

Valuable Health Hints For Our Readers

CATARH
Just because you have spit and your nose is wet, cold, red, sore and a nuisance, don't merely plug it up. You can't cure catarrh by greasing your nose. Take S. S. S. regularly and you will drive catarrhal poisons out of your blood. The membranes will soon recover and no longer continue to accumulate the mucus that gathers and thickens into catarrh. S. S. S. stimulates the cells of the tissues to select from the blood their own essential nutriment. Rapid recovery from catarrhal inflammation in the stomach, kidney, bladder and all membranes is the result.

MALARIA.
Throughout the country, wherever malaria abounds, are happy, joyful people to whom S. S. S. has given wonderful help in the treatment of malaria after the most sickening tortures imaginable.

The gaunt complexion of malaria's victims, the chills and fever, the malarial dysentery that seems to defy all other treatment, the malarial leg, the enlarged liver, the persistent anemia where the blood turns to water and the system wastes away. These are the conditions that S. S. S. so effectively assists in overcoming, by helping to restore the blood to its natural vigor.

STUBBORN SORES.
Sometimes a sore spot becomes indolent. The tissues surrounding it loose and are unable to provide sufficient nutriment to stop the drain. It is then chronic. Just saturate your blood with S. S. S. This is quickly accomplished, as S. S. S. is naturally assimilated the same as milk or any other healthful liquid.

Nature acts with marvelous rapidity when given the proper assistance, and S. S. S. so stimulates cellular activity that the parts surrounding an ulcer select from the blood the materials that make new tissue. Thus the sore spot rapidly heals in a natural way.

Local applications for any skin disease will afford protection from infection, but have no medical value. Eczema, tetter, acne and all such eruptive diseases should be treated with S. S. S.

POISONED BLOOD.
So many different things contribute to poison the blood and the effect is so startling that the sufferer becomes panic-stricken and is led to use harmful drugs. If you have any blood trouble, get a bottle of S. S. S. and take according to directions.

Don't take anything else. Poisoned blood is bad enough without ruining your bones, joints, teeth and vital organs with minerals. S. S. S. so stimulates cellular activity that they reject all poisonous influences and select only those materials in the blood that make healthy tissue. This is why its assistance toward recovery is so noticeable and at times remarkable.

S. S. S. is welcome to the weakest stomach and is assimilated just as readily as the most nutritious food. It has helped to cure a host of sufferers.

RHEUMATISM.
In any form of rheumatism give the blood a good effectual cleansing with S. S. S.

Use this remedy for three days and take a hot salt water bath to open the pores. This relieves the lumps and kidneys and assists S. S. S. to utilize the skin as the principal avenue of elimination.

Avoid salts, calomel and other drastic purgatives, as they absorb the moisture from the walls and membranes of the intestines, weaken the muscular action, produce chronic constipation and thus stagnate the system with rheumatic poisons. Get a bottle of S. S. S. at any drug store. Don't take a substitute.

S. S. S. is purely vegetable and is prepared only by the Swift Specific Co., 371 Swift Bldg., Atlanta, Ga. Write for special booklet on any of the diseases mentioned and if medical advice is wanted, write for that also and dress given above. Both booklet and medical advice are free.

PAGE HOME FROM ROME, LAUDS WILSON



THOMAS NELSON PAGE.

NEW YORK, May 9.—President Wilson's foreign policy has given American diplomacy the highest standing in the courts of Europe, in the opinion of Thomas Nelson Page, United States ambassador to Italy, who arrived on the St. Louis. He came with Mrs. Page, on a three months' leave of absence from his post at Rome.

"Considering the action of the president and his attitude," said the ambassador, "it seems to me that his foreign policy is the soundest, sanest and wisest that could be followed. The ministers of several neutral states have said to me that President Wilson has placed American diplomacy on the highest level that could be reached. To me it seems sound and brilliant, and several of the crises through which he has passed remind me of those passed by Washington and Lincoln."

HUDSON BAY GRANGE GOES ON RECORD AS OPPOSED TO BONDS

RESOLUTION PASSED AGAINST PROPOSED ISSUE TO BUILD GOOD ROADS.

Party Is Given Saturday Night by Springdale Dramatic Club; Miss Edith Harper and Pupils of Primary Grades Entertain Parents of School; Other News Notes.

