


STOMACH LIVER LUNGS

Each of the chief organs of the body is a link in the Chain of Life. A chain is no stronger than its weakest link, the body no stronger than its weakest organ. If there is weakness of stomach, liver or lungs, there is a weak link in the chain of life which may snap at any time. Often this so-called "weakness" is caused by lack of nutrition, the result of weakness or disease of the stomach and other organs of digestion and nutrition. Diseases and weaknesses of the stomach and its allied organs are cured by the use of Dr. Pierce's Golden Medical Discovery. When the weak or diseased stomach is cured, diseases of other organs which seem remote from the stomach but which have their origin in a diseased condition of the stomach and other organs of digestion and nutrition, are cured also.

The strong man has a strong stomach. Take the above recommended "Discovery" and you may have a strong stomach and a strong body.

GIVEN AWAY.—Dr. Pierce's Common Sense Medical Adviser, new revised Edition, is sent free on receipt of stamps to pay expense of mailing only. Send 21 one-cent stamps for the book in paper covers, or 31 stamps for the cloth-bound volume. Address Dr. R. V. Pierce, Buffalo, N. Y.



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The Key to the Secret of Good Bread

Lies in a Sack of Flour from the Henrietta Milling & Grain Co.

This Flour is made by the most perfect process known to this age, from selected Blue Stem Wheat, making the very whitest and most delicious bread which on account of its healthful and nutritive qualities, is in reality "The Staff of Life"

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DEALERS IN
Drugs, Chemicals, Patent Medicines,
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We are now selling the
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Any quantities of wheat land for 160 to 2500 acres now partly in grain

CITY PROPERTY
Of all kinds.

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LIGHTNING.
Some Facts About This Mysterious Force of Nature.

Lightning is still more or less a mystery. We can imitate it on a small scale in the laboratory, but its gigantic manifestations in the sky and its wonderful vagaries make the wisest savants shake their heads. We know, at any rate, that lightning is the electric discharge at high tension between masses oppositely electrified. Every little particle of moisture in the air carries a charge, and when the particles coalesce in a cloud their electricity collects on the surface until the tension becomes enormous. If two clouds are oppositely electrified they will bombard each other until equilibrium is established between them. If the opposition is between the surcharged cloud and an object on the ground a terrific bolt passing between the earth and the sky will relieve the electric strain without regard to the well being of any creature that stands in the way.

A lightning flash often darts for miles through the air. It begins with a discharge between two adjacent particles. The next particle receives the shock and transmits it to its nearest neighbor, and thus it rushes on, zigzagging along the line of least resistance until the unbalanced energies are restored to equality. The way of lightning is a crooked way when the path is long, because the distribution of the electric charges in the clouds is irregular. The positive seeks the negative and rushes to its embrace wherever it finds it.

The eye is not quick enough to unravel a lightning stroke, but photography can do it to a certain degree, and photographs prove that the path of the discharge is a waving line. No discharge occurs until the tension has reached the breaking point—i. e., the point where the resistance of the air can no longer restrain the force of the gathering charge.

What might be called the inner structure of a lightning stroke is a marvel. Professor Henry proved that every stroke is an alternating current, the oscillations occupying but a few millionths of a second, while the duration of the flash may be a considerable fraction of a second.—Garrett P. Serviss in New York American.

EGG POISONING.
Some Persons Always Affected—Others Only Occasionally.

Instances of egg poisoning appear from time to time in periodical literature, and the subject is referred to in some but by no means all works on dietetics.

While cases of acute poisoning are rare, writes a physician in the Medical Record, some susceptibility as regards eggs is not so very uncommon. People constantly assert that eggs make them bilious, and, while in some this is often imaginary, in others the condition actually exists.

This is notably true of infants and young children. Not only do many infants and young children digest eggs with difficulty, especially when first eaten, but many more are made ill if this particular food is partaken of too freely or, in the case of older children, if the egg diet is kept up too continuously.

