

East Oregonian
 AN INDEPENDENT NEWSPAPER.
 Published Daily and Semi-Weekly at Pendleton, Oregon, by the EAST OREGONIAN PUBLISHING CO.
 Official County Paper.
 Member United Press Association.
 Entered as 2d class matter at Pendleton, Oregon, on second-class mail matter.
 Telephone 1
 ON SALE IN OTHER CITIES:
 Imperial Hotel News Stand, Portland, Oregon.
 Bowman News Co., Portland, Oregon.
 ON FILE AT:
 Chicago Bureau, 500 Security Building, Washington, D. C. Bureau 501, Fourteenth Street, N. W.
 SUBSCRIPTION RATES.
 (IN ADVANCE)
 Daily, one year, by mail \$5.00
 Daily, six months, by mail 2.50
 Daily, three months, by mail 1.25
 Daily, one month, by mail .65
 Daily, one year, by carrier 5.50
 Daily, six months, by carrier 2.75
 Daily, three months, by carrier 1.35
 Daily, one month, by carrier .65
 Semi-Weekly, one year, by mail 1.50
 Semi-Weekly, six months, by mail .75
 Semi-Weekly, four months, by mail .50

WHISTLE IN THE WEATHER.
 I
 There's a whistle in the weather.
 For the winds in music
 chime;
 If you're ready for the dance!
 Now's the time,
 Now's the time!
 For the blood is all a-tingle,
 And you never felt so prime—
 If you're ready for the dance!
 Now's the time!
 II
 O, that whistle in the weather!
 There are hills you want to
 climb,
 For you're frisky as a feather—
 Now's the time,
 Now's the time!
 But stay—the fiddle's comin'
 A jig-tune for a dime—
 If you're ready for the dance!
 Now's the time!
 —Frank L. Stanton

OUR RAILROADERS

SATURDAY evening words of high praise were bestowed upon the O-W-R. & N. Co. and the men responsible for its operation in the various departments. Such compliments were in order because it is a fact the O-W-R. & N. is a good railroad and it is conducted by capable men who for the most part rose from the ranks. They are men who know the business from various angles. They have not always been high executive officers. Many of them began on the lower rounds of the ladder and their advancement has been due to ability and industry. If there is a royal road to the top in the transportation business these men have known it not. The path they have travelled has been one that can be followed only by men of worth and stamina. It is not for the incompetent or foolish. What is true of the officials is true of trainmen also. The railroad business is one, wherein property of immense value is handled and human lives are at stake. The trainman faces hazards every day of his life. His duties call for good sense and often for courage of a high order. It is man's work and it is work worthy of a good reward. The banquet Saturday was

in celebration of the new freight terminal and to show local appreciation for that improvement and for the good service rendered by the O-W-R. & N. Pendleton appreciates its transportation facilities and is willing at all times to the extent of its ability to do the fair thing by the carriers and by the men who make the wheels go round.

THE BUSINESSMAN'S HEALTH

Pointing out the necessity of good sound health on the part of the modern businessman or professional man, particularly those in executive positions, Dr. Charles F. Thwing, president of the Western Reserve University gives the following five means by which personal health may be conserved and improved:

1. By proper food, enough and simple.
2. By proper sleep, eight hours at least.
3. By proper exercise, an hour a day at least in the open air, in rapid walking or riding or golfing.
4. By one day of rest each week, a rest day which shall not mean lassitude and idleness, but downright change of one's thinking, doing and interests.
5. By an avocation carried on with one's vocation. Each avocation should help the vocation, the vocation the avocation.

These suggestions make the five-pointed star which stands over the cradle of sound health. If the foregoing do not guarantee good health always they will at least go far towards that goal. Incidentally the goal is worthy of hard striving for unless we have good health we do not live to capacity. We are only partly alive. The fact many men in poor physical health will get more out of life and accomplish more than others in robust physical condition does not change the principle involved. If these same successful men had more perfect health they do still better.

THIS MAY ENTERTAIN

LITTLE BITS OF SCIENCE, THE AIR
 Air has no color.
 In summer air is lighter than it is in winter.
 Older people breathe less than younger people.
 Small song birds are the most vigorous breathers of all.

