

BEGIN HOT WATER DRINKING IF YOU DON'T FEEL RIGHT

Says 'glass of hot water with phosphate before breakfast washes out poisons.'

If you wake up with a bad taste, bad breath and tongue is coated; if your head is dull or aching, if what you eat sours and forms gas and acid in stomach, or you are bilious, constipated, nervous, sallow and can't get feeling just right, begin inside bathing. Drink before breakfast, a glass of real hot water with a teaspoonful of limestone phosphate in it. This will flush the poisons and toxins from the stomach, liver, kidneys and bowels and cleanse, sweeten and purify the entire alimentary tract. Do your inside bathing immediately upon arising in the morning to wash out of the system all the previous day's poisonous waste, gases and sour bile before putting more food into the stomach.

To feel like young folks feel; like you felt before your blood, nerves and muscles became loaded with body impurities, get from your pharmacist a quarter pound of limestone phosphate which is inexpensive and almost tasteless, except for a sourish twinge which is not unpleasant.

Just as soap and hot water act on the skin, cleansing, sweetening and freshening, so hot water and limestone phosphate act on the stomach, liver, kidneys and bowels. Men and women who are usually constipated, bilious, headachy or have any stomach disorder should begin this inside bathing before breakfast. They are assured they will become real cranks on the subject shortly.

ALL WRONG.

The Mistake Is Made by Many Pendleton Citizens.

Look for the cause of backache.

To be cured you must know the cause.

If it's weak kidneys you must set the kidneys working right.

A Pendleton resident tells you how.

Mrs. P. T. Kriser, 107 Garfield St., Pendleton, says: "I am subject to backache and kidney disorders about once or twice a year. At times, these attacks are very severe. My back aches and I can hardly get up or down. During this misery with my back, my kidneys cause me a great deal of trouble and the kidney secretions are unnatural since I have been taking Doan's Kidney Pills I have been bothered but little by my back and kidneys. I find they keep my kidneys in good working order and relieve that awful misery in my back."

50c at all dealers. Foster-Milburn Co., Mfgs., Buffalo, N. Y.

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You let any work in our line, don't forget to get our prices. Estimates gladly furnished on any kind of stone, brick and cement work.

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Enjoy every moment of the circle tours via this line. Get additional scenery and service at no additional expense. Through daily trains to St. Paul, Minneapolis, Chicago, Kansas City-St. Louis with the best dining car service in the world.

Enroute stop at

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Enter through Gardiner Gateway—original, scenic and only Northern entrance. Spend a week or month in America's greatest wonderland. See the wild animals, geysers, colored terraces, paint pots, Grand Canyon of the Yellowstone, etc. Excellent hotels.



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Have you visited HAYDEN LAKE? Most beautiful spot. Hotels, camping, boating, fishing, golfing. Near Spokane.

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WALTER ADAMS Agent, Pendleton, Ore. Asst. Gen'l Passenger Agent PORTLAND, ORE.

Round trip, westbound summer tourist tickets on sale daily—tell your eastern friends. Attractive Homeseekers tickets to Montana points and return.

Fine Growing Weather Advances Crops

PORTLAND, Ore., Aug. 3.—Another week of excellent growing weather has caused all crops to make splendid advancement, says a summary of the crop conditions in Oregon for the week ending August 1, as reported to the local office of the weather bureau by special correspondents throughout the state.

The barley and fall wheat harvest is becoming general and both crops are turning out better than expected some few weeks ago. Spring wheat and oats are heading and filling nicely. Corn has improved greatly, but this crop is still backward on account of the previous cool weather.

The bulk of the second crop of alfalfa has been secured in fine condition, and the third crop has made a good start. Some hay was slightly damaged by rain in the northwestern portion of the state, but elsewhere having proceeded under favorable weather conditions. The hay crop, which in view of the previous wet weather ought to have been unusually large, has not turned out so well as expected on account of the cool spring which retarded growth, and later a large amount was badly damaged by rain after being cut. The second crop of alfalfa yielded better than the first and altogether the hay prospects, while not up to the expectations earlier in the season, are fairly satisfactory.

Heavy frosts on two mornings badly damaged potatoes in Klamath and Lake counties, and fears are entertained that these frosts also injured grain which in that locality is now in bloom. Elsewhere potatoes and gardens are doing splendidly.

Fruit, also, is making good progress and new apples are now in the market from some of the early sections of the state.

A very bullish market was shown for wheat at Chicago during the early day's trading and very rapid advances were made in the price list. The extreme bullishness was due to the fact that crop conditions in the middle west were somewhat poorer and the trade is taking this most seriously.

There was also a firm market for wheat abroad on damage reports from this country as well as from Canada.

Locally the situation is extremely firm but there is much less inclination to sell than a week ago when prices were lower. Some business is passing but it is of small amounts. Foreign and eastern demand for Pacific northwest wheat is gaining.

