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THE TOGGERY ANDREWS BROS. La Grande, Ore.

BREED MINOR HOG DETAIL

RAISER CAN'T MISS THE MARK VERY FFAR.

O. A. C. Expert Finds Breeder's Own Fancies Only Guide.

In starting hog raising growers need not be concerned very seriously about the breed of hogs they select, according to the O. A. C. Animal

FEW FOLKS HAVE GRAY HAIR NOW

Well-known local druggist says everybody is using old-time recipe of Sage Tea and Sulphur.

Hair that loses its color and lustre, or when it fades, turns gray, dull and lifeless, is caused by a lack of sulphur in the hair. Our grandmother made up a mixture of Sage Tea and Sulphur to keep her locks dark and beautiful, and thousands of women and men who value that even color, that beautiful dark shade of hair which is so attractive, use only this old-time recipe.

Nowadays we get this famous mixture by asking at any drug store for a 50 cent bottle of "Wyeth's Sage and Sulphur Hair Remedy," which darkens the hair so naturally, so evenly, that nobody can possibly tell it has been applied. Besides, it takes off dandruff, stops scalp itching and falling hair. You just dampen a sponge or soft brush with it and draw this through your hair, taking one small strand at a time. By morning the gray hair disappears; but what delights the ladies with Wyeth's Sage and Sulphur is that, besides beautifully darkening the hair after a few applications, it also brings back the gloss and lustre and gives it an appearance of abundance.

Husbandry department. Each of the three principal breeds in Oregon, Poland China, Berkshire and Duroc Jersey, has its points of superiority and there is said to be about as much difference in individuals as between breeds. Some run more to the fat hog and lard type, and others more to the bacon type, while some are rather earlier maturing than others. But the main consideration in selecting the breed is to choose the one that suits the breeder's ideas and purposes best, and then stick to it and build it up by careful selection and proper management.

When boys and girls on the farm are taught to recognize and appreciate the beauty of their natural surroundings, even of their tools and implements of every-day employment, there will be no further need of the back-to-the-land movement. The young people who should for their own and their country's good stay on the farms will generally do so. The plans do not contemplate making art specialists but merely to teach the future citizens of the state to know and value the rich beauty of nature and of well-made instruments of industry.

Although no state in the Union affords better climatic or soil conditions for market gardening or truck farming than Oregon, yet it has always been a vegetable importing state. "Carloads of produce come to our markets annually from outside sources," says Professor A. G. Bouquet, the O. A. C. garden specialist, "although a large share of it could just as well as not be grown in this state. The smaller markets are the ones most neglected, the average grower directing his attention more toward such markets as Portland, always liable to market troubles, due to headless consigning and to the marketing are in a somewhat crude condition but are now undergoing rapid development, and there are big opportuni-

ties in the vegetable business when rightly managed."

Sudan Grass is Good.

Washington, D. C., Jan. 14.—(By Observer Washington Representative.)—Will Sudan grass the great new forage crop discovered by an American in Africa in 1909 grow in Oregon. It is to be put up to farmer experimenters in Oregon to determine that. A few packages of the seed with full directions for growing the same have been allotted by the Bureau of Plant Industry to each of Oregon's representatives in congress and will be given out by them as long as they last to those applying for the same and promising to give same a fair trial.

Tests were made from that spoonful of seed sent from the land of the pyramids to Texas in 1909. The stories of success read like fairy tales. The hay from the grass is more abundant than that of any forage crop known. It will fit in and rotate with any crop. It grows faster than weeds and chokes them out. It grows as well in arid land as in Wehfoot. It is a great fattener for forage eating animals. Best of all it is very inexpensive in cultivation. Those enthusiastic about it claim that it is the farmer's greatest blessing. It is thought that it will grow in every part of the United States except the "far north."

THE REAL RUSSIA.

It is Confined to a Very Small Section of the Vast Empire.

In "The Russian Empire. Today and Yesterday," Nevin O. Winter says: "In a strict sense, real Russia covers only a portion of the more than 2,000,000 square miles that lie within the borders of the continent. This narrower definition would certainly eliminate Finland, Poland, the Baltic provinces, Bessarabia and the Caucasus and probably a part of the land of the Don Cossacks, the Crimea and the sections bordering on the Arctic ocean and the lower Volga. In other words, the real Russia has developed within this narrower section, and whatever of Russian characteristics appear in the eliminated sections have simply been imposed by the conquerors upon a people alien by birth and language. "The actual visible influence of Tolstoy on Russia seems not to have been great. He was beloved and revered by many, but no party claims or has ever claimed him as a leader. The higher classes rejected him because of his opposition to all established government; the peasantry were repelled by his diatribes against religion; the revolutionists and anarchists repudiated his teaching because he had no definite plan to offer. His influence on thought and opinion in Russia will not compare with his influence in non-Russian nations."

PHOSPHITE NOT PHOSPHATE.

The Proper Sodium Solution to Use in Bichloride Poisoning.

In a recent issue of a well known medical journal the statement is made that mercuric chloride poisoning can be treated by the use of sodium phosphate with excess of sodium bicarbonate. Thus, editorially, the same journal says: "This solution, it is claimed, instantly converts the bichloride to the mild chloride, which can be removed by a dose of castor oil. It is very necessary that the sodium phosphate shall be chemically pure." "Attention should therefore again be called to the fact," says the Journal of the American Medical Association, "that the names 'sodium phosphate' and 'sodium phosphite' are so similar that a serious error can be made by the misprinting or misinterpretation of a single letter. Sodium phosphite has been suggested as an antidote to mercuric chloride because it acts as a reducing agent to convert mercuric chloride into calomel—mercurous chloride—while the phosphite is changed to phosphate. Sodium phosphate will have no such action on mercuric chloride because it is already as highly oxidized as possible."

HEART STRAIN.

Unusual Exertion May Cause It, and So May a Fit of Temper.

To keep your temper is rather a good idea, said Dr. Strickland Goodall in a lecture at the Institute of Hygiene. Every time the heart contracts, he said, its force would raise a weight of two pounds to the height of one foot, and it does this from 70 to 140 times every minute.

Acute heart strain was difficult to produce in a young, well nourished and healthy adult, but it was very easy to produce if the heart muscle was anemic or poisoned or was the seat of degenerative disease.

Running to catch a train increased the heart's work by 228 foot pounds a minute. Ascending a staircase slowly increased the heart's work by 112 foot pounds; ascending quickly by 152 foot pounds.

The enormous amount of total extra work done by the heart was shown in the experiment of riding a bicycle up hill, the gradient of which was one in ten and the length 2,004 feet. The ride occupied three and one-half minutes, and the total extra work done by the heart was no less than one and one-eighth foot tons.

A rest of half an hour daily would save in a year 219,000 foot pounds of work on the heart.—London Chronicle.

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B. P. O. E.—La Grande Lodge No. 433 Meets each Thursday evening at 8 o'clock in Elk's club, corner of Depot street and Washington avenue. Visiting brothers cordially invited to attend. M. B. DONOHUE, E. R. ADNA B. ROGERS, Sec.

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DR. M. K. HALL—Physician and surgeon. Office West-Jacobson Bldg. Phone Main 53. Rooms 11-12-13.

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