

Glass of Hot Water Before Breakfast a Splendid Habit

Open sluices of the system each morning and wash away the poisonous, stagnant matter.

Those of us who are accustomed to feel dull and heavy when we arise, splitting headache, stuffy from a cold, foul tongue, nasty breath, acid stomach, lame back, can, instead, both look and feel as fresh as a daisy always by washing the poisons and toxins from the body with phosphated hot water each morning.

We should drink, before breakfast, a glass of real hot water with a teaspoonful of limestone phosphate in it to flush from the stomach, liver, kidneys and test yards the waste, sour bile and poisonous toxins, thus cleansing, sweetening and purifying the entire alimentary tract before putting more food into the stomach.

The action of limestone phosphate and hot water on an empty stomach is wonderfully invigorating. It cleans out all the sour fermentations, gases, waste and acidity and gives one a splendid appetite for breakfast and it is said to be but a little while until the roses begin to appear in the cheeks. A quarter pound of limestone phosphate will cost very little at the drug store, but is sufficient to make anyone who is bothered with biliousness, constipation, stomach trouble or rheumatism a real enthusiast on the subject of internal sanitation. Try it and you are assured that you will look better and feel better in every way shortly.

NOSE CLOGGED FROM A COLD OR CATARRH

Apply Cream in Nostrils To Open Up Air Passages.

Ah! What relief! Your clogged nostrils open right up, the air passages of your head are clear and you can breathe freely. No more hacking, snuffling, mucous discharges, headache, dizziness—no struggling for breath at night, your cold or catarrh is gone.

Don't stay stuffed up! Get a small bottle of Ely's Cream Balm from your druggist now. Apply a little of this fragrant, antiseptic cream in your nostrils, let it penetrate through every air passage of the head; soothe and heal the swollen, inflamed mucous membrane, giving you instant relief. Ely's Cream Balm is just what every cold and catarrh sufferer has been seeking. It's just splendid!

DESERVES GOLD MEDAL FOR THIS

CINCINNATI AUTHORITY TELLS HOW TO DRY UP A CORN SO IT LIFTS OUT.

You corn-pestered men and women need suffer no longer. Wear the shoes that nearly killed you before, says this Cincinnati authority, because a few drops of frezone applied directly on a tender, aching corn stops soreness at once and soon the corn loosens so it can be lifted out, root and all, without pain.

A quarter of an ounce of frezone costs very little at any drug store, but is sufficient to take off every hard or soft corn or callus. This should be tried, as it is inexpensive and is said not to inflame or even irritate the surrounding tissue or skin.

HOT TEA BREAKS A COLD—TRY THIS

Get a small package of Hamburg Breast Tea, or as the German folks call it, "Hamborger Brust Thee," at any pharmacy. Take a tablespoonful of the tea, put a cup of boiling water upon it, pour through a sieve and drink a teacup full at any time. It is the most effective way to break a cold and cure grip, as it opens the pores, relieving congestion. Also loosens the bowels, thus breaking a cold at once.

It is inexpensive and entirely vegetable, therefore harmless.



WILLIAM DESMOND, DOROTHY DALTON AND P. D. TABLER IN TRIANGLE-KAY BEE PLAY, "A GAMBLE IN SOULS," At the Temple today and Wednesday in conjunction with two acts of Hippodrome Vaudeville.

SHARP ADVANCES IN SHEEP AND HOGS

PORTLAND, Jan. 23.—There was a rather liberal supply of sheep reported in the North Portland yards of the opening of the week's trade, but the bulk of the stock came forward on guaranteed prices that were higher than any previous sales here.

Trend of the sheep and lamb trade continues very favorable, because of the fact that the trade here must compete with the eastern markets for the supplies of Idaho.

General mutton and lamb market: Best east of mountain

Lambs	12.00
Best valley lambs	10.75@11.25
Wethers	9.75@10.00
Ewes	8.50@9.00
Goats	4.25

Hogs Are Reaching Up.

Market for hogs was firmer and higher at North Portland at the week's opening. Receipts over Sunday totaled 3371 head, compared with 4027 last Monday, and 4830 head for this same day a year ago.

Top quality hogs sold in the yards during the morning at \$16.85, which is 25¢ higher than previous figures, indicating that killers are in need of greater stocks and are willing at the moment to pay for them.

General hog range:

Heavy packing	\$16.75@16.80
Heavy butchers	16.50@16.60

LATEST PHOTOGRAPH OF LADY DOUGLAS HAIG.



LADY DOUGLAS HAIG. This is the latest photograph of Lady Douglas Haig, the wife of the commander-in-chief of the British armies in France. If the war comes to a successful conclusion, it is said that General Sir Douglas Haig will be rewarded for his services with a dukedom, which would make the present Lady Douglas Haig a figure of vast social power in England.

