

BRINGING UP FATHER

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BY GEORGE McMANUS



'Anaemia-Lack of Iron-Is Greatest Curse To Health and Beauty of American Women'

Says Dr. King, Physician and Author

Any Woman Who Tires Easily, is Nervous or Irritable, or Looks Pale, Haggard and Worn, Should Have Her Blood Examined for Iron Deficiency.

Administration of Nuxated Iron Will Increase the Strength and Endurance of Weak, Nervous, Careworn Women in Two Weeks' Time in Many Instances.

THE CHILD'S APPEAL



'Mother, why don't you take NUXATED IRON and be strong and well and have nice rosy cheeks instead of being so nervous and irritable all the time and looking so haggard and old-The doctor gave some to Susie Smith's mother and she was worse off than you are and now she looks just fine

use salt when your food has not enough salt. As I have said a hundred times over, organic iron is the greatest of all strength builders. If people would only throw away habit forming drugs and nauseous 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, heart trouble etc. The real and true cause which started their disease was nothing more nor less than a weakened condition brought on by a lack of iron in the blood.



You can tell the women with plenty of iron in their blood-beautiful healthy rosy cheeked women full of Life, Vim and Vitality

toring for months without obtaining any benefit. But don't take the old form of reduced iron, iron acetate, or tincture of iron simply to save a few cents. The iron demanded by Mother Nature for the red coloring matter in the blood of her children is, alas! not that kind of iron. You must take iron in a form that can be easily absorbed and assimilated to do you any good, otherwise it may prove worse than useless.

PILOT ROCK TO HAVE PATRIOTIC MEETING

WILL BE HELD THURSDAY EVENING IN THE I. O. O. F. HALL

Birch Creek Rod and Gun Club to Show Pictures of Animal Life of the West; Other News and Social Notes.

(East Oregonian Special.) PILOT ROCK, March 26.—The Birch Creek Rod and Gun Club has obtained pictures of animal life of the west which will be shown in the picture show house Monday evening. These pictures will be of great interest to every one and are free. After the pictures are shown the Parent-Teachers' association will give a social.

Miss Helen De Vaul, who has been teaching school near Pilot Rock, left for Albion Saturday where she will teach the Brehm school.

The brewers who gave an entertainment in the church Friday evening were very much enjoyed. The brewers are the last number of the Loccum course for this year.

A patriotic meeting is called for Thursday evening in the I. O. O. F. Hall. Every one is urged to attend on account of the extreme values, killers are more eagerly seeking the medium quality cattle.

General cattle market range: Prime heavy beef steers \$9.60 @ 9.75 Prime light beef steers 9.50 @ 9.65 Choice beef cows 8.00 @ 8.50

Beef heifers 8.00 Ordinary to good cows 6.00 @ 7.75 Prime butcher bulls 6.75 @ 7.25 Light bulls 5.00 @ 6.50

Calves 7.00 @ 10.50 Stocker-feeder steers 6.00 @ 7.75 Stocker-feeder cows 5.00 @ 6.00

Hogs Fractionally weaker. Fractionally weaker tone is indicated in the market for swine at North Portland with \$14.25 seemingly the top at the moment, except perhaps for something extra select, of which little is received here at any time.

There was a small run of swine in the yards overnight, following the reduced showing of Monday but even this failed to stimulate buyers. In fact the killers were showing a bearish disposition.

General hog range: Best light 12.25 @ 12.50 Prime heavy 12.00 @ 12.50 Prime 11.00 @ 11.50 Stockers 12.75 @ 13.00

Tuesday Livestock Shippers: Hogs—George Kohlman, Riddle, 1 load; J. W. Sevier, Oreland, Cal., 1 load; A. R. Milne, 42 head by boat.

Cattle—C. Eaton, Grants Pass, 1 load.

THREE DROWN IN BRIDGE FALL. BROOKSBURG, Neb., March 26.—Three persons were drowned, one seriously injured and several others slightly injured when an ice gorge swept out a bridge over the Keva Paha river near here early last night.

The dead: Mrs. Wakefield, age 70, Brooksburg.

Sylvia Wales, 16, Gregory, S. D. Judson Stewart, 45 farmer, Brooksburg.

Mrs. Arnold Hudson was seriously injured.

Twenty persons were on the bridge watching the ice when the gorge suddenly struck and the bridge went down. Those near the end of the bridge ran to safety, but several near the center were unable to escape.

The bodies of Mrs. Wakefield and Miss Wales have not been recovered.

MUTTON AND LAMBS SHOW STRENGTH

Portland, March 28.—Market for mutton is showing a very firm tone at North Portland with the unexpected arrival of three carloads overnight. The difference between wool and shorn offerings is much higher than ever before because of the record price for fleece. The differential at present ranges from 1-1-2 to a pound.

The sale of the one load of stock on Monday at \$12.50 set a new high record but similar quality is expected to bring unchanged price.

General mutton and lamb market: Best east mutton lamb 13.00 @ 13.50 Best valley lambs 12.50 @ 13.00 Wethers 11.50 @ 12.00 Ewes 10.00 @ 11.50

Shorn sheep 1-1-2 @ 1-2 to below wool offerings.

Medium Cattle Best. During the last 24 hours there was a very firm tone in medium quality cattle at North Portland with some advance in the price but for real top, the market was slightly weaker and about a dime lower.

The feeling in the cattle trade is somewhat mixed, owing to the fact that the demand for beef is so slow on account of the extreme values, killers are more eagerly seeking the medium quality cattle.

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GERMAN PERIL IN TREES

Bliester Rust Bred in Imported Currant Bushes, Says Experts.

