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PENDLETON SPIRIT

is becoming traditional for doing things, without it no such an annual affair as "The Round-Up" could be met with such ever-increasing success.

Show the same spirit by buying a Bond of the Fourth Liberty Loan, do it with a Bound and a Leap and help to Win the War.

For sale at

THE AMERICAN NATIONAL BANK
 Pendleton, Oregon

"Strongest Bank in Eastern Oregon."

Help Finance the War

By the Expansion of Your Credit in a Safe Way

Trade Acceptance Paper

Recommended by the Federal Reserve Banks.

On and after September First, 1918, the undersigned retail Lumber and Fuel Dealers, will limit their credit on open book accounts to thirty days. If an extension of time is necessary, the "Trade Acceptance" method will be used.

For detailed information, watch our ads, see your banker or call on us and we will be glad to explain.

- Inland Empire Lumber Company, Hermiston, Ore.
- Tum-A-Lum Lumber Company, Hermiston, Ore.
- Inland Empire Lumber Co., Stanfield, Ore.
- Home Builders Assn., Stanfield, Ore.
- Tum-A-Lum Lumber Co., Echo, Ore.
- Pilot Rock Lumber Co., Pilot Rock, Ore.
- Oregon Lumber Yard, Pendleton, Ore.
- B. L. Burroughs, Inc., Pendleton, Ore.

- Burroughs & Chambers, Inc., Pendleton, Ore.
- Vau Petten Lumber Co., Pendleton, Ore.
- Tum-A-Lum Lumber Co., Adams, Ore.
- Tum-A-Lum Lumber Co., Athena, Ore.
- Tum-A-Lum Lumber Co., Helix, Ore.
- Tum-A-Lum Lumber Co., Milton, Ore.
- Tum-A-Lum Lumber Co., Freewater, Ore.
- Smythe-Loneragan Co., Pendleton, Ore.
- Tum-A-Lum Lumber Co., Umatilla, Ore.

Some Good BARGAINS

IN

Used Cars

AT THE

Pendleton Auto Co.

Established 1907

EAST OREGONIAN SPECIAL NEWS OF UMATILLA CO.

Sheep Are Moving Out of Mountains for the Winter

(East Oregonian Special.)
 GURDANE, Oct. 1.—Mrs. Tom Faright and two children left Monday morning for Pendleton, returning again Tuesday to Frank Jones at Pilot Rock, visiting a few days, returning to the Campbell place Friday.
 Roy Montgomery and family returned from Pendleton Monday.
 C. T. Hollister, who has been spending a short time with his family, left again Monday.
 Frank Jones came out Thursday from the high mountains, where he has been with the sheep. Mr. Jones' sheep all got out Friday.
 Mr. and Mrs. Dillar French returned from Pendleton last week.
 Mrs. Frank Gilliland and children who have been with Mr. Gilliland in the mountains the last month, returned home Thursday.
 Mrs. Roy Montgomery spent one day last week with Mrs. Nicholson.
 Frank Jones went to his Pilot Rock ranch Saturday morning, returning again Saturday evening.
 Dick Cates, who has been in the mountains for Frank Jones this summer, has returned to Gurdane.
 Some of the farmers plan to start seeding in a few days.

HOUSEHOLD

Spanish Steak.
 A delicious dish can be made from a flank or rump steak. Brown the steak over quickly in a little hot beef drippings, then remove to baking pan. Dust with salt and paprika. Cover with a layer of sliced onions that have been cooked for five minutes in the same drippings as the steak, and pour over one can of tomatoes, juice and all. Cover the pan and bake slowly until the meat is very tender, basting frequently with the tomato. Serve with a gravy made from the strained liquor in the pan.
Ginger Pudding.
 Mix together small cup of finely chopped beef suet, 1 cup of dark molasses, 1 1/2 cups of stale bread crumbs, 2 scant cups of flour sifted with 1 teaspoon of salt and 1 teaspoon of baking powder, 1-2 a tea-

Clear, Peachy Skin Awaits Anyone Who Drinks Hot Water

Says an inside bath, before breakfast helps us look and feel clean, sweet, fresh.

