

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

Doctor says Nuxated Iron is greatest of all strength builders--Often increases the strength and endurance of delicate, nervous folks 200 per cent. in two weeks time.

NEW YORK, N. Y.—Not long ago a man came to me who was nearly half a century old and asked me to give him a preliminary examination for life insurance. I was astonished to find him with the blood pressure of a boy of 20 and as full of vigor, vim and vitality as a young man; in fact a young man he really was notwithstanding his age. The secret he said was taking iron—nuxated iron had filled him with renewed life. At 50 he was as healthy as at 20, he was careworn and nearly all in. Now at 60 after taking Nuxated Iron a miracle of vitality and his face beaming with the buoyancy of youth. As I have said a hundred times over, iron is the greatest of all strength builders. If people would only throw away their habit of forming drugs and make simple concoctions and take simple nuxated iron, I am convinced that the lives of thousands of persons might be saved who now die every year from pneumonia, grippe, consumption, kidney, liver and heart trouble, etc. The real and true cause which started their diseases was nothing more nor less than a weakened condition brought on by lack of iron in the blood. Iron is absolutely necessary to enable your blood to change food into living tissue. Without it, no matter how much or what you eat, your food merely passes through you without doing you any good. You don't get the strength out of it and as a consequence you become weak, pale and sickly looking just like a plant trying to grow in a soil deficient in iron. 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 taking 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 prizefighter has won the day simply because he knew the secret of great strength and endurance and filled his blood with iron before he went into the fray, while many another has gone down to inglorious defeat simply for the lack of iron.—B. Bauer, M. D.

**NOTE**—Nuxated Iron, recommended above by Dr. Bauer, is not a patent medicine nor secret remedy, but one which is well known to druggists and whose iron constituents are 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 can not take any man or woman under 50 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. Koppen & Bros. and all other druggists.

#### PRISONERS ON GERMAN FARMS

AMSTERDAM, Feb. 27.—Germany is employing 130,000 war prisoners as farm laborers, according to a Berlin dispatch to the Rheinische Westfalische Zeitung, which quotes Gen.

Groener, head of the Army Feeding Department.

He said additional war prisoners would be put to work in the agricultural districts and that in occupied territories the garrisons would do spring sowing and harvest work.



#### BETTER AND SOFTER LIGHT

Is assured by the use of some of these beautiful fixtures of curv. They give a light that illuminates the room perfectly, but that does not tire or strain the eyes. They are not expensive considering their extra efficiency and extra beauty. Why not at least see them?

J. L. VAUGHAN

## Do You Know

The U. S. Government Equivalents Show that to Equal the Amount of Heat Produced by Burning One Cord of Oak Wood, it Requires

2137 Pounds of	KEMMERER Coal
2267 "	" " Rock Springs "
2619 "	" " Hiawatha "
2272 "	" " Castle Gate "
2404 "	" " Clear Creek "
2716 "	" " Almy "
2598 "	" " Bear Creek "
2686 "	" " Roundup "
2436 "	" " Roslyn "
2972 "	" " Carney "
3296 "	" " Monarch "
3091 "	" " Sheridan "
2350 "	" " Owl Creek "
3568 "	" " Kool "
3675 "	" " Acme "
2839 "	" " Red Lodge "

The Above Government Test Show That One Ton (2,000 lbs.) of KEMMERER COAL is equal to

2122 Pounds of	Rock Springs Coal
2451 "	" " Hiawatha "
2126 "	" " Castle Gate "
2249 "	" " Clear Creek "
2542 "	" " Almy "
2431 "	" " Bear Creek "
2514 "	" " Roundup "
2279 "	" " Roslyn "
2781 "	" " Carney "
3085 "	" " Monarch "
2893 "	" " Sheridan "
2200 "	" " Owl Creek "
3339 "	" " Kool "
3439 "	" " Acme "
2657 "	" " Red Lodge "

CALL OREGON LUMBER YARD Phone 8

## QUARANTINE AT ROCK IS LIFTED

MAYOR ELDRIDGE LIFTS BAN ON PICTURE SHOW BARRING ONLY CHILDREN.

Many Odd Fellows Attend District Convention in Pendleton; Other News Notes of Interest.

(East Oregonian Special.) PILOT ROCK, Feb. 27.—J. L. Gililand, Bobby Reder, J. W. Stevenson and Jim Arbogast were among the Pilot Rock people who attended the T. O. F. district convention in Pendleton last Saturday.

Miss Grace Frost, principal of the Pilot Rock school went to Pendleton Saturday where she expects to visit until the measles quarantine is lifted. Juanita Gililand was a Pendleton visitor Saturday.

M. D. Orange has purchased a new speed camera which he tried out Sunday of Mrs. L. C. Scharf, Mrs. G. M. George Done, New Royer, Fred Mose and Dr. Spalding went up the creek with Mr. Orange, made some snow trenches and did a little European warfare for the purpose of getting some pictures with lots of action.

The Saturday Club met at the home of Mrs. L. C. Scharf. Mrs. G. M. Johnston helped serve. Only seven members were present because of the snow storm.

Sunday school did not meet this week because of the many cases of measles.

Tom Enright of Gurdane was in Pilot Rock Sunday evening. Mayor Eldridge lifted the quarantine on the picture show Sunday evening. No one under sixteen was allowed to enter.

Mr. and Mrs. L. S. Harvey were among the Pendleton visitors Saturday.

#### WAR CRAZED, SLAYER'S PLEA

CHICAGO, Feb. 27.—A tall, sallow faced man with a little dark, bristly moustache sat with bent gaze in Judge Pam's courtroom today. His head moved ceaselessly as if he were affected with palsy.

"Shell fire" might have been the pronouncement of the European campaign. "Pretty near," remarked Attorney Joseph R. Burree, his lawyer. "Frank Cvich was a quiet, unromantic fellow when Austria called him and his fellow Croats to the colors against Serbia. What mattered it that he was a husband and the father of four children? Inconsiderate as war is, he volunteered, suffering slaughter, the annihilating sea of uniform death—can you imagine a worse environment?"

"Frank Cvich escaped it all at last—an insane man. He came to this country brooding over the crimes of the universe. Is it any wonder he shot and killed Stephen Zumar, a bank clerk, when he accused him of theft? The plea is insanity. The jury was completed today.

#### \$100 Reward, \$100

The readers of this paper will be pleased to learn that there is at least one cure that has been able to cure in all its stages, and that is Catarrh. Catarrh is greatly influenced by constitutional conditions, requires constitutional treatment. Hall's Catarrh Cure is taken internally and acts through the blood. It secures the system thereby destroying the foundation of the disease, giving the patient strength by building up his constitution, assisting nature in doing its work. 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. See list of testimonials.

Address: F. CHENEY & Co., Toledo, Ohio. Sold by all Druggists, 75c.

#### MEAT INJURIOUS TO THE KIDNEYS

TAKE A TABLESPOONFUL OF SALTS IF BACK HURTS OR BLADDER BOthers.

We are a nation of meat eaters and our blood is filled with uric acid, says a well known authority, who warns us to be constantly on guard against kidney trouble.

The kidneys do their utmost to free the blood of this irritating acid, but become weak from the overwork they get through the eliminative tissues clog and thus the waste is retained in the blood to poison the entire system.

When your kidneys ache and feel like lumps of lead, and you have stinging pains in the back or the urine is cloudy, full of sediment, or the bladder is irritable, obliging you to seek relief during the night; when you have severe headaches, nervous and dizzy spells, sleeplessness, acid stomach or rheumatism in bad weather, get from your pharmacist about four ounces of Jad Salts; take a tablespoonful in a glass of water before breakfast each morning and in a few days your kidneys will act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to flush and stimulate clogged kidneys, to neutralize the acids in urine so it is no longer a source of irritation, thus ending urinary and bladder disorders.

Jad Salts is inexpensive, and cannot injure; makes a delightful effervescent lithia-water drink and nobody can make a mistake by taking a little occasionally to keep the kidneys clean and active.

THE OLD RELIABLE PLANT'S C & C OR BLACK CAPSULES REMEDY FOR MEN. AT YOUR DRUGGIST.



"Father Time and Mother Nature grew the tobacco. I guess they cure it best."

A pipe load of VELVET gives you every last bit of enjoyment that there is in a pipe.

VELVET'S two years' ageing in wooden hogheads brings out the last bit of mildness, mellowness and taste that is naturally in Kentucky's best Burley tobacco. That two years' ageing is Nature's own method. No shortcut process can even touch it. And VELVET will prove this to you.



The best natured fellow in the world will lose his temper if you push him too hard. An even good Burley tobacco loses a lot of its fire unless it you rush the curin'.

10c Tin; 5c Metal-Head Box; 1 lb. Glass Humidor

Leggett & Myers Tobacco Co

#### RETOURS ABSTAIN FROM EACH OTHER'S SOCIETY DURING LENT

DENVER, Colo., Feb. 25.—Charles H. Marshall, rector of St. Barnabas Church, and the Rev. Henry S. Foster, rector of Ascension Church, began, Ash Wednesday, as has been their practice of self-denial for many years, their abstinence of one another's society for 40 days.

Until Easter morning Canon Marshall and the Rev. Mr. Foster will not speak nor hold other conversation with one another, as a mutual renunciation of a pleasure which they cherish among the most precious possessions of their lives.

They will not meet during Lent, will avoid one another on the streets, in public places, in home and church.

#### NOMINAL SUPPLIES DEMAND IS GOOD

PORTLAND, Feb. 28.—There were only three loads of livestock reported in the North Portland yards over night.

Only one full load of hogs came forward and this was from a California point.

Market for swine is holding very firm; in fact, the trend of the trade is even firmer than during the previous 24 hours.

General hog range: Heavy packing ..... 112.50@12.50 Best light ..... 12.25@12.40 Rough heavy ..... 11.50@12.00 Pigs ..... 10.25@10.75 Stockers ..... 9.50@10.00

Cattle Market Remains Firm. Cattle market continues a very firm affair, following the breaking of all previous high record prices on Monday at \$13.50 for two loads of steers from Prineville.

There was a small run in from Willamette valley points during the day. General cattle market range: Best heavy beef steers ..... \$12.50@ 5.80 Best light beef steers ..... 9.00@ 9.50 Best heifers ..... 7.75@ 8.00 Ordinary to good cows ..... 7.50@ 8.50 Best butcher bulls ..... 6.50@ 7.00 Light bulls ..... 5.00@ 6.00 Calves ..... 7.00@10.50 Stocker-feeder steers ..... 5.75@ 6.50 Stocker-feeder cows ..... 5.00@ 5.00

No Sheep Arrive. A single head disturbed the numbers of the sheep division of the North Portland yards during the day. There were no arrivals overnight. Market continues very firm affair.

General mutton and lamb market Best east mountain lambs 12.75@13.00 Best valley lambs ..... 13.25@12.50 Wethers ..... 10.50@10.75 Ewes ..... 9.00@ 9.75 Goats ..... 4.25@ 4.50

Tuesday Livestock Shippers. Hogs—G. W. Marriker, Durham, Cal., 1 load. Mixed stuff—W. A. Leaper, Yoncalis, 1 load cattle and hogs; H. L. McPadden, Harrisburg, 1 load cattle and hogs.

NOODLES, CHOP SUEY, CHINA DISHES GOEY'S KWONG HONG LOW 116 West Alta St., Upstairs, Phone 433

Don't Take Risks If your stomach is strong, your liver active, and bowels regular, take care to keep them so. These organs are important to your health. Keep them in order with Beecham's Pills and avoid any risk of serious illness. A dose or two as needed, will help the digestion, stimulate the bile, and regulate the habits. Their timely use will save much needless suffering, fortify the system and Insure Good Health Sold by druggists throughout the world. In boxes, 10c., 25c. Directions of Special Value to Women are with Every Box.

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