(East Oregonian Special.)
UMAPINE, Ore., May 10.—Hudson Bay Grange No. 361, patrons of Hubbardry met in regular session on Friday night and passed the following resolutions declaring their opposition to the proposed \$380,000 road bond issue for the following reasons:

Resolved, to-wit: First, we do not believe we can eat our cake and keep it too. Second, that the proposed bond issue will improve only two per cent of the roads of the county making it necessary to raise practically the same amount for road purposes as has been raised heretofore or result to the absent treatment by the self-styled active Good Roads Association. Third, that the proposed hard surface roads are in the nature of an experiment and the maintenance of similar roads in other parts of the United States have proven very expensive. Fourth, that we regard the maintenance of our earth roads of more importance at the present time than improving a small portion of our roads to be used principally as pleasure boulevards. Fifth, that the statements that these hard surface roads will cost but a two mill tax for fifteen years is misleading from the fact that it makes no provision for the maintenance of the same but will result in a permanent tax of four to five mills. The tax will prove far more permanent than the roads; and be it further resolved, that this grange is not an organization of millionaires numbering but very few among its active members.

Mr. and Mrs. R. H. Wellman left Sunday for Grants Pass to attend the State Grange in session at that place. They will represent Hudson Bay Grange No. 361.

Mrs. R. K. Brady received word on Sunday of the death of her father, J. Sykes of Columbus, Ohio.

Mr. and Mrs. Fred Hodgen entertained at dinner on Sunday having as guests Mr. and Mrs. Lou Hodgen and family, Mr. and Mrs. Orlando Hodgen and family.

Mrs. Nettie Sheeley entertained her classes the fifth and sixth grades at a party in the hall Saturday night. Refreshments were served.

The Springdale dramatic club gave a recital in the Grange hall on Thursday evening which delighted the audience present. Miss Winifred Wilnot was the reader, assisted with music by Springdale talent.

Miss Edith Harper assisted by the pupils of the primary grades, and the Vincent orchestra and high school pupils entertained the parents and patrons of the school Friday evening with a much enjoyed program. Owing to the rain the performance was given in the hall in place of the school lawn as originally planned. The stage was made beautiful with evergreen trees and lattices of spring flowers. The program was as follows with music by the orchestra throughout: "Sleeping Beauty," a fairy tale play by the little ones, with Kenneth and Helen Hodgen as king and queen and Anna Murphy as a Sleeping Beauty and Charlie Saunders as the charming Prince. Pantomime, the Girls' May Pole Dance Co-Poss-Oh, a dairy song in costume by Anna Murphy and Birth Melhoney. Pantomime, the Box Girls' May Pole Dance. Trio, Francis Schubert and Genevieve Sevy and Clifford Ward. Folk Dance. Tennis song by the high school pupils. Hiawatha an Indian play in which Roy Kirk was Hiawatha and Marjorie Wellman was Nokomis with the rest of primary grade in costumes. Lullaby by Lottie Hoon.

Such tobacco enjoyment

as you never thought could be is yours to command quick as you buy some Prince Albert and fire-up a pipe or a home-made cigarette!

Prince Albert gives you every tobacco satisfaction your smoke-appetite ever hankered for. That's because it's made by a patented process that cuts out bite and parch! Prince Albert has always been sold without coupons or premiums. We prefer to give quality!



PRINCE ALBERT

the national joy smoke

has a flavor as different as it is delightful. You never tasted the like of it! And that isn't strange, either.

Buy Prince Albert every-where tobacco is sold in tippy red bags, 5c; tidy red tins, 10c; handsome pound and half-pound tin humidors—and that corking fine pound crystal-glass humidior with sponge-moistener top that keeps the tobacco in such cleaver trim—always!

Men who think they can't smoke a pipe or roll a cigarette can smoke and will smoke if they use Prince Albert. And smokers who have not yet given P. A. a try-out certainly have a big surprise and a lot of enjoyment coming their way as soon as they invest in a supply. Prince Albert tobacco will tell its own story!

R. J. REYNOLDS TOBACCO CO., Winston-Salem, N. C.

Arizona Wants to Fight.

TUCSON, Ariz., May 10.—Mention of the Mexican situation by Temporary Chairman Richard E. Sloan caused a five-minute demonstration at the republican state convention.

"We will undertake to clean up this unsavory mess," said Sloan. "We are not too proud to fight when it is necessary that we should fight to protect our inherent rights."

Mr. Sloan was chosen temporary chairman by acclamation.

Fire Laid to War Plot.

CHICAGO, May 10.—Fire destroyed the Chicago Grain Company elevator and 60,000 bushels of grain causing a \$200,000 loss.