ALBANY, March 27.—Another invasion from Germany has been discovered. It is the white pine bliester rust, imported from the Kaiser's empire on currant bushes, eight years ago.

Forestry experts told the senate and assembly conservation committees today that this "German peril" was destroying thousands of pine trees. They said a bill should be passed to legalize the destruction of red currant and gooseberry bushes, on which the bliester rust breeds.

"We'll need great quantities of pine with which to build wooden ships," said one forestry expert. "But if the bliester rust isn't checked there will be a shortage of pine."

The bill was described by another speaker as a "defense measure."

Rejected Men May be Taken. LONDON, March 27.—The immediate re-examination of all men heretofore rejected is announced. Urgent steps have been decided upon.

When your back is sore and lame or lumbago, sciatica or rheumatism has you stiffened up, don't suffer! Get a small trial bottle of old, honest "St. Jacob's Oil" at any drug store, pour a little in your hand and rub it right on your aching back and by the time you count fifty, the soreness and lameness is gone.

Don't stay crippled! This soothing, penetrating oil needs to be used only once. It takes the pain right out and ends the misery. It is magical, yet absolutely harmless and doesn't burn the skin.

Nothing else stops lumbago, sciatica, backache or rheumatism so promptly. It never disappoints!

OUCH! BACKACHE! RUB LUMBAGO OR STIFFNESS AWAY

RUB PAIN FROM BACK WITH SMALL TRIAL BOTTLE OF OLD, PENETRATING "ST. JACOB'S OIL"

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Advertisement for Sunkist Uniformly Good Oranges, featuring an image of an orange and text: 'So as to be sure of uniformly good Oranges, ask for Sunkist, and have them delivered in the original tissue wrappings. Phone your dealer. Sunkist Uniformly Good Oranges California Fruit Growers Exchange'

Advertisement for Santal Midy capsules, featuring a circular logo and text: 'SUPERIOR TO COPAIBA & INJECTIONS. SANTAL MIDY CAPSULES RELIEVES IN 24 HOURS. THE OLD RELIABLE. PLANTEN'S C & C OR BLACK CAPSULES REMEDY FOR MEN. AT YOUR DRUGGIST.'

DR. FERDINAND KING, NEW YORK PHYSICIAN AND AUTHOR, TELLS PHYSICIANS THAT THEY SHOULD PRESCRIBE MORE ORGANIC IRON—NUXATED IRON—FOR THEIR PATIENTS—SAYS ANAEMIA—IRON DEFICIENCY—IS THE GREATEST CURSE TO THE HEALTH, STRENGTH, VITALITY AND BEAUTY OF THE MODERN AMERICAN WOMAN—SOUNDS WARNING AGAINST USE OF METALLIC IRON WHICH MAY INJURE THE TEETH, CORRODE THE STOMACH AND DO FAR MORE HARM THAN GOOD—ADVISES USE OF ONLY NUXATED IRON.



Dr. Ferdinand King, New York physician and author, tells physicians that they should prescribe more organic iron—Nuxated Iron—for their patients—Says anaemia—iron deficiency—is the greatest curse to the health, strength, vitality and beauty of the modern American Woman—Sounds warning against use of metallic iron which may injure the teeth, corrode the stomach and do far more harm than good—advices use of only nuxated iron.

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CHINAMAN IS FOUND DEAD IN PORTLAND HOTEL ROOM

PORTLAND, March 27.—Jim Bow, a middle aged Chinese, was found dead in his room in a hotel this morning with a knife in his throat.

Advertisement for J.L. Vaughan's lighting fixtures, featuring an image of a lamp and text: 'BETTER AND SOFTER LIGHT is assured by the use of some of these beautiful fixtures of ours. 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'

DEMOLITION OF THE NATIONAL GUARD HALTED

WASHINGTON, March 28.—The department has officially announced that the demolition of the national guard is halted. Such action was not predicted. Large numbers of the guard are already mustered out. Just how far demobilization has gone and what percentage still remains the department is unable to say.

YOU NEED A SPRING LAXATIVE.

Dr. King's New Life Pills will remove the accumulated wastes of winter from your intestines, the burden of the blood. Get that sluggish spring fever feeling out of your system, brighten your eyes, clear your complexion. Get that vim and snap of good purified healthy blood. Dr. King's New Life Pills are a non-gripping laxative that aids nature's process, try them tonight. At all druggists. 15c.—Adv.

SPECIAL GUARD PROTECTS WILSON

WASHINGTON, March 27.—Precautionary measures of the most elaborate kind have been taken to protect the president from harm when he returns from his war message a week from today. The capital building will be closed during the morning. Only representatives and senators, both with special cards are admitted. The oldest, most trusted guards have been put on duty. The usual police and secret service augmented. Already there is a great demand for seats for the extra session. A record crowd is expected.

ATTORNEYS

- D. W. BAILEY, ATTORNEY AT LAW. Rooms 7, 8, Despain Bldg.
- 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.
- JOHN W. HUFF, ATTORNEY-AT-LAW. Room 5, American National Bank building.
- R. I. KEATOR, ATTORNEY AT LAW. Room 14, Smith-Crawford building.
- R. A. NEWBERRY, ATTORNEY AT LAW. Smith-Crawford Building.
- PETERSON & BISHOP, ATTORNEYS AT LAW; rooms 2 and 4, Smith-Crawford building.
- JAMES B. PERRY, ATTORNEY AT LAW. Office over Taylor Hardware company.
- RALEY & RALEY, ATTORNEYS AT LAW. Office in American National Bank Building.
- FREDERICK STEINER, ATTORNEY AT LAW. Office in Smith-Crawford building.

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