Flour market is firmer and the projected advance of 30c a barrel for patent is seemingly very close.

Broomhall cabled from Liverpool wheat was firm with an important short interest covering on rust reports from Canada. Spot firm 1 1/2 pence higher with a better demand. Cargo market strong, winters is and Manitobas is 6d higher. Sellers are few and all export offers dearer. American advices of Canadian outlook bullish but some trustworthy source cabled here that the Canadian crop is not damaged. Receipts keep large, believed they will continue.

Good export oats demand in evidence, prices firmly held, consumption large. Foreign crop summary is generally favorable.

United Kingdom—Weather fine; crops improving.

France—Weather more favorable, foreign arrivals increasing.

Argentina—Weather continues dry over a wide area; showers have helped in many districts, however.

Buenos Aires—Wheat closed net 1/2 to higher.

India—Export offers increasing. Rain has fallen, which is beneficial.

Flour—Selling price: Patent, \$5.40; Willamette valley \$5.20; local straight \$4.70; bakers' local, \$4.80; exports, \$4.70; whole wheat, \$4.45; straws, \$4.20; rye flour, \$3.95 per barrel.

Hay—Buying price, old crop: Willamette valley timothy, fancy, \$20; eastern Oregon-Idaho fancy timothy, \$20.50; alfalfa, \$14.

Grain Sacks—1916 nominal: No. 1 Calcuttas, 11 1/4; 2-8c in cartons; less amounts are higher.

Millstuffs—Selling price: Bran, \$25.50; shorts, \$28.50 per ton. Rolled Oats—\$6.25; 6.50 per barrel.

STAR DROWNED WHILE BATHING

Page Peters, Late Star in Pallas Productions of Paramount Pictures.



The accompanying illustration is that of Page Peters, the Pallas star in Paramount Pictures, who was drowned in the surf at Hermosa Beach, Cal., recently. This was the last photograph taken of the young actor.

During the past year he has appeared in the following Paramount Pictures: "Pasquale," "David Garrick," "Ben Blair," "An International Marriage," "He Fell In Love With His Wife" and "Madame La Presidente."

With closing advances at Chicago 6 1/4-8 1/4 1-4c a bushel, the market for wheat on the Portland Merchants Exchange was bullish, with a rise of 2 to 2c a bushel over Tuesday.

Coarse grains were also firmer and higher on the exchange, with both oats and barley up 50c a ton for the August delivery.

Market for cattle continues neglected but a firm tone is showing for hogs and sheep.

Cattle run at North Portland over night was limited and extreme prices were not tested. It would take something real exceptional in quality to bring above \$7.25 for steers and \$5.25 for cows. These are generally considered top prices in the yards at the moment.

General cattle market range: Prime light steers \$7.00-7.15; Prime hay steers \$7.25-7.35; Good light steers \$6.80-6.95; Stockers and feeders \$5.00-5.15; Prime horned cows \$5.25-5.35; Prime horned cows \$4.75-5.00; Common cows \$3.00-3.40; Bulls \$3.50-4.50; Prime light veal calves \$7.00-7.50; Prime heavy veal calves \$4.00-6.00.

Hog Market Firm.

It was another small run of hogs in the North Portland yards over night and the trend of the trade remains very good. While several recent sales have been made as high as \$9.35, the general top is not considered above \$9.30 except for small lots.

General hog market range: Choice light weights \$9.25-9.30; Good light weights \$9.00-9.15; Medium weights \$8.50-8.75; Rough heavy \$7.50-8.00.

Mutton Comes Direct.

Most of the mutton reported in the North Portland yards over night came direct to local killers. Trend of the market remains very favorable. One load of extra good lambs sold at \$8.25, which is the former top.

General mutton and lamb market. Select spring lambs \$8.00-8.25; Ordinary lambs \$7.50-8.15; Best yearlings \$6.00-6.25; Good to common wethers \$5.75-6.00; Best ewes \$5.00-5.50; Good to common ewes \$4.00-4.50.

Just the Thing for Diarrhoea.

"About two years ago I had a severe attack of diarrhoea which lasted over a week," writes W. C. Jones, Buford, N. D. "I became so weak that I could not stand upright. A druggist recommended Chamberlain's Colic, Cholera and Diarrhoea Remedy. The first dose relieved me and within two days I was as well as ever." Many druggists recommend this remedy because they know that it is reliable. Obtainable everywhere.—Adv.

5000 SEE STEAMER OREGON TOUCH WATER

ABERDEEN, Wash., Aug. 2.—With band playing and whistles blowing, the steamer Oregon, in the presence of 5000 people, 500 of whom were on the vessel, was launched this afternoon. According to the sailors, the Oregon is destined to long life and few mishaps. In the launching she tipped seven blocks. Five is considered lucky, and the more a ship breaks above that number the better the omen. As the blocks were released and the new craft moved toward the waters, Miss Helen M. Wilson broke the time-honored bottle of champagne, saying at the same time, "I christen thee Oregon."

