

For light, wholesome cakes, biscuits and pastry, use

K C BAKING POWDER

Always safe and reliable. If it isn't all we claim your grocer will refund your money.

JAQUES MFG. CO., CHICAGO



PUT CREAM IN NOSE AND STOP CATARRH

Tells How To Open Clogged Nostrils and End Head-Colds.

You feel fine in a few moments. Your cold in head or catarrh will be gone. Your clogged nostrils will open. The air passages of your head will clear and you can breathe freely. No more dullness, headache, no hawking, sniffling, mucous discharges or dryness; no struggling for breath at night.

Tell your druggist you want a small bottle of Ely's Cream Balm. 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, and relief comes instantly.

It is just what every cold and catarrh sufferer needs. Don't stay stuffed-up and miserable.

AMERICA'S ONLY WOMAN MAYOR TO MAKE HER CITY A "SPOTLESS AND POLICELESS" TOWN.



MAYOR LAURA STARCHER.

For the first time in the history of the nation a government composed entirely of women will conduct the affairs of an American city. During the recent election in Umatilla, Oregon, Mrs. Laura Starcher not only defeated her husband, E. E. Starcher, for the mayoralty, but all the other city offices were filled with women.

The photograph shows Mrs. Laura Starcher, the only American woman mayor, as she appeared when taking up the duties of her office.

American athletes lead the world because they practice preparedness.

Jump from Bed in Morning and Drink Hot Water

Tells why everyone should drink hot water each morning before breakfast.

Why is man and woman, half the time, feeling nervous, despondent, worried; some days headachy, dull and listless; some days really incapacitated by illness.

If we all would practice inside-bathing, what a gratifying change would take place. Instead of thousands of half-sick, anaemic-looking souls with pasty, muddy complexions we should see crowds of happy, healthy, rosy-cheeked people everywhere. The reason is that the human system does not rid itself each day of all the waste which it accumulates under our present mode of living. For every ounce of food and drink taken into the system nearly an ounce of waste material must be carried out, else it ferments and forms ptomaine-like poisons which are absorbed into the blood.

Just as necessary as it is to clean the ashes from the furnace each day, before the fire will burn bright and hot, so we must each morning clear the inside organs of the previous day's accumulation of indigestible material, waste, sour bile and toxins; thus cleansing, sweetening and purifying the entire alimentary canal before putting more food into the stomach.

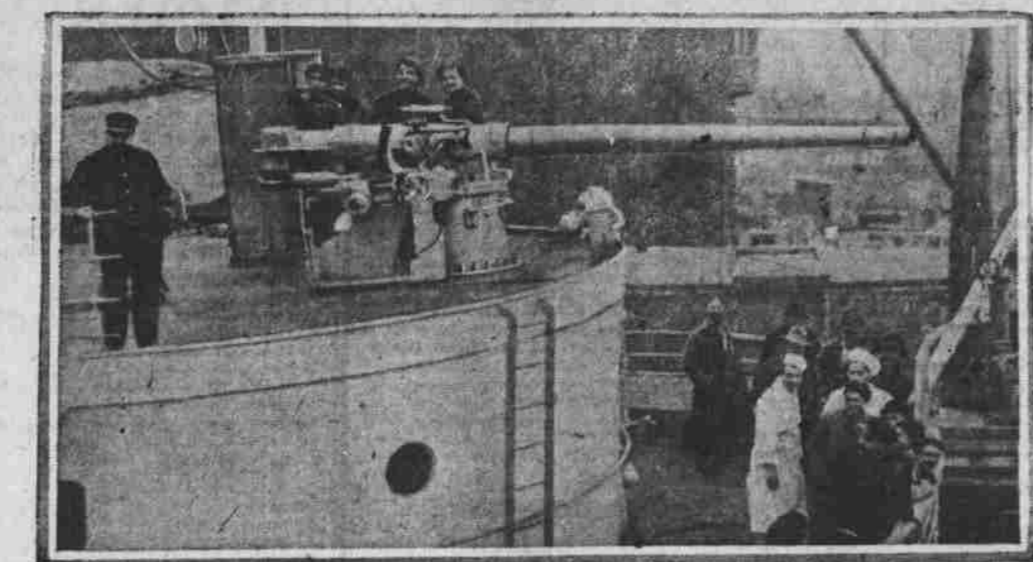
Millions of people who had their turn at constipation, bilious attacks, acid stomach, nervous days and sleepless nights have become real cranks about the morning inside-bath. A quarter pound of limestone phosphate will not cost much at the drug store, but is sufficient to demonstrate to anyone its cleansing, sweetening and refreshing effect upon the system.

