Value of Fat.

The popular view of the close conmection between fat and good nature and weight and balance is not wholly without rational foundation. Fat, unpleasant and stodgy as it is, is one of the most valuable tissues in the human body, and any man who reduces his share of it below a certain reasonable level not only takes the smooth edge off his temper and balance off his powers of judgment, but exposes all of his higher tissues, notably the muscular, nervous and secreting, to danger of both starvation and disease. A moderate cushion of fat is one of the best buffers and bucklers against the "slings and arrows of outrageous fortune," whether in the form of disease germs or in strains upon eudurance. The man who makes himself into a Jean and hungry Cassius even with the best of intentions is very apt to get himself into a state of both mind and body where he is more fit for treason, strutagem and spoils than for comfort, wholesomeness and a long, happy life. -Dr. Woods Hutchinson in Outing.

A West Indian Fish Dish.

A novelty to the jaded palate and a delightful huncheon or supper dish is made of equal quantities of potatoes and fish, halibut or cod preferred. Butter well a deep baking dish and first put in a layer of breadcrumbs, then a layer of sliced onlons, then a Inyer of the fish. Cut in fairly small pieces and entirely free from skin and bones. Season well and repeat until the dish is nearly filled. Sprinkle each layer with small bits of butter. Now pour over it all a pint of tomato ketchup and finish with a layer of but tered breadcrumbs. A layer of sliced tomatoes may be put in and will im prove the flavor. Bake in a very slow oven for at least four hours and baste three or four times with a mixture of vinegar, flour and water, watching it carefully to prevent scorehing. This dish has an unprenounceable and decidedly unspellable name, but it is very good and decidedly out of the ordinary. -Philadelphia Press.

The Absolute Zero.

What is the absolute zero of temperature? The zero of thermometers is purely conventional. The inventor of the centigrade simply took for zero the coldest temperature known in his day, while Fabrenheit had even less ground for his selection. Absolute zero is a point fixed by nature and may be arrived at in a variety of ways. All gases expand or contract equal amounts for every degree of heat. The amount of 1-273 of their volume for each degree centigrade. If, then, a gas is cooled down continuously it must reach a point at which further contraction is impossible. If a gas loses 1-273 of its volume at each downward degree of centigrade then in 273 degrees it would exhaust this power and become a solid; hence (minus) 273 C. is the absolute zero of temperature. This answers to 461 F. -Louisville Courier-Journal.

Belief In Ghosts.

In most of the Oriental countries, notably in China and in many quar-

"Brother Jonathan." The origin of the term "Brother Jon athan" as applied to the United States is as follows: When General Washington, after being appointed commander of the army of the Revolutionary war, went to Massachusetts to organize it he found a great want of ammunition and other means of defense, and on one occasion it seemed that no means could be devised for the necessary safety.

Jonathan Trumbull, the elder, was the governor of the state of Connecticut, and the general, placing the greatest reliance on his excellency's judgment, remarked, "We must consult Brother Jonathan on the subject." The general did so, and the governor was successful in supplying many of the wants of the army. Thenceforward when difficulties arose and the army was spread over the country it became a byphrase, "We must consult Brother Jonathan," and the name has now become a designation for the whole country as John Bull has for England. -C. C. Bombaugh, "Gleanings For the Curious."

First International Band Contest. The earliest record of an interna-Nonal band contest is of one held in the year 1720 between the bands of Handel and Buononcini, a gifted Italan composer, who by his friends and admirers was declared to be infinitely superior to the German master. The king headed the partisans of the German and the Prince of Wales those of the Italian artist. The controversy has

been perpetuated in the lines of John Byron, a popular poet of his day:

Some say, compared to Buononcini, That Mynheer Handel's but a ninny. Others aver that he to Handel Is scarcely fit to hold a candle. Strange all this difference should be

'Twixt tweedledum and tweedledee. An international band contest on a much larger scale was held in connection with the Paris exhibition of 1807. in which selected bands from Austria, Bavaria, Baden, Belgium, France, Holland, Spain and Russia competed in the presence of 30,000 visitors. Russia took the first prize, closely followed by France and Austria.-London Standard.

The Fly's Buzz In Music.