This inability of young children to digest eggs is probably in line with the well recognized fact that the infant's stomach, or digestive juices, must be taught to digest most dietary articles other than the maternal milk. Cows' milk, for instance, is a veritable poison to some infants, while many a newly born requires some practice and education before it can thoroughly digest even mother's milk.

Individual susceptibility as regards eggs is extremely variable. In some persons eggs always act as poisons, while in others the toxic influence may be marked at one time and at another much diminished or entirely wanting, especially when the subject is in sound condition.

The susceptibility may be observed in eggs of every degree of freshness and in some cases only with eggs of certain birds. Changes in eggs may also be brought about by methods of cooking, for, while some persons manifest their susceptibility only when the egg is raw, others are poisoned when it is cooked or prepared in some unusual and unaccustomed manner.

In most of the reported cases the white of the egg appears to have been the offending element. The symptoms of egg poisoning differ greatly in degree. In some cases only nausea and headache occur. In others the most violent symptoms, suggestive of irritant poisoning, are observed.

Sometimes when the use of eggs is long continued they give rise to the symptom group which we call biliousness, which, after all, is but a form of auto-intoxication, due possibly to the presence of some alkaloid in the blood. The symptoms of egg poisoning are essentially those of so called ptomaine poisoning.

It is true that the eggs giving rise to toxic phenomena are in most instances apparently fresh when eaten, but when we recall that the porous shell of the egg will admit the micro organisms that cause the egg to rot, as well as various strong odors, it is easy to comprehend that an egg may appear fresh and yet contain bacteria that in susceptible persons and in certain conditions of digestion may produce changes which may cause toxic symptoms.

Some Odd Words.
"Topsy turvy"—when things are in confusion, they are said to be topsy turvy, an expression derived from the way in which turf for fuel is placed to dry on its being cut. The surface of the ground is pared off with the heath growing upon it, and the heath is turned downward and left some days in that state that the earth may get dry before it is carried away. It means, therefore, really "top side turf way."

"Coxcomb" is a corruption of cock's comb, which is considered as an unnecessary part and is always cut off from game birds and only suffered to grow on those of the barnyard breed; hence coxcomb is a ridiculous fellow, who pays more attention to decoration of his person than to the improvement of his mind.

"Hurly burly" denotes confusion or tumult and is said to owe its origin to two neighboring families, Hurleigh and Burleigh, who filled their part of the country with contest of violence.

The Irreparable Loss.
"What has happened to me?" asked the patient when he had recovered from the effects of the ether.

"You were in a trolley car accident," said the nurse, "and it has been found necessary to amputate your right hand."

He sank back on the pillow, sobbing aloud.

"Cheer up," said the nurse, patting him on the head; "you'll soon learn to get along all right with your left hand."

"Oh, it wasn't the loss of the hand itself that I was thinking of," sighed the victim. "But on the forefinger was a string that my wife tied around it to remind me to get something for her this morning, and now I'll never be able to remember what it was."—Cleveland Plain Dealer.

Why She Kissed Him.
In Boston on one occasion a certain woman's club had invited a distinguished English lecturer to address the members on "Duties of the Wife." During the course of the lecture the speaker touched upon the matter of conjugal affection. "We should, I think," said she, "invariably greet our husbands with a kiss upon their return home. All of us no doubt are fully aware of the principle underlying this wise rule."

Whereat a stern and elderly wife in the front row of seats lifted up her voice in clear and unmistakable terms as follows: "You're quite right. It's the surest way to catch them if they've been drinking."—Lippincott's.

NOTICE TO STOCKHOLDERS
ECHO, ORE., June 1st., 1909.
Notice is hereby given to the stockholders of the Columbia Creamery Company, that you are required to be present at a meeting of the Columbia Creamery Company, to be held in the town of Echo, at the City Hall, on Thursday, July 1, 1909, at 2 o'clock P. M. of said day, to discuss the question of whether to sell or lease the creamery building.

By order of the Board of Directors.
T. G. SMITH, Secretary.

