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DAILY EAST OREGONIAN, PENDLETON. OREGON, WEDNESDAY, AUGUST 30, 1916.

Daily Chats With

the Housewife

EIGHT PAGES

Like A Boy at 50 Bubbling Over With Vitality-Taking Iron Did It

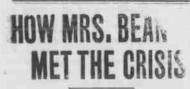
Dector Says Nusated from Is Greates 1 of All strength Builders-Often In-creases the Strength and Endura ace of Defleate, Nervous Folks 200 Per Cent In Two Weeks Time,

New YORK, N. Y.—Not long and a man came to me who was nearly half a century old and asked me to give him a preliminary examination for life matrance. I was astollabed to find him with the blood pressure of a boy of 55 and as full of eight, the proper form. And this after they had in some cases been doctoring for mand vitality as a young man; in fact s young man he really was notwith-standing his age. The secret he said filled him with renewed life. At 56 he was in bad health; at 46 careworn and nearly all in. Now at 56 a mir-NEW YORK, N. T .- Not long and while, double their strength and enthe was in bad hearth, at is careworn mainy absorbed and assimilated like in usated iron if you want it to do youy acle of vitality and nis face beaming good, otherwise it may prove worse than useless. Many an athlete of face said a hundred times over iron priseighter has won the day simply because he knew the secret of great is the greatest of all strength build-because he knew the secret of great strength and endurance and filled his the greatest many proven worse the and distribution of an useless. Many an athlete of the serving of any formal meal: 1. Cover the table with a silence of an useless with the or before and many and the secret of great is the greatest of all strength and endurance and filled his the greatest many proven worse the and endurance and filled his the double faced canton flame! parent medicines and nauseous con-coctions and take simple nuxated iron, if am convinced that the lives of thou-wands of persons might be saved, who sands of persons might be saved, who saved so persons might be saved, who saved so persons might be saved, who saved so persons might be saved with iron before he went into the affray, while many another has some down to inglorious defeat simply for the lack of iron—E SAUER, M. Substitute of cluth in the center of the table. now die every year from pneumonia. D.

tands of persons hand to specify year from pneumonia. now die every year from pneumonia. prippe consumption kidney, liver and heart trouble, etc. The real and true cause which started their diseases was nothing more nor less than a weak ened condition brought on by lack of tron in the blood. Iron is absolutely necessary to enable your blood to change food into living tissue. With-suit it, as matter how much of y asses through you without doing you any geod. You don't get the strength out of it and as a consequence you be-come weak, pale and sickly looking, just like a plant trying to grow in a just like a plant trying to grow in a have such great confidence in Nuxated beyond and parallel, and a canape or sull deficient in iron. If you are not Iron that they offer to forfeit \$100 to cyster fork across the soup spoon well deficient in Iron. If you are not swong or well you owe it to yourself to make the following test: See how hong you can work or how far you can walk without becoming tired. Next take two five-grain tablets of ordi-strength 200 per cent or over in four after meals for two weeks. Then test your strength sgain and see for your-melf how much you have gained. have seen dozens or nervous, run-down people who were alling all the

July Foreign Trade Totals Were Large

Although Imports Fell Off From Previous Month. Entire Trade Largely Exceeded July a Pear Ago.



Carried Safely Through Change of Life by Lydia E. Pinkham's Vegetable Compound.



Foreign and Domestic Commerce, De- lie on the napkin. Foreign and Domestic Commerce, De. Dartment of Commerce, show Ameri-can imports for July were valued at 183 million dollars a failing off of 50 million dollars compared with June, July exports amounted to 446 million dollars, a decrease of 19 mil-9. Arrange centerpieces of flowers,

June, July exports amounted to 446 million dollars, a decrease of 19 mil-lion dollars compared with the pre-vious month. But although the total to for the month fell be-WASHINGTON, Aug. 30.-Figures foreign trade for the month fell be-today made public by the Bureau of tow that for the record month of June 10