SNOW PLEASING TO ECHO FARMERS

WEST END OF COUNTY IS COVERED WITH HEAVY THREE INCH SNOW BLANKET.

Echo Mercantile Co. Has Just Received a New Pumping Plant; Carload of Cattle Shipped; Other News and Social Notes of Interest to Community.

(East Oregonian Special.) ECHO, Jan. 23.—This end of the county is covered with a heavy three inch blanket of snow, much to the gratification of the farmers as the dry, freezing weather was endangering the fall sown grain.

An inch of snow fell on Friday night and about three inches more on Saturday night. The snow is wet and packed and will be a great benefit to the county, although incidentally putting a stop to the ice skating.

The Echo Mercantile Co. has just received a pumping plant, consisting of pipes, a Myers pump and a Fairbank gasoline engine, which they will install at the three hundred and sixty foot drilled well on the farm of Chas. Bartholomew on Little Butter creek.

Revival meetings began here last night at the Methodist church.

J. H. Saylor shipped a carload of hogs for the Seattle market on Saturday night. Mr. Saylor accompanied the shipment himself.

A carload of cattle was shipped from this place on Saturday night by Rugg Bros.

C. S. Mudge and wife returned home last Friday evening from Portland where they spent two weeks visiting with their daughter, Mrs. R. L. Cox and family.

F. W. Hendley, bookkeeper for the Eastern Oregon State Hospital, was a visitor here on Saturday. He returned to Pendleton Sunday morning.

Miss Esther Scholl went to The Dalles on Saturday for a few days' visit with her sister, Miss Eugenie Scholl, who is taking training at The Dalles hospital.

Fred Depperman has purchased the Wm. O. Dearn's homestead ten miles west of Echo. Mr. Depperman already owned one-half section of wheat land near this track. He expects to sow the entire acreage to grain this year.

Mr. and Mrs. Jesse Porter of Pendleton, came down to Echo by automobile on Friday to visit with Mr. Porter's sister, Mrs. Jas. Hopkins. Mrs. Porter went on by train on Saturday to Ione to visit with friends and Mr. Porter returned home.

Mrs. Sarah Combs, a professional nurse of Portland, is a business visitor here.

County Commissioner Cockburn was in Echo Saturday on official business.

Van Horn Bros., progressive farmers of the Sarvis Butte neighborhood, were in town Saturday.

NEWS NOTES FROM THE PILOT ROCK COUNTRY

(East Oregonian Special.) PILOT ROCK, Jan. 23.—A fine boy by the name of Mr. and Mrs. Frank Gilliland.

Mrs. Cora Knotts was called to Heppner very suddenly yesterday morning on the account of her father's ill health.

Born to Mr. and Mrs. L. I. Johnson, an 8-pound boy. The mother and son are doing nicely.

Miss Helen De Vaughn is visiting friends in Pilot Rock this week.

The Pilot Rock school is looking forward to a speech from Mr. Staun Friday morning. His subject, "How to Study."

Rob Rouden is visiting with his sister, Mrs. John Runion, this week.

Jim Arbogast returned today from the John Day country where he had been visiting, also looking after business matters.

The regular meeting of the I. O. O. F. lodge met Thursday evening. They put on the third degree, also elected delegates for the district convention, which is to be held at Pendleton Feb. 24th.

Jeno Knotts is in from his homestead on business.

ACIDS IN STOMACH SOUR THE FOOD AND CAUSE INDIGESTION

"PAPE'S DIAPETIN" FIXES SOUR GASSY, UPSET STOMACHS IN FIVE MINUTES.

If what you just ate is souring on your stomach or lies like a lump of lead, refusing to digest, or you belch gas and eructate sour, undigested food, or have a feeling of dizziness, heartburn, fullness, nausea, bad taste in mouth and stomach headache, you can surely get relief in five minutes.

Ask your pharmacist to show you the formula plainly printed on these fifty cent cases of Pape's Diapetin, then you will understand why dyspeptic troubles of all kinds must go, and why it relieves sour, out of order stomachs or indigestion in five minutes. "Pape's Diapetin" is harmless; tastes like candy, though each dose will digest and prepare for assimilation into the blood all the food you eat; besides, it makes you go to the table with a healthy appetite; but what will please you most, is that you will feel that your stomach and intestines are clean and fresh, and you will not need to resort to laxatives or liver pills for biliousness or constipation.

This city will have many "Pape's Diapetin" cranks, as some people will call them, but you will be enthusiastic about this splendid stomach preparation, too, if you ever take it for indigestion, gases, heartburn, sourness, dyspepsia, or any stomach misery.

