the present monument property, and then converting the seven acres belonging to the Whitman Monument association, upon which the monument and tomb is located, into a park and beautiful spot.

MOTOR VEHICLES SAVING.

Month's Gasoline Bill 45 Cents. HORSE'S KEEP \$150.

PORTLAND, Ore., Dec. 11.—The economy of motor-driven fire apparatus as compared with horse-drawn machines is shown in a report made by Fire Chief Dowell to the effect that the cost of gasoline for the machines at engine company No. 12 for last month amounted to 45 cents. The machines took the places of six horses which would have cost \$25 a month each, or \$150 for the six during the month.

PRISON SYSTEM REBUKED.

Provision for Jail Inmates Said to be at Expense of Deserving Poor. OLYMPIA, Wash., Dec. 11.—State county commissioners are taken to task, in a special report issued by the state bureau of inspection, for adoption of the honor camp system in working county prisoners. "Many men need work," the bureau

EAT A SQUARE MEAL AND NOT FEAR INDIGESTION

There are hundreds of people in Pendleton who are not the least bit surprised when they read in the East Oregonian that Tallman & Co. are selling Mi-o-na on a guarantee to refund the money in case it did not relieve. This remarkable dyspepsia remedy will relieve the worst case of indigestion, headache, dizziness, or the general played-out condition that afflicts every one suffering with stomach trouble. Mi-o-na does not simply relieve, it aims to cure. They can tell you of many well known people in this city who this remedy has restored to health after they have tried many other methods of treatment with little or no benefit. No other dyspepsia remedy has made so large a percentage of cures as Mi-o-na. It is so large that Tallman & Co. stand ready to refund the price to any customer whom it does not help.

The best kind of advertising is the praise of a pleased customer, and there are hundreds in Pendleton today praising Mi-o-na because it does what it is advertised to do. A few months ago they could eat nothing without wondering what the result would be. Since using Mi-o-na, they eat what they want and when they want with no fear of suffering.

DOG IN JAIL SAVES MASTER.

Faithful Canine Breaks Into Prison and Sounds Warning.

BINGHAMPTON, N. Y., Dec. 11.—A spotted bulldog, Zip, which broke into the city jail after he had been driven from police headquarters following the arrest of his master, John Dittmar, from death at the hands of a fellow prisoner.

Soundly Southey, also was arrested on a charge of intoxication and fighting an officer and was placed in the "bull pen" with Dittmar. Later the desk officer heard barking from the "bull pen" and went to investigate.

He found Zip with his head pressed close against the bars of the cell door, snarling with excitement and barking loudly. Dittmar was on his back on the floor, with Southey on top of him, alternately pounding Dittmar's

face with his fists and knocking his head against the concrete floor. Dittmar was unconscious.

Officers believe that had not Zip crawled along a ledge of stone coping to the corridor window, which had been left open for ventilation, and then squeezed himself through the bars, set four inches apart and dropped five feet to the corridor floor, just to be near his imprisoned master, Dittmar might have been killed by Southey before his plight was discovered.

The Wall Street Journal calls the period between 1910 and 1915 the "era of the silo" in American agriculture, adding: "The silo is the furthest by which the American farmer restores and develops the fertility of the farm acres to pristine productivity."

Made from the right crude. The Jury of Awards at both San Francisco and San Diego Expositions found an oil made from California asphalt-base crude, highest in lubricating efficiency. That oil was Zerolene. The fact, too, that such unbiased authorities as a U. S. Naval Engineer, engineers of the Packard and Ford Motor Companies, and others, have also gone on record in favor of oils made from asphalt-base crude—in accord with the decision of the Exposition juries—proves that Zerolene is made of the right crude, and made right. STANDARD OIL COMPANY (California) ZEROLENE the Standard Oil for Motor Cars

First National Bank PENDLETON, OREGON ESTABLISHED 1882 Known For Its Strength

UNITED STATES Examiners make a thorough inspection not less than twice each year. In addition to this five (5) sworn statements are handed to the U. S. Government every year. Grasp these facts and you will realize what a high degree of SAFETY AND PROTECTION we give every customer. Glad to have you come and see us. The American National Bank OF PENDLETON Capital and Surplus \$400,000.00.

