

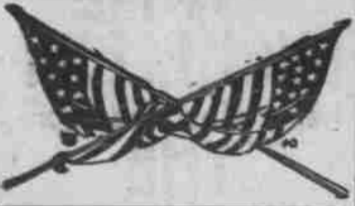
**East Oregonian**  
AN INDEPENDENT NEWSPAPER  
Published Daily and Semi-Weekly at Pendleton, Oregon, by the  
**MARY OREGONIAN PUBLISHING CO.**  
Entered at the postoffice at Pendleton, Oregon, as second-class mail matter.  
Telephone 1

**CITY OFFICIAL PAPER.**  
County Official Paper.  
Member United Press Association.

ON SALE IN OTHER CITIES  
Special Hotel News Stand, Portland.  
Bosman News Co., Portland, Oregon.  
ON FILE AT  
Chicago Bureau, 300 Security Building,  
Washington, D. C., Bureau, 501 Fourth  
Street, N. W.

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Semi-Weekly, four months, by mail	.58



**"UP BLOOMS!"**

Arise, arise, O briser rose,  
And sleepy violet!  
Awake, awake, anemone,  
Your wintery dreams forget—  
For shame, you lardy marigold,  
Are you not budded yet?

Up, bloom! and storm the  
wooded slopes.  
The lowlands and the plain—  
Blow, jonquil, blow your gold-  
en horn  
Across the ranks of rain!  
To armistice, to arms! and put to  
flight  
The winter's broken train!  
—Don Marquis.

**EFFICIENCY VS. KID PLAY**

**RESIDENT WILSON,** though peace loving and long patient in trying to avoid trouble, is proving a businesslike and efficient war president. With the nation at war he resorts to no kid play. With grim earnestness he has already provided seven billion dollars for use by ourselves and our allies. He has placed the navy in maximum fighting trim, set the shipbuilders to work on a thousand new merchantmen, and has a compulsory service bill assured of adoption by congress. When these steps are all accomplished Uncle Sam will be in shape not merely to participate in the war but to be the dominating factor in the concluding struggle.

On the other hand our most vocal war champion—the illustrious colonel—devotes his time chiefly to getting in the way. He is willing to play ball only on condition that they let him wield the bat. Not only that but his pet scheme for a division with himself riding a fine charger at the head, is proving a pudding for those representatives who fight the compulsory service bill. They are using the Roosevelt scheme to delay the real war program of the country. Thus the colonel instead of helping the

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A Perfect Food also for Invalids.  
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good cause along has really made himself a deterrent factor.  
Long ago the East Oregonian predicted that if real war came the so-called pacifists would be found quite as capable and as patriotic as those who had been vociferous in demanding war even before there was any necessity for our getting into the fray. The facts as disclosed seem to bear out this prediction, do they not?

**EFFICIENCY AT THE TABLE**

**ADULTS** and children must get several different substances from the food they eat or they will miss something which is essential to bodily efficiency and health, according to the nutrition specialists of the United States Department of Agriculture. The housewife, therefore, who plans her meals or attempts to save money on food without some knowledge of these substances and of the five simple groups of foods which supply them is very liable to omit from her meals some food essential for the growth of children or necessary to supply the family with the energy they need for their daily task. Attempted economy which entirely omits certain foods may well prove a very poor investment because of its ultimate effect on the well-being of the household.

As to what constitutes a well balanced diet the department offers specific advice. For instance a family of five, the man and woman doing moderately hard muscular work, and three children ranging in age from three to 12 years, would get the food required from the following:

- Four and one-half pounds of bread, having about the same food value as 2 pounds of wheat or rye flour, oatmeal, corn meal, hominy, or rice; or about 2 1/4 pounds of such cereals and 5 or 6 medium-sized potatoes.
- Three-fourths cup of fat (butter or lard with oil, beef drippings, or other fat)—a weekly allowance of 2 1/2 to 3 pounds.
- A little more than 1 cup of sugar, or a weekly allowance of 4 pounds; or an equivalent amount of some other sweet, such as 1 1/4 cups of syrup or honey a day, or 2-4 pound of dried figs or raisins a day.
- Four pounds in all of fresh fruits and fresh or root vegetables.
- One of the following, the choice depending on the age of the children: Three quarts of milk and 1 pound of other foods taken from the meat and meat-substitute group.
- Two quarts of milk, and 1 1/2 pounds of other foods taken from the meat and meat-substitute group.

It will be observed that the foregoing makes no provision for tea or coffee, neither of which is of value for food purposes. Those desiring to economize at the table could do nothing better than eliminate such drinks. They are an item of expense and from a bodily standpoint are deleterious rather than beneficial.

**THE ROAD BONDS**

**OPONENTS** of the road bond issue put great stress on the fact that the counties of Oregon are expending approximately six million dollars yearly on roads and that the state ranks second in its per capita expenditure for this purpose.

Instead of being an argument against the bond issue it is a strong one in its favor. For this large disbursement it is universally conceded that no adequate return is had. There is no cooperation or coordination between geographical divisions. The money is spent without system or future planning on what an Oreno farmer so aptly describes as "roads which ain't never been built."

Under the proposed bond issue the annual per capita tax for roads will be no greater than at present, but there is offered a comprehensive plan of systematic improvement converting highways from liabilities to assets.

Under the prevailing lack of system fully 50 per cent of the money spent by each county is disbursed on the main trunk roads of the county.

Under the system which is based on the bond issue the improvement of these main roads is to be assisted by the entire state.

Whether the bond issue is voted or not we will continue to spend six million dollars annually for roads.  
Shall we keep on spending such a large amount on roads not properly built, or shall we try a new policy of spending it efficiently on roads which will be built?—Portland Journal.

The sinking of that submarine by the Mongolia is interesting but nothing to get over excited about; the British recently captured 20 U-boats and virtually said nothing about it.

Pendleton is no seaport but has sent some first class recruits to the navy just the same.

A revolution will do more good for Germany than would a victory over the allies.

**28 Years Ago Today**

(From the Daily East Oregonian, April 26, 1889.)  
Athena has a three column write up in Thursday's Portland Oregonian containing an exhaustive description of its advantages.

Officer Chapman says that during his rounds at night he often notices boots and shoes, hats or articles of like description left out by careless merchants which are generally made away with by some enterprising thief.

J. D. Beck is enjoying a fine, large attack of rheumatism.

Eastern Oregon is full of theatrical attractions of all descriptions at present and Pendleton is getting her share. It is heavy drain on the pocket of a young man with a best girl.

Diphtheria is epidemic in the Milton neighborhood and seems to be spreading.

Jacob Stencil, a prominent business man of Dayton and a brother-in-law of Ed Ash of Pendleton, passed through town last evening on his way to Portland.

A row among the Mongolians last evening brought a large crowd and an officer on the scene whose appearance quickly put an end to the festivities.

**DO YOU KNOW--**

- That this "April showers" business is being a little overdone?
- That C. K. Cranston, captain of the "Silver Grays," served as captain of the old militia company in Salem from 1892 to 1896?
- That the average yield of potatoes on Umatilla county potato land is 200 bushels per acre?
- That Dave Horn is a native of Prince Edward Island?
- That Pendleton had a population of 700 in 1882 and of 2000 three years later?
- That the Willamette river took its name from an Indian word meaning "green, rapid river"?

**SPRINGTIME WORK FOR TORPID LIVER.**

In waking up that torpid liver for its springtime work, do not take dangerous doses of calomel, blue mass, or other nauseating doses, nor yet disagreeable salines. Get Foley Cathartic Tablets and start in with them. They are a gentle sure and pleasant persuader to the functions of the liver and other sluggish organs. They improve health and energy and promote your general well-being. Elderly people and stout persons find them a tremendous aid to bodily comfort. Tallman & Co.

**WOMEN SHOULD GET THE HABIT AS WELL AS MEN**

**DON'T EAT A BITE OF BREAKFAST UNTIL YOU DRINK GLASS OF HOT WATER.**

Happy, bright, alert—vigorous and vivacious—a good clear skin; a natural, rosy complexion and freedom from illness are assured only by clean, healthy blood. If only every woman and likewise every man could realize the wonders of the morning inside bath, what gratifying changes would take place.

Instead of the thousands of sickly, anaemic-looking men, women and girls with pasty or muddy complexions; instead of the multitudes of "nerve wrecks," "rundowns," "brain fags" and pessimists we should see a virile, optimistic throng of rosy-cheeked people everywhere.

An inside bath is had by drinking, each morning before breakfast, a glass of real hot water with a teaspoonful of limestone phosphate in it to wash from the stomach, liver, kidneys and ten yards of bowels the previous day's indigestible waste, sour fermentations and poisons, thus cleansing the entire alimentary canal before putting more food into the stomach.

Those subject to sick headaches, biliousness, nasty breath, rheumatism, colds; and particularly those who have a pallid, sallow complexion and who are constipated very often, are urged to obtain a quarter pound of limestone phosphate at the drug store which will cost but a trifle but is sufficient to demonstrate the quick and remarkable change in both health and appearance awaiting those who practice internal sanitation. We must remember that inside cleanliness is more important than outside, because the skin does not absorb impurities to contaminate the blood, while the pores in the thirty feet of bowels do.



**OFFICIALS DISCUSS BRITISH WAR LOAN**

**Final Details of \$200,000,000 Credit Are Being Worked Out.**

WASHINGTON, April 26.—Final details incident to the loan of two hundred million under the seven billion dollar bond bill to Britain were discussed in a conference between Lord Cunliffe, president of the Bank of England, British Ambassador Sir Cecil Spring-Rice and Secretary of the Treasury McAdoo.

Frequently a young man has so much common sense that a college education doesn't unfit him for a useful career.

**IT WORKS WELL**

A Combination That is Doing an Immense Amount of Good This Spring. A superlative blood-purifying medicine like Hood's Sarsaparilla, taken before meals, combined with a superlative iron tonic like Pepton Pills, taken after meals—makes the ideal course of Spring Medicine. No other medicine possesses such curative properties as these two great restoratives working together. They reach the impure, impoverished, poisoned, devitalized blood, and the worn, run-down, overworked, exhausted system. They awaken the appetite, aid digestion, purify and vitalize the blood, give renewed strength to the whole body, produce sound, natural sleep, and a complete restoration to good health—the greatest of all earthly blessings. It is said that \$2 invested in these two medicines will bring better results than \$4 spent in other treatment. It will be wise to get Hood's Sarsaparilla and Pepton Pills today.

*Black Squeegee Tread*  
*Red Side Walls*

**"Talking about Non-Skid Tires"**

It seems to us that some tire manufacturers just cut out the raised tread pattern on their tires with a jig-saw at random; while others figure out the tread formation as common sense directs.

The Diamond "Squeegee Tread" is surely a "reason why" tread. Look at the cross bars. When the weight of the car rests on them, they just naturally get a TOE HOLD on the pavement and stop forward slide.

Then look at the longitudinal bars. They are continually in contact with the pavement and not only stop side skid ALL THE TIME but roll along as smoothly as a plain tread tire.

So if you want a real non-skid tire, we'll sell you a Diamond at its "Fair-List" Price.

**Pendleton Rubber & Supply Co.**  
305 E. Court Street  
Pendleton, Oregon

**Diamond TIRES**

*"Better put Squeegees all around"*

Every Diamond Tire must deliver full value in service. If ever a Diamond Tire fails, a cheerful, willing adjustment will be promptly made.

**CATERPILLAR HARVESTERS**

Side-Hill Self-Propelled

The CATERPILLAR HARVESTER is Benjamin Holt's latest achievement. It is the most wonderful harvester built, requiring no horses, no tractor to pull it and only 3 to 5 men to operate.

The 55 horse motor furnishes abundance of power to drive the separator and propel the machine. We have already sold 49 of these Caterpillar Harvesters for delivery in the Inland Empire. Seven of these Harvesters operated during 1916, in our territory and every one was a PRONOUNCED SUCCESS.

In handling bulk grain these machines allow the owner to use his horses to haul his grain to market AT ONCE.

As the output of these machines is limited, we urge you to place your order now for a CATERPILLAR HARVESTER that you may be sure you get one this year. The supply being small, first come will be first served.

**E. L. SMITH & CO.**  
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