

# BIG SPECIALS SATURDAY

# U. S. INSPECTED MEAT

Downey's Market

two phones 188 and 187

## Daily Chats With the Housewife

**SWIMMING FOR GRACE.**  
You can either reduce superfluous flesh or increase your muscles by swimming. It depends on the strokes you take. The slow side or breast stroke or, in fact, any slow strokes will not reduce but may increase the weight. Your teacher should give you the proper stroke and time. Rapid strokes, and especially what they call the crawl, will reduce fat and will give you rounded muscles. You should learn to swim in fresh water. The water should not be cold enough to make the muscles contract. It is important to be able to relax the muscles when swimming. When you once master the rhythm of motion then you can soon learn to swim in salt water. If the water is very cold rub the limbs with olive oil before entering.

for keeping the cork in is a stout rubber ring which fits around the neck of the bottle and a half ring, at right angles to the first, which fits snugly over the cork and holds it in place. The holder comes in two sizes which will fit average bottles.

**AN EFFICIENT TABLE MAT.**  
A table mat that will both protect the polished surface of the table and at the same time be an addition to the appearance of the service is a sheet of white asbestos placed inside an embroidered linen slip, and fastened with tiny embroidery buttons and loops on the under side. These may be either oval or round.

**SAYS HOUSEKEEPERS MUST HELP ARMY**

**STEEL OF THE RANGE.**  
When the steel parts of a kitchen range become brown, dampen a small piece of cloth in ordinary vinegar and rub the parts affected. The brown tinge will very quickly disappear, and then the usual polishing may be done with a moist pleasant result.

**FUR NOVELTIES.**  
Fur collar novelties are being prepared for wear during the colder weather. The straight high band, called the cage, is a favorite, with a small round muff to match. The band is so long that the neck is left quite unprotected, though it also comes in a limp edition with a center fold, clasping the throat comfortably. Another pretty trifle is the pelerine, with short bands in the front, one of which is brought across and fastened upon the other.



MRS. FLORA McDONALD THOMPSON

**REMEMBER THIS.**  
Put a silver spoon into the most delicate glass and boiling hot liquids can be poured into it without breaking it.

**OPALESCENT GLASS FRUIT.**  
The modernists have designed a charmingly decorative novelty in the shape of lustrous glass fruit, to be piled in a bowl of heavier glass or of alabaster. The fruit is perfect in shape and size, but the colors are rendered in opalescent tints, with a silvery sheen overlaid on the changing colors beneath. Pears in amber and rose hues, plums with shifting blues and wine-colored lights under a frosty haze, grapes of gray-green and deep purple, apricots and peaches of indescribably delicate tones. Piled into a bowl of deepest indigo glass or a low comport of modeled alabaster, this fruit is exquisite in the center of a luncheon table or setting off the silver and Sheffield plate on a buffet.

**THE "BOODLE BAG."**  
"Boodle bags" are convenient little contrivances for carrying money or jewelry while traveling. The bag is an oblong affair of gray chamois, fitted with straps which permit of its being fastened to the corsage, around the waist, or elsewhere, for safety.

**A RUBBER CORK HOLDER.**  
Corks often come out of bottles, either through jolting about in travel or through pressure of gas formed in the bottle. A new device

A plea for recognition of house-keeping as a matter of business and of science was made by Mrs. Flora McDonald Thompson, president of the Washington Housekeepers' Alliance, after a trip to the border, where she studied Uncle Sam's commissary methods.

There are some glass blowers in this country who can work only when the glass has foam on it.

**STOP THE FIRST COLD.**  
A cold does not get well of itself. The process of wearing out a cold wears you out, and your cough becomes serious if neglected. Hacking coughs drain the energy and sap the vitality. For 47 years the happy combination of soothing antiseptic balsams in Dr. King's New Discovery has healed coughs and relieved congestion. Young and old can testify to the effectiveness of Dr. King's New Discovery for coughs and colds. Buy a bottle today at your druggist, 50c.—Adv.

A woman may have a face like an open book, but a man always finds it difficult to read between the lines.

# Special Sale of Waists At Alexanders

Radium Wash Silk Waists in fancy stripes in assorted color; all sizes; Saturday spec. \$2.48.

Crepe de Chine in flesh, white and black, prettily trimmed in hemstitching in all sizes.

## Saturday Special \$2.48



THE DAYLIGHT STORE; BETTER GOODS, LATEST STYLES, PROMPT AND COURTEOUS ATTENTION.

# ALEXANDERS

WE PAY POSTAGE ON ALL MAIL ORDERS.



### YOU CAN'T FIND ANY DANDRUFF, AND HAIR STOPS COMING OUT

SAVE YOUR HAIR! MAKE IT THICK, WAVY, GLOSSY AND BEAUTIFUL AT ONCE

Try as you will, after an application of Danderine, you can not find a single trace of dandruff or falling hair and your scalp will not itch, but what will please you most, will be after a few week's use, when you see new hair, fine and downy at first—yes—but really new hair—growing all over the scalp.

A little Danderine immediately doubles the beauty of your hair. No difference how dull, faded, brittle and scraggy, just moisten a cloth with Danderine and carefully draw it through your hair, taking one small strand at a time. The effect is immediate and amazing—your hair will be light, fluffy and wavy, and have an appearance of abundance; an incomparable lustre, softness and luxuriance; the beauty and shimmer of true hair health.

Get a 25 cent bottle of Knowlton's Danderine from any drug store or toilet counter, and prove that your hair is as pretty and soft as any—that it has been neglected or injured by careless treatment. A 25-cent bottle will double the beauty of your hair.