NERVOUS WOMEN!

It's The Same Every where in Oregon.

Portland, Oregon.—"I was for six months troubled with nervousness, and the doctor said I had consumption. Through the advice of a friend I took Dr. Pierce's Favorite Prescription and was completely cured. I am now in middle life and am in good health." Mrs. G. W. MATHER, 1476 E. 8th St., N. Dr. Pierce's Favorite Prescription is and has been for nearly 50 years just the medicine that every woman needs when passing through the changing days. It is not a secret prescription, for its ingredients are printed on the wrapper; it's a temperance medicine. Not only does it build up the entire system and make it strong and vigorous enough to withstand the organic disturbances, but it has a quieting effect upon the feminine organism that reduces the distress to a minimum. For any womanly ailment, disease or complaint, no matter of how long standing, we advise anxious women to get Dr. Pierce's Favorite Prescription, in either liquid or tablet form.

THIS BOOK EXPLAINS. If you will send three dimes or stamps, to pay for wrapping and mailing and enclose this notice, Doctor Pierce of the Invalids' Hotel, Buffalo, N. Y., will send you a revised copy of his Common Sense Medical Adviser, in cloth binding, 1008 pages, with color plates. Just what you need in case of sickness or accident. Treats of Physiology, Anatomy, Heredity, Marriage relations, Hygiene, Exercise, Disease and its prevention.

CASTORIA For Infants and Children. The Kind You Have Always Bought Bears the Signature of Dr. J. C. Hatcher In Use For Over Thirty Years CASTORIA ALCOHOL 3 PER CENT. Vegetable Preparation for Assimilating the Food and Regulating the Stomachs and Bowels of INFANTS & CHILDREN Promotes Digestion, Cheerfulness and Rest. Contains neither Opium, Morphine nor Measles. NOT NARCOTIC. Perfect Remedy for Constipation, Sour Stomach, Diarrhoea, Worms, Convulsions, Feverishness and Loss of Sleep. THE CENTAUR COMPANY, NEW YORK. 466 months old 35 Doses - 35 CENTS Guaranteed under the Food and Drug Act of 1906. Exact Copy of Wrapper.

asserts, "and the additional money spent on food, clothes and pay for working prisoners might well be spent on those who are not only needy, but also deserving." Suits Are Dismissed. WASHINGTON, Dec. 14.—Holding it lacked jurisdiction the supreme court dismissed the Washington Dredging and Improving company suit against the Brawley estate company of Seattle, and that of the North Pacific against the State of Washington in the case involving the title to the water lands in Seattle harbor.

Says Simple Laxative Better than Castor Oil

CASE OF CHRONIC CONSTIPATION YIELDS TO MILD LAXATIVE COMPOUND.

Writing from The House of the Good Shepherd, at Sunnyside avenue and 50th street, Seattle, where she is the guest of her life-long friend the Reverend Mother, Mrs. Mary Austin, widow of a wealthy San Franciscan, who lost everything in the fire of 1906, says she experienced speedy relief from the use of Dr. Caldwell's Syrup Pepsin and that she found this gentle, pleasant-tasting laxative more effective than several doses of castor oil.



MRS. MARY AUSTIN A bottle of Dr. Caldwell's Syrup Pepsin should be in every home for use when the occasion arises. A trial bottle, free of charge, can be obtained by writing to Dr. W. B. Caldwell, 414 Washington St., Monticello, Ill.

The active principles of certain laxative herbs are combined in Dr. Caldwell's Syrup Pepsin to act on the eliminative organs in an easy, natural way, without griping or other discomfort. Its freedom from opiate or narcotic drug of every description, combined with its gentle action and positive effect, make it the ideal laxative for family use. Druggists everywhere sell it for fifty cents a bottle.

ELECTRICAL CHRISTMAS HOUSEKEEPING HELPS for Christmas Gifts. ELECTRICITY is the cleanest, most convenient, safest and most economical in the end, for Heating, Cooking, Lighting, Power Give her an electrical gift and make her happy. PACIFIC POWER & LIGHT CO. Telephone 40.