Sparkling and vivacious—merry, bright, alert—a good, clear skin and a natural, rosy, healthy complexion are assured only by pure blood. If only every man and woman could be induced to adopt the morning inside bath, what a gratifying change would take place. Instead of the thousands of sickly, anemic-looking men, women and girls, with pasty or muddy complexion; instead of the multitudes of "nervous 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 phosphates 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, sweetening and freshening the entire alimentary canal before putting more food into the stomach. Those subject to sick headache, 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.

Your Vacation Days

will be incomplete without a CAMERA. Come in now and we will show you the Anso, the amateur camera of professional quality, and tell you how to make pictures a success. We sell Anso Speedex Film, Cyko Paper, Anso Chemicals, everything you need to take with
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 We advertise and offer War Savings Stamps for sale with every purchase.

spoon of ground cinnamon, 1 heaping teaspoon of ginger, half teaspoon of baking soda dissolved in 1 cup of sour milk and 1 cup of mixed raisins, currents and citron, dusted with flour. Mix well, turn into a greased mold and steam four hours.
Casserole of Beef.
 One pound round steak, 1 pound turnips sliced thin, 2 potatoes. Brown both sides of steak (which has been floured and seasoned) in frying pan. Place alternate layers of turnips and potatoes on meat, then fold it over to enclose vegetables. Barly cover with water. Cook in fireless cooker kettle now or else use casserole in oven.
Chicken en Casserole.
 One tender chicken, 12 cup lard, salt and pepper, 1 pint hot water, 1 cup hot sweet milk, 2 cups chopped mushrooms, 1 tablespoon chopped parsley. Clean chicken, split down back and lay breast upward. In Casserole, spread lard over breast, dust with salt and pepper, add hot water, cover, closely and cook in hot oven one hour; when nearly tender, put in the milk, mushrooms and parsley; cover again and cook twenty minutes; serve hot in the casserole. Oysters can be used instead of mushrooms.
Stuffed Potatoes.
 Bake 7 good sized potatoes; when done cut off a lengthwise piece; scoop out potato with a spoon; mash, add 1 tablespoon lard, salt and pepper to taste, 1-2 cup milk, and 1 egg white, beaten stiff; refill skins with this mixture; plie lightly; do not smooth; bake until potatoes are puffed and brown; very delicious.
Corn Meal Souffle.
 Heat 1 pint milk, stir in 3-4 cup corn meal, a little salt, and cook until well sealed; take from the fire and add yolks of 2 eggs, 1 at a time, stirring after each addition; beat the whites of the eggs with pinch of salt and fold in; bake twenty minutes in a well greased dish in a hot oven, and serve at once with hard sauce made with a small amount of butter and sugar creamed; serve from the dish in which it is baked.
Chocolate Pudding.
 Heat 1 quart of milk, dissolve 1-3 cup cocoa with hot water, add to boiling milk. Put into small bowl 1 small cup sugar, 2 tablespoons cornstarch, 2 eggs. Beat well, add a little cold milk, then add all to boiling milk and stir quickly until thick. Let boil ten minutes. Cool, add vanilla and salt to taste; set on ice; serve with cream or plain.
War Cake.
 Two teaspoons soda dissolved in 1 tablespoon water, 1-4 cup molasses, 1 cup of sour milk, 2 1/2 tablespoons vegetable shortening, 1-2 cup brown sugar, 2 cups of sifted wheat flour, 1-2 level teaspoon ginger, 1-4 nutmeg grated fine, 3 cups of raisins. Mix very carefully. Bake in well greased pans about thirty minutes.
Meat Pie.
 Have you ever used rice, cornmeal mash or hominy for a crust? This is less work than a pastry crust and saves wheat.
 Four cups cooked cornmeal, rice or hominy, 1 onion, 2 cups tomato, 1-2 level teaspoon pepper, 1 tablespoon fat, 1 pound raw meat or left-over meat cut up small, 3-2 teaspoon salt.
 Mix the fat, add the sliced onion, and, if raw meat is used, add it and stir until the red color disappears. Add the tomato and seasoning. If cooked meat is used, add it with the tomato and seasoning after the onion is browned, and heat through. Grease a baking dish, put in a layer of the cereal, add the meat and gravy, and cover with the cereal dotted with fat. Bake for half an hour.
Shepherd's Pie.
 This is the name of a meat pie with a mashed potato crust browned in the oven.
English Stew.
 Here is an English stew that is especially good:
 Hot pot of mutton and barley, 1 pound mutton, 1-2 cup pearly barley, 1 tablespoon salt, 4 potatoes, 3 onions, celery tops or other seasoning herbs.
 Cut the mutton in small pieces, and brown with the fat in a hot frying pan. This will help make the meat tender and improve the flavor. Pour this into a covered saucepan. Add 2 quarts water and the barley. Simmer for 1 1/2 hours. Then add the potatoes cut in quarters, seasoning herbs and seasoning, and cook one-half hour longer.
Beef Stew.
 One pound beef, 4 potatoes cut in quarters, 1-4 peck peas or 1 can, 1 cup carrots cut up small, 1 teaspoonful salt.
 Cut the meat in small pieces and brown in the fat from the meat. Simmer in 2 quarts of water 1 hour. Add the peas and carrots and cook for one-half hour, then add the potatoes. If canned peas are used, add them 10 minutes before serving. Serve when potatoes are done.