1915. The twelve months' imports assregated 2,237 million dollars, against 1.658 million last year, and exports 4,511 million compared with 2.882 million last year. The favorable balance of trade for

July was 263 million dollars, and for the year, 2,273 million. A year ago Nashville, Tenn .- "When I was going the export balance was 125 million through the Change of Life I had a tu- for July and 1,225 million for the 12

mor as large as a months while two years ago there child's head. The was an import balance of 5 1-2 million doctor suid it was for the month of July and an export three years coming balance of 442 million for the 12 and gave me medi- months. Of the July imports, 64.8 per cent

was called away entered free of duty, compared with guest, From the city for 53.5 per cent in July, 1915. to me time. Of The month showed a continuation of the net inward gold movement. To July gold imports aggregated 62 guest. All dishes from which the street, southeast. from the city for 64 a per cent in July, 1915.

gram or other decorations. The place card indicating name of guest should

low that for the record month of June it exceeded that of the previous July by 49 million dollars and is the fuly record for American trade. The foreign trade for the year end-ing with July last also marks a new high record being 6,748 million dol-lars, compared with 4.540 million the last compared with 4.540 million the last compared with 4.540 million the last compared with the foreign trade for the salad course. Finger bowls of lars, compared with 4.540 million the last compared with state months immonts islice and the salad course for the salad course. The salad course, finger bowls of lars, compared with 4.540 million the last compared with the salad course for the salad course. The salad course stra mapking, silver and towel for emergency, plate

11. Plates for hot courses should make it good, be kept heated in a warming oven or

course must be removed before serving ing another course. Before serving the sweet course remove crumbs from table. Bring finger bowls in with "Whs did you do it?" asked Insweet course and set to left of each

TO CLEAN RUSTY RANGE. In cleaning a rusty gas oven sove all parts that are removable ter of cloth in the center of the table. then saturate a woolen cloth with lin-

MAIL SHORTAGE MADE UP BY INNOCENT MAN

W. A. Crosby, Veteran Clerk of Postal Service, Pays Back \$95 Which Arthur Kent Had Stolen.

TOBACCO

PORTLAND, Aug. 10 .- W. A Crosby, a veteran mail clerk, paid back the \$95 which Arthur V. Kent

But the money was missing from

ceived from Portland, and he had to

Working with Crosby when the such hot water. Plates for cold courses was handled was Kent, and he signed should be chilled in the ice box. No the manifest, witnessing that Crosby butter is served at a formal dinner, Coffee is frequently served by the hostess to guests in the drawing depot platform to "tap" a mail box. 12. Everything pertaining to one Kent took the letter from the sack, Kent took \$175 in February, and

"Why did you do it ?" asked In-spector C. M. Perkins, when he had



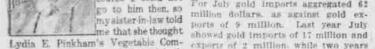
MOTHER Nature and Father Time made diamonds out of carbon. But pshaw! Look what their method does with tobacco. Two years of it make VELVET.

FOR VELVET is matured by two full years of ageing in Nature's way. The result is that

mellow, aged - in - the - wood smoothness that no other smoking tobacco possesses.

Velvet fo

You can't get that smoothness in any other way.



took the Pinkham remedies until the movement for the 12 months to Au-tumor was gone, the doctor said, and I gust 1, 1916, aggregated 441 million Mrs. E. H. BEAN, 525 Joseph Avenue, Period two years ago. Nachville, Tenn.

have not feit it since. I tell every one dollars, as against 71 million in the now I was cured. If this letter will preceding year and a net outward gold help others you are welcome to use it." movement of 75 million in a like

Ludia E. Pinkham's Vegetable Compound, a pure remedy containing the signs that it will be enproved because extractive properties of good old fash- of the war, it is an unusual European ioned roots and herbs, meets the needs nation that cannot improve its sufof woman's system at this critical period frage laws, however, of her life. Try it.

All winter and long

afterwards you can live

ower again with your

pictures those good

summer days. Let us

show you the Ansco

Tallman & Co.