ONE OF THE BIG BOYS FAILED TO EXPLODE



ITALIAN SOLDIER & UNEXPLODED AUSTRIAN SHELL
 (GENTE FILM SERVICE)
 This picture taken on the Italian front, shows an Italian soldier embracing an Austrian "305" one of the heaviest shells used in the war, which failed to explode upon landing in the Italian position. The shell weighs more than half a ton.

Most air contains water in the form of gas or vapor. Air, when compressed, has valuable curative properties. An open chimney is very good for helping to keep the air in a room fresh. The weight of air, at the level of the sea, is fifteen pounds to the square inch. If a man is in a room ten feet in each direction he has a thousand cubic feet of space. With each ascent of three miles and a half the density of the air is halved and the steps stored, through the condensing power of cold at high altitudes. Compressed air is used as a motive power in certain forms of machinery, notably those employed in boring tunnels through rock and under mountains.

IN-SHOOTS.

Bill collectors often prove that marriage is a failure. Hope springs eternal in the heart of the stock speculator. The dead ones often make a good showing in the cemetery, anyhow. It is better for the drowning man to clutch a life preserver than a straw. A man can cheat in a game and still be a loser. It is always better to cough up the secrets of your friends than your own. Few pugilists can stand the knock-out blow given by the gentle sportswriter editors. When the household is ruled by love and kindness, it is difficult to tell who is boss. Some people would never be good if they were not persuaded that religion is a fire escape. All things generally reach the fellow who allows himself to become a human punching bag. It must be admitted that domestic science has been responsible for a lot of desires that look much better than they taste. A DOUBTFUL COMPLIMENT. The politeness of the Japanese is proverbial. At a social occasion in Washington a young woman happened to say to an attaché of the Japanese embassy: "If your country you compress the woman's feet, do you not?" "No, madame," responded the Japanese. "That is of rather was a Chinese custom. In Japan we allow our ladies feet to grow to their full size." And then, after a bow, he added in the politest tones: "Not that they could ever hope to rival yours, madame."

A SCIENTIFIC QUERY.

An inspector, visiting a country school, was asking some of the children questions. After a while he said to a Junior class: "Now, I want some of you to ask me a question that I can't answer." After a few vain attempts a small boy said: "Please, sir, if you were stuck in a pool of mud up to your neck and a brick was thrown at your head, would you duck?"—Answers.

Care of the Baby in Winter Season

(Prepared by the Children's Bureau, U. S. Department of Labor.)
 So much emphasis is constantly placed upon the necessity for special care of the baby in summer when the heat is excessive and diarrheal diseases at their worst, that the fact that winter, too, has its special dan-

gers for the baby is sometimes overlooked. But the combination of heat and diarrhoea is hardly more serious for the baby in the months of July and August, than are cold and respiratory diseases in winter. It is plain then, that the winter care of the baby deserves special attention from everyone interested in his health and well-being. It has been demonstrated quite conclusively that a large part of the deaths from summer diarrhoea are needless, because this disease can be cured in many cases, and prevented entirely in many more by the proper care and feeding of the baby during the heated months. The same doctrine is now being applied to the group of what are commonly called "winter diseases" of babies and children, namely, bronchitis, pneumonia, "colds," and the like, which are, like diarrhoea, to a large extent, preventable by the intelligent care of the baby, and by surrounding him with proper living conditions. These proper living conditions consist both in winter and summer of suitable food, in the right amounts, at the right times, cleanliness, sufficient sleep, plenty of fresh, clean air to breathe, and protection from exposure to infectious diseases. It is chiefly the lack of these two latter requirements that causes the winter illnesses among babies. It is not the cold of winter which makes people sick, ordinarily, but rather the stale over-heated air inside the houses and public buildings, which we breathe and re-breathe, thus passing disease germs about from one to another. Babies are particularly liable to be infected in this way, because they spend a large part of their time indoors, and because mothers are apt to feel that to keep the baby warm the rooms must be kept shut tight. A mother should use every means in her power to protect her baby from "taking cold" as it is commonly described. "Colds" are due to a germ and are very contagious, being easily passed from one person to another in coughing or sneezing. A nursing mother with a cold should tie a thin cloth or veil over her mouth and nose while nursing the baby, and should be careful never to cough or sneeze in his face, nor kiss him on the mouth. She should be particularly careful not to use her own handkerchief for the baby nor sleep with him, while the disease lasts. Many babies contract these colds by being taken up and kissed by visitors, and it is a wise rule to keep the baby away from the presence of people who are coughing and sneezing. The reason for this great care as regards a baby is that a contagious cold is very often the forerunner of bronchitis and pneumonia, which diseases cause the deaths of many thousands of young babies every year, and which are infinitely easier to prevent than to cure. Fresh air is the most effective weapon with which to fight the disease of the respiratory tract. This does not necessarily mean cold air, for cold air may be stale, and warm air may be pure. The ventilation of most American houses is faulty, since in order to keep them warm enough to suit us we shut them so tightly as to make the air unfit to breathe after a few hours. To counteract this tendency mothers should see to it that all the occupied rooms of the house are thoroughly aired at least twice every day in the coldest weather, while in moderate weather there should be an nearly constant supply of fresh air through the house, night and day, as can be managed. When the temperature outside is very low, the baby should be taken into a warm room while his nursery is being aired, and at night his bed should be shielded from a direct draft. If there is a communicating room, the