HOT TEA BREAKS A COLD—TRY THIS

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

It is inexpensive and entirely vegetable, therefore harmless.

READY FOR SUBMARINE ATTACK



GUN ON STERN OF S.S. CHICAGO

With a modern naval rifle mounted upon her stern, as shown in the photograph, the French liner Chicago is now fast approaching the zone barred by the German U-boat decree on her voyage eastward from New York. The Chicago carries both passengers and a cargo of war munitions. She relies upon the accuracy of her guns to protect her from U-boat attacks.

Daily Chats With the Housewife

ROAST SPARERIBS, STUFFED WITH SAUERKRAUT.

Trim off the rough edges of two sets of ribs, crack the bones across the middle, rub the inside with salt, sprinkle with black pepper and dredge with flour. Fill with sauerkraut, cooked a half hour in just enough water to prevent burning, then drain and the liquor reserved. Sew the roast tightly and neatly all around and place in a dripping pan with 1 pint of the liquor drained from the kraut. Cook slowly, basting often with the liquor in the pan. Turn so as to bake both sides equally. When tender, increase the heat, dredge with flour and brown richly. Serve with mashed potatoes.

more or less. For instance, excellent fudge is made with water instead of milk. In that case, stir the peanut butter into the fudge while holding it over a slow fire. Remove it from the stove, and let it stand for 10 or 15 minutes. Then add vanilla and beat. This should be very creamy. This same mixture, taken off the stove before it has cooked quite long enough to be candy, makes an excellent filling and top for layer cake.

COSMOPOLITAN TAIT.

One-half pound flour, 6 ounces butter, 1-4 pound sugar, 1-2 teaspoon baking powder. Work the butter lightly into the flour till fine, add other ingredients. Blend all together with an egg into a firm dough. Have a well greased plate, put the dough in the center and, with the knuckles well floured, press the dough over the plate, thin the center and forming a slight ridge round the edge. Bake in a moderately hot oven. Fill the center with good jam, when wanted for table.

HOW TO PUT ON YOUR HAT.

First and foremost, you must put on your hat, whatever its form, size or style, straight on the head, coming well down toward the eyebrows, showing the ears, but not hiding the hair at the back. A straight line must be preserved where it rests on the head. The jaunty look produced by a tilt is not now tolerated by fashion, and hats are now a veritable head-covering. This is really an important point, says the Queen, London, for the whole effect of the hat and the face depends upon it. Two shapes for the moment seem to lead the way: the turban which savors of Russian inspiration, and the sailor, our old and decided favorite, which is seldom dislodged for long, but which now must be made with a broad brim and decidedly high crown. No doubt as the season advances we shall be having transparent crowns and the brim dipping a little, so that one can look through it, almost when on. Tulle is likely to be uppermost in millinery when spring appears.

GOOD CANDY RECIPES.

Sea Foam.—To 3 cups of light brown sugar add 1 cup of boiling water. Dissolve the sugar, and boil until it spins a long thread. Remove from the fire, and when it stops bubbling, pour it on to the whites of two eggs which have been beaten stiff and dry. Then add 1 tablespoonful of vanilla and 1 cup of chopped walnut meats. Drop from a teaspoon upon waxed paper.

Peanut Butter Fudge.—A quick but fudge that is delicious may be made with peanut butter, which does duty as two ingredients, both as nuts and as butter. Boil together 2 cups of white sugar (or half cup of milk and a speck of salt. When it spins a thread, take it off the fire and add 1 tablespoonful of peanut butter (a little more, if a very strong nutty flavor is desired.) Beat this in well, then add 1-2 teaspoonful of vanilla. This recipe may be varied

UTILITY SPORT BAGS.

To match the incoming sport suits, sweaters, scarves and hats, there are some nobby new utility bags. These are broad, wide-mouthed affairs, with a big ring to swing upon the arm. They hold tennis shoes, contain the sweater when it isn't in use, carry a book to read on the beach, knitting for an idle moment, and such small necessities as handkerchiefs, pocket-book and gloves.

When a drunken man doesn't think he is exceptionally wise, he is beyond the thinking stage.

State of Ohio, City of Toledo, Lucas County, ss. Frank J. Cheney makes oath that he is senior partner of the firm of F. J. Cheney & Co., doing business in the City of Toledo, County and State aforesaid, and that said firm will pay the sum of ONE HUNDRED DOLLARS for each and every case of Catarrh that cannot be cured by the use of HALL'S CATARRH CURE. FRANK J. CHENEY.

I swear to before me and subscribed in my presence, this 6th day of December, A. D. 1896. A. W. HILBSON, Notary Public.