Leadu g Drugguts

line. \$2 to \$55.

Germany's suffrage system gives

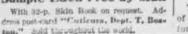
case which puzzles you, write to great cruption the volcane Katmai the Lydis E. Pinkham Medicine blew its head off. European civiliza-tion has tried to follow out



It went all over my face and bands and on my neck, and every time I would wash I took some skin off. My skin was very red and burning and I had to senatch and I host face was disfigured. I lost rest at night, and I could not ヨド ~~/ put my hands in water. "One day I found a Cuti-

cura Soup and Ointment ad-vertisement. I first bought a bos of Cuticura Ointment and then a cake NA of Cuticura Soap, and after using them about a week my face began to get well, and I used about two rakes of Cutieura Soap and two boxes of Ofstmest and I was heabet." (Signest) Edward Podolski, 3027 Gresham Ave., Chicago, Ill., Sept. 20, 1915.

Sample Each Free by Mail



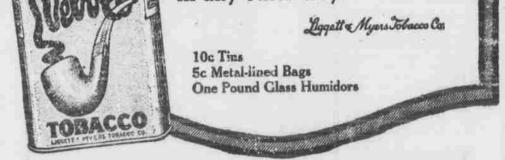
million dollars, as against gold ex-ports of 9 million. Last year July eo at the left. "I was a fool, that's why," said

Lydia E. Pinkham's Vegetable Com-pound would cure it. It helped both the Change of Life and the tumor and when I gothome I dul not need indector. I took the Pinkham remedies until the impectors.

AND SHE'S A REAL DUCHESS, TOO



The Duchess of Sutherland was one played a game of tennis as her share is composed almost entirely of land of those who appeared in a benefit in raising the funds and this picture slips, with the most abrupt slips comfor hospital funds in England. She shows the duchess at her best,



ing from the Washington side. Ap- the river as fast as the river's erostion MEN FIGHT TO DEATH IN CROWDED THEATRE parently this shows that the river once naturally would carry it away. was at its full width even at the nar- The report when completed will de-

Long standing Quarrel Is cleared Up rows but was constructed by some of scribe the formations of the famous By Battle in Moving Plicture House these historic slides of earth. That scenic points along the highway and the river remains narrow at this point discuss from a popular yet scientific -Some Spectators Hurt, is evidence that the earth is still rest. standpoint the geological reasons for

PITTSBURG, Ark., Aug. 30 .- W. M. cRed, a white man, and Virgii Cobb, a negro, cleared us a long standing quarrel last night, at Croweburg, a mining camp near here, and chose a crowded picture show for a battleground. During the fusillade of shots which soon cleared the house of spectators both men were mortally wounded and died in a short time. Many patrons of the show were trampled upon in the rush, but none was injured.

'BRIDGE OF GODS'' IS DISPROVED BY STUDY

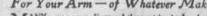
Geological Investigation is Made of Columbia River Gorge and Famous Scenic Points of Highway.

PORTLAND, Aug. 30 -Compronsive study of the Columbia river gorge from a geological viewpoint, which is being conducted by the Oregon bureau of mines and geology, has disproved Indian tradition regarding the "bridge of the gods," and the legends regarding the river at The Dailes.

The results of the work are to be embodied in a bulletin to be issued late this fall. Ira A. Williams, a member of the bureau, returned today from a trip over the highway and stated that the investigation is proceeding in a satisfactory manner and should lead to valuable historical discoveries,

Mr. Williams has found that the land on both banks of the Columbia REVOLVER and PISTO CARTRIDGES For Your Arm - of Whatever Make

less and keeps forcing its way toward the great cliffs and chasms.



For Your Arm — of Whatever Make Many a man arear discovered the speet in plant and re-main and learned that the could really his speet in plant and re-main and learned that the could really his speet in plant by the speet for the speet of the speet is reached as a speet of the speet of the speet is reached as a speet of the speet of the speet is reached as a speet of the speet of the