BRITAIN'S TERMS FOR POLISH RELIEF REFUSED

Germany Will Not Accept Offer as Proposed—Gerard Cables Reply.

WASHINGTON, Aug. 1.—The state department has announced that the Germans refused to accept Britain's terms for Polish relief. Ambassador Gerard cabled Germany's reply to Britain.

Germany blames the Russian army for the Polish food shortage. She charges the Russians destroyed or confiscated all food during their retreat. The German note called the

British relief conditions "unfounded and impracticable."

Germany claims the coming harvest will furnish sufficient food for Poland and Luthania. She admits some hardships may be felt before harvest.

\$100 Reward, \$100

The readers of this paper will be pleased to learn that there is at least one dreaded disease that science has been able to cure in all its stages, and that is catarrh. Catarrh being greatly influenced by constitutional conditions requires constitutional treatment. Hall's Catarrh Cure is taken internally and acts through the Mucous Surfaces of the System thereby destroying the foundation of the disease, giving the patient strength by building up the constitution and assisting nature in doing its work. The proprietors have so much faith in the curative powers of Hall's Catarrh Cure that they offer One Hundred Dollars for any case that it fails to cure. Send for list of testimonials. Address: F. J. CHENEY & Co., Toledo, Ohio. Sold by all Druggists, etc.



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BENTLEY & MONTGOMERY, REAL estate, fire, life and accident insurance agents. \$15 Main street. Phone 404.

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RALEY & RALEY, ATTORNEYS AT law. Office in American National Bank Building.

GEORGE W. COULTS, ATTORNEY at law. Estates settled, wills, deeds, mortgages and contracts drawn. Collections made. Room 17, Schmidt block.

FEE & FEE, ATTORNEYS AT LAW. Office in Despain building.

CARTER & SMYTHE, ATTORNEYS at law. Office in rear of American National Bank building.

JAMES B. PERRY, ATTORNEY AT law. Office over Taylor Hardware company.

PETERSON & BISHOP, ATTORNEYS at law; room 3 and 4, Smith-Crawford building.

DOUGLAS W. BAILEY, ATTORNEY at law. Will practice in all state and federal courts. Rooms 7, 8 and 9, Despain building.

FREDERICK STEIWER, ATTORNEY at law. Office in Smith-Crawford building.

S. A. LOWELL, ATTORNEY AND counsellor at law. Office in Despain building.

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MONTANA FARM LANDS.

NORTHERN PACIFIC RAILWAY Lands in eastern Montana at \$3.50 to \$15 per acre. Suitable for farming or grazing. Easy terms. For information write or see W. E. Holt, Miles City, Montana.

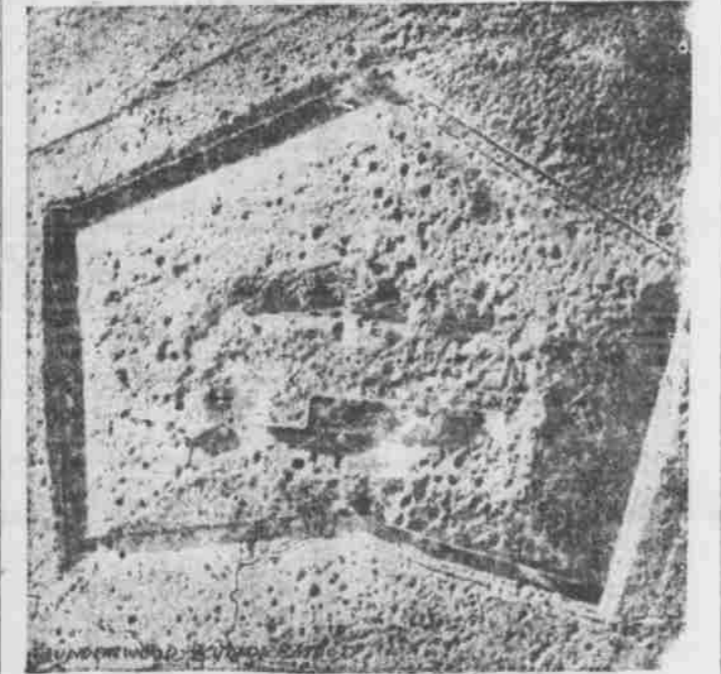
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MISCELLANEOUS.

LEGAL BLANDS OF EVERY description for county court circuit court, justice court, real estate, etc., for sale at East Oregonian office.

HOLES IN FORT DOUAMONT FROM AREOPLANE



This remarkable picture of Fort Douaumont, one of the outer defenses of Verdun, which has been an object of German attack since the Verdun fight began, shows the holes made by the mighty German shells which have fallen by the thousands on the place. Each hole shown in the picture represents an excavation large enough for a house.