Get some now, this minute, and rid yourself of stomach misery and indigestion in five minutes.

Miss Edna Wisdom left today for Webb Sough to visit her sister, Willard McCullough is in from his homestead this week on business.

Mrs. A. M. Bond was taken ill with the mumps this morning.

Pilot Rock is having more winter. The ground is white with snow.

Miss Clara Scharpf leaves today for Adams where she has accepted a school. Miss Scharpf formerly worked in the drug store here for M. D. Orange. She made a host of friends while here who are very sorry to lose her but wish her the best of success in her new position.

Mrs. Ed Wright and daughter are in town trading.

Jury Reconvenes.

SEATTLE, Jan. 22.—The federal grand jury reconvened this afternoon to hear the final witnesses stories of the liquor syndicate probe. If the jury returns starting indictments, the fact will be withheld twenty four hours.

How's This? We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Cure.

Hall's Catarrh Cure has been taken by catarrh sufferers for the past thirty-five years, and has become known as the most reliable remedy for Catarrh. Hall's Catarrh Cure acts thru the blood on the mucous surfaces, expelling the poison from the blood and healing. — Do not discontinue after you have taken Hall's Catarrh Cure for a short time you will see a great improvement in your general health. Start taking Hall's Catarrh Cure at once and get rid of catarrh. Send for testimonials, free. F. J. CHENEY & Co., Toledo, Ohio. Sold by all Druggists, 7c.

HEADACHE STOPS, NEURALGIA GONE

Dr. James' Headache Powders give instant relief—Cost dime a package.

Nerve-racking, splitting or dull, throbbing headaches yield in just a few moments to Dr. James' Headache Powders which cost only 10 cents a package at any drug store. It's the quickest, surest headache relief in the whole world. Don't suffer! Relieve the agony and distress now! You can. Millions of men and women have found that headache and neuralgia misery is needless. Get what you ask for.

Order Your Coal NOW



It's a keep warm insurance against the cold weather. The cold days this winter will tell you whether the Coal, with which you're filling your bins, will give the comfort and satisfaction you expected. To escape regrets it's wise to remember that it's the heat producing qualities in coal that count.

You can get LONGEST BURNING, GREATEST HEAT-GIVING by ordering your coal from us.

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ROCK SPRINGS COAL

LUMP OR NUT. Good dry fir, yellow and black pine. Dry Slabwood that is dry.

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CALIFORNIA

and return—going one way, returning another

California is delightful the year 'round. Now you may go via the SALT LAKE ROUTE, returning from Los Angeles, as you wish, by palatial steamer or limited train, or vice versa.

Call upon, or write the representative of

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named below, and the rest will be done for you.

T. F. O'BRIEN, Agent
Pendleton, Oregon.

ITALIAN HOSPITAL BARGES ON THE ISONZO



HOSPITAL BARGES ON THE ISONZO. ©INTERNATIONAL.

Taking a tip from the Belgians, the Italians have equipped large numbers of barges as floating hospitals. It is said that the wounded are transported with much less danger of fatalities than by any other means.

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BENTLEY & MONTGOMERY, REAL estate, fire, life and accident insurance agents. 215 Main street. Phone 464.

AUCTIONEERS.
COL W. P. YOHNSKA, AUCTIONeer, makes a specialty of farmers' stock and machinery sales. "The man that gets you the money." Leave orders at East Oregonian office.

SECOND HAND DEALERS.
V. STROBLE, DEALER IN NEW and second hand goods. Cash paid for all second-hand goods bought. Cheapest place in Pendleton to buy household goods. Come and get our prices. 219 E. Court street, Phone 211W.

ARCHITECT.
RAYMOND W. HATCH, ARCHITECT. Despain Building. Phone 768. Pendleton, Oregon.

MISCELLANEOUS.
LEGAL BLANKS OF EVERY DESCRIPTION for county court, circuit court, justice court, real estate, etc for sale at East Oregonian office.

ATTORNEYS.
JOHN W. HUFF, ATTORNEY-AT-LAW. Room 5, American National Bank building.
RALEY & RALEY, ATTORNEYS AT LAW. Office in American National Bank Building.
GEORGE W. COUTTS, 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. FERRY, ATTORNEY AT LAW. Office over Taylor Hardware company.
PETERSON & BISHOP, ATTORNEYS at law; rooms 2 and 4, Smith-Crawford building.
DOUGLAS W. HAINLY, 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.
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NORTHERN PACIFIC RAILWAY. Lands in eastern Montana at \$2.50 to \$12 per acre. Suitable for farming or grazing. Easy terms. For information write or see W. E. Holt, Miles City, Montana.

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