Clarence E. Fox, president of the company, intimated that the fire might be attributable to a war plot.

Iron Is Greatest of All Strength Builders; Says Doctor

A Secret of the Great Endurance and Power of Athletes.

Ordinary Nuxated Iron Will Make Delicate, Nervous, Run-down People 200 Per Cent Stronger in Two Weeks' Time in Many Cases.

NEW YORK, N. Y.—Most people foolishly seem to think they are going to get renewed health and strength from some stimulating medicine, secret nostrum or narcotic drug, said Dr. Sauer, a well known specialist who has studied widely both in this country and Europe, when, as a matter of fact, real and true strength can only come from the food you eat. But people often fail to get the strength out of their food because they haven't enough iron in their blood to enable it to change the food into living matter. From their weakened, nervous condition they know something is wrong but they can't tell what, so they generally commence doctoring for stomach, liver or kidney trouble or stomachs of some other ailment caused by the lack of iron in the blood. This thing may go on for years, while the patient suffers untold agony. If you are not strong or well, you owe it to yourself to make the following test: See how long you can work or how far you can walk without becoming tired. Next take two five-grain tablets of ordinary nuxated iron three times per day after meals for two weeks. Then test your strength again, and see for yourself how much you have gained. I have seen dozens of nervous, run-down people who were ailing all the while, double their strength and endurance, and entirely get rid of all symptoms of dyspepsia, liver and other troubles in from ten to fourteen days' time simply by tak-

ing iron in the proper form. And this after they had in some cases been doctoring for months without obtaining any benefit. But don't take the old forms of reduced iron, iron acetate or tincture of iron simply to save a few cents. You must take iron in a form that can be easily absorbed and assimilated like nuxated iron if you want it to do you any good, otherwise it may prove worse than useless. Many an athlete or prize fighter has won the day simply because he knew the secret of great strength and endurance before he went into the fray, while many another has gone down to inglorious defeat simply for the lack of iron.

NOTE—Nuxated Iron recommended above by Dr. Sauer is not a patent medicine nor secret remedy, but one which is well known to druggists and whose iron constituents is widely prescribed by eminent physicians everywhere. Unlike the older inorganic iron products, it is easily assimilated, does not injure the teeth, make them black, nor upset the stomach; on the contrary, it is a most potent remedy in nearly all forms of indigestion, as well as for nervous, run-down conditions. The manufacturers have such great confidence in Nuxated Iron that they offer to forfeit \$100 to any charitable institution if they cannot take any man or woman under 60 who lacks iron and increase their strength 200 per cent or over in four weeks' time provided they have no serious organic trouble. They also offer to refund your money if it does not at least double your strength and endurance in ten days' time. It is dispensed in this city by A. C. Kooppen & Bros. and all other druggists.

POPULAR IN WASHINGTON.



Miss Katherine Lansing.

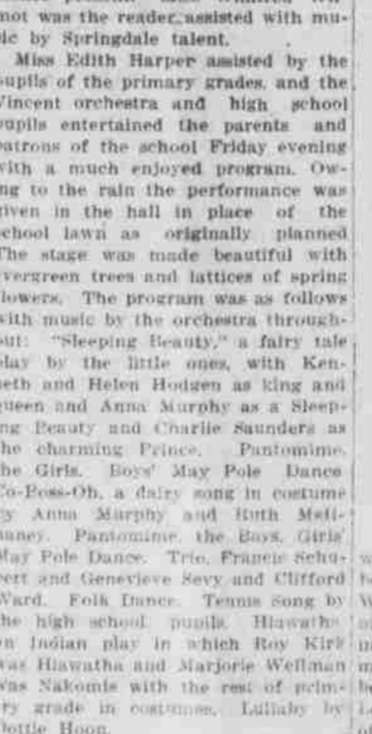
Miss Katherine Lansing, sister of the secretary of state, has spent the winter in Washington, where she has become a social favorite.

Ever Hammer, tough Chicago lightweight has joined the ranks of the boys who have whipped Freddy Welsh Rabbit, heavyweight champion of the world. In a ten-round contest in Milwaukee the other evening Hammer showed up the champion as had been done by Willie Ritchie, Benny Leonard and Joe Shugrue. Managers of other lightweights are now deeply

Interested in Mr. Hammer and his freshmen class at Princeton university.

The American tomato crop is worth \$140,000,000 a year.

Who Hammered the Champ? Why, Mr. Hammer Did.



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Fred Lamb of Dixie is visiting with Mr. and Mrs. Fred Comstock this week.