It was Mendelssohn who first put fairies into the orchestra, and that composer's incidental music to "A Mid. of activity. The nation is waterlogsummer Night's Dream" is surely the happlest accompaniment to Shakespeare's play. But there is more than the revels of fairles in Mendelssohn's work. There is the buzzing of a fly which one day in the summer of 1826 flew about Mendelssohn's head as he lay on the grass with a friend in the Schonhauser garden, Berlin, planning the overture. As the fly buzzed by Mendelssohn said "Hush!" and listened intently for a time. Afterward, when the overture was finished, the composer pointed to the modulation of the cellos from B minor to F sharp minor in the middle section and said, "There; that's the Schonhauser fly." That overture has become one of the world's musical classics, and Mendelssohn was boy of eighteen when he wrote it -

Bulls In the House of Com

London Chronicla.

DAYS OF DIZZINESS

Comes to Hundreds of Heppner People.

There are days of dizziness; Spells of headache, languor, backache: Sometimes rheumatic pains:

Often urinary disorders. All tell you plainly the kidneys are sick

Doan's Kidney Pills are especially for kidney ills.

Can Heppner residents doubt this statement.

Mrs. Frank Moore' of Condon, Oregon, says:

"Last winter I was greatly annoyed by attacks of backache, especially after I did any hard work. I was subject to headaches and dizzy spells and I was also afflicted with a distressing kidney weakness. Seeing Doan's Kidney Pills advertised, I was in-

duced to try them and to my grati- County. fication, they improved my condition in every way. I gladly indorse this remedy.

for the United States.

Remember the name-Doan's and take no other.

Waterlogged Servians.

An Englishwoman traveling in Servia thus gives a striking glimpse of ber own prejudices and tastes. "The Servians drink too much cold water, and they drink it till they are pulpy. An average Serb drinks enough cold water for an English cow. I doubt whether the language contains an equivalent for 'bad training,' for when I tried to explain the idea it created surprise. A doctor told me he had never heard the theory before. To him it seemed a natural and wholesome habit. Moreover, he added, 'there is plenty,' and seemed to think it was rather wasteful to leave any unswallowed. To me it explained the lack ged. All day long and every day the Serb calls for a glass of cold water. and when he has drunk it he calls for another. Perhaps owing to this he has little space for alcohol. At any rate. I never saw a drunken man, even among the peasants."

Washington and the Artists. Writing to a friend May 16, 1785. Washington thus described his experience with portrait painters:

"I am so backneyed to the touches of the painter's pencil that I am now altogether at their beck and sit like patience on a monument while they are delineating the lines of my face. It is a proof among many others of what habit and custom can effect. At at 10 o'clock A. M. as the time and first I was as impatient of the request the County Court Room in the Court Officein Court House, and as restive under the operation as house in Heppner, Oregon as the a colt is of the saddle. The next time place for hearing said account and I submitted very reluctantly, but with the settlement of said estate. Any

and, the following described prop- Application for Grazing A. E. Patterson rty, to-wit: The west half, the outh half of the northeast quarter and the northwest quarter of the

NOTICE is hereby given that all northeast quarter of section thirtysix (36), in Township three (3), South applications for permits to graze

of Range twenty-three (23) East of cattle, horses and sheep within the the Willamette Meridian. Taken UMATILLA NATIONAL FOREST and levied upon as the property of during the senson of 1912, must be the said Louella Hopper and J. A. | filed in my office at Heppner, Oregon, Hopper, husband and wife or so on or before February 29, 1912. Full much thereof as may be necessary to information in regard to grazing fees satisfy the said judgment in favor of to be charged and blank forms to be the S. B. Barker Company, a corpo- used in making applications will be furnished upon request. ration and against said Lonella

j 4-f1

Hopper and J. A. Hopper, husband and wife, together with all costs and disbursements that have or may Applications for Grazing J. C. HAYES, Sheriff. accrue. By J. O. RASMUS, Deputy.

Dated at Heppner, Oregon, January 15th, 1912.

Notice to Creditors.

N THE COUNTY COURT OF THE State of Oregon, for Morrow

In the matter of the estate of Henry Padberg, deceased.

The undersigned having been For sale by all dealers. Price appointed by the County Court of 50 cents. Foster-Milburn Co., the State of Oregon, for Morrow Buffalo, New York, sole agents County, Administrator of the estate of Henry Padberg deceased, notice is hereby given to the creditors of, and all persons having claims against said deceased, to present them verified as required by law, within six months after the first publication of this notice to said E. L. Padberg, Administrator at his attorney's Office, being the office of Sam. E. Van Vactor, at Heppner, Oregon, E. L. PADBERG,

Administrator of the estate of Henry Padberg, deceased. Dated January 12, 1912. f15,

Notice To Creditors.

Notice is hereby given that the undersigned has been appointed administratrix of the estate of M. B. Metzler deceased.

Persons having claims against said state are required to present same C. to me duly verified at the Drug store of Patterson and Son at Heppner Oregon, within six months from date of this notice

JULIA R. METZLER. Administratrix. Dated December 28-1911.

NoticeofFinal Accounting.

Notice is hereby given that the undersigned, administrator de bonis non of the Estate of Charles E. Miller deceased has filed with the County Court of Morrow Courty, Oregon his final account as such administrator S. E. Notson and that the said Court has flixed Monday the 5th day of February, 1912

ed.

Permits.

H. B. RANKIN.

Permits.

NOTICE is hereby given that all applications for permits to

graze cattle, horses and sheep within

theWHITMAN NATIONAL FOREST

during the season of 1912, must be

filed in my office at Sumpter, Oregon,

on or before February 29, 1912. Full

information in regard to the grazing

fees to be charged and blank forms

to be used in making applications

Plant breeding and selecting as been our business for years, be market the results in the

nd flower seeds. They grow

1912 SEED ANNUAL FREE ON REQUEST

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ATTORNEY AT LAW.

Oregon.

Heppner, Oregon

Office on west end of May Street

ATTORNEY AT LAW.

E. WOODSON.

Sam E. VanVactor.

Heppner

1 18-f 15 HENRY IRELAND.

will be furnished upon request.

Supervisor.

Supervisor.

2 Dorrs North Palace Hotel

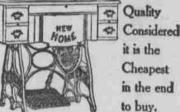
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===LIVERY RIGS

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interior. Firs' clas. : :

Europe, the belief in ghosts is still active, quite as much so as it was a thousand years ago. The peasantry of Russia, and especially of Siberia, are in constant dread of ghosts, and much of their time is taken up with devising ways and means of safeguarding themselves against their visitations. Not even in the United States of America is the ancient superstition defunct. The negroes are notorious believers in ghosts, and thousands of white people, remote from the center of intelligence, are still the victims of the old idea .- New York American.

Able, but Not Willing.

"Come, now," persisted the lawyer, "are you not able to say of your own knowledge that the defendant was in the room at the time and objected to the whole proceeding?"

"Yes, sir," savagely replied the with ness. "I am able to say it, I reckon, but I'd be telling the biggest lie you ever heard of if I did."

Sensitive.

"Ah," he protested, "my love for you is the greatest thing in the world. It is larger than the world. It is wider than the sea. Let me pour it into your ears.

"Sir," ejaculated the fair maid. "do you mean to insinuate anything about the size or shape of my ears?"

An Old Superstition.

It was a common superstition in ancient Italy that if a woman were found spinning on a highroad the crops would be ruined for that year. In most sections of Italy a woman was forbidden by law thus to spin or even to carry an uncovered spindle on the highway.

Some Sacrifice.

Jenny - Jack, you ought to make some sacrifice to prove that you love me. What will you give up when we are married? Jack-I'll-I'll give up being a bachelor. - Philadelphia Inœuirer.

Transparent.

Teacher-Now, remember, Nellie, that anything you can see through is transparent. Can you name something that is transparent? Small Nellie-Yes, ma'am; a keyhole.

Strenuous Action.

Tailor-Has Mr. Owens taken any action on that bill of his yet? Collector-Yes; he kicked me out the last time I called to collect it .- Boston Transcript.

Virtue alone outbuilds the pyramids: ther monuments shall last when Egypt's dall .-- Young.

"The house of commons is a regular bull pen," said an Englishman. "I heard a Tory member say recently in praise of bishops: 'Bishops are not really stiff and starchy. There's a good heart beating below their gaiters.'

"An imperialist declared in a debate: 'No Ireland, no Wales, no Scotland; one only Britain. Such are the words the mouth of our sovereign has always had in its eye."

"An Irish Unionist said of an Irish Nationalist, 'Shall this man come into this house with unblushing footsteps, with the cloak of hypocrisy in his mouth, and draw 5,000,000 acres out of

our pockets? "An excited labor member once shouted. 'If this bill passes I see before the workingmen of England a future from which they have been for too many years kept out.'"

Tearful Statesmen.

There was a time when English statesmen wept upon small provocation. Pepys makes frequent reference to this weakness, while the story of the long parliament as written by D'Ewes gives the impression that the legislators of that day were singularly prone to tears. They wept on the slightest provocation, and sometimes their excessive grief was so noisy that in a certain action in the Circuit proceedings had to be stayed until the Court for said County and State, lachrymose lawmakers could compose

Kept Her Word.

themselves.

"Miss Tenspot always declared that she wouldn't marry an angel from heaven," announced Mrs. Gazzam, "and yet she is actually engaged to marry young Mr. Skidmore." "That's all right," commented Mr. Gazzam. "No one who knows Skidmore will accuse him of being an angel from heaven."-London Answers.

The Height of Hopefulness.

He-After I am out of college, darling, I may have to wait a few months before I can make enough to support tou. She-It is so hard to wait. He (bravely)-1 know it. But of course you know the world doesn't know anything about me yet .- Exchange.

A Feline Delusion. "Your cat made an awful noise

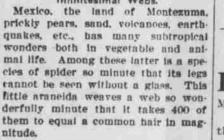
the back garden last night, and"-"I'm awfully sorry, Mr. Houston, but since he ate the canary he thinks he ran sing."-London Opinion.

Confidences.

Gwennie-Why did you refuse him if he is such a prudent man? Gertle-He said he thought if he got married he could save more money .- London County, Oregon, sell at public auction Dated at Heppner, Oregon, January Opinion.

less flouncing. Now no dray moves person having any objection to offer F. H. ROBINSON. more readily to the thrill than I do to such account must present same to the painter's chair."

Infinitesimal Webs.



A Great Descent.

"I can trace my descent from Homer." said Lord Slatey proudly, "Indeed," replied Miss Cresse, who didn't seem to be at all impressed. "It is certainly a great descent."

Notice of Sheriff's Sale.

BY VIRTUE OF AN EXECUTION and order of sale duly issued by the Clerk of the Circuit Court of the County of Morrow, State of Oregon, dated the 2nd day of September, 1911, wherein The S. B. Barker Company, corporation, Plaintiff, recovered judgment against Lovella Hopper

and J. A. Hopper, husband and wife, Gilbert Hunt Company, a corporation, Bank of Heppner, a corporation, Interior Warehouse Company, a corporation, D. S. Harris, J. A.

Bergeron and Mrs. J. A. Bergeron, husband and wife, Defendants, for the sum of One thousand seven hundred fifty-seven and 41-100 Dollars, with interest at the rate of 10 per

cent. per annum from October 11th. 1909 and Two hundred Dollars, attorney's fees and for the further sum of One hundred sixty-four and 65-100 Dollars, with interest thereon from the 1st day of February, 1908, at the rate of 10 per cent. per annum, and the further sum of Fiffy and no-100

January, 1912. Notice is hereby given that I will on Saturday, the 17th day of Febru-for the purpose of electing officers ary, 1912, at 2:30 o'clock P. M., of and for any other business that may said day, at the front door of the appear Court House in Heppner, Morrow to the highest bidder for cash in

Citation. N THE COUNTY COURT OF THE State of Oregon for the County of Morrow. In the Matter of the Estate of Cynthia A. Benge, deceased. To R. L. Benge, E. H. Benge, Mattie Henderson, Ruth O. Barnett, Rosa Eskelson, William Mack, Elsie King, Myra Mack, Wilbur Mack, Frank Benge, Gladys Benge, and Fred Benge, Greeting: In the Name of the State of Oregon: You are hereby cited and required to appear in the County Court of the OSTEOPATHY AND State of Oregon for the County of Morrow on Monday, the 5th day of February, 1912, at 10 o'clock in the forenoon of that day, then and there Dr. J. P. Conder, M.-T. D. to show cause, if any, why an order should not be granted to the administrator of the estate of Cynthia A. Benge, deceased, to sell so much of the following described real estate of N. E. WINNARD, M. D. said deceased as shall be necessary, to-wit: Lot 1, Block 12, and that Graduate of: part of Lot 10, Block 12, of the Town of Lexington, Morrow County, Oregon, lying between the alley running through said Block 12 and the center of the Channel of Willow Creek. WITNESS the Hon. C. C. Patterson, Judge of the County Court of the State of Oregon, for the County of Morrow with the [SEAL] Seal of said Court affixed this 23rd day of December, A. D.

W. O. HILL, Clerk. ATTEST:

Notice of Stockholders

1911.

Meeting.

NOTICE is hereby given that the regular annual meeting of the Dollars Attorney's fee, and costs and stockholders of the Heppner Mining disbursements taxed at Sixty-eight Co., will be held at the office of Sam E. and 20-100 Dollars, on the 15th day of Van Vactor, in Heppuer, Oregon, on the second Tuesday of February, 1912, being the 13th day of February, 1912,

> EDGAR B. AYERS, Secretary. D. B. STALTER, President. 4, 1912.



