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'Anaemia-Lack of Iron-Is Greatest Curse To PILOT ROCK TO HAVE MUTTON AND LAMBS SHOW STRENGTH 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 Wom-en 20d Per Cent in Two Weeks' Time In Many Instances.



physician and author. "In my recent

CHINAMAN IS FOUND DEAD

THE CHILDS APPEAL

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 nutsated iron, I am convinced that the lives of thousands of persons night 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.

On account of the peculiar nature

more nor less than a weakened condition brought on by a lack of iron in the blood.

On account of the peculiar nature of woman, and the great drain placed upon her system at certain periods, she dequires iron much more than man to help make up for the loss, he dequires iron much more than man to help make up for the loss, he dequires iron much or what you eat, your food merely, passes through you without doing you any good. Tou don't get the strength out of it, and as a consequence you become weak, pale and sold-The doctor gave some to be made to be ingounded to be in the strength out of it, and as a consequence you become weak, pale and sold-The doctor gave some to be some to some the some time to be some to some

I have used Nuxated Iron widely in my own practice in most severe asprayated conditions with unfailing results. I have induced many other physicians to give it a trial, all of whom have given me most surprising reports in regard to its great power as a health and strength builder.

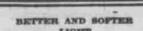
Many an athlete and prize fighter has won the day simply because he knew the secret of great atrength and endurance and filled his blood with iron before he went into the affray, while many another has gone down in inglorious defeat simply for the lack of iron."

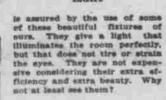
Dr. Howard James, late of the United States Public Health Service, and physicians on author. "In my recent takes to physicians on the grave and serious consequences of iron deficiency in the blood of American women, I have strongly emphasized the fact that doctors should prescribe more of iron."

Dr. Howard James, late of the United States Public Healty Service, said, "tet should be brought home to the strongly emphasized the fact that doctors should prescribe more of iron." Dr. Howard James, late of the United States Public Healty Service, and the strongly emphasized the fact that doctors should prescribe more organic more of iron." Dr. Howard James, late of the United States Public Healty Service, and women patients and the menny cases, when Nuarted Iron is takes; how it will prescribe more organic more more

He was a member of the Hip Sing DEMORILIZATION OF THE

IN PORTLAND HOTEL ROOM Tong and had lived under the name of Stevens for three months to avoid PORTLAND, March 27.-Jim Bow, the tong war. The police believe he a middle aged Chinese, was found was a suicide. Hotel employee think dead in his room in a hotel this Bow was murdered by rival tengmorning with a knife in his throat. men.





J. L. VAUGHAN

NATIONAL GUARD HALTED

You can tell the women with

plenty of iron in their bloodbeautiful healthy rosy cheeked women full of Life, Vim and

department has officially anno that the demobilisation of the nation al guard is halted. Such action was

ter from your intestines, the burden of the blood, Get that singular spring guards have been put on dury. Fever feeling out of your goaless. The usual police and secret serbiexion. Get that vim and smap of good purified healthy bleed. Dr. Kings New Life Fills are a non-griping laxative that aids nature's processativy them tonight. At all druggists, 15e.—Adv.

PATRIOTIC MEETING

WILL BE HELD THURSDAY EV. ENING IN THE L. O. O. F. HALL

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

(East Oregonian Special.)
PILOT ROCK, March 28.—The
Birch Creek Rod and Gun Club has

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 acctate, 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, alast 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.

near Adams, was a guest of her brother, L. C. Scharpf over Sunday, Mrs. Harley Hinderman who was operated on at Grace-Hospital last week, is reported to be much improv-

Three persons were drowned, one seriously injured and several others slightly injured when an Pana river near here early last night. Mrs. Wakefield, age 70, Brooks-

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

Mes. Arnold Hudson was seriously

watching the ice when the gorge sud-denly struck and the bridge went down. Those near the end of the Those near the end of the bridge. bridge ran to safety, but several near Miss Wales have not been recovered

not predicted. Large numbers of the guard are already mustered out, Just how far demobilisation has gone and what percentage still remains the department is unable to say.

Frequential building will be closed of during the morning. Only the provential building will be closed of the blood, Get that sluggish spring guards have been to most elaborate kind have been to take to protect the president to take to protect the presiden

Portland, March 28.—Market for load, C. S. Wood, 1 load; L. L. Miller, 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 aver before because of the record.

Sheep—D. P. Ketchum, The Dalles, 3 loads. ever before because of the record Mixed stuff-George price for fleece. The differential at 1 load cattle and hogs. present ranges from 1 1-2c a pound The sale of the one load of stock on Monday at \$13.50 set a new high

record but similar quality is expected to bring unchanged price. General mutton and lamb mar-

and every good citizen should make it his duty to do so.

Mr. and Mrs. L. C. Scharpf were Pendleton visitors Saturday.

Miss Shoemskar of Hood, River, who has been visiting in Pendleton is (the guest of Miss Grace Frost, Mary Schlegel and Edna Wisdom were Pendleton visitors Saturday to the Umatilla county institute.

Clara Scharpf, who is teaching near Adams, was a guest of her near Sunday.

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Clara Scharpf, who is teaching near Adams, was a guest of her near Adams, was

Hogs Fractionally Weaker.
Fractionally weaker tone is indicated in the market for swine at
North Portland with \$14.25 seeming-Mrs. H. H. McReynolds returned from Butter Creek Saturday, where she has been nursing a case of mea-

she has been nursing a case of measles.

The Saturday club met at the home
of Mrs. J. M. Gilbert. Mrs. Carnes and
Mrs. E. B. Casteel entertaining. Plans
were discussed for crylc improvement
work and also for organizing a Red
Cross chapter.

Virginia Gilleland and Maud RunRest light

\$12.25 @ 12.50

were discussed for cryic improvement work and also for organizing a Red Cross chapter.

Cross chapter.

Virginia Gilleland and Maud Runyan, students in the Pendleton high school, came up to Pilot Rock Friday evening to visit with their parents over Sunday.

THREE DROWN IN BRIDGE PALL.

THREE DROWN IN BRIDGE PALL.

BROCKSBURG, Neb., March 26.—
Three persons were drowned, one seriously injured and several others.

Cattle—Cl Eaton, Grants Pass, 1

Inct the killers were showing a bear ish disposition.

Act the killers were showing a bear ish disposition.

Inct the killers were showing a bear ish disposition.

For 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!

Mixed stuff-George Smith, Drain,

"GERMAN PERSO" IN TREES.

Blister Rust Bred in Imported Currant Buches, Says Experts, ALBANY, March 27.—Another in-vasion from Germany has been dis-covered. It is the white pine blister

tainment in the church Friday evening were very much enjoyed. The
Brewers are the last number of the
Lycoum course for this year.

A patriotic meeting is called for
Thursday evening in the £ 0, 0, F.
Hall. Every one is urged to attend
and every good citizen should make it
his duty to do so.

Mr. and Mrs. L. C. Scharpf were
Pendieton visitors Saturday.

Miss Shoemakes of Wood Piles

Advance in the price but for real tope,
the market was slightly weaker and
the pine with which to build wooden
show the helister rust breeds

"We'll need great quantities of
pine with which to build wooden
show the helister rust breeds
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show the helister rust breeds

"We'll need great quantities of
the market was slightly weaker and
the pine with which to build wooden
show that the demand for beef is so slow
will be a shortage of pine."

Rejected Men May be Takea.

LONDON, March 27.—The immediate rust property we'll need great quantities of
the market was slightly weaker and
the Lycount of the cattle trade is
somewhat mixed. Owing to the fact
the blister rust breeds
will be a shortage of pine."

Rejected Men May be Takea.

LONDON, March 27.—The immerdiate rust was slightly weaker and
the life of the pine will be a shortage of pine."

Rejected Men May be Takea.

LONDON, March 27.—The immerdi

RUB LUMBAGO OR STIFFNESS AWAY

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

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, hon-est "St. Jacob's Oil" at any drug store. pour a little in your hand and rub it



Oranges

as County, m. nk J. Chency makes partner of the firm



PLANTEN'S PLACE PLANTEN'S BLACK REMEDY FOR MEN.

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WANTED—OLD FALSE TEETH, Don't matter if broken. I pay \$1,00 to \$5,00 per set. Mail to L. Maser 2007 S Fifth Street, Philadelphia, Pa Will send cash by return mail.

LEGAL BLANKS OF EVERY DE LEGAL BLANKS OF EVERY DE-

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