Clearance Sale in our "Pure Food Shop"

Saturday was a hummer of a sale on our Clearance Sale goods. There's nothing here but high grade goods. It's simply a matter of too much stock. In many items there is only a few articles left, better get your share now.

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window in that room may be opened, if there is danger of chilling the air of his sleeping room. If the cold is excessive, or if there is a raw, damp wind blowing or rain or snow is falling, the baby should be given his daily airing in a room with the window open, or on a protected porch, dressing him warmly in out of door clothing. He should be taken out during the middle of the day, for a little while, never long enough to run the risk of chilling him. This applies especially to young and delicate babies. As a child gets old enough to walk about and thus exercise himself, he can be allowed to play for some time in an open room or where he is sheltered from the wind. But an airing every day does not take the place of fresh air in the house, day and night, and to secure sufficient ventilation for health the mother must be on the watch to see that the rooms are opened and the air changed at frequent intervals.

TRI-STATE LEAGUE

(Continued from page one.)
 Tri-staters can operate with any kind of chance of completing a profitable season. Their salary limit cannot be over \$500, which, if a club carried 12 men, would allow an average salary of \$41.67 a month. Of course some players could be paid more and some less, but the average must not exceed the limit under any consideration. Six Games Weekly Necessary. Six games a week, as before, should be played, giving the owners an opportunity of getting all the coin possible. In some of the towns, "a dollar day," on which everyone paid \$1 to see the game, was quite successful and this plan should be placed in operation in every town in the circuit. The season should start March 26 and end July 4. The fans in the wheat country get the baseball fever early and the game will not draw after the harvest season opens. Each team should be governed by the commercial club of its respective town and its receipts and finances should be handled by the secretary of the club. During the last season, the various clubs had no trouble in getting subscriptions from business houses amounting to \$200. Four Towns Named. The truly successful Western Tri-state league will consist of Walls, Wailes, Baker, Pendleton and La Grande, Ore.

August Bade, who managed Walls in 1914, is still on the ground, as is Clyde Lester and Jim Crawford, both energetic boosters. Baker needs no individual boosters as the whole town turns out for baseball and will back their club to the finish. Herold Clifford is the Baker magnate. In Pendleton, Roy Ritter, formerly president of the league, is one of the best-known sportsmen in Oregon. He has proved the best friend of the circuit on several different occasions and has devoted his time and money in an earnest endeavor to keep organized baseball in Pendleton. The Round-up people have assisted Ritter and Pendleton is enthusiastic for a 1916 circuit. La Grande was in the league in 1913, but did not have a successful season. The Elks, it is rumored, are

willing to back a team there this year, and, with sportsmen like J. F. O'Connell and Jay Van Buren to get behind the wagon and push, that city ought to make a good baseball town. When one considers that Carl Mays, now with the Boston Red Sox; Dutch Stokke, Eddie Johnson and Roy Grover, now the property of the Tacoma Tigers; Henry Martin, who is in the Southern League; Donby Davis, who was with Portland last year; "Cully" Haworth, property of the Cleveland Americans; Ed Kelly and Earl Sheeley, now with Spokane; Bill Naughton who came to Portland last year and when sent to Kansas City broke his leg; Pitches "Tiny" Leonard and "Lefty" Schroeder graduated out of this league, he does not have to wonder just why Northwestern League magnates and the McCredies wish to see the Tri-staters resume operations.

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