Call for Bids.
I will sell to the highest and best bidder on Saturday June 19th, 1909, at 10 o'clock A. M. at my office in the court house of Umatilla County, Oregon, \$21,500. of the \$25,000. five per cent bonds, issued by School District No. 5 of Umatilla County, Oregon, for the purpose of erecting a school building or school buildings, or for the purchase of land for school purposes, and for refunding the existing bonded indebtedness of said district, interest payable semi-annually on May 1st. and Nov 1st. of each year. A deposit of \$500. with each bid. Dated this 13th day of May 1909.
G. W. Bradley,
County Treasurer.
May 14th, to June 18th, 1909.

NOTICE FOR PUBLICATION—ISOLATED TRACT.
(Publisher)
PUBLIC LAND SALE.
Department of the Interior, United States Land Office, La Grande, Oregon.
June 2, 1909.

Notice is hereby given that, as directed by the Commissioner of the General Land Office, under provisions of Act of Congress approved June 27, 1906, (34 Stat., 517), we will offer at public sale, to the highest bidder, at 10 o'clock A. M. on the 22nd day of July, 1909, at this office, the following described land:
8 1/4 SW 1/4 Sec. 6, T. 1 N., R. 30 E., W. M. Serial number 0223.

Any person claiming adversely the above-described land is advised to file their claims, or objections, on or before the time designated for sale.

F. C. BRAMWELL, Register.
COLON E. EBERHARD, Receiver.

Estray Notice.
There came to my place 14 miles southeast of Echo, about the middle of April, one roan mare about 12 years old, weight about 950 pounds; branded 2 C on right shoulder and 91 with anchor below on left shoulder. Owner can have same by calling, paying charges and proving property.
FRANK MARKHAM.

A. L. SCHAEFER
Successor to Louis Hunziker.
Jeweler and Optician
Expert Watch Repairing
Pendleton, : : : Oregon

Arlington Rooms
The Best and Quietest
Sleeping Quarters in
Town
Thad Barnes, Prop.
Echo, Oregon

F. KRAFT
House and Sign Painter
Paper Hanger.
Shop Main St., Next Door to George & Miller Co., Echo, Oregon

ECHO, OREGON
GENERAL INFORMATION

Population, 800. The town has good schools, including the eleventh grade. One bank under state control, capital \$25,000, with deposits of \$110,000. Four general merchandise stores, one grocery store, one hardware store, three confectionery stores, one meat market, two blacksmith shops, one paint and paper hanging establishment, three livery stables, one harness and saddle shop, two feed and customs mills, one second hand store, one boot and shoe repair shop, five large warehouses, three lawyers, one jewelry store, one furniture and undertaking establishment, two billiard and pool rooms, three hotels, two lumber yards, two barber shops, one flour mill, one alfalfa meal mill, one dairy, two doctors, one steam laundry, one news paper, two churches, one creamery, municipal water system, fire company, real estate and insurance agents, carpenters, contractors, express and delivery companies, etc.

The largest wool scouring plant in the state is being erected in Echo, backed by the sheep men of Umatilla and Morrow counties.

Echo, by her natural position, holds the key to all the immense irrigation districts and projects of this section, every canal and irrigation ditch either runs through the city limits, or is taken from the Umatilla river within two miles of town.

Echo is the heaviest stock shipping point in the State of Oregon and exports annually over a million and a half pounds of wool.

Within twelve miles of Echo there are now 40,000 acres in wheat, 10,000 acres of summer fallow and not less than 100,000 acres of raw land that will, in the course of a few years, be broken up and sown to wheat, rye, barley and oats, and there is now some 9,000 acres in alfalfa tributary to Echo.

BUSINESS OPENINGS—there are many openings here for business men: farmers, dairymen, gardeners, stockmen, etc. Most needed in the town map be mentioned foundry, machine shop, bakery, restaurant, ice plant, electric lights, merchant tailor, millinery store, cement block manufacturing plant, building and loan association, cigar factory, planing and sash and door factory.

NOTICE FOR PUBLICATION.
(PUBLISHER)
Department of the Interior, United States Land Office, La Grande, Oregon.
May 17, 1909.

Notice is hereby given that Sidney B. Walton, of Echo, Oregon, who on March 31st, 1903, made Homestead entry No. 1267—Serial No. 0885, for 8 1/4 SW 1/4, NW 1/4 SW 1/4 NW 1/4, Section 11, Township 2 North, Range 28 East, Willamette Meridian, has filed notice of intention to make final five year proof, to establish claim to the land above described, before A. C. Crawford, U. S. Commissioner, at Horniston, Oregon, on the 6th day of July, 1909.

Claimant names as witnesses: H. G. Hurlburt, of Echo Oregon, Frank P. Miller, of Echo Oregon, T. G. Smith, of Echo Oregon Clark Ware, of Echo Oregon.

F. C. BRAMWELL, Register.

NOTICE FOR PUBLICATION.
United States Land Office, La Grande, Oregon, May 24, 1909.

Notice is hereby given that the Northern Pacific Railway Company, whose postoffice address is St. Paul, Minnesota, has this 24th day of May, 1909, filed in this office its application to select under the provisions of the Act of Congress approved July 1, 1898, (30 Stat., 507), the SE 1/4 Section 18, T. 2 N., R. 27 E., W. M. Serial No. 0561.

Any and all persons claiming adversely the lands described, or desiring to object because of the mineral character of the land, or for any other reason, to the disposal of application, should file their affidavits of protest in this office, on or before the 14th day of July, 1909.

F. C. BRAMWELL, Register.

Dissolution Notice.
Notice is hereby given that the co-partnership heretofore existing by and between A. H. Sunderman and B. F. Smith, transacting business under the firm name of Sunderman & Smith, has been mutually dissolved. A. H. Sunderman assumes all liabilities and will collect all outstanding accounts.
Signed: A. H. SUNDERMAN,
B. F. SMITH.

Estray Notice.
There came to my place near Echo, Oregon, about October 1st., 1908, one 2-year-old bay mare with wire scratch on the right hip. Owner can have same by calling and proving property.
C. J. GULLIFORD.

CONTEST NOTICE.
Department of the Interior, United States Land Office, La Grande, Oregon.
June 5, 1909.

A sufficient contest affidavit having been filed in this office by William U. Norton, contestant, against H. E. No. 1840—Serial Entry No. 0490, made January 17, 1909, for NE 1/4, Section 10, Township 4 North, Range 30 East, Willamette Meridian, by Frank L. Teichtmeyer, contestee, in which it is alleged that said Frank L. Teichtmeyer has never established his residence thereon, nor has he ever resided thereon, that he has never erected any buildings thereon, nor has he ever cultivated the lands embraced within said entry, or any part thereof; and that said alleged absence from said land was not due to his employment in the Army, Navy or Marine Corps of the United States, said parties are hereby notified to appear, respond, and offer evidence touching said allegation at 10 o'clock a. m. on July 29, 1909, before J. S. Beckwith, a Notary Public, at Pendleton, Oregon, and that final hearing will be held at 10 o'clock a. m. on August 4, 1909, before the Register and Receiver at the United States Land Office in La Grande, Oregon.

The said contestant having in a proper affidavit, filed May 19, 1909, set forth facts which show that after due diligence personal service of this notice cannot be made, it is hereby ordered and directed that such notice be given by due and proper publication.

F. C. BRAMWELL, Register.

NOTICE FOR PUBLICATION.
(PUBLISHER)
Department of the Interior, United States Land Office, La Grande, Oregon.
June 7, 1909.

Notice is hereby given that James Fitzallen Thomas, of Echo, Umatilla County, Oregon, who on May 27, 1904, made Homestead Entry No. 13612—serial No. 0690, for 8 1/4 SW 1/4, SE 1/4, Section 10, Township 2 North, Range 27 East, Willamette Meridian, has filed notice of intention to make final five year proof, to establish claim to the land above described, before John Halley, Jr., U. S. Commissioner, at Pendleton, Oregon, on the 22nd day of July, 1909.

Claimant names as witnesses: Frank Sloan, Bert Longenecker, Ole McCarty, Otto Buchanan, all of Echo, Oregon.

F. C. BRAMWELL, Register.

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