Hall's Catarrh Cure is taken internally and acts through the Blood on the Mucous Surfaces of the System. Send for test-mentals, free.

F. J. CHENEY & CO., Toledo, O. Sold by all druggists. Get Hall's Family Pills for constipation.

IN BANKRUPTCY.

In the District Court of the United States for the District of Oregon. In the Matter of E. H. Harris, Bankrupt.

To the Creditors of E. H. Harris, of Milton, in the County of Umatilla, and District aforesaid, Bankrupt.

Notice is hereby given that on the 26th day of February, A. D. 1917, the said E. H. Harris was duly adjudicated a Bankrupt, and that the first meeting of his creditors will be held at the office of the undersigned referee in Bankruptcy at Pendleton, Oregon, on March 14th, A. D. 1917, at 10 o'clock a. m. of said day at which time and place the Creditors may attend, prove and file their claims, appoint a trustee, examine the Bankrupt, and transact such other business as may properly come before the said meeting.

Done and dated at Pendleton, Oregon, this 23rd day of March, A. D. 1917.

THOS. FITZGERALD, Referee in Bankruptcy.

HEADACHE STOPS, NEURALGIA GONE

Dr. James' Headache Powders give instant relief—Costs 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! Believe 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.

Prof. Hertzog Praises This Perfect Laxative

DR. CALDWELL'S SYRUP PEPIN AN IDEAL REMEDY FOR CONSTIPATION.

In every family there is more or less occasion for a laxative remedy. It is to meet this need that Dr. Caldwell's Syrup Pepsin is prepared, and that this combination of simple laxative herbs with pepsin fulfills its purpose is proven by its place in thousands of American homes.

Prof. F. J. C. Hertzog, the well known linguist, 2341 North Oranum Street, Philadelphia, Pa., wrote to Dr. Caldwell that he has used Dr. Caldwell's Syrup Pepsin in his household with excellent results and that he and his family consider it indeed a friend in need, and always keep a bottle of it on hand.

Constipation is the direct cause of much serious illness and is a condition that should never be neglected. Harsh cathartics and violent purgatives should never be employed to relieve constipation, because the very violence of their action shocks the entire system. A mild laxative, such as Dr. Caldwell's Syrup Pepsin is far preferable, being mild and gentle in its action, without griping or other pain or discomfort. Its freedom from all opiate or narcotic drugs makes it an ideal remedy for children.



Dr. Caldwell's Syrup Pepsin is sold in drug stores everywhere for fifty cents a bottle. To avoid substitutes be sure to get Dr. Caldwell's Syrup Pepsin. See that a facsimile of Dr. Caldwell's signature and his portrait appear on the yellow carton in which the bottle is packed. A trial bottle, free of charge, can be obtained by writing to Dr. W. B. Caldwell, 452 Washington St., Monticello, Illinois.

Warmth and Economy

go hand in hand with those who use our

ROCK SPRINGS COAL

Lump or Nut

Dry Wood of All Kinds

B. L. BURROUGHS

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OR DO YOU STILL USE THE OLD FASHIONED BROOM IN YOUR HOUSE CLEANING?

BE UP-TO-DATE and use

An Electric Vacuum Cleaner

NO DUST NO ODOR
SANITARY HEALTHFUL

COSTS LESS THAN 1/4c AN HOUR

Your Electrical Dealer or

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When You Clean Your House Don't Forget The Eastern Hide & Junk Co.

121 W. Railroad St., Pendleton. Res. Phone 729-J. Bus. Phone 561

M. GORFKLE, Prop.

Mr. Farmer—We pay \$7 a ton for mixed iron.

All kinds of bottles, old cast and wrought iron, hides, pelts and furs of all kinds, also rags.

We pay the highest price for second hand furniture.

Copper wire, light copper	18c
Light Copper	15c
Yellow Brass	15c
Light Brass	10c
Aluminum	25c
Pewter	18c
Tin Foil	32 1/2c
Zinc	5c
Lead	4 1/2c
Green Hides	18 1/2c
Dry Hides	27c
Rubber Tires	45c
Inner Tubes	10 1/2c

The Best Place in Town to Get CANDY

Is at the store "what has" the "WHITMAN'S" sign.

Nobody in America makes candy like "WHITMAN'S." Others have tried, are still trying, but they can't do it. "WHITMAN'S" stands for the best.

A box of "WHITMAN'S" CANDIES are revelations to people who don't know their goodness.

Tallman & Co.