## DYSPEPSIA OF WOMEN

Special Treatment Required.

Many women suffer from a form of indigestion or dyspepsia which does not yield to ordinary treatment. While the symptoms are similar to those of ordinary indigestion, yet the medicines usually prescribed do not restore the patient's normal condition.

There seems to be a kind of dyspepsia caused by derangement of the female organism. While this appears to be the same as ordinary indigestion it can be relieved only by a medicine which, besides acting as a stomach tonic, is good for female ailments. Read what such a medicine did for Mrs. Williams:—

She says:—"Before I began taking Lydia E. Pinkham's Vegetable Compound I was troubled with dyspepsia and bearing down pains in my back and sides, and after my meals my stomach would bloat up till I could scarcely get my breath. At times I was so weak I could hardly stand on my feet and I looked hollow-eyed and my skin was yellow. Now I have a good color, have gained in every way and can do my work without any pains. I think it is the best medicine on earth for stomach troubles of women."—Mrs. NELLIE WILLIAMS, 31 West 3d Street, New Albany, Ind.



LILLIAN WALKER

Who comes to the Pastime Sunday-Monday in a Vitagraph Masterpiece, "Hesper of the Mountains."

### LAWYER AND WIFE LOST IN WOODS



AND MRS. A DENNISON

Most of Boston, including Mayor Curley, has taken a deep interest in the strange case of Joseph A. Dennison, prominent Boston lawyer, and Mrs. Dennison, who were lost for four days in the northern foothills of the White Mountains in New Hampshire. Having gone out to walk in the woods from their hotel they were lost and rewards of \$1,500 were offered for them before they were found exhausted.

to assume her rightful position in the turkey family.

His perseverance was finally rewarded, and when eight little turks picked their way through the shells of the eggs he seemed satisfied and left them to the care of the hen turkey while he sought food and water that he had refused for four weeks.

**Worms Sap Your Child's Strength.**  
Is your child pale and fretful? Does he cry out in sleep or grind his teeth? These symptoms may mean worms and you should obtain relief at once. Kickapoo Worm Killer is a pleasant remedy that kills the worm and by its mildly laxative quality expels it from the system. Worms sap the vitality and make your child more susceptible to other ailments. Your druggist sells Kickapoo Worm Killer. 25c a box.—Adv.

### LLOYD GEORGE GIVES HOT REPLY TO CRITICS

LONDON, Oct. 12.—Newspapers devoted much attention to Lloyd George's crushing rejoinder to Richard Holt, a critic in the house of commons, yesterday. Holt criticized Lloyd George's statement that the war he fought to a knockout. He declared the sporting term was undignified and said Lloyd George's remarks were compromising as the

war minister was not the proper person to express the government's attitude on foreign policies. Lloyd George whirled upon Holt and replied: "What you really object to is not really the manner, but the pith, and purport of this interview."

He added that he simply elaborated on what the British and French premiers said and what the cabinet and military advisors believed.

The Telegraph said the Lloyd George interview was expressly intended to kill any attempt at intervention. It is generally believed the war minister's quick reply to Holt halted a small hostile clique.

Lots of men have been temporarily paralyzed who never had a paralytic stroke.

And the girl who counts on her fingers never overlooks the engagement finger.

It makes any man nervous to have a woman gaze at him.

## DULL, SPLITTING, SICK HEADACHE

Dr. James' Headache Powders relieve at once—10 cents a package.

You take a Dr. James' Headache Powder and in just a few moments your head clears and all neuralgia and distress vanishes. It's the quickest and surest relief for headache, whether dull, throbbing, splitting or nerve-racking. Send someone to the drug store and get a dime package now. Quit suffering—it's so needless. Be sure you get Dr. James' Headache Powders—then there will be no disappointment.

## ANSCO CAMERAS & SPEEDEX FILM



DON'T let another summer go by without an AnSCO. It will add more to the pleasure of your outings than anything else. All winter and long afterwards you can live over again with your pictures those good summer days. Let us show you the AnSCO line. \$2 to \$55.

Tallman & Co. Leading Druggists

**St. George Cafe**  
Pendleton's Exclusive Dining Room.

**HOT CHICKEN TAMALES and Chilli Con Carne**

in true Mexican style will be served every evening at the

**ST. GEORGE GRILL**  
Fresh Olympia and Eastern Oysters.

Try our Sunday dinner.

**ARMAND'S**

The only NEW face powder in the past 50 years

Oh yes, there are many, many kinds of powders on the market, but this one is absolutely different from any you have ever had. The price is reasonable, too—

**50 cents**

**KOEPPE'S**

Have it.

**Con Dung Low CHOP SUEY NOODLES** —Chinese Style

**HOT TAMALES CHILLI CON CARNE** —SPANISH STYLE

**LUNCHES COFFEE**

Everything clean and up-to-date. FIRST CLASS SERVICE

**TEA 5c Package Under State Hotel**

Cor. Webb and Cottonwood Sts. Phone 567. Pendleton, Ore.

**The Demands of Your Blood**

When the blood (the power fluid of your body) is properly nourished, your body invariably radiates signs of glowing health—But it is so easy to neglect its importance, and blood disease of malignant form, like Rheumatism, Catarrh, Malaria, Scrofulous poisons and skin diseases take hold before we are aware—the result of negligence.

Keep your blood (power fluid) running pure by the nourishing qualities of S.S.S., and banish these undesirable tenants from your body. Get the Genuine S.S.S. from your Druggist.

**USED FOR 50 YEARS SUCCESSFULLY**