Id. D. Cleveland, son of former President Cleveland, is president of the

freshmen class at Princeton university.

Lydia E. Pinkham's Vegetable Compound Has Been Woman's Most Reliable Medicine—Here is More Proof.

To women who are suffering from some form of woman's special ills, and have a constant fear of breaking down, the three following letters ought to bring hope:—

North Crandon, Wis.—"When I was 16 years old I got married and at 18 years I gave birth to twins and it left me with very poor health. I could not walk across the floor without having to sit down to rest and it was hard for me to keep about and do my work. I went to a doctor and he told me I had a displacement and ulcers, and would have to have an operation. This frightened me so much that I did not know what to do. Having heard of Lydia E. Pinkham's Vegetable Compound I thought I would give it a trial and it made me as well as ever. I cannot say enough in favor of the Pinkham remedies."—Mrs. MARYE ASBACH, North Crandon, Wis.

Testimony from Oklahoma.

Lawton, Okla.—"When I began to take Lydia E. Pinkham's Vegetable Compound I seemed to be good for nothing. I tired easily and had headaches much of the time and was irregular. I took it again before my little child was born and it did me a wonderful amount of good at that time. I never fail to recommend Lydia E. Pinkham's Vegetable Compound to ailing women because it has done so much for me."—Mrs. A. L. McCASLAND, 509 Have St., Lawton, Okla.

From a Grateful Massachusetts Woman.

Roxbury, Mass.—"I was suffering from inflammation and was examined by a physician who found that my trouble was caused by a displacement. My symptoms were bearing down pains, backache, and sluggish liver. I tried several kinds of medicine; then I was asked to try Lydia E. Pinkham's Vegetable Compound. It has cured me and I am pleased to be in my usual good health by using it and highly recommend it."—Mrs. B. M. OSOON, 1 Haynes Park, Roxbury, Mass.

If you want special advice write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.

Why Not Own Your Own Home

BUY OR BUILD ON THE INSTALLMENT PLAN.

It's paying rent to yourself.

Come and see us, and we will outline this plan to you.

MATLOCK-LAATZ INVESTMENT CO.

112 East Court St.

Real Estate Farm and City Loans Insurance

Northern Pacific Ry.

THE YELLOWSTONE PARK LINE

THROUGH TRAINS EAST NONE BETTER COURTEOUS TREATMENT SUPERIOR DINING SERVICE.

EASTBOUND SUMMER EXCURSION

DAILY FROM JUNE 1.

Westbound Round Trip Summer Excursion Fares now in effect. Tell your Eastern friends. Or, let us give them full information.

Round Trip Homeseekers' Rates TO MONTANA, and return. Low, attractive. Let us explain them.

TO CALIFORNIA, have your ticket read from Portland via the "Great Northern Pacific S. S. Co. Fast Palatial Steamships, making train time (but 26 hours at sea.) Low fares, with berth and meals included.



Tickets and full information
WALTER ADAMS
Agent, Pendleton, Ore.
A. D. CHARLTON, A. G. P. A.
Portland, Ore.

PORTLAND ROSE FESTIVAL, June 7-9. LOW FARES.

KIDNEY TROUBLE LEADS TO TERRIBLE TORTURES

Hundreds of sufferers from pains in the back and sides, bladder and urinary disorders, lumbago, rheumatism, dizziness, puffy swellings under the eyes or in the feet and ankles, nervousness, tired or worn-out feeling don't seem to realize that the greater part of all sickness today can be avoided by keeping the kidneys working properly. If you suffer from any of the many agonies that accompany weak, clogged-up or diseased kidneys you should not neglect yourself another day and run the risk of serious complications. Secure a package of Solvax, the wonderful new kidney remedy which is very inexpensive yet acts quickly and surely on the seat of the trouble. You'll be surprised how entirely different you'll feel in a very short time.

It doesn't matter how long you have suffered, how old you are, or what you have used. The very principle of Solvax is such that it is practically impossible to take it into the human system without beneficial results.

Solvax is pleasant to take, gives quick relief and has been so uniformly successful that Tallman & Co. will in future sell it under a positive guarantee of relief or refund the money. No other kidney remedy ever had a larger enough percentage of cures so that it could be sold in this manner. A guarantee like this speaks volumes for the merit of Solvax.

There is no time like the present to do a thing that ought to be done. If anyone has kidney trouble today is the best time to begin curing it.



EDWIN ARDEN "THE GRAY MASK"

Alta Theater, Thursday Only.