Leading Druggists

NEW LIVESTOCK MARKET IS HIT

PORTLAND, March 6.—North Portland sets the hogs, cattle and sheep market for the rest of the Pacific coast markets. In some of the other markets the country buyers get out among producers and purchase supplies at much less than they can purchase in this market. Some of the other coast stockyards are run entirely in this manner, meaning the loss of thousands of dollars annually to the country shipper who fails to send his supplies to a competitive market such as North Portland.

For instance, there were very liberal purchases of swine in Idaho during the last few days for today's arrival at 112 per hundred pounds there. It cost less than \$1 per hundred pounds to ship to the Portland market, therefore on the basis of today's market the country shipper is losing money. The same is true of cattle and sheep.

Hogs Advance 50 Cents.

There was a sheer advance of 50c per hundred pounds in the price of hogs at North Portland when a sale of a carload lot was made at 112.50, the highest price ever reached here since Portland was established.

Hogs that brought this extraordinary price came from H. S. Mitchell of Joseph, although the entire shipment over Sunday brought unusually good values.

Buyers from other markets await news from Portland before naming their quotation in many instances, thereby establishing this market as the price maker for the entire coast.

General Hog Range:

Heavy packing	112.40@112.50
Best light	112.00@112.25
Light heavy	112.00@112.25

Lambs Go to \$12.25.

Market for lambs was shifted up a sheer 25c in the North Portland yards to the start of the week, with extreme tops at 12.25. There was a sale early of shorn yearlings, which broke all previous high price records here while wool yearling wethers went at 11.75 and ewes at 9.75.

There was only a small run of sheep and lambs in the yards here and the trade is still limbered.

General mutton and lamb market:

Best wethers	12.25@12.50
Best valley lambs	12.00@12.25
Wethers	11.50@11.75
Shewer feeder ewes	9.50@9.75
Stock feeder ewes	8.50@9.00

Goats to \$12.25.

Market for goats was shifted up a sheer 25c in the North Portland yards to the start of the week, with extreme tops at 12.25. There was a sale early of shorn yearlings, which broke all previous high price records here while wool yearling wethers went at 11.75 and ewes at 9.75.

There was only a small run of sheep and lambs in the yards here and the trade is still limbered.

CLASSIFIED DIRECTORY

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- GEORGE W. COULTS, ATTORNEY AT LAW, Room 17, Schmidt block.
- CARTER & SMYTHE, ATTORNEYS AT LAW, Office in rear of American National Bank building.
- FEE & FEE, ATTORNEYS AT LAW, Office in Despain building.
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- R. I. KEATOR, ATTORNEY AT LAW, Room 24, Smith-Crawford Building.
- S. A. NEWBERRY, ATTORNEY AT LAW, Smith-Crawford Building.
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- FUNERAL DIRECTORS.**
- J. T. BROWN'S FURNITURE STORE, Funeral director and licensed embalmer. Most modern funeral parlors, mortuary and funeral cars. Calls responded to day or night. Corner Main and Water streets. Telephone 62.
- JOHN S. BAKER, FUNERAL DIRECTOR and licensed embalmer. Opposite postoffice. Funeral parlors, mortuary and funeral cars. Calls responded to day or night. Phone 75.
- COL. W. F. YOHNKA, AUCTIONEER, makes a specialty of farmers' stock and machinery sales. "The man that gets you the money." Leave orders at East Oregonian office.
- MISCELLANEOUS.**
- LEGAL BLANKS OF EVERY DESCRIPTION for county court, circuit court, justice court, real estate, etc. for sale at East Oregonian office.
- POULTRY FOR SALE.**
- WHITE LEGHORN CHICKS, hatching eggs, premier laying strains of northwest. Hardy, range raised yearling hens, vigorous, Hockland cockerels. Send for catalogue. Evelyn Egg Farm, The Dalles, Oregon.
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- DR. S. A. ROE, PRACTICE LIMITED to the eye, ear, nose and throat. Charity patients 1st and 2nd Saturday mornings, 21 Judd Building.
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- INSURANCE AND LAND BUSINESS.**
- BENTLEY & MONTGOMERY, REAL ESTATE, fire, life and accident insurance agents. 216 Main street. Phone 484.
- MONTANA FARM LANDS.**
- NORTHERN PACIFIC RAILWAY Lands in eastern Montana at \$12.50 to \$15 per acre. Suitable for farming or grazing. Easy terms. For information write or see W. E. Holt, Miles City, Montana.
- SECOND HAND DEALERS.**
- V. STORBE, DEALER IN NEW and second hand goods. Cash paid for all 2nd-hand goods. Cheap place to buy household goods. 218 E. Court. Phone 271W.
- ARCHITECT.**
- RAYMOND W. HATCH, ARCHITECT, Despain Building. Phone 748. Pendleton, Oregon.