HEINIES WEAR "MADE IN AMERICA" CLOTHES

PARIS, Sept. 17.—(By Mail).—The German prisoners rounded up by Americans are being fitted out with "hand-me-downs" and cast-off uniforms of the Allies. All of the torn and badly worn uniforms from the expedition are washed, fumigated and patched, then dyed green and turned over to the prisoners. On the blouse and in several places on the trousers the letters "P. W." meaning "prisoner of war," are stenciled prominently.

FRENCH TRAINS COLLIDE, THIRTY PERSONS KILLED

PARIS, Oct. 1.—Thirty persons were killed and more than a score injured in a train collision between Dijon and Dax on Thursday. Three cars filled with passengers, who were mostly children returning from their vacations, were telescoped. American soldiers lent vigorous assistance in taking out the bodies and transporting the injured in ambulances to a concentration near the scene of the accident.

LITHUANIA APPEALS TO WORLD FOR HELP

WASHINGTON, Oct. 1.—Inhabitants of Lithuania seized by the Ger-

ANNOUNCEMENT

A Foot Comfort Expert From Chicago
 WILL BE IN ATTENDANCE AT THIS STORE
TODAY and TOMORROW
 To Demonstrate Dr. Scholl's Specialties for the Relief and Correction of all Foot Ailments.

ENTIRELY FREE
 TONIGHT! A Stereoptican Lecture on Feet, at our store. It is Free. Doctors of Pendleton and salespeople from other stores have a special invitation. COME!

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 The best Uncle you ever had is calling you; put a W. S. S. in his "Scrap Book"

mans under the Brest-Litovsk treaty, have addressed a formal protest to all the nations of the world against their fate. After having without result addressed themselves to the German Chancellor, they now appeal to the outside world.
 Through their national council the Lithuanians declare they do not want to share the fate of Alsace-Lorraine, but they have been overwhelmed by the peace of the Bolsheviks and have fought to the extreme limit of their strength.

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You'll find Sloan's Liniment softens the sores, rheumatic aches
 Put it on freely. Don't rub it in. Just let it penetrate naturally. What a sense of soothing relief soon follows!
 External aches, stiffness, soreness, cramped muscles, strained sinews, back "cricks"—these ailments, can't fight off the relieving qualities of Sloan's Liniment. Clean, convenient, economical. Ask any druggist for it.

Sloan's Liniment Kills Pain

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 MY BOOKS ARE 25 RIDES FOR \$3